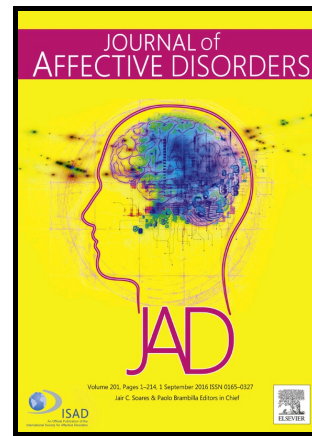# Author's Accepted Manuscript

Memory Performance Predicts Response to Psychotherapy for Depression in Bipolar Disorder: A Pilot Randomized Controlled Trial with Exploratory Functional Magnetic Resonance Imaging

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Memory Performance Predicts Response to Psychotherapy for Depression in Bipolar Disorder: A Pilot Randomized Controlled Trial with Exploratory Functional Magnetic Resonance Imaging

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Abstract:
Objective:

This pilot randomized controlled trial compared Cognitive Behavior Therapy (CBT) and Supportive Psychotherapy (SP) for the treatment of depression in bipolar I disorder. We also examined whether exploratory verbal memory, executive functioning, and neural correlates of verbal memory during functional magnetic resonance imaging (fMRI) predicted change in depression severity. **Methods**: Thirty-two adults (ages 18-65) with DSM-IV bipolar I disorder meeting current criteria for a major depressive episode were randomized to 18 weeks of CBT or SP. Symptom severity was assessed before, at the mid-point, and after the 18-week intervention. All participants completed a brief pre-treatment neuropsychological testing battery (including the California Verbal Learning Test-2nd Edition, Delis Kaplan Executive Functioning System [DKEFS] Trail-making Test, and DKEFS Sorting Test), and a sub-set of 17