The Effect of Integrated-Neuro-Linguistic Programming as Supplementary Intervention for Individuals with Symptoms of Depression

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Abstract

Depression significantly impacts individuals' quality of life. While traditional therapies are effective, there is growing interest in supplementary interventions to enhance treatment outcomes. This preliminary study aims to determine the effect of Integrated-Neuro-Linguistic Programming (Integrated-NLP) in managing depression. This study utilized a mixed-methods approach, combining quantitative metrics and qualitative data to understand the impact of Integrated-NLP on depression. The quantitative method collected numerical data in two phases and evaluated it through visual analysis. The participants were three females with no medication. The intervention was assessed using standardized depression scales and cognitive function tests. An ABA multiple-subject comparative design with an integrated intervention plan was adopted. Initially, participants showed depressive symptoms, certified by a Registered Psychologist. The pre-intervention phase revealed significant emotional and cognitive issues. Post-intervention data showed noteworthy improvements. The preliminary investigation may not be conclusive due to the comparative analysis method, yet remarkable improvements in the participants’ symptoms, thought processes and distress levels suggest the therapy’s efficacy. Qualitative data reinforced the findings. The study's limitations include a small sample size, time constraints for data gathering and intervention, research design, follow-up intervention, and limited NLP techniques. Future studies may consider these factors for more compelling findings. As the first empirical NLP-based research in the country, it raises awareness of NLP's application in psychology and psychotherapy. It promotes Integrated-NLP as a less intrusive, quicker, yet long-lasting support for depression. It expands NLP’s use from coaching to clinical settings, adding to practitioners’ portfolios. Initial empirical evidence supports Integrated-NLP’s potential in mainstream psychology. Future research should focus on enhancing design and methodology for more stable results.

Keywords: Psychopathology, Integrated-Neuro-linguistic Programming, Supplementary Approach, Therapy, Multiple-Subject ABA Comparative Design, Philippines