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**COGNITIVE BEHAVIORAL THERAPY FOR ASTRONAUTS IN SPACE PSYCHOLOGY:  
ENHANCING PSYCHOLOGICAL WELL-BEING AND PERFORMANCE IN SPACE MISSIONS****Abstract**

This abstract explores the utilization of Cognitive Behavioral Therapy (CBT) as an effective treatment approach for enhancing the psychological well-being and performance of astronauts in space missions. The primary purpose is to investigate the potential benefits of implementing CBT interventions in space psychology. By targeting maladaptive cognitive processes and promoting adaptive coping strategies, CBT equips astronauts with the necessary skills to navigate the challenges of space travel, including isolation and high stress levels. Integrating CBT into space psychology programs is crucial for optimizing astronauts' mental health and supporting mission success. This abstract highlights the importance of collaborative efforts among space agencies, psychologists, and astronauts in implementing CBT interventions. Findings underscore the significance of CBT in promoting astronauts' psychological well-being during space exploration. Further research is needed to refine the implementation of CBT and ensure its efficacy in supporting astronauts' mental health and performance in future space missions.