

**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

Jeffrin Margreat, J.

(17PHCPP002)

Under the Supervision and Guidance of

Dr. S. Gayatridevi, M.A., M.Phil., Ph.D.

Professor and Head

Department of Psychology

Avinashilingam Institute for Home Science and Higher Education

for Women , Coimbatore -641043

August 2021