



RHODE ISLAND DEPARTMENT OF CORRECTIONS

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Effectiveness of IPT for Men and Women Prisoners with Major Depression

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Abstract

This study will examine the effects of first-line treatment for MDD (major depression), interpersonal psychotherapy (IPT) among men and women prisoners, and will be the first fully powered randomized trial for treatment of MDD in any incarcerated population. IPT is an evidenced-based treatment for MDD with proven effectiveness in non-incarcerated population.

The purpose of the study is to promote the uptake of evidenced-based treatments in criminal justice settings by conducting a fully-powered randomized effectiveness study that collects pilot implementation data, including program costs and related cost-offsets. Group IPT will be compared to treatment as usual in a sample of 90 male and 90 female prisoners with MDD from 4 institutions, allowing us to explore gender effects. Participants are those sentenced and incarcerated for at least 4 weeks and likely to stay in prison during study treatment (1 to 3 months) and follow-up (4 to 6 months). It is hoped that the study will establish the effectiveness of IPT for an MDD population. From a longer term perspective, this study will provide the foundation for research on implementation of evidenced-based treatments for severe and prevalent disorder among this understudied population.