Abstract

The aim of this experiment was to examine the efficacy of life review based on autobiographical retrieval practice for treating depression in older adults. Thirty-seven clinically depressed older adults aged 64-83, who were also receiving pharmacological treatment, were randomly assigned to life review therapy or to a placebo condition with supportive therapy. Results indicated decreased depression for both conditions, with no significant differences between the two therapies. There was some indication of greater gain in production of specific memories among those in life review therapy. Patients who produced higher numbers of specific memories decreased their depression scores at a faster rate.