

Abstract

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Title of the Thesis: Efficacy of CBT as an intervention for Depression, Mental Health and Alienation among people of Kashmir.

The psychological sequelae of wars/conflict situations are well documented as studies have shown that conflict situations cause more mortality and disability than any major disease. It has been estimated by WHO that, in conflict situations throughout the world, 10% of the people who experience traumatic events will have serious mental health problems and another 10% will develop behaviour that will hinder their ability to function effectively. Therefore it becomes necessary to evolve means and methods of integrating various interventions during efforts at societal plane. The 9/11 episode set into motion a number of initiatives to apply cognitive behavioural methods of care for survivors.

The present study thus focused on the effectiveness of CBT as an intervention for Depression, Mental Health and Alienation among the people of Kashmir (Indian Administered) who have been witnessing a socio-political unrest for the last two decades now, resulting in serious and prolonged mental health consequences. The study was conducted at the Govt. Psychiatric Disease Hospital, Srinagar, the lone hospital catering the psychiatric services to the people of Kashmir, Ladakh and some adjoining areas of Jammu province. The data was collected between May, 2010 and August, 2011. A total of 63 outpatients were evaluated for the study, however, only 50 patients meeting inclusion criteria were recruited for the study. Out of the 50 patients, 20 patients were diagnosed with Major Depressive Disorder, 17 with co-morbid OCD/GAD/PANIC disorder (with a ratio of 6:8:3 respectively) and 13 patients received a diagnosis of co-morbid PTSD. The patients were already diagnosed by skilled clinicians (psychiatrists) according to DSM-IV laid down criteria. After the baseline assessment on all the three measures (i.e , Beck Depression Inventory, PGI HQ

N-1 & Alienation scale) the patients were administered to 17-20 CBT sessions. Initially, these sessions were arranged bi-weekly, and then weekly of 30-50 minutes duration each, on a one to one basis, depending upon the severity of the disorder. The sessions were delivered in assistance with the lone clinical psychologist catering services to the patients for the last 15 years.

Major findings of the Study:

The main findings of the study are as under:

- A significant difference was seen in the baseline scores of the three patient groups (i.e; Major Depression, Co-morbid OCD/GAD/PANIC, & Co-morbid PTSD) on all the three variables (i.e; Depression, Mental Health, & Alienation).
- CBT has shown a significant effect on Depression, Mental Health and Alienation among people of Kashmir.
- CBT was found to be effective in reducing the level of Depression and feeling of Alienation on the one hand and in enhancing the Mental Health of the patients diagnosed with Major Depression on the other.
- CBT has shown a significant effect in reducing both the level of Depression and Alienation and in enhancing the overall Mental Health of the patients diagnosed with Co-morbid OCD/GAD/PANIC disorder.
- No significant effect of CBT was seen on the patients diagnosed with Co-morbid PTSD.
- A positive correlation between Depression, Mental Health and Alienation was found at both stages of assessment.

Hence, CBT as an intervention may be clinically relevant, beneficial and a viable approach in enhancing the overall mental health of the people struggling with conflict situations. Although combination treatment may not be necessary for all patients, however, sequencing these treatments may help patients for whom SSRI treatment alone is insufficient. The findings of the present study indicate that the intervention programme (CBT) as well as this study require replication in other ongoing/post conflict contexts.