

MINDFULNESS-BASED COGNITIVE THERAPY FOR TREATMENT-RESISTANT DEPRESSION

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Mindfulness

- Mindfulness means paying attention, in a particular way; on purpose, in the present moment and non-judgmentally.

Kabat-Zinn, 1990

- Development through mental training

Pali: Bhavani

- Nonevaluative awareness to one's inner and outer environment

Mindfulness Applications

- Stress reduction
- Chronic pain
- Psoriasis
- Eating disorders
- Fibromyalgia
- Cancer
- Parenting/Childbirth
- Anxiety
- Depression
- Borderline personality disorder
- Addiction
- Bipolar disorder

Mindfulness: The 3rd Wave

- Behavior therapy focused on operant and classical conditioning (Skinner, Pavlov)
- Cognitive focused on cognitive content (Ellis, Beck)
- Mindfulness focused on attentional and metacognitive aspects—i.e. thought processes (Segal et al, Hayes, Linehan)

MBCT

- Sees thoughts and feelings as mental events and not facts
- Can be used generically throughout the day

Mindfulness (Kabat-Zinn, 1990)

It is remarkable how liberating it feels to be able to see that your thoughts are just thoughts and they are not "you" or "reality"

Metacognition and Decentering

- Recognizing thoughts as thoughts and not facts can free the individual from being compelled to act as if they are an immutable reality. This can allow the individual to respond skillfully and not just react reflexively.

MBCT vs. CBT

- | | |
|---|---|
| • I'm having the thought..... | • I am..... |
| • Little emphasis on positive vs. negative thoughts | • Rigorous attention to identifying negative thoughts |
| • Way of being in the world | • Way of looking at negative events |
| • Noticing thoughts | • Answering back |
| • Thought process-focused | • Thought content-focused |

MBCT INTERVENTION: Segal et al Protocol 2002

- Format:
 - 8 X 2 hour weekly sessions
 - Monthly maintenance
 - daily meditation
 - groups of 6-14
- Formal Practice
 - Body Scan
 - Mindful stretching/Yoga
 - Mindfulness of breath/body/sound/thoughts
- Informal Practice
 - Mindfulness of everyday activities
 - 3-minute breathing spaces

ONE YEAR FOLLOW-UP: % SURVIVAL FREE OF EPISODE



TEASDALE ET AL 2000

ONE YEAR FOLLOW-UP: % SURVIVAL FREE OF EPISODE



MA AND TEASDALE 2004

Mindfulness-Based Cognitive Therapy for Treatment Resistant Depression

- Stuart Eisendrath, MD
- Maura McLane, MFT
- Kevin Delucchi, PhD
- Robin Bitner, MD
- Paul Fenimore, MA
- Martina Smit, MD
- Tracy Peng, MD
- Miran Choi, MD

TRD: How Big a Problem?

- STAR*D found remission rates of 30%, 20%, 14%, and 13% with four steps
- Nelson noted cumulative sustained recovery rate of 43% after four steps due to relapse or intolerance

Rush 2006
Nelson 2006

Treatment-Resistant Depression at Langley Porter

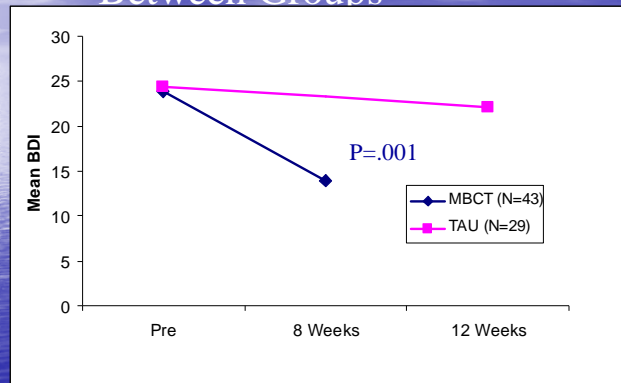
- A common problem: 2/3 of our patients do not enter remission by 12 weeks
- Treatment as usual of limited help
- Decided to try MBCT as an augmentation strategy to enhance remission rates

Two Nonrandomized Groups

- Patient referred from other providers for augmentation to usual depression, mainly from within Langley Porter
- Patients followed in the Depression Center clinics with average BDI score of 24 after 12 weeks and then followed for an additional 12 weeks of TAU

	MBCT+TAU	TAU	p-value
NUMBER	43	29	
INITIAL BDI	23.8	24.3	NS
POST BDI	12.9	22.1	.001
TREATMENT DURATION	8 WEEKS	12 WEEKS	
PERCENT REMITTING	30.2	10.3	.045
PERCENT REMITTING OR RESPON	46.5	16.2	.001

Mean BDI Scale Scores Between Groups



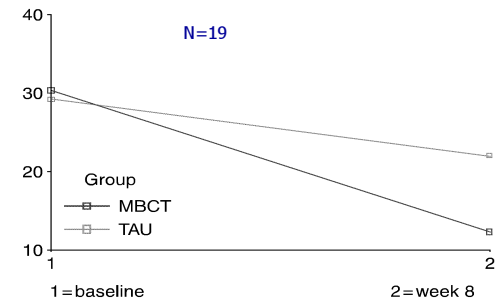
MBCT vs. STAR*D Data

	MBCT+TAU	STAR*D (Step 3)
TREATMENT DURATION	8 WEEKS	12 WEEKS
PERCENT REMITTING	30.2	13.7

MBCT Depression Studies

Author	Pre-MBCT	Post-MBCT
Funicane et al. (n=11)	35.7	17.8
Kenny et al. (n=50)	24.3	13.9
Kingston et al. (n=19)	30.3	12.3

Kingston et al. 2007



MBCT for Generalized Anxiety Disorder

Measure	Baseline		Post-intervention		Z-score
	Mean	S.D.	Mean	S.D.	
BAI	19.00	13.7	8.91	7.8	-2.5**
PSWQ	60.82	11.0	48.82	6.95	-2.98**
POMS tension-anxiety	16.9	8.2	9.7	6.7	-2.3*
BDI	13.80	7.9	8.82	8.5	-1.4*
MAAS	3.68	.66	4.2	.58	-1.8

Evans et al. 2007

Bipolar Disorder: Interepisode Anxiety and Depression

Measures of mood	Bipolar			
	Control (7)		MBCT (7)	
	Pre	Post	Pre	Post
BAI	11.4 (8.5)	20.6 (11.3)	12.7 (12.1)	6.8 (5.7)
BDI	12.8 (8.1)	15.3 (12.6)	15.8 (14.4)	7.1 (7.7)

Williams et al. 2007

How Does Mindfulness Work in Depression?

- Focus on here and now
- Selective attention
- Decreased Rumination

Mindfulness Mechanisms

- Decentering: Viewing thoughts as mental events and not facts
- May be key component of traditional CBT

Mindfulness Mechanisms

- Decreasing resistance to depression to reduce suffering
 - Increased tolerance of unpleasant affect and reduced avoidance behavior
- $\text{Suffering} = \text{Resistance} \times \text{Pain}$

What Does Self Compassion Do?

- Self Compassion: Acceptance of thoughts without judgment and softening of self-criticism
 - Buffers negative self feelings
 - Prevents being overwhelmed with negative emotions
 - Attenuates negative reactions in ways that are distinct from self esteem

Leary et al. 2007

REPRESENTATIVE COMMENTS:

- I'm gentler on myself
- I'm less critical
- I can talk back to myself more
- I notice people are more interesting
- I'm more mindful in my everyday life
- I handle stressful events better

BIOLOGICAL CHANGES WITH MBSR

- Intervention vs. Waitlist
- Left anterior frontal activation on EEG
- Increased antibody response to influenza vaccine that correlated with degree of EEG activation

Davidson et al 2004