

ثانيا : ملخص الرسالة باللغة الأجنبية:

Evaluating the efficacy of cognitive behavioral therapy program on a sample of depressed people

The aim of the study is to evaluate the efficacy of a cognitive-behavior therapy program in treating major depression . The sample consists of thirteen patients with unipolar depression without psychotic features. Patients divided into three groups. First group received cognitive therapy alone . Second group received cognitive therapy plus antidepressants. The third group received treatment with antidepressants only. Patients stayed in treatment for two months. Patients who received cognitive therapy didn't received any kind of treatment after the two months of treatment till the end of the follow up period. The patients in the three groups completed BDI, DAS, Cope, BAI and Hoplessness scale in the beginning, middle, and end of the treatment. Patients in the two groups that received cognitive therapy completed BDI, and BAI at the end of three months of follow up. Non parametric statistical techniques used to analyze the data. The results show that cognitive therapy is as effective as antidepressants in treating moderate to severe levels of major depression without psychotic features. Differences in scores before and after the treatment on the hopelessness scale, DAS, and cope scale don't indicate special effect of CBT in this sample of patients. The results discussed in the terms of sample size, previous studies and the cognitive theory in depression.