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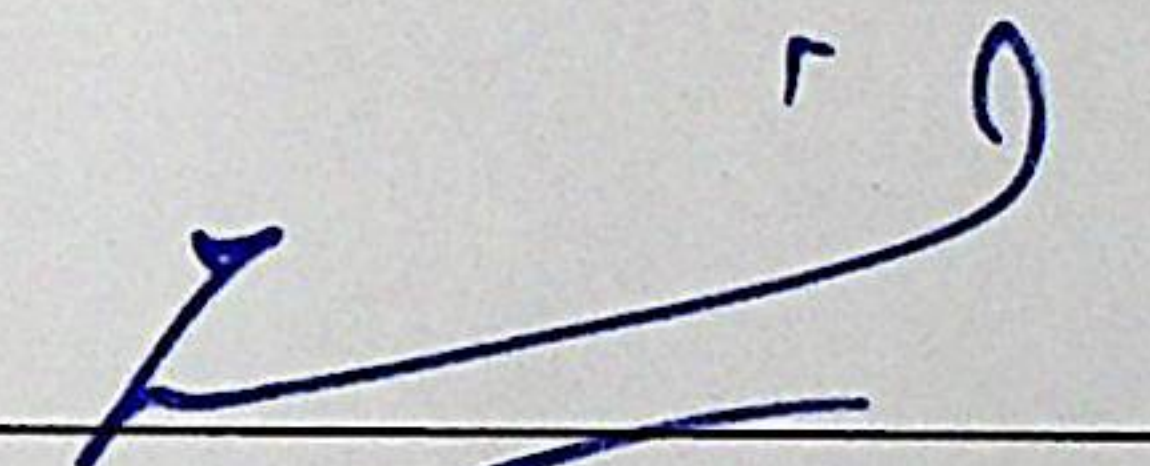
Candidates Name: Alizeh Mallick Imam

Discipline: Masters of Science in Clinical Psychology

Faculty/ Department: Institute of Professional Psychology (IPP)

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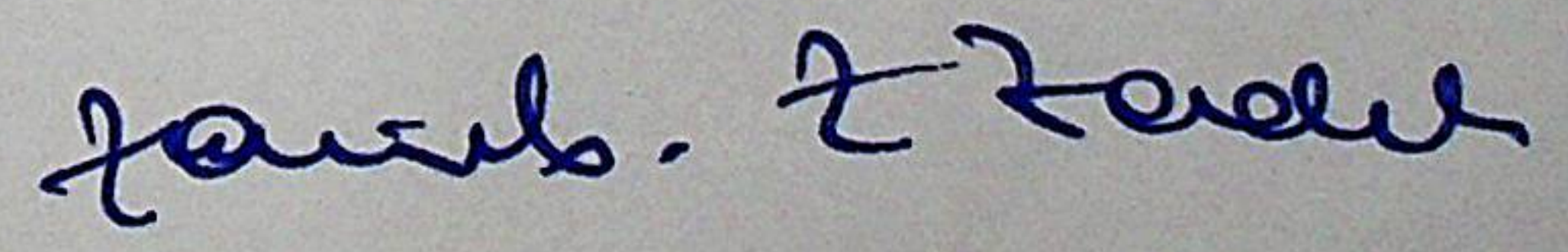
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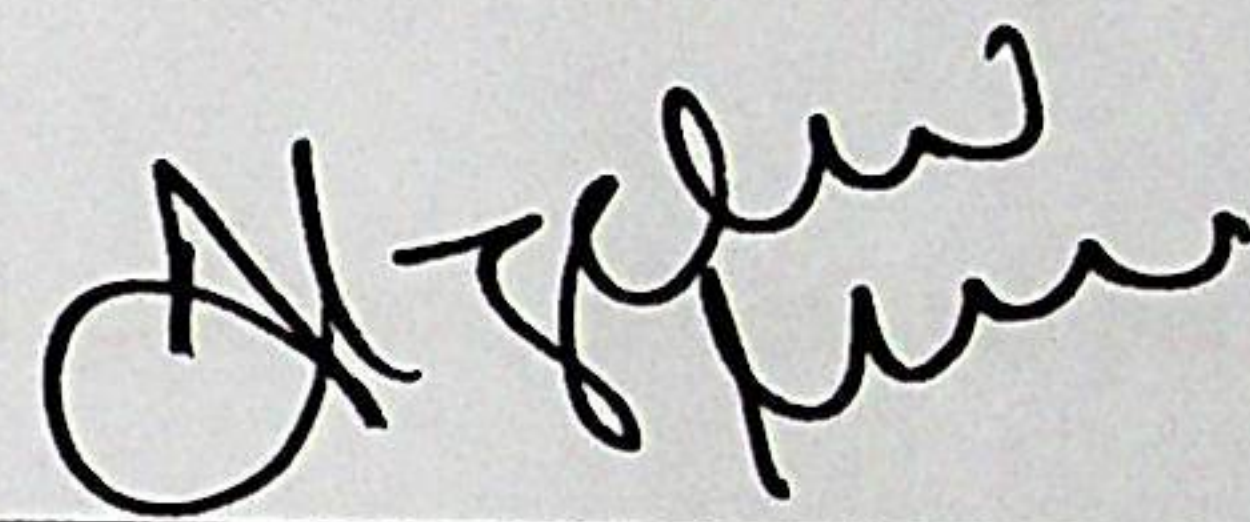
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*I certify that the research work presented in this thesis, to the best of my knowledge, is my own. All the sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.*

A handwritten signature in black ink, appearing to read 'A. J. ...', is written above a horizontal line.

## ACKNOWLEDGEMENT

In the name of Allah the most Merciful and Beneficent First and Foremost praise is to ALLAH, the Almighty, the greatest of all, on whom ultimately we depend for sustenance and guidance. I would like to thank Almighty Allah for giving me the opportunity, determination and strength to do my research. His continuous grace and mercy has been with me throughout my life and ever more during the tenure of my research.

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## DEDICATION

I owe everything to my family who encouraged and helped me at every stage of my personal and academic life and longed to see this achievement come true. Hence, I dedicate this work to my sincere and generous father, Moazzam Imam along with my understanding and loving mother, Sadia Imam. I would also like to dedicate this work to my Husband, Yasir Khan, who worked equally hard with me in helping compile this thesis and was patient throughout.

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## ABSTRACT

Whilst client centered play therapy has mostly been associated with children, researchers have recently started exploring the benefits of this therapy while dealing with adults and the elderly. The purpose of this study was to investigate the effectiveness of client centered play therapy on depressive symptoms of old age home residents. It was hypothesized that the participants in the experimental group will have an improvement in their symptoms of depression as compared to the wait-list control group. For that purpose, a quantitative research approach was taken to gather the data from 6 residents of Gills Shelter Old Age Home aged 65 and above. Participants were divided into two groups. The three odd participants (2 females and 1 male) were placed in the experimental group whereas the three even participants (1 female and 2 males) were placed in the wait-list control group. Data collection was done by using a consent form and a demographic form whereas Geriatric Depression Scale: Short Form (GDS-SF, 1986) was used to obtain the pre and post-test results to check for the symptoms of depression of both, experimental and wait-list control group. The experimental group were provided with an eight week client centered play therapy intervention plan, which was provided to the wait-list control group, after the post-test analysis of the results. Statistically significant findings of the data revealed that the depressive level of the participants in the experimental group reduced greatly ( $M=5.333$ ) as compared to the depressive symptoms of those in the control group ( $M=12.000$ ). The significance of the current study draws attention to the efficacy of client centered play therapy on depressive symptoms of old age home residents and how it can be used to improve the mental health of the elderly population. Valuable implications, limitations and recommendations have been provided to benefit future researches in this area.