Evidenced based practice is incorporated into patient education during 1:1 treatments and provides a foundation for the focus of group tx sessions. For example, the study cited below discusses the effects of Major Depressive Disorder(MDD) on participation in daily living activities. It discusses how participants with a diagnosis of MDD were more likely to complete daily tasks if interventions, such as, making a checklist were completed. It also discusses the benefits of simplifying an activity to improve overall task completion. This is important because patients with MDD commonly report low levels of energy, motivation and initiation to complete tasks. Therefore, patient education is provided on evidenced based data and effective health management strategies to maximize independence and participation in ADLs/IADLs.

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