PREFACE

Cognition is the most important processes in human being. One of the key component in cognitive process is thinking. It is the process through which we think and interact with the rest of the world. Sometimes situational circumstances lead an individual towards the malfunctioning of thinking patterns and individuals are caught into the disorder labeled as depression. It hampers an individual’s thinking patterns. In order to reduce or remove this problem, Cognitive Behavior Therapy (CBT) has been proved as promising psychotherapeutic modality to change emotional and behavioral problems for staying individual into the mainstream of the society.

Present research work comprises of seven chapters, from introduction to summary and conclusions. In Chapter 1, theoretical aspects of the research have been discussed thoroughly. Review of related work has been presented in Chapter 2. This chapter highlights the previous research works related to depression and the effectiveness of Cognitive Behavior Therapy. This chapter also points out the major inconsistencies and gaps in knowledge of the field. Chapter 3 deals with then statement of the problem. The objectives and hypotheses of the study have been put forth in the chapter. Research methodology of the study has been given in Chapter 4. Chapter 5 describes the analyses of data and results with the help of various statistical tools. Chapter 6 comprised of discussion of the findings in the light of current empirical and theoretical reservoirs of knowledge with the limitations of the present work and directions for the future research. Lastly, Chapter 7 highlights the summary and conclusions of the study.

Present study clearly shows that the Cognitive Behavior Therapy is effective enough to handle the problem of depression among individuals.

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