

認知行為團體治療於憂鬱症病患之臨床分析

An Empirical Analysis of Cognitive Behavior Group

Therapy in

Patients with Depression

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摘要

近年來對於憂鬱症病患的非藥物治療方式研究漸多，其中又以認知行為團體治療之成效較佳且受到學術領域之矚目，認知行為團體治療以幫助病患發現負面想法、了解其影響自身之情緒變化及行為反應為出發點，並統整出容易產生負面性想法的內在錯誤信念、假設或思考方式，找出證據證實負面想法是無根據且不合事實的，進而引導病患學習並採用另一種新的、真實的看法以取代其原本所採用負面的、悲觀的、不合理的想法。由文獻中發現，認知行為團體治療確能有效降低憂鬱症病患之憂鬱程度、改善憂鬱情緒，進而轉變其認知錯誤及不良認知態度，亦降低其無望感，此療效甚至與藥物治療同等，並已獲得許多實證研究之支持，本文針對相關研究進行深入之分析及探討。(慈濟護理雜誌, 2004; 3:1, 19-27.)

Abstract

The non-pharmacological treatments in patients with depression are getting popular and important in these days. Cognitive behavior group therapy (CBGT) is one of the most effective treatments in helping patients' negative emotion and behavior. The CBGT aims at modifying patients' cognitive errors, belief, and thoughts. From the literature review, the CBGT was effective in reducing depressed patients' depression, cognitive errors, dysfunctional attitude, and hopelessness. A series of evidence based researches proved the effectiveness of the CBGT. This article reviewed the related researches in the field of CBGT in patients with depression. (Tzu Chi Nursing Journal, 2004; 3:1, 19-27.)