

WEBVTT

NOTE duration:"00:04:37"

NOTE recognizability:0.847

NOTE language:en-us

NOTE Confidence: 0.821550116896552

00:00:03.950 --> 00:00:06.374 Hello, my name is Monica Nurse Alice and

NOTE Confidence: 0.821550116896552

00:00:06.374 --> 00:00:09.248 today I will be discussing my thesis

NOTE Confidence: 0.821550116896552

00:00:09.248 --> 00:00:11.453 titled Video Cognitive Behavioral Therapy

NOTE Confidence: 0.821550116896552

00:00:11.524 --> 00:00:13.834 to prevent depression in patients

NOTE Confidence: 0.821550116896552

00:00:13.834 --> 00:00:15.682 with inflammatory bowel disease,

NOTE Confidence: 0.821550116896552

00:00:15.690 --> 00:00:17.840 depression and anxiety in dependently

NOTE Confidence: 0.821550116896552

00:00:17.840 --> 00:00:20.879 decreased the quality of life in patients

NOTE Confidence: 0.821550116896552

00:00:20.879 --> 00:00:23.333 with inflammatory bowel disease or IBD.

NOTE Confidence: 0.821550116896552

00:00:23.340 --> 00:00:25.194 Those with moderate to severe IBD

NOTE Confidence: 0.821550116896552

00:00:25.194 --> 00:00:27.586 have shown to have higher rates of

NOTE Confidence: 0.821550116896552

00:00:27.586 --> 00:00:29.401 depression and anxiety compared to

NOTE Confidence: 0.821550116896552

00:00:29.401 --> 00:00:31.437 those with mild or inactive IBD.

NOTE Confidence: 0.821550116896552

00:00:31.440 --> 00:00:33.426 Patients are recommended to seek treatment

NOTE Confidence: 0.821550116896552

00:00:33.426 --> 00:00:35.080 after mental health symptoms arise.  
NOTE Confidence: 0.821550116896552

00:00:35.080 --> 00:00:37.462 However, studies show a low proportion  
NOTE Confidence: 0.821550116896552

00:00:37.462 --> 00:00:40.300 of patients have access to psychiatric  
NOTE Confidence: 0.821550116896552

00:00:40.300 --> 00:00:42.070 consultation and psychotherapy,  
NOTE Confidence: 0.821550116896552

00:00:42.070 --> 00:00:44.632 and studies found a low rate of  
NOTE Confidence: 0.821550116896552

00:00:44.632 --> 00:00:46.599 psychiatric referrals among IBD patients.  
NOTE Confidence: 0.821550116896552

00:00:46.600 --> 00:00:48.715 Adults with moderate to severe  
NOTE Confidence: 0.821550116896552

00:00:48.715 --> 00:00:50.830 depression at baseline have experienced  
NOTE Confidence: 0.821550116896552

00:00:50.900 --> 00:00:51.989 benefits from CBT,  
NOTE Confidence: 0.821550116896552

00:00:51.990 --> 00:00:53.615 researchers showed mixed results on  
NOTE Confidence: 0.821550116896552

00:00:53.615 --> 00:00:55.673 the effectiveness of CBT and changing  
NOTE Confidence: 0.821550116896552

00:00:55.673 --> 00:00:57.928 disease activity and mental health. Slash.  
NOTE Confidence: 0.821550116896552

00:00:57.928 --> 00:01:00.644 Quality of life and adults with IBD.  
NOTE Confidence: 0.821550116896552

00:01:00.650 --> 00:01:02.885 Multiple gaps of literature have  
NOTE Confidence: 0.821550116896552

00:01:02.885 --> 00:01:03.779 been identified.  
NOTE Confidence: 0.821550116896552

00:01:03.780 --> 00:01:05.368 Newly diagnosed IBD patients

NOTE Confidence: 0.821550116896552  
00:01:05.368 --> 00:01:07.750 present with the greatest need for  
NOTE Confidence: 0.821550116896552  
00:01:07.822 --> 00:01:09.780 psychotherapeutic intervention,  
NOTE Confidence: 0.821550116896552  
00:01:09.780 --> 00:01:11.719 but there is a lack of efficacy  
NOTE Confidence: 0.821550116896552  
00:01:11.719 --> 00:01:14.040 trials of CBT in newly diagnosed IBD.  
NOTE Confidence: 0.821550116896552  
00:01:14.040 --> 00:01:16.075 Adults prior research studying CBT  
NOTE Confidence: 0.821550116896552  
00:01:16.075 --> 00:01:18.619 in adults with IBD have excluded  
NOTE Confidence: 0.821550116896552  
00:01:18.619 --> 00:01:21.193 those with active or moderate to  
NOTE Confidence: 0.821550116896552  
00:01:21.193 --> 00:01:22.480 severe IBD disease.  
NOTE Confidence: 0.821550116896552  
00:01:22.480 --> 00:01:25.371 When this subgroup may benefit the most  
NOTE Confidence: 0.821550116896552  
00:01:25.371 --> 00:01:27.520 from a psychotherapeutic intervention.  
NOTE Confidence: 0.821550116896552  
00:01:27.520 --> 00:01:30.782 Only traditional face to face or self-help  
NOTE Confidence: 0.821550116896552  
00:01:30.782 --> 00:01:32.656 computerized randomized control trials  
NOTE Confidence: 0.821550116896552  
00:01:32.656 --> 00:01:35.134 have been conducted in this population.  
NOTE Confidence: 0.821550116896552  
00:01:35.140 --> 00:01:37.695 There is a lack of randomized control  
NOTE Confidence: 0.821550116896552  
00:01:37.695 --> 00:01:40.256 trials using video based CBT as an  
NOTE Confidence: 0.821550116896552

00:01:40.256 --> 00:01:41.996 intervention in adults with IBD.  
NOTE Confidence: 0.821550116896552

00:01:42.000 --> 00:01:44.457 There is a need for more randomized  
NOTE Confidence: 0.821550116896552

00:01:44.457 --> 00:01:45.974 control trials comparing the  
NOTE Confidence: 0.821550116896552

00:01:45.974 --> 00:01:47.586 effectiveness and acceptance of  
NOTE Confidence: 0.821550116896552

00:01:47.586 --> 00:01:49.601 video based therapist guided CBT.  
NOTE Confidence: 0.821550116896552

00:01:49.610 --> 00:01:52.340 Two traditional face to face CBT  
NOTE Confidence: 0.821550116896552

00:01:52.340 --> 00:01:54.680 past RCTs were underpowered due to  
NOTE Confidence: 0.821550116896552

00:01:54.680 --> 00:01:57.306 low adherence and high attrition to  
NOTE Confidence: 0.821550116896552

00:01:57.306 --> 00:01:59.796 traditional and even computerized CBT.  
NOTE Confidence: 0.821550116896552

00:01:59.800 --> 00:02:00.910 We hope our,  
NOTE Confidence: 0.821550116896552

00:02:00.910 --> 00:02:02.760 besides that recently diagnosed moderate  
NOTE Confidence: 0.821550116896552

00:02:02.760 --> 00:02:04.995 to severe IBD adults with moderate  
NOTE Confidence: 0.821550116896552

00:02:04.995 --> 00:02:07.143 to severe depression and or anxiety,  
NOTE Confidence: 0.821550116896552

00:02:07.150 --> 00:02:09.742 aged 18 to 40 who are treated with CBT  
NOTE Confidence: 0.821550116896552

00:02:09.742 --> 00:02:12.424 as an adverb and a standard of care,  
NOTE Confidence: 0.821550116896552

00:02:12.430 --> 00:02:14.295 will have a statistically significant

NOTE Confidence: 0.821550116896552  
00:02:14.295 --> 00:02:16.160 decrease in depression and or  
NOTE Confidence: 0.821550116896552  
00:02:16.217 --> 00:02:18.389 anxiety scores as measured by the  
NOTE Confidence: 0.821550116896552  
00:02:18.389 --> 00:02:20.180 hospital anxiety and depression scale  
NOTE Confidence: 0.821550116896552  
00:02:20.180 --> 00:02:21.615 from baseline to 12 week.  
NOTE Confidence: 0.821550116896552  
00:02:21.620 --> 00:02:24.212 Follow up in comparison to patients  
NOTE Confidence: 0.821550116896552  
00:02:24.212 --> 00:02:25.940 receiving standard of care.  
NOTE Confidence: 0.821550116896552  
00:02:25.940 --> 00:02:27.938 We hypothesize these results will be  
NOTE Confidence: 0.821550116896552  
00:02:27.938 --> 00:02:29.980 maintained three months after intervention.  
NOTE Confidence: 0.821550116896552  
00:02:29.980 --> 00:02:30.368 Completion.  
NOTE Confidence: 0.821550116896552  
00:02:30.368 --> 00:02:33.084 Our study will be a two arm,  
NOTE Confidence: 0.821550116896552  
00:02:33.090 --> 00:02:34.026 single blinded,  
NOTE Confidence: 0.821550116896552  
00:02:34.026 --> 00:02:35.430 randomized control trial.  
NOTE Confidence: 0.821550116896552  
00:02:35.430 --> 00:02:37.344 The study will comprise of randomization  
NOTE Confidence: 0.821550116896552  
00:02:37.344 --> 00:02:40.001 to a 12 week intervention or standard  
NOTE Confidence: 0.821550116896552  
00:02:40.001 --> 00:02:42.659 care with a six month follow up from  
NOTE Confidence: 0.821550116896552

00:02:42.659 --> 00:02:44.569 start of intervention of both groups.  
NOTE Confidence: 0.821550116896552

00:02:44.570 --> 00:02:47.426 The intervention will be a video based  
NOTE Confidence: 0.821550116896552

00:02:47.426 --> 00:02:49.712 therapist guided 60 minute individual  
NOTE Confidence: 0.821550116896552

00:02:49.712 --> 00:02:52.670 sessions of CBT administered via Zoom.  
NOTE Confidence: 0.821550116896552

00:02:52.670 --> 00:02:54.968 The primary outcome will be change  
NOTE Confidence: 0.821550116896552

00:02:54.968 --> 00:02:56.873 in depression slash anxiety as  
NOTE Confidence: 0.821550116896552

00:02:56.873 --> 00:02:58.661 measured by heads in the secondary  
NOTE Confidence: 0.821550116896552

00:02:58.661 --> 00:03:00.383 outcome will be changed in quality  
NOTE Confidence: 0.821550116896552

00:03:00.383 --> 00:03:02.327 of life as measured by short form  
NOTE Confidence: 0.821550116896552

00:03:02.330 --> 00:03:04.680 12A quality of Life survey.  
NOTE Confidence: 0.821550116896552

00:03:04.680 --> 00:03:06.955 By utilizing video based CBT we hope  
NOTE Confidence: 0.821550116896552

00:03:06.955 --> 00:03:09.199 to conduct an adequately powered  
NOTE Confidence: 0.821550116896552

00:03:09.199 --> 00:03:11.587 study anticipating better adherence.  
NOTE Confidence: 0.821550116896552

00:03:11.590 --> 00:03:12.008 Additionally,  
NOTE Confidence: 0.821550116896552

00:03:12.008 --> 00:03:14.516 we plan to use objective measures  
NOTE Confidence: 0.821550116896552

00:03:14.516 --> 00:03:16.420 to assess disease activity.

NOTE Confidence: 0.821550116896552  
00:03:16.420 --> 00:03:17.864 Given the subjectiveness of  
NOTE Confidence: 0.821550116896552  
00:03:17.864 --> 00:03:18.947 self reported surveys,  
NOTE Confidence: 0.914213008181818  
00:03:18.950 --> 00:03:21.806 this can reveal more insight into the  
NOTE Confidence: 0.914213008181818  
00:03:21.806 --> 00:03:23.030 bidirectional relationship between  
NOTE Confidence: 0.914213008181818  
00:03:23.095 --> 00:03:25.268 depression, slash, anxiety and IBD.  
NOTE Confidence: 0.914213008181818  
00:03:25.268 --> 00:03:27.590 Because this study is novel use  
NOTE Confidence: 0.914213008181818  
00:03:27.667 --> 00:03:29.821 of video based CBT compared to  
NOTE Confidence: 0.914213008181818  
00:03:29.821 --> 00:03:32.389 standard care in the IBD population,  
NOTE Confidence: 0.914213008181818  
00:03:32.390 --> 00:03:34.175 it would be ideal to create a  
NOTE Confidence: 0.914213008181818  
00:03:34.175 --> 00:03:35.939 study looking at adults with mild,  
NOTE Confidence: 0.914213008181818  
00:03:35.940 --> 00:03:37.912 moderate and severe depression.  
NOTE Confidence: 0.914213008181818  
00:03:37.912 --> 00:03:39.884 Slash anxiety symptoms at  
NOTE Confidence: 0.914213008181818  
00:03:39.884 --> 00:03:42.184 baseline and inactive, mild,  
NOTE Confidence: 0.914213008181818  
00:03:42.184 --> 00:03:44.600 moderate and severe IBD.  
NOTE Confidence: 0.914213008181818  
00:03:44.600 --> 00:03:47.132 Participants may also have responded burden  
NOTE Confidence: 0.914213008181818

00:03:47.132 --> 00:03:49.850 with the weekly survey questionnaires.  
NOTE Confidence: 0.914213008181818

00:03:49.850 --> 00:03:50.681 With this study,  
NOTE Confidence: 0.914213008181818

00:03:50.681 --> 00:03:53.403 we hope to find that video based CBT can  
NOTE Confidence: 0.914213008181818

00:03:53.403 --> 00:03:55.213 prevent a secondary clinical diagnosis  
NOTE Confidence: 0.914213008181818

00:03:55.213 --> 00:03:57.577 of depression and or anxiety which  
NOTE Confidence: 0.914213008181818

00:03:57.577 --> 00:03:59.205 can prevent future hospitalizations  
NOTE Confidence: 0.914213008181818

00:03:59.205 --> 00:04:01.240 and decrease health care costs.  
NOTE Confidence: 0.914213008181818

00:04:01.240 --> 00:04:03.670 If the findings of the study  
NOTE Confidence: 0.914213008181818

00:04:03.670 --> 00:04:05.579 improve depression and or anxiety,  
NOTE Confidence: 0.914213008181818

00:04:05.580 --> 00:04:07.944 providers will have evidence that video  
NOTE Confidence: 0.914213008181818

00:04:07.944 --> 00:04:11.497 based CBT can be recommended for this group.  
NOTE Confidence: 0.914213008181818

00:04:11.500 --> 00:04:14.172 In where here we have a schedule of  
NOTE Confidence: 0.914213008181818

00:04:14.172 --> 00:04:16.195 assessments with the two weekly surveys  
NOTE Confidence: 0.914213008181818

00:04:16.195 --> 00:04:18.653 that we will be administering to measure  
NOTE Confidence: 0.914213008181818

00:04:18.653 --> 00:04:21.138 depression and anxiety and quality of life.  
NOTE Confidence: 0.914213008181818

00:04:21.140 --> 00:04:23.324 And then the objective measures we will



NOTE Confidence: 0.914213008181818

00:04:23.324 --> 00:04:25.978 use as well to assess disease severity.

NOTE Confidence: 0.914213008181818

00:04:25.980 --> 00:04:26.373 Lastly,

NOTE Confidence: 0.914213008181818

00:04:26.373 --> 00:04:28.338 we have our sample size

NOTE Confidence: 0.914213008181818

00:04:28.338 --> 00:04:30.325 calculation which shows a total

NOTE Confidence: 0.914213008181818

00:04:30.325 --> 00:04:32.046 sample size of 128 participants.

NOTE Confidence: 0.914213008181818

00:04:32.046 --> 00:04:34.104 Thank you so much for listening.