

The Effect of Integrative Biopsychosocial Therapy on Comorbid Major Depressive Disorder and Posttraumatic Stress Disorder

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Introduction: Integrative Biopsychosocial Therapy addresses the complex interplay of biological, psychological, and social factors, offering a robust framework for treating comorbid PTSD and depression. This approach is particularly vital in the Philippines, where socioeconomic disparities, natural disasters, and violence against women exacerbate mental health crises. Addressing a significant research gap, this study assesses the therapy's effectiveness in this context and proposes a practical pocket guide to support professionals in delivering culturally sensitive, comprehensive care.

Methodology: This study employed an experimental ABA single-subject reversal design to evaluate the impact of integrative biopsychosocial therapy on a female participant. Data were interpreted through visual analysis alongside the regular quantitative monitoring of vital signs and specific psychological measures—including anxiety, depression, sleep disturbances, and overall well-being—to track changes in the participant's condition over time.

Results: Throughout the study, the client maintained stable vital signs with no adverse physiological effects. Although initially presenting with depression and PTSD—marked by dysphoria and impaired coping—the client demonstrated significant improvements in mood, anxiety, sleep, and cognitive functioning. While basic self-care remained intact, coping skills remained vulnerable, necessitating continued reliance on support networks. PTSD symptoms decreased significantly but require extended treatment; consequently, a follow-up is necessary to fully assess the intervention's long-term efficacy.

Conclusion: Integrative biopsychosocial therapy, in this study, is an effective therapy for comorbid major depressive disorder and PTSD. The client maintained stable vital signs, indicating no adverse effects from the intervention. Significant improvements were seen in anxiety, depression, sleep disturbances, and well-being, demonstrating the intervention's effectiveness. While PTSD symptoms significantly decreased, indicating a positive response to the intervention, further treatment and follow-up are needed to fully assess the impact.

Practical Value: This research demonstrates the efficacy of integrative biopsychosocial therapy for comorbid major depressive disorder and PTSD, yielding significant improvements in anxiety, depression, sleep, and psychological well-being. Underscoring the need for personalized, continuous support, the study validates a proposed pocket guide to assist practitioners in future implementation. Ultimately, by addressing interconnected health factors, these findings advance holistic strategies and contribute to more effective, comprehensive patient care.

Direction for Future Research: Future research on integrative biopsychosocial therapy for comorbid depression and PTSD should prioritize enhanced methodological rigor and a broader scope. Investigators should employ longer baseline periods, multiple baseline designs, and long-term follow-ups to rigorously evaluate the stability and sustainability of therapeutic outcomes. To establish generalizability, studies must expand sample sizes to include diverse populations across various cultural contexts. Additionally, integrating qualitative analysis with quantitative measures will provide deeper insight into participant experiences, facilitating the data-driven refinement of the therapy to better address the complex interplay of biopsychosocial factors.

Keywords: psychopathology, comorbid depression and PTSD, biopsychosocial therapy, single-subject aba design, Philippines

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