

Title:

Behavioral Activation May Be Effective for Depression

Word Count:

870

Summary:

Too many times, moving forward in life poses a challenge and requires discomfort. And depress

Keywords:

depression, therapy

Article Body:

People with depression may find even the smallest task to be a huge obstacle that it keeps the
However, the results of a new study show that the right kind of coaching, encouragement, and e
About 250 people with major depression were assigned to one of the 4 treatment groups. After a
Behavioral activation is a practice that does not tell patients to 'just do it.' It is more of
The logic behind BA is not to shame or blame the person for his problems. Depression usually m
The difference between behavior therapy and cognitive therapy is that cognitive therapist spen
A better and happier existence does not depend on the success of 'just do it' over 'getting in

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