



# EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY ON THE LEVEL OF DEPRESSION AMONG SELECTED PSYCHIATRIC PATIENTS AT MANAS HOSPITAL, JALNA, MAHARASHTRA.

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## ABSTRACT

**Background:** Depression in mental health is one of the most pressing issues of overtime. It's estimated that one in six of us report a common mental health problem. In the psychiatric disorders, 40% of cases are of depression. According to a recent report (2022) of the mental health survey, the prevalence rate of depression in India is 4.50% and the cases stand at 56,675,969. According to WHO, 300 million people with mental health issues are of depression and cases increased by 18% in a decade.

**Objectives:** The present study was a quantitative approach to evaluate the effectiveness of Cognitive behavioral therapy on the level of depression among selected psychiatric patients at Manas Hospital, Jalna Maharashtra.

**Methods:** The research design used for this study was a quasi-experimental pre-test and post-test control group design. The samples were selected by using purposive sampling technique. The study was performed on 40 study subjects, 20 each in the experimental and the control group at Manas Hospital, Jalna in Maharashtra state. The tools were a structured questionnaire and beck depression inventory was used to record level of depression on the psychiatric patients. A pre-test was conducted among both the experimental and control groups. An intervention of Cognitive behavioral therapy was demonstrated by the student researchers among study subjects in the experimental group for 14th consecutive days, followed by a post-test conducted among both groups in which, the results showed a significant effectiveness in pre-test and post-test in the experimental group. The data analyzed was using SPSS 24.0 and Graph Pad Prism 7.0 version.

**Results:** The results of the paired 't' test of the level of depression in the experimental group were compared to the control group, before and after the intervention. Mean standard deviation and mean values are compared, and students paired 't' test was applied at a 5% level of significance. The calculated 't' value which was 5.97

with a mean difference of  $5.05 \pm 3.80$  was much higher than the tabulated value at a 5% level of significance among the study subjects in the experimental group, which was a statistically acceptable level of significance.

**Conclusion:** The study findings concluded that selected intervention of Cognitive behavioral therapy on the level of depression can be used as one of the ways to reduce depression among psychiatric patients.

**Keywords:** Depression, Level of Depression, Cognitive Behavioral Therapy, Psychiatric Patients.

## INTRODUCTION

Depression is the leading cause of ill health and disability worldwide. Depression in psychiatric patients, also known as comorbid depression, is a common and complex issue. Psychiatric patients are often more vulnerable to depression due to the nature of their conditions, and depression can worsen the overall clinical picture. Depression also known as major depressive disorder is a common and serious mental health condition characterized by persistent and overwhelming feelings of sadness, hopelessness, and a lack of interest or pleasure in daily activities. Depression can impair cognitive function, concentration, and motivation. This can impact an individual's ability to perform at work or in school, potentially leading to academic or professional difficulties. Depression can manifest with physical symptoms such as changes in appetite, sleep disturbance and chronic pain.

Cognitive Behavioral Therapy is a widely recognized and effective therapeutic approach for treating depression. It is based on the premise that our thoughts, emotions, and behaviors are interconnected, and by changing negative thought patterns and behaviors, individuals can alleviate their depressive symptoms. Many research studies show that cognitive behavior therapy leads to significant improvement in functioning and quality of life. Cognitive behavioral therapy is more effective than other forms of psychological therapy or psychiatric medication.

## NEED FOR STUDY

Mental health is one of the most pressing issues of overtime. It's estimated that one in six of us report a common mental health problem such as anxiety or depression each week. The National Mental Health Survey 2015-16 revealed that nearly 15% of Indian adults need active intervention for one or more mental health issues and one in 20 Indians suffers from depression.

## BACKGROUND OF THE SYUDY

A study was conducted on cognitive behavioral therapy is the recommended treatment for depression in patients with epilepsy. They included 13 studies examining cognitive behavioral therapy for depression in patients with epilepsy and calculated its effect size. A total of 13 studies met the criteria. After treatment, cognitive behavioral therapy improves depression in patients with epilepsy and the efficacy is maintained during follow- Cognitive Behavioral Therapy interventions were effective in improving depression.

## OBJECTIVES

- To assess the pre-test level of depression among patients with depression in the control group and in the experimental group.
- To assess the post-test level of depression among patients with depression in the control group and in the experimental group.
- To compare the effectiveness of cognitive behavioral therapy on the level of depression in pre-test and post-test among selected psychiatric patients.
- To evaluate the association between pre-test level of depression among selected psychiatric patients with their demographic variables.

## HYPOTHESIS

- **H<sub>0</sub>:** There is no significant difference between the level of depression in pre-test and post-test among psychiatric patients in the experimental and control group.
- **H<sub>1</sub>:** There is a significant difference between the pre-test and post-test level of depression score in control and experimental group.
- **H<sub>2</sub>:** There is significant association between effectiveness of cognitive behavioral therapy with selected demographic variables.

## METHODS AND MATERIALS

This chapter comprises the methodology for the study. It comprises the approach, research design, variables of the study, research setting, population sample size, sampling techniques, criteria for sample collection development and description of tool, validity, reliability of the tool collection procedure and plan for the data collection.

**Research Approach:** A quantitative research approach was used to analyze the effectiveness of cognitive behavioral therapy.

**Research Design:** Quasi-experimental research design (pre-test post-test research design) was used in this study.

**Study Setting:** The study was conducted at Manas Hospital, Jalna, Maharashtra.

**Sample:** The sample for the present study is the selected psychiatric patients of age group of 20-65 years.

## ETHICAL CONSIDERATIONS

The ethical clearance was obtained from the Vasantrao Naik Nursing College ethical committee prior to the pilot study and main study. Permission to conduct the study was obtained from the head of the department, Manas Hospital, Jalna, Maharashtra. Informed consent was obtained individually from the patients participated in the research study. The dignity and confidentiality of data concerned to the each patients were maintained and it was assured to all the psychiatric patients.

## DATA COLLECTION

The study was conducted to determine the effectiveness of Cognitive behavioural therapy on the level of depression among selected psychiatric patients at Manas Hospital, Jalna, Maharashtra. 40 samples was selected by using purposive sampling technique. 20 study subjects in experimental and control groups. The research design used for this study was quasi experimental pre-test post-test control group design. The data was collected in the Manas Hospital, Jalna, Maharashtra. The approach was made to the samples and was explained the benefits of the cognitive behavioral therapy. The data was collected by the help of beck depression scale and structured questionnaire. The data collection procedure was for a period of 2 weeks. On the 1<sup>st</sup> day informed consent was obtained from the psychiatric patients, on the 2<sup>nd</sup> day pre-test was conducted among both the group, From the 3<sup>rd</sup> day the intervention that is cognitive behavioral therapy was given to the selected psychiatric patients in the experimental group. The study subjects received intervention for about 2 weeks. At the 14<sup>th</sup> day post-test was conducted, in which the results shows significant effectiveness in pre-test and post-test in the experimental group.

## DATA ANALYSIS

The data were analyzed on the basis of objectives and hypotheses. The following plan of analysis was made with opinion of experts. Demographic variables in study subjects were given in frequency with their

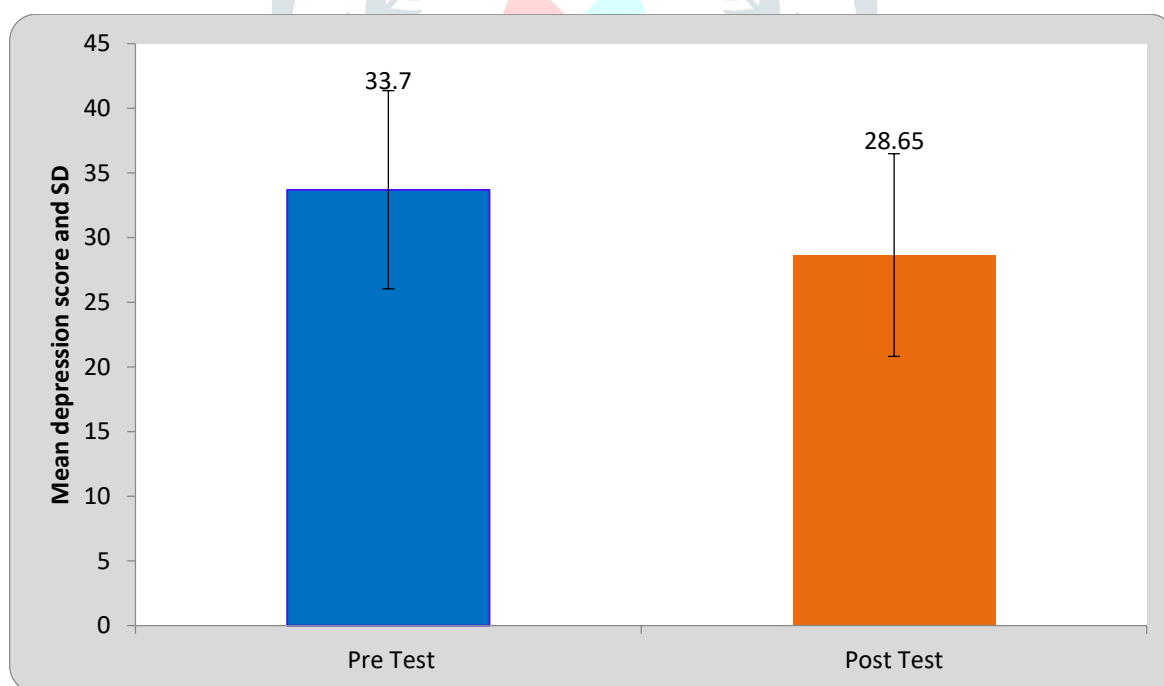
percentage. Beck depression scale were given in mean and standard deviation. The mean difference between the pre-test and post-test was analyzed using students paired 't' test. The association between pre test level of depression and the demographic variables were analyzed using paired 't' test the difference between the pre-test and the post-test was analyzed. Beck depression scale was used for analysis mean difference between the pre-test and post-test. The 'p' value  $<0.05$  was considered statistically significant.

## RESULT

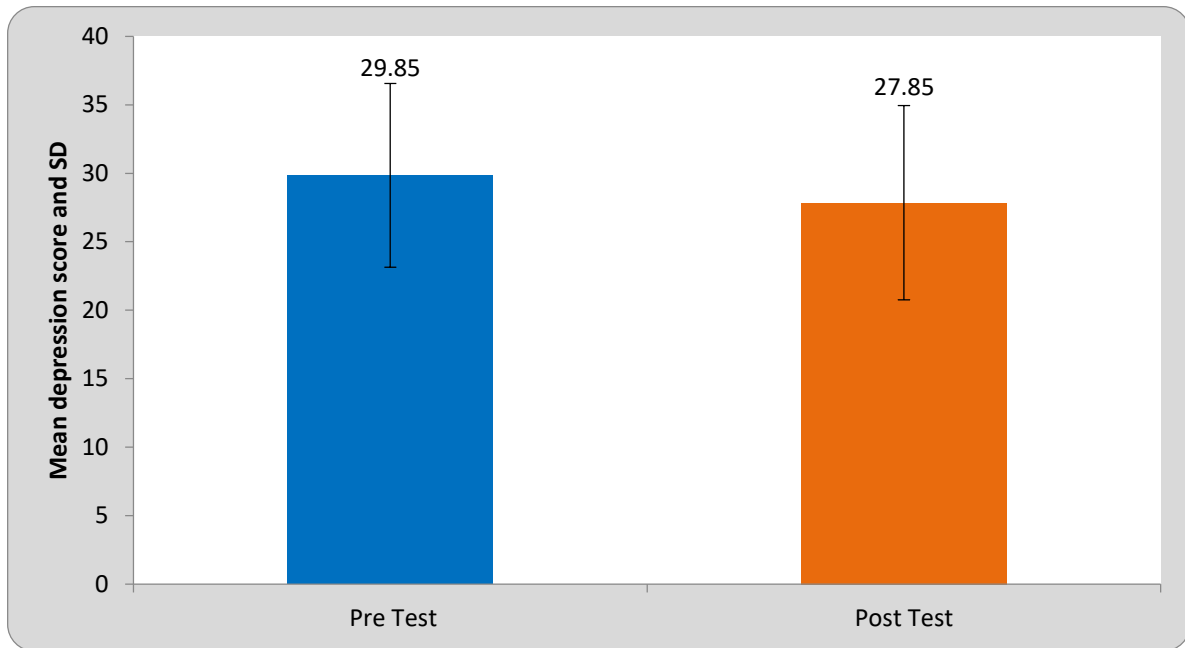
The paired 't' test was applied to compare the difference between pre-test and post-test of Cognitive behavioral therapy. Since it is found that the paired 't' test value is 5.97 and the 'p' value was 0.0001 at the level of 'p'  $<0.05$ . Difference in score was statistically significant. The mean difference was  $5.05 \pm 3.80$  and standard deviation is 7.84. Researchers concluded at 5% level of significant and 19 degrees of freedom that the above data gives significant evidence to conclude that, after receiving Cognitive behavioral therapy to the patients in the experimental group there was significant reduction in the level of depression. **Hence the researchers hypothesis H<sub>1</sub> is accepted.**

The calculated 't' value was greater than 0.05 which confirmed the fact that there is no significance association between pre-test level of depression among selected psychiatric patients with their demographic variable.

The calculated 't' value was less than 0.05 which confirmed the fact that there is significance association between pre-test level of depression among selected psychiatric patients with their demographic variable. **Hence the researchers hypothesis H<sub>2</sub> was accepted.**



**The above figure shows significance difference between depression score in pre-test and post-test of psychiatric patients in experimental group.**



The above figure shows significance of difference between depression score in pre-test and post-test of psychiatric patients in control group.

## NURSING IMPLICATIONS

- Nurses play an important role in primary health care by early detection and prevention of depression. Cognitive therapy can be used as a means of health promotion on level of depression among selected psychiatric patients receiving routine treatment.
- Nursing students could learn the assessment of depression and provide cognitive behavioral therapy for reducing depression among selected psychiatric patients as an independent nursing intervention.
- Nursing students could be taught about the cognitive therapy that they can help psychiatric patients to overcome depression.
- The study findings encourage further research studies on the effectiveness of cognitive behavioral therapy on the level of depression among selected psychiatric patients.

## CONCLUSION

The study was conducted to assess the effectiveness of Cognitive behavioral therapy on the level of depression among the selected psychiatric patients at Manas Hospital, Jalna, Maharashtra. The study findings concluded that there is significant difference reduction on the level of depression among selected psychiatric patients in the experimental group at Manas Hospital, Jalna, Maharashtra. Therefore, Cognitive behavioral therapy was an effective intervention in the reducing the level of depression among selected psychiatric patients at Manas Hospital, Jalna, Maharashtra.

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