

**COGNITIVE BEHAVIORAL THERAPY TO REDUCE  
DEPRESSIVE SYMPTOMS AMONG ADOLESCENTS:  
EVIDENCE-BASED NURSING**



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AMONG ADOLESCENTS: EVIDENCE-BASED NURSING**

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**ABSTRACT**

Depressive symptoms in adolescents are injurious and interfere with their daily activities, academic performance and adolescence tending towards suicide. This study aimed to analyze and synthesize evidences related to cognitive behavior therapy in reducing depressive symptoms among adolescents. The author searched related evidences from electronic database of Mahidol University by following the PICO format. The qualities of the selected evidence were appraised in three aspects; validity, reliability and applicability. According to the objective of the study, the author finally selected three RCTs and three quasi experimental design studies, which are relevant, with population, intervention and outcome.

Based on the analysis and synthesis of the seven research evidences, the two models of using CBT for reducing depressive symptoms among adolescents are recommended as follows: (1) Universal school-based program for preventing depression is appropriate for middle adolescents who have no symptoms and have symptoms of depressive symptoms and middle adolescents of secondary school. (2) The indicated school-based program for preventing depression is appropriate for middle adolescents who have elevated depressive symptoms at a mild to moderate level. Each model consists of 2 components, including cognitive and behavioral components. The duration of the each session is 90 minutes and a total 10 sessions were estimated. The outcome of the prevention program should be conducted by using the Child Depression Inventory or the Center for Epidemiologic Studies - Depression scale. It should measure after it ends and periodically, at 3, 6, and 12 month follow-ups. It is suggested that nursing practice guidelines and a manual on cognitive behavior therapy should be developed and implemented to suit the context of the schools' setting.

**KEY WORDS: ADOLESCENT / COGNITIVE BEHAVIOR THERAPY /  
DEPRESSIVE SYMPTOMS / PREVENTION OF DEPRESSION /  
SCHOOL BASED PROGRAM**

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