Table 21. Study Descriptive Information - Depression, Eating Disorders, and Smoking Cessation Studies

Study, Year Funding Source	Sample Characteristics	Inclusion and Exclusion Criteria	Treatment Groups	Intervention	Outcomes Assessed	Quality
DEPRESSION						
Cohen, 2010[114] Government	N = 35 Gender: 100% female Age: 43.2 years Race/ethnicity: Caucasian 88% Black 3% Hispanic/Latino 6% Asian 3% Marital Status: Married 94% Education: High school or less 32% College 44% Post-bachelors 24% Veterans: NR *Family Characteristics:* Male partners Age: 45.1 yrs *Recruitment Method:* Newspaper, radio, TV, flyers, and pamphlets at local clinics	MH Condition: Depression in heterosexual women Assessed by: SCI for DSM-IV Axis I Disorders SO: Male partner Inclusions: Married or living together for 1+ yrs; both partners 21+ yrs; fluent in English; score ≥21 on BDI-II; women met diagnostic criteria and, if taking concurrent medication for depression, were in individual psychotherapy for ≥12 wks or taking stable dose of medication for ≥8 wks; male partners could not meet diagnostic criteria for depression Exclusions: Severely discordant couples (DAS of ≤75); act of infidelity in preceding 6 months or more than 2 acts of physical aggression in preceding year by 1 or both partners; already receiving couples therapy; male partners in individual psychotherapy or on antidepressant medication	1) Treatment (Brief Couple Therapy, BCT) (N = 18 couples) 2) Wait list control (N = 17 couples) Randomized: N = 35 couples Analysis: Post-treatment: N = 30 Final: N = 27	Format: Brief Couple therapy Manualized: Yes Sessions: 5 (weekly for 2 hours) Txt Length: 5 weeks with 3 month follow-up evaluation Approach: combination of psychoeducational and cognitive-behavioral marital therapy	Patient Outcomes: Symptom improvement: a. BDI-II b. HAM-D Intermediate Outcomes: None Family Outcomes: Relationship satisfaction a. DAS Outcome timeframe: Baseline Post-treatment Short term (Final): 3 months	Allocation concealment: unclear Blinding: Yes (treating clinicians and outcome assessors) Intention to treat analysis: No Withdrawals adequately described: Yes Treatment Integrity: session audiotapes coded for therapy adherence and therapist competence **Study quality: Fair**

Study, Year Funding Source	Sample Characteristics	Inclusion and Exclusion Criteria	Treatment Groups	Intervention	Outcomes Assessed	Quality
EATING DISORDERS						
Gorin, 2003[115] Foundation	N = 94 Gender: 0% male Age: 45.2 yrs Race/ethnicity: 86% Caucasian Marital Status: NR Veterans: 0% *Family Characteristics:* spouse or cohabiting partner *Recruitment Method:* newspaper advertisements	MH Condition: Binge eating disorder Assessed by: DSM-IV research criteria for binge eating disorder SO: spouse or cohabiting partner Inclusions: women; 18-65 yrs, BMI≥25; spouse or cohabiting partner willing to participate Exclusions: engaged in purging behaviors more than 1x/month; met DSM-IV criteria for anorexia nervosa, bulimia nervosa or EDNOS; receiving concurrent treatment for weight loss; currently taking appetite suppressants; pregnancy	1) Standard group cognitive behavioral therapy (CBT-SD) (N = 32) 2) Group CBT with spouse involvement (CBT-SI) (N = 31) 3) Wait-list control group (N = 31) Randomized: N =94 Analysis: N = 62 (completed all assessments; no additional information about when withdrawals occurred)	1) Format: Group therapy (patients only) Manualized: Yes Sessions: 12, 90 min each Txt Length: 12 weeks Approach: cognitive behavioral therapy 2) Format: Group therapy (patient and spouse) Manualized: Yes (modified to actively include spouses) Sessions: 12, 90 min each Txt Length: 12 weeks Approach: cognitive behavioral therapy with spouse involvement (attend all group meetings)	Patient Outcomes: Symptom improvement: a. 7-day calendar recall of binges b. EDEQ Patient global functioning a. BDI Intermediate Outcomes a. Attendance at weekly meetings Family Outcomes: Couple functioning: a. DAS b. Author-developed 7-point Likert scale - understanding of binge eating, level of agreement about re-ducing binge eating Outcome timeframe: Baseline Post-treatment Short term (Final): 6 months	Allocation concealment: Unclear Blinding: Unclear Intention to treat analysis: completed ITT and found results did not differ from treatment completer analysis; only completer analysis reported Withdrawals adequately described: 34% of entire sample failed to complete assessments (groups comparable); unclear if other withdrawals Treatment Integrity: Adherence checklist completed by therapist at the end of each group meeting **Study quality: Fair**

SMOKING CESSATION

Study, Year Funding Source	Sample Characteristics	Inclusion and Exclusion Criteria	Treatment Groups	Intervention	Outcomes Assessed	Quality
McBride, 2004[118]

Government

NOTE: study conducted at an Army Medical Center | N = 625
Gender: 0% male (enrolled pregnant women)
Age: 24 yrs
Race/ethnicity: White 77%
Marital Status: Married 96%

Veterans: 0%

Family Characteristics: intimate partners

Recruitment Methods: introductory letter sent to all women scheduled for first prenatal visit | MH Condition: smoking
Assessed by: self-report via screening survey (telephone) of all women with scheduled first prenatal visit
SO: intimate partner
Inclusions: ≤20 weeks pregnant, age ≥18 yrs, current smoker or recent quitter (smoker in 30 days prior to pregnancy), living with intimate partner, willing to have partner contacted for participation
Exclusions: no additional criteria reported | 1) Woman-only (WO) – usual care + late-pregnancy relapse prevention kit, 6 health advisor counseling calls

2) Partner-assisted (PA) – WO + booklet and videos about support behaviors, 6 calls to partner from health advisor, written agreement regarding support behaviors, stop smoking assistance to partner (if appropriate)

3) Usual care – provider advice at first prenatal visit; self-help guide mailed to patient

Randomized: N = 625

Analysis: N = 583 (all randomized except women who miscarried) at all assessment times | 1) Format: individual therapy via telephone
Manualized: standard protocol
Sessions: 6 calls (3 in pregnancy, 3 in post-partum)
Txt Length: from first prenatal visit through 4 months post-partum
Approach: motivational interviewing
2) Format: individual therapy via telephone (separate calls to woman and partner)
Manualized: standard protocol
Sessions: 6 calls (3 in pregnancy, 3 in post-partum)
Txt Length: not stated
Approach: motivational interviewing
3) Format: individual
Manualized: not stated (standard self-help guide provided)
Sessions: 1
Txt Length: first prenatal visit
Approach: provider advice | Patient Outcomes:
a. Smoking status: self report of smoking in past 7 days
Intermediate Outcomes:
a. Smoking-specific support:
Partner interaction Questionnaire (10 item version)
b. General interpersonal support:
1. emotional support
2. instrumental support
Family/Couple Outcomes: NR
Outcome timeframe:
Baseline (first prenatal visit)
Post-treatment: 2-months post-partum
Short term: 6-months post-partum
Long terms – 12 months post-partum

*Treatment continued to 4 months post-partum | Allocation concealment: Unclear

Blinding: NR

Intention to treat analysis: Yes after excluding patients who miscarried – missing values imputed to be "smoker"

Withdrawals adequately described: Yes

Treatment Integrity: NR

Study quality: Poor |

NR = not reported; SCI = structured clinical interviews; SO = significant other or family member included; DSM = Diagnostic and Statistical Manual of Mental Disorders; BDI-II = Beck Depression Inventory 2nd Edition; DAS = Dyadic Adjustment Scale; HAM-D = Hamilton Rating Scale for Depression; EDEQ = Eating Disorder Examination Questionnaire; ED-NOS = Eating Disorders Not Otherwise Specified