Efficacy of Therapeutic Milieu Interventions on Inpatients With Depressive Disorders, India: A Pilot Study

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Purpose: Depression contributes to significant disease burden at national and global levels. Depression with suicide ideation in psychiatric wards can be a major problem. Primary-care nurses trained in clinical and therapeutic aspects of depression play a central role in care management, patient education, treatment adherence, and clinical monitoring. Therapeutic milieu interventions are simple, safe, cost effective which can be used in any inpatient psychiatric settings. There is a huge literature gap in testing the effectiveness of therapeutic milieu interventions on inpatients with depressive disorders.

Aim: To examine the efficacy of therapeutic milieu interventions on reduction of suicidal ideation, depressive symptoms and improvement in self-esteem among depressive patients

Methods: Quasi experimental nonequivalent control group pre-test-post-test design. About 30 participants with depression who got admitted in general hospital psychiatric ward of a tertiary care setting in Uttarakhand, India were selected. The participants were assigned to control group and experimental group non-randomly by using convenient sampling technique from April to November 2019. The control group (n=15) received only routine treatment which includes psychotropic medications and routine nursing care [treatment as usual (TAU)]. The experimental group (n=15) received Therapeutic Milieu Interventions along with TAU. Outcome measures on suicide ideation, self-esteem and depressive symptoms were evaluated for both groups at baseline and at three ongoing assessments in the 4th, 8th and 12th weeks. Treatment effects of Therapeutic Milieu Intervention were analyzed by repeated-measure ANOVA.

Results: Majority (65%) of the participants reported low suicide ideation while 12% conveyed moderate to high suicide ideation. On the 3 months follow up, the milieu therapy group (Vs TAU group) reported significantly lesser suicidal ideation (F=3.617, p<0.05), depression (F=25.487, p<0.001) and increase in self-esteem (F=20.354, p<0.001). Compared with the control group, the experimental group showed significant reduction in suicide ideation and depressive symptoms.

Conclusion: The findings of the present study on depressive patients provided initial evidence for the effect of Therapeutic Milieu Interventions in reduction of suicide ideation and improved self-esteem.
Title:
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Keywords:
Depression, Suicide Ideation and Therapeutic Milieu

Abstract Summary:
Therapeutic milieu interventions are simple, safe, cost effective which can be used in any inpatient psychiatric settings. There is a huge literature gap in testing the effectiveness of therapeutic milieu interventions on inpatients with depressive disorders.

References:

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