

Abstract

Child abuse had been growing at an alarming rate and most of the abused children experience mental health problems. The research study evaluate the efficacy of trauma focused cognitive behavior therapy among abused children. It was done to assess whether trauma focused cognitive behavior therapy will be effective in reducing mental health problems of depression, stress, anxiety and post-traumatic stress disorder. Data was collected from the sample of 32 abused children (Males=16, Females=16) with the age range of 12-18 years. The sample was equally divided in experimental and control group (Experimental Group= 16, Control Group=16) with each group having 8 male participants and 8 female participants. Four types of abused children were selected in this research which were physical abuse, psychological abuse, sexual abuse, and neglect. The sample was selected from Child Welfare and Protection Bureau, Lahore. The research design which was used was Pre-test Post-test control group design and sample was selected from convenience sampling. The measures which were used for the assessment were demographic form, Depression, anxiety, stress scale (DASS-21) and Child PTSD symptoms scale (CPSS-V-SR) were used to measure child mental health problems of depression, anxiety, stress and posttraumatic stress disorder. A session plan consisted of 10 sessions was designed and different techniques were used to help clients. For data analysis, both parametric test (Mann Whitney U-Test and Wilcoxon Signed Rank Test) and non-parametric tests (Independent sample T-test and Paired Sample T-Test) were used. Results revealed that experimental group participants scored lower in term of mental health problems of depression, stress, anxiety and post-traumatic stress disorder as compared to control group. Also within group comparison also revealed that the scores of participants from pre to post-test has reduced a lot in experimental group. However, no such difference can be seen from pre to post-test measures in control group. Also no significant gender differences were found in term of pre to post-test mental health problems scores of depression, stress, anxiety, and post-traumatic stress disorder. From the above findings of the research we can conclude that trauma focused cognitive behavior therapy is an effective intervention for treating mental health problems of depression, stress, anxiety and post-traumatic stress disorder among abused children.