



Dean Office

[Signature]

Certificate

Registered with number 14554461

Pennsylvania British international College

IT IS HEREBY CERTIFY THAT

Rehab zakaria ahmed abdo

Upon recommendation of the
and in recognition of fulfillment of the prescribed requirements

Professional Doctorate in Mental Health

With all its right and Privileges in the witness whereof the seal of the Pennsylvania British international College hereunto affixed

Crt - Code : 100075421

-- Grade : Excellent

UKRLP 10097269

Srn :09814778998002

IQ ZB835594

Issued on : 2025

certificate her been given at she has request to be submitted to those who are interested in it



شهادة

Registered with number 14554461

كلية بنسلفانيا البريطانية الدولية

تشهد بأن

رحاب زكريا احمد عبدة

بناء على توصية من مجلس الكلية إقراراً منها باستيفائها المتطلبات المقررة

دكتوراة مهنية في الصحة النفسية

ومراعاة لكامل حقوق وامتيازات الشهادة تم وضع ختم كلية بنسلفانيا البريطانية

الدولية في هذه الوثيقة

UKRLP 10097269

IQ ZB835594

التقدير - ممتاز

رقم التسجيل : 100075421

صدرت بتاريخ : 2025

وقد أعطيت هذه الشهادة بناء على طلبها لتقديمها الى المهتمين بها





Pennsylvania British International College

Name : Rehab zakaria ahmed abdo

Nationality: Egyptian

Student ID: 100075421

Graduation Date: 2025

Program: Doctorate of Mental Health



N	Subject	The Ratio Quality	Grade
1	General Psychology	3.50	B
2	History of Psychology	4.05	A
3	The problems of modern and contemporary philosophy	4.08	A+
4	clinical psychology.	3.50	B
5	Methods in psychology	4.07	A
6	Educational psychology	3.50	B
7	Industrial Psychology	4.05	A
8	Cognitive behavioral therapy	4.08	A+

Evaluation Criteria for the Doctorate Programs

Study Duration = 2023 To 2025

Total Courses = 8

Total Credit Hours = 300

Total Courses = 10

Doctorate in Mental Health

OFFICIAL TRANSCRIPT

GPA = 92.0

Dean Office





Dean Office

Doctorate in Mental Health

Certificate that Rehab zakaria ahmed abdo

Registered in the Doctorate of Mental Health

Registration No.: 100075421 Under the supervision of Dr. Ashley Abraham

He accepted and submitted a Doctorate degree at the end of his studies

Graduation project entitled

The Effectiveness of Dialectical Behavior Therapy (DBT) in
Reducing Symptoms of Panic Disorder and Generalized Anxiety

Accepted by:

Major Professor: Jon Edoar
Committee Member - Meshel Jon
Committee Member, Tsherl Couto,
External Reader Mariam Samon

Copyright By Rehab zakaria ahmed abdo
All Rights Reserved 2025





Graduation letter

To whom it May concern

Based on the approval of Pennsylvania British international College and the approval of the college president in accordance with the powers delegated to him by the Council in accordance with Resolution No. (425) We acknowledge granting the student Rehab zakaria ahmed abdo Doctorate of Mental Health with a grade of distinction with honors, with the approval of the research that was submitted by the student in

The Effectiveness of Dialectical Behavior Therapy (DBT) in Reducing Symptoms of Panic Disorder and Generalized Anxiety

Crt - Code : 100075421

Srn 09814778998002





Name : Rehab zakaria ahmed abdo

Nationality: Egyptian
ID Student: 100075421



Degree Program: Doctorate of Mental Health

Congratulations, it is a pleasure for Penn International College to accept you
as a student in the **Mental Health Professional Doctorate**

We would like to welcome you to Pennsylvania British International College

We thank you for choosing us to help you build your future

Discussion of a **Professional Doctorate in Mental Health**

English Placement Exam

All Penn College International Program students are required to take
a **Mental Health** proficiency test and the number of courses you will be required to
take before or during regular academic study. Courses at Pennsylvania British International College

Please see the competency standards in the field of communication, behavior modification,
and communication. With regard to the field of **Mental Health**

Guidance

Orientation

The Office of International Affairs will provide a new
student orientation (date TBD) to educate you about Penn International College.

International Student Issues and Immigration Matters, Fall 2022, 2023

Classes begin in 2021

Immigration Information

The International Affairs Office will provide you with all data and information
about the subjects to be studied, through your e-mail

For questions, please contact

Dean Office



[Signature]





Dean Office



We hereby certify that the **Doctorate degree.**
after completing his professional studies, It is an unfilled professional program.

Certified in the UK

Which measures the required skills

For postgraduate studies

**College reference number I have the British government.
number 14554461**

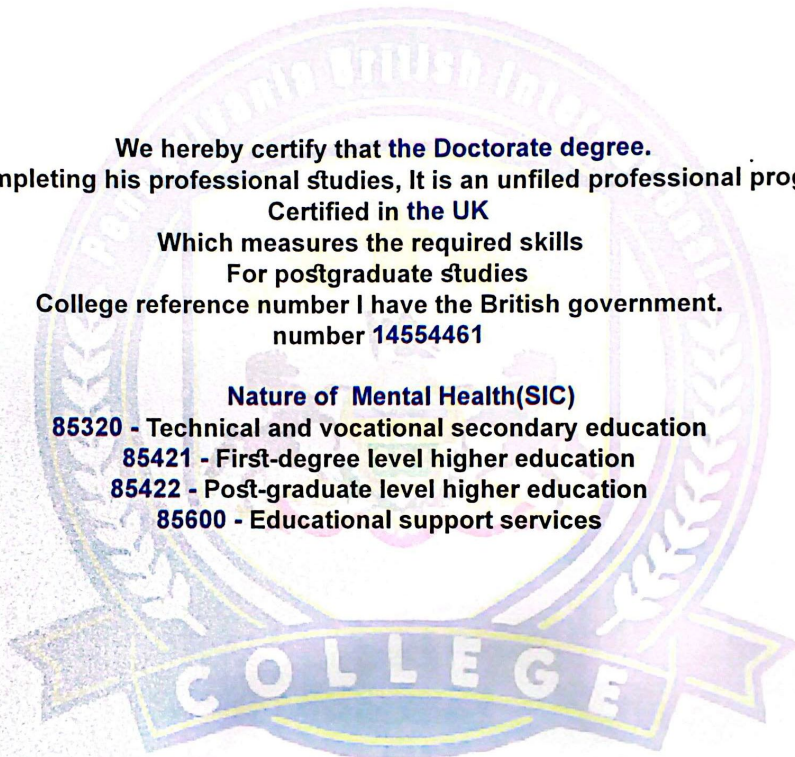
Nature of Mental Health(SIC)

85320 - Technical and vocational secondary education

85421 - First-degree level higher education

85422 - Post-graduate level higher education

85600 - Educational support services





The Research Presented

Title:

Psychological stress and depression among drug addicts and the impact of cognitive behavioral therapy

Research Summary

This research aims to study the relationship between psychological stress and depression among drug addicts, while analyzing the effectiveness of treatment (Cognitive Behavioral Therapy (CBT)) in alleviating these stresses and improving the psychological state of addicts. Addicts often suffer from high levels of stress and anxiety, which increases their likelihood of depression, especially in light of negative social and economic factors. The results of the study showed that there is a close link between addiction and psychological stress, as depression rates increase as the severity of the stress increases. The results of applied experiments on a sample of addicts also demonstrated that the use of a treatment program based on cognitive behavioral therapy significantly contributed to reducing levels of anxiety and depression by changing negative thoughts and false beliefs and improving coping mechanisms with stress. The research emphasizes the importance of integrating cognitive behavioral therapy into psychological rehabilitation programs for addicts, along with drug treatment and social support, due to its effective impact in promoting mental health and reducing relapses.

Keywords

Addiction - Psychological Stress - Depression - Cognitive Behavioral Therapy - Mental Health - Psychotherapy

Dean Office





**PENNSYLVANIA BRITISH
INTERNATIONAL- COLLEGE**



STU-ID : 100075421

F-NAME: Rehab zakaria ahmed abdo

Program : Professional Doctorate in Mental Health

