

EFFECTIVENESS OF PSYCHOSOMATIC REHABILITATION OF DEPRESSIVE DISORDERS

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Results: 64.3 of the patients were women, and were in average 49.1 years old. Most of the patients (46.3%) have an illness duration of one to five years. During the year before rehabilitation treatment 50.6% of the patients were between 3 and 6 month incapable to work and 28.7 more then 6 month. At admission 54.6 were not fit for work. Mean treatment duration was 39.7 (\pm 10.5) days. 52.0% had a moderate to severe depressive disorder, showing 32.3% comorbid anxiety disorder. After rehabilitation treatment 58.9% had no more depressive symptoms, 15.6% had mild and 25.4% a moderate to severe depression (effect size (ES) .05). During rehabilitation treatment patients improve their psychosocial functioning (GAF) from 59.3 to 70.3 (ES .03) and show a reduction of their physical (1.65 to 1.28; ES .01), psychological (2.32 to 1.54; ES .03) and social stress (2.01 to 1.38; ES .02).

Conclusion: Overall, it can be assumed that the rehabilitation of psychological depressive disorders has a high degree of effectiveness and could be an alternative to acute inpatient treatment.