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**Te Huanga o te Ao Māori**

**Cognitive Behavioural Therapy for Māori  
clients with depression - Development and  
evaluation of a culturally adapted  
treatment programme.**

**A dissertation presented in partial fulfilment of the  
requirements for the degree of**

**Doctor of Philosophy**

**in**

**Psychology**

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**Simon Te Manihi Bennett**

**2009**



This doctoral thesis is dedicated to the memory of a wonderful nana. The values that she has instilled in her whanau will benefit many generations to follow. Nga mihi aroha kia koe te whaea.

***Elaine Jocelyn Bennett***  
***June 4<sup>th</sup> 1926 – April 12<sup>th</sup> 2008***



## **ABSTRACT**

A manualised cognitive behavioural therapy (CBT) programme was culturally adapted for use with adult Māori clients with depression who were receiving treatment from Te Whare Marie, a Māori Mental Health service that covers the greater Wellington region. The manual was developed in consultation with local and international literature pertaining to CBT with minority groups and the recommendations of an advisory team. The treatment programme integrated significant Māori concepts with the traditional strategies associated with CBT. The intervention was trialled with 16 Māori clients from Te Whare Marie with a primary diagnosis of depression. Case study and group analysis indicated that the adapted intervention was effective in reducing depressive symptomatology and negative cognition, and increasing general wellbeing in four culturally relevant dimensions. Differences between pre- and post- treatment scores were statistically significant in each of these areas. The intervention did not have a significant impact on the construct of cultural identity. Participants expressed high levels of satisfaction with the treatment, and in general the adaptations were positively received. Treatment was characterised by particularly low dropout rates with 15 of the 16 participants attending seven or more sessions. These results were discussed with reference to their implications for effective delivery of clinical service delivery to Māori consumers of mental health services in New Zealand.

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