

EFFECT OF GROUP COGNITIVE BEHAVIORAL THERAPY ON
REDUCING DEPRESSIVE SYMPTOMS AMONG MOTHERS OF
CHILDREN WITH DOWN SYNDROME: RANDOMIZED CONTROL
TRIAL

By

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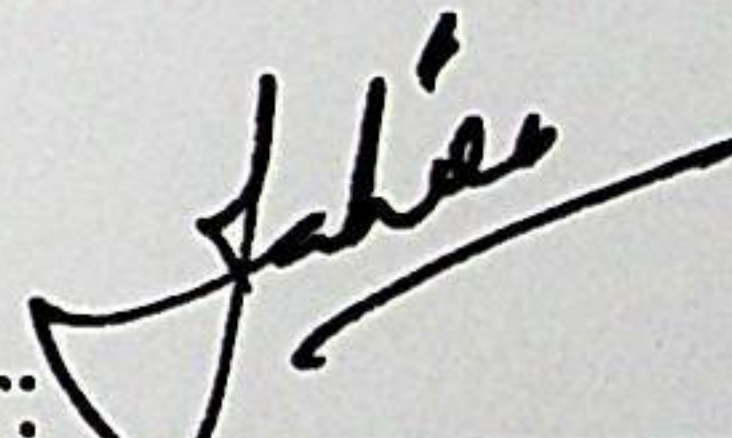
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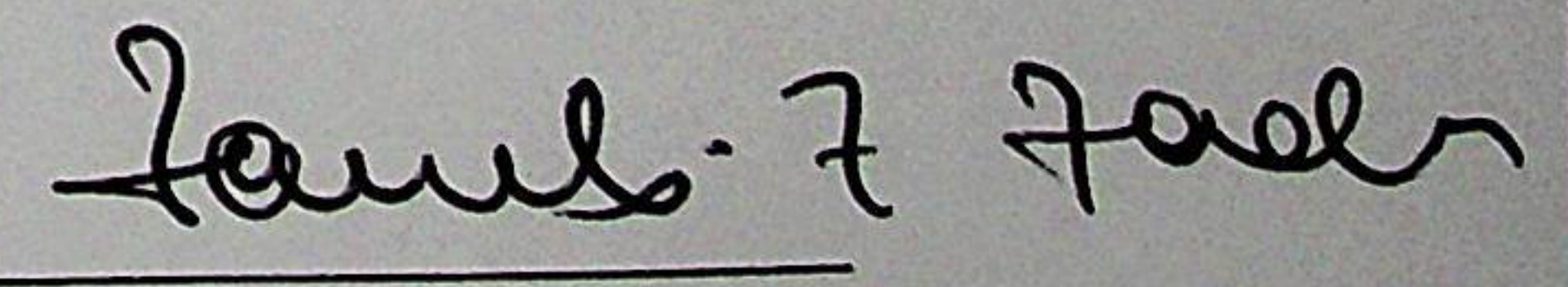
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ABSTRACT

The present study aimed to explore the efficacy of group cognitive behavioral therapy in reducing depressive symptoms among mothers of Down syndrome children. The comparison was established between the experimental group and control group. It was hypothesized that significant reductions in depressive symptoms of mothers of Down syndrome children in the experimental group along with significant difference in comparison to the control group will be found. The sample included 20 mothers age ranging from 30 to 50 from Scinosa Day home (Society for Children in Need of Special Attention). Beck Depression Inventory (BDI-II) by (Beck, 1996) was used as pretest and posttest for analyzing depressive symptoms. Participants scoring 20 to 28 in pretest were divided into the experimental group and waiting list control group through randomization. Twelve therapy sessions were conducted each about 90 minutes by following a guide book of Group Cognitive Behavioral Therapy For Depression (Muñoz, Ippen, Rao, Le & Dwyer, 2000). At the end of the study, pretest and posttest scores were analyzed statistically to determine the change in depressive symptoms of mothers with Down syndrome children. The findings supported both the hypotheses that there was significant reduction in depressive symptoms of the experimental group ($p=0.000$, $t=8.501$) and significant difference between both the groups ($p=0.000$, $t=7.955$). Therefore, it can be implied from the outcome of the current study that group cognitive behavioral therapy is helpful in reducing depressive symptoms among mother of Down syndrome children. Future research should also include follow-up sessions to get a better insight into long-term effect of the therapy. Overall the findings of the present study are significant in the body of psychological literature.