

# **The Effect of Online Cognitive Behavioral Therapy on Depressive Symptoms in Recovered Patients with Covid-19**

**Navid Mirzakhani Araghi**

*Shahid Beheshti Medical University, Iran*

**Mehdi Alizadeh Zarei**

*Iran University of Medical Sciences, Iran*

**Shafagh Saei**

*Shahid Beheshti Medical University, Iran*

**Hamid Reza Yousefi Nodeh**

*Tabriz University of Medical Sciences, Iran*

**Ebrahim Mahmoudi**

*Shahid Beheshti Medical University, Iran*

COVID-19 virus is on the rise globally, and people with the disease experience a variety of physical and mental problems. According to studies, depression can be a complication of the virus. So far, limited measures have been taken to prevent and treat emotional-psychological complications of COVID-19. The aim of this study was to evaluate the effect of online Cognitive Behavioral Therapy (CBT) on depressive symptoms in recovered patients with COVID-19. MATERIALS AND METHODS: This study was conducted in a quasi-experimental design. A sample of 150 recovered patients with COVID-19 who referred to Imam Reza Hospital in Tabriz city, were selected by random sampling method. The patients' emotional-psychological status was assessed by the Beck Depression Inventory, and they entered the treatment process according to the inclusion criteria. As a therapeutic intervention, a scientific and valid approach called CBT was implemented, which two occupational therapists performed in eight treatment sessions in the context of a social communication application. Paired sample t-test was used to analyze the time sequence of quantitative data due to its normality. RESULTS: After the last session of the intervention, the effect of this therapeutic approach on reducing the depressive symptoms of patients was evaluated. According to the findings, the Beck score of the participants decreased significantly after the intervention. CONCLUSION: Therefore, in order to promote the recovery of patients with COVID-19 and help health authorities to develop preventive measures and effective treatment of emotional-psychological problems caused by this virus, it is recommended to use the online CBT approach.

**Keywords:** *Cognitive Behavioral Therapy, COVID-19, Depression.*