

BLUES BEGONE

COMPUTER BASED COGNITIVE BEHAVIOUR THERAPY BENCHMARKING AGAINST PUBLISHED DATA: BLUES BEGONE® COUNSELLING AND ANTIDEPRESSANTS

Does Blues Begone® deliver a treatment for depression that is comparable to either counselling or antidepressants?

Data from Blues Begone trials have been benchmarked against data from published studies. The study chosen for comparison was that of Bedi et al. (2000) since this allows for the evaluation of depression severity both at the beginning and end of routine counselling or antidepressant treatment in an NHS service.

(Bedi et al. 2000. Assessing effectiveness of treatment of depression in primary care. British Journal of Psychiatry, 177, 312-318)

An open trial in the NHS of Blues Begone®: A new stand alone computer-based CBT psychotherapy program (submitted)

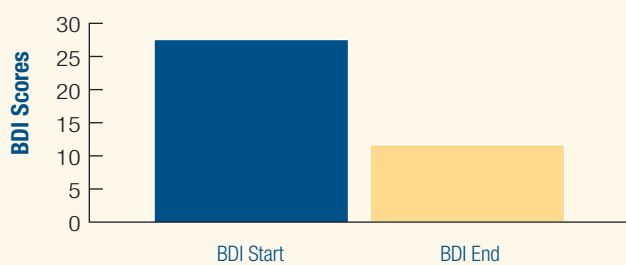
Blues Begone®

BDI Blues Begone® start: 27.5
BDI Blues Begone® finish: 11.5

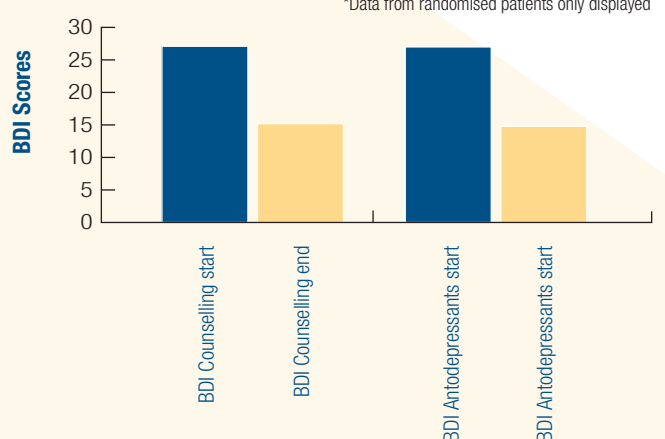
Bedi et al. (2000) Counselling or antidepressants*

BDI counselling start: 27.1 - BDI counselling end: 15.2
BDI antidepressants start: 27.0 - BDI antidepressants end: 14.8

Blues Begone® effectively treats depression and anxiety



Counselling or antidepressant treatment for depression



Blues Begone® can be as effective as antidepressants

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