

# Positive Psychology and Cognitive Behavioral Therapy

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## Efficacy of five sessions programme of cognitive restructuring on depressive symptomatology among chronically sick

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This study was aimed to check the efficacy of five sessions of cognitive restructuring among the chronically sick of asthma, diabetes, heart attack, hepatitis and cancer who are prior to develop the symptoms of depression while have just one week to two months back, have history of diagnosis. Sample of 10 diagnosed patients with chronic physical diseases were conscripted. The foremost intentions of study were to bargain the effects of implementing sessions of cognitive restructuring on the patients of bodily diseases who are going to adapt the symptomatology of depression after disease diagnosis. To measure the Depressive Symptomatology "The Quick Inventory of Depressive Symptomatology developed by Rush (2000) was used. Behavior therapy, CBT and mindfulness based cognitive therapy were used for cognitive restructuring. Lot of difference found in patients thought patterns after the implementation of cognitive restructuring between pre and post assessment sessions. Results indicated asthmatics and diabetics spectacles rich effect of cognitive restructuring to change their thought pattern about the paraphernalia of their diseases. They were on the level of severe depression but after the enactment of cognitive restructuring they switched on to the level of mild category. Heart patients had fluctuated features of their problems because of rigidity developed by age factor as they were much reluctant to dispute their thought patterns. Hepatitis and cancer patients seemed much hard to turn their thinking. It proved that cognitive restructuring is much effective to minimize depressive symptomatology.

### Biography

Anbarin Aslam has completed her Mphil (Scholar) from The Islamia University of Bahawalpur in 2016.

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