

# Hope Springs: A Pilot Study on the Effect of Christian Cognitive Therapy for Treatment of Depression among Adults with Dementia of the Alzheimer's Type

Gerald E. Nissley, Jr., Psy.D., L.P.

East Texas Baptist University

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# Research Question

- CCT is an evidence-based approach to treating depression in adults.
  - CCT is a faith-informed version of CBT.
- Could it work for folks with DAT who are depressed?



# Methodology

- **Participants**

- Recruited from nursing and rehab centers in South Texas.
- *Inclusion criteria:*
  - Diagnosis of DAT and a depressive disorder
  - Residency at nursing home for at least a year prior to onset of study
  - Verbally expressive
- *Exclusion criteria:*
  - Comorbid psychotic disorders
  - Involvement with hospice

## Adaptation of CCT

- CCT sessions performed 45-minutes, 2x per week.
- Session format:
  - Training meditational prayer
  - Thought-stopping
  - Reframing
  - Process time
- Daily CNA rehearsal
  - Thought-stopping and prayer

## Measurement

- A multiple baseline approach across individuals was taken
- During baseline, treatment, and maintenance phases, the Beck Depression Inventory – Fast Screen (BDI-FS) was administered.
- Fidelity checks for sessions and CNA rehearsal protocols were completed.
- Accuracy checks for BDI-FS administration and scoring completed.

# Methodology - Procedures

## Participant Characteristics

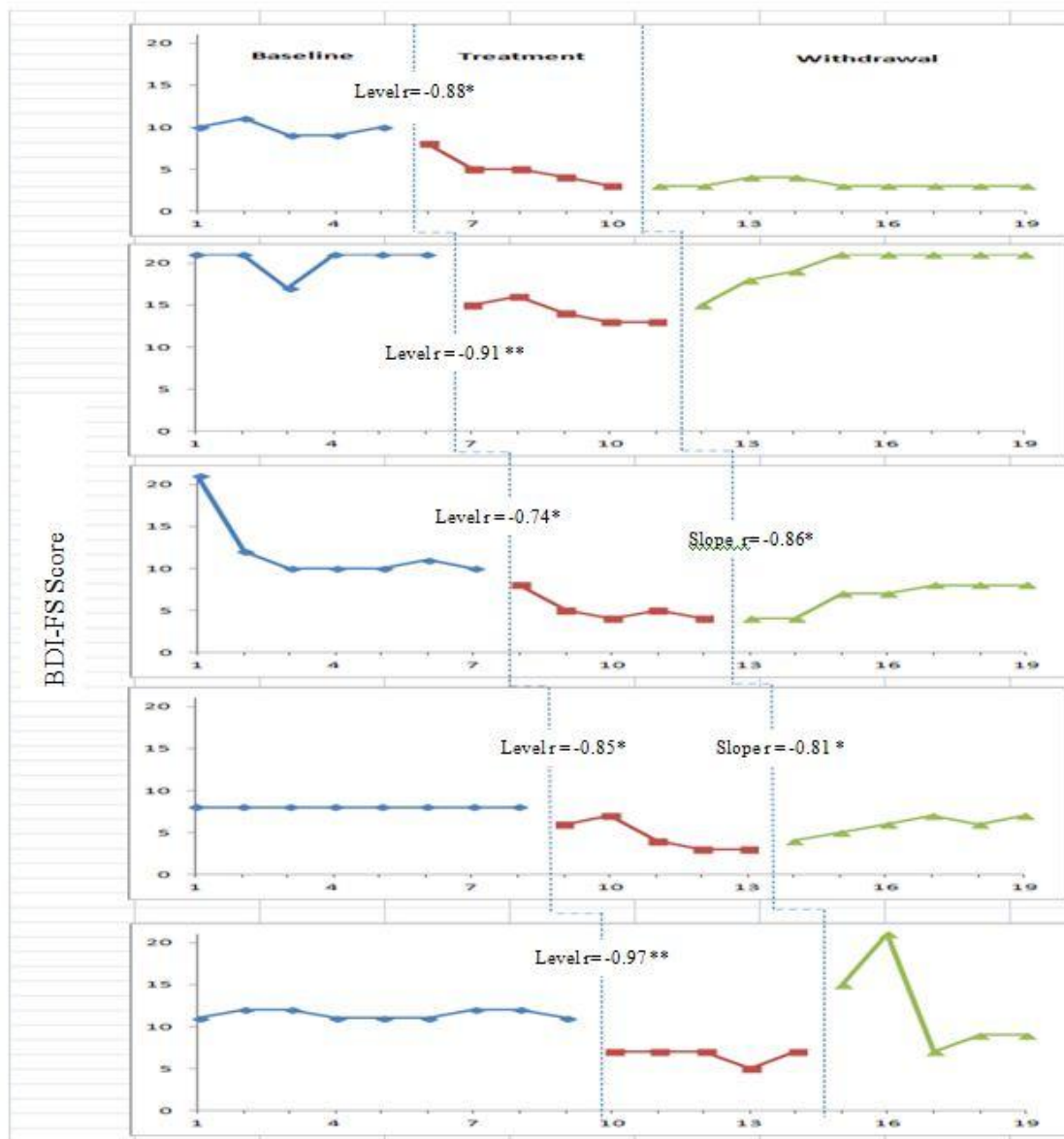
- Five participants completed all three conditions of study.
- Sex: 3 males, 2 females
- All diagnoses with DAT and Depressive Disorder, NOS
- Ethnicity:
  - Caucasian: two males, one female
  - Hispanic: one male, one female
- All participants medicated for depression and DAT
- None of participants on secure unit

## Integrity and Fidelity

- Fidelity Checks:
  - CCT sessions
    - Providers trained on protocol to mastery beforehand
    - 96% fidelity found in assessment of 50% of sessions
  - CNA rehearsal
    - CNAs trained to mastery
    - 88% fidelity assessed
- Accuracy Checks:
  - 96% agreement on BDI-FS scores between observer and recorder.

# Results

Figure 1



Two-Week Intervals  
 \* =  $p < .05$  \*\* =  $p < .01$

# Conclusion

- Findings
  - Both visual and statistical inspection show CCT was effective for reducing depression from baseline to treatment phases.
  - Heterogeneous effects found post-treatment.
- Limits
- Questions/Comments?
- [gnissley@etbu.edu](mailto:gnissley@etbu.edu)

