

Abstract

This study investigated the effectiveness of Rational Emotive Therapy and NLP Global Unconscious Reframing, singly and combined in reducing depression among women in midlife.

The study proposed to answer the following questions:

1. What are the presenting problems of each of the women under study?
2. What are the symptoms of depression?
3. What irrational beliefs do they hold?
4. How effective is the treatment package (RET, GUR and RET-GUR)? (i) Are there changes in depression level of clients before and after treatment? (ii) Is there a difference in the view of themselves and others before and after treatment? (iii) How stable are the effects of treatment over a period of one month? (iv) How effective is the treatment package as reflected by Clients' Self Description and Report by Significant Person. (v) Is there a difference in the effectiveness of RET, GUR and RET-GUR in reducing depression level and positive view of themselves and others? (vi) Are there differences between control clients and experimental client in depression level and views about themselves and others before and after treatment?

This study used the N=1 or single case research replicated 9 times with pre, post and delayed posttest design. The nine clients were referred to three treatment groups: RET, GUR, and RET-GUR. Each treatment group had two clients for therapy and one served as control.



The instruments used to measure the changes in depression were Beck's Depression Inventory (BDI), and Depressive Experiences Questionnaire (DEQ), Client's Self Description (CSD), and Report of the Significant Person (RSP).

The results indicated that the treatment package was effective in reducing the depression level of clients and in enhancing positive view about themselves and others. It was evident that the treatment package was able to reduce the cognitive-affective and physiological symptoms of clients and their irrational beliefs. Of the three treatment methods, RET-GUR was found to be more effective. The effects of the treatment were stable over a period of one month.

