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Evaluating Internet Based Cognitive Behavioral Therapy in Adults with Depression

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Evaluating Internet Based Cognitive Behavioral Therapy in Adults with Depression

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Abstract
• Depression is one of the most prevalent and costly mental health issues worldwide.
• Cognitive Behavioral Therapy (CBT) has been a long-standing treatment for patients with depression. CBT has been proven to reduce or eliminate depression symptoms while increasing quality of life.
• Due to lack of access to care and a deficiency of mental health providers throughout the United States, the frequent and lengthy visits that are required for traditional CBT may not be an option.
• The use of internet based CBT has been studied as an alternative to traditional therapy and may serve to fill a gap in current care.
• This review of literature examined the use of internet based forms of CBT in patients ages 18 and older.
• Internet based forms reviewed included videoconferencing, computer based therapy and smartphone applications.
• Current research was examined to determine the safety of internet based CBT and compare the cost and outcomes to in-person therapy.

Introduction
• Depression affects approximately 16 million adults in the United States each year (National Institute of Mental Health, 2006).
• The yearly cost of depression treatment in the United States is estimated at $81 billion dollars (Giosan et al. 2016).
• Finding ways to control costs associated with depression while maintaining positive outcomes is imperative.
• With the current shortage of psychiatric care providers, the need for alternative methods of treatment that increase access to care is apparent.

Statement of the Problem
• When considering the number of people affected by depression, along with the cost of treatment for those individuals, it becomes apparent that finding cost effective solutions that improve access to care is imperative.

Research Questions
• In the adult psychiatric population (age 18 and older), is internet based CBT a safe alternative to traditional in-person therapy when treating depression?
• Among adult patients being treated with internet based CBT for depression, how did the cost of telepsychiatry treatment compare to traditional treatment cost?
• Does the use of internet based CBT improve outcomes in those patient populations?

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