

Mindfulness-Based Cognitive Therapy in Treating Depression

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Abstract. This study explores the efficacy of Mindfulness-Based Cognitive Therapy (MBCT) in reducing symptoms of depression among adults. MBCT is a structured program that combines cognitive therapy with mindfulness strategies to help individuals disengage from detrimental thought patterns. The research examines the impact of MBCT on 150 participants over eight weeks, showing significant improvements in emotional regulation and reduced depressive symptoms. These findings suggest that MBCT can be an effective treatment modality for depression, offering an alternative to traditional cognitive-behavioral therapies.

Keywords: Mindfulness-Based Cognitive Therapy, Depression, Emotional Regulation, Cognitive Therapy, Mental Health

Introduction

Depression is a prevalent and debilitating mental health disorder affecting millions worldwide. Traditional treatments, such as medication and cognitive-behavioral therapy, have shown effectiveness but may not be suitable for everyone. Mindfulness-Based Cognitive Therapy (MBCT) offers a promising alternative by integrating cognitive-behavioral techniques with mindfulness practices. This approach aims to help individuals break the cycle of negative thinking by fostering awareness and acceptance of present-moment experiences. The current study evaluates the impact of an eight-week MBCT program on depressive symptoms in adults, providing a comprehensive analysis of its efficacy compared to standard treatments. The results indicate that MBCT significantly reduces symptoms of depression and enhances emotional regulation.

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References

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