

Mind Beacon

Guided CBT Program

Depression

WHAT IS DEPRESSION?

We all feel sad or down sometimes. It's normal to feel this way after the loss of a loved one, a break-up or even after having a bad day. Sadness is a healthy emotion to feel when facing difficult situations. Usually people cope with it and it passes.

Feeling depressed on the other hand, is more than sadness, and dealing with it requires a much more active approach. Depression is characterized by persistent low mood, a loss of interest or pleasure in the things one used to enjoy, feeling worthless or guilty and suicidal thoughts. People who experience these symptoms for at least two weeks such that they negatively interfere with their ability to work, carry out daily activities and have satisfying relationships may be experiencing Major Depressive Disorder.

PREVALENCE OF DEPRESSION IN CANADA

Major Depressive Disorder affects approximately 5.4% of Canadians¹. It disproportionately affects younger individuals. According to a recent survey, 27% of adults between the ages of 18 to 24 screened positive for clinical depression compared to 7% that were 65 years of age or older².



ABOUT THE PROGRAM

MindBeacon's depression program is an internet delivered treatment based on principles of Cognitive Behavioural Therapy (CBT), which is widely regarded as an effective treatment for depression³.

The depression program provides access over 12 weeks to our platform and includes information and reading materials as well as skills-based exercises. The entire program is completed under the guidance of a therapist who helps to tailor the material to each individual client's needs, empowering them with a toolkit of skills to carry into the future. Clients continue to have unlimited access to the platform following completion of the program, allowing them to consistently review the readings and exercises on their own.

¹ <https://www150.statcan.gc.ca/n1/pub/82-003-x/2020012/article/00002-eng.htm>

² <https://www150.statcan.gc.ca/n1/daily-quotidien/210318/dq210318a-eng.htm>

³ Cuijpers, P., van Straten, A., Andersson, G., & van Oppen, P. (2008). Psychotherapy for depression in adults: a meta-analysis of comparative outcome studies. *Journal of consulting and clinical psychology*, 76(6), 909–922. <https://doi.org/10.1037/a0013075>



WHO SHOULD ENROLL?

This program can serve individuals over the age of 16 experiencing mild to moderate symptoms of depression.

RESEARCH BEHIND THE DEVELOPMENT OF THE PROGRAM

MindBeacon is committed to evidence-based care. Our programs are developed by clinical psychologists with expertise in CBT, depression, and empirical research.

DEPRESSION PROGRAM TOOLKIT & MODULES

Topics covered in the depression program include:

- ✔ Understanding depression
- ✔ Understanding the patterns of thoughts, feelings and behaviors that keep depression going
- ✔ Setting individual goals
- ✔ Behavioural activation
- ✔ Challenging depressive thoughts
- ✔ Challenging core beliefs
- ✔ Problem-solving



YOUR MOST COMMON QUESTIONS ANSWERED

What is a Guided CBT Program?

Cognitive behavioral therapy (CBT) is one of the most effective treatments for depression³. Recent studies have also shown that internet CBT is just as effective in treating depression as face-to-face CBT⁴.

With MindBeacon, individuals receive internet-CBT at their own pace and on their own schedule, with their dedicated therapist guiding them throughout. Our program content includes readings and exercises that have all been developed by clinical experts to help individuals develop the skills they need to thrive. Individuals can access the program when and where it suits them and send messages to their therapist when something is on their mind.

Is depression a disorder?

When people say they “feel depressed”, they often mean that they feel sad or have low energy. These are normal feelings that come and go for everyone and may not ever become severe enough to be classified as a disorder. But, if feeling depressed persists for 2 or more weeks and causes a lot of distress or interferes with a person’s ability to live their life, this may be classified as Major Depressive Disorder. A diagnosis of Major Depressive Disorder can only be given by licensed mental health professionals.

Although MindBeacon does not provide diagnostic assessments, the same strategies are used for treating feelings of depression whether or not diagnostic criteria are met.

What are common symptoms of depression?

- ✔ Low mood
- ✔ Irritability
- ✔ Loss of interest and pleasure
- ✔ Issues sleeping and fatigue
- ✔ Withdrawal from social life and family
- ✔ Trouble concentrating on tasks and appearing distracted
- ✔ Changes in weight and appetite
- ✔ Feelings of hopelessness, despair and pessimism
- ✔ Suicidal thoughts
- ✔ Loss of self-esteem



⁴ Hedman, E., Ljótsson, B., & Lindefors, N. (2012). Cognitive behavior therapy via the Internet: a systematic review of applications, clinical efficacy and cost-effectiveness. Expert review of pharmacoeconomics & outcomes research, 12(6), 745–764. <https://doi.org/10.1586/erp.12.67>