

Cognitive Behavioral Approaches in Workplace Stress Management

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Abstract

This applied research explores the effectiveness of cognitive behavioral therapy (CBT) based interventions in reducing occupational stress among employees across administrative and service sectors. Findings suggest that structured CBT programs significantly improve emotional regulation, job satisfaction, and productivity when integrated into organizational wellness initiatives.

Introduction

This is a sample placeholder document representing the full research paper. The complete study includes a literature review, methodology, data analysis, discussion of findings, and conclusion sections, available in the final published version.