



# PACT 11TH INTERNATIONAL CBT CONFERENCE

THEME: COVID & THE RISE OF E-PSYCHOTHERAPY

MARCH 12<sup>TH</sup> - 14<sup>TH</sup>, 2021

(VIRTUAL)

# imPACT<sup>20</sup><sub>21</sub>

ORGANIZED BY:

PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS



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# 11<sup>TH</sup> INTERNATIONAL CBT CONFERENCE

MARCH 12 - 14, 2021

## imPACT EDITORIAL TEAM

- Editor :
- Advisor : **Dr. Muhammad Irfan**

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- President : **Dr. Farooq Naeem**
- Vice President : **Mirrat Gul**
- General Secretary : **Dr. Muhammad Irfan**
- Chief Coordinator : **Dr. Madeeha Latif**
- Media Coordinator : **Falahat Maqbool**







# 11<sup>TH</sup> INTERNATIONAL CBT CONFERENCE

## MARCH 12 - 14, 2021

### EDITORIAL

This edition of ImPACT (volume 10) is special in a lot of ways. In addition to the latest scientific work (abstracts), excerpts from relevant plenary talks and knowledgeable messages from experts from around the world; this newsletter, is your gateway to all the happening from the 11<sup>th</sup> International PACT Conference (held in the virtual arena for the 1<sup>st</sup> time).

As always, all the material is designed to suit the latest themes and match the interests of our valued readers.

We are thankful to the authors for their contributions and hope that we will continue to receive exemplary work for our upcoming issues.

Thank you, all.

Regards,





# **11<sup>TH</sup> INTERNATIONAL CBT CONFERENCE**

**MARCH 12 - 14, 2021**

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# 11<sup>TH</sup> INTERNATIONAL CBT CONFERENCE

## MARCH 12 - 14, 2021

### MESSAGE FROM THE CHIEF ORGANIZER

#### DR. MADEEHA LATIF

Chief Coordinator Pakistan Association of Cognitive Therapists  
Assistant Professor at IPM & R - Dow University of Health & Sciences  
Visiting faculty Institute of Clinical Psychology, Karachi University



Dear all,

It a pleasure to address you on the occasion of 11<sup>th</sup> International CBT Conference (Virtual). I hope you will enjoy this eventful 3 day program, themed; "Covid and the Rise of E-Psychotherapy." The program is designed to cater to a wide scientific audience of psychiatrists, psychologists, cognitive behavioral therapists and research scholars from across the world. Pakistan Association of Cognitive Therapists has been organizing this event for the past 11 years and the struggle to bring the much useful science of CB Therapy to the forefronts of care in Pakistan.

I hope that you all may learn from the array of experts we gather from Pakistan, India, Bangladesh, Malaysia, Japan, Brazil, Canada and the United Kingdom. It is your enthusiasm, active participation and eagerness to learn that motivates the team PACT year on end, to organize such events for you. I look forward to having you all again, next year Insha'Allah on-site and up-close after defeating Covid.

Thank you all.







**11<sup>TH</sup>**

**INTERNATIONAL CBT CONFERENCE**

**MARCH 12 - 14, 2021**

# **SCIENTIFIC PROGRAM**



**PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS**



PAKISTAN  
ASSOCIATION  
OF COGNITIVE  
THERAPISTS

# 11<sup>TH</sup> PACT INTERNATIONAL CBT CONFERENCE

"COVID & THE RISE OF E-PSYCHOTHERAPY"

MARCH 12<sup>TH</sup> - 14<sup>TH</sup>, 2021

## PRE CONFERENCE WORKSHOPS

12th March, 2021

Time	Topic	Facilitator
9:00 AM - 11:00 AM	Somatic-CBT: Strategies to help clients stay in their bodies during e-therapy.	Mr. Richard Tyo
11:00 AM - 1:00 PM	Neuro CBT	Dr. Shahanur Hossain
3:00 PM - 5:00 PM	Online-psychotherapy in Anxiety spectrum disorder during the Covid - 19 pandemic.	Dr. Sushmita Halder
5:00 PM - 7:00 PM	Cultural Adaptation of CBT for Psychosis	Dr. Peter Phiri
7:00 PM - 9:00 PM	Managing stress for students	Dr. Muhammad Ayub
Break		

## CONFERENCE DAY

13th March, 2021

Inauguration Ceremony		8:00 AM - 10:00 AM
Time	Topic	Speaker
8:00 AM - 8:05 AM	Tilawat e Quran e Pak	
8:05 AM - 8:15 AM	Welcome Note	Dr. Madeeha Latif
8:15 AM - 8:35 AM	Welcome Address	Prof. Dr. Farooq Naeem
8:35 AM - 8:45 AM	Annual Report	Ms. Mirrat Gul Butt
8:45 AM - 8:55 AM	Address by Guest of honour	Prof. Dr. Imtiaz Dogar
8:55 AM - 9:05 AM	Address by Guest of honour	Prof. Dr. Muhammad Iqbal Afridi
9:05 AM - 9:15 AM	Address by Guest of honour	Prof. Dr. Muhammad Jahanzeb Khan
9:15 AM - 9:25 AM	Address by Guest of honour	Prof. Dr. Zainab F. Zadeh
9:25 AM - 9:35 AM	Address by Guest of honour	Dr. Irum bokhary
9:35 AM - 9:45 AM	Vote of Thanks	Prof. Dr. Muhammad Irfan

Break

**Plenary Session 1**

**11:00 AM - 12:00 PM**

**Chair :** Prof. Dr. Muhammad Iqbal Afridi & Prof. Dr. Imtiaz Dogar

**Co Chair :** Prof. Dr. Alvin Ng Lai Oon & Mirrat Gul Butt

**Moderator :** Dr. Kulsoom Haider

Time	Topic	Speaker
11:00 AM - 11:15 AM	Impact of Covid- 19 on Adult Mental Health	Prof. Dr. Imran Ijaz Haider
11:15 AM - 11:30 AM	CBT & School Mental Health during Covid - 19	Prof. Dr. Nazish Imran
11:30 AM - 11:45 AM	Online live Session During Covid - 19 : Community Mental Health	Prof. Dr. Uzma Ali
11:45 AM - 12:00 PM	Online CBT: Challenges and advantages in Indian perspective	Dr. Sushmita Halder

Break

**Scientific Session**

**1:00 PM - 3:00 PM**

**Chair :** Prof. Dr. Muhammad Irfan & Prof. Dr. Zainab F. Zadeh

**Co Chair :** Dr. Madeeha Latif

**Moderator :** Dr. Aatir H. Rajput

**Free Paper Session**

Topic	Presenter
Trends of Academic Motivation and Psychological Well-Being of University Students during Online Classes amid Covid-19	Rabia Muzaffar
Depression, Anxiety and Stress among General Public in the time of Covid - 19 Pandemic	Dr. Syeda Razia Bukhari
Efficacy of CBT Techniques in Management of Panic Attacks during Covid - 19 Pandemic- A Case Study	Shinjini Samajdar
Perception of Home Demands, Social Support and Marital Adjustment among Women during Covid - 19	Neyha Noeleen Edgar
Mediating role of Self-Regulation in Family Functioning and academic achievements of students during Covid - 19	Shiza Shahid
Positive CBT Intervention with a Caregiver of Mentally Ill patient amidst the Pandemic over a period of 5 Weeks: A Case Study	Rati Khurana
The Relationship between Risk Perception of Covid - 19 and Prosocial Behavior of Young Adults in Pakistan	Syeda Zainab Salam
Coping through Crisis: An Inter-Generational Comparison of Perceived Stress, Coping Styles and Strategies during the Covid - 19 Pandemic	Ramsha Sajid Kushtiwala
<b>Poster Presentation Session</b>	
Impact of Emotional Regulation and Self-Compassion on Life Satisfaction among Emerging Adults	Rabia Muzaffar
Effectiveness of Cognitive Behavioral Therapy: A Case Study of Panic Disorder	Tehmina Muzaffar
Efficacy of Cognitive Behavioural Therapy in Management of Panic Disorder : A Case Study	Sana Majeed



Covid & The Rise of E-Psychotherapy	Syeda Nayab Zahra Bokhari
Media-Induced Secondary Traumatic Stress and Self-Help based Cognitive Behavioural Therapy: A Study of Prevalence and Efficacy in University Students	Fareeha Kanwal
CBT & Anger Issues: A Case Study	Shahzil Humayun
Efficacy of Cognitive Behavior Therapy (CBT) and Motivational Interviewing (MI) for Substance Use Disorder	Anam Shahid
Efficacy of Cognitive Model and Solution Focused Brief Therapy for Unspecified Obsessive Compulsive and Related Disorder	Nadia Naeem
The Efficacy of CBT in Management of Emotional Regulation in Adult Male Case	Surbhi
Efficacy of Cognitive Behavior Therapy (CBT) for Illness Anxiety Disorder	Sumia Kalsoom
Rise of E-Psychotherapy	Syeda Nayab Zahra Bokhari
Break	

Plenary Session 2		4:00 PM - 6:00 PM
Chair : Prof. Dr. Muhammad Ayub & Prof. Dr. Saeed Farooq		
Co Chair : Ms. Saiqa Naz		
Moderator : Mr. Azam Naz		
Time	Topic	Speaker
4:00 PM - 4:20 PM	CBT for physical health conditions: theory and practice.	Prof. Dr. Saeed Farooq
4:20 PM - 4:40 PM	Developing a complex intervention specially in Pakistan	Prof. Dr. Nusrat Husain
4:40 PM - 5:00 PM	Working inclusively in CBT- an intersectional lens.	Ms. Saiqa Naz
5:00 PM - 5:20 PM	Impact of SARS-CoV-2 on BAME communities: 'the virus does not discriminate'	Dr. Peter Phiri
5:20 PM - 5:40 PM	Forging Ahead with CBT during the Covid - 19 pandemic: Challenges and Opportunities	Dr. Firdaus Mukhtar
Break		

Plenary Session 3		8:00 PM - 9:30 PM
Chair : Prof. Dr. Shanaya Rathod & Prof. Dr. Ghulam Rasool		
Co Chair : Dr Umair Hussain		
Moderator : Ms. Falahat Maqbool		
Time	Topic	Speaker
8:00 PM - 8:20 PM	Long term Bio-Psycho-social and spiritual effects of Covid - 19 A transformation	Prof. Dr. Nasar Saeed Khan
8:20 PM - 8:40 PM	Mindfulness and Cognitive Therapy: the interface	Dr. Isabel Weiss
8:40 PM - 9:00 PM	Maximising effectiveness of online CBT - practical experiences during the pandemic	Dr. Nimisha Kumar
9:00 PM - 9:20 PM	Cognitive Behavioral Preventive Approach in School-The Universal Unified Prevention Program for Diverse Disorders for School-aged children	Dr. Shin-ichi Ishikawa

Break

## Concluding Session

9:40 PM

Final remarks & future directions

Prof. Dr. Farooq Naeem

## POST CONFERENCE WORKSHOPS

14th March, 2021

Time		Topic	Facilitator
9:00 AM	- 11:00 AM	Mental Health Music Lessons: Adapting CBT to online delivery for a broad audience during the Covid - 19 pandemic	Dr. Chris Trimmer
2:00 PM	- 4:00 PM	Managing COVID related anxiety through CBT	Dr. Nimisha Kumar
4:00 PM	- 6:00 PM	Managing uncertainty in times of Covid - 19	Ms. Saiqa Naz & Ms. Layla Mofrad
6:00 PM	- 8:00 PM	Mindfulness-Based Relapse Prevention (MBRP): state of the art and adaptation to the Brazilian context	Dr. Isabel Weiss



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**INTERNATIONAL CBT CONFERENCE**

**MARCH 12 - 14, 2021**

# **SPEAKERS PROFILES**



**PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS**





# WORKSHOP TOPIC

## SOMATIC-CBT: STRATEGIES TO HELP CLIENTS STAY IN THEIR BODIES DURING E-THERAPY.

### **BIOGRAPHY:**

**Richard** is a Registered **Psychotherapist** with **15 years** in front-line community mental health and addiction work. In his private practice, he utilizes skills in **CBT**, **Mindfulness**, and **body-based** approaches to help clients safely become more embodied, heal their past wounds, and creatively engage with life. He has spoken internationally about **psychedelics**, **harm reduction**, **healing trauma**, and **Music-based CBT protocols**. Rich has received numerous grants to do collaborative songwriting with palliative care patients, youth with psychosis, and adults with various mental health concerns. He has been published in **peer-reviewed journals** and **poetry anthologies**.



**12TH MARCH 2021**  
9 AM TO 11 AM



**Mr. Richard Tyo**  
Psychotherapist





# WORKSHOP TOPIC

## NEURO CBT

### **BIOGRAPHY:**

**Mr Hossain** is a qualified **Clinical Psychologist** and has been working with Drug Addiction and Traumatic Brain Injury in Bangladesh for the last **15 years**. He is a **PhD fellow at Dhaka University** and also working as an **Asst. Professor and Clinical Lead of Brain Injury Clinic at Dept. of Clinical Psychology**. Moreover, he is working as an **overseas associate at HallidayQuinn Ltd. UK**. Hossain is a **master trainer of the Universal Treatment Curriculum for SUD**. For the last eight years, he has been working to develop **Clinical Neuropsychology** as a sub-speciality of Clinical Psychology in Bangladesh. His main choice of therapy is CBT and he is actively involved in the development and promotion of CBT in the Asian region. He had completed his **Master of Philosophy on Understanding Patterns of Cognitive Distortions** and he has a good number of publications in **CBT, SUD and Neuropsychology**. Mr Hossain is Organizing Secretary of Bangladesh Clinical Psychology Society and Board Member of **Asian CBT Association**. He was conference secretary and played a key role in organizing the **6th Asian CBT conference in Dhaka in 2018**.



**12TH MARCH 2021**  
11 AM TO 1 PM



**Dr. Shahanur Hossain**  
Clinical Psychologist,  
PhD fellow & Asst. Professor and Clinical  
Lead of Brain Injury Clinic at Dhaka  
University,  
Master of Philosophy on Understanding  
Patterns of Cognitive Distortions.





# WORKSHOP TOPIC

## ONLINE-PSYCHOTHERAPY IN ANXIETY SPECTRUM DISORDER DURING THE COVID-19 PANDEMIC.

### **BIOGRAPHY:**

**Dr Sushmita Halder** is currently working as **Associate Professor** in Clinical Psychology at **Amity University, Kolkata** and a licensed Clinical psychologist. An alumni of **Ranchi Institute of Neuro-Psychiatry and Allied Sciences Ranchi**, Dr Sushmita has been in clinical teaching and consultancy for the last **13 years** and has worked in different workplaces including tertiary care public and private multispeciality hospitals, Universities and Mental health clinics. She gainfully uses her experiences to have a broader insight into customizing the psychotherapy process particularly CBT with her clients. Her research interest lies in the area of **Neuropsychology, Cognitive remediation** and **CBT with children and adolescents**.



**12TH MARCH 2021**

**3 PM TO 5 PM**



**Dr. Sushmita Halder**

Associate Professor in Clinical Psychology,  
Amity University, Kolkata, India.  
EC member, IACBT.





# WORKSHOP TOPIC

## CULTURAL ADAPTATION OF CBT FOR PSYCHOSIS

### **BIOGRAPHY:**

**Dr Phiri** is a Visiting Academic with the University of Southampton, where he has been providing teaching to **CBT Diploma, IAPT, Low Intensity** and **nursing programmes, MSc Foundations in Psychology** and **Dclin psychology**. He is also a visiting lecturer with **Queen Mary London University** providing CBT and Cultural adaptations lectures. He continues to maintain his clinical skills as a **Cognitive Behavioural Psychotherapist** in his successful private practice in **Southampton, UK**.



**12TH MARCH 2021**  
5 PM TO 7 PM



**Dr. Peter Phiri**  
CBT Specialist,  
Researcher,  
PhD. from University of  
Southampton (UK)





# WORKSHOP TOPIC

## MANAGING STRESS FOR STUDENTS

### **BIOGRAPHY:**

**Dr. Muhammad Ayub** is professor of Psychiatry in **Queen's University, Kingston, Canada**. He is a clinician-scientist. His research interests cut across the biological and psychosocial aspects of psychiatry. He has published over **100 peer review papers** some in high impact journals like **Nature** and **Nature Genetics**.

He has mentored students and trainees during his clinical and academic career spanning over **30 years**.

He leads a team of researchers in Pakistan studying genetics of severe mental illness. His research is funded by **National Institute of Health (US)** and **Canadian Institute of Health Research (Canada)**.



**12TH MARCH 2021**  
**7 PM TO 9 PM**



**Dr. Muhammad Ayub**  
MBBS (PAK), MRCPsych (UK),  
MSc (UK), MD (UK),  
Professor at Queen's University,  
Canada





# WORKSHOP TOPIC

## MENTAL HEALTH MUSIC LESSONS: ADAPTING CBT TO ONLINE DELIVERY FOR A BROAD AUDIENCE DURING THE COVID-19 PANDEMIC

### BIOGRAPHY:

**Dr. Chris Trimmer** is the lead-developer and researcher behind **CBT-Music**, which presents CBT in the context of music listening and performance.

He has adapted **CBT-Music** for private practice ([www.musicistherapy.ca](http://www.musicistherapy.ca)), Canadian school curriculum and mental healthcare training. He has a **PhD in Neuroscience** from Queen's University.



**14TH MARCH 2021**  
9 AM TO 11 AM



**Mr. Dr. Chris Trimmer**  
Lead-Developer and  
Researcher behind CBT-Music





# WORKSHOP TOPIC

## MANAGING COVID RELATED ANXIETY THROUGH CBT

### **BIOGRAPHY:**

Dr Nimisha Kumar is a **Senior Consultant Psychologist & UK trained CBT Therapist** based in New Delhi. She is well-known as a CBT therapist and trainer in India. She has a **PhD in Psychology** from the **University of Delhi** and a **Master's Degree** in CBT from the **University of Derbyshire**, United Kingdom. Dr Kumar is the **Founder President** of the **Indian Association for CBT (IACBT)** and **Founder & Director** of **Ascend-PsyCare**, an MSME based in South Delhi. She has also been recently selected as the **President-Elect** for the **Asian CBT Association (ACBTA)**. She has worked at prestigious institutions like **AIIMS, MAMC, Sitaram Bhartia Institute** and **Jamia Millia Islamia University** in New Delhi. She is also currently an **Associate Professor** at the **Faculty of Behavioural Sciences, SGT University**. Dr Nimisha has over **15 years'** experience in practice, teaching, mentorship and research in the field of **Applied Psychology (Clinical specialization)** and **CBT**. She has written papers on **Indian adaptation of CBT** in **Scopus Indexed Journals**, presented at a number of conferences and seminars and has organized three international conferences on CBT in India in **2015, 2017** and **2018**.



**14TH MARCH 2021**  
**2 PM TO 4 PM**



**Dr Nimisha Kumar**  
**M.Phil, PhD (DU), MSc CBT (UK)**  
**Founder President, IACBT**





# WORKSHOP TOPIC

## MANAGING UNCERTAINTY IN TIMES OF COVID-19

### **BIOGRAPHY:**

**Saiqa Naz** is a **Cognitive Behavioural Therapist** and trainee **Clinical Psychologist**. She is chair of the **British Association for Behavioural and Cognitive Psychotherapies (BABCP)** Equality and Culture Special Interest Group.

She is also on the board of editors for the **Cognitive Behavioural Therapist** and **Behavioural and Cognitive Psychotherapies** journals.



### **Ms. Saiqa Naz**

Cognitive Behavioral Therapist @ Sheffield's,  
Chair-British Association for Behavioral and Cognitive Psychotherapies,  
Co-Author - "Improving Access to Psychological Therapies (IAPT)".

### **BIOGRAPHY:**

**Layla Mofrad** is a **Cognitive Behaviour Therapist** and **EMDR therapist** in the northeast of England. She has worked in primary care mental health services for the last **10 years** and is about to start a new post in tertiary care. Layla specialises in Intolerance of Uncertainty and last year published a paper on a group intervention 'Making Friends with Uncertainty'. She is a member of the **Uncertainty in Coronavirus Research Network** chaired by Professor Mark Freeston.



### **Layla Mofrad**

Cognitive Behaviour Therapist and EMDR therapist, England





# WORKSHOP TOPIC

## MINDFULNESS-BASED RELAPSE PREVENTION (MBRP): STATE OF THE ART AND ADAPTATION TO THE BRAZILIAN CONTEXT

### **BIOGRAPHY:**

**Isabel Weiss, PhD, Cognitive-Behavioral Psychologist, Master in Public Health.** She was a pioneer in **Brazil** when she brought the **Mindfulness-Based Relapse Prevention (MBRP)** program to the country. Her PhD research was about the feasibility, effectiveness and efficacy of MBRP Program for smoking cessation in the Brazilian context (**2012-2016 - Universidade Federal de São Paulo - Unifesp**). MBRP certified Teacher and Trainer by **Dr Sarah Bowen** - Addictive Behaviors Research Center (University of Washington - USA). Dr Weiss adapted the program to the transdiagnostic clinical population in recent years, with support from Dr Bowen and reports this experience in the recently released book: "**Mindfulness e Terapia Cognitivo-Comportamental**", Manole Publisher (Brazil- 2020).



**14TH MARCH 2021**  
6 PM TO 8 PM



**Dr. Isabel Weiss**  
PhD, Cognitive-Behavioral Psychologist,  
Masters in Public Health



# **11<sup>TH</sup> INTERNATIONAL CBT CONFERENCE**

**MARCH 12 - 14, 2021**

# **ABSTRACTS**







SCIENTIFIC SESSION		1:00 PM - 3:00 PM
Chair : Prof. Dr. Muhammad Irfan & Prof. Dr. Zainab F. Zadeh		
Co Chair : Dr. Madeeha Latif		
Moderator : Dr. Aatir H. Rajput		
FREE PAPER SESSION		
Topic	Presenter	
Trends of Academic Motivation and Psychological Well-Being of University Students during Online Classes amid Covid-19	Rabia Muzaffar	
Depression, Anxiety and Stress among General Public in the time of Covid - 19 Pandemic	Dr. Syeda Razia Bukhari	
Efficacy of CBT Techniques in Management of Panic Attacks during Covid - 19 Pandemic- A Case Study	Shinjini Samajdar	
Perception of Home Demands, Social Support and Marital Adjustment among Women during Covid - 19	Neyha Noeleen Edgar	
Mediating role of Self-Regulation in Family Functioning and academic achievements of students during Covid - 19	Shiza Shahid	
Positive CBT Intervention with a Caregiver of Mentally Ill patient amidst the Pandemic over a period of 5 Weeks: A Case Study	Rati Khurana	
The Relationship between Risk Perception of Covid - 19 and Prosocial Behavior of Young Adults in Pakistan	Syeda Zainab Salam	
Coping through Crisis: An Inter-Generational Comparison of Perceived Stress, Coping Styles and Strategies during the Covid - 19 Pandemic	Ramsha Sajid Kushtiwala	
POSTER PRESENTATION SESSION		
Impact of Emotional Regulation and Self-Compassion on Life Satisfaction among Emerging Adults	Rabia Muzaffar	
Effectiveness of Cognitive Behavioral Therapy: A Case Study of Panic Disorder	Tehmina Muzaffar	
Efficacy of Cognitive Behavioural Therapy in Management of Panic Disorder : A Case Study	Sana Majeed	
Covid & The Rise of E-Psychotherapy	Syeda Nayab Zahra Bokhari	
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The Efficacy of CBT in Management of Emotional Regulation in Adult Male Case	Surbhi	
Efficacy of Cognitive Behavior Therapy (CBT) for Illness Anxiety Disorder	Sumia Kalsoom	
Rise of E-Psychotherapy	Syeda Nayab Zahra Bokhari	





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### TRENDS OF ACADEMIC MOTIVATION AND PSYCHOLOGICAL WELL-BEING OF UNIVERSITY STUDENTS DURING ONLINE CLASSES AMID COVID-19

**Ghania Yamin, Rabia Muzaffar & Fareeha Kanwal**

Institute of Professional Psychology, Bahria University, Karachi Campus

The present study aimed to explore the impact of online education amid coronavirus (COVID-19) pandemic on academic motivation and psychological well-being of university students. The objectives of the study stated that there will be a significant impact of online education on academic motivation and psychological wellbeing of university students amid pandemic. It also stated that there will be positive relationship between academic motivation and psychological wellbeing of participants. Research design of the study is a quasi-prevalence survey design. It included purposive convenient sampling using online google forms to approach a sample of  $N=278$  participants comprising of (Males  $n=68$  & Females  $n=210$ ) with the age range of 18-25 years ( $M= 21.66$ ,  $SD= 1.91$ ) from different private and government universities of Karachi. Academic Motivation Scale (Vallerrand, et al., 1992) and Psychological Wellbeing Scale (Ryff, 1989) was used for measuring academic motivation and psychological wellbeing of participants. The present study aimed to explore the prevalence of academic motivation and psychological wellbeing among university students taking online classes amid pandemic. Moreover, it also found out about the combined effect of academic motivation and its subscales on psychological wellbeing. Findings of the study showed that amotivation and intrinsic motivation are significant predictors of psychological wellbeing among university students taking online classes amid pandemic. The implications of the study are for universities and educational institutes to design effective methodologies and strategies to enhance students' academic motivation to influence their psychological well-being during the stressful period of pandemic and transition to online education of university students. *Keywords: Coronavirus (COVID-19), Pandemic, Online education, Academic motivation, Psychological well-being and University students.*







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### DEPRESSION, ANXIETY AND STRESS AMONG GENERAL PUBLIC IN THE TIME OF COVID-19 PANDEMIC

Dr. Syeda Razia Bukhari

**Objective:** The COVID-19 pandemic has significantly influenced public mental well-being. In this manner, observing and oversight of the population's mental well-being during the crises such as a pandemic is a prompt need. The purpose of this present research is to examine the incidence of depression, anxiety and stress in general public during the COVID-19 pandemic. **Study Design:** A Cross-sectional, observational study. | **Place and Duration of Study:** Islamabad from May to July 2020. **Methods:** This descriptive and a cross-sectional study was conducted from May 2020 to July 2020 at Islamabad, Pakistan. Total 300 (M = 157 & F = 143) (Mean age  $30.96 \pm 11.456$  years) individuals were participated in the current study. All participants were approached at their home demographic form, Depression, Anxiety and Stress Scale (Urdu version) were used to investigate the variables of the study. Descriptive statistics, t test, one way ANOVA were used for data analysis on SPSS- (V-23.00). **Results:** The incidence of depression, anxiety and stress were markedly high among general public. Result indicated No depression 10.3%, Mild depression 7.3%, Moderate depression 14.3%, Severe depression 17.3% and Extremely severe depression 58.8%; No anxiety 8.7%, Mild anxiety 4.7%, Moderate anxiety 9.3%, Severe anxiety 13.0% and extremely severe anxiety 64.3% and No stress 19.0%, Mild stress 9.7%, Moderate stress 15.7% Severe stress 34.0% and Extremely severe stress 21.6%. Further result revealed significant gender, family structure and socioeconomic status difference in depression, anxiety and stress ( $p < 0.01$ ) **Conclusion:** It is concluded that COVID-19 not only causes medical health concerns but also causes a number of mental health disorders. The spread of the COVID-19 significantly influenced the mental health of individual from all communities. Hence, it is important to protect the psychological health of human beings and to build up health techniques and interventions that can enhance the mental health of susceptible groups at the time of COVID-19 pandemic. **Keywords:** COVID-19, Corona virus, incidence Depression, Anxiety, Stress & General Public





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### EFFICACY OF CBT TECHNIQUES IN MANAGEMENT OF PANIC ATTACKS DURING COVID 19 PANDEMIC- A CASE STUDY

**Ms. Shinjini Samajdar, Dr. Susmita Halder**

1. Clinical Psychologist, Kolkata, India | [shinjini.samajdar@gmail.com](mailto:shinjini.samajdar@gmail.com)
2. Associate Professor | Amity University, Kolkata | [shalder@kol.amity.edu](mailto:shalder@kol.amity.edu)

Evidences show that, the adverse impact of COVID-19 pandemic led to disturbed psycho-social functioning. Due to uncontrollable and unpredictable environment, manifestation of anxiety symptoms with and without panic attacks are prevalent. Intensity of individuals' distress can be varied but the undesirable situation exhibited panic attacks as well. The fear of negative situation and consequences leads to negative thoughts and physiological changes. The efficacy of CBT is multifactorial but the implications could be different in terms of nature of panic attacks. CBT is most evidenced based technique to intervene panic attacks with and without comorbid conditions. The rate of clinical output and recovery is depending upon the expertise and protocol of cognitive behavioral approaches. In the present study, the aim is to explore the efficacy of CBT techniques in management of panic attacks mainly manifested during COVID 19 pandemic. The indexed client is 38 years old, female, from urban background and presented with anxiety symptoms and panic attacks along with low mood, disturbed sleep, low confidence, manifested during pandemic. The techniques of CBT approaches were used to decrease the symptoms and family counselling was also conducted. Along with Relaxation techniques, negative thought identification and modification, Socratic questioning, behavioral experiments and alteration of coping strategies were focused in techniques of CBT. Evidenced based CBT techniques were efficacious for indexed client's intervention of maladaptive symptoms during COVID-19 pandemic. Keywords- panic attacks, CBT, COVID-19







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## MARCH 12 - 14, 2021

### PERCEPTION OF HOME DEMANDS, SOCIAL SUPPORT AND MARITAL ADJUSTMENT AMONG WOMEN DURING COVID-19

**Neyha Noeleen Edgar, Dr. Masha Asad Khan**

1. MS Clinical Psychology, Kinnaird College for Women, Lahore

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2. Associate Professor, Applied Psychology Department, Kinnaird College for Women, Lahore

This study examined perception of home demands, social support and marital adjustment among women during Covid-19. A sample of 252 women was taken. Participants were administered Demographic information sheet, Home Demands Questionnaire, Multidimensional Scale of Perceived Social Support and Enrich Marital Satisfaction Scale. The data was analyzed using Pearson Product Moment Correlation Coefficient, Multiple Linear Regression analysis and Independent sample t- test. Results revealed a significant negative relationship between perception of home demands and social support, also a significant negative relation between perception of home demand and marital adjustment and a significant positive relation between social support and marital adjustment among women. Regression analysis showed that both social support and marital adjustment to be a negative significant predictor of perception of home demands. Moreover, Independent sample t- test indicated a significant difference in social support among women. Findings showed that women are likely to face additional problems because of limited sources of social support due to Covid-19 which is an imperative aspect for marital adjustment. Thus, social support is imperative in manipulating and altering women lives and manage their work and home roles. Finding have implications for Marriage counselors, therapists and clinical practitioners. Keywords: Perception of home demands, social support, marital adjustment, women, Covid- 19





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## MARCH 12 - 14, 2021

### **MEDIATING ROLE OF SELF-REGULATION IN FAMILY FUNCTIONING, AND ACADEMIC ACHIEVEMENTS OF STUDENTS DURING COVID-19**

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The present study was carried out to study the relationship among family functioning, self-regulation and academic achievement of university students during COVID-19. It was hypothesized that there is likely to be a positive relationship between family functioning, self-regulation and academic achievement. Moreover, it was also hypothesized that self-regulation is likely to mediate the relationship between family functioning and academic achievement. The sample was comprised of 150 ( $N=150$ ) university students using purposive sampling technique from online Google forms because of quarantine and lockdown. The family assessment device (Ryan et al., 2005), Self-Regulation Questionnaire (Erickson, 2018) and Academic Achievement Scale (Paul, 2013) were used for assessment of study variables. There was non-significant relationship between family functioning and academic achievement. Whereas, there was a significant positive relationship between self-regulation and academic achievement, Moreover, mediation analysis revealed that self-regulation was positively mediate academic achievement in students during online classes. The present research has important implications in family functioning, self-regulation, and student academic performance of students.

*Keywords;* Self-Regulation, Family Functioning, Academic Performance.







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## MARCH 12 - 14, 2021

### **POSITIVE CBT INTERVENTION WITH A CAREGIVER OF MENTALLY ILL PATIENT AMIDST THE PANDEMIC OVER A PERIOD OF 5 WEEKS: A CASE STUDY**

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The pandemic has limited individuals to their homes and it has become difficult to see psychiatrists and psychotherapists. In the times of crisis, the role of a caregiver to offer continuous care comes in as they become responsible to care for their loved ones. This job can prove to be a tedious and challenging one as they are not trained or paid for it. This study is aimed at exploring the efficiency of Positive CBT Intervention on caregiver burden and also understand the driving force that motivates a caregiver to offer care despite the task being so challenging. Method: Five assessment tools namely ; Caregiver Strain Index, Beck's Depression Inventory, Beck's Anxiety Scale, Satisfaction with life scale and Positive Aspects of Caregiving were administered on the caregiver post which a Positive CBT Intervention was carried out over a period of 5 weeks (1 session per week). The intervention is focused at re-directing the caregiver's attention to acknowledgement of her strengths and building hope and resilience. Positive CBT is a combination of positive psychology and Solution –focused therapy with CBT. It has shown very promising results in numerous researches. Re-administration of the assessment was conducted to see the impact of the intervention. Results: There was a significant reduction in Caregiver Burden and the caregiver reported experiencing more positive aspects of caregiving post the intervention. Keywords: Caregiver, Pandemic, Positive CBT, Mentally ill.





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## MARCH 12 - 14, 2021

### THE RELATIONSHIP BETWEEN RISK PERCEPTION OF COVID-19 AND PROSOCIAL BEHAVIOR OF YOUNG ADULTS IN PAKISTAN

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The study explored the correlation between the variables of Risk Perception of COVID-19 and the Prosocial Behavior of Young adults in Pakistan, during the novel context of the COVID-19 Pandemic. It was hypothesized that Risk Perception of the COVID-19 Pandemic would have a relationship with the Prosocial Behavior (Anonymous, Public, Altruism, Emotional, Compliant, and Dire) of Young Adults. The study's sample was comprised of 434 participants (131 Males, 300 Females; M age=23.2), originating from different cities of Pakistan, and with varying levels of education and socio economic status, selected via the use of convenient sampling. All the participants were required to fill out an online survey form, duration approximately ten minutes. The survey form was comprised of a demographic information sheet, followed by a series of questions made to assess the Risk Perception of COVID-19, and the Prosocial Tendencies Measure (PTM; Carlo & Randall, 2002). Data was analyzed for Pearson correlations and mean differences using SPSS 22.0. The results supported the study's hypothesis, providing a significant positive, albeit weak, correlation between Prosocial Behavior and Risk Perception. Significant correlations were also found between Risk Perception of COVID-19 and the different types of Prosocial Behaviors. Additional analysis suggested a positive effect of Education level, Charity Association, and Gender (female) on Risk Perception, and a positive effect of Charity association and Employment status (work from home) on Prosocial Behavior. Overall the results posited a high level of Risk Perception of COVID-19 within the population, and a moderate to high level of Prosocial Behavior. The research had implications for health authorities, as well as for other researchers aiming to investigate similar variables in the Pandemic situation. All ethical considerations were accounted for in this research.







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## MARCH 12 - 14, 2021

### **COPING THROUGH CRISIS: AN INTER-GENERATIONAL COMPARISON OF PERCEIVED STRESS, COPING STYLES AND STRATEGIES DURING THE COVID-19 PANDEMIC**

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The study aimed to explore the relationship between levels of Perceived Stress and coping styles used during the COVID-19 Pandemic and lockdown. The study also explored the differences between the three generations; Gen X (40 to 54 years), Gen Y (25 to 39 years) and Gen Z (18 to 24 years), with respect to the Perceived Stress they experience, the coping styles and underlying strategies they use to manage their stress amidst the pandemic and lockdown. Data was collected through an online form by a virtual snowball sample of 351 participants (Gen X= 58, Gen Y= 105, Gen Z= 188) in Pakistan. It was hypothesized that there will be a significant relationship between Perceived Stress and Coping styles. It was also hypothesized that there will be a significant difference in the Perceived Stress levels of the three generations X, Y and Z, and the coping styles and underlying coping strategies used by each generation to cope with the COVID -19 Pandemic and Lock down. The study was based on a quantitative, comparative survey design. The variables were measured using the Perceived Stress Scale (PSS) and The Brief COPE. Correlational analysis and One Way ANOVA were carried out to test the hypotheses using SPSS version 22. The results indicated a significant weak positive correlation between perceived stress and avoidance coping ( $r=-0.358$   $p<0.01$ ), a significant weak positive correlation between perceived stress and approach coping ( $r= 0.1383$   $p<0.01$ ), and a significant weak positive correlation between perceived stress and humor coping ( $r= 0.152$   $p<0.01$ ). Findings also suggested that there was a significant difference in levels of perceived stress between Gen X, Y and Z ( $p=.001$ ). The three generations also differed significantly with regard to Approach coping ( $p=.000$ ), Avoidance coping ( $p=.000$ ), Humor coping ( $p=.019$ ) and Religion Coping ( $p=.000$ ). The implications of the study include the implementation of interventions, rehabilitation and training on stress management and healthy coping strategies for the young Generation Z, who reported significantly greater perceived stress. Further research needs to be conducted with a bigger sample, catering equally to the three generations, as well as research on the older Baby boomers, teens and children, which will give a holistic idea of the coping and stress with regard to the pandemic.

*Keywords: Inter-Generational Comparison, Perceived Stress, Coping Styles, COVID-19 Pandemic*





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## MARCH 12 - 14, 2021

### IMPACT OF EMOTIONAL REGULATION AND SELF-COMPASSION ON LIFE SATISFACTION AMONG EMERGING ADULTS

**Sana Liaquat & Rabia Muzaffar**

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The current research aims to determine the impact of emotional regulation and self-compassion on life satisfaction among emerging adults. It was hypothesized that there would be a significant relationship between emotional regulation and life satisfaction among emerging adults secondly there would be significant relationship between self-compassion and life satisfaction among emerging adults and thirdly there would be significant relationship between emotional regulation and self-compassion among emerging adults. For this survey-based research the sample of 248 emerging adults (Males  $n=105$  & Females  $n=143$ ) was approached through convenient sampling technique. The sample was comprised of both male and female with ages ranging between 18-25 years ( $M=20.78$ ). In a correlational survey research design, the participants were received demographic forms followed The Emotion Regulation Scale (Gross & John, 2003), Self-Compassion Scale (Neff, 2003) and Life Satisfaction Scale (Diener, Emmons, Larsen, & Griffin, 1985). Considering the age of adolescents and young girl which lies in emerging adults so it growing up age where individual experience emotional, physiological and psychological changes which leads to tremendous increase in self-esteem instability, social comparison, public self-consciousness and self-failure hence, this survey research will show relationship of emotional regulation and self-compassion with life satisfaction. Findings indicates that emotional regulation has negative correlation with life satisfaction and negative self-compassion but positive correlation with positive self-compassion similarly, subscale cognitive reappraisal and expressive suppression has negative week relationship with life satisfaction and positive relationship with positive self-compassion. However, life satisfaction has negative correlation with positive self-compassion while positive correlation with negative self-compassion. Future studies should be based on experimental research designs. *Key words: Emotional Regulation, Self-Compassion, life Satisfaction, Emerging Adults & survey based*







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## MARCH 12 - 14, 2021

### EFFECTIVENESS OF COGNITIVE BEHAVIORAL THERAPY: A CASE STUDY OF PANIC DISORDER

Tehmina Muzaffar

This case study, carried out online, aimed to explore the efficacy of cognitive behavioral approach on a female suffering from Panic Disorder with sub-threshold features of Illness Anxiety Disorder. This case study aimed to see how cognitive behavioral approach can be a useful way to alleviate symptoms associated with Panic Disorder and pre-occupation with health-related concerns. The client in this case study was a 24 year old female. Interview and assessment tools were used as aids for the process. Techniques from the Cognitive Behavioral Therapy were used for the client's catastrophic thoughts and thinking biases which aimed at altering her overestimation of threat in turn cutting down her panic attacks. Cognitive Behavior Therapy helped the client gain control over her anxious thinking process. The techniques helped improve the client's overall functioning, panic attacks were eliminated and preoccupation with health was reduced. On the basis of the result, it can be ascertained that Cognitive Behavior Therapy is an effective approach to treat Panic Disorder. *Keyword: CBT, case study, Panic Disorder*





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## MARCH 12 - 14, 2021

### EFFICACY OF COGNITIVE BEHAVIOURAL THERAPY IN MANAGEMENT OF PANIC DISORDER: A CASE STUDY

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A single case study research design was used in the study. The current study addresses the therapeutic management of Panic Disorder with Cognitive Behaviour therapy to assess the efficacy of a particular therapeutic model on Panic Disorder. The participant was 28 years young male, an outpatient of the Fountain house Hospital. The treatment comprised of 13 sessions with a duration ranges from 45-50 minutes per session. The participant came to OPD of Fountain House, Lahore with complaints of bouts of extreme anxiety during which he experiences accelerated heartbeat, abdominal discomfort, chest pain and fear of dying due to a heart attack. He further reported having a constant fear of having more attacks along with fear of death, uncertainty about the future and low confidence level. His level of adjustment and socio- emotional functionality was assessed through Rotter Incomplete sentence blank. Further, Panic rating scales and DSM criteria were used to confirm the diagnosis and severity of symptoms. After an informal and formal assessment, he was diagnosed as having Panic Disorder. The client's case was conceptualized on the CBT model of a Panic disorder by Clark (1986). Management Plan was included Socialisation, verbal challenging techniques, and Behavioural experiments e.g. body-focused task, identification of logical errors, questioning the evidence, hyperventilation experiment, educating about the nature and physiology of panic attacks, symptom contrast technique and assertive training. The assessment was carried out at the post- treatment level to check the efficacy of the treatment. The study implies the efficacy of CBT in the treatment of a Panic disorder. *Keywords: Panic disorder, Socialization, verbal reattribution, hyperventilation*







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### EFFICACY OF COGNITIVE BEHAVIOR THERAPY (CBT) FOR ILLNESS ANXIETY DISORDER

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An individual with illness anxiety disorder having symptoms of anxiety, restlessness, sleep problems, muscle tension, concentration difficulty, lack of interest in almost all the activities and difficulty in controlling anxiety. Mental Status Examination, House Tree Person (HTP) and Beck Anxiety Inventory (BAI) were implemented. Results showed feelings of insecurity, rigidity, impulsivity, aggressive tendencies, feelings of inadequacy and withdrawal tendencies. Client has unsatisfied needs and goals, inferiority feelings and emotionally reserved. Intervention based on cognitive behavior therapeutic model included survey method, cognitive restructuring, and behavioral experiment. Participant reported significant improvement in the symptoms during post assessment. Keywords: *Illness anxiety disorder; Cognitive model; survey method; reattribution strategies; dichotomous thinking; catastrophizing.*





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### **MEDIA-INDUCED SECONDARY TRAUMATIC STRESS AND SELF-HELP BASED COGNITIVE BEHAVIOURAL THERAPY: A STUDY OF PREVALENCE AND EFFICACY IN UNIVERSITY STUDENTS**

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The current research focuses on assessing prevalence of media exposure induced secondary traumatic stress among university students along with understanding moderating role of history of primary trauma, and cognitive distortions as risk factor in this regard. It also aims to assess the effectiveness of self-help based Cognitive Behavioural Therapy in reducing media exposure induced secondary traumatic stress. Keeping in view the focus of study, it has multifold aims which are in line with different phases. The first phase of study is exploratory in nature, having following aims: to assess the prevalence of media exposure induced secondary traumatic stress in university students, to assess whether a history of primary trauma will moderate the relationship between media usage and secondary traumatic stress in university students, to assess whether cognitive distortions will moderate the relationship between media usage and secondary traumatic stress in university students, and to assess whether the intensity and frequency of cognitive distortions correlate with media exposure induced secondary traumatic stress. The second phase of the study is about assessing the efficacy of self-help based Cognitive Behavioural Therapy in reducing symptoms of media-induced secondary traumatic stress. In this phase, the participants will be divided into three groups, two intervention groups and one waitlist control group. The intervention groups will be provided with two types of therapies: the book version of self-help based Cognitive Behavioural Therapy and the electronic version of self-help based Cognitive Behavioural Therapy. Thus this phase will have following aim: to assess the effectiveness of book and electronic versions of self-help based Cognitive Behavioural Therapy in reducing media exposure induced secondary traumatic stress in comparison to waitlist control group. Sample for the study will be conveniently selected university students, ages ranging from 19 to 30 years, belonging to public and







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private universities of Karachi. For phase one, sample size will be  $N=600$ , while for the second phase, sample size will be  $N=75$  ( $n=25$  book version based Cognitive Behavioral Therapy self-help group,  $n=25$  electronic version based Cognitive Behavioral Therapy self-help group,  $n=25$  waitlist control group). Assessments in phase one of the study will be conducted using the following questionnaires: Secondary Traumatic Stress Media-Induced Questionnaire (Comstock & Platania, 2017), Life Events Checklist for DSM-V (Weathers, Blake, Schnurr, Kaloupek, Marx & Keane, 2013), and Cognitive Distortions Questionnaire (De Oliveira et al., 2015). In phase two, same scales will be used except Life Events Checklist for DSM-V (Weathers, Blake, Schnurr, Kaloupek, Marx & Keane, 2013) for the pre and post analysis of effectiveness of the interventions.

The interventions for second phase will be the book and electronic versions of “Basid ki Kahani”, a self-help based Cognitive Behavioral Therapy manual, developed by Pakistan Association of Cognitive Therapists (Naeem, Irfan, Saeed & Ayub, 2016). Intervention groups will be provided with a pre-intervention briefing session to orient them about the process of using the self-help resource. They will then be required to practice the techniques of the resource material on their own for 9 weeks. Pre and post results of intervention groups will be compared with waitlist control group for comparison. At the end of the study, data analysis will be done using SPSS-22.

The implications of the study are far reaching. This study will help in evaluating the extent to which exposure to trauma through media may lead to development of secondary traumatic stress thus leading to policy change regarding media censorship. Awareness campaigns may be run for enhancing public understanding and psycho-education may be provided as prophylaxis against impact of traumatic events on people. Lastly, establishing self-help as a viable tool for reducing symptoms of secondary trauma may lead to bridge the gap between demand and supply of psychotherapy.





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## MARCH 12 - 14, 2021

### CBT & ANGER ISSUES: A CASE STUDY

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Mrs. Z.I. was 24 years old. She presented with complain that she was unable control her anger and feared that it would damage her relationships. She reported that while experiencing anger, she would say something rude to others and regret it later. Her assessment was done on both formal an informal levels. For informal assessment clinical interview, daily thought record (DTR) and visual analogue scale were used. Formal assessment was done by administrating clinical anger scale (CAS). The client's case was diagnosed as V65.40 (Z71.9) Counseling/Consultation for Anger Issues. Her case was conceptualized on ABC model of CBT. Her treatment consisted of 8 online sessions based on CBT. The management plan included collaborative empiricism & psychoeducation on CBT, psychoeducation on anger and socialization with ABC model. Various behavioral strategies were used to help her control impulsive burst-out episodes. These included time-out, relaxation through breathing and progressive muscle relaxation. Cognitive restructuring (identification of cognitive errors and triple column technique) was used to address her issue on cognitive level. Assertive skill training was provided to client to help her communicate assertively instead of using aggression. It included a discussion on styles of communication, assertive body language, listening to others, LADDER, arriving at workable solutions and avoiding manipulation (*broken record, content to process shift, defusing, assertive delay, assertive agreement and clouding*). After the client got an adequate understanding of assertive communication style; it was practiced during session through role-plays and the practice was also assigned as homework during real life scenarios. The post assessment of client depicted that the client was now able to manage her anger effectively.







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### EFFICACY OF COGNITIVE BEHAVIOR THERAPY (CBT) AND MOTIVATIONAL INTERVIEWING (MI) FOR SUBSTANCE USE DISORDER

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This research study includes a case study in an attempt to provide therapeutic intervention to a male with the age of 25 years old who was brought to Government Hospital with presenting complaints of aggression, familial conflicts, feelings of worthlessness, excessive use of opioids and cannabis. The informal and formal assessment was carried out which included Clinical Interview, Baseline Charts, Mental State Examination, Bender Gestalt Test (BGT), Standard Progressive Matrices (SPM), Rotter's Incomplete Sentence Blanks, and Drug Abuse Screening tool-20 items. After a thorough assessment client was diagnosed with Opioid Use Disorder and Cannabis Use Disorder with sustained remission. The devised management plan included Cognitive Behavior Therapy (CBT) and Motivational Interviewing (MI), which was completed in 15 sessions. The client was assessed again at the post-treatment level where he showed 75% improvement as revealed by a marked decrease in intensity of his symptoms (specifically craving). This study implies the efficacy of CBT and MI for the management of SUD patients in Pakistani culture.

**Keywords:** Opioid Use Disorder, Cannabis Use Disorder, Cognitive Behavior Therapy, Motivational Interviewing





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## MARCH 12 - 14, 2021

### EFFICACY OF COGNITIVE MODEL AND SOLUTION FOCUSED BRIEF THERAPY FOR UNSPECIFIED OBSESSIVE COMPULSIVE AND RELATED DISORDER - CASE REPORT

**Nadia Naeem**

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A twenty four year old male, unmarried, currently enrolled in an M.A program visited for psychiatric consultation. The psychiatric evaluation referred to a psycho-diagnostic assessment and treatment. The client presented a number of symptomologies that dates back to adolescence stating

ہمیشہ سے احساس کمتری کا شکار رہا ہوں۔ میرے میں ماضی کو لے کر بہت کمیاں ہیں میں نے بہت موقعے ہاتھ سے گوائے  
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During the intake interview, the client was explained all the ethical protocols; building rapport and therapeutic alliance. At the time of presentation, the client communicated that he always felt the need of others approval; this led to development of anxiety related to social situations, suspiciousness, delusional beliefs and neurotic thinking patterns. The client follows strict religious practices. When he started studying at a co-university, he developed the guilt of looking at women which according to him is prohibited in Islam. When further probed, the client stated that he has developed the habit of masturbation and is not under his control. This leads to an uncontrollable excessive worry. The client presented with a number of symptomologies where one led to another. Drug and forensic history were reported to be absent. No medical history was reported and that no psychiatric or psychotherapeutic treatment was previously approached. Family history reported that the client lives in a nuclear family system along with parents and a younger sister. Parents have good relations with each other as well as with their children. During the interview with the client's father; it was found that he suffers from social anxiety and this goes back to early childhood. He was never diagnosed with a psychiatric morbidity; however these symptomologies caused significant impairment in his life at one time. No diagnosed family history of psychiatric illness was reported. The client reported to have congenial relations with







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parents and sibling. When enquired regarding premorbid personality, the client stated himself as an intelligent student, yet is unable to develop self-confidence and has always difficulty developing and maintaining relationships. Psychological evaluation of mini mental state examination scored 27 indicating absence of cognitive impairment. The interpretation of House Tree Person (HTP) stated that the assessment of drawing showed dissatisfaction with oneself, high aggressive sexual desires, fantasy and day dreaming, striving for achievement as well as insecurity and hesitancy. Chronic maladaptive behavioral patterns, conflicts and an indication of thought disorder were found. Interpretation of drawing of a person showed evasiveness in relations, anxiety due to conflicts, low levels of self-esteem, impotency, feelings of guilt and difficulty in controlling impulses; dramatized complaints for interpersonal relations. Interpretation of drawing of a house stated regression, character disorder, and difficulty with sexuality. Interpretation of drawing of a tree showed feelings of inadequacy and impotency; lack of ego integration, regression, and feelings of insecurity. A tentative diagnosis of 300.3 (F42) unspecified obsessive-compulsive and related disorder with a fair prognosis. A fair prognosis can be indicated as client has insight and is committed to complying with the therapeutic treatment process. The case was conceptualized on the cognitive model proposed by Salkovskis in 1985, and therapeutic interventions were designed accordingly; in combination with an eclectic approach applying the solution-focused model that targets clients' default solution patterns, evaluates them for efficacy, and modifies or replaces them with problem-solving approaches that work. Twelve therapeutic session were conducted, and a significant improvement overall functioning was reported.

