

THE IMPACT OF COGNITIVE BEHAVIOURAL THERAPY (CBT) COMPARED TO PHARMACOLOGICAL INTERVENTIONS IN REDUCING DEPRESSION AND ANXIETY SYMPTOMS IN ADOLESCENCE: A QUASI-SYSTEMATIC REVIEW.

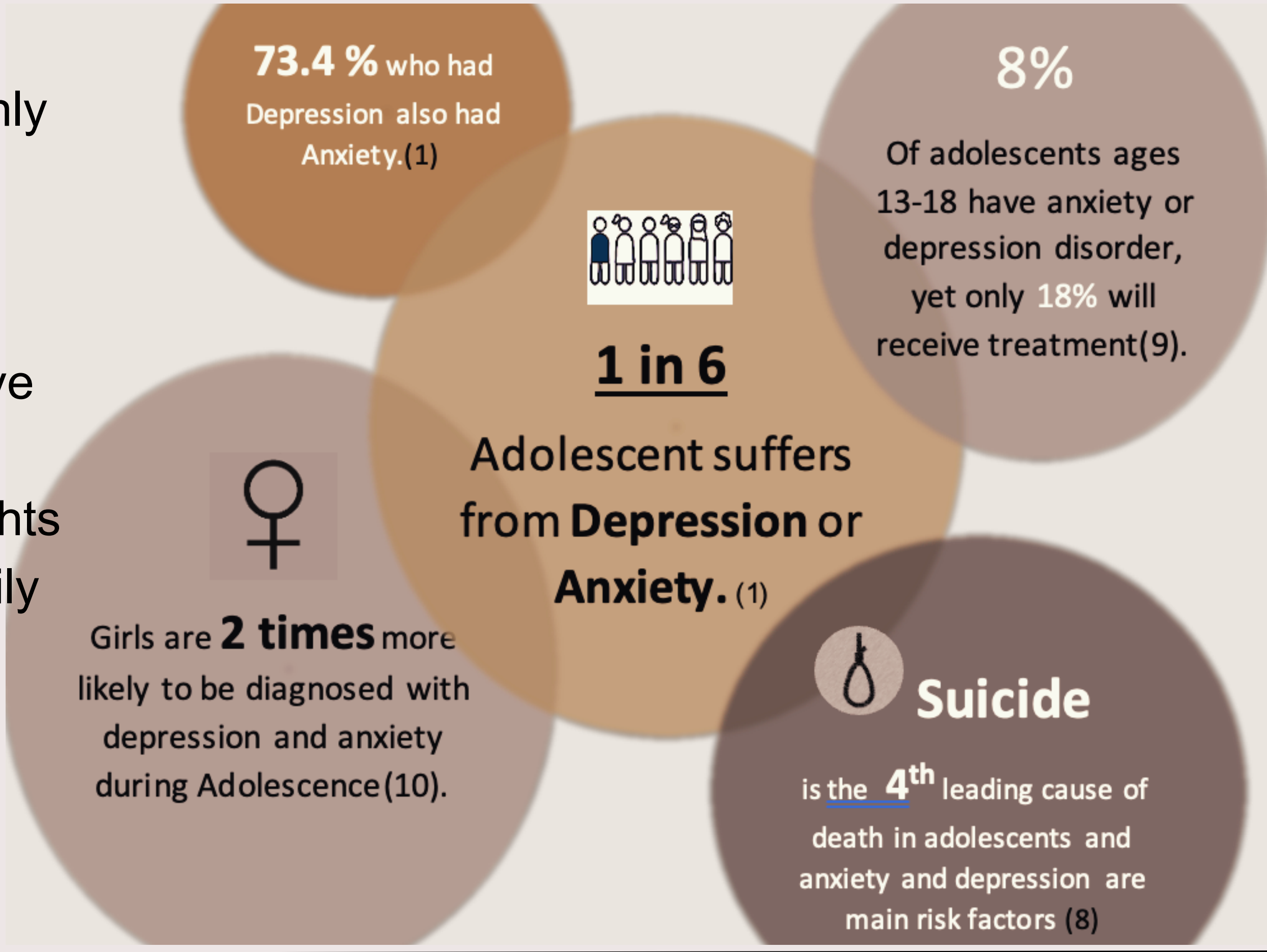
AUTHORS

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INTRODUCTION

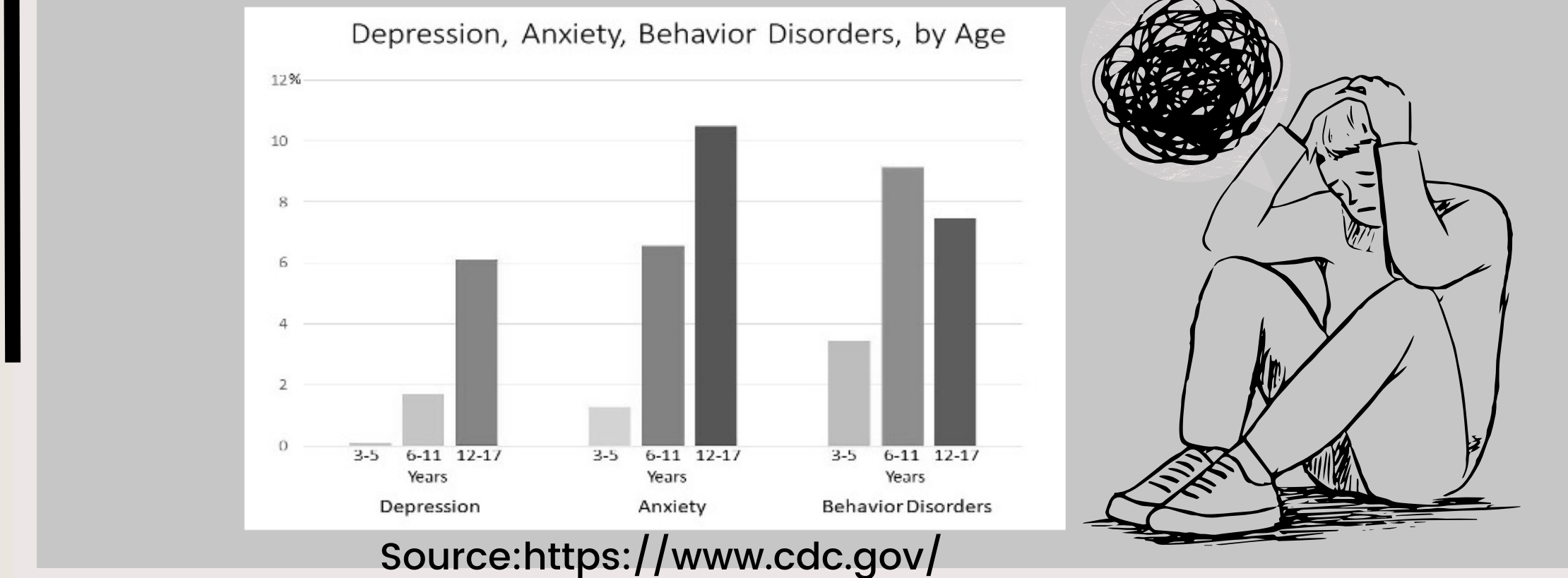
Anxiety and depression are the most commonly diagnosed mental health disorders among teenagers , and the prevalence of depression increases from childhood to adolescence(1) .Adolescents with depression and anxiety have a higher likelihood of experiencing chronic symptoms ,recurring episodes ,suicidal thoughts other mental health issues and difficulty in daily life(2).Despite effective testaments like Cognitive Behavioural therapy and antidepressants medications being available , rate of relapse and suicide have risen among teenagers over the last two decades(3).



AIM

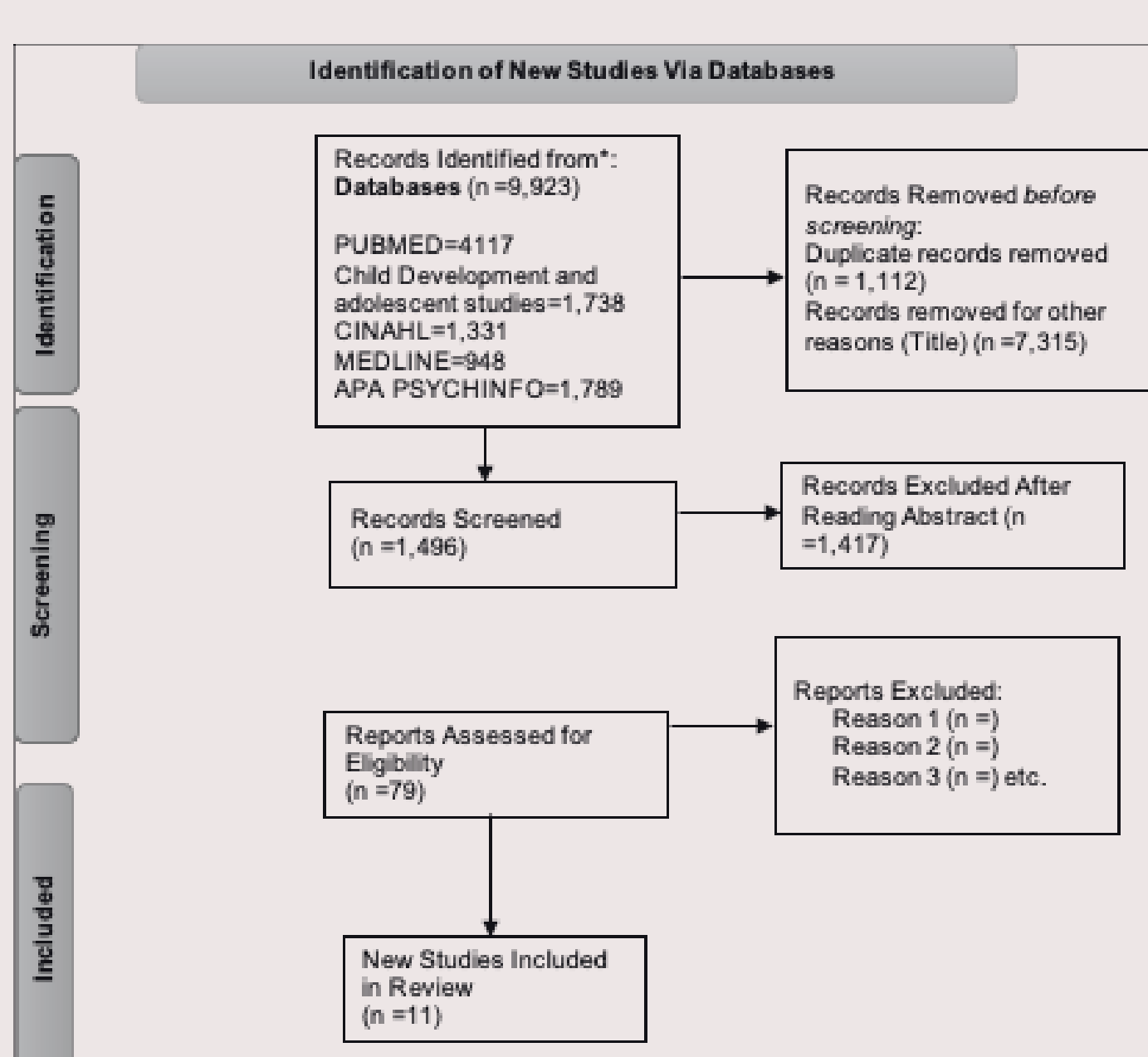
To distinguish the impact of CBT and Medical interventions on adolescent Depressive and Anxiety symptoms.

PREVALANCE OF MENTAL HEALTH DISORDERS WITH AGE

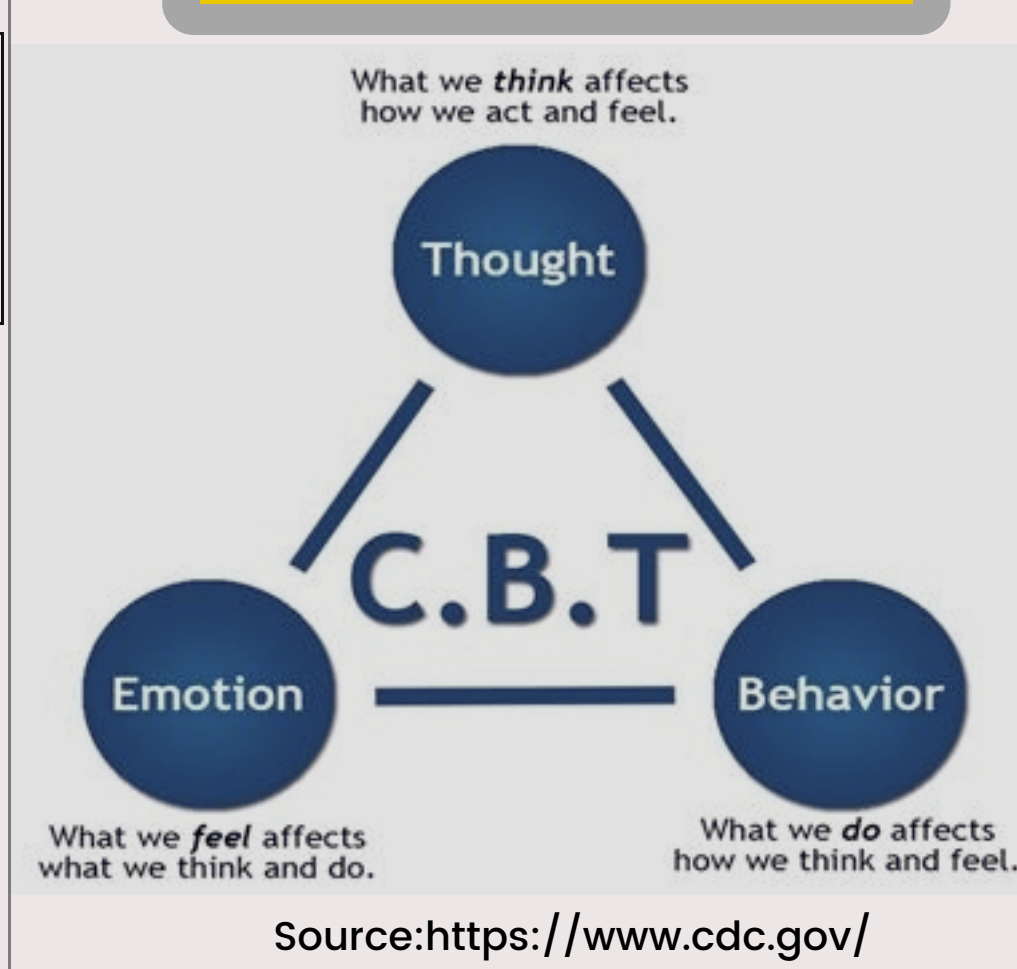


METHOD & RESULTS

A **systematic review** is a rigorous study approach that involves identifying, assessing and combining all relevant empirical evidence that meets specific criteria to address the research question(6,7). The review comprised **11 studies** whose research study composition varied in several aspects. The included studies contained mostly Randomized Controlled Trials from studies from the United States, United Kingdom, Netherlands, Canada, and Australia.



WHAT IS CBT ?

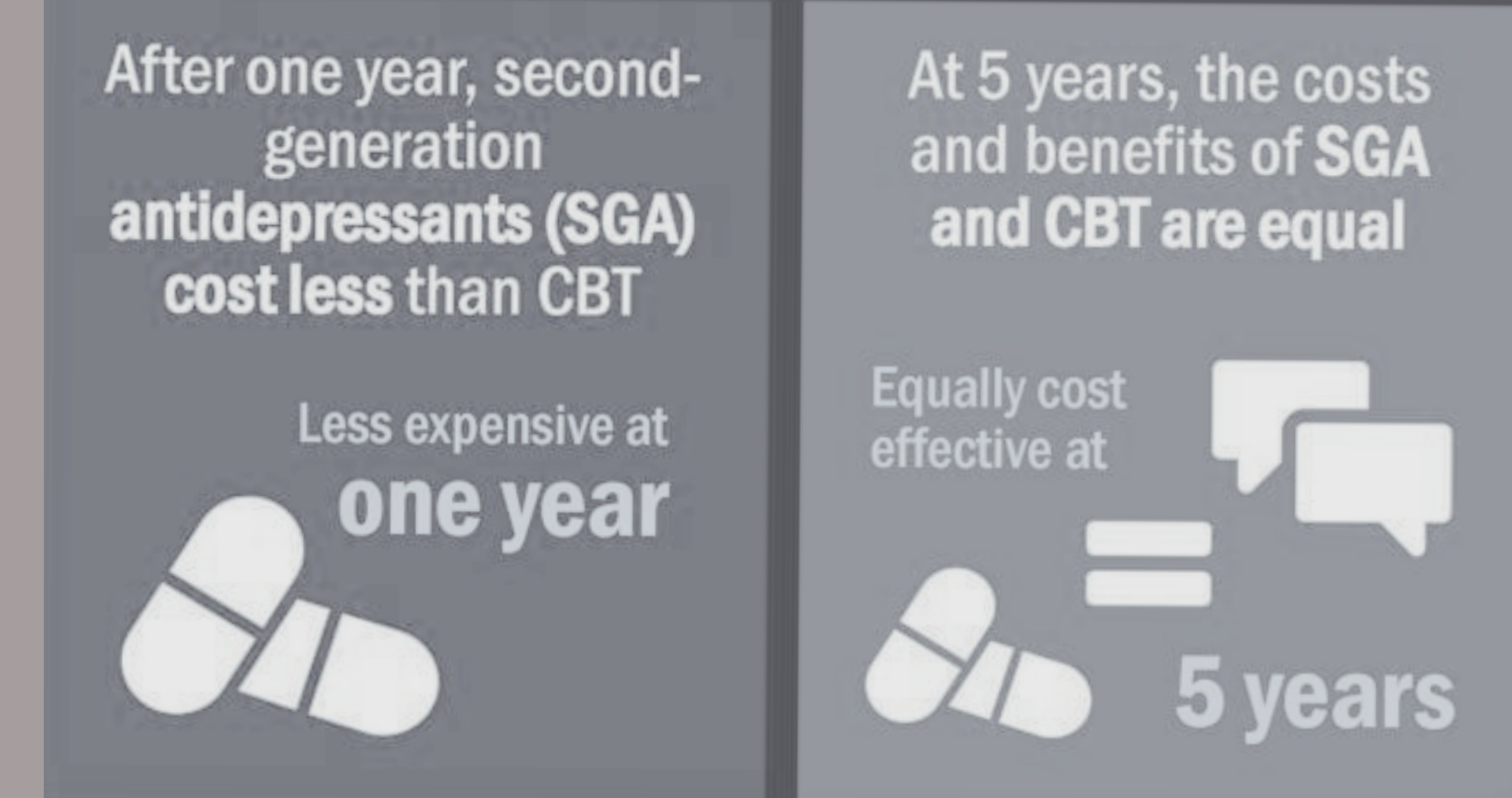
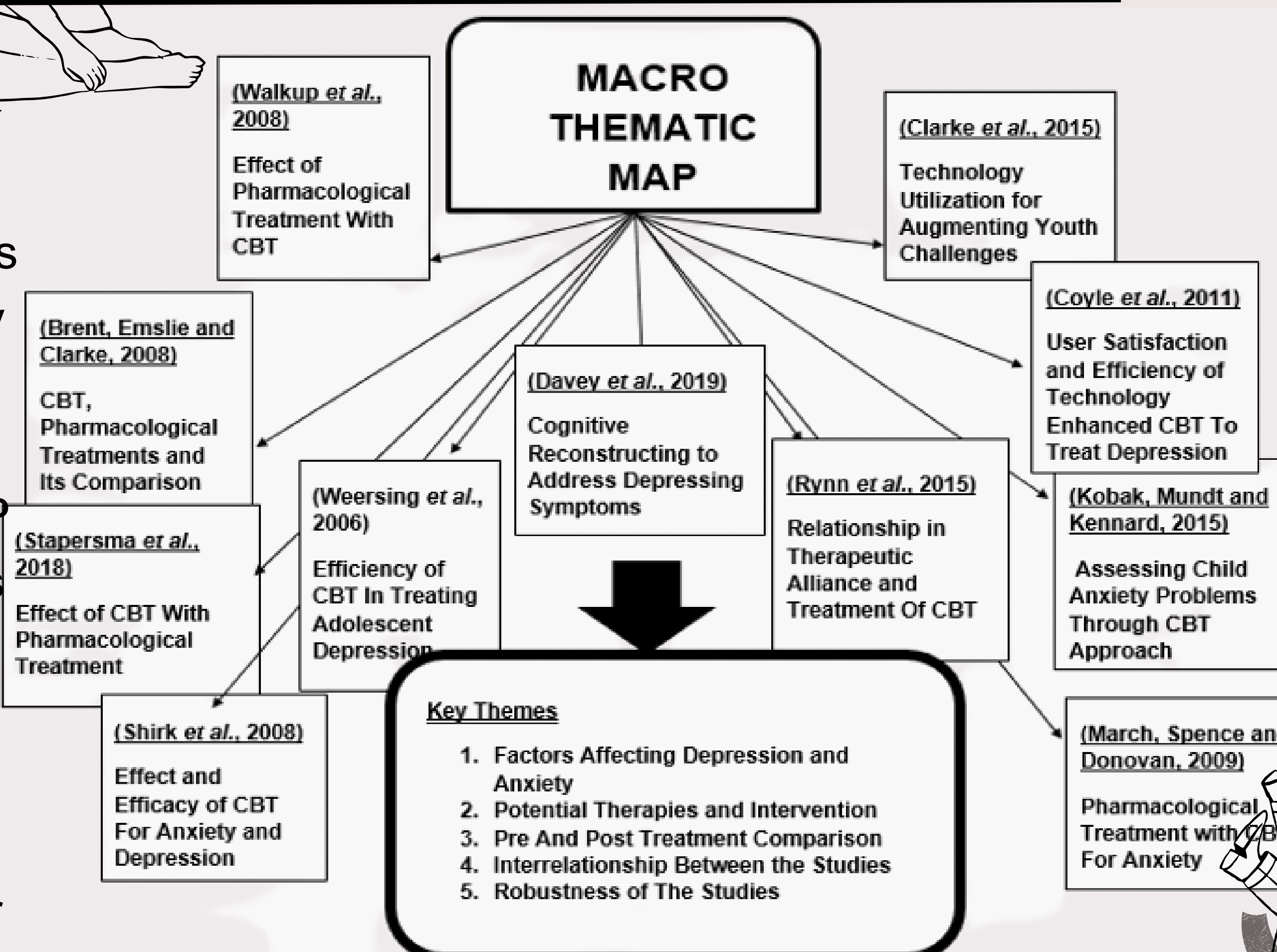


WHY A SOLUTION THAT IS PROMPT IS NECESSARY?



ANALYSIS

This research was categorised as a quasi-systematic review where the primary data sources for this inquiry were ethically approved secondary data from credible sources. Since these quantitative methodologies necessitated a thorough critical analysis of the study, the EPHPP (Effective Public Health Practice Project) tool was utilised to evaluate the quality of the investigations. The data was synthesised utilising a narrative synthesis and a **thematic analysis** was subsequently carried out to examine the studies in significant detail and discovered similar themes addressing the key subject of the study.



"THERE IS NO HEALTH WITHOUT MENTAL HEALTH."

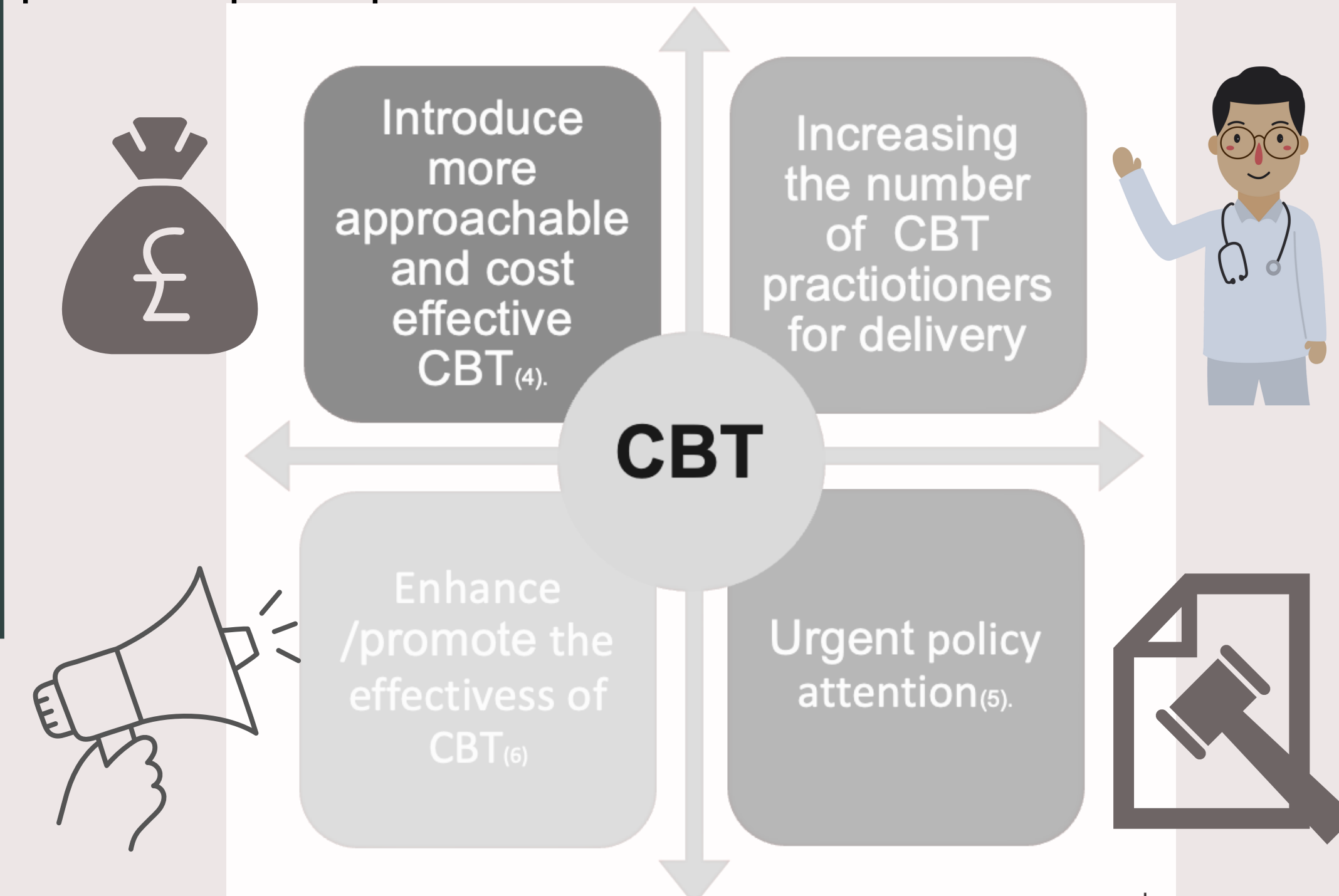
CONCLUSION

CBT > PHARMACOTHERAPY !

- According to the research , CBT was demonstrated to be more effective than pharmacological therapy in alleviating symptoms of depression and anxiety in adolescents.
 - Similarly, when CBT was integrated in adolescents, overall performance was subsequently improved.
- Despite the potential benefits of CBT for both patients and therapists, the study found that adolescents were unaware of these advantages.

RECOMMENDATION

Given the proven effectiveness of CBT, it is imperative that we take appropriate measures to encourage and promote participation in CBT.



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