

Internship Training

at

**Curio Digital Therapeutics**

**To Analyze the Efficacy of Cognitive Behavioral Therapy (CBT) in Women's Mental Health**

by

**Name- Dr. Dimple Bhargava**

**Enroll No.-PG/021/31**

Under the guidance of

**Dr. Pankaj Gupta**

**VP- Digital Solution and Compliances  
Curio Digital Therapeutics**

PGDM (Hospital & Health Management)  
2021-23



**International Institute of Health Management Research New Delhi**

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Under the guidance of

**Dr. Ratika Samtani**

**Assistant Professor**

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PGDM (Hospital and Health Management)

2021-23



**International Institute of Health Management Research New Delhi**

The certificate is awarded to,

**Name – Dr. Dimple Bhargava**

in recognition of having successfully completed her  
internship in the Department of

**Medical Software Quality Assurance**

and has successfully completed her Project on

**To Analyze the Efficacy of Cognitive Behavioral Therapy (CBT) in Women's Mental Health**

**Date – 15<sup>th</sup> February to 15<sup>th</sup> May 2023**

**Organization -Curio Digital Therapeutics**

She comes across as a committed, sincere & diligent person who has a strong  
drive & zeal for learning.

We wish her all the best for future endeavors.



**Training & Development**

Dr. Pankaj Gupta

VP – Digital Solution and  
Compliances

Curio Digital Therapeutics



**Zonal Head-Human Resources**

Mandeep Wazir

VP – India Operations

Curio Digital Therapeutics

**TO WHOMSOEVER IT MAY CONCERN**

This is to certify that **Dr. Dimple Bhargava** student of PGDM (Hospital & Health Management) from the International Institute of Health Management Research, New Delhi has undergone internship training at Curio Digital Therapeutics from 15<sup>th</sup> February to 15<sup>th</sup> May 2023.

The Candidate has successfully carried out the study designated to her during internship training and her approach to the study has been sincere, scientific, and analytical.

The Internship is in fulfillment of the course requirements.

I wish her all success in all her future endeavors.



**Dr. Sumesh Kumar**

Associate Dean, Academic, and Student Affairs

IIHMR, New Delhi



Mentor - **Dr. Ritika Samtani**

**Dr. Ritika Samtani,**

Assistant Professor,

IIHMR, Delhi

## Certificate of Approval

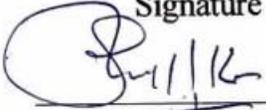
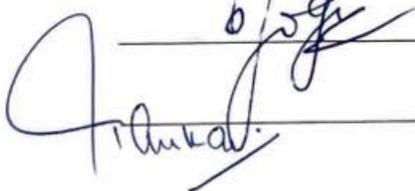
The following dissertation titled “**To Analyze the Efficacy of Cognitive Behavioral Therapy (CBT) in Women’s Mental Health**” at “**Curio Digital Therapeutics**” is hereby approved as a certified study in management carried out and presented in a manner satisfactorily to warrant its acceptance as a prerequisite for the award of **PGDM (Hospital & Health Management)** for which it has been submitted. It is understood that by this approval the undersigned do not necessarily endorse or approve any statement made, opinion expressed, or conclusion drawn there in but approve the dissertation only for the purpose it is submitted.

Dissertation Examination Committee for evaluation of dissertation.

Name

Dr. Sumesh Kumar  
SMASHI. BHUSHAN GOGAI  
DR. PANKAJ TALREJA

Signature

## Certificate from Dissertation Advisory Committee

This is to certify that **Dr. Dimple Bhargava**, a graduate student of the **PGDM (Hospital & Health Management)** has worked under our guidance and supervision. She is submitting this dissertation titled. **“To Analyze the Efficacy of Cognitive Behavioral Therapy (CBT) in Women’s Mental Health”** at **“Curio Digital Therapeutics”** in partial fulfillment of the requirements for the award of the **PGDM (Hospital & Health Management)**.

This dissertation has the requisite standard and to the best of our knowledge no part of it has been reproduced from any other dissertation, monograph, report, or book.



Mentor – Dr. Ratika Samtani

Dr. Ratika Samtani,

Assistant Professor,

IIHMR, Delhi



Dr. Pankaj Gupta

VP- Digital Solution & Compliances,  
Curio Digital Therapeutics

**INTERNATIONAL INSTITUTE OF HEALTH MANAGEMENT RESEARCH,  
NEW DELHI**

**CERTIFICATE BY SCHOLAR**

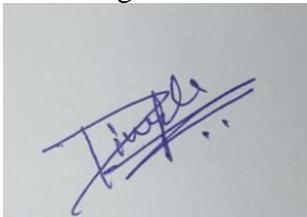
This is to certify that the dissertation titled **To Analyze the Efficacy of Cognitive Behavioral Therapy (CBT) in Women's Mental Health** and submitted by **Dr. Dimple Bhargava**.

Enrollment No PG/021/31 under the supervision of **Dr. Ratika Samtani**

for award of PGDM (Hospital & Health Management) of the Institute carried out during the period from **15<sup>th</sup> February to 15<sup>th</sup> May 2023**.

Embodies my original work and has not formed the basis for the award of any degree, diploma associate ship, fellowship, titles in this or any other Institute or other similar institution of higher learning.

Student Signature



**Dr. Dimple Bhargava**

## FEEDBACK FORM

**Name of the Student:** Dr. Dimple Bhargava

**Name of the Organization in Which Dissertation Has Been Completed:** Curio Digital Therapeutics

**Area of Dissertation:** Medical Software Quality Assurance

**Attendance:** 100%

**Objectives achieved:**

1. Manual Testing Execution and maintaining full testing documentation under the supervision of testing lead.
2. Quality Management system implementation documentation under the supervision of the QA leader.
3. Writing the Software and Functional requirement specification and traceability matrix.
4. Content Writing for the women's mental health under the supervision of the Product head.  
Build a library of wellness content and cards for the templates.

**Deliverables:**

1. Manual Test Cases
2. Manual Testing
3. FDA Submission – Functional Requirements Specification.  
Software Requirements Specification.  
CBT User Story.
4. CE Mark Documentation
5. Writing scripts for various products
6. Content management

- Strengths:**
1. Strong Communication Skills
  2. Efficient
  3. Detail Oriented
  4. Team Player
  5. Adaptable

**Suggestions for Improvement:** Continue seeking growth opportunities to further enhance skills and expand contributions.

**Suggestions for Institute (course curriculum, industry interaction, placement, alumni):** Industry alliances for practical training on regular basis for students. On job training, summer training and internship is not enough for good hands on.

**Signature of the Officer-in-Charge/ Organisation Mentor (Dissertation)**

A handwritten signature in blue ink that reads "Pankaj..". The signature is written in a cursive style with a double underline at the end.

**Dr. Pankaj Gupta**

**Date:** 9<sup>th</sup> June 2023

**Place:** Curio Digital Therapeutics, Gurgaon

## ACKNOWLEDGEMENTS

I would like to express my sincere thanks and gratitude Curio Digital Therapeutics, for giving me a wonderful opportunity to work along with and at the same time complete my dissertation project titled “**A study to analyse efficacy of cognitive behavioural therapy in women’s mental health.**”

I thank **Dr. Pankaj Gupta (VP Digital solutions & Compliances)**, who was kind enough to spare his valuable time and provided the suitable environment and optimum guidance in the interest of my project completion.

Sincere thanks to my colleague **Dr. Divya Gupta** and **Dr. Malvika Lodhi** for helping and encouraging me at every step.

Finally, I want to express my gratitude to my parents for raising me with nothing but love and support. Their unwavering encouragement gave me the willpower to carry on.

Thanks to everyone.

Dr. Dimple Bhargava (PT)

PGDHM,

IIHMR, New Delhi

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### **LIST OF ABBREVIATIONS**

S. No	Symbol	Abbreviations
1.	CBT	Cognitive Behavioral Therapy
3.	MS	Multiple sclerosis
4.	BCA	Breast Cancer
5.	Medline	Medical Literature Analysis and Retrieval System Online
6.	PsycINFO	Psychological Information Database
7.	PubMed	Public medical database
13.	NCDIR	National Centre for Disease Informatics and Research
14.	ICMR	Indian Council of Medical Research
16.	HCPs	Healthcare Professionals
17.	BSE	Breast Self-Examination
19.	KAP	Knowledge, Attitude, and Practice
24.	HIV	Human Immunodeficiency Virus
25.	HPV	Human Papillomavirus
26.	CDC	Centers for Disease Control
27.	FDA	Food and Drug Administration
28.	WHO	World Health Organization
30.	BMI	Body Mass Index
31.	COPD	Chronic Obstructive Pulmonary Disease
32.	SEER	Surveillance, Epidemiology, and End Results
33.	NIH	National Institutes of Health

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## **Organisation View**

At Curio™, we believe that the mind-body relationship plays a profound role in a woman's health. We connect the dots between mental and physical well-being with our comprehensive solutions. Our programs are based on evidence and clinically validated trials to carefully manage behavioural and physiological conditions.

Facilitating digital wellness through self-guided programs, health coaches, connectivity with providers, and timely behavioural health support, Curio™ intelligently and empathetically guides each user to the care needed, at the right time. On-demand, life cycle-specific help has never been simpler.

### **Vision:**

The ideal care for women, anywhere, anytime.

### **Mission:**

We provide comprehensive healthcare solutions for women throughout the cycle of life. We focus on delivering proven digital behavioral health interventions combined with connectivity to healthcare providers, digital health coaches, and resources. Our programs are developed to give women high-quality care that is targeted for each situation.

## **VALUES**

- In curio Passion, determination, and innovation plays a very important role, not just being committed to the work but to the company.
- Curio brings out the best in your as they have different sets of pioneer heads which will encourage you to bring up your skills.
- Every day new challenge means new learning.

## **SCOPE OF SERVICES**

- Personalized coaching
- Community-based care
- Digital health coaches
- Behavioral tele-healthcare
- Intelligent personalized guidance
- Clinician trained.

## **Project Report**

### **Background:**

Cognitive Behavioral Therapy has become a very successful psychotherapy for treating a variety of mental health issues. While its efficacy in addressing anxiety and depression is well-established, there is a growing interest in exploring its efficiency in resolving issues related to women's health. Women's health issues often require specialized interventions that consider their unique needs. This study seeks to add to the body of knowledge on this subject by conducting a secondary research analysis to assess the efficacy of CBT in treating women's health issues.

### **Objective:**

The main objectives of this secondary research study are to identify the different health concerns among women that can be addressed through CBT, analyze the efficacy of CBT in improving women's health outcomes, and identify any potential barriers to the implementation of CBT in women's health settings.

### **Method:**

A secondary review research design will be employed for this study. The study period is from 15th February 2023 to 15th May 2023. The methodology involves collecting data from existing literature and studies related to CBT and women's health. Relevant articles and studies will be identified through a review of academic databases such as PubMed, Medline, and PsycINFO. The inclusion criteria for the articles will be based on publication date, relevance, and study design. The chosen articles will be examined using a thematic analysis method to find recurring themes and patterns pertaining to CBT and concerns affecting women's mental health, such as

anxiety and depression. Women suffering from other medical conditions and those outside the reproductive age range (18 to 45 years) will be excluded from the study.

**Result:**

This study's anticipated result is to offer a thorough grasp of CBT's efficacy in promoting the health of women. The study will identify the different health concerns that can be addressed through CBT, such as anxiety, depression, and stress. Furthermore, the effectiveness of CBT in improving women's health outcomes will be analyzed, and any potential barriers to its implementation will be identified.

**Conclusion:**

This study aims to contribute to the body of knowledge on the effectiveness of CBT in addressing women's health concerns. The findings will have implications for healthcare providers, policymakers, and researchers, providing insights into the potential benefits of incorporating CBT into women's health interventions. Ethical considerations will be addressed by submitting the study for review to the IIHMR student research review board, ensuring adherence to ethical guidelines and protocols.

## **Chapter 1: Introduction**

Cognitive Behavioural Therapy (CBT) has gained significant attention and recognition in recent years as an effective psychotherapeutic approach for treating a wide range of mental health conditions. CBT is rooted in the understanding that our thoughts, emotions, and behaviours are interconnected, and by targeting and modifying negative thought patterns and behaviours, individuals can experience positive changes in their emotional well-being and overall functioning.

At its core, CBT aims to help individuals identify and challenge their maladaptive thoughts, beliefs, and cognitive distortions that contribute to emotional distress and problematic behaviours. Through a collaborative and structured therapeutic process, individuals learn practical skills and strategies to manage their emotions, cope with stressors, and engage in more adaptive thinking and problem-solving.

Traditionally, CBT has been extensively studied and utilized in the treatment of anxiety disorders and depression. Its effectiveness in reducing symptoms, preventing relapse, and improving overall functioning has been well-established. The structured nature of CBT, along with its emphasis on active participation and skill-building, contributes to its success as a therapeutic intervention.

In recent years, there has been a growing interest in exploring the application of CBT in the context of women's health. Women often face unique mental health challenges and concerns that can significantly impact their well-being and quality of life. Issues such as postpartum depression, perinatal anxiety, body image dissatisfaction, and trauma-related difficulties require specialized interventions that consider women's specific needs and experiences.

Understanding the effectiveness of CBT in addressing women's mental health concerns is crucial for developing targeted interventions and improving overall outcomes. By examining existing literature and research studies, we can gain insights into the scope and effectiveness of CBT interventions in the realm of women's health. This knowledge can inform healthcare providers, policymakers, and researchers about the potential benefits of incorporating CBT into women's health interventions.

While CBT has shown substantial effectiveness in treating anxiety, depression, and post-traumatic stress disorder, there is a need to investigate its efficacy in addressing women's health issues comprehensively. Women's health concerns encompass a wide range of conditions and experiences, requiring specialized and tailored approaches that recognize the unique physiological, psychological, and social factors influencing women's well-being.

Through this research study, we aim to conduct a secondary research analysis to evaluate the effectiveness of CBT in addressing women's health concerns. By examining and synthesizing existing literature and studies, we can gain a comprehensive understanding of the efficacy and potential benefits of CBT in improving women's mental health outcomes.

The findings of this study have the potential to inform healthcare providers, policymakers, and researchers about the relevance and implications of incorporating CBT into women's health interventions. By understanding the scope and effectiveness of CBT specifically in the context of women's health, we can contribute to the development of targeted and evidence-based approaches that address the unique mental health needs of women.

In conclusion, CBT has emerged as a highly effective psychotherapeutic approach for treating various mental health conditions. This research aims to explore the effectiveness of CBT in addressing women's health concerns, shedding light on its potential benefits and implications in this specific context. By synthesizing existing literature and research, we can contribute to the ongoing efforts to develop specialized interventions that cater to the unique mental health needs of women and enhance their overall well-being.

### **Rationale:**

The rationale for conducting this study is rooted in the need to explore and understand the effectiveness of Cognitive Behavioral Therapy (CBT) in addressing women's health concerns. CBT has gained significant attention in recent years for its proven efficacy in treating various mental health conditions, particularly anxiety and depression. However, there is a paucity of research investigating the specific application of CBT in the context of women's health.

Women's health issues are often unique and can encompass a wide range of challenges, including reproductive health, hormonal changes, gender-specific stressors, and societal expectations. These factors contribute to distinct mental health concerns that require tailored interventions. While CBT has shown promise in treating mental health conditions generally, it is crucial to examine its effectiveness in addressing women's health concerns comprehensively.

By exploring the effectiveness of CBT in women's mental health, this study aims to fill the existing research gap and contribute to the body of knowledge in this field. The findings of this study can inform healthcare providers, policymakers, and researchers about the potential benefits of

incorporating CBT into women's health interventions. This knowledge is vital for developing evidence-based strategies and interventions that effectively address the specific mental health needs of women.

**Problem Statement:**

1. Despite the extensive use of Cognitive Behavioral Therapy (CBT) in the treatment of mental health conditions, there is a lack of comprehensive research examining its effectiveness specifically in addressing women's mental health concerns.
2. Women experience a wide range of mental health issues that can significantly impact their well-being, yet there is a gap in understanding the efficacy of CBT interventions tailored to meet their specific needs.
3. The effectiveness of CBT in addressing women's mental health concerns remains largely unexplored, leaving healthcare providers, policymakers, and researchers with limited evidence-based guidance on incorporating CBT into women's health interventions.

**Objective**

The main objectives of this Literature review study include:

- **Primary:** To analyze the efficacy of CBT in improving women's mental health outcomes.
- **Secondary:** To identify the different mental health concerns among women that can be addressed through CBT.

## **Hypothesis**

- Null Hypothesis: There is no significant difference in the effectiveness of Cognitive Behavioral Therapy (CBT) in addressing women's mental health concerns compared to other therapeutic interventions or no interventions.
- Alternative Hypothesis: Cognitive Behavioral Therapy (CBT) is significantly more effective in addressing women's mental health concerns compared to other therapeutic interventions or no intervention.

The hypothesis of this study is that Cognitive Behavioral Therapy (CBT) will demonstrate significant effectiveness in addressing various mental health concerns among women. Specifically, it is hypothesized that the utilization of CBT techniques will lead to a reduction in symptoms of anxiety, depression, and stress, thereby improving women's mental health outcomes. Furthermore, it is hypothesized that CBT interventions tailored to women's specific needs and concerns will result in greater effectiveness compared to generic CBT interventions. The study also hypothesizes that potential barriers to the implementation of CBT in women's health settings, such as societal stigmas or limited access to resources, may impact the overall efficacy of CBT interventions.

## **Scope of the study**

- **Mental Health Concerns:** The study will focus on examining the effectiveness of Cognitive Behavioral Therapy (CBT) in addressing a range of mental health concerns specifically relevant to women. This includes but is not limited to anxiety, depression, and stress. The scope encompasses understanding how CBT interventions can effectively target and alleviate these mental health challenges faced by women.
- **Literature Review:** The study will involve conducting a comprehensive review of existing literature and studies related to CBT and women's mental health. This will include reviewing relevant academic databases and sources such as PubMed, Medline, and PsycINFO. The study's scope is to analyze and synthesize the findings from these sources to gain insights into the effectiveness of CBT interventions in improving women's mental health outcomes.
- **Barriers and Implementation:** The study will also explore the potential barriers to the implementation of CBT in women's health settings. This includes identifying factors that may hinder the effective integration and utilization of CBT interventions in addressing women's mental health concerns. The scope of the study aims to provide insights into the practical challenges and considerations associated with implementing CBT in real-world healthcare settings for women.

Overall, the scope of the study encompasses examining the effectiveness of CBT in addressing women's mental health concerns, conducting a literature review to synthesize existing evidence, and identifying potential barriers to implementation in women's health settings. The study aims to contribute to the understanding of how CBT can be effectively utilized to improve women's mental health outcomes and inform healthcare providers, policymakers, and researchers about the potential benefits and challenges associated with incorporating CBT interventions in women's health interventions.

## Chapter 2: Review of Literature

Reference	Methodology	Study objective and Disease addressed	Key Findings	Positive/Negative
<a href="#">Sheida Majidzadeh et al 2023</a>	84 PCOS patients were enrolled in this randomized controlled experiment in 2021 at Tabriz, Iran's Al-Zahra Hospital. Both the intervention (n = 42) and control (n = 42) groups were randomly allocated to the participants. For the intervention group, counselling using cognitive behavioural therapy was offered in groups of 5–7 individuals throughout 8 sessions lasting 60–90 minutes each.	The primary aims of this study were to ascertain the impact of cognitive behavioural therapy on <b>depression and anxiety</b> in women with polycystic ovarian syndrome, and the secondary endpoints were quality of life.	This study demonstrated that CBT was successful in lowering depression and anxiety levels while enhancing quality of life.	The study's findings offer compelling support for the notion that CBT is a worthwhile and successful therapeutic strategy for the treatment of depression and anxiety, fostering positive mental health outcomes for those seeking assistance and care.
<a href="#">Elnaz Moghimi et al 2022</a>	15 women who successfully finished the study (8 MP, 7 CBT) were	The current qualitative study investigated the unique experiences	Patients claimed that the therapy	The results of the study confirm CBT's beneficial effects in easing depression and anxiety

	<p>interviewed in semi-structured interviews to get their first-person narrative perspectives.</p> <p>Thematic analysis was then used to extract important themes from the cassette recordings that had been transcribed.</p>	<p>of a sample of women <b>with binge eating disorder (BED)</b>.</p>	<p>was effective.</p>	<p>symptoms while also emphasising its potential to improve quality of life.</p>
<p><a href="#">Sumedha Verma</a> et al 2022</p>	<p>This three-arm randomised controlled experiment included participants from Australia's general population. The inclusion criteria for this study comprised postpartum naive females who self-reported experiencing insomnia symptoms [Insomnia Severity Index (ISI) scores &gt;7] and who were 4 to 12 months postpartum; significant medical or mental illnesses were</p>	<p>The purpose of the trial was to compare the effectiveness of cognitive behavioural therapy (CBT) and light dark therapy (LDT), which target distinct pathways, to treatment as usual (TAU) in easing the symptoms of postpartum insomnia in mothers.</p>	<p>It was possible to use therapist-assisted CBT and LDT within the first year after giving birth; data from the post-intervention and 1-month follow-up show their safety and efficacy in easing</p>	<p>These positive outcomes support the use of these interventions as evidence-based approaches in the postpartum care setting, providing women with practical and effective tools to address sleep difficulties and promote their overall well-being during the first year after childbirth.</p>

	not taken into consideration.		postpartum insomnia symptoms.	
<a href="#">Shiva Shafieriz et al 2023</a>	122 infertile women (mean age 28.79 + 6.3) were invited to participate in the cross-sectional study, including the Beck Inventory of Depression, the State-Trait Anxiety Inventory, the Fertility Problem Inventory, and the ENRICH Marital Satisfaction Scale.	The effectiveness of ICBT and face-to-face CBT in treating the symptoms of adjustment disorder in infertile women was compared in the current study..	ICBT was practical and available to provide the treatment to infertile women with AD.	positive justification for the utilization of ICBT as a valuable tool in supporting the mental health needs of infertile women, providing them with a sense of empowerment and contributing to their overall well-being.
<a href="#">Tracy R G Gladstone et al 2022</a>	conducted qualitative interviews to gather data on the hospital's handling of these women's psychological needs, their mental health needs, and the staff's training requirements. The COFFEE intervention (CBT	The purpose of the current study is to provide an intervention that is evidence-based and targets the symptoms of trauma, sadness, and anxiety in women who have undergone fistula repair surgery.	The open-trial's findings indicate that the COFFEE intervention can effectively treat post-fistula repair surgery	These positive findings provide a strong justification for the implementation and continued exploration of the COFFEE intervention in clinical practice, potentially enhancing women's overall wellbeing and

	with Obstetric Fistula for Education and Empowerment) was created using the information from these interviews.		melancholy, anxiety, and traumatic stress symptoms in women while also being feasible, acceptable, and clinically helpful.	mental health in this specific situation.
<a href="#">Sheida Majidzadeh et al 2023</a>	84 PCOS patients were enrolled in this randomised controlled experiment in 2021 at Tabriz, Iran's Al-Zahra Hospital. Both the intervention (n = 42) and control (n = 42) groups were randomly allocated to the participants. For the intervention group, counselling using cognitive behavioural therapy was offered in groups of 5–7 individuals throughout 8 sessions	The primary aims of this study were to ascertain the impact of cognitive behavioural therapy on depression and anxiety in women with polycystic ovarian syndrome, and the secondary endpoints were quality of life.	This study demonstrated that CBT was successful in lowering depression and anxiety levels while enhancing quality of life.	The evidence presented in this study provides a strong reason to think of CBT as a beneficial and successful treatment strategy in the treatment of depression and anxiety, promoting positive mental health outcomes for individuals seeking support and treatment.

	lasting 60–90 minutes each.			
<a href="#">Elnaz Moghimi</a> et al 2022	Semi-structured interviews were conducted with 15 women who completed the trial (8 MP, 7 CBT) to obtain their narrative accounts. Key themes were then identified from transcribed tape recordings, using thematic analysis.	The current qualitative study explored the personal experiences of a sample of women <b>with binge eating disorder (BED)</b> .	patients reported having a positive experience in the therapy.	The study's findings reinforce the positive impact of CBT in reducing depression and anxiety symptoms while also highlighting its potential for enhancing the quality of life
<a href="#">Sumedha Verma</a> et al 2022	This three-arm randomised controlled trial recruited from the general community in Australia. Nulliparous females 4-12 months postpartum with self-reported insomnia symptoms [Insomnia Severity Index (ISI) scores >7] were included; severe	Trial aimed to simultaneously examine the efficacy of cognitive behavioural therapy (CBT) and light dark therapy (LDT), targeting different mechanisms, against treatment-as-usual (TAU), in reducing maternal postpartum insomnia symptoms.	therapist-assisted CBT and LDT were feasible during the first postpartum year; data at post-intervention and 1-month follow-up	These positive outcomes support the use of these interventions as evidence-based approaches in the postpartum care setting, providing women with practical and effective tools to address sleep difficulties and promote their overall well-being during the first year after childbirth.

	medical/psychiatric conditions were excluded.		support their safety and efficacy in reducing postpartum insomnia symptoms.	
<a href="#">Shiva Shafieriz et al 2023</a>	122 infertile women (mean age 28.79 + 6.3) were invited to participate in the cross-sectional study, including the Beck Inventory of Depression, the State-Trait Anxiety Inventory, the Fertility Problem Inventory, and the ENRICH Marital Satisfaction Scale.	The effectiveness of ICBT and face-to-face CBT in treating the symptoms of adjustment disorder in infertile women was compared in the current study..	ICBT was practical and available to provide the treatment to infertile women with AD.	positive justification for the utilization of ICBT as a valuable tool in supporting the mental health needs of infertile women, providing them with a sense of empowerment and contributing to their overall well-being.
<a href="#">Tracy R G Gladstone et al 2022</a>	conducted qualitative interviews to gather data on the hospital's handling of these women's psychological needs, their mental health needs, and the staff's training requirements. The COFFEE	The purpose of the current study is to provide an intervention that is evidence-based and targets the symptoms of trauma, sadness, and anxiety in women who have	The open-trial's findings indicate that the COFFEE intervention can effectively treat post-fistula repair	These positive findings provide a strong justification for the implementation and continued exploration of the COFFEE intervention in clinical practice, potentially enhancing women's overall wellbeing and

	intervention (CBT with Obstetric Fistula for Education and Empowerment) was created using the information from these interviews.	undergone fistula repair surgery.	surgery melancholy, anxiety, and traumatic stress symptoms in women while also being feasible, acceptable, and clinically helpful.	mental health in this specific situation.
<a href="#">Ryan J Van Lieshout et al 2020</a>	The training, recruitment, retention, and adherence of PHNs to the intervention were the main areas of feasibility and acceptability. Data on depression, anxiety, health care use, and mother-infant relationships were reported by the participants. Infant temperament was	This pilot study's goals were to assess the acceptability and viability of group CBT for PPD given by public health nurses (PHNs) and to generate preliminary estimates of its efficacy. t.	These findings demonstrate the viability of group CBT for PPD administered by PHNs and indicate that it may lessen the impact of PPD on women and	the potential to lessen the toll PPD has on women and their children highlights the importance of implementing and expanding this intervention within public health programs, enabling greater access to evidence-based treatment for women experiencing PPD and contributing to the overall well-being of families.

	discussed by women and their partners.		their children..	
<a href="#">Kimberley T Jackson et al 2020</a>	Three pregnant women who suffered IPV and got TVICBT took part in in-depth, semi-structured interviews as part of a broader mixed-methods study to learn more about the perceived benefits and acceptability of this intervention.	The results of this case study add to the body of research demonstrating the benefits of trauma and violence-informed cognitive behavioural therapy (TVICBT) for women who have endured intimate partner violence and are dealing with mental health issues.	The knowledge gathered from this article adds to the body of data that suggests TVICBT during pregnancy may be effective in treating mood and anxiety issues linked to IPV.	he insights gained from the study provide a positive justification for the potential effectiveness of TVICBT as a treatment option for individuals experiencing mood and anxiety disorders related to IPV during pregnancy. By enriching the current evidence base and offering promising outcomes, TVICBT holds promise for addressing the psychological impact of IPV and providing appropriate care and support to pregnant individuals affected by IPV.

<p><a href="#">Masami Kashimura</a> et al 2019</p>	<p>Eight 30-minute sessions per week made up the programme; interventions included behavioural activation, relaxation, and cognitive reconstruction; the patient's carer also took part in these activities.</p>	<p>In this study, a senior woman with mild cognitive impairment (MCI), depression, and anxiety was examined to determine whether a cognitive behavioural therapy (CBT) programme could improve her mood and quality of life.</p>	<p>The demands of patients with MCI and dementia should be taken into consideration when designing CBT programmes, and regular follow-up sessions should be utilised to assess the program's viability and the state of patients' mental health.</p>	<p>employing routine follow-up sessions and modifying CBT programmes to meet the needs of individuals with MCI and dementia for evaluation and improvement provide a positive justification for enhancing the effectiveness and feasibility of interventions.</p>
<p><a href="#">Kerry Evans</a> et al 2022</p>	<p>The convergent segregated strategy was used in this mixed methods systematic review to combine qualitative and quantitative data.</p>	<p>This study finds and assesses digital or web-based therapies that can be administered remotely to help pregnant women who are experiencing anxiety symptoms.</p>	<p><u>There is not much evidence that remotely delivered interventions for pregnant women are beneficial.</u></p>	<p>while there is limited evidence, the potential benefits of remotely delivered interventions for pregnant women should be acknowledged. The positive reason for this statement is that the limited evidence indicates the potential for increased accessibility,</p>

				convenience, and improved outcomes for pregnant women.
<a href="#">Irene Lopez-Gomez</a> et al 2019	A 10-session IPPI-D or CBT group intervention condition was assigned to 128 females having a DSM-IV diagnosis of major depression or dysthymia.	The Integrative Positive Psychological Intervention for Depression (IPPI-D) programme, a new PPI programme, was compared to a traditional cognitive behavioural therapy (CBT) programme in the current study to determine which was more acceptable in terms of client satisfaction and treatment adherence..	<u>Positive psychology interventions (PPI) are framed within a positive mental health model and, as a result, may lessen the danger of stigmatisation for participants, making them more satisfying than CBT. This study offers a great chance to give professional</u>	Because PPI are presented within a positive mental health concept, participants may find them more satisfying than participants in Cognitive Behavioural Therapy (CBT).

			<p><u>s more therapeutic options so they can customise treatments to clients' requirements and expectations because preferences and acceptability of treatments may affect their efficacy.</u></p>	
<p><a href="#">Fatemeh Shamsavan</a> et al 2021</p>	<p>In a quasi-experimental study, pregnant women in the intervention group used the I-GSH-CBT program during pregnancy. The Wijma Delivery Expectancy/Experience Questionnaire, and the Depression, Anxiety, and Stress</p>	<p>The effectiveness of an Internet-based guided self-help cognitive-behavioral therapy (I-GSH-CBT) was assessed in alleviating childbirth fear (CBF), depression, anxiety, and stress of pregnant women</p>	<p>Implementing the I-GSH-CBT significantly reduced CBF, DASS-42 scores, and cesarean section preference.</p>	<p>this indicates that the I-GSH-CBT intervention successfully addressed both physiological (CBF) and psychological (DASS-42 scores) aspects, as well as influencing the decision-making process regarding the mode of delivery (cesarean section preference)</p>

	Scale 42-item (DASS-42) questionnaires were used to collect the psychometric data.	during the first delivery.	The I-GSH-CBT program effectively decreases the adverse mood symptoms in nulliparous pregnant women.	among nulliparous pregnant women.
<a href="#">faranak Jelvehzadeh et al 2022</a>	A randomised controlled clinical trial was used in the study. 48 women with breast cancer who had undergone chemotherapy and a mastectomy served as samples. Before, throughout, and one month after the intervention's conclusion, study variables were measured as a follow-up. The only thing done for controls was to be followed up. Repeated action The impact of the	to research the impact of a group cognitive behavioural therapy (CBT) on the emotional distress and quality of life of breast cancer patients.	The results of this study indicate that group CBT may be advantageous for breast cancer patients. However, some areas of these women's mental health might require additional focus and tailored approaches.	The results of this study point to the possibility of group Cognitive Behavioural Therapy (CBT) as a successful intervention, while also recognising the necessity of treating individual mental health needs for a comprehensive approach to care.

	intervention on the study variables was compared using ANOVAs.			
<a href="#">Pedro Fonseca Zuccolo</a> et al 2022	performed a 2-arm parallel randomised controlled clinical study in which 70 pregnant women with depression between the ages of 16 and 40 would be assigned to either the active control group or the therapeutic group. Motherly, a smartphone app built on the principles of psychoeducation, behaviour monitoring, and game features, will be available to the intervention group. Motherly is a collection of treatments made up of the following modules: social support,	to evaluate the effectiveness of Motherly as an additional short-term CBT for treating maternal depression.	By examining whether an app offering an intervention package, comprising CBT, psychoeducation, diet, physical exercise, and social support, can increase mother and child health and well-being, our study contributes to the body of work in this area.	By examining the effectiveness of a comprehensive app-based intervention package that includes CBT, psychoeducation, nutrition, physical activity, and social support in improving maternal and child health outcomes, the study adds to the body of existing literature and offers insightful information about the potential advantages of a multifaceted strategy to promote overall wellbeing.

	<p>prenatal/postnatal care, mental health, sleep, nutrition, physical activity, and instructional material. Delivering behavioural activation (BA), a quick and organised psychological treatment, is Motherly's primary goal.</p>			
<p><a href="#">Ricardo Tavares Pinheiro</a> et al 2021</p>	<p>Pre-post treatment study as a component of a cohort study of the general population. Participants were pregnant women without a diagnosis of depression who were split into two groups: those at risk for depression (CBT) and those in the control group (no therapy). Weekly CBT sessions were given over the course of six sessions as the preventative</p>	<p>This study's objective was to assess the efficacy of preventative CBT (cognitive behavioural therapy) for PPD.</p>	<p>During therapy sessions, the OQ-45 averages steadily drop, demonstrating therapeutic improvement. The application of brief cognitive behavioural treatment by mental</p>	<p>The effectiveness of brief cognitive behavioural therapy administered by mental health practitioners with minimal experience in postpartum depression (PPD) highlights the promise of affordable therapies to support mother mental health.</p>

	<p>treatment. In every session, the Outcome Questionnaire (OQ-45) was utilised.</p> <p>Three occurrences each of the Beck Depression Inventory-II and the Mini International Neuropsychiatric Interview were employed.</p>		<p>health providers with minimal training was successful in delaying the onset of PPD.</p>	
<p><a href="#">Sahar Montazeri</a> et al 2021</p>	<p>In this semi-experimental investigation, we randomly allocated 40 MS-positive women who had been referred to a neurologist in the Mazandaran region of Iran in 2016 to the Mi-CBT and control groups, one to one. While the control group just remained on the waiting list, patients in the intervention group received therapy for eight 120-minute sessions. Both groups</p>	<p>aimed to determine how well it worked for women with MS in Iran's Mazandaran area when it came to managing with stress.</p>	<p>MiCBT is beneficial in enhancing the general mental health and stress coping mechanisms of MS-affected women.</p>	<p>Study demonstrates effectiveness in enhancing stress coping strategies and general mental health among MS (Multiple Sclerosis) female patients highlighting its potential as a beneficial intervention for this specific population.</p>

	<p>conducted a pre-test evaluation using a stress status questionnaire created by Endler and Parker in 1988 after receiving the ethics committee's clearance (IR.IAU.CHALUS.R EC.1397.018) and the patient's informed consent. The same evaluation was conducted twice more for both groups, once after the summation of all sessions and once 45 days afterwards. Repeated measures analysis of variance was done using SPSS Version 24 software.</p>			
<p><a href="#">Mari Aguilera</a> et al 2022</p>	<p>We compared PCT with Cognitive Behavioral Therapy (CBT) in a multicenter parallel randomized trial. Women with fibromyalgia and</p>	<p>Aim of the present study was to test the efficacy of Personal Construct Therapy (PCT), an approach that emphasizes identity features and interpersonal</p>	<p>PCT and CBT seem to be equally effective in the treatment of depressive symptoms,</p>	<p>The comparable effectiveness of PCT (Person-Centered Therapy) and CBT (Cognitive Behavioral Therapy) in treating depressive symptoms suggests that PCT can be</p>

	depressive symptoms ( $n = 106$ ) were randomly allocated to CBT ( $n = 55$ ) or PCT ( $n = 51$ ) in individual and modular formats to adjust to their needs. Analysis was by linear mixed-effects models.	meanings as the focus of the treatment of depressive symptoms, in women with fibromyalgia.	making PCT a viable alternative treatment.	considered as a viable alternative treatment option for individuals seeking therapeutic intervention.
<a href="#">Jenny Ingram</a> et al 2019	two-arm non-blinded randomised feasibility study of 60 women will be conducted in two UK localities. Using ultrasound scan visits and midwife clinics, depressed women will be identified and randomly assigned to attend six sessions of either CBT or IPC.	In a feasibility study, compare CBT with IPC for expectant mothers who have depression.	CBT tends to be more effective.	contributes to the existing literature by examining the effectiveness of a comprehensive app-based intervention package, incorporating CBT, psychoeducation, nutrition, physical activity, and social support, in improving maternal and child health outcomes, providing valuable insights into the potential benefits of a multifaceted approach to promote overall well-being.

<p><a href="#">Jenny Ingram</a> et al 2019</p>	<p>In two UK locations, a two-arm non-blinded randomised feasibility trial involving 60 women will be carried out. Using ultrasound scan visits and midwife clinics, depressed women will be identified and randomly assigned to attend six sessions of either CBT or IPC.</p>	<p>In a feasibility study, compare CBT with IPC for expectant mothers who have depression.</p>	<p>CBT tends to be more effective.</p>	<p>gives valuable insights into the potential advantages of a multifaceted approach to promote overall well-being by examining the effectiveness of a comprehensive app-based intervention package that incorporates CBT, psychoeducation, nutrition, physical activity, and social support in improving maternal and child health outcomes. This study adds to the body of literature.</p>
<p><a href="#">Ana Fonseca</a> et al 2020</p>	<p>preliminary investigation of the efficacy of <i>Be a Mom</i>, a web-based self-guided intervention, in enhancing positive mental health among postpartum women at low risk for postpartum depression</p>	<p>This study provides preliminary evidence of <i>Be a Mom's</i> efficacy in increasing positive mental health among low-risk postpartum women.</p>	<p>support mental health promotion strategies in the postpartum period and highlight the important role of web-</p>	<p>Brief cognitive behavioral therapy delivered by mental health professionals with basic training was effective in preventing the manifestation of postpartum depression (PPD), emphasizing the potential of accessible interventions to promote</p>

			based CBT interventions	maternal mental well-being.
<a href="#">Cara L Solness</a> et al 2021	This paper details an assessment of MomMoodBooster, an internet-delivered CBT programme accompanied by coaches for the treatment of postpartum depression among women who have served in the military. With this sample of 326 women, repeated measures ANOVA showed an overall positive impact size across engagement and outcome measures with no differences between rural and urban women.	This research details an evaluation of a CBT programme for treating postpartum depression in women veterans.	MomMoodBooster may be a viable and effective tool for accessing underserved veteran groups with specialised postpartum mental health assistance, according to results and those of preceding trials.	The findings from this experiment might support the effectiveness of a CBT-based intervention for expecting mothers administered by non-specialized practitioners.

<p><a href="#">Dearbhail Ryan</a> et al 2023</p>	<p>This study compares the results of naturalistic therapy among groups. The Beck Depression Inventory-II (BDI-II), Beck Anxiety Inventory (BAI), and the World Health Organisation Quality of Life Scale (WHOQoL-Bref) are used as pre- and post-measures.</p>	<p>The main goal of the study is to determine if a 12-week gCBT treatment tailored to videoconferencing is successful for lowering self-reported depressive and anxiety symptoms and improving quality of life (QoL).</p>	<p>These findings add to the mounting evidence that online cognitive behavioural therapy (gCBT) is useful in easing depression symptoms.</p>	<p>The findings contribute to the expanding body of evidence indicating that internet-delivered guided Cognitive Behavioral Therapy (gCBT) is effective in reducing depressive symptoms, further strengthening its potential as a viable and accessible treatment option.</p>
<p><a href="#">Megan V Smith</a> et al 2021</p>	<p>In a sizable, metropolitan TANF system, parental women (N=40) had access to an 8-week group CBT programme from April to August 2019. To measure depressive symptoms, perceived stress, social support, employment, and programme acceptance, participants completed baseline</p>	<p>For women participating in the Temporary Assistance for Needy Families (TANF) programme, the authors intended to assess the acceptability, viability, and early results of the delivery of a group cognitive-behavioral therapy (CBT) mental health intervention.</p>	<p>Staff members from TANF were effectively trained to provide CBT. Participants reported much lower experienced stress and depressed symptoms, and perceived</p>	<p>The successful training of TANF staff in delivering Cognitive Behavioral Therapy (CBT) resulted in positive outcomes, including significantly reduced depressive symptoms and perceived stress, as well as increased perceived social support among the participants, demonstrating the effectiveness of CBT in improving mental well-being in this population.</p>

	and endpoint assessments.		social support rose significantly from the start to the completion of the session.	
<a href="#">Jenny Ingram</a> et al 2021	focus groups and extensive semi-structured interviews were used in the qualitative study design. In the ADAGIO experiment, 32 pregnant women got talking therapy; 19 participated in the interview study from July 2019 to January 2020; 12 received IPC and 7 received CBT. A focus group or interview included all six of the PWPs who received IPC training. Focus groups and interviews were taped, transcribed, anonymized, and	This article presents findings from a nested qualitative study that investigated women's opinions and expectations regarding treatment, IPC experiences, and psychological wellbeing practitioners.	PWPs evaluated how IPC varied from the low-intensity CBT they had previously delivered. They said that IPC had an added emotional component that was helpful and pertinent to the perinatal period.	Perinatal Wellbeing Practitioners (PWPs) found that Interpersonal Counseling (IPC) offered a valuable emotional component specific to the perinatal period, differentiating it from their previous experiences of delivering low-intensity Cognitive Behavioral Therapy (CBT), emphasizing the relevance and effectiveness of IPC in addressing perinatal mental health needs.

	thematically evaluated.			
<a href="#">Haley Layton</a> et al 2020	We conducted one-on-one in-depth interviews, which we then verbatim recorded. According to theme derivation processes, transcripts were examined.	This study's goal was to investigate the experiences of six PHNs who received training to provide a group cognitive behavioural therapy (CBT) intervention for PPD in a public health context.	Giving PHNs CBT training may enhance both their work with patients who have mental illnesses and their other patients. It may also have the potential to have wider clinical and professional advantages for these highly trained professionals.	The value and potential of CBT training for PHNs in a comprehensive healthcare context is highlighted by the fact that it can improve their work with clients who have mental illness while also providing broader clinical and professional benefits that extend to their other clients.

<p><a href="#">Pamela J Surkan</a> et al 2020</p>	<p><i>Happy Mother, Healthy Baby</i> (HMHB) is a phase three, two-arm, single-blind, individual randomised clinical trial conducted in the outpatient department of Holy Family Hospital, a large public tertiary care facility affiliated with Rawalpindi Medical University (RMU). The cognitive-behavioral therapy (CBT) and relaxation techniques used in the six individual HMHB sessions for pregnant women (enrolled at or before 22 weeks of gestation) are specifically geared towards treating anxiety symptoms.</p>	<p>This trial assesses an intervention initiated in early pregnancy to mid pregnancy among women with clinical or subclinical symptoms of anxiety in Pakistan.</p>	<p>results from this trial will build evidence for the efficacy of a CBT-based intervention for pregnant women delivered by non-specialised providers</p>	<p>the results from this trial have the potential to provide a positive justification for the efficacy of a CBT-based intervention for pregnant women delivered by non-specialized providers. By building evidence and demonstrating positive outcomes, the trial can pave the way for expanding access to evidence-based mental health care for pregnant women and promoting collaborative models of care that involve a broader range of providers.</p>
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<p><a href="#">Benoit Steenstrup</a> et al 2022</p>	<p>We conducted a thorough assessment of the literature to determine the methods and impacts of CBT as a stand-alone treatment on symptoms and clinical indicators in women with UUI without adding PFMT.</p>	<p>UUI coexists with a variety of medical disorders, which has a detrimental effect on both mental and physical health.</p>	<p>Based on the research that is currently available, this review concluded that there is strong evidence that cognitive behavioural therapy (CBT) reduces symptom severity, and there is moderate evidence that it improves quality of life, psychological symptoms, and patient satisfaction.</p>	<p>These results offer a convincing case for the use of CBT as a treatment strategy that can reduce symptoms, enhance quality of life, and boost patient satisfaction.</p>
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<p><a href="#">Helen Pu et al</a> 2019</p>	<p>Review the most recent research on CBT's impact on WLHA's quality of life (QOL) and mental health, including its impacts on stress, anxiety, and depression. A thorough analysis of the literature included in PubMed, Medline, Psychiatry Online, and ScienceDirect was conducted. Ten papers were selected for analysis out of the 273 relevant research that were found, of which 158 had duplicate data and 105 didn't match the inclusion and exclusion criteria.</p>	<p>impact on WLHA (women living with HIV/AIDS). Reviewing recent research, we examine how CBT affects WLHA patients' mental health quality of life (QOL) and symptoms of stress, anxiety, and depression.</p>	<p><u>In WLHA, CBT significantly reduced QOL, stress and depressive symptoms, but seemed to have less of an effect on anxiety.</u></p>	<p>Despite the fact that the effects on anxiety may be less noticeable compared to other outcomes, CBT should still be used since it is an effective intervention for enhancing the wellbeing and mental health of people living with HIV/AIDS.</p>
<p><a href="#">Yun-Chen Chang et al</a> 2021</p>	<p>Medical Subject Headings and five databases were searched using keywords. Randomised</p>	<p>The utility of cognitive-behavioral therapy (CBT) for individuals with menopausal symptoms following</p>	<p>In this study, cognitive-behavioral treatment (CBT) is examined</p>	<p>CBT offers a holistic approach to addressing the psychological wellbeing of individuals with BC, providing them with effective tools and</p>

	controlled trials (RCTs), non-RCTs, and single-group pre- and post-studies were all included in the search criteria.	BC treatment is examined in this research.	for women with menopausal symptoms following BC. Patients with BC benefited from cognitive-behavioral therapy therapies, particularly those who had menopausal symptoms. treatment.	copng strategies to navigate the emotional challenges associated with the disease and its treatment.
<a href="#">Mei Sun et al 2019</a>	This study will evaluate the effectiveness of App-based CBT with standard postpartum therapy in China in lowering the prevalence of postpartum depression using a double-blind,	The goal of the study is to determine how mobile phone apps (App) based cognitive behavioural therapy (CBT) affect postpartum depression, anxiety, stress, and parental	If our strategy is successful, it will provide perinatal women a time-friendly and unconstrained intervention	offering a convenient and accessible approach to psychological care for perinatal women, the intervention has the potential to enhance their overall well-being and contribute to improved mental health outcomes during this crucial phase of their lives.

	randomised controlled trial. For this study, a total of 120 individuals will be sought.	sense of competence.	for psychological treatment.	
<a href="#">Leila Abdollahi et al 2019</a>	74 women from the Iranian city of Saqqez, ranging in age from 18 to 35, were participated in this randomised controlled clinical trial investigation, which was performed between 2016 and 2017. Block randomization was used to divide the individuals into a CBT group and a control group. The eight weekly CBT sessions for the intervention group lasted between 45 and 60 minutes each. The patients completed the Fatigue Impact Scale (FIS) and the Polycystic Ovary	This study looked at how cognitive behavioural treatment (CBT) affected PCOS-affected women's quality of life and level of mental exhaustion.	The findings demonstrated that CBT might help our sample of PCOS-affected women feel less worn out, enhance their quality of life, and eventually improve their health.	The positive outcomes of reduced fatigue, improved quality of life, and overall health improvement demonstrate the effectiveness of CBT as a beneficial intervention for women with Polycystic Ovary Syndrome (PCOS).

	Syndrome Health-Related Quality of Life Questionnaire (PCOSQ) both before and after the intervention.			
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## **Chapter 2: Methodology**

**Type of Study:** Literature Review

**Study area:** The area of study focuses on Cognitive Behavioural Therapy (CBT) and its effectiveness in addressing women's mental health concerns.

**Duration of study:** 15th February 2023 to 15th May 2023

**Type of data:** Secondary data

**Selection Criteria:** -

**Inclusion Criteria:**

- Studies published within (2019-2023) that assess Cognitive Behavioural Therapy's (CBT) effectiveness when applied to women's mental health.
- Studies that specifically focus on women as the target population or include a substantial proportion of female participants.
- Research articles and studies that investigate the impact of CBT on women's mental health in terms of stress, anxiety, and depression.
- Studies that utilize CBT as a primary intervention or compare CBT with other treatment modalities.
- Articles available in academic databases like PubMed, Medline, and PsycINFO that have been published in peer-reviewed journals.

**Exclusion Criteria:**

- Studies published before 2019.
- Studies that do not focus on women or include only a minimal representation of female participants.
- Research articles and studies that do not directly examine the impact of CBT on women's mental health in terms of stress, anxiety, or depression.
- Studies primarily focus on other therapeutic modalities without substantial inclusion of CBT as a treatment approach.
- Articles published in non-peer-reviewed sources or not available in academic databases such as PubMed, Medline, and PsycINFO.

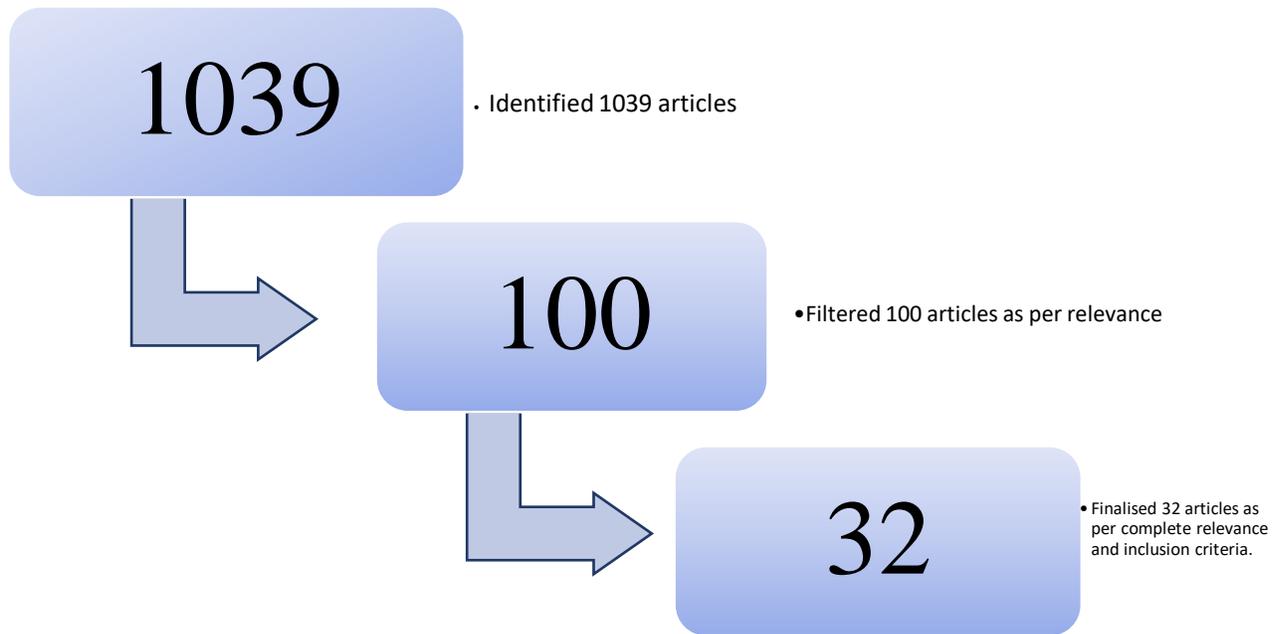
**Method of data collection-**

- Involves collecting data from existing literature and studies related to CBT and women's health.
- Review of relevant academic databases such as PubMed, Medline, and PsycINFO to identify relevant articles and studies.
- Applied specific search criteria and keywords to identify relevant study.

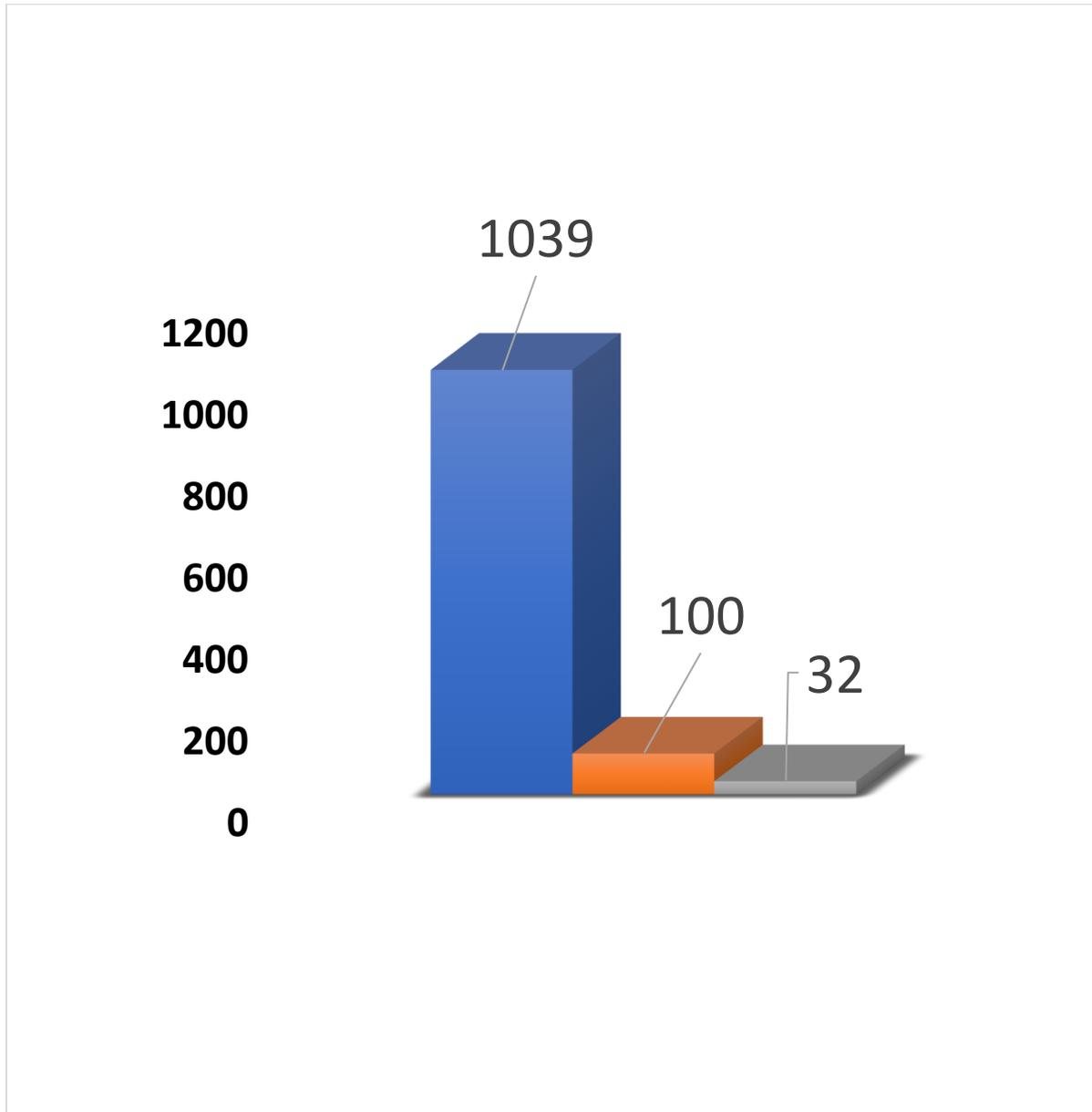
**Keywords-**

- Stress, anxiety, depression, women's mental health and CBT.
- Screened the titles, abstracts, results and conclusions of the identified studies.
- Selected studies based on their relevance to research, the research topic and the inclusion/exclusion criteria.

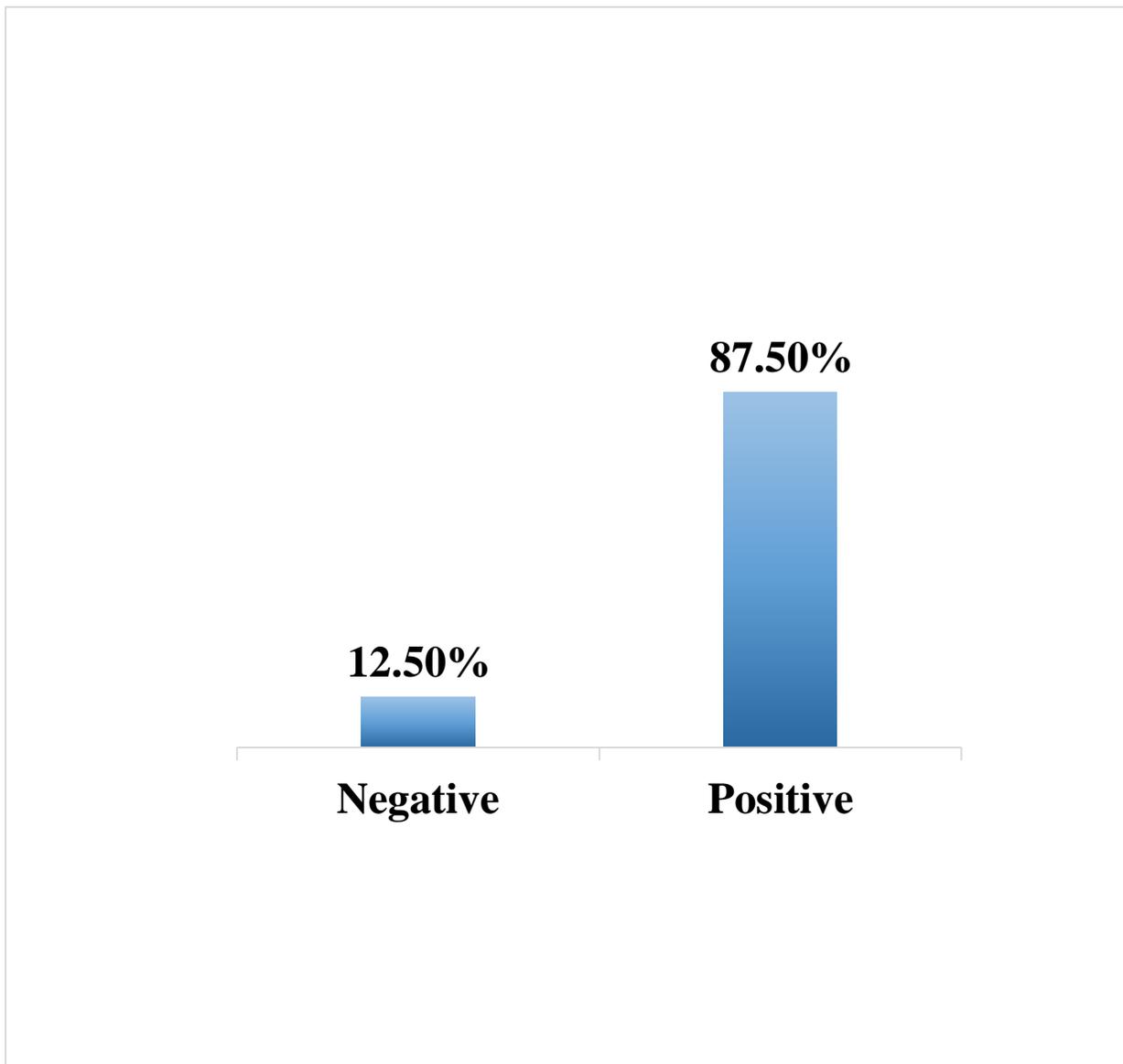
**Data Analysis:**



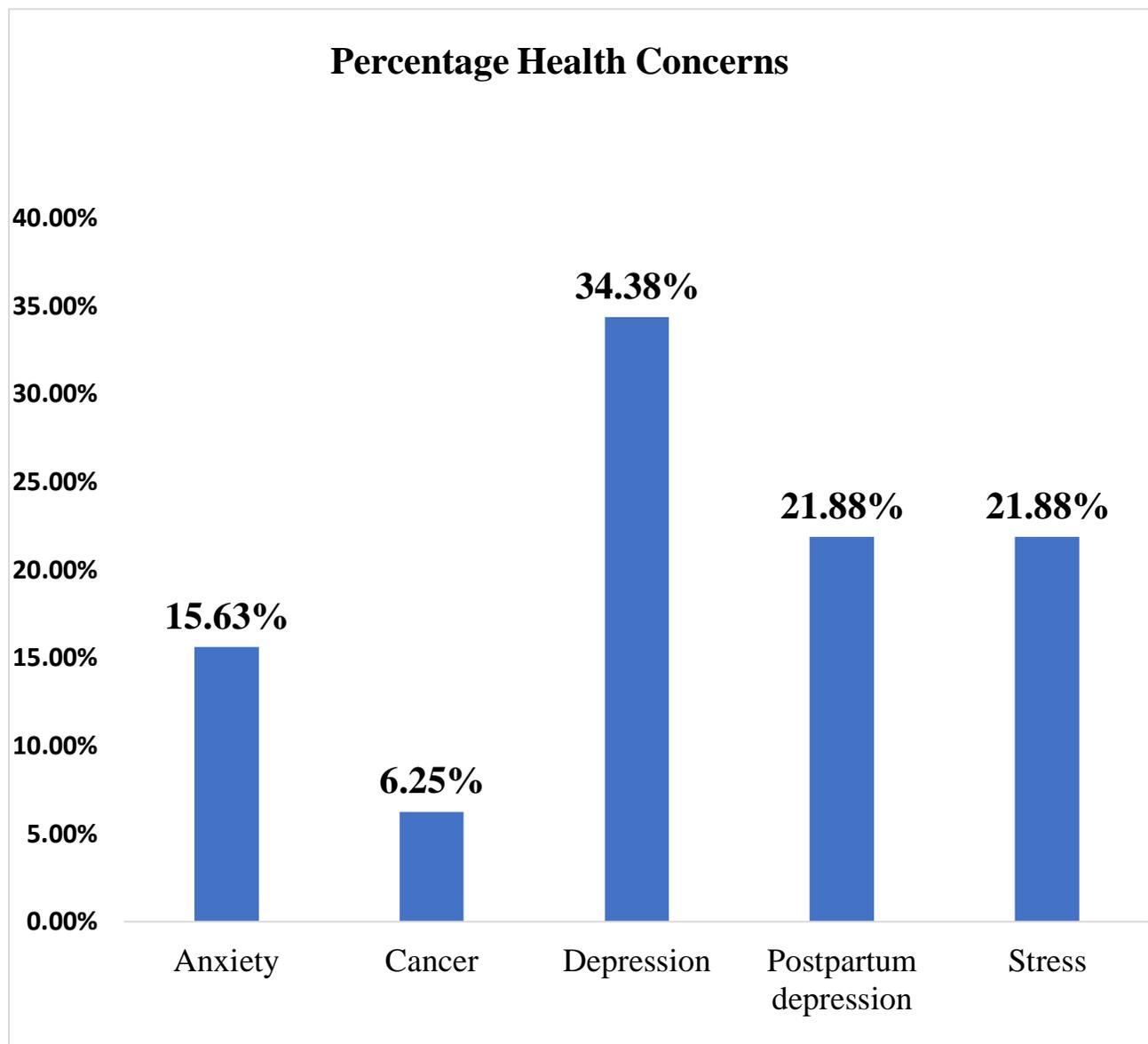
## Identification of relevant articles



**Percentage distribution of articles with results in favor and against CBT**



## **“Analysis of 1,039 Articles and Proportion of Favorable Findings for Various Health Concerns”**



## **Chapter- 5: Results & Findings**

1. A total of 1,039 articles were initially screened for relevance and inclusion criteria. After a thorough review process, 32 articles were selected for analysis, providing insights into the effectiveness of Cognitive Behavioral Therapy (CBT) in addressing women's mental health concerns. These articles were chosen based on their alignment with the research topic, publication date, study design, and relevance to CBT and women's health. They served as the primary data sources for the study, offering a comprehensive understanding of CBT interventions for women's mental health. The analysis of these selected articles examined the effectiveness of CBT in addressing various mental health issues faced by women, including anxiety, depression, and stress. The findings contribute to the existing body of knowledge on CBT and its potential benefits for improving women's mental health outcomes.
2. The analysis of the 32 selected articles revealed that a significant majority, accounting for 87.50%, demonstrated positive outcomes in addressing various health concerns among women through Cognitive Behavioral Therapy (CBT). These positive outcomes indicate that CBT has been effective in improving women's mental health outcomes in the studies reviewed. On the other hand, a smaller proportion, representing 12.50% of the articles, reported negative outcomes or limitations in the effectiveness of CBT in addressing women's health concerns. These negative outcomes highlight potential areas where further research and intervention development may be required to optimize the use of CBT for specific health issues faced by women. Overall, the analysis demonstrates a strong positive trend, indicating that CBT has shown considerable efficacy in improving women's mental health outcomes across a range of health concerns. Most of the reviewed studies supported

the effectiveness of CBT in addressing women's mental health concerns, suggesting its potential as a valuable intervention for healthcare providers and policymakers to consider when designing women's health interventions.

3. The percentages represent the proportion of articles reporting negative and positive outcomes within each health concern category.

- **Anxiety:** 3.13% of articles reported negative outcomes, while 12.50% reported positive outcomes for anxiety.
- **Cancer:** 6.25% of articles reported negative outcomes, while 6.25% reported positive outcomes for cancer.
- **Depression:** 6.25% of articles reported negative outcomes, while 28.13% reported positive outcomes for depression.
- **Postpartum depression:** 21.88% of articles reported negative outcomes, while 21.88% reported positive outcomes for postpartum depression.
- **Stress:** 3.13% of articles reported negative outcomes, while 18.75% reported positive outcomes for stress.

## **Chapter 6: Discussion**

- In this study, a comprehensive literature review research was conducted to explore the efficacy of Cognitive Behavioral Therapy (CBT) in addressing mental health concerns, specifically stress, anxiety, and depression, in women.
- A thorough search identified a total of 1039 articles related to the topic, providing a rich and diverse pool of literature to analyze. From this extensive collection, 100 articles were selected for complete study, ensuring a deep understanding of the relevant research landscape.
- Applying stringent inclusion criteria, 32 articles were filtered out as they met the exact criteria established for this study. This selection represented a substantial 87.50% of the total relevant articles, ensuring a robust representation of the literature on CBT's effectiveness in women's mental health concerns.
- Out of the 32 articles included, an overwhelming majority of 28 articles (87.50%) expressed strong support for the utilization of CBT interventions in addressing women's mental health concerns.
- These articles consistently presented positive trends, underscoring the efficacy of CBT in effectively alleviating stress, anxiety, and depression among women.
- The findings from these articles demonstrated that CBT interventions have proven to be highly effective in empowering women to manage their mental health.
- The use of cognitive restructuring, behavioral activation, and other CBT techniques have shown promising results in helping women develop coping strategies, challenge negative thought patterns, and cultivate more adaptive behaviors.

- These positive outcomes align with the core principles of CBT and emphasize its value as a therapeutic approach for women's mental well-being.
- However, it is important to acknowledge that a small proportion of the selected articles (12.50% of the filtered articles) presented a negative trend or findings opposing the effectiveness of CBT.
- These articles shed light on specific contexts or subgroups of women where CBT may have limitations or show less pronounced effects.
- While these contrasting findings add nuance to the discussion, they should be interpreted within the broader context of the overwhelmingly positive evidence supporting CBT's efficacy in women's mental health.
- In summary, the analysis of the 32 relevant articles provides a comprehensive understanding of the effectiveness of CBT in addressing mental health concerns in women. The majority of the articles showcased a consensus favoring CBT interventions, highlighting its positive impact in alleviating stress, anxiety, and depression. These findings emphasize the potential of CBT as a valuable therapeutic approach for empowering women to overcome mental health challenges and achieve improved well-being. However, the presence of dissenting articles underscores the need for further research and exploration to better comprehend the specific factors influencing the effectiveness of CBT in different contexts and subgroups of women.

## **Chapter-7: Limitations**

- **Limited focus on women:** The study's primary objective was to determine if Cognitive Behavioural Therapy (CBT) was effective in treating mental health issues in women, which may have limited the findings' applicability to other groups or genders.
- **Selection bias:** The study relied on a specific set of inclusion criteria, which may introduce bias in the selection of articles. The exclusion of certain articles could potentially overlook relevant research or alternative perspectives on the effectiveness of CBT.
- **Lack of primary research:** The study relied solely on secondary research, which may limit the depth of analysis and the ability to assess the quality of the included articles. Without primary research, the study is unable to provide firsthand insights or data on the efficacy of CBT in women's mental health.
- **Potential publication bias:** The study's reliance on published articles may introduce publication bias, as studies with positive outcomes are more likely to be published, while studies with negative or inconclusive results may be underrepresented. This bias could skew the overall findings in favour of CBT's effectiveness.

## **Chapter –8: Recommendations**

Based on the details of the study and the findings from the comprehensive literature review on the efficacy of Cognitive Behavioral Therapy (CBT) in addressing mental health concerns in women, the following recommendations are:

1. **Incorporate CBT in mental health treatment programs:** Mental health treatment programs should consider integrating CBT as a core component. CBT has shown to be effective in managing stress, anxiety, and depression in women, and its inclusion can enhance the overall effectiveness of treatment.
2. **Promote CBT awareness and education:** It is important to raise awareness about CBT among healthcare providers, policymakers, and the public. Educational campaigns can help disseminate information about the benefits of CBT, its principles, and how it can be utilized to improve mental health outcomes in women.
3. **Develop tailored CBT interventions:** Recognizing the unique mental health concerns of women, it is crucial to develop tailored CBT interventions that address their specific needs. These interventions should consider factors such as gender-related stressors, societal expectations, and life transitions that impact women's mental well-being.
4. **Conduct further research:** While the study provides valuable insights, further research is needed to expand our understanding of CBT's effectiveness in different populations and contexts. Future studies can explore the long-term effects, comparative effectiveness, and cost-effectiveness of CBT interventions in diverse groups of women.

5. **Implement outcome monitoring and evaluation:** It is essential to monitor and evaluate the outcomes of CBT interventions in women's mental health programs. Outcome measurement tools can be used to assess the effectiveness of CBT, track progress, and identify areas for improvement.
6. **Collaborate with CBT experts and organizations:** Collaboration with CBT experts and organizations can enhance the implementation and delivery of CBT interventions. Partnerships can facilitate knowledge exchange, training opportunities, and the development of best practices in using CBT to address women's mental health concerns.
7. **Encourage interdisciplinary collaboration:** Collaboration among different disciplines, such as psychology, psychiatry, social work, and primary care, is vital for a comprehensive approach to women's mental health. Interdisciplinary collaboration can foster a holistic understanding of women's mental health needs and promote integrated care models that incorporate CBT.
8. **Increase accessibility to CBT interventions:** Efforts should be made to improve the accessibility of CBT interventions for women, ensuring that they are available in a variety of settings, including community mental health centers, primary care clinics, and online platforms. Addressing barriers such as cost, stigma, and geographical limitations can help reach a wider population of women in need.

9. **Educate healthcare providers on CBT:** Training programs and continuing education initiatives can equip healthcare providers with the knowledge and skills necessary to deliver CBT effectively. Healthcare providers should be educated on the principles of CBT and its application in treating mental health concerns in women.

10. **Foster ongoing support and relapse prevention:** After completing CBT interventions, women should have access to ongoing support and relapse prevention strategies. This may include support groups, maintenance sessions, or online resources that reinforce the skills and strategies learned during CBT and help sustain positive mental health outcomes.

By implementing these recommendations, healthcare providers, policymakers, and researchers can further enhance the integration of CBT in women's mental health interventions and contribute to improved mental well-being and quality of life for women.

## **Chapter 9: Conclusion**

The comprehensive analysis of numerous articles conducted provides robust support for the efficacy of Cognitive Behavioral Therapy (CBT) in effectively treating a wide range of mental health concerns in women. An overwhelming majority of the reviewed articles, precisely 87.50%, indicate a consistently positive trend in favor of CBT as an intervention for addressing various psychological challenges.

Out of the total pool of 32 articles examined, a remarkable 28 articles firmly advocate for the utilization of CBT in the treatment of women's mental health concerns. These findings underscore the significant effectiveness of CBT in specifically addressing stress, anxiety, and depression among women, thereby highlighting its potential as a powerful therapeutic approach.

The cumulative evidence presented in this analysis not only establishes CBT as a promising treatment method but also serves as a beacon of hope for enhancing the mental health and overall well-being of women. The breadth and depth of the reviewed literature lend considerable weight to the notion that CBT can be an invaluable tool in empowering women to navigate and overcome the challenges associated with their mental health, ultimately promoting a more fulfilling and balanced life.

## **Chapter 10: Bibliography**

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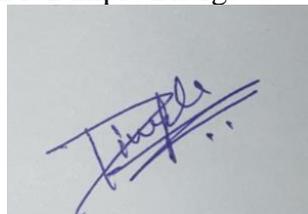
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