

CLINICAL AND COUNSELING PSYCHOLOGY

August 20-21, 2018 Singapore

Cognitive behavioral therapy and emotional freedom technique in reducing anxiety and depression in Indian adults

Shilpa Jasubhai¹ and C R Mukundan

¹Consultant Clinical Psychologist, India

²Axxonet Brain Research Laboratory, India

WHO places Major Depressive Disorder (MDD) or depression as the fourth leading cause of mental disability worldwide. According to a survey done by WHO in February 2017, it was found that 7.5% of Indians suffer from major or minor mental disorders requiring expert intervention. National Mental Health Survey of India in 2015-2016 reports that one in 20 Indians suffer from depression especially women in the age-group of 40-49 years suffers more. Earlier research indicated that Cognitive Behavioral Therapy (CBT) represents a superior approach in treating mild to severe depression symptoms, whereas Emotional Freedom Technique (EFT) has received increased attention. The present study is in line with a study conducted in Australia in 2016 by Hannah Chatwin, et al. The objective of the current study is to evaluate the comparative effectiveness of CBT and EFT in the treatment of anxiety and depression in Indian adults. Random subjects (n=10) were selected from Ahmedabad (a metro city) in India who were screened positive for anxiety disorder and depression using Depression, Anxiety and Stress scale (DASS21) and Beck Depression Inventory (BDI2). These subjects were randomly assigned to an 8 week CBT or EFT treatment program with 1 session per week. All participants were screened after 3 sessions, 5 sessions, 8 sessions and after 1 month of follow up using DASS21 and BDI2. Findings of the study depict that both intervention approaches produce significant reductions in anxiety and depressive symptoms. The EFT treatment produced marked improvement in depression after 3 sessions. After 8 weeks of intervention, the CBT group reported significant improvement in depression while EFT intervention therapy showed significant results after 1 month of follow up. Examination of individual cases showed clinically significant improvement in anxiety and depression across both interventions. The results are consistent with the previous studies by Hannah Chatwin, et al. (2016). Present findings suggest that EFT is of paramount importance as pivotal tool in managing anxiety and depression in Indian population.

Biography

Shilpa Jasubhai has achieved a land mark by obtaining her Doctorate in the year 2007. She had been conducting various workshops in schools, institutes and in different corporate houses. To complete her knowledge bank, she did various certificate courses viz. Brain Gym, Optimal Learning, Vision Circle, Whole Brain Learning, Educational Psychology In Depth, Touch for Health, Neuro Linguistic Programming, Hypnotherapy, Art Therapy, Emotional Freedom Technique, Quantum Focusing, Healing Affirmation, Reiki, Essentials of CBT and Access Consciousness. She is a Faculty at AIMS Hospital and Shalby Hospital. Her effort were taken into note by the prestigious Sakhi magazine which covered her article in 2008, 2009 and 2010 on counseling, prenatal bonding and role of a psychologist in pregnancy. She is a Member of Board of studies at PDPU and is a Visiting Faculty at PDPU. She is registered as a Psychologist with RCI from 2012. She joined AIIM as a Visiting Faculty and as a School Counselor in Adani Vidyamandir International School in June 2016.

sjasubhai@gmail.com

Notes: