

EFFECTIVENESS OF COGNITIVE BEHAVIOUR THERAPY ON DEPRESSION AMONG TYPE 2 DIABETES MELLITUS PATIENTS

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ABSTRACT

The study aims to find the effectiveness of cognitive behaviour therapy on depression among type 2 diabetes mellitus patients. 61 samples were selected on the basis of purposive sampling from Kottayam district in the state of Kerala. Because Kerala is the diabetes capital of India. The individuals with type 2 diabetes mellitus (T2DM) with clinical depression were collected from 2 hospitals in Kottayam district. Standardized closed end questionnaire Beck's Depression Inventory was used as tool for the current study. The results indicated that the majority of male T2DM patients experience moderate level depression and the majority of female T2DM patients experience severe level of depression. And the overall depression rate among the type 2 diabetes mellitus patients is moderate level of depression. And in total both male and female experience almost similar levels of depression that is moderate level. Thus, it can be concluded that CBT was effective in decreasing depression significantly and also helped to bring the patients experienced severe and moderate levels of depression to borderline clinical depression and those experienced borderline clinical depression to mild depression and normal ups and downs.

KEYWORDS: *Cognitive Behaviour Therapy, Depression, Type 2 Diabetes Mellitus Patients & Kerala*

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