

# BLUES BEGONE

## COMPUTER BASED COGNITIVE BEHAVIOUR THERAPY BENCHMARKING AGAINST PUBLISHED DATA: BLUES BEGONE® COUNSELLING AND ANTIDEPRESSANTS

### Does Blues Begone® deliver a treatment for depression that is comparable to either counselling or antidepressants?

Data from Blues Begone® trials have been benchmarked against data from published studies. The study chosen for comparison was that of Bedi et al. (2000) since this allows for the evaluation of depression severity both at the beginning and end of routine counselling or antidepressant treatment in an NHS service.

*(Bedi et al. 2000. Assessing effectiveness of treatment of depression in primary care. British Journal of Psychiatry, 177, 312-318)*

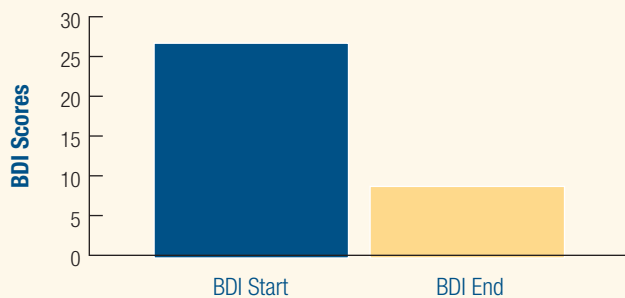
#### Blues Begone® plus treatment as usual

BDI Blues Begone® start: 26.5  
BDI Blues Begone® finish: 8.6

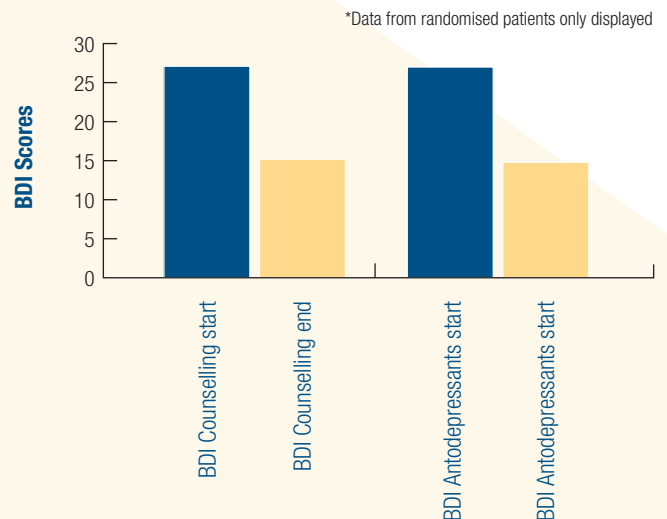
#### Bedi et al. (2000) Counselling or antidepressants\*

BDI counselling start: 27.1 - BDI counselling end: 15.2  
BDI antidepressants start: 27.0 - BDI antidepressants end: 14.8

#### Blues Begone® effectively treats depression



#### Counselling or antidepressant treatment for depression



**Blues Begone® can be as effective as antidepressants**

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**Self Help Solutions Ltd**, 17 Eldon Square, Reading, Berkshire, UK, RG1 4DP

**Tel:** +44 (0)118 9575927 **Mob:** 0780 1289787

**E-mail:** [d.purves@bluesbegone.co.uk](mailto:d.purves@bluesbegone.co.uk)

**Website:** [www.bluesbegone.co.uk](http://www.bluesbegone.co.uk)