

Poster

 Fri. Sep 26, 2025 4:00 PM - 5:10 PM JST | Fri. Sep 26, 2025 7:00 AM - 8:10 AM UTC  Poster Session (Foyer 1)

Poster 12

[P-12-03] Development of a CBT-Based Relapse Prevention Workbook for Depression: A Practical Tool for Mental Health Clinics in Community Settings

*SaeSaem Han¹, *Namyoung Lee² (1. Samsan Hospital (Korea), 2. Munmak Public Health Clinic (Korea))

Keywords : CBT、depression、community mental health

Background:

With a increasing population of depression patients, the demand for a useful tool to prevent relapse of depression in public community setting is high. Cognitive Behavioral Therapy (CBT) has strong evidence for relapse prevention, but implementation is often hindered by limited resources and training.^{1,2}

Objective:

This project aimed to develop a clinically useful, workbook-based CBT program optimized for outpatient use in Korean community mental health clinics. The focus was on feasibility, simplicity, and accessibility.

Methods:

The workbook was developed through an iterative process involving literature review, clinician feedback, and field testing in a psychiatric clinic in Wonju. Key principles of CBT for depression relapse prevention were distilled into eight structured sessions, including psychoeducation, cognitive restructuring, behavioral activation, and relapse identification.

Results:

The workbook development has been completed and is currently prepared for pilot implementation in a psychiatric outpatient clinic setting. Formal evaluation of clinical feasibility, user engagement, and symptom outcomes will be conducted in the next phase.

Conclusion:

This CBT-based relapse prevention workbook represents a promising tool for expanding access to evidence-based interventions in community mental health settings. Further clinical testing will be conducted to assess its effectiveness and scalability.

1. Hundt, N. E., Mignogna, J., Underhill, C., & Cully, J. A. (2013). The relationship between use of CBT skills and depression treatment outcome: A theoretical and methodological review of the literature. *Behavior therapy*, 44(1), 12-26.

2. López-López, J. A., Davies, S. R., Caldwell, D. M., Churchill, R., Peters, T. J., Tallon, D., ... & Welton, N. J. (2019). The process and delivery of CBT for depression in adults: a systematic review and network meta-analysis. *Psychological medicine*, 49(12), 1937-1947.