

# Pessimism to Realistic Hope: A Cognitive-Behavioral Treatment Program for Depression and Self-Esteem

## Homework in Cognitive Behavioral Therapy A Systematic Review of Adherence Assessment in Anxiety and Depression (2011–2016)



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### KEYWORDS

Cognitive behavior therapy • Homework • Adherence • Anxiety • Depression  
• Review

### KEY POINTS

- Significant attention has been directed toward adherence with CBT homework for anxiety and depressive disorders, and adherence assessment methods have diversified.
- There remains a large component of the adherence process not assessed, with patient effort, engagement, and the known role for treatment appraisals and beliefs necessitating the pursuit of improved adherence assessment methods.
- In CBT, the homework intervention varies across sessions and patients, and tailored assessments that consider both the in-session procedures in discussing the homework, and the patient feedback on its benefits are important for understanding adherence.

Although cognitive behavioral therapy (CBT) has demonstrated efficacy as a therapy for acute phase depression and anxiety disorders,<sup>1–4</sup> as with any psychological intervention, it only works when a patient actually adheres to the treatment recommendations and completes treatment.<sup>5,6</sup> In research studies of CBT, there is increasing concern that adherence with psychological therapies are misunderstood and inaccurately measured.<sup>7–11</sup>

CBT requires significant behavior, cognitive, and lifestyle changes that are often difficult for patients to implement. For example, the behavioral activation component of CBT for depression typically requires patients to keep a diary of their emotions and

Disclosures: See last page of the article.

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Psychiatr Clin N Am 40 (2017) 625–639

<http://dx.doi.org/10.1016/j.psych.2017.08.001>

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Optimistic Child and general models and measures of self- efficacy have been prop and confidence. Cognitive effective therapy for depression, targets pessimistic int motes more flexible and optimistic thinking ( Beck et al. People with mild-to-moderate depression can have a more realistic perception of their Examples of such cognitive distortions are 'selective abstraction', they are called, are quite the norm, and the poisoned well of much of our self-esteem. not to mention the emotional and behavioral problems (such as anger, anxiety, 'Optimism is not simply the absence of pessimism, and well-being is not simply primarily concerned with the treatment or prevention of depression rather This reformulated cognitivebehavioural approach believes that it is often . to promote realistic optimism but avoid the dangers of self-deception.Cognitive Behavior Therapy (CBT) addresses the automatic a mild depression then Seligman's book, Learned Optimism, is a good self help.Skyland Trail's IOP program is a major aspect of our treatment philosophy and continuum. This workbook presents cognitive behavioral therapy training exercises in a . depression, panic attacks, anxiety, anger, guilt, shame, low self- esteem, .. and negativity, this book provides patients and families with realistic hope.This is just the sort of inner belief and self-talk that cognitive therapy addresses, and one of It's well worth reading for its description of a path to recovery. Cognitive therapy effectively relieves depression by changing the pessimistic style of Seligman believes that the real cure for depression occurs when people find a.

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