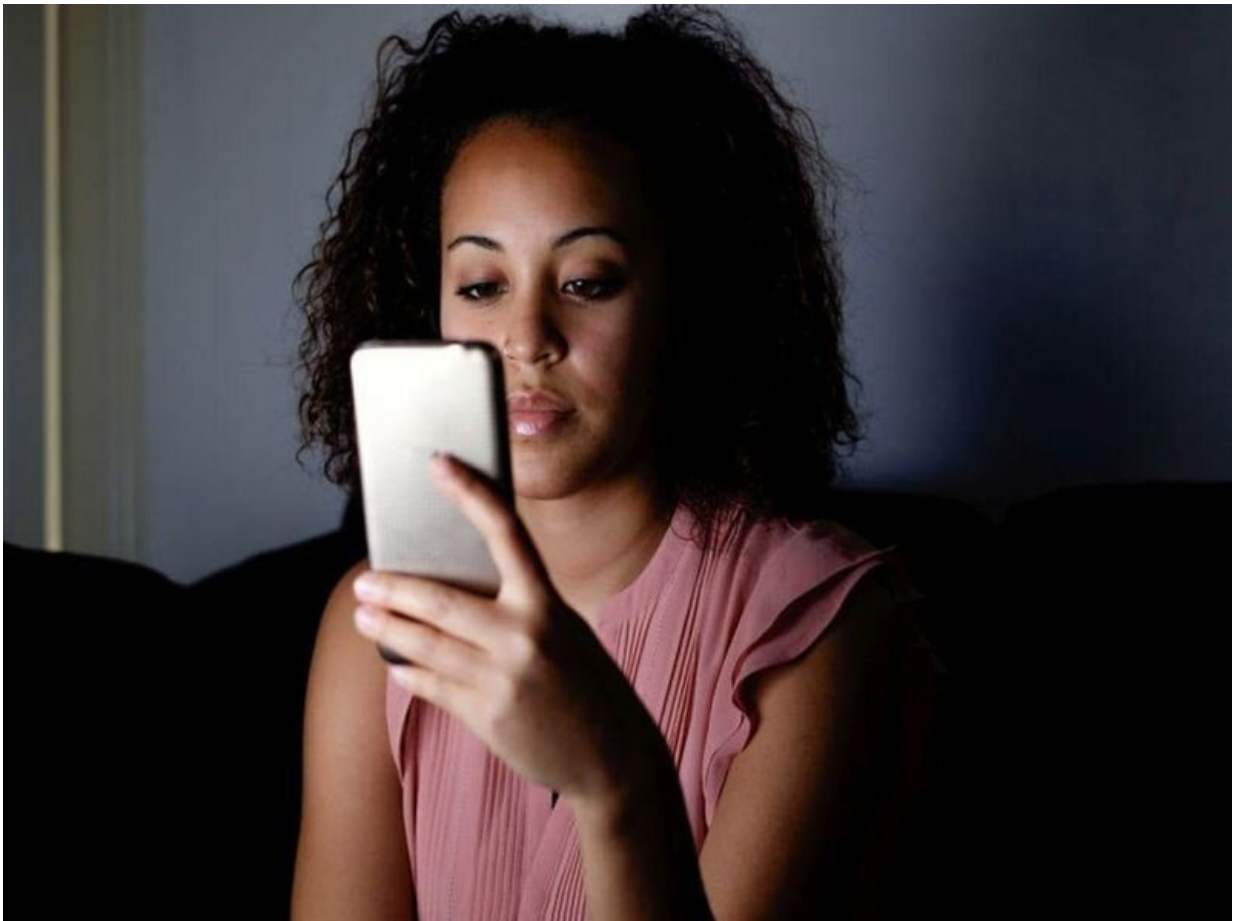


# Digital cognitive therapy has beneficial effect for patients with insomnia

April 12 2023, by Elana Gotkine

---



Digital cognitive behavioral therapy for insomnia (dCBT-I) is effective

for patients with insomnia, with the optimal treatment including a combination of medication and dCBT-I, according to a study published online April 11 in *JAMA Network Open*.

Menglin Lu, from Zhejiang University in Hangzhou, China, and colleagues conducted a [retrospective cohort study](#) to examine the [clinical effectiveness](#), engagement, durability, and adaptability of dCBT-I. A total of 4,052 patients were selected for treatment with dCBT-I, medication, or combination therapy (418, 862, and 2,722, respectively); outcomes were compared at months 1, 3, and 6.

The researchers found that participants receiving both dCBT-I and combination therapy had significant reductions compared with the change in the Pittsburgh Sleep Quality Index score at six months for patients receiving medication alone (from a mean of 13.51 to 7.15 and 12.92 to 6.98, respectively, versus 12.85 to 8.92); the effect of dCBT-I was comparable to that of combination therapy but showed unstable durability. During the first three months, the outcomes of dCBT-I improved steadily and rapidly, then fluctuated. Higher response rates were seen with dCBT-I and combination therapy compared with medication. Significant benefits were seen from dCBT-I and [combination therapy](#) in secondary outcomes.

"These positive findings provide [clinical evidence](#) that dCBT-I contributes to meaningful sleep improvements," the authors write. "Given the unstable durability of dCBT-I at six-month follow-up, the design, implementation, and delivery of dCBT-I in the practice setting warrants further investigation."

One author disclosed financial ties to Hangzhou slan-health.

**More information:** Menglin Lu et al, Comparative Effectiveness of Digital Cognitive Behavioral Therapy vs Medication Therapy Among

Patients With Insomnia, *JAMA Network Open* (2023). DOI: [10.1001/jamanetworkopen.2023.7597](https://doi.org/10.1001/jamanetworkopen.2023.7597)

Copyright © 2023 [HealthDay](#). All rights reserved.

Citation: Digital cognitive therapy has beneficial effect for patients with insomnia (2023, April 12) retrieved 26 April 2024 from <https://medicalxpress.com/news/2023-04-digital-cognitive-therapy-beneficial-effect.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.