

# 心理学研究演習Ⅰ

Syllabus Number

SEM-301

Compulsory 2  
credit

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## 1. Course Description

The aim of this course is to learn the theory of cognitive behavioral therapy and design research on various factors related to mental health that the theory targets. The themes of researches also focus on various stress responses in daily life and familiar emotional states such as anxiety, depression, satisfaction, motivation and so on.

Firstly, students will read and discuss the literature necessary for researches in this area in spring, and then we narrow down the themes to be addressed according to each students' interests. Then, by referring to previous research on themes close to our interests, students will make presentations about research questions and plan research through discussions.