

THE APPLICATION OF COGNITIVE BEHAVIOUR THERAPY (CBT) FOR DEPRESSION: A CASE STUDY OF IRANIAN FEMALE

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ABSTRACT

The study aims to examine the application of Cognitive Behaviour Therapy (CBT) for Depression among Iranian students. Depression is a factor leading to behavioural disorders that can happen to a person in an undesirable incident. To reduce the effect of depression, this study adopted a Cognitive Behaviour Therapy approach to a case of 32 year-old woman from Iran uses stress management and relaxation techniques. A clinical assessment showed that the woman had the highest level of depression among other depressed students. Counselling sessions, observations, and interviews provided qualitative data while Clinical Assessment of Depression Inventory yielded quantitative data relevant to the case. The analysis of the data revealed that the techniques of Cognitive Behaviour Therapy were effective in reducing the level of depression experienced by the client.

Key Words: Depression, Cognitive Behaviour Therapy (CBT), Stress.