

ABSTRACT

From St. Mary's Convent, Coimbatore, Tamil Nadu, India, 60 nuns were screened using Case Study Schedule (2010), Beck's Depression Inventory (1971), WHO General Well Being Index (1998) and Spiritual Quotient Questionnaire (Swati Chopra, 2009). Out of them 51 subjects with 'Severe'/'Moderate Depression' and 'Very Low'/'Low General Well Being' were selected by Purposive Sampling and were given the psychological intervention called, Positive Therapy. Positive Therapy is a package evolved by Hemalatha Natesan (2004), based on the Eastern techniques of Yoga and Western Techniques of Cognitive Behaviour Therapy. It has four strategies namely, Relaxation Therapy, Counselling, Exercises and Behavioural Assignments. Positive Therapy was given personally once a week (for 6 sessions) followed by their individual practice using the CD provided. On the whole, 6 sessions were given to all the subjects. The duration of each session was one hour. The subjects were re-assessed using Case Study Re-assessment Schedule (2010), Beck's Depression Inventory (1971) and WHO General Well Being Index (1998). After Positive Therapy none of the subjects had 'Severe' Depression and most of them had 'No Depression'. The mean Depression reduced from 'Severe' (M=24.31) to 'Mild' (M=12.04) after Positive Therapy. The mean General Well Being increased from 'Poor' (M=20.04) to 'Very Good' (M=12.35) after the intervention. These results clearly prove the efficacy of Positive Therapy in the management of depression and enhancement of general well being of the selected nuns.