

**Efficacy of CBT on Body Image, Emotional Competence and
Self Esteem among College Students**

**Thesis Submitted in partial fulfillment for the degree of Doctor of
Philosophy in Counselling Psychology**

Submitted by

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80_Recommendations

- Future studies can include waitlist control group to find out the precise impact of the intervention
- Conducting longitudinal study will be more helpful to establish correct sequence of research and to identify changes over time.
- Qualitative or mixed experimental designs could be used to understand about the problems of college students.
- Since body image among youth is a complex construct to understand, similar studies with other variables could be studied by the researchers