

# The Role of Cognitive Behavioural Therapy in the Management of Primary Antibody Deficiencies (PADs)

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## What is CBT?

Physical health and mental well-being are linked. Whilst the majority of people with long-term conditions generally manage well, at times physical illness can have a negative impact on people's quality of life (Department of Health, 2008). The National Institute for Clinical Excellence (2009) found that adults with chronic illnesses are at increased risk of suffering from depression when compared to the general population, and we also know that poor mental health can affect an individual's ability to manage their physical health. However, it is not always the most ill who are most affected by their condition, suggesting that many people develop their own skills to help them through physical disability.

Cognitive behavioural therapy, or CBT, is a talking treatment that helps individuals learn how to identify and challenge some unhelpful patterns of thinking (cognitions) and behaviour. Take the example in the panel below – when waking up feeling unwell, the individual on the left had the thought that it was unfair that she was always unwell. This made her feel sad, low and lonely, and also pretty rubbish physically. As a result she withdrew from friends and family, reminded herself of the times when she had been unwell in the past or what she was missing out on now, and delayed her medication, which probably didn't make her feel much better in the long term and the illness took longer to resolve. However, the person on the right was different; she started to think what **BBE can**

as well as thinking about how what you do affects your thoughts and feelings. Well established as the treatment of choice for a variety of mental health difficulties (e.g., anxiety, depression, panic and phobias), CBT has also been shown to be helpful i