



Module of brief cognitive behaviour therapy : An information guide: The module of Cognitive Behavioural Therapy (CBT) for treating depression among depressed diabetic patients

leili Shahlaei, Shahizan Hasan, Boshra Varastegani

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There is accumulating evidence that CBT is effective for individuals with acute depression, chronic depression lasting two years or more, and for recurrent depression. CBT has been proven effective with children over ten years of age, adolescents, and older adults. Furthermore, CBT may prevent the development of depression in children and adolescents. Contemporary research shows that CBT is efficacious in treating mild, moderate, and severe mental health symptoms. This module aims at presenting information about how our thoughts influence our mood by helping the patient to identify and overcome reduced activity and unaccommodating behaviours.

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