



Table of Contents

Table of Contents	v
Abstract.....	vi
INTRODUCTION.....	1
METHODS	5
RESULT.....	11
Measurement of the Severity of Depressive Symptoms.	11
Table 2. Result difference of PHQ-9 Test in groups	11
Table 4. PHQ-9 Difference Test between Groups	12
Perceptions of Difficulty in the Functioning of Daily Life.....	13
Table 5. Pre-test and Post-test Results of Perceptions of Difficulty in the Functioning of Daily Life.....	13
Emotional Measurement.....	14
Measurement of Positive and Negative Emotions.	14
Table 6. Gain scores of Basic and General Emotions both Negative and Positive.....	14
Other Emotional Measurements.....	14
Table 7. Gain Score Results of Other Emotions.....	15
DISCUSSION.....	16
CONCLUSION.....	18
REFERENCE.....	21