

P02-16

EFFECTIVENESS OF COGNITIVE-BEHAVIORAL INTERVENTION ON DEPRESSIVE SYMPTOMATOLOGY, STRESS AND COPING STRATEGIES AMONG JORDANIAN UNIVERSITY STUDENTS

A. Hamdan-Mansour

Faculty of Nursing-Department of Community Health Nursing, University of Jordan, Amman, Jordan

The study examined the effectiveness of a group- administered cognitive behavioral intervention (CBT) with depressed university students in Jordan. 84 university students were recruited and assigned randomly to control and intervention groups. Intervention impact was assessed on measures of depressive symptoms, perceived stress, and coping strategies at three times points; baseline, postintervention, 3- months postintervention. Overall, using CBT showed a significant improvement in the used measures. At postintervention, students had lower scores on perceived stress, depression, and avoidance coping and higher scores in approach coping. The findings are discussed in terms of treatment implications and recommendations for use at academic settings.

Keywords: Cognitive-Behavioral Interventions, coping, depression, stress, university students, Jordan.