

McGillivray, J.A., McCabe M.P., Kershaw, M.M. Depression in people with intellectual disability: An evaluation of a staff-administered treatment program. *Research in Developmental Disabilities*. (2008) 524-536

Recent data indicate that individuals with intellectual disability are more susceptible to depression than the general population. The aim of this study was to evaluate community based interventions designed to promote early identification and treatment of depression in adults with mild ID by trained staff. Staff were trained to recognize the symptoms of depression as well as to provide a cognitive behavioral treatment program. Overall, the program consisted of 47 individuals with a co-morbid diagnosis, treated by 13 trained staff. Subsequently, a wait listed control group of 27 individuals completed the program.

Results:

- 1 Pre/post Treatment Results – Beck Depression Inventory**
 - 80% of individuals demonstrated a substantial improvement on the Beck Depression Inventory. 20% indicated a small improvement on the BDI
- 2 Pre/follow-up Treatment Results - Beck Depression Inventory**
 - 60% of individuals maintained a substantial improvement, 3 months later
 - 35% of individuals maintained a small improvement, whereas 5% deteriorated
- 3 Control wait-listed Treatment Results - Beck Depression Inventory**
 - 33% demonstrated a substantial improvement, with 30 % having small improvements, however 37% mentioned a deterioration in depressive thoughts.
- 4 Pre/Post Treatment Results – Automatic Thoughts Questionnaire-Revised**
 - 70% demonstrated a substantial improvement in automatic thoughts.
 - 25% demonstrated a small improvement in automatic thoughts
- 5 Pre/Follow-up Treatment results – ATQ-R**
 - 50% of individuals experienced fewer automatic thoughts at 3 mth follow-up
- 6 Control waiting list – ATQ-R**
 - 41% experienced a substantial improvement in automatic thoughts
 - 26% experienced a small improvement, with 33% experiencing a deterioration.

The importance of this study indicates the need for training staff in providing CBT programs implemented at the early stages of the development of depression symptoms so that there may be enhancements in the treatment for individuals with ID. The program proves to be a cost-efficient and sustainable method of providing intervention.