

## **Efficacy of Cognitive Behaviour Therapy: In the treatment of Procrastination**

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### **Abstract**

Present study is an idiographic approach to procrastination using a cognitive case conceptualization. The aim of this study was to explore what maintains the tendency to procrastinate and discern the efficacy of cognitive behaviour therapy in treating procrastination. This psychotherapy case study examines the finer nuances of an idiosyncratic problem like procrastination. Pure Procrastination Scale (PPS), Irrational Procrastination Scale (IPS), Susceptibility to Temptation Scale (STS), Beck Depression Inventory (BDI), General Self Efficacy Scale (GSE), Rosenberg's Self-Esteem Scale were used. The results revealed that Cognitive behaviour therapy is effective in treating procrastination. The findings are discussed taking into account various personality dimensions and eccentric challenges associated with the clients environment.

**Keywords:** Procrastination, task aversion, hyperbolic discounting, temptation, decisional inertia.

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