

**EFFECTIVENESS OF TRAUMA FOCUSED COGNITIVE BEHAVIORAL THERAPY
ON YOUNG FEMALES WITH DEPRESSIVE SYMPTOMS**



By
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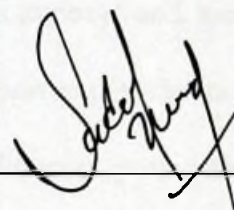
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DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis, to be the best of my knowledge, is my own.

All 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.



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TABLE OF CONTENTS

COPYRIGHT.....	ii
APPROVAL SHEET.....	iii
DECLARATION OF AUTHENTICATION.....	iv
ACKNOELDgement.....	v
DEDICATION.....	vi
TABLE OF CONTENTS.....	vii
LIST OF TABLES.....	x
ABSTRACT.....	1
CHAPTER 1: INTRODUCTION.....	3
1.1 Problem Statement.....	17
1.2 Research Objective.....	18
1.3 Research Question.....	18
1.4 Significance of the Study.....	18
1.5 Structure of the Thesis.....	19
1.6 Summary.....	20
CHAPTER 2: LITERATURE REVIEW.....	22
2.1 Trauma.....	22
2.1.1 Affective Trauma System.....	23
2.1.2 Behavioral Trauma System.....	23
2.1.3 Cognitive Trauma System.....	25
2.1.4 Interpersonal Trauma System.....	25
2.2 Emotional Abuse.....	26
2.2.1 Physical Abuse.....	27
2.2.2 Sexual Abuse.....	28
2.2.3 Emotional Abuse.....	29
2.2.4 Neglect.....	29
2.3 Emotional Abuse and Depression.....	30

2.4 Depression.....	34
2.5 Some Empirically Supported Treatment Options	36
2.6 Trauma Focused Cognitive Behavioral Therapy	40
2.7 Summary	43
CHAPTER 3: THEORITICAL FRAMEWORK.....	44
3.1 Hypotheses	49
3.2 Summary	50
CHAPTER 4: METHOD	51
4.1 Research Design	51
4.2 Participants	51
4.3 Measures	52
4.3.1 Consent Form	52
4.3.2 Demographic Information Form	52
4.3.3 Child Abuse Scale (CAS)	53
4.3.4 Depression Self- Rating Scale for Children (DSRCC)	54
4.4 Procedure	54
4.5 Ethical Considerations	73
4.6 Summary	74
CHAPTER 5: RESULTS.....	75
5.1 Demographic Information of Participants	76
5.2 Cronbach's Alpha Reliability Test	77
5.3 Statistical Analysis of Variables	78
CHAPTER 6: DISCUSSION.....	81
6.1 Conclusion	86
6.2 Implications	87

6.3 Limitations and Recommendation	88
REFERENCES	91
Appendices.....	100
Appendix A: Turnitin Report	101
Appendix B: Permission Letter	103
Appendix C: Permission for Using Trauma Focused Cognitive Behavioral Therapy; (TF-CBT) Therapist Manual Guide	105
Appendix D: Demographic Information Form	107
Appendix E: Permission for Using Child Abuse Scale (CAS)	109
Appendix F: Child Abuse Scale (CAS)	111
Appendix G: Permission for Using Depression Self Rating Scale for Children (DSRSC)	115
Appendix H: Depression Self Rating Scale for Children (DSRSC).....	117

LIST OF TABLES

Table 1 : Demographic Variables of Participants	76
Table 2 : Cronbach's Alpha Reliability Test	77
Table 3 : Descriptive Statistics of Experimental and Control Groups	78
Table 4 : Paired Sample t-test Results Showing Comparison Between Pre-test and Post-test Scores of Experimental Group	79
Table 5 : Independent Sample t-test Results Showing Comparison Between Post-test Scores of Experimental and Control Group	80

ABSTRACT

The present study aimed to explore the effectiveness of Trauma-Focused Cognitive Behavioral Therapy on young females with depressive symptoms, in an individual setting. It was hypothesized that there will be a significant difference in the level of depressive symptoms in participants of experimental group, before and after receiving the Trauma Focused Cognitive Behavioral Therapy and that participants subjected to Trauma Focused Cognitive Behavioral Therapy will have an improvement in their symptoms of depression as compared to the control group. The study was experimental in nature, consisting of an experimental/intervention group, who received Trauma Focused Cognitive Behavioral Therapy, and a waitlist control group. A total of 12 female participants, between ages of 12 to 14, belonging to grade 7 to 9, were selected through purposive sampling from an orphanage from Karachi city, who were randomly divided into two groups, 6 in each group. First permission and consent on participant's behalf, was sought from the board members of the orphanage. After which females fluent in Urdu and have an understanding of English language as well were screened out through Child Abuse Scale (Malik & Shah, 2007) and scoring a T-score of 15 and above (elevated depressive symptoms) on Depression Self-Rating Scale For Children (DSRSC) (Birleson, 1981) were selected for the study. A total of 14 individual sessions were held with the experimental group, with a frequency of two sessions per week. All participants were screened before and after the intervention, using the same measure to check the difference in depression levels of both groups. Structure of therapy sessions was based on the guidelines provided in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) model (Your Very Own TF CBT Workbook; Cohen, Mannarino, Berliner, & Deblinger, 2000). Results were statistically analyzed through Independent Samples t-test and Paired Samples t-test. Results showed a statistically significant difference between pre and post test scores of experimental group

($t(5) = -6.163, p < 0.05$), indicating towards a significant reduction in depressive symptoms of participants after receiving Trauma Focused Cognitive Behavioral Therapy, hence supporting first hypothesis, also results showed a statistically significant difference between post-test scores of the experimental and control group ($t(10) = -3.122, p < 0.05$), indicating that depressive symptoms were significantly much less within the experimental group ($M=11$) as compared to the control group ($M=21.67$) in the post-test, hence supporting the second hypothesis as well. Thus, it is concluded that present study supported the efficacy of a manualized variation of 'Trauma Focused Cognitive Behavioral Therapy' for reducing symptoms of depression within young Pakistani females with depressive symptoms. For future researches, it is suggested to explore the effect on a larger sample, within group or individual setting and with cultural adaption of workbook. Additionally, follow-up sessions are also recommended.