



**Feasibility Study of Mindfulness and Acceptance Based Group Therapy for
Females with Social Anxiety**

By

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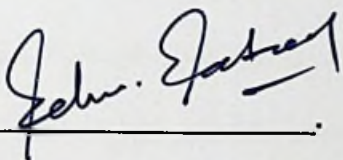
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I certify that the research work presented in the thesis is to the best of my knowledge my own. All sources used and any help in the preparation of the discussion have been acknowledged. I hereby declare that I have not submitted this material, either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

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ABSTRACT

This study is aspired to examine the feasibility of mindfulness and acceptance based group therapy for females with social anxiety. It was hypothesized that female in the intervention group will have significantly reduced anxiety as compared to the women in the control group. For this purpose, the sample included 60 female participants, in the age range of 18 to 28 years, were selected from Institute of professional psychology from Karachi city. The participants were screened through the administration of Mini-Social Phobia Inventory -SPIN-mini (Connor, Kobak, Churchill, Katzelnick & Davidson, 2001)). After the screening process the participants were randomly divided in intervention and control group. Participants of intervention group received ten sessions of Mindfulness and Acceptance based group therapy plan. After the post test, Paired sample t-test was employed in order to analyze the obtained data. The results revealed a significant reduction of social anxiety for the participants of intervention group (SD= 2.45) as compared those of the control group (SD= 1.84). Results indicates a significant reduction of social anxiety ($p>0.015^*$). Study findings have very important implications for the clinical psychologists for dealing with anxiety issues. Recommendations and limitations of the study have been suggested and mentioned in the further chapters.