

## The Effect of Digital Cognitive Behavioral Therapy on Ruminative Thinking in Young Adults with Depression: A Randomized Controlled Trial

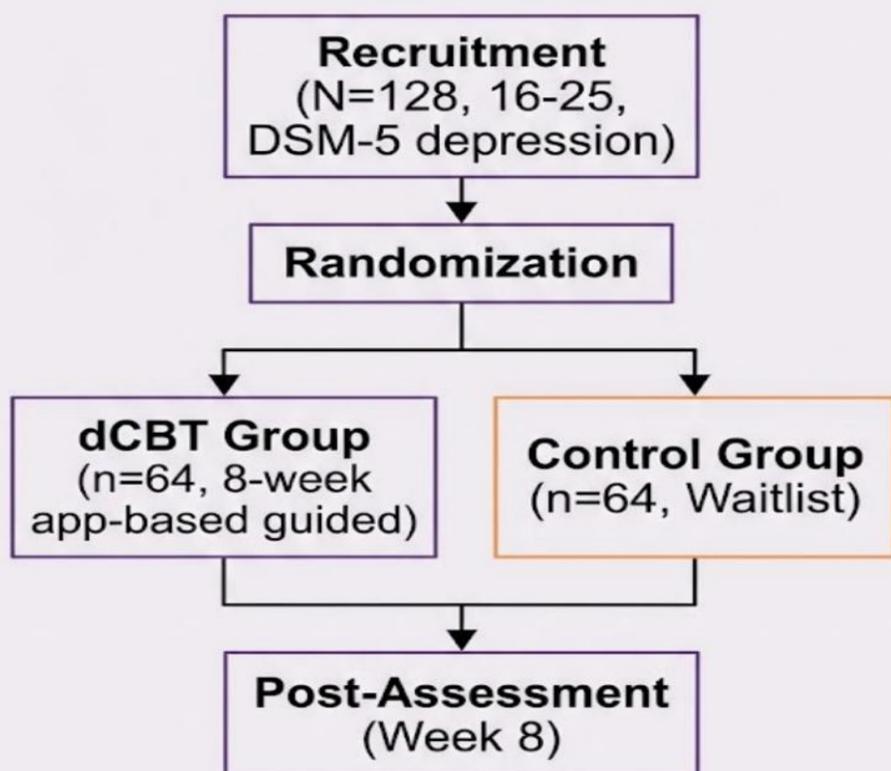
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### INTRODUCTION & AIM

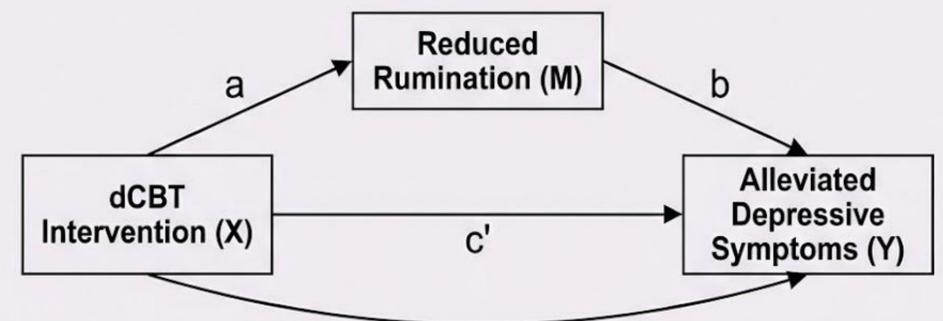
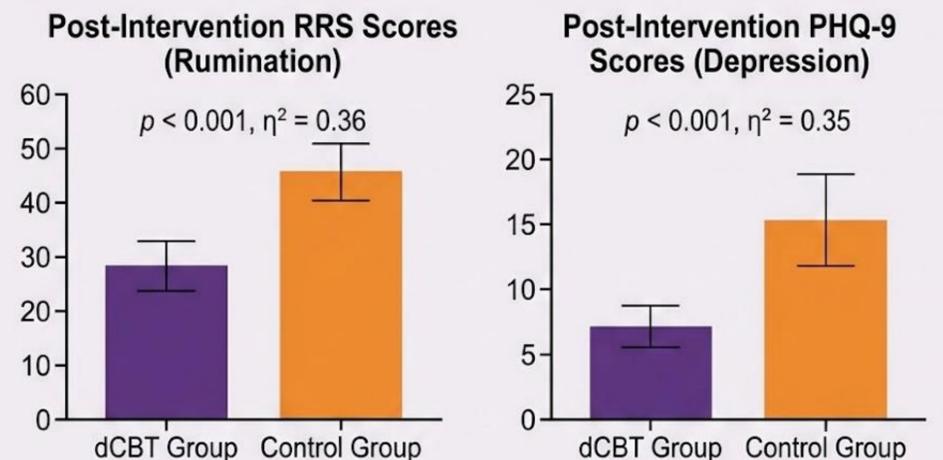
- **Background:** Depression rising in young adults. Ruminative thinking is a core pathological mechanism.
- **The Gap:** dCBT is accessible, but its efficacy on youth rumination needs validation.
- **Aim:** Evaluate dCBT's effect on rumination and depression, and explore mediating role.

### METHOD



- **Design:** Two-arm RCT.
- **Measures:** RRS (Rumination), PHQ-9 (Depression).
- **Analysis:** Repeated measures ANOVA, PROCESS macro.

### RESULTS & DISCUSSION



**Mediation Analysis:** Reduction in rumination is a significant partial mediator (Indirect effect = -2.1, 95% CI: [-3.5, -0.9]).

### CONCLUSION

dCBT effectively alleviates both ruminative thinking and depressive symptoms. Targeting rumination serves as a crucial underlying mechanism, supporting dCBT as an accessible intervention.

### FUTURE WORK / REFERENCES

- Conduct long-term follow-up to evaluate the maintenance effect of dCBT beyond 8 weeks.
  - Compare dCBT against active control groups (e.g., standard face-to-face CBT).
- [1] Treynor, W., et al. (2003). Cognitive Therapy and Research.  
 [2] Nolen-Hoeksema, S., et al. (2008). Perspectives on Psychological Science.  
 [3] Cuijpers, P., et al. (2016). World Psychiatry