

Case Studies of Chronic Insomnia Patients Participating in Group Cognitive Behavioral Therapy for Insomnia

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Background and Objective Pharmacotherapy currently widely used in the treatment of insomnia can be helpful in transient insomnia, but research regarding its effectiveness and safety of long-term use is not enough. Therefore, to complement the limitations of pharmacotherapy in the treatment of patients with insomnia, non-pharmacologic treatment methods (cognitive behavioral therapy, CBT) are used. But CBT for insomnia appear to be costly and time-consuming compared to pharmacotherapy, clinical practice in the field can be difficult to be applied. We took the format of group therapy rather than individual therapy to complement the disadvantages of CBT and now we would like to have a thought into its meaning by reporting the effectiveness of group CBT for insomnia.

Methods Patients were recruited at Sleep Center of St. Vincent's Hospital, 2 men and 3 women led to a group of five patients. CBT is a treatment for correction factors that cause and maintain insomnia, it includes a variety of techniques such as sleep hygiene education, stimulus control, sleep restriction, relaxation and cognitive therapy. A series of treatment were performed five sessions once a week with a frequency from February to March 2012 and were proceeded for about 1 hour and 30 minutes per session.

Results Results indicated that the subjective quality of sleep and sleep efficiency of all patients improved and Pittsburgh Sleep Quality Index and Beck Depression Inventory were decreased in spite of reducing dose of medication.

Conclusions Like these cases, we can contribute to reduce the time and economic burden by performing group CBT for insomnia rather than individual therapy. **Sleep Med Res 2012;3:45-49**

Key Words Insomnia, Cognitive behavioral therapy, Group therapy, Pharmacotherapy.

INTRODUCTION

Insomnia is defined as a state in which an individual has difficulty initiating or maintaining sleep, or experiencing unrefreshed sleep despite ample opportunity and situation to sleep.¹ One third of the total population experiences at least intermittent insomnia, and approximately 10 to 15% experience chronic sleep problems. Nevertheless, general awareness and interest in insomnia are insufficient, and accurate diagnosis and adequate treatment of insomnia are often not addressed in clinical settings.²⁻⁴

Pharmacotherapy is currently widely used in the treatment of insomnia and can be helpful for transient insomnia, but research regarding its effectiveness and safety of long-term use is not sufficient. Therefore, to overcome the limitations of pharmacotherapy in the treatment of patients with insomnia, non-pharmacological treatment options (cognitive behavioral therapy for insomnia, CBTi) are used. CBTi is a psychotherapeutic approach which addresses maladaptive cognitive processes and behaviors through goal directed, explicit systematic procedures. The main purpose of CBTi is to eliminate maintaining factors that are presumed to perpetuate chronic insomnia.⁵ There have been studies reporting that CBTi is effective in primary insomnia as well as in secondary insomnia associated with the use of drugs and substances, medical problems or psychiatric disorders.⁶ However, studies have shown that CBT appears to be costly and time-consuming compared to pharmacotherapy, and have addressed difficulties in imple-

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Case Studies In Insomnia

Yi-Tong Ma



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effective therapy in dealing with cases where the alterations of the shen are both obvious and subtle The book focuses on the psycho spiritual aspects of patient s conditions and is purposely constructed to facilitate practitioners formulations of diagnosis and treatment It reflects throughout on the patient practitioner relationship resources and various characteristics inherent problems and qualities of acupuncture Offers clinical guidelines for treating people with psycho emotional symptoms Includes researched material and clinical applications concerning emotions and movement Describes the causes and progression of psycho emotional symptoms in terms of etiological and pathological mechanisms specific symptoms and classical syndromes Features in depth description of 29 clinical case studies with discussion on points ongoing treatment and problematic situations

Portraits in Insomnia [kit] : Interactive Case Studies Caulford, Paul,Fleming, Jonathan,Medicine Group,1993

Cognitive-behavioral Therapy for Refractory Cases Derek Truscott,2010 Through exploratory reflection this book will help you find a theory that is compatible with your own worldview and will encourage you to be a more effective therapist by adapting it to honor the worldviews of your clients By understanding your values and those upon which the major systems of psychotherapy are based you can choose a model for practice that you believe in to maximize your satisfaction confidence and effectiveness as a therapist

BOOK JACKET *The Management of Stress and Anxiety in Medical Disorders* David I. Mostofsky,David H. Barlow,2000 In integrating the concepts of stress and anxiety with primary care diagnosis and treatment this book offers unique insights on previously unexplained physical symptoms as well as ways in which anxiety can co exist with bona fide medical illness and alter its presentation course and treatment response This is a critical resource for clinicians in interpreting somatic symptoms and co occurring medical disorders With its unifying theme of stress and anxiety and broad range of topics the compilation of writings provides clinicians with a unique comprehensive understanding of mental health concepts and intervention strategies within the context of non medical health disorders Such an understanding will contribute to better interdisciplinary research and professional practice as well as to improved patient care and cost effective medical management

Signal Processing and Machine Learning for Biomedical Big Data Ervin Sejdic,Tiago H. Falk,2018-07-04 Within the healthcare domain big data is defined as any high volume high diversity biological clinical environmental and lifestyle information collected from single individuals to large cohorts in relation to their health and wellness status at one or several time points Such data is crucial because within it lies vast amounts of invaluable information that could potentially change a patient s life opening doors to alternate therapies drugs and diagnostic tools

Signal Processing and Machine Learning for Biomedical Big Data thus discusses modalities the numerous ways in which this data is captured via sensors and various sample rates and dimensionalities Capturing analyzing storing and visualizing such massive data has required new shifts in signal processing paradigms and new ways of combining signal processing with machine learning tools This book covers several of these aspects in two ways firstly through theoretical signal processing chapters where tools aimed at big data be it biomedical or otherwise are described and secondly through application driven

chapters focusing on existing applications of signal processing and machine learning for big biomedical data This text aimed at the curious researcher working in the field as well as undergraduate and graduate students eager to learn how signal processing can help with big data analysis It is the hope of Drs Sejdic and Falk that this book will bring together signal processing and machine learning researchers to unlock existing bottlenecks within the healthcare field thereby improving patient quality of life Provides an overview of recent state of the art signal processing and machine learning algorithms for biomedical big data including applications in the neuroimaging cardiac retinal genomic sleep patient outcome prediction critical care and rehabilitation domains Provides contributed chapters from world leaders in the fields of big data and signal processing covering topics such as data quality data compression statistical and graph signal processing techniques and deep learning and their applications within the biomedical sphere This book s material covers how expert domain knowledge can be used to advance signal processing and machine learning for biomedical big data applications

Clinical Handbook of Sleep Disorders A. Culebras,1996 Concise manual of clinical sleep medicine for the primary care physician and resident physician Incorporates laboratory recordings of sleep polysomnography to educate the reader in the best uses of laboratory study protocols hipnograms and technical interpretations A glossary of terms assists in the understanding of new and idiosyncratic words

Dementia Praecox Studies Bayard Holmes,1920 Archives of Neurology and Psychiatry ,1922

Sleep Research ,1997 Progressive Relaxation Training Douglas A. Bernstein,Thomas D. Borkovec,1973 *Journal of Behavior Therapy and Experimental Psychiatry* ,1995

Biofeedback and Self-control ,1976

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