

# THE EFFECTIVENESS OF COGNITIVE-BEHAVIORAL COUNSELING IN REDUCING DEPRESSION FOR PRIMARY SCHOOL PUPILS

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***ABSTRACT\_** The study aimed at investigating the effectiveness of cognitive-behavioral counseling in reducing depression symptoms for primary school pupils in Taif governorate - Saudi Arabia Kingdom. The sample of the study consisted of 20 primary school pupils from Weg primary school in Taif governorate -Saudi Arabia Kingdom, Ages ranged from (9-11) years. The sample was divided into two groups: Experimental group (10 students) and control group (10 students). The study included the following Instruments: Full Length CDI 2:SR scale preparation and arabization by Abo-Alsoad [1], Stanford-Binet Intelligence scale, Fourth edition was prepared by Hanora [2], The socio-cultural situation scale for family in Saudi environment , prepared by Mansy and Ahmed ,Standardization by Al-Sherbeny and Abo-Alsoad [3], The results of the study demonstrated that: There were significant differences between ranks scores of the experimental group pupils and the control group pupils in post measurement of the depression scale in favor of experimental group. There were significant differences between ranks scores of the experimental group pupils in pre and post measurement of depression scale in favor of post measurement. There were no significant differences between ranks scores of the experimental group pupils in post and follow-up measurement of the depression scale .*

***KEYWORDS:** Cognitive-behavioral counseling - Depression - primary school pupils.*