

The Effect of Cognitive Therapy on Depression during Unwanted Pregnancy in Tehran (A Case Report)

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Today, psychological problems are one of the challenges of modern societies [1]. Among the psychological disorders of depression is the fourth most important disorder in terms of disease burden [2]. Depression with some of these symptoms such as unvalued, Loss of desire is characterized for pleasurable activity and mental sluggishness [3].

Incidence of depression during pregnancy leads to specific complications or increased complications such as preterm delivery or birth weight will [4]. That causes specific attention to diagnosis and treatment of depression during pregnancy.

Cognitive therapy based on Beck theory [5-8]. In recent years, many have attracted attention to clinical treatment and research in the field of study. The lack of treatment of depression causes chronic recurrence of the disease which causes the severity of symptoms from mild to severe moderate and the incidence of major depressive disorder. Therefore, the use of effective treatment programs, especially in early stages, can be considered as a cost effective in addition to palliative and therapeutic effects. Also, lack of sufficient attention to depression during pregnancy can be the cause of the development and severity of postpartum depression. Therefore, the report of treatment of pregnant women referred to the 36-year-old student of the architecture, which caused unwanted pregnancy to depression during pregnancy And on the eighth week of pregnancy with symptoms of depression, we noted the refusal of refusal of your pregnancy.

Current problems: Feeling sad due to lack of preparation for pregnancy and getting pregnant due to the unfinished of the doctoral period, fatigue of the work and lessons of uncontrollable crying, wanting to be away from his wife, decreased appetite and insomnia

Predisposing factors: Unplanned pregnancy, stay in two years from doctoral period, lack of economic stability.

Continuity factors: Weakness, exhaustion and nausea, away from family, cessation of work activity.

Dysfunctional thoughts:

- My pregnancy will hinder the progress.
- I will not have the power and the time to continue to study.
- I'm not a good mother.
- I'm null without my family.

Cognitive-behavioral therapy, which is a combination of cognitive and behavioral approaches, was started for her. According to Beck Depression Inventory (BDI) The rate of depression was assessed, which showed moderate depression.

The cognitive therapy goals of distorted thinking pattern and dysfunctional behaviors were patient.

Because the patient is able to change their distorted and ineffective thoughts from targeted sentences and also to provide behavioral assignments.

Accurate and organized form was used In six weeks of treatment with specific methods Include relaxation, Regular desensitization, cognitive regeneration, prevention of response, problem-solving, indexing of activities and training of interpersonal skills, The patient continued with clear signs of remission and acceptance of pregnancy.

First meeting: Establishing relationships and relaxation (To establish therapeutic communication, educate on the nature of depression and existing treatments, Treatment Description and Contract therapy).

Second meeting: Activation (Familiarity with the relationship between depressed mood and inactivity, behavioral activation training).

Third meeting: Cognitive regeneration one (Awareness of the role of negative thoughts in the occurrence of depression, recognizing the most common negative thoughts In depression, learning coping with negative thoughts, a sedative method).

Fourth meeting: Problem solving (Familiarity with the importance of problem solving, logical problem solving skills training).

5th session: Cognitive regeneration two (Identifying thinking errors, cognitive restructuring).

6th session: Relapse Prevention (Familiarity with the importance of relapse prevention, recognition of depression warning signs, stress coping learning, adopting a healthy lifestyle).

After completing the consultation sessions at the end of the sixth session, Beck Test was taken to assess the stability and stability of the treatment.

In this patient, cognitive behavioral therapy has led to a reduction in depression during pregnancy, which is expected to decrease the prevalence of postpartum depression.

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