

**EFFECTIVENESS OF THE WELLNESS RECOVERY ACTION PLAN
(WRAP) ON PATIENTS WITH SYMPTOMS OF PSYCHOSIS**

BY
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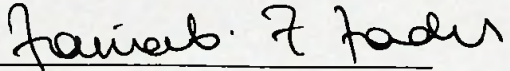
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A handwritten signature in black ink, appearing to read 'Tabinda Afzal', written in a cursive style.

Name: Tabinda Afzal

Acknowledgment

This work wouldn't have been possible it wasn't for my parents especially my mother. For every little or big achievement in my life, I would always remember her struggle to bring us all here, where we are today. I thank Bahria University and Dr. Zadeh for her feedback has always helped me improve myself. I also thank Dr. Kiran Bashir Ahmed for her academic guidance as well as emotional support throughout this work.

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To Dr. Erum Maqbool Ahmed (late) and my
dear Saba Rehmat (late), you'll always be remembered!

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ABSTRACT

The purpose of the present research was to determine the effectiveness of the Wellness Recovery Action Plan (WRAP) program in the self-management of the psychiatric symptomatology and the quality of life of the patients with symptoms of psychosis in Karachi. A total of the 8 adult patients including 4 females and 4 males (aged 26-55) were randomly selected from the outpatients department at a psychiatric rehabilitation facility in Karachi. Prior permission was sought from the organization. Patients who signed up for the group activity participated in the intervention groups for 12 weekly session. Patients with a diagnosis of psychosis were included in the research. It was hypothesized that there will be a positive effects on the quality of life and the symptoms reduction of the individuals after the intervention. In order to assess the changes an assessment was done before and after the completion of invention groups. Each participant filled out the Symptom Checklist 90-R and WHO's Quality of Life-BREF Scale in addition to a demographic form with the help of researcher. Within group design was used as the same patients were assessed before and after the intervention. Paired t-test for the pretest-posttest analysis was carried out to statistically analyze the impact of the intervention on the patients. Results indicated that the first hypothesis was verified as there was a statistically significant reduction in the overall global symptoms severity of the participants as indicated by $t = (6.26)$, $p < .05$. The second hypothesis was partially verified as it indicated that there was a statistically significant

difference ($p < .05$) in the quality of life of the patients in the domains of physical and environmental however there was no statistically significant difference on the psychological or social domain ($p > .05$).