



Fra Selskabets bibliotek - abstract 1

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Bogens titel: Secular Versus Christian Inpatient Cognitive-Behavioral Therapy Programs: Impact on Depression and Spiritual Well-Being

Holistic conceptions of healthy personality and functioning theorize that spiritual and psychological wellbeing and wholeness are interconnected. In an inpatient group of clinically depressed Christian adults, this study compared the effectiveness of Christian cognitive-behavioral therapy (CCBT; n=18) to that of traditional cognitive-behavioral therapy (n=11). There was a significant correlation between a reduction in depression and an improvement in spiritual wellbeing (SWB; $p < .0005$). Both groups demonstrated significant reductions in levels of depression ($p < .0005$) and improvements in SWB ($p < .0005$). Furthermore, there were significantly higher overall SWB scores for those in the CCBT program ($p < .01$). This provides encouragement for the use of therapy that matches and utilizes religious values.