

**Management of Test Anxiety and Stress among Nursing Students  
through Cognitive Behaviour Therapy**

Thesis Submitted in Partial Fulfillment for the Degree of  
**Doctor of Philosophy in Counselling Psychology**

By

**Lethika K 18PHCPP003**

Supervisor

**Dr. N.V. Amudha Devi**

**Assistant Professor (SS)**

**Department of Psychology**

Avinashilingam Institute for Home Science and Higher Education for women,  
Coimbatore – 641 043.

**December 2023**

## **80\_ Recommendations**

- The nursing colleges should hold training programmes and deliver lectures for the nursing students on coping with psychological problems.
- Provide Counselling services for the students with the trained counsellors.
- Organize workshops to help students improve study habits and time management techniques.
- Maintaining a list of External mental health professionals that students can access if they need any psychological support.