DECLARATION

I, Hemantha Kumara V, hereby declare that this thesis entitled “Impact of Cognitive Behavior Therapy on Anxiety, Depression and Coping Strategies in Adolescent Students” is the result of the research study carried out by me under the guidance of Dr. G. Venkatesh Kumar, Professor of Psychology, Department of studies in Psychology, Manasagangothri, University of Mysore.

I further declare that this thesis has not been submitted in part or full to this or any other university or Institution for the award of any Degree, Diploma or such other title.

Date:

Place:

Hemantha Kumara V