# 理情團體治療對改善門診憂鬱症患者非理性信念及憂鬱症狀之成效探討

# The effects of Rational-Emotive Group therapy on improving irrational belief and depression symptoms of OPD Depression patients


## 中文摘要

本研究目的爲驗證理情團體治療模式對改善門診憂鬱症患者非理性思考模式及憂鬱症狀之成效，並建構一套適用於門診憂鬱症患者的理情團體課程。由研究者任團體治療師，以中部某醫學中心門診憂鬱症患者爲樣本，實驗組 7 人、控制組 8 人，於 92 年 2 月至 5 月實驗組成員參與十次理情團體治療，兩組成員皆接受貝氏憂鬱量表、成人理性量表及情緒穩定量表等工具之前後測。所得資料以 SAS 和 SPSS 統計軟體進行無母數分析，結果顯示非理性信念與憂鬱程度、情緒穩定度皆呈顯著正相關，實驗組在團體治療前後於非理性信念、憂鬱症狀並無差異，但於情緒穩定度有顯著改善，實驗組比控制組在憂鬱症狀、情緒穩定度有顯著改善，非理性信念雖無差異，但在分量表「讚許」上有顯著差異。研究成果可作爲臨床實務工作者之參考，進而設計適用門診憂鬱症患者之治療模式。

## 英文摘要

The purpose of the study is to examine the effects of rational emotive group therapeutic model to improve the irrational belief and depressive symptoms in the outpatients who are with depressive disorders, and to make a program of rational emotive group therapy to apply in clinics. The role of researcher in this program is the group therapist. This research enrolled the depressive disorder cases from a medical center in central Taiwan, study group 7 persons, and control group 8 persons. The members of study group attended ten times of rational emotive group therapy. Beck Depression Inventory, Rational Beliefs Inventory and Emotional Stability Inventory were applied in both study and control groups. The data were analyzed by SAS static software with nonparametric statistical methods. The results reveal that irrational believes, the severity of depression and the emotional stability of mood are correlated. After taking the programs, the study group had notable improvement in emotional stability, but irrational believes and depressive symptoms. To compare the collecting data between two groups, the study group got more improvement in depressive symptoms and emotional stability. There are no remarkable differences in irrational belief inventory but it is significant in the subscale - Approval Need. These results could be applied in clinic works for depressive disorder cases.