

The Role of Cognitive Behavioral Therapy in Treating Adolescent Depression

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Abstract. This study explores the effectiveness of cognitive behavioral therapy (CBT) in treating depression among adolescents. With the rising incidence of adolescent depression globally, a timely and effective treatment approach is crucial. Our research evaluates the impact of CBT interventions on depressive symptoms and overall mental health among teenagers. We employ a combination of individual and group therapy sessions to maximize treatment efficacy. Initial results demonstrate significant improvements in mood regulation and cognitive restructuring, highlighting the value of CBT in adolescent mental health care.

Keywords: depression, adolescents, therapy, mental, health

Introduction: Adolescent depression is an increasing concern worldwide, with long-term implications for individuals and society if left untreated. Traditional treatment methods, focused primarily on pharmacological interventions, often overlook the benefits of psychotherapy. Cognitive behavioral therapy (CBT) offers an evidence-based, non-pharmacological alternative that can be tailored to meet the unique needs of adolescents. This study aims to assess the role of CBT in improving mental health outcomes for teenagers diagnosed with depression. By employing structured CBT sessions, both individually and in groups, we seek to enhance emotional regulation and foster positive cognitive changes. The findings of this study are expected to contribute to the development of more effective treatment plans for adolescent depression.

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