

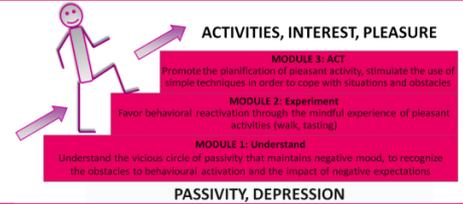
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The Pleasure Group

The Pleasure group is a short psycho-educational intervention for depressive inpatients. The particularity of this group is that patients are not only informed about depression and its treatment (as in usual psycho-educational settings), but are actively invited to experiment by themselves cognitive and behavioral hypothesis of illness through specific activities. We present here the first results of the pilot study.

Components of the program : 3 independent modules
 Duration of each module : 2 sessions of 60 minutes
 Duration of the program : 3 weeks (two sessions a week)
 Setting: Open group
 Number of participants: 3-8
 Number of therapists : 2
 Inclusion criteria: Depressive mood; age 18-65

Aims of the program



Method

Participants: N = 30; 21 women (70%)
 Mean age: 45.41 (11.0)
 Diagnoses: Recurrent depressive disorder 16 (53%)
 Chronic depressive disorder 7 (23%)
 Comorbidity: 23 (77 %)
 Instruments: Two self monitoring questionnaires

1) Monitoring of thoughts, emotions, sensations & behaviors:

At the beginning and at the end of each session, participants self-evaluated on visual analogue scales (ranging from 0 = negative to 10 = positive), how they were feeling at this precise moment at four levels :

- **cognitive** : having negative vs positive thought
- **emotional** : being sad, anxious or angry vs happy, joyful or serene
- **physical** : feeling tired, tense, painful vs strong, energetic, relaxed
- **behavioral** : being passive, bored, withdrawn vs active, in contact with others

An average score of these four dimensions was calculated, reflecting a general state of the person.

2) Monitoring of session evaluation:

At the end of each session, participants self-evaluated the session on visual analogue scales :

- The usefulness of the session intervention
- The well-being within group
- The self-efficacy to implement the strategies learned during the session
- The will to change
- The capacity to involve in activities
- The impact of the group to get better

Values of the VAS scale range from 0 = not at all to 10 = completely

Data & Results

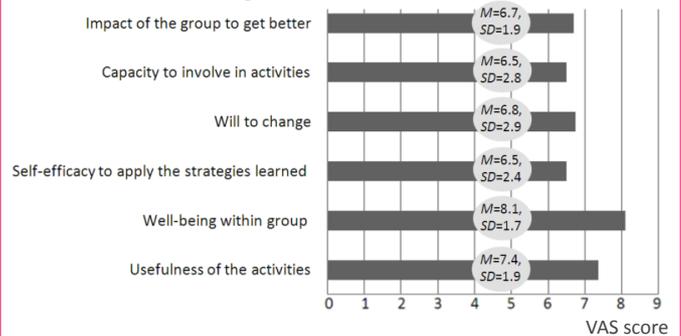
The average score of each dimension as well as the person's general state increase significantly between the beginning and the end of a session. This analysis is based on the total of sessions.

| | Paired Differences | | | t | df | Sig. (2-tailed) |
|--|--------------------|------|------------|-------|----|-----------------|
| | Mean | SD | Std. Error | | | |
| Pair 1: Cognitive dimension Pre- Post | -.55 | 2.05 | .24 | -2.34 | 74 | .022 |
| Pair 2: Emotional dimension Pre- Post | -1.43 | 2.57 | .30 | -4.80 | 74 | .000 |
| Pair 3: Physical dimension Pre- Post | -1.33 | 2.36 | .27 | -4.87 | 74 | .000 |
| Pair 4: Behavioral dimension Pre- Post | -1.19 | 2.83 | .33 | -3.65 | 74 | .000 |
| Pair 5: General state Pre- Post | -1.24 | 2.66 | .30 | -4.09 | 76 | .000 |

The average score of the person's general state increase between the beginning and the end of each session taken separately (excepted in session 2), indicating that each session is positive for the participants.

| | Paired Differences | | | t | df | Sig. (2-tailed) |
|---|--------------------|-----|------------|-------|----|-----------------|
| | Mean | SD | Std. Error | | | |
| Pair 1: session 1 General state Pre- Post | -1.0 | 1.1 | .22 | -4.61 | 20 | .000 |
| Pair 2: session 2 General state Pre- Post | -.27 | 1.6 | .42 | -0.66 | 14 | .522 |
| Pair 3: session 3 General state Pre- Post | -1.5 | 1.7 | .46 | -3.38 | 13 | .005 |
| Pair 4: session 4 General state Pre- Post | -1.7 | 2.0 | .67 | -2.50 | 8 | .037 |
| Pair 5: session 5 General state Pre- Post | -1.12 | 1.3 | .42 | -2.68 | 9 | .025 |
| Pair 6: session 6 General state Pre- Post | -1.8 | 1.5 | .55 | -3.25 | 6 | .017 |

Rates at the monitoring of session evaluation:



Participants evaluate positively the sessions (N=72) on the 6 dimensions of the scale. This figure shows the mean rates for each subscale. Scores vary from 6.1 to 8.5, indicating positive evaluation. Every session were compared with the others on the 6 dimensions. Paired Sample T-test analyses demonstrated that there is no significant differences between sessions.

Discussion & Conclusion

The results demonstrate improvements of thoughts, emotions, sensations, behaviors and the person's general state through a session of the group intervention. Activities proposed on the group, have an immediate impact on the mood and well-being of depressed individuals.

Participants evaluate the activities as useful to their problems, they feel comfortable in the group and feel able to use strategies taught in the session as an aid in their daily difficulties and generally estimate that the group helped them to get better.

We were interested in knowing what sessions were rated as being more useful to participants, however no significant differences were observed.

Pearson Correlation Analysis demonstrated that there is no significant link between the monitoring of session evaluation and the increase on monitoring of thoughts, emotions, sensations and behaviours.

These findings encourage the pursuit of such interventions in hospitals. The group manual will soon be finalized.