

Treating multiple comorbidities simultaneously using multiple third-wave cognitive behavioral treatments: A preliminary analysis of an individualized comprehensive outpatient program for complex patients

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OBJECTIVE

To evaluate preliminary outcome results of an individualized, intensive outpatient program, using a model designed to treat multiple disorders simultaneously.

INTRODUCTION

- While patients are typically individually conceptualized, treatment of complex patients in intensive outpatient programs often follow a general structured model. This is likely due to the homogeneous nature of research and the difficulty translating randomized control trials to evidenced-based practice.
- A new model for individualized treatment was created for complex patients who present with multiple comorbidities to intensive outpatient treatment.
- An intensive outpatient program tested this model. The outpatient program consisted of integrated care, using a variety of third-wave CBT therapies among multiple providers, treating multiple diagnoses simultaneously. Patients were also placed into other services as deemed appropriate, which may have included a variety of groups, family therapy, individual yoga, art therapy, medication management, and work with a dietitian. Preliminary outcomes were evaluated.

PARTICIPANTS

- 16 participants who successfully completed the program were included in the analysis.
- Participants were administered the STAI, BDI-II, QOLI, and FFMQ on a weekly basis.
- Paired samples t-tests were used to compare scores at initial assessment and after completing one month in treatment.

Table 1. Sample Demographics

	Sample Size	Mean Age (SD)	Gender	Race
Sample	16	31.56 (11.21)	Female= 93.8%	Caucasian= 56.3%

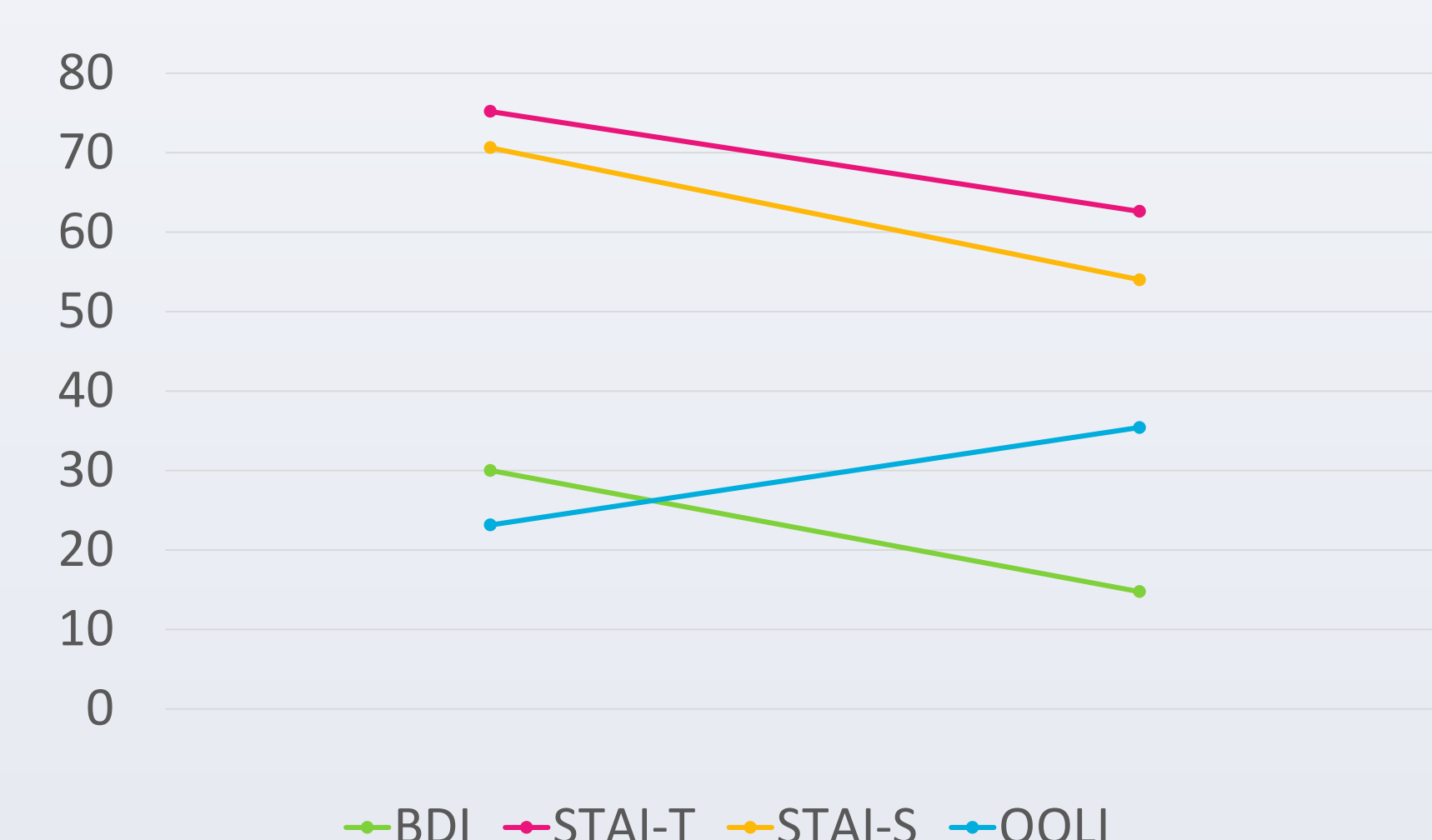
RESULTS

- Significant decreases were found in BDI-II and STAI state and trait scores, from clinically significant to normal ranges.
- Significant increases found in QOLI overall quality of life scores
- Significant increases found across the 5 FFMQ factors: observe, describe, act with awareness, nonjudge and nonreact

Table 2. T-test results

Test	T	P
BDI-II	4.96	<.001
STAI State	4.90	<.001
STAI Trait	5.70	<.001
QOLI	-6.10	<.001
FFMQ Observe	-3.22	.006
FFMQ Describe	-3.01	.009
FFMQ Act with Awareness	-3.05	.008
FFMQ Nonjudge	-3.39	.004
FFMQ Nonreact	-2.69	.020

Table 3. Change Over Time



CONCLUSIONS

- The outpatient program demonstrated an ability to decrease anxiety and depressive symptomatology, as well as increase mindfulness skills and quality of life for complex patients presenting with multiple comorbidities.
- These preliminary results provide a promising outlook for this individualized and integrated outpatient program.
- Comparisons among heterogeneous populations prove challenging. This population consisted mostly of women and a small sample size. Due to the small sample size, comparisons of other symptom outcome measures were not analyzed.
- Future research is needed to validate these results and determine long-term outcomes of the program.

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