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A Combination of Cognitive-Behavioral Family Therapy and Pharmacy Therapy in Delusional Disorder: A report of single-subject design (ABA type)

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Abstract: Delusional disorder is one of the types of Psychotic disorder. The incidence of delusion disorder has been estimated about 0/03 percent. The disorder may create serious occupational, social and marital problems for people who suffer from it. There are two approaches in etiology and treatment of it, including pharmacotherapy and psychosocial one. The controlled results of studies have indicated those patients with delusional disorders who resist to pharmacotherapy can advantage of a combination of pharmacotherapy and cognitive-behavioral interventions; because this combination lead to a short-term treatment courses, a reduction or elimination of symptoms and prevention form recurrence of symptoms. Thus, the **object** of present study was treatment of a subject with delusional disorder, erotomania type, by using a combination treatment method (Cognitive - Behavioral and pharmacotherapy). The **method** of current study was single-subject design (ABA). The techniques which was used were including: cognitive - reconstructing by correcting subject's beliefs, interpretations about events, reinforcing logical thinking, evaluating of evidences, teaching of problem solving, cognitive-behavioral copying strategies, relaxing, positivism and pharmacotherapy. The **results** indicated that the combining method was highly effective in eliminating the symptoms and preventing from its recurrence in a one year period. **Discussion:** One of the points about efficacy of Cognitive-Behavioral Family therapy and pharmacotherapy techniques in treating of delusional disorder was the role of teaching of effective copying strategy in reduction of problems related to social function in above-mentioned patients and preventing from recurrence of symptoms.

Key words: a combination therapy, cognitive- behavioral therapy, pharmacotherapy, erotomatic disorder, delusion disorder, single- subject design.