

CONSTRUCTIVE CHANGES IN HUMAN LIFE AND ACCURATE TREATMENT OF POSSIBLE DISEASES THROUGH PSYCHOLOGY

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Abstract

The human existence is influenced by a wide variety of circumstances, both internal and external to the individual. As the scientific study of behavior and mental processes, psychology is an extremely important field that plays a significant part in both comprehending and affecting the well-being of humans. The purpose of this study is to investigate the ways in which psychology might help individuals make positive changes in their life while also providing reliable methods for detecting and treating potential mental health disorders. When we talk about constructive change, we are referring to the positive transformation that occurs in patterns of thought, emotion, and behavior that contribute to increased personal growth and resilience. Psychology has been shown to be beneficial in increasing self-awareness, emotional regulation, and better decision-making via the use of therapeutic treatments such as cognitive behavioral therapy (CBT), mindfulness, and psychoanalysis. This, in turn, eventually leads to increased life satisfaction and social functioning. The creation of procedures that are supported by evidence, early diagnosis, and a grasp of the complex connections that occur between biological, psychological, and social variables are all essential to the proper treatment of potential psychological disorders. These disorders include depression, anxiety, and personality disorders. In addition, the importance of preventative measures, which include psychological education, changes in lifestyle, and support from the community, is stressed in the process of enhancing mental health and avoiding the progression of mild psychological problems into more serious illnesses. In addition, this research emphasizes the need of incorporating psychological knowledge into medical domains in order to enhance the overall treatment of chronic diseases, which are frequently exacerbated by difficulties with mental health. Psychology provides a framework for the holistic care of both the body and the mind, as well as a road toward a more satisfying and healthier existence for individuals. This is accomplished by addressing both the positive elements of human life and the treatment of mental health issues.

Keywords: Psychology, mental health, constructive change, cognitive behavioral therapy, emotional regulation, preventive care.

Introduction

There are a variety of variables, both internal and external, that have an impact on human life. These factors include thoughts, feelings, behaviors, and social interactions. Together, these elements make up human life. The pursuit of psychological well-being has emerged as a fundamental discipline in understanding, influencing, and treating the human experience over the course of time. This advancement has made the

pursuit of psychological well-being a central component in the process of enhancing quality of life. It is more vital than ever before to apply psychological concepts in order to successfully treat mental health illnesses and to promote positive transformation. This is because awareness of mental health is continuing to expand. In the context of this discussion, the term "constructive change" refers to the purposeful alteration of individuals' mental processes, emotional reactions, and behaviors in ways that promote personal development and well-being. The frameworks that are provided by psychological therapies, such as cognitive behavioral therapy (CBT), mindfulness practices, and psychoanalytic approaches, enable individuals to detect maladaptive tendencies, establish healthy coping strategies, and improve their emotional resilience. The implementation of these positive adjustments has the potential to result in a life that is more satisfying, enhanced relationships, and enhanced interpersonal and professional performance. On the other hand, the correct diagnosis and treatment of psychological illnesses are very necessary in order to address mental health concerns that are detrimental to an individual's well-being. Disorders such as depression, anxiety, post-traumatic stress disorder (PTSD), and schizophrenia not only have an effect on the emotional and psychological states of individuals, but they also have far-reaching effects on the physical health, productivity, and social relationships of those affected by them. Psychologists are able to provide successful therapies that help to holistic healing because they combine techniques that are supported by research with a grasp of individual variations and the biological, psychological, and social aspects that influence therapy. The purpose of this study is to investigate the dual function that psychology plays in the process of diagnosing and treating mental health issues, as well as in the process of encouraging good and constructive changes in human life. This study will investigate the ways in which psychological insights are utilized to encourage personal development as well as the ways in which they are utilized in the treatment of mental diseases. In addition, the incorporation of psychological procedures into medical settings will be taken into consideration. This holistic approach has the potential to enhance overall health outcomes, particularly in situations when mental health difficulties and chronic illnesses cross. By gaining an understanding of the many ways in which psychology contributes to both well-being and healing, persons who are interested in personal development and healthcare practitioners who are attempting to provide comprehensive treatment might potentially gain significant insights. Psychology is continually reshaping our knowledge of the human mind and the enormous influence it has on health and happiness via study, treatment, and preventative efforts.

Constructive Changes in Human Life through Psychology

By concentrating on the mental and emotional well-being of individuals, psychology has a long history of assisting people in making improvements to their existing lives. Throughout the years, experts in this subject have created a wide range of therapeutic approaches with the purpose of strengthening individuals' capacities for self-awareness, emotional control, and problem-solving. Cognitive Behavioral Therapy (also known as CBT) is rapidly becoming one of the most well-known and commonly utilized techniques. The goal of cognitive behavioral therapy (CBT) is to recognize and alter maladaptive thinking processes, which frequently result in emotional suffering and actions that are not beneficial. Individuals are empowered to take control of their mental states and behavior through cognitive behavioral therapy (CBT), which teaches them how to reframe negative ideas and beliefs, so fostering healthier responses to the obstacles that life presents. Mindfulness is yet another important skill that helps folks to concentrate on the here and now without passing judgment on what they see or experience. Practicing mindfulness, which includes activities like meditation, has become more popular as a method for alleviating stress, anxiety, and depression. A

stronger sense of well-being may be fostered via the practice of mindfulness, according to studies, which can also increase concentration and boost emotional management. This is consistent with the concept that becoming more self-aware and having the ability to actively regulate one's thoughts and feelings are the first steps toward making positive changes in one's life. Psychoanalysis and other psychodynamic techniques provide a more profound understanding of the factors that influence conduct without conscious awareness. Individuals can improve their understanding of themselves and their motives by working through unresolved issues from their past and analyzing how those conflicts have influenced their conduct in the present. Despite the fact that psychoanalysis is employed in its conventional form less frequently in modern times, its impact continues to be felt in a variety of therapeutic approaches that place an emphasis on the significance of early childhood events and unconscious processes in the formation of personal characteristics and behaviors. The goals of humanistic psychology are to encourage personal development, self-actualization, and the realization of one's full potential. A strong emphasis is placed on the inherent goodness of individuals as well as their ability for constructive transformation. This method encourages individuals to pursue meaningful objectives, establish a sense of purpose, and develop self-compassion, all of which contribute to the development of personal empowerment. Individuals are seen as active agents in their own growth, capable of transformation via self-awareness and self-directed action, according to the humanistic perspective, which is closely aligned with the notion of constructive change through its alignment with the humanistic perspective. Additionally, in recent decades, positive psychology has garnered attention for its emphasis on promoting well-being via the cultivation of strengths, appreciation, and optimism. This is in addition to the therapeutic procedures that have been discussed previously. The focus of positive psychology is not only on correcting dysfunction; rather, it investigates the factors that make life worth living. It implies that positive improvements may be accomplished by concentrating on the things that persons are already doing well and expanding upon the attributes that they already possess. It has been demonstrated that engaging in activities such as keeping a gratitude diary, enjoying great events, and cultivating positive connections may lead to increased levels of life satisfaction and resilience.

Accurate Diagnosis and Treatment of Psychological Disorders

In addition to playing a vital part in the process of fostering personal development, psychology is also an essential component in the process of diagnosing and treating emotional and mental health conditions. In order to provide successful therapy, it is necessary to appropriately identify mental health issues. Psychology offers a variety of diagnostic techniques that may be utilized to accurately identify these conditions. The Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) and the International Classification of Diseases, Eleventh Edition (ICD-11) are extremely important diagnostic tools that are utilized by clinicians in order to classify and comprehend a wide variety of psychological problems, ranging from personality disorders to mood disorders. The interaction of biological, psychological, and social elements is one of the significant obstacles that must be overcome in order to correctly diagnose mental health issues. The biopsychosocial approach recognizes that factors such as genetic predisposition, brain chemistry, social contexts, and previous life experiences all play a role in determining an individual's mental health. This all-encompassing approach serves as a guide for the treatment of mental health conditions such as schizophrenia, anxiety, and depression. It ensures that therapy tackles the complete range of variables that contribute to these conditions. Depression, for instance, is not only the result of a physiological imbalance; rather, it is frequently brought on by external stresses, negative thinking patterns, and biological vulnerabilities. Drugs, such as antidepressants, and psychotherapy, such

as cognitive behavioral therapy (CBT) or interpersonal therapy (IPT), are frequently used in conjunction with one another in the treatment process. Exposure therapy and pharmaceutical treatment are two methods that have proven to be extremely helpful in treating anxiety disorders. This is because anxiety disorders can be caused by both learned behaviors and hereditary factors. Beyond the realm of therapy, the field of psychology plays an important part in the treatment of serious mental health diseases such as schizophrenia and bipolar disorder. It is common practice to use psychoeducation, social rehabilitation, and psychological support as components of a multidisciplinary approach, which may also involve therapies including medicine and lifestyle choices. When it comes to these complicated conditions, it is essential to have a comprehensive grasp of individual characteristics as well as the larger societal environment in order to give tailored therapy. Over the course of the past several years, there has been a growing acknowledgment of the impact that trauma plays in mental health issues, notably through diagnoses such as Post-Traumatic Stress Disorder (PTSD). There has been a growing interest in trauma-informed methods to treatment, which acknowledge the tremendous consequences that trauma has on the brain and behavior. Treatments such as trauma-focused cognitive behavioral therapy (CBT) and eye movement desensitization and reprocessing (EMDR) have been shown to be very helpful in addressing the psychological consequences of traumatic experiences. These treatments provide patients who suffer from post-traumatic stress disorder (PTSD) hope and healing.

The Integration of Psychology in Holistic Healthcare

Because of the incorporation of psychological insights into larger healthcare procedures, there has been an increase in the efficacy of therapies for physical health disorders that are linked with mental health. Stress, anxiety, and depression are frequently factors that contribute to the worsening of conditions such as chronic pain, cardiovascular illnesses, and autoimmune disorders. It is possible for healthcare personnel to give more complete care that is beneficial to the patient's general well-being if they address the psychological aspects that are the root cause of these disorders. Some examples of psychological therapies for chronic pain are pain management therapy and cognitive behavioral therapy (CBT) for pain. These interventions can assist patients in redefining their relationship with pain, therefore lowering the emotional and physical burden of the pain. This mind-body approach understands that psychological discomfort may increase physical symptoms, and that relieving mental suffering can lead to gains in physical health. The field of study known as psychosomatic medicine, which investigates the relationships that exist between psychological variables and physical health, has emerged as a significant area of research. It is possible for psychologists and other medical professionals to create methods for the prevention and treatment of a broad variety of chronic illnesses by doing research into the ways in which emotions, stress, and mental states impact physiological systems. Some of the most important factors that might contribute to the improvement of patients' physical health are psychological therapies. These include strategies for stress management, relaxation training, and supportive counseling.

Evidence for the Health Benefits of Psychological Flexibility

In the beginning, we will discuss the evidence that demonstrates that psychological flexibility is beneficial to an individual and leads to healthier results. In the context of the discussion of the connections between flexibility and health, it is essential to differentiate between the lack of bad consequences (such as stress and psychopathology) and the existence of good outcomes (such as marital satisfaction). Psychopathology is generally independent from pleasant experiences, according to researchers who continue to find this to

be the case at the subjective, behavioral, and biological levels of investigation (Carver, Sutton, & Scheier, 2000; Keyes, 2005). Therefore, if psychological rigidity is associated with certain types of disease (for more information, see below), then we cannot presume that psychological flexibility is associated with good health. As a result, in the next part, we will discuss the whole range of advantages that are associated with psychological flexibility, which goes beyond the mere lack of symptoms and disorder.

Literature Review

When it comes to the function of psychology in creating positive changes and the treatment of mental health illnesses, there is a wide body of literature that draws from a variety of disciplines, including cognitive psychology, clinical psychology, psychotherapy, and even interdisciplinary subjects such as psychosomatic medicine. Within the scope of this study, we will investigate important theoretical frameworks, empirical research investigations, and therapeutic approaches that provide light on the role that psychology plays in the process of human development and the appropriate treatment of mental health concerns.

Theories of Personal Growth and Constructive Change

A significant amount of humanistic psychology, and more specifically the writings of Carl Rogers and Abraham Maslow, is responsible for the development of the idea that positive change may occur in human existence. According to Rogers' person-centered therapy (1951), people have an inbuilt urge toward self-actualization; yet, this process can be hampered by external variables such as conditions of worth and societal pressures. Rogers' theory was developed in 1951. A therapy method that stresses empathy, unconditional positive regard, and authenticity is one that was developed by Carl Rogers. These are all crucial components for developing good development. Personality-centered therapy has been shown to be effective in fostering positive change by assisting individuals in achieving better levels of self-awareness and emotional development, according to research conducted by Elliott et al. (2013).

The hierarchy of needs proposed by Maslow in 1943 is another factor that adds to the comprehension of human development. Before attaining higher stages of psychological development, such as self-esteem and self-actualization, humans must first fulfill their fundamental physiological and safety requirements, according to Maslow's theory. By highlighting the need of addressing underlying needs, this theory emphasizes the relevance of facilitating long-term positive transformation. Maslow's hierarchy of needs concept has been verified across cultures by Tay and Diener (2011), who conducted research that demonstrated a correlation between greater levels of life satisfaction and the fulfillment of both fundamental and psychological needs.

These humanistic principles have been improved upon in recent years by the field of positive psychology, which was established by Martin Seligman and his associates respectively. In contrast to the traditional approach of treating mental illness, positive psychology places an emphasis on creating well-being via the cultivation of personal strengths, appreciation, and optimism. It has been demonstrated that the PERMA model (2011) developed by Seligman, which consists of five components of well-being (Positive Emotions, Engagement, Relationships, Meaning, and Accomplishment), may boost both life satisfaction and resilience (Forgeard et al., 2011). Further emphasis is placed on the role that deliberate actions, such as

establishing healthy connections and practicing appreciation, have in fostering constructive transformation, as demonstrated by research conducted by Lyubomirsky and colleagues in 2005.

Cognitive Behavioral Therapy and Constructive Change

Cognitive Behavioral Therapy (often known as CBT) is one of the treatments that has received the significant amount of scientific evidence for fostering positive change. Negative automatic thoughts, cognitive distortions, and dysfunctional beliefs are all factors that contribute to emotional discomfort and maladaptive actions, as stated by Beck's cognitive theory of depression (1967). Cognitive behavioral therapy (CBT) focuses on these cognitive processes in order to alter illogical ideas and replace them with interpretations that are more realistic and positive. Several studies have shown that cognitive behavioral therapy (CBT) is beneficial in treating illnesses such as anxiety, depression, and post-traumatic stress disorder (PTSD) (Hofmann et al., 2012).

CBT was shown to be consistently helpful in treating a wide range of psychiatric illnesses, including major depressive disorder, generalized anxiety disorder, and panic disorder, according to a fundamental study that was undertaken by Butler et al. (2006). This study was a meta-analysis of the effectiveness of cognitive behavioral therapy (CBT). The authors underline that cognitive behavioral therapy (CBT) is founded on the idea of constructive transformation since it gives individuals the ability to engage in challenging harmful thinking patterns and to establish healthy cognitive frameworks. By going through this process, individuals are able to enhance their ability to regulate their emotions, their resilience, and their ability to solve problems.

The use of cognitive behavioral therapy (CBT) extends beyond the treatment of mental health issues and into the realm of human development. In patients who suffer from recurrent depression, it has been demonstrated that mindfulness-based cognitive therapy (MBCT), which combines cognitive behavioral therapy (CBT) with mindfulness practices, can lower the likelihood of relapse (Teasdale et al., 2000). Individuals are able to build present-moment awareness with the assistance of Mindfulness-Based Cognitive Therapy (MBCT), which in turn promotes emotional control and self-compassion, so leading to long-term well-being and positive transformation.

Psychological Approaches to the Treatment of Mental Health Disorders

It is essential to have a full grasp of the biopsychosocial model, as described by Engel (1977), in order to provide accurate therapy for mental health illnesses. When it comes to the development and treatment of psychological problems, this paradigm places an emphasis on the interplay of biological, psychological, and social components. It has been demonstrated that a variety of treatment methods that have their origins in psychology are successful in treating mental health illnesses because they address the intricate relationships that are involved.

Depression has been one of the most extensively researched illnesses in the field of psychology, and several treatments have been demonstrated to be beneficial in treating depression. In addition to cognitive behavioral therapy (CBT), interpersonal therapy (IPT) has gained popularity due to its emphasis on

interpersonal connections as a potential source of depression as well as a potential treatment for it. Cuijpers et al. (2011) conducted a meta-analysis that indicated that cognitive behavioral therapy (CBT) and interpersonal psychotherapy (IPT) are both helpful in treating depression. However, IPT has the additional advantage of addressing social aspects that contribute to depressed symptoms.

Treatments that are informed by trauma, such as Eye Movement Desensitization and Reprocessing (EMDR), are gaining more and more recognition for their effectiveness in the treatment of post-traumatic stress disorder (PTSD). Research has shown that eye movement desensitization and reprocessing (EMDR) has the power to alleviate the suffering that is linked with traumatic memories (van der Kolk, 2015). Shapiro (1989) was the practitioner who initially presented EMDR. Facilitating the processing of traumatic memories through guided eye movements is how eye movement desensitization and reprocessing (EMDR) works. This allows individuals to integrate painful events without feeling emotionally overwhelmed.

Not only are these particular treatments important, but the significance that psychopharmacology plays in the treatment of mental health issues is also something that cannot be ignored. For illnesses such as schizophrenia and bipolar disorder, it is frequently required to combine psychological treatment with medicine in order to get the desired results. Mood stabilizers, such as lithium, have been demonstrated to be particularly beneficial in the management of bipolar illness, according to research conducted by Geddes et al. (2003). On the other hand, antipsychotic drugs are required for the treatment of schizophrenia, as stated by Leucht et al. (2013). On the other hand, therapy continues to be an essential component of holistic treatment, since it addresses the psychological and social aspects of these disorders in addition to the medicine.

The Role of Psychology in Holistic Health and Chronic Disease Management

As a result of research that has shown the tight connection that exists between mental health and physical well-being, the role that psychology plays in the management of chronic diseases has dramatically expanded over the past handful of years. Psychological stress has been shown to worsen illnesses such as chronic pain, cardiovascular disease, and autoimmune disorders, according to research conducted by Gatchel et al. (2007) in the field of psychosomatic medicine. It has been demonstrated that cognitive behavioral therapy (CBT) for chronic pain, the type of psychological intervention that aims to reduce stress, can enhance both psychological and physical results.

The use of psychological therapies into holistic healthcare is a significant field of study that is currently being conducted. According to the research that has been conducted, treating the mental health requirements of patients who are suffering from chronic diseases not only enhances the quality of life of these patients but also lowers the expenses of their healthcare. Collaborative care models, which integrate mental health therapy into primary care for patients with chronic conditions such as diabetes and depression, were shown to result in better health outcomes and decreased total medical expenses, according to a study that was conducted by Katon and colleagues (2010).

study has been conducted to investigate the role that stress management approaches, such as mindfulness and relaxation training, have in the treatment of psychosomatic ailments. This study has further studied the mind-body relationship. It has been demonstrated that relaxation techniques, such as progressive muscle relaxation and deep breathing exercises, can alleviate symptoms of irritable bowel syndrome (Blanchard et

al., 2008). On the other hand, mindfulness interventions have been shown to be effective in treating both chronic pain and emotional distress (Chiesa & Serretti, 2011).

Preventive Psychology and Mental Health Promotion

The proactive approach to mental health known as preventive psychology has gained popularity in recent years. This method places an emphasis on early intervention and psychological education with the goal of preventing the formation of more serious illnesses. Mrazek and Haggerty (1994) conducted research on preventative interventions, which underlines the need of addressing risk factors at an early stage. This is especially important for groups that are at risk, such as children who are raised in disadvantaged environmental conditions. According to Weare and Nind (2011), programs such as school-based mental health education have demonstrated positive effects in terms of boosting mental health among adolescents, lowering the stigma that is associated with mental health disorders, and providing young people with tools for emotional regulation. Preventive psychology seeks to lower the prevalence of mental health issues in the general population by emphasizing the importance of emotional literacy and resilience from an early age.

Conclusion

There is a dynamic field that has far-reaching ramifications that is represented by the junction of psychology, personal growth, and therapy for mental health conditions. Not only does psychology, via its many different therapeutic techniques, allow positive changes that lead to increased self-awareness, emotional resilience, and overall life satisfaction, but it also delivers treatments that are correct and successful for mental health illnesses through its numerous therapeutic approaches. When it comes to treating both the mind and the body, the biopsychosocial model, evidence-based treatments, and holistic care models all highlight the significant role that psychology plays with regard to treatment. As psychological research continues to advance, it is expected that the future of mental health treatment will involve the increasing incorporation of psychological insights into medical settings, the creation of therapies that are more customized, and an increased emphasis on preventative care. When everything is said and done, the contribution that psychology makes to human existence is one of deep transformation, directing individuals toward improved mental health, personal development, and general well-being.

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