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Cognitive behavioral therapy (CBT), trauma focused-CBT (TF-CBT) and emotions focused for depressive symptoms in abused children

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Cognitive behavioral therapy (CBT) and focused trauma-CBT (Cohen, Mannarino, and Deblinger, 2006) are well-established effective treatments of child trauma effect (Saunders, Berliner, and Hanson, 2004; Arellano, Ko, Danielson, and Sprague, 2008; NCTSN, 2005; SAMHSA, 2008). Our purpose of this study was to provide empirical evidence of three treatment protocols based on CBT. One of them on Emotions Focused (EF-PEDIMET); and two others, based on the TF-CBT model (Cohen, Deblinger and Mannarino, 2006), complete (FT-PEDIMET) and brief version B-FT-PEDIMET). All treatments include virtual reality. The final sample consisted of 46 children aged between 6 and 16 years (52.2% children and 47.8% girls). The CDI (Children's Depression Inventory; Kovacs, 1992) was used to evaluate depressive symptoms (total depression, dysphoria and self-esteem). The efficacy was analyzed using Student's t-test and the effect size index of the standardized mean difference (d). The results showed statistically significant differences and large effect sizes in the three treatment conditions for reduction of total depression; FT-PEMIDET (p.04, d.79), B-FT-PEDIMET (p.001, d.1.26) and EF-PEDIMET (p.002, d.1.32). The dysphoric symptoms improved significantly with all three models; FT-PEMIDET (p.017, d.73), B-FT-PEDIMET (p.005, d.1.01) and EF-PEDIMET (p.016, d.78). Self-esteem, as expected, improved significantly with both CBT-FT-based models- FT-PEMIDET (p.001, d.1.14), and B-FT-PEDIMET (p.006, d.99).

Biography

Concepción López-Soler is a Doctor in Psychology and Specialist in Clinical Psychology. She works as Associate Professor at the University of Murcia, linked to the Virgen de la Arrixaca University Hospital Clinic for Pediatric Service. She handles a professional team with great experience training psychological treatments in childhood and adolescence.

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