

## Case Studies of Chronic Insomnia Patients Participating in Group Cognitive Behavioral Therapy for Insomnia

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**Background and Objective** Pharmacotherapy currently widely used in the treatment of insomnia can be helpful in transient insomnia, but research regarding its effectiveness and safety of long-term use is not enough. Therefore, to complement the limitations of pharmacotherapy in the treatment of patients with insomnia, non-pharmacologic treatment methods (cognitive behavioral therapy, CBT) are used. But CBT for insomnia appear to be costly and time-consuming compared to pharmacotherapy, clinical practice in the field can be difficult to be applied. We took the format of group therapy rather than individual therapy to complement the disadvantages of CBT and now we would like to have a thought into its meaning by reporting the effectiveness of group CBT for insomnia.

**Methods** Patients were recruited at Sleep Center of St. Vincent's Hospital, 2 men and 3 women led to a group of five patients. CBT is a treatment for correction factors that cause and maintain insomnia, it includes a variety of techniques such as sleep hygiene education, stimulus control, sleep restriction, relaxation and cognitive therapy. A series of treatment were performed five sessions once a week with a frequency from February to March 2012 and were proceeded for about 1 hour and 30 minutes per session.

**Results** Results indicated that the subjective quality of sleep and sleep efficiency of all patients improved and Pittsburgh Sleep Quality Index and Beck Depression Inventory were decreased in spite of reducing dose of medication.

**Conclusions** Like these cases, we can contribute to reduce the time and economic burden by performing group CBT for insomnia rather than individual therapy. **Sleep Med Res 2012;3:45-49**

**Key Words** Insomnia, Cognitive behavioral therapy, Group therapy, Pharmacotherapy.

### INTRODUCTION

Insomnia is defined as a state in which an individual has difficulty initiating or maintaining sleep, or experiencing unrefreshed sleep despite ample opportunity and situation to sleep.<sup>1</sup> One third of the total population experiences at least intermittent insomnia, and approximately 10 to 15% experience chronic sleep problems. Nevertheless, general awareness and interest in insomnia are insufficient, and accurate diagnosis and adequate treatment of insomnia are often not addressed in clinical settings.<sup>2-4</sup>

Pharmacotherapy is currently widely used in the treatment of insomnia and can be helpful for transient insomnia, but research regarding its effectiveness and safety of long-term use is not sufficient. Therefore, to overcome the limitations of pharmacotherapy in the treatment of patients with insomnia, non-pharmacological treatment options (cognitive behavioral therapy for insomnia, CBTi) are used. CBTi is a psychotherapeutic approach which addresses maladaptive cognitive processes and behaviors through goal directed, explicit systematic procedures. The main purpose of CBTi is to eliminate maintaining factors that are presumed to perpetuate chronic insomnia.<sup>5</sup> There have been studies reporting that CBTi is effective in primary insomnia as well as in secondary insomnia associated with the use of drugs and substances, medical problems or psychiatric disorders.<sup>6</sup> However, studies have shown that CBT appears to be costly and time-consuming compared to pharmacotherapy, and have addressed difficulties in imple-

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