I, Cindy H.H. D’Silva hereby declare that the thesis entitled “Gratitude and Compassion Focused Therapy: A Treat to Body Dysphoria among College Students in Goa” submitted to the Karnatak University, Dharwad, for the degree of Doctor of Philosophy in Psychology, is a record of original and bonafide research work done by me under the guidance and supervision of Dr. Shanmukh V. Kamble, Associate Professor, Post Graduate Department of Studies and Research in Psychology, Karnatak University, Dharwad, during the period of May 2011 to August 2014.

I have acknowledged those parts of the thesis, in the respective places, which are not original in nature. I further declare that this study has not previously formed the basis for any Degree/Diploma/Associateship/Fellowship or other similar titles or recognition.

Place: Dharwad
Date: (Cindy H.H. D’Silva)