

Expanding intensive programs to meet the needs of patients: Doing what works



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Objective

To discuss and evaluate an innovative model for treating complex patients

Introduction

- ❖ Patients are complex and often present with multiple comorbidities.
- ❖ Comorbidity of psychological disorders accompany higher symptom severity, and suicidal behavior, as well as low satisfaction with quality of life, less social support, and poorer prognosis.
- ❖ While IOPs typically recognize that patients may present with multiple comorbidities, treatment often focuses on immediate problems and does not address complex comorbidity or moderating issues.
- ❖ Most IOP models are either overgeneralized, or highly specialized to treat one disorder. Often, standardized treatment plans are utilized, and do not meet the individualized needs of patients.
- ❖ This treatment models instead matches the needs of each individual patient, tailoring treatment to multiple specific diagnoses, utilizing multiple evidence-based treatments simultaneously.

Method

- ❖ An individualized IOP was created to test this model. The IOP incorporates a variety evidence-based CBT treatments, as well as groups, family therapy, yoga, art therapy, nutrition, and medication management.
- ❖ Data were used from 56 participants who completed the program and were administered the BDI-II, FFMQ, STAI, MPFI and QOLI.

- ❖ Paired-samples t-tests were used to compare measure scores at intake and after completing the program.

Table 1. Demographics of Sample (N=56)

Mean age (SD)	Gender	Race
33.36 (12.12)	69.6% female	66.1% Caucasian

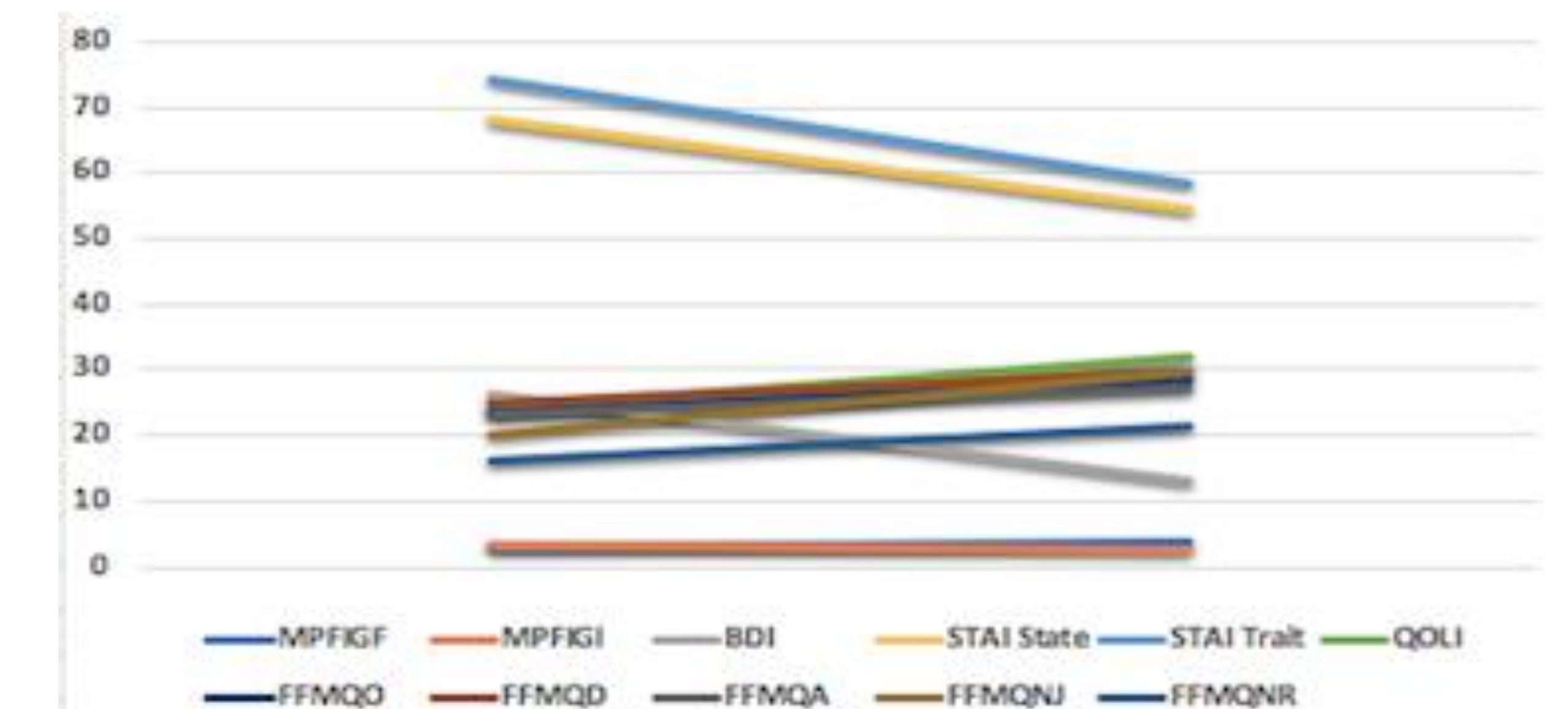
Results

- ❖ Significant decreases were found in BDI-II and STAI from clinically sig. to normal ranges
- ❖ Sig. decreases found in psychological inflexibility
- ❖ Sig. increases found in overall quality of life, mindfulness, and psychological flexibility

Table 2. T-test Results

Test	T	P
BDI-II	7.34	P<.001
STAI State	7.15	P<.001
STAI Trait	7.44	P<.001
QOLI	-4.05	P<.001
FFMQ Observe	-4.95	P<.001
FFMQ Describe	-4.66	P<.001
FFMQ Act with Awareness	-4.06	P<.001
FFMQ Nonjudge	-7.69	P<.001
FFMQ Nonreact	-7.80	P<.001
MPFI Global Flexibility	-3.96	P<.001
MPFI Global Inflexibility	4.53	P<.001

Table 3. Changes over time



Conclusions

- ❖ The current IOP model demonstrates an ability to decrease symptomatology while simultaneously increasing mindfulness skills, psychological flexibility, and quality of life.
- ❖ It supports the current model on providing individualized treatment programs that are both broad and specific.
- ❖ These results provide a promising outlook for this individualized and integrated outpatient program.
- ❖ Further research is needed to validate these results and determine long-term outcomes of this treatment model

References

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