

**Abstract**

**Original Paper**

**Correlation between Irrational Beliefs and the Depressive Symptom Levels of Secondary School Children**

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**Background:** Irrational beliefs play a central role in cognitive theory and therapy and are related to a variety of disorders, such as depression.

**Objectives:** This study was undertaken to determine the extent to which depression in early adolescents and irrational beliefs are associated.

**Methodology:** This descriptive and correlational study was conducted with 414 students recruited from secondary schools in Turkey. The Information Form, the Irrational Beliefs Scale for Adolescents and the Child Depression Inventory were the data collection instruments.

**Results:** In this study we observed a significant positive correlation between irrational beliefs and depression. There was a correlation between family structure, family interaction, school performance and depression in child and adolescent populations.

**Conclusion:** School nurses are encouraged to screen secondary school children for depressive symptoms and consider family structure, family interaction, school performance factors and irrational beliefs when intervening in depression.

**Keywords:** adolescent, depression, irrational beliefs, mental health, school nursing, Turkey