**Evaluation of Cognitive Behavioural Therapy**

*Complete the sheet to make three full PEEL points*

**P:**

**E: David et al (2008)** found, using 170 patients suffering from major depressive disorder, patients who were treated with 14 weeks of REBT had better treatment outcomes than those treated with the drug fluoxetine 6 months after treatment.

**E: Craighead and Dunlop (2014)** carried out a meta-analysis to find out whether CBT is more effective when used on its own or in combination with drug therapy. For long-lasting depression, combined treatment was generally more effective.

**L:**

**P:** CBT may not be an appropriate treatment in some circumstances

**E:**

**E:** In these cases it is probably most appropriate to use a combination of CBT and drug therapy to enable the person to… before….

**L:**

**P:**

**E:** Many comparative reviews, support the idea that simply having someone to talk to who will listen is the important element of the therapy

**E:**

**L:**