

## **Abstract**

The current research was carried out to find the efficacy of Dialectical Behavior Therapy in treating clients with major depressive disorder. For this study sample of 40 clients with major depressive disorder were divided into four groups through simple random assignment from which two of them were experiment groups and two were control groups. 33 clients completed the research. From which 17 were of experiment group and 16 were of control group. Experiment groups were treated with group skills training and individual therapy of dialectical behavior therapy and control groups were given treatment as usual. Total of 12 sessions were conducted. Three treatment readings were taken from the clients of all the groups with the help of Sadiqi Shah Depression Scale. Treatment readings were taken in start, middle and on the last session of the therapy. The results indicates that there were significant differences between post treatment readings of experiment and control groups. Moreover, there were mean significant differences with in pre, mid and post treatment readings of experiment and control groups. Whereas the effect size within pre, middle and post treatment readings of experiment group was as greater compared to control group's effect size.

*Keywords:* major depressive disorder, dialectical behavior therapy, skills training of dialectical behavior therapy, depression, treatment as usual