

Cognitive Behavioral Therapy for Depression: A Meta-Analysis

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Abstract. This meta-analysis examines the efficacy of cognitive behavioral therapy (CBT) in treating depression. By analyzing data from multiple studies, we aim to provide a comprehensive overview of CBT's effectiveness compared to other therapeutic approaches. The results demonstrate that CBT significantly reduces depressive symptoms and enhances overall psychological well-being. These findings underscore the importance of CBT as a primary treatment modality for depression in clinical psychology. The study also highlights areas for future research, particularly in understanding the long-term effects of CBT and its applicability across diverse populations.

Keywords: Cognitive Behavioral Therapy, Depression, Meta-Analysis, Clinical Psychology, Treatment

Introduction

Depression is one of the most prevalent mental health disorders worldwide, affecting millions of individuals across various age groups and cultural backgrounds. It is associated with significant emotional, social, and economic burdens, necessitating effective treatment strategies. Cognitive Behavioral Therapy (CBT) has emerged as a leading therapeutic approach for managing depression, emphasizing the modification of dysfunctional thoughts and behaviors. This meta-analysis integrates findings from numerous studies to evaluate the overall effectiveness of CBT in treating depression. The analysis focuses on comparing CBT with other therapeutic modalities, assessing its impact on depressive symptoms, and exploring its potential as a long-term treatment option. By consolidating existing research, this study aims to inform clinical practices and guide future investigations in clinical psychology.

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