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**ANALYZING USE OF DIFFERENT PSYCHOLOGICAL THERAPIES FOR  
THE TREATMENT OF DEPRESSION AND ANXIETY**

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**ABSTRACT**

Depression and anxiety disorders are prevalent mental health conditions that can significantly impact individuals' well-being and quality of life. The treatment of these disorders often involves a multimodal approach, combining pharmacological interventions with various psychological therapies. This article presents an analysis of different psychological therapies utilized for the treatment of depression and anxiety, exploring their effectiveness, mechanisms of action, and potential benefits. Moreover, it emphasizes the potential benefits of integrating these therapies with pharmacological interventions to maximize treatment outcomes and long-term maintenance.

**Keywords:** Depression, Anxiety, Treatment, Psychological, Therapies.