The Total Study

<table>
<thead>
<tr>
<th>TAU 66</th>
<th>MBCT + TAU 71</th>
</tr>
</thead>
<tbody>
<tr>
<td>38 out of 66 relapsed (58%)</td>
<td>31 out of 71 relapsed (44%)</td>
</tr>
</tbody>
</table>

After 60 weeks.....

TAU – 38 out of 66 relapsed (58%)
MBCT + TAU – 31 out of 71 relapsed (44%)

58% - 44% = 14%
105 patients with *three or more* previous episodes of depression

After 60 weeks....

- TAU 50: 33 out of 50 relapsed (66%)
- MBCT + TAU 55: 22 out of 55 relapsed (40%)

66% - 40% = 26%
Figure 5

- Numbers 39%
- Language almost half \(\rightarrow\) half
- Numbers 50%