

Presenter: Michael Petilla

Session & Time: Poster III

Room/Time: GLH / 3:30-4:30

Discipline: Nursing

Faculty Mentor: Rafael Romo

Digital Portfolio URL:

Title: Improving Depressive Outcomes in Younger Adults: Comparing Treatments with CBT Verses Medication Alone

Abstract:

Depression among younger adults in the United States have been rising, with many cases rooting from inadequate treatment of depression for adolescents. Untreated or poorly managed depressive symptoms during adolescence associates with an increases risk of anxiety disorders, substance use, suicide attempts, and negative educational outcomes. Antidepressant medication such as selective serotonin reuptake inhibitors(SSRIs) are commonly used due to their accessibility and insurance coverage compared to psychotherapy such as cognitive behavioral therapy(CBT). Antidepressant medications are usually given as a first line treatment, however, there is also combination therapy which includes medications with Cognitive Behavioral Therapy(CBT). This kind of therapy adds a financial barrier due to the difficulty in accessing CBT specialists.

This study aims to evaluate the effectiveness of combination therapy versus medication alone in younger adults.