I hereby declare that the present dissertation, “A randomized controlled trial on effectiveness of cognitive behavioural therapy (CBT) on anxiety, depression, adherence and quality of life among people undergoing haemodialysis in a selected tertiary care hospital of South Karnataka” is the outcome of original research work undertaken and carried out by me under the guidance of Dr. Shripathy M Bhat, Professor, Department of Psychiatry, Kasturba Medical College, Manipal University, Manipal.

I also declare that the material presented in this thesis is original and does not form the basis for the award of any degree or any other degree or fellowship in any discipline in India or any other countries.

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