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Counselling intervention model for positive lifestyle development in youth experiencing psychological distress

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Psychological distress is a state of emotional suffering, exhibited in the form of symptoms of depression, anxiety, restlessness or general feelings of tense (Ross, 2002). The distresses can exist in various forms, such as, Hindrance stressors which are job demands that interrupt the achievement of a specific goal and acts as an impediment in personal and professional growth and development (Rodell & Judge, 2009). Most common are the social stressors that are referred to as a cluster of psychological concerns arising out of or affecting the social environment (Dormann & Zapf, 2004, Harris et al., 2009). Counselling interventions, on the other hand, are delivered by mental health experts to assist clients in accepting, altering or sustaining behaviours that have demonstrated to affect health outcomes and overall health status (U.S. Preventive Services Task Force, 2019). There were three specific objectives of the study: - a) to investigate the level of Psychological Distress, Depression and Anxiety in youth between the ages of 18-35 years; b) to assess the impact of the counselling intervention model on youth suffering from psychological distress, depression and Anxiety; c) to examine the relationship between counselling interventions and Positive Lifestyle in youth. Pre-diagnosed counselling cases of Depression, Anxiety, and Psychological Distress were taken into account; Purposive sampling was done on 60 young adults in the age category of 18-35 years who were Indian Nationals and formed the distressed population. The Pre-test and post-test for Beck's Depression Inventory, Kessler Psychological distress Scale, Sinha's Comprehensive Anxiety test and Simple Lifestyle Indicator Questionnaire were administered. The results highlighted a positive correlation between counselling interventions and Positive Lifestyle in youth. This indicated that Counselling interventions were associated with lower levels of Depression, anxiety and psychological distress and enhanced levels of positive lifestyle amongst youth. The implication of the study was the promotion of counselling interventions for early identification of mental health concerns and following a preventive than curative approach.

Biography

Sonakshi Ruhela is belongs the Amity University (Amity Institute of Psychology and Allied Sciences), India & Curtin University, Dubai. Subjects are psychological development and stress management. Research interests are psychology & stress.

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