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Online cognitive behavioral group therapy for women with depression disorder

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Depression, of all kinds, is one of the most prevalent and severe psychological disorders, and its symptoms include lack of the meaning of life, their turbulence, feelings of sadness, misery, suffering, insomnia, and loss of hope in life from everything, and may end their life with suicide (DSM-5).

As (DSM-5) Twelve-month prevalence of major depressive disorder in the United States is approximately 7%, with marked differences by age group. This prevalence is higher in Arab countries as Kuwait for example the prevalence is between 5 to 9% (Kuna, 2019). And as mentioned in DSM-5 in women it's twice more than men. Methodology & Theoretical Orientation: in this study which contains of 16 women suffer from depression we gave them Beck Depression Inventory (BDI-II), before the group therapy and all have depression but with very different grades began from Mild mood disturbance and end by Extreme depression, after that we began 5 weekly online cognitive behavioral group therapy and again we gave them (BDI-II) after third session and repeated after two months of the end of group therapy. Findings: comparing the findings of three tests show significant differences between the first test and other results. Conclusion & Significance: there were differences in the results of whom were sharing their Homework's in the WhatsApp group comparing whom didn't participated, so the group effect maybe was strongly push them for the changes. But for whom didn't participate and didn't receive the social supports from the group the changes was not considerable..

Biography

Zahra Almousawi from Kuwait, psychology PhD student in Lebanon University. Published more than 5 books with psychological subjects one of them is the psychology of love. And working as psychotherapist for many years.

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