

## **Abstract**

Cognitive behavior therapy is used massively in almost every medical field as a countermeasure for major depressive disorder. The current study aimed to explore the experiences of patients with major depressive disorder who were going through CBT. The interviews were taken from 10 male and female patients with major depressive disorder of age between 20 and 40 years. Data was analyzed by using Interpretative Phenomenological Analysis (IPA). The analysis of the verbatim yielded 4 superordinate themes providing an overview of the lived experience of patients of major depressive disorder. The superordinate themes obtained by depth analysis were; pre-therapeutic phase, initial effects of CBT, middle therapeutic phase, perceived effective and ineffective technique. The results of the study provide a comprehensive overview of the lived experiences of patients with major depressive disorder and narrating the modifications caused by CBT in almost every phase of their life.

**Key words:** cognitive behavior therapy, major depressive disorder, lived experiences, IPA.