

Abstract

Terrorism has effected Pakistan since the 9/11 incident. It has left people in the state of aw economically, physically and mentally. The psychological impacts caused by terrorism are many, but Posttraumatic Stress Disorder (PTSD) has jolted almost everyone who was influenced by these terror attacks. The purpose of this study was to find out the effectiveness of Cognitive Behavioral Therapy with students who were exposed to terrorism in some parts of their lives and displayed symptoms of PTSD. There were two studies carried out for this purpose. The aim of the first study was to screen people who displayed symptoms of PTSD in reaction to terrorism and to find relationship between Terrorism and PTSD. The aim of the second study was to provide CBT based intervention to the participants who displayed symptoms of PTSD, 10 participants were randomly assigned to two groups, i.e., Control group and Experimental Group, each group had 5 participants. The results showed that there is a positive correlation between Terrorism and PTSD. The result of the second study showed that there is significant difference between experimental and control group at pretest and posttest level and it also showed that there is a significant difference within the experimental and control group, which pointed out that the intervention implied on the participants was effective and CBT is an effective treatment of PTSD.

Keywords: Terrorism, Posttraumatic Stress Disorder (PTSD), Cognitive Behavioral Therapy (CBT)