

## Verbal Activity in Three Kinds of Treatment of Depression:

### Cognitive-Behavioral Therapy, Psychodynamic Therapy and Psychoanalytic Therapy

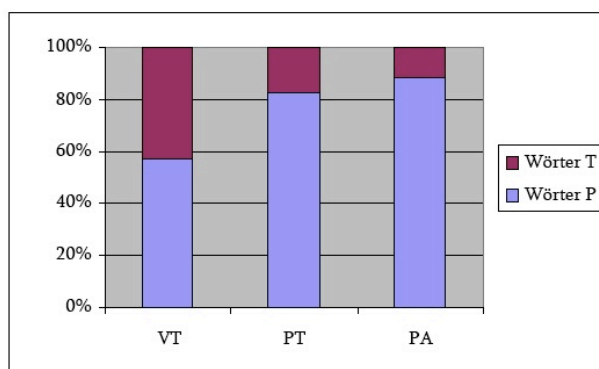
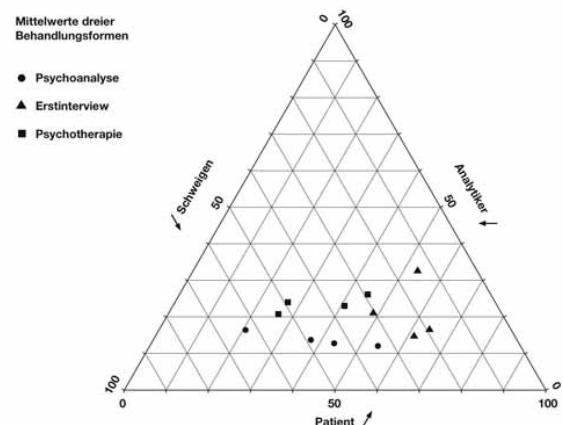
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	Percentage of each individual session which individual used in speaking: grand means over all sessions		
	Ther.	Pt.	Combined
RGM-SM	16.8	62.8	77.8 <sup>a</sup>
RGM-HW	10.3	84.2	93.8
GS-PB	43.7	56.0	94.5
GS-TM	26.7	67.1	91.9
JDM-AB	18.4	75.5	93.3
JDM-CD	19.2	64.5	83.5
JDM-EF	35.6	35.4	70.0

<sup>a</sup>The combined percentage is less than the percentage sum of therapist and patient speech because a small portion of each participant's speech is overlapping (i.e., interruptions).

Kächele H (1983) Verbal activity level of therapists in initial interviews and long-term psychoanalysis. In: Minzel W-R, Herff W (eds) *Methodology in Psychotherapy Research. Proceedings of the 1st European Conference on Psychotherapy Research, Trier 1981*. Lang, Frankfurt, pp 125-129

Matarazzo, J.D., Holman, D.C. and Wiens, A.N.: A simple measure of interviewer and interview speech duration. *The Journal of Psychology* 66: 7-14 (1967)



### Findings:

In this study the verbal activity and other characteristics of the discourse of therapist and patient for sessions from two psychoanalytic, two psychodynamic and two cognitive behavior therapies were compared.

Psychoanalytic therapists were found to talk the least and behavior therapists the most.

Graphik 3: Durchschnittliche Redeanteile je Therapierichtung

## The Munich Psychotherapy Study on the Treatment of Depression