

우울증 환자를 위한 정신사회 재활치료

황 태 연*†

Psychosocial Rehabilitation of Chronic Depression

Tae-Yeon Hwang, M.D., Ph.D.*†

ABSTRACT

While depression is certainly a prevalent disorder, it is often severe and debilitating and does not always have the good prognosis we have been led to expect. Social approaches to affective disorders have not been subjected to the same level of scrutiny as the interventions used in the management of schizophrenia. Psychosocial Rehabilitation is now at a critical stage. Psychoeducation, social skill training, cognitive remediation, family education, vocational rehabilitation and case management programs are essential for the rehabilitation of chronic depression.

KEY WORDS : Chronic depression · Biopsychosocial model · Psychosocial rehabilitation.

서 론

가 , 가

(Gilbert 1984).

가

(Scott 1988a).

1. 생물-심리-사회적 모델(Biopsychosocial model)과 재활

가 (1).

(Bebbington Kuipers 1983), 가

가

가

가 가

airment)

(imp-

Psychiatric Rehabilitation Center, Yongin Mental Hospital, Yongin, Korea

* : , 449 - 910

4

) (0331) 288 - 0206,) (0331) 288 - 0184

가 . 가 . 가

Legale delle Alienazioni Mentali 108 : 294-331

- Bhugra TS(1988)** : Social support. *Current Opinion in Psychiatry* 1 : 206-211
- Birchwood M, Hallett K, Preston M(1988)** : *Schizophrenia : An integrated approach to research and treatment*. London, Longman, pp268-285
- Bolton W, Oakley K(1987)** : A longitudinal study of social support and depression in unemployed men. *Psychological Medicine* 17 : 453-460
- Bratfos O, Haig JO(1968)** : The course of Manic-depressive psychosis : A follow-up investigation of 215 patients. *Acta Psychiatr Scand* 44 : 89-112
- Brown GW, Harris T(1978)** : Social origins of depression : A study of Psychiatric Disorders in Women, London, Tavistock Publication
- Cassano GB, Maggini C, Akiskal H(1983)** : Short-term, subchronic and chronic sequelae of affective disorders. *Psychiatr Clin North Am* 6 : 55-68
- Coyne JC(1976)** : Depression and the response of others. *J Abnorm Psychiatry* 85 : 186-193
- Creed F, Black D, Anthony P, Osborn M, Thomas P, Tomenson B (1990)** : Randomised controlled trial of day patient versus inpatient psychiatric treatment. *Br Med J* 300 : 1033-1037
- Gilbert P(1984)** : *Depression : From psychology to brain state*, London, Lawrence Erlbaum, pp1-3
- Intagliata J(1982)** : Improving the quality of community care for the chronically mentally disabled : The role of case management. *Schizophr Bull* 8 : 655-674
- Jacob M, Frank E, Kupfer DJ, Carpenter L(1987)** : Recurrent depression : An assessment of family burden and family attitudes. *J Clin Psychiatry* 48 : 395-400
- Joint Commission on the Accreditation of Health Care Organization(1996)** : Principles for psychiatric rehabilitation. In *Joint Commission on the Accreditation of Health Care Organization : Accreditation Manual* : 47-50
- Keller MB, Lavori PW, Klerman GL, Rice JP, Coryell W, Hirschfeld RM(1986)** : The persistent risk of chronicity in recurrent episodes of non-bipolar major depressive disorder : A prospective follow-up. *Am J Psychiatry* 143 : 24-28
- Kopelowicz A, Wallace CJ, Corrigan PW, Liberman RP(1997)** : Psychosocial Rehabilitation, In *Psychiatry, Vol 2*. Ed by Tasman A, Kay J, Lieberman JA, Philadelphia, Saunders, pp1513-1534
- Lehman HE, Fenton FR, Deutsch M, Feldman S, Englelmann F (1988)** : An 11-year follow-up study of 110 depressed patients. *Acta Psychiatr Scand* 78 : 57-65
- Lieberman RP, DeRisi WJ, Mueser KT(1989)** : Social skills training for psychiatric patients. Elmsford, NY, Pergamon Press
- Nystrom S(1979)** : Depression : factors related to 10 year prognosis. *Acta Psychiatr Scand* 60 : 225-238
- Robins E, Guze S(1972)** : Classification of affective disorder : The primary-secondary, the endogenous-reactive and the neurotic-psychotic dichotomies. In *Recent advances in Psychobiology of the depressive illness*. Eds by Williams TA, Katz MM, Shield JA, Washington DC, US Printing Office.
- Scott J(1988)** : Chronic depression. *Br J Psychiatry* 153 : 287-297
- Strack S, Coyne JC(1983)** : Social confirmation of dysphoria : Shared and private reactions. *J Pers Soc Psychol* 9 : 798-806
- Tantum D(1989)** : Familial Factors in psychiatric disorder. *Current Opinion in Psychiatry* 2 : 296-301
- Weissman M, Paykel ES(1974)** : *The depressed woman : A study of social relationship*. Chicago, University of Chicago Press, pp 154-170
- Wells K, Hersen M, Bellack AS, Himmelhoch J(1977)** : Social skills training for unipolar depressive females. Paper presented at the Association for the Advancement of Behavior Therapy, Atlanta, 12-15 December
- Zeiss A, Lewinsohn PM, Munoz RF(1977)** : Nonspecific improvement effects in depression using interpersonal social skills training, pleasant activity schedules, or cognitive training. *Journal of Consulting and Clinical Psychology* 47 : 427-439