CBT Improves Post-CABG Depression in Women

BY BRUCE JANCIN

New Orleans — Cognitive-behavioral therapy reduced depressive symptoms and enhanced function in a small pilot study of women with depression following coronary artery bypass graft (CABG) surgery, D.N.Sc., reported at the annual scientific sessions of the American Heart Association. Women who received a course of cognitive-behavioral therapy (CBT) also experienced significantly fewer colds and other minor infectious illness episodes during 6 months of follow-up than did depressed women who received usual care, Dr. Doering, chair of the acute care section in the school of nursing at the University of California, Los Angeles.

CBT was randomized to 20 women who experienced major depression following CABG surgery. They have worse outcomes than nondiabetic patients post CABG. To learn more about the relationship between depression and immunity after CABG, Dr. Doering and her co-investigators twice interviewed 52 women post CABG surgery and measured their hospital discharge and again 2 weeks later.

Based upon these interviews, 15 patients were diagnosed as having major depression. They were random assigned to a 4-week program of individual CBT or usual care, consisting of routine postoperative medical and nursing follow-up, plus a concomitant use of other drugs that prolong the QTc interval; and (4) presence of congenital long QT syndrome, with recent acute myocardial infarction, or with uncompensated heart failure (see pharmacodynamic effects and have this effect described in the full prescribing information as a contraindication or a boxed or bolded warning).

The investigation was conducted by the Beth Israel Medical Center and was supported by a grant from the National Institute of Mental Health. The authors declared no conflicts of interest.