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**Title of thesis: A COMPARATIVE STUDY OF DIFFERENT THERAPEUTIC METHODS FOR DYSTHYMIC DISORDER IN IRANIAN WOMEN**

#### **ABSTRACT**

The issue of depression is quite prevalent among mental disorders and Dysthymia is much pervaded among Iranian women

**Purpose:** The aim of the present research was to study the effectiveness of different therapeutic methods in treating dysthymic disorder in Iranian women.

**Objectives:** Based on the purpose, the following objectives are formulated:

1. To identify the sample of Iranian women affected by dysthymic disorder.
2. To study the effect of CBT, Pharmacotherapy, combination of pharmacotherapy and CBT in Iranian women affected by dysthymic disorder.
3. To compare the level of depression before (pre test) and after intervention (post test) in four groups i.e. CBT only, CBT with Pharmacotherapy, Pharmacotherapy only and control groups.

#### **Design:**

In the present research a pre and post design was followed. The purpose of the present research was to compare the effects of different therapeutic methods in treating dysthymic disorder in Iranian women. In other words, to study the efficacy of cognitive behavior therapy (CBT) and pharmacotherapy with CBT and pharmacotherapy for treatment of dysthymic disorder in Iranian women. For this purpose four groups were selected.

**Participants:** A purposive sample of 120 Iranian women was selected for groups.

**Variables: Independent Variable:** Type of Intervention:

1- Cognitive Behavioral Therapy (CBT) 2- Pharmacotherapy 3- Combination of CBT & Pharmacotherapy 4- Control Group

**Dependent Variable:** Depression

**Measures:** 1- Structural Clinical Interview for criteria of DSM-IV-TR 2-The Beck Depression Inventory

**Procedure:**

The research followed pre and post test design and included three groups for intervention and one control group:

1. Cognitive Behavioral Therapy (CBT)
  2. Pharmacotherapy (medication only)
  3. Combination of CBT and pharmacotherapy
- Control group (neither CBT nor medication)

**Statistical Analyses:** The analyses of the data were, pre and post test scores were analyzed by applying ANCOVA for four groups. Significant results were further analyzed by post-hoc mean comparisons using Tuckey test.

**Results & Discussion:**

The main findings of the present study were that cognitive behavior therapy alone, pharmacotherapy alone and combined cognitive behavior therapy with pharmacotherapy treatment methods of intervention are effective in reducing the depressive symptoms of dysthymia in Iranian women. In addition, present study demonstrated that combined therapy i.e., cognitive behavior therapy and pharmacotherapy were more effective in treating and reducing the level of depression in dysthymic disorder. Therefore, the combination of the two was whoppingly more effective than either one alone.