CBT-LATE

Cognitive behavioural therapy for the treatment of late life depression - a multicentre, randomized, observer-blinded, controlled trial (CBT-late)

Project funding: Federal Ministry of Education and Research (BMBF)
Grant number: 01KG1716
Duration of the entire trial (months): 36
Follow-up per patient: 6 months after randomization

Background: This proposal addresses the unmet medical problem of insufficient treatment of late life depression (LLD). Compared with depression in early adulthood, treatment options of LLD are limited. Pharmacological treatment is less effective and often restricted due to side effects. The evidence of efficacy of psychological interventions in LLD is limited and based on studies of low quality. In the proposed study, an 8-week cognitive behavioural therapy (CBT) program specifically designed for LLD will be tested with regard to efficacy in comparison with an unspecific control intervention in a multicentre trial in outpatients with moderate to severe unipolar depression at an age of ≥ 60 years.

Objective: To test the hypothesis that a 15-session individually-delivered cognitive behavioural therapy (CBT) specific for late life depression (LLD) is of superior efficacy in reducing symptoms of depression in comparison with a supportive unspecific intervention (SUI) of the same quantity in patients with LLD.

Whom are we looking for?

Persons diagnosed with moderate to severe late life depression (age ≥ 60 years)

What does a study participation provide you with?

- During a period of six months, you will receive regular follow-up examinations and psychotherapeutic support
- Individual benefits: on-going examination of current cognitive abilities

If you or someone you know might be interested in participating, please contact us for further information!

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