**The use of eclectic approaches to treatment**

*See bottom of p169 of Crane if you brought it!*

*What is meant by eclectic approaches to treatment?*

*Why are eclectic approaches used?*

*See study guide p65*

*Outline Aims, Methods, Results, Conclusion* **Klerman et al (1974**) Treatment of depression by drugs and/or psychotherapy

*Does this support the use of eclectic approaches?*

*Outline Aims, Methods, Results, Conclusion* **Pampallona et al (2004**) Meta-analyais of efficiacy of drug treatment alone vs drug treatment and psychotherapy

*What are the possible explanations for why eclectic approaches could be more efficient than medication alone?*

**Recycle**

**Riggs et al’s (2007)** study on adolescents with substance abuse issues and depression. This shows the effectiveness of CBT and SSRI drug as 76% of clients were rated by a physician to be ‘very much improved’ or ‘much improved’ after being treated for four months.