A study to evaluate the effectiveness of body mind spirit (BMS) intervention on process of recovery and wellbeing among depressive patients in a selected hospital of Kolar, Karnataka.

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ABSTRACT

Aim: To explore the wellbeing, quality of life, work and social adjustment of depressive patients and to develop and evaluate the effectiveness of a psychosocial group intervention based on the Body-Mind-Spirit approach.

Design: True experimental approach with pretest-posttest control group design and longitudinal measurements of outcomes (upto to 6 months)

Setting: out patient psychiatric department of Sri Narasimha raja district hospital, Kolar.

Participants: A sample of 100 depressive disorder patients randomly allotted to BMs and TAU group with 50 subjects in each group.

Measurements: severity of depression (assessed by Beck Depression Inventory II, Aaron T. Beck, 1996) wellbeing (Body-Mind-Spirit well-being inventory (BMSWBI), Chan, Ho & cho in 2002) functional impairment (work and social adjustment scale(wsas) james C.Mundt, Isaac. M Marks, M Katherine shear, John M Greist in 2002) and quality of life (world Health Organization quality of life (WHOQOL) BREF instrument) The assessments were carried out at baseline, at month at months at 3 months and at 6 months.

Intervention: after the baseline assessment, subjects in BMS group received both routine hospital treatment and Body-Mind-Spirit intervention. The BMS intervention was given as group approach, where in subjects underwent four group therapy sessions over four weeks, one session per week, each session spanned over three hours. TAU group participants received routine hospital treatment which includes antidepressants and psychoeducation.

Findings: compared to TAU groups, subjects in BMS group were found to have significantly lower depressive scores, higher levels of wellbeing, lesser functional impairment and improved quality of life scores.

Conclusion: overall it was concluded that adding a complimentary therapy with pharmacotherapy has significant contribution to obtain additional benefit as well as the greater improvement in symptoms in patients with depression.