

Increasing Pleasant Events in the Nursing Home: Collaborative Behavioral Treatment for Depression

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Depression is prevalent in nursing homes, but there are many barriers to effective treatment in these settings. In this presentation, I describe the successful behavioral treatment of a single nursing home resident with recurrent major depression. Successful treatment outcomes included markedly improved positive affect and increased activity level at post-treatment, and absence of depressive symptoms or diagnosis at both post-treatment and after a 12-week follow-up. Hierarchical data analysis based on mixed models was used in two ways: (1) to fit separate regression models to baseline, treatment, maintenance, and follow-up phases and to use the 'method of splines' to compare these regression models with each other, and (2) to compare the mean levels of the outcome variables across phases. The results of this study support the potential benefits of a theory-based, behavioral approach to treating depression in long-term care.