

4-26-2019

"Modifying CBT for Cognitively Impaired Older Adults with Depression"

Abigail Foster

University of Missouri-St. Louis, Ajfpnr@mail.umsl.edu

Mary Wells

University of Missouri-St. Louis, mpw8t2@mail.umsl.edu

Follow this and additional works at: <https://irl.umsl.edu/urs>

Part of the [Psychology Commons](#)

Recommended Citation

Foster, Abigail and Wells, Mary, ""Modifying CBT for Cognitively Impaired Older Adults with Depression"" (2019). *Undergraduate Research Symposium*. 13.

<https://irl.umsl.edu/urs/13>

This Poster is brought to you for free and open access by the UMSL Undergraduate Works at IRL @ UMSL. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of IRL @ UMSL. For more information, please contact marvinh@umsl.edu.

Modifying CBT for Cognitively Impaired

Older Adults with Depression

Abigail Foster, Mary Wells, Ann Steffen, PhD

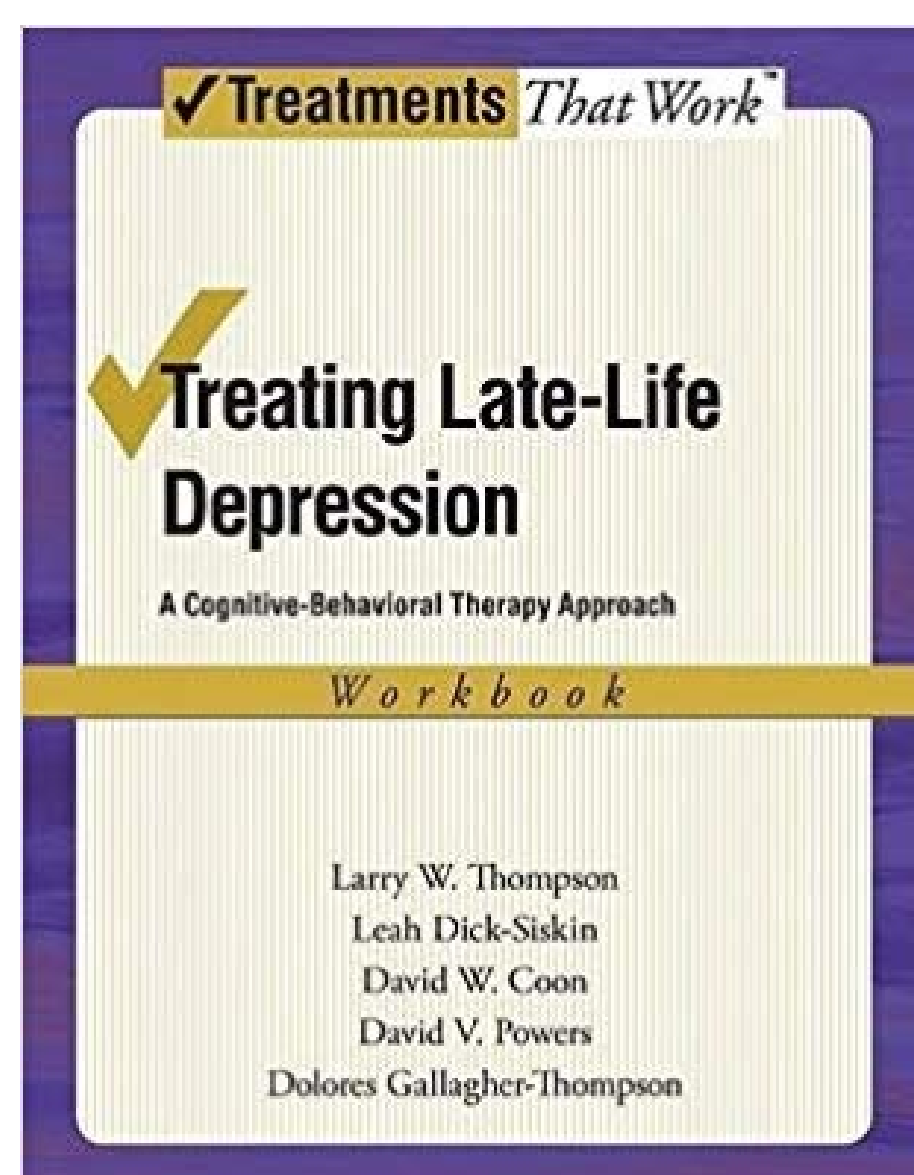
Department of Psychological Sciences

INTRODUCTION

- Older adults with cognitive impairment are at risk for depression.¹ Previous research has supported Cognitive-Behavioral Therapy (CBT) for the treatment of depression. Jargon and abstract ideas are difficult for this population. Therapy modifications help improve treatment outcomes.²

TREATMENTS THAT WORK

- A modified CBT for older adults has shown better outcomes compared to other non-pharmacological treatments.¹
- The first edition client workbook is 10 years old and is ready for the revised edition currently in development by our lab.^{3,4}



COGNITIVE RESTRUCTURING

- Therapy clients learn to recognize and change unhelpful thoughts.²
- Practicing this over time leads to improved mood.
- Clients also learn to problem solve and work on parts of their life that are changeable.

CHALLENGES

- Conveying the same information with less text
- Improving the layout without being overly busy
- Reducing jargon and abstract ideas
- Developing 2 versions of each handout: High-functioning and Lower-functioning

RECOMMENDATIONS

- Therapy materials revised into handout form helps MA-level clinicians.
- Handouts provide opportunities for discussion and allow therapists to take individual life experiences, strengths and sociocultural contexts into consideration.
- Before publishing, it is important to pilot these materials with already trained CBT clinicians who are working full time in community practice settings.

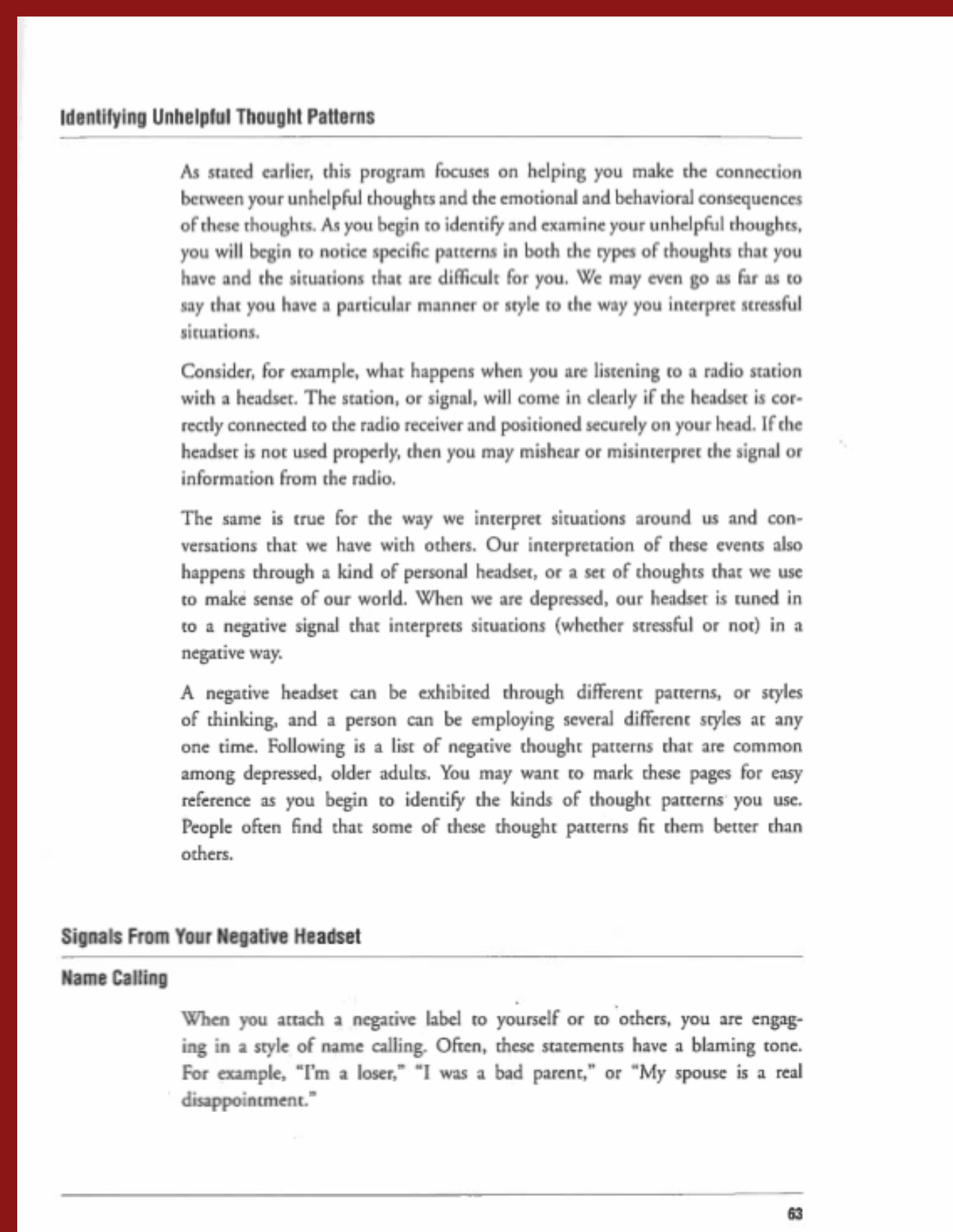
References

(1) Gellis, Z. D., McClive, K. and Brown, E. (2009). Treatments for depression in older persons with dementia. *Annals of Long Term Care*, 17(2): 29–36.

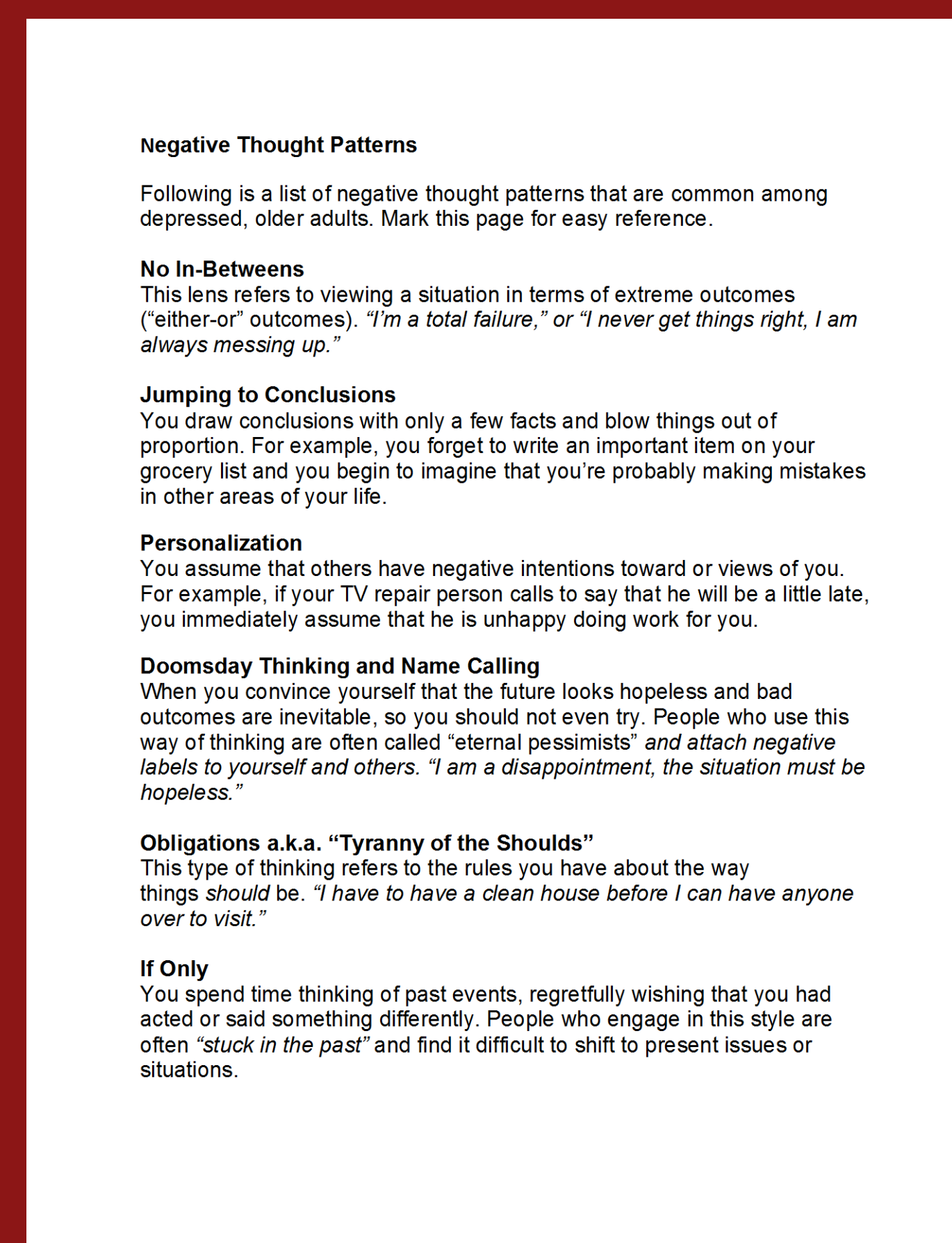
(2) Coon, D.W., Thompson, L.W., and Gallagher-Thompson, D. (2007). Adapting homework for an older adult client with cognitive impairment. *Cognitive and Behavioral Practice*, 14(3): 252–260. doi: 10.1016/j.cbpra.2006.10.006.

(3) Thompson et al. (2009). *Treating late life depression: A cognitive-behavioral therapy approach. Workbook*. Oxford University Press.

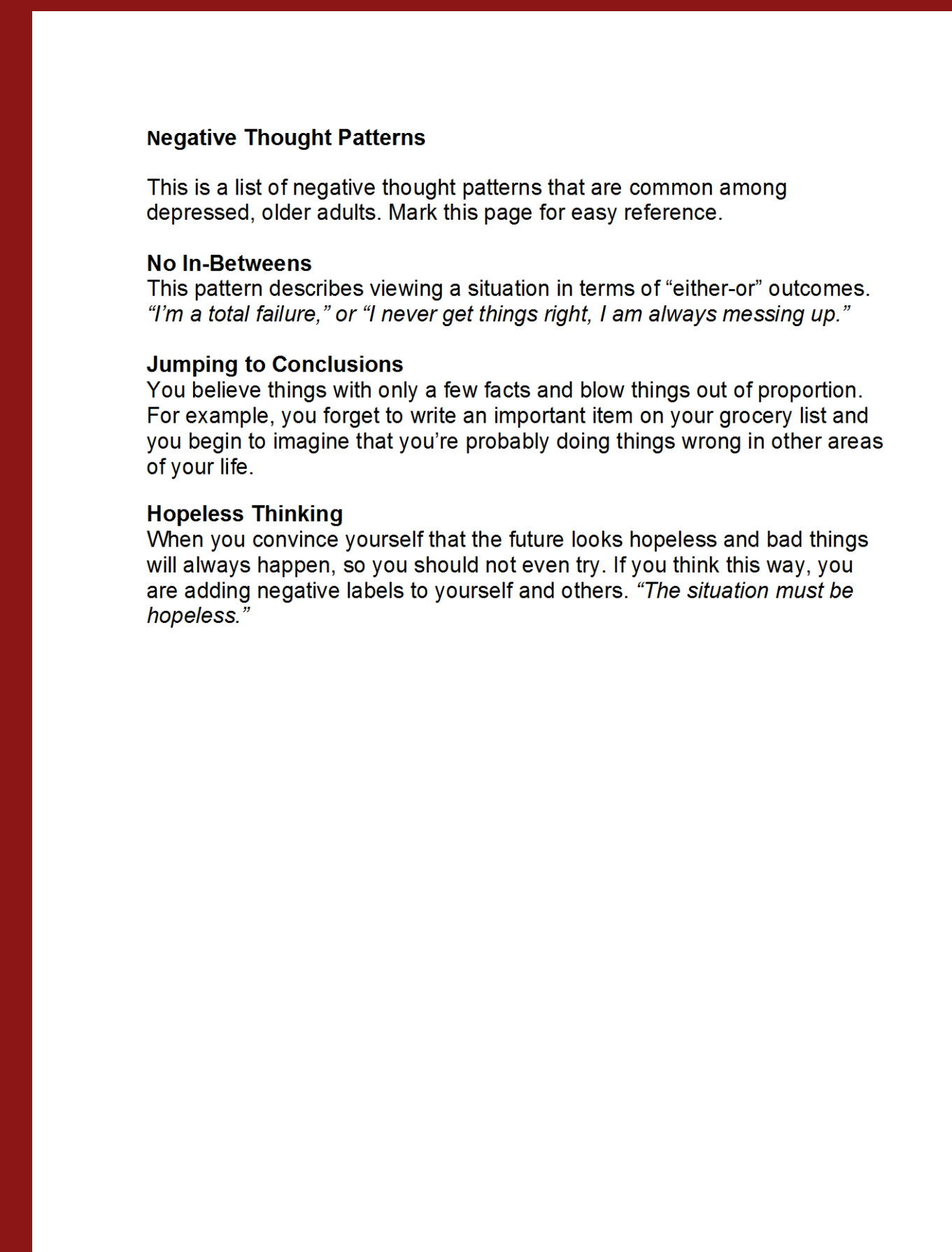
(4) Steffen et al. (in preparation). *Treating later life depression: A cognitive-behavioral therapy approach, workbook*. 2nd edition. Oxford Press.



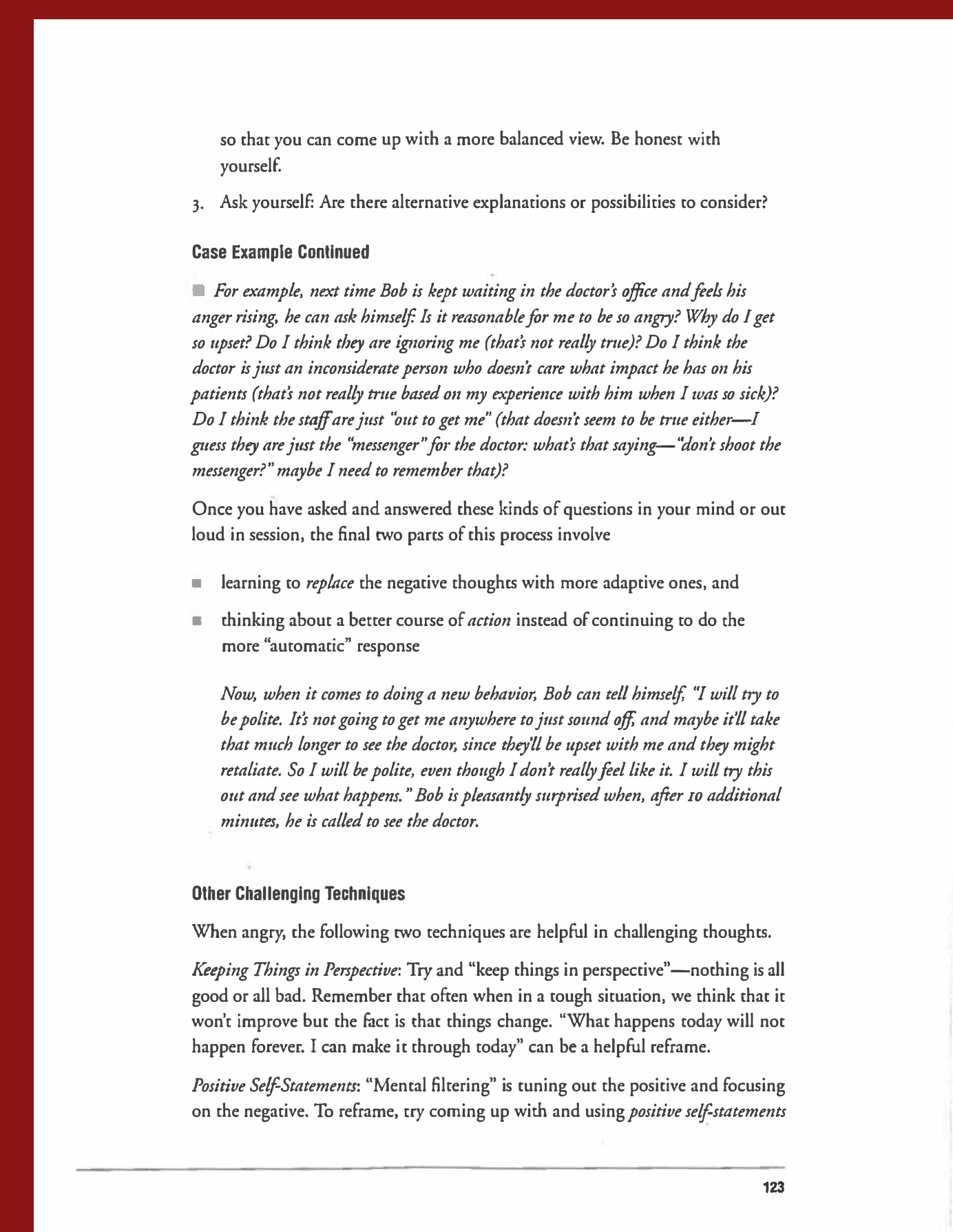
Negative Thought Patterns- 1st Edition
These patterns continued on for three pages.



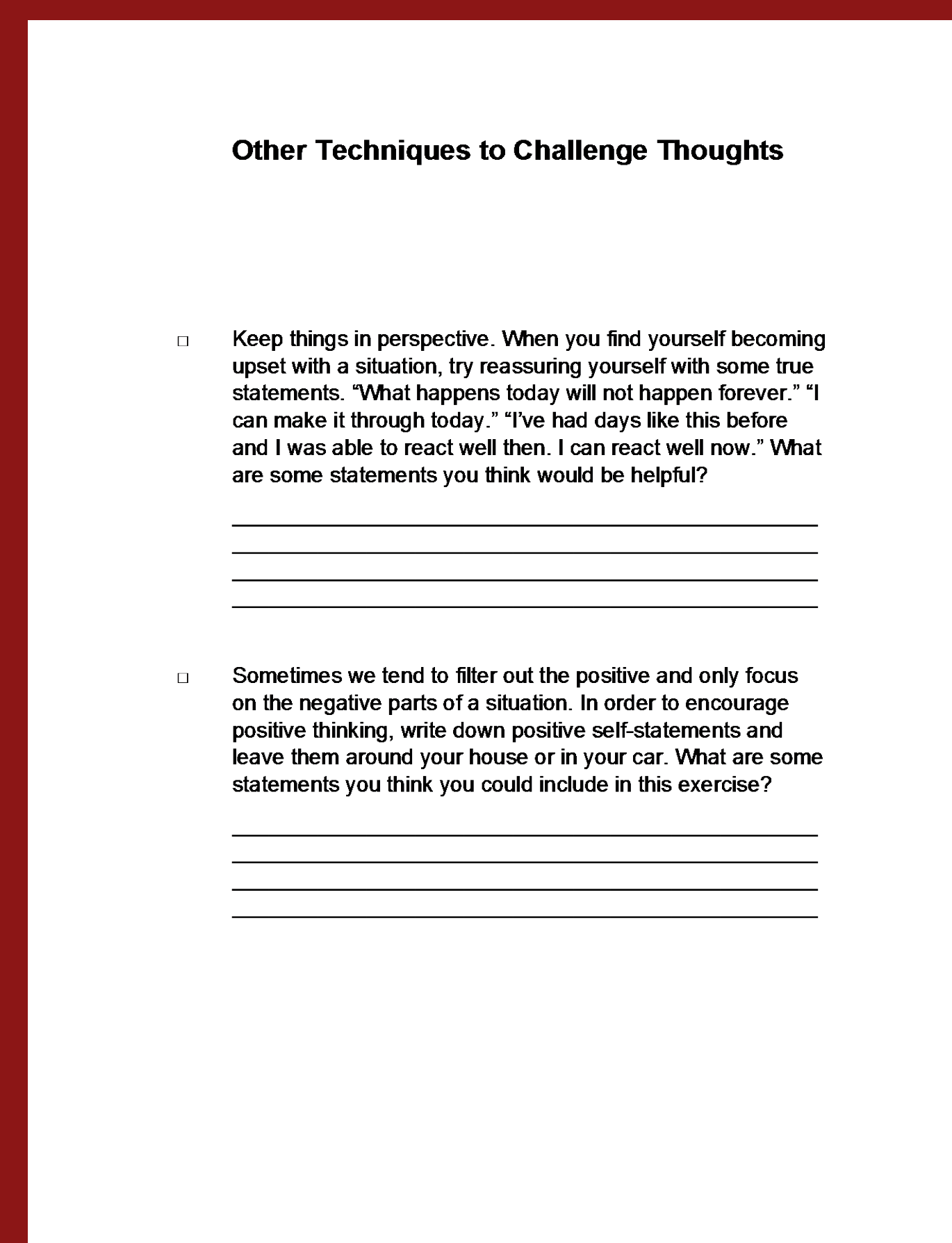
Negative Thought Patterns High-Functioning Handout- 2nd Edition DRAFT



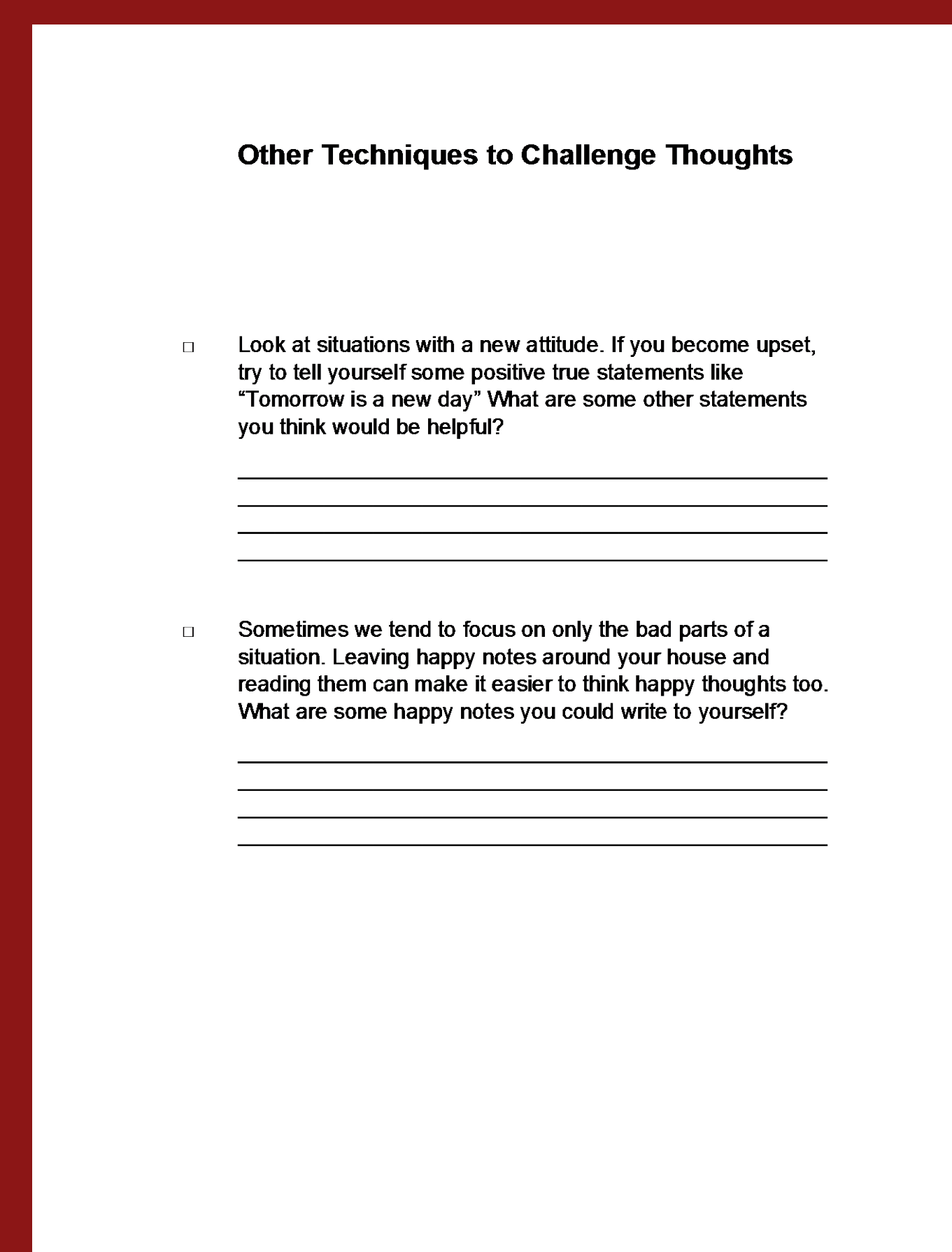
Negative Thought Patterns Low-Functioning Handout- 2nd Edition DRAFT



Other Techniques to Challenge Thoughts - 1st Edition



Other Techniques to Challenge Thoughts High-Functioning Handout- 2nd Edition DRAFT



Other Techniques to Challenge Thoughts Low-functioning Handout- 2nd Edition DRAFT