

## Abstract

The present study aimed to explore the efficacy of school-based intervention program for internalizing problems in adolescents. Rational Emotive Behavior Therapy (REBT) was used to reduce internalizing problems in adolescents. It was hypothesized that; there is likely to be a significant difference between experimental group and control group on internalizing problems; there is likely to be a significant difference within pretest and posttest of experimental group and control group; and there is likely to be a significant difference between males and females on internalizing problems. Pretest posttest equivalent group design was used. The sample consisted of N=24 participants (n=12 girls, n=12 boys). Youth Self-Report (YSR) of Child Behavior Checklist (CBCL) and Standard progressive matrices (SPM) was used to screen the participants. Intervention protocol was carried out with experimental group. Later, post testing was done with both group of participants. Mann-Whitney was used to assess the difference between control group and experimental group. Wilcoxon signed-rank test was used to assess the difference within experimental group and control group. To test the gender differences Mann-Whitney test was used. The findings showed that treatment provided to experimental group indicated statistically significant results and internalizing problems decreased. The findings of within group suggested that experimental group showed significant difference and the problems decreased after treatment. Whereas, in control group problems increased or remained constant. The gender difference revealed that females suffered more from internalizing problems than males.