

IMPACT'23



PAKISTAN
ASSOCIATION
OF COGNITIVE
THERAPISTS

13th

**INTERNATIONAL
CBT CONFERENCE
May 27 & 28, 2023**

**THEME
THERAPY IN
DIGITAL AGE**



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MESSAGE BY PRESIDENT

Dear All,

It is with great pleasure and anticipation that I extend my warmest greetings to you as the President of the Pakistan Association of Cognitive Therapy. This year's conference i.e 13th International CBT Conference holds particular significance as we delve into the theme of "Therapy in the Digital Age." The rapid advancements in technology have undeniably transformed every aspect of our lives, and the field of therapy is no exception. We find ourselves at a critical juncture, where traditional therapeutic approaches merge with the vast opportunities offered by the digital landscape.

This digital age brings forth innovative platforms and tools that enable therapists to reach individuals in unprecedented ways. Teletherapy, online interventions, mobile applications, and virtual reality are just a few examples of the exciting frontiers. These digital interventions have proven to be effective in delivering therapy to diverse populations, improving access to care, and tailoring treatment plans to individual needs. However, with the vast potential comes a responsibility to navigate the challenges and ethical considerations that accompany this new era. It is our duty to address issues such as privacy and data security, maintain therapeutic rapport in the digital realm, and ensure appropriate training and supervision for therapists embracing technology in their practice.

The conference aims to bring together renowned experts, researchers, practitioners, and enthusiasts from across the globe to engage in thought-provoking discussions, share cutting-edge research findings, and explore best practices in therapy within the digital age. As we gather for the 13th International CBT Conference, let us embrace the opportunities that the digital age presents while staying rooted in our commitment to providing compassionate, evidence-based care. Together, we can harness the power of technology to shape the future of therapy and transform the lives of those we serve.

Thank you, and I look forward to welcoming you to this extraordinary event.

Warm regards,

PROF. DR. MUHAMMAD AYUB

President, Pakistan Association of Cognitive Therapy

PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS

IMPACT'23

FOREWORD

Dear Readers,

Welcome to the latest edition of IMPACT, the annual magazine of the Pakistan Association of Cognitive Therapy. It is my pleasure to serve as the editor of this esteemed publication and bring you a collection of insightful articles, research findings, and inspiring stories from the world of cognitive therapy.

In this edition, we focus on the transformative theme of "Therapy in the Digital Age," coinciding with the 13th International Cognitive Behavioral Therapy Conference. As technology continues to shape our lives, it is crucial to explore how it influences the field of therapy and the profound impact it has on individuals' well-being. Within these pages, you will find thought-provoking articles penned by budding experts in the field who delve into the benefits and challenges of therapy in the digital realm. We also present the conference highlights of 13th International CBT Conference.

As the editor, my utmost gratitude goes to the talented writers, researchers, and contributors who have poured their expertise and passion into the articles within this magazine. Their dedication to advancing the field of cognitive therapy in the digital age is truly commendable. I extend my sincere appreciation to the organizing committee and volunteers whose unwavering support and commitment have made this conference and publication possible. Their collective efforts ensure that we continue to push the boundaries of therapy, embracing the opportunities and addressing the challenges of the digital age. Finally, I would like to express my gratitude to you, our valued readers. It is your curiosity and eagerness to learn that make our work meaningful. I hope this edition of IMPACT sparks inspiration, encourages dialogue, and broadens your understanding of therapy's evolving landscape.

Thank you for your continued support, and I invite you to immerse yourself in the pages of IMPACT as we explore the profound impact of therapy in the digital age.

DR. AATIR H. RAJPUT

Editor, IMPACT' 2023

Manager – Research & Development

Pakistan Association of Cognitive Therapists

IMPACT'23

MAY 27TH, 2023

INAUGURAL SESSION

MODERATOR : MS. FALAHAT MAQBOOL

09:30 am– 09:35 am		RECITATION FROM THE HOLY QURAN
09:36 – 09:45 AM	Welcome Note: Prof. Dr. M. Ayub President - Pakistan Associate of Cognitive Therapies (PACT)	
09:46 – 09:55 AM	Address: Prof. Dr. Rizwan Taj Dean, Pakistan Institute of Medical Sciences (PIMS) Islamabad Head Department of Psychiatry (PIMS)	
09:56 – 10:05 AM	Annual Report by: Dr. Madeeha Latif General Secretary - Pakistan Associate of Cognitive Therapies (PACT)	
10:06 – 10:25 AM	Keynote Address: Prof. Dr. Farooq Naeem Founder President - Pakistan Associate of Cognitive Therapies (PACT)	
10:26 – 10:45 AM	Keynote Address: Prof. Alvin Ng Lai Oon Associate Dean (International) for School of Medical and Life Sciences at Sunway University, Professor, Department of Psychology, SMLS, Sunway University Malaysia	
10:46 – 10:49 AM	Video Address: Prof. Dr. Muhammad Tahir Khalily Dean Faculty of Social Sciences and Humanity Shifa Tameer-e-Millat University, Islamabad	
10:49 – 11:10 AM	Oath Ceremony	
11:10 – 11:20 AM	Vote of Thanks: Dr. Mirrat Gul Vice President- Pakistan Associate of Cognitive Therapies (PACT)	

PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS

IMPACT'23

SYMPOSIUM – 1

11:30- 1:15 PM

THEME: CBT UPDATES

Session Chair: Dr. Madeeha Latif

Session Chair: Dr. Samina Rashid

Session Chair: Mr. Inayat Shah

Moderator: Ms. Kainat Zia

TIME	TITLE OF PRESENTATION	AUTHORS
11:30 am- 11:36 am	CBT in Digital Age for Disasters: A Systematic Review	Javeria Asim & Uzma Ilyas University of Central Punjab, Lahore
11:38 am- 11:44 am	Effectiveness of single-session integrated mindfulness-based group cognitive therapy in managing occupational stress and employee well-being	Iqra Ramzan, Ayesha Zafar, Madiha Azam & Dr. Salima Ahsan Tejani Iqra University North campus, Karachi.
11:46 am- 11:52 am	Cultural Adaptation of Group CBT Psychosis Manual and Establishing its Efficacy	Nazish Habib, Dr. Saima Dawood (University of Punjab) Prof. Dr. Muhammad Ayub Awan (University College, London) Dr. Farooq Naeem (University of Toronto, Canada) Sana Jaffar (University of the Punjab)
11:54 am- 12:00 pm	Cognitive Behavior Therapy (CBT) for Hoarding Disorder	Dr. Aasma Yousaf (Centre for Clinical Psychology, University of the Punjab, Lahore) Prof. Dr. Rukhsana Kausar (Government College for Women University, Sialkot (GCWUS)) Dr. Iram Fatima, (Institute of Applied Psychology, University of the Punjab, Lahore)
12:02 pm- 12:08 pm	Ethical Dilemmas Encountered by Clinical Psychologists Providing Cognitive	Muqadas Fatima & Uzma Ilyas, University of Central Punjab Lahore Pakistan

PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS

IMPACT'23

	Behavioural Therapy in Their Practice: A Systematic Review	
12:10 pm- 12:16 pm	Pre and post differences on premenstrual syndrome and disordered eating among female	Wardah Ishfaq & Prof. Dr. Mamoon Ismail Loona International Islamic University, Islamabad.
12:18 pm- 12:24 pm	Impact of Cognitive Behavior Therapy's Distraction Techniques on Adolescents' Hope and Resilience	Haseena Raza, Ms. Kainat Zia & Mr. Inayat Shah Department of Psychology, University of Malakand
12:26 pm- 12:32 pm	Treatment of Internet Gaming Disorder as a Behavioral Addiction using Brief Cognitive Behavior Therapy	Sundas Razi & Faiza Safdar University of Punjab, Lahore,
12:34 pm- 12:40 pm	Effectiveness of CBT and Aerobic Exercise on Perceived Stress of female adolescents: a comparative study	Hira Abbas Bahria University Karachi Campus
12:42 pm- 12:48 pm	A systematic review of CBT efficacy in RCT with eating disorders	Iqra qadeer & Uzma Ilyas Department of Psychology; University of Central Punjab Lahore Pakistan
12:50 pm- 12:56 pm	Exploring Ethical Dilemmas in Online Therapy: A Systematic Review of the Literature	Muqadas Fatima & Uzma Ilyas, University of Central Punjab Lahore Pakistan
CONCLUDING REMARKS FROM THE CHAIRS		

IMPACT'23

SYMPOSIUM – 2

1:30- 2:50 PM

THEME: CULTURAL & SOCIAL RESEARCH

Session Chair: Ms Asma Khan

Session Chair: Dr. Zainab Zadeh

Session Chair: Dr. Ahmed Bilal

Moderator: Ms. Sadia Abid

TIME	TITLE OF PRESENTATION	AUTHORS
01:32 pm- 01:38 pm	Appropriateness of Meaning-centered Therapy (MCT) for Student Machiavellians in the Digital Era	Syeda Zahra Ali and Dr. Kehkashan Arouj International Islamic University, Islamabad (IIUI)
01:40 pm- 01:46 pm	A Randomized control trial for females suffering mental problems after abortion	Amara Arif International Islamic University
01:48 pm- 01:54 pm	Cultural Adaptation and Translation of CAARMS into the Urdu Language and Developing Its Psychometric Properties	Sana Jaffar, Rabia Dasti (University of the Punjab) Nazish Habib (Punjab Institute of Mental Health)
01:56 pm- 02:02 pm	Predictors of seeking psychological help among patients with a common mental disorder	Amna Liaquat - Clinical Psychologist (Benazir Bhutto Hospital RWP) Dr. Mamoon Ismail Loona – International Islamic University, Islamabad (IIUI)
02:04 pm- 02:10 pm	Impact of emotional regulation on Burnout, compassion fatigue and vicarious traumatic experience among social workers	Hooria Azam Momina Rehman Misbah Rehman Riphah International University
02:12 pm- 02:18 pm	Exploratory Study of Risk and Protective Factors of Prolonged Grief Disorder	Anam Nawaz Malik, Dr. Alia Asmat University Of Central Punjab
02:20 pm- 02:26 pm	Parents' Spirituality, Parenting Practices and DBD among Children	Sameena Iqbal, and Dr. Mamoon Ismail Loona (IIUI)
02:28 pm- 02:34 pm	A Positive Implication of Community Reinforcement Approach (CRA) on Mental Health Issues of Cannabis Users	Safia Ashfaq, and Dr. Kehkashan Arouj (IIUI)
CONCLUDING REMARKS FROM THE CHAIRS		

IMPACT'23

SYMPOSIUM – 3

3:00 – 5:30 PM

THEME: CASE STUDIES

Session Chair: Dr. Rizwana Amin

Session Chair: Dr. Anila Sadaf

Session Chair: Dr. Mirrat Gul

Moderator: Ms. Hira Khawar

TIME	TITLE OF PRESENTATION	AUTHORS
03:02 pm- 03:08 pm	Impact of Spy Fiction on Cognition	Mishal Zulfiqar, Maheen Asif, Laraib Javaid University of Management and Technology
03:10 pm- 03:16 pm	Case Report: CBT Treatment Planning of Cannabis-Related & Childhood Conduct Disorder	Maryam Muhammad Akram Fatima Jinnah Women University, Rawalpindi.
03:18 pm- 03:24 pm	Effects of emotion regulation activities on Phubbing and family relationships among Adolescents	Sana Saleem Misbah Rehman Riphah International university, Islamabad
03:26 pm- 03:32 pm	Case Study Analysis of Behavior Therapy for Social Anxiety Disorder	Muhammad Ayub, Sikandar Khan, Kainat Zia Department of Psychology, University of Malakand
03:34 pm- 03:40 pm	Treatment Plan for a 35-year-old male having diagnosis of Transvestic Disorder with fetishism and autogynephilia	Farwa Khalid Khan and Dr. Anila Sadaf NUML Rawalpindi
03:42 pm- 03:48 pm	Management of Erectile Disorder through Cognitive Behavior Therapy: A Single Case Study	Hidna Iqbal & Ms. Amna Shahid Centre for Clinical Psychology, University of the Punjab, Lahore
03:50 pm- 03:56 pm	Breakup and Heartbreak as Prospective Risk Factors of Depression: A Case Study of an Adolescent	Umer Sultan, Mishal Naveed UMT dept. of Clinical Psychology
03:58 pm- 04:04 pm	Inability to Handle Recurrent Thoughts: Applications of CBT	Manahil Asif & Sana Fatima Department of Clinical Psychology, School of Professional Psychology, UMT
04:06 pm- 04:12 pm	The Fear of Failing in Exams: The Effectiveness of CBT	Wajiha Abid & Sana Fatima

PAKISTAN ASSOCIATION OF COGNITIVE THERAPISTS

IMPACT'23

		Dept. of Clinical Psychology, School of Professional Psychology – UMT
04:14 pm- 04:20 pm	Case of a Depression and CBT-Based Treatment Approach	Aleeza Sohail, and Maryam Muhammad Akram Fatima Jinnah Women University, Rawalpindi.
04:22 pm- 04:28 pm	The history will not repeat itself Again: Efficacy of CBT and family therapy with depressive symptom in a young adult.	Mahnoor Abdullah Zakaria & Dr. Tahira Yousaf Institute of Professional Psychology, Bahria University Karachi Campus
04:30 pm- 04:36 pm	Management of Bipolar Disorder with Rationale Emotive Behavior Therapy: A Case Study	Sameera Shafiq (Ph.D. Scholar), and Noreena Kausar (Ph.D.), University of Gujrat, Gujrat, Pakistan.
04:38 pm- 04:44 pm	Examining the Efficacy of CBT for the Treatment of Obsessive-Compulsive Disorder: A Case Study	Urooj Haseeb, Sikandar Khan, Kainat Zia Dept. of Psychology, University of Malakand
04:46 pm- 04:52 pm	CBT Treatment Planning for Methamphetamine Use Disorder	Maryam Muhammad Akram Fatima Jinnah Women University, Rawalpindi.
04:54 pm- 05:00 pm	Integrating Acceptance and Commitment Therapy (ACT) and Cognitive behavior therapy for Treatment of Bipolar II Disorder: A case study	Seemab Shakil and Dr. Anila Sadaf - NUML, Rawalpindi
05:02 pm- 05:08 pm	Integrating Cognitive Behavior Therapy (CBT) and Dialectic Behavior Therapy (DBT) in the Treatment of 20-Year-Old Female with Borderline Personality Disorder (BPD): A Case Study	Beenish Shahzad and Dr. Anila Sadaf - NUML, Rawalpindi
05:10 pm- 05:16 pm	Integrating Cognitive Behavior Therapy for Treatment of Major Depressive Disorder: A case study	Shanza Kaynat and Dr. Anila Sadaf - NUML, Rawalpindi
05:18 pm- 05:24 pm	Gratitude Intervention Among University Students	Rukhshunda Anjum and Dr. Anila Sadaf- NUML, Rawalpindi
CONCLUDING REMARKS FROM THE CHAIRS		
CLOSING CEREMONY		

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A RANDOMIZED CONTROLLED TRIAL FOR FEMALES SUFFERING MENTAL HEALTH PROBLEMS AFTER ABORTION

AUTHOR: EMARA ERIF

The present study is a Randomized Control Trail performed on the women who undergone an abortion and may be experiencing mental health issues like Depression, Anxiety and Stress after that. The main objectives of the study were; to examine the effectiveness of Cognitive Behavioral Therapy in reducing Depression, Anxiety and Stress among women with abortion, to compare the post-test measurement of Depression, Anxiety and Stress between control group with general counselling and experimental group with CBT. The psychometric tool used for the present study included DASS-21 (Depression Anxiety & Stress Scale- 21) to measure Depression, Anxiety and Stress. Sample size for the present study is 30 married females who had undergone abortion in past one year. These females were then randomly distributed in 2 groups of 15 each. One group was labelled as controlled group and the other one was labelled as experimental group. A pre-test scores on the scale was recorded for both groups. Then the participant in controlled group were provided with some general counselling in one single session whereas experimental group were provided with detailed 12 week sessions plan based on Cognitive Behavioral Therapy. Finally after 12 session, post-test measures were recorded. For analysis of the results, descriptive statistics, reliability analysis, paired sample t-test & independent sample t- test were computed through SPSS. Results revealed that Cognitive Behavioral Therapy was helpful for decreasing depression, anxiety and stress among the females with abortion. **Keywords:** Abortion, Mental Health, CBT, Depression, Anxiety, Stress

IMPACT OF SPY FICTION ON COGNITION

AUTHOR: MISHAL BHATTI

Reading spy fiction has imprinted its traces on the thinking patterns of the readers that encourage them to consider it as a real event in their life. This case study is about a 37 years old woman, with complaints of suspiciousness of being monitored through a device and hearing the voices of the people. The brief therapeutic plan was based on Cognitive Behavioral Therapy which focused on developing insight, identifying cognitive errors, and enhancing her socialization skills. This case report holds its implications to drift the attention of the readers and clinicians toward the issue of reading content that may potentially have an impact on its reader's mental health. **Keywords:** Spy Fiction, Thinking Patterns, Readers, Mental Health.

MANAGEMENT OF BIPOLAR DISORDER WITH RATIONALE EMOTIVE BEHAVIOUR THERAPY: A CASE STUDY

AUTHORS: SAMEERA SHAFIQ & NOREENA KAUSAR

University of Gujrat, Gujrat, Pakistan.

Mr. K. was a 27 years old, youngest among four siblings and lived in Islamabad with his married first born brother. He attained his Masters in Business and was average student. He was referred to the hospital with the problem of showing personality duality in levels of energy exhibited. A few months, he remained active and full of energy to work more than his capacities and then showed decline in interest for people and low activity level. He was diagnosed by a

psychiatrist as suffered with Bipolar Disorder, was hospitalized and prescribed medications during the stay and on discharge. He was approached in his home setting by key informant technique and verbal informed consent was taken. His presenting complaints were conceptualized in the theoretical framework of Rationale Emotive Behavior Therapy (REBT) and it was applied to manage and treat the current manic episode of the client. A total number of 10 sessions, each 45 minutes long, was conducted with him. Different cognitive, emotional, and behavioural techniques were applied such as Disputing, Rational Coping Statements, Reinforcements, Referencing, Role Playing, Cognitive Homework, Rational Emotive Imagery, Unconditional Self- and Other-acceptance, and Relapse Prevention. REBT was integrated with mindfulness and family therapy. His eldest brother was involved in three consecutive therapy sessions. According to the client's report, there was significant reduction in manic symptomology by the termination of the therapy. **Key Words:** Bipolar Disorder, Depression, Mania, Rationale Emotive Behaviour Therapy.

BREAKUP AND HEARTBREAK AS PROSPECTIVE RISK FACTORS OF DEPRESSION: A CASE STUDY OF AN ADOLESCENT

AUTHOR: UMER SULTAN

Failure in a romantic relationship is often associated with breakup distress coupled with the feelings of rejection and betrayal that may take form of complicated grief especially at a young age. Going through a breakup is not easy for some people and is considered to be one of the stress sources that often links to depressive symptoms. Hence, it is crucial to implement an

intervention strategy, aiming to alleviate breakup distress mainly working through the cognitive aspects, such as Cognitive Behavior Therapy. However, efficacy of implementing CBT in dealing with such cases in the Pakistani context, especially with religious restrictions of romantic relationship before marriage, is limited. This study presents a case of 18 years old male referred from the OPD with the presenting complaints of low mood, diminished interests in daily activities, loss of appetite, hypersomnia, inability to make decisions and excessive crying. The client was assessed through Clinical Interview, Behavioral Observation, Subjective Ratings, Daily Thought Record, Mental State Examination and Siddique Shah Depression Scale. Results of the assessment revealed that client have negative thoughts leading to depressive symptoms which lowered his academic and social functioning. Keeping in mind the Biopsychosocial Model, the case was conceptualized using 5P's model and Beckian Cognitive Model. According to the formulation, childhood abuse and anxious temperament served as the pre-disposing factors. Client's breakup, adjustment problems and academic stressors were the precipitating factors. Low energy resulted in withdrawn behavior and diminished social activities reinforced the negative thoughts in client which perpetuated the problem. For the management purpose, an integrative management plan was devised using Cognitive Behavior Therapy. The management techniques of Psychoeducation, Progressive Muscle Relaxation, Activity Scheduling, Verbal Reattribution, Assertiveness Training, Problem Solving and Self-esteem Building were employed. The progress was evaluated to be 35% where client was able to overcome low mood and lack of interest in daily activities.

A POSITIVE IMPLICATION OF COMMUNITY REINFORCEMENT APPROACH (CRA) ON MENTAL HEALTH ISSUES OF CANNABIS USERS

AUTHORS: SAFIA ASHFAQ & DR. KEHKASHAN AROUJ

Psychology Department International Islamic University

CRA has been found to be effective in the treatment of alcohol addiction in west. In Pakistan present study is a great landmark for setting CRA as a significant intervention in terms of client's perceptions, feelings and actions (Berk et al., 2017, 2018). The basic objective of this research is to promote the usefulness of CRA as a suitable intervention for substance related addictions. Current study hypothesized that CRA reduces level of mental health issues like depression, anxiety and stress among cannabis users. A previously translated Urdu version (Khalily & Zafar, 2014) was used in the present study. Cannabis users view cannabis as an escape to avoid their emotional sufferings. Following the Bio-Psycho-Social model CRA was implemented on a sample of 15 cannabis users taken through the purposive sampling technique. Duration of each individual session was almost sixty to seventy minutes. This was conducted from March to May 2022. Per week two therapeutic sessions were conducted. Afterwards two follow up sessions were held after a month gap for every client respectively. A pre post survey research design was followed. The study uncovered that there were significant differences from pretest to posttest measures of Depression, Anxiety and Stress levels after the intervention. This study has very strong implications for clinicians to continue CRA as an effective remedy for almost all substance users along with cannabis users. **Keywords:** CRA, Anxiety, Depression, Mental health issues.

THE FEAR OF FAILING IN EXAMS: THE EFFECTIVENESS OF CBT

AUTHORS: WAJIHA ABID & SANA FATIMA

Dept. of Clinical Psychology, School of Professional Psychology - University of
Management and Technology

The 'fear of evaluation' central to test anxiety is the cognitive component, that is, the mental activity that revolves around the testing situation and its potential implications for the individual. The cognitive activity that accompanies test anxiety is probably best conceptualized as 'worry', or "an unwanted, uncontrollable, aversive cognitive activity associated with negative thoughts. The thoughts of an anxious child who expects to perform poorly on a test may be characterized by unfavorable comparisons with others, doubts about their ability, and negative beliefs about the consequences of poor test performance. The current case study presents a school-going girl aged twelve with the presenting complaints of test anxiety prior to and during the exam. The assessment was done through observation, clinical interviews, baseline charts, and indigenously developed tools and other Cognitive Tests to assess emotional behavioral problems of the client. Through assessment, it was revealed that the client was facing the issue of having negative thoughts regarding her performance in exams and poor results. After developing insight, the problems of the client were managed by using different techniques of Cognitive Behavioral Therapy: the ABC model, the Downward Arrow Technique, Alternative thoughts, Mental Imagery and Cognitive Restructuring and these techniques ultimately lead to reducing the test anxiety of the client, as she got aware of her thoughts and underlying beliefs and willingly tried to alter and improve them. **Keywords.** Negative thoughts, Performance

pressure, Test anxiety, School Children, Assessment, Management, Cognitive Behavior Therapy.

EXPLORATORY STUDY OF RISK AND PROTECTIVE FACTORS OF PROLONGED GRIEF DISORDER

AUTHOR: ANAM NAWAZ MALIK

Prolonged grief disorder is characterized by this intense and persistent grief that causes problems and interferes with daily life. An estimated 7%-10% of bereaved adults will experience the persistent symptoms of prolonged grief disorder and major depressive disorder (Szuhany et al., 2021). Among children and adolescents who have lost a loved one, approximately 5%-10% will experience prolonged grief disorder following bereavement (Melhem et al., 2013). The aim of this study is to explore the risk and protective factors of prolonged grief by conducting in-depth interview of 3 clinical psychologists and 3 psychiatrists by convenient sampling technique from different mental health institute of Lahore. The interviews will be analyzed through thematic analysis and Nvivo 12 will be used for graphical representation and emerging factors.

CASE REPORT: CBT TREATMENT PLANNING OF CANNABIS-RELATED & CHILDHOOD CONDUCT DISORDER

AUTHOR: MARYAM MUHAMMAD AKRAM

Fatima Jinnah Women University

This case report will discuss the psychological assessment and case formulation of Mr. A. A. The report begins with the contextual and referral information of the client, followed by assessment and diagnosis. Objectives are prevention and management of recurrent use, establishing and maintaining a productive role in society and managing relapse. Method: In this case study along with pharmacotherapy & detoxification; psycho-education, motivational interviewing, Cognitive Behavioral Therapy (CBT), family therapy, group therapy, skills training, relapse prevention training. Results: The client prognosis was encouraging. He was putting effort to cut down his drug need. He was also working on controlling through meditation. He was motivated for the treatment. Conclusion: Drug treatment is intended to help addicted individuals stop compulsive drug seeking and use. One-time treatment is usually not sufficient. For many, treatment is a long-term process that involves multiple interventions and regular monitoring

EFFECTS OF EMOTION REGULATION ACTIVITIES ON PHUBBING AND FAMILY RELATIONSHIPS AMONG ADOLESCENTS

AUTHORS: SANA SALEEM & MISBAH REHMAN

Department of Applied Psychology, Riphah International University - Islamabad

The aim of the study was to investigate the effects of emotion regulation activities on phubbing and family relationships among adolescents in Islamabad, Pakistan. The age range of population for the purpose of data collection was 10-19 years. The method was pretest, post-test interventional research. The population were 80 participants who were selected with purposive sampling and set in two groups, the targeted and non-targeted through fish ball technique. The intervention of emotion regulation activities were given to the targeted group in 5 sessions (each 25 minutes) but the non-targeted group did not. At last both groups had post-test. The scales used to assess the study variables were the General Scale of Phubbing (GSP) Chotpitayasunondh and Douglas (2018), containing 15 items, The Brief Family Relationship Scale (BFRS) Fok, James Allen & Henry (2011) containing 16 items and The Emotion Regulation Questionnaire (ERQ) Garnefski, Kraaij and Spinhoven in (2001) containing 10 items. The descriptive statistics and T- test were used for data analysis. It was hypothesized that there were a significant effect of emotion regulation activities on phubbing and family relationship among adolescents because Emotion regulation is the ability to regulate our emotional responses, especially in situations that may provoke emotions such as anxiety, stress, and frustration (Gross, 2014). The findings concluded that there was a significant impact of emotion regulation activities on phubbing and family relationship and a

significant gender differences in study Variables. **Keywords:** Emotion regulation, Phubbing, Family relationship, Adolescents.

INTEGRATING COGNITIVE BEHAVIOR THERAPY (CBT) AND DIALECTIC BEHAVIOR THERAPY (DBT) IN THE TREATMENT OF 20-YEAR-OLD FEMALE WITH BORDERLINE PERSONALITY DISORDER (BPD): A CASE STUDY

AUTHOR: BEENISH SHAHZAD

National University of Modern Languages, Rawalpindi

This abstract presents a case study of a 20-year-old female with Borderline Personality Disorder (BPD). The client had a variety of distressing symptoms, including lack of sleep, poor eating habits, interpersonal conflicts, frequent crying episodes, aggression, a recent suicide attempt, self-harm, attention-seeking behaviors, feelings of loneliness and helplessness. DBT techniques used for client included mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. CBT was used to address dysfunctional thoughts and ideas in order to transform maladaptive behaviors and improve coping skills. Interpersonal and Social Rhythm Therapy (ISPR) techniques used for client included sleep hygiene and behavior activation. Informal assessment of the client was done using Clinical Interviewing, Subjective Rating of Symptoms, Mental Status Examination, and Mini-Mental Status Examination. Formal assessment included Depression, Anxiety and Stress Scale (DASS), Zanarini Rating Scale for Borderline Personality Disorder (ZAN-BPD), and House-Tree-Person Test. The treatment's outcomes showed positive changes in the client's general functioning. These

improvements included improved sleep patterns, food habits, decreased weeping spell frequency and intensity, decreased suicide thoughts, decreased self-harming behaviors, greater sense of connectivity, improved self-efficacy, and decreased attention-seeking behaviors. The case study emphasizes the importance of an integrated treatment strategy that incorporates DBT and CBT procedures in effectively addressing the various symptomatology and complicated requirements of patients with BPD. The findings add to the expanding body of research proving the usefulness of this integrated strategy and shed light on the potential advantages for psychologists working with similar populations.

CULTURAL ADAPTATION AND TRANSLATION OF CAARMS INTO THE URDU LANGUAGE AND DEVELOPING ITS PSYCHOMETRIC PROPERTIES

AUTHORS: SANA JAFFAR, RABIA DASTI & NAZISH HABIB

University of the Punjab & Punjab Institute of Mental Health

Around 24 million people, or 1 in 300 persons (0.32%), globally suffer from psychotic disorders. There is always a prodromal phase before the onset of full-blown psychosis but the concept of the ‘prodrome’ is retrospective. Looking at the same symptoms prospectively it is not yet known whether a psychotic illness will develop. Prodromal symptoms of schizophrenia and other psychotic illnesses are generally non-specific and not all young people who experience a particular symptom or group of symptoms will go on to develop a psychotic illness. So, the term ‘at risk mental state’ (ARMS) has been used since the mid-1990s to describe a state in which a young person has a heightened risk of developing a psychotic

disorder. The aim of the study was to adapt the tool of at risk mental state named CAARMS. First phase of study consisted of translation and cultural adaptation of CAARMS in which it was translated by 2 bilingual professionals and after the reconciliation of items it was sent to the expert (having at least 10 years of experience in psychosis) for evaluation and were asked to add any cultural specific symptoms. After adaptation the data was collected to establish psychometric properties. Urdu version of PANSS and CAARMS were used. A sample of total N= 90 was obtained using Purposive sampling strategy. The data was collected from 30 normal individuals, 30 at risk individuals and 30 first-episode psychosis patients. The construct validity of CAARMS was established by using PANSS as it was proposed that the scores of at risk individuals would lie between normal individuals and first-episode psychosis patients. Internal reliability and inter rater reliability will be established. **Keywords:** At Risk Mental State, CAARMS, First episode psychosis, Attenuated psychosis syndrome, Prodromal phase

CASE OF A DEPRESSION AND CBT BASED TREATMENT APPROACH

AUTHOR: MARYAM MUHAMMAD AKRAM

Fatima Jinnah Women University

This case presents cognitive behavioral therapy based treatment approach as it was applied to a case of depression. Miss S complains of low mood, sleep disturbance and loss of interest and pleasure in daily activities over the previous two months. This clinical case history documented the presenting problem, case history, cognitive conceptualization and cognitive-behavioral treatment plan. Conceptualization of the client based on underlying irrational beliefs which

resolved with different techniques like Cognitive Restructuring, Activity Scheduling, Thought Journaling, Fact-checking, Successive Approximation, and Mindful Meditation. Based on client response CBT has sustainable result in reducing common negative or unnecessary thoughts and behaviors in people with depression by solving practical problems and homework.

CBT IN DIGITAL AGE FOR DISASTERS: A SYSTEMATIC REVIEW

AUTHORS: JAVERIA ASIM & UZMA ILYAS

University of Central Punjab

Disasters are on the rise all around the world. Disasters include both man-made and natural disasters. Countries around the world are suffering due to different natural disasters such as floods, earthquakes, tsunamis, land sliding, and wildfires. Other than natural disasters, man-made disasters such as war also affect the masses greatly. The affectees of the disasters experience distress and develop disorders as well. One of the commonly developed disorders by them are PTSD, Depression, and Anxiety. There is destruction of infrastructure due to disasters which makes it difficult to access the areas and communities affected. Due to destruction of the area people have to immigrate to other places as well. This causes solastalgia in the individuals as well which people experience. Solastalgia is the distress which is produced by the changing of the environment which has a direct impact on people living in that particular environment, the person feels powerless, insecure and lonely. Therapy then becomes essential for the affectees of the disaster. In that situation internet based therapy is an effective solution for giving mental health services. Internet based CBT is an effective solution alternative to in-

person CBT. For this purpose a systematic review was conducted to find the effectiveness of online CBT. Keywords related to disasters, natural disasters, internet based CBT, CBT, and war were used. Different search engines such as Google Scholar, Academia, Research Gate and Wiley Library were used. A total of 7 articles were selected for the systematic review out of 23 articles on CBT related to disasters. Articles which didn't address online CBT specifically were discarded. Results indicated that online CBT was also an effective method of providing therapy. It is also beneficial for the clients receiving therapy as they can easily decide their own time according to their feasibility. Since this is the need of time as online mode of therapy is more feasible, further research is needed on this topic to assert the importance of this growing need. **Keywords:** Online Cognitive Behavior Therapy, Disasters, Natural Disasters, Man-made disasters, Solastalgia, Climate Change, Mental Health, Systematic Review.

TREATMENT PLAN FOR A 35-YEAR-OLD MALE HAVING DIAGNOSIS OF TRANSVESTIC DISORDER WITH FETISHISM AND AUTOGYNEPHILIA

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Transvestic Disorder, characterized by recurrent and intense sexual arousal from cross-dressing, may be contributing to the reported symptoms. Further assessment, clinical evaluation, and appropriate therapeutic interventions are necessary to explore the underlying causes and develop an effective treatment plan to address the individual's distress and improve overall functioning. This abstract presents a case study of a 35-year-old male diagnosed

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Transvestic Disorder with fetishism and autogynephilic in full remission DSM 5TR 302.03 (F65.1) The DASS results revealed moderate levels of depression (18) and anxiety (19), along with severe levels of stress (21). The GAD-7 score indicated severe anxiety (23). The projective tests, House Tree Person and TAT, were conducted to explore deeper psychological aspects. The individual's reported symptoms included sadness, overthinking, mood changes, and excessive worry about oneself and the spouse. The individual experienced emotional instability, indicating a lack of contentment with any aspect of life. Physical manifestations such as stiffness, sweating, increased heart rate, and excessive fear were also reported. The findings suggest a significant psychological distress experienced by the individual, affecting both emotional and physiological well-being. This case highlights the importance of comprehensive psychological assessments and the use of multiple assessment tools to understand the complexities of Transvestic Disorder and its impact on an individual's psychological well-being. It emphasizes the need for a multidimensional approach to treatment, integrating psychotherapy, counseling, and other therapeutic interventions to address the individual's symptoms and enhance their overall quality of life.

CASE STUDY ANALYSIS OF BEHAVIOR THERAPY FOR SOCIAL ANXIETY DISORDER

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This case study describes a patient suffering from depressive symptoms and substantial stress related to public speaking. The patient has anxiety, pallor, and reluctance when delivering presentations. He was concerned about making errors and being humiliated in front of his fellows. These feelings have led to avoidance actions, such as skipping classes that require presentations. The patient's sense of self-worth is affected, and he reported experiencing sadness and crying due to this issue. This case illustrates the impact that public speaking anxiety can have on a person's mental health and daily functioning. Using behavioral strategies to assist patients in learning new ways of thinking and behaving in social circumstances is required for the treatment of social anxiety disorder. The purpose of applying systematic desensitization is to reduce anxiety and make the patient feel more at ease and confident in social situations that they fear or avoid. It assisted patients in challenging negative beliefs and navigating social situations. **Keywords:** Behavior Therapy, Social Anxiety, Case study, Systematic Desensitization.

CASE REPORT: CBT TREATMENT PLANNING OF METHAMPHETAMINE USE DISORDER

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Fatima Jinnah Women University

This case report will discuss the psychological assessment and case formulation of Mr. A.U. The report begins with the contextual and referral information of the client, followed by assessment and diagnosis. prevention and management of recurrent use, establishing and maintaining a productive role in society and managing relapse. Method: In this case study along with pharmacotherapy & detoxification; psycho-education, Motivational Interviewing, Cognitive-Behavioral Therapy (CBT), Family Therapy, Group Therapy, Skills Training, Relapse Prevention Training. Results: The client prognosis was encouraging. He was putting effort to cutter down his drugs need. He was also working on controlling through meditation. He was motivated for the treatment. Conclusion: CBT is effective for the treatment intended to help the client to stop compulsive drug seeking and use.

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COGNITIVE BEHAVIOR THERAPY (CBT) FOR HOARDING DISORDER

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Hoarding Disorder (HD) is characterized by acquiring, clutter, and difficulty discarding. Recently HD has attained attention by mental health professionals due to its distinct standing in DSM-5 and DSM-5-TR. Study aimed to examine the effectiveness of CBT for the intervention of HD using case series research design. It was hypothesized that CBT is likely to decrease the severity and frequency of hoarding disorder. Five participants (Men=3 & Women=2) with HD were recruited with a mean age of 31.2 (SD; 3.56), and the mean age of collecting material was 12.6 (SD; 2.41) years. Thirty (30) individual sessions of CBT with each participant (altogether 150) were conducted. Mainly, skills training, cognitive restructuring, and exposure techniques were used for intervention. Saving inventory-revised, Saving cognition inventory, Activities of daily living for hoarding, Clutter image rating scale, Depression and anxiety scales (DASS-21) were administered at four points in time (pre, mid, post, and follow-up). Friedman's analysis revealed a significant reduction in the severity and frequency of hoarding behaviors after intervention. The study can help clinical psychologists to prepare an exclusive indigenous work plan to manage the clients with hoarding disorder so

that cultural aspect could be incorporated. **Keywords:** Hoarding Disorder, Cognitive Behavior Therapy

PARENTS' SPIRITUALITY, PARENTING PRACTICES AND DBD AMONG CHILDREN

AUTHORS: SAMEENA IQBAL & DR. MAMOONA ISMAIL

International Islamic University, Islamabad

This study examines the role of Spirituality in parenting and development of DBD among children. The sample consisted of 500 Pakistani 7-11 years old children who were screened out for disruptive behavior disorders through standardized measures. Parents' spirituality was evaluated by using Spirituality Scale. Outcome variables were parenting practices grounded on self-report and disruptive behaviors based on parent/teacher report. The findings of the study indicated that high level of Parents' spirituality helps to improve their parenting practices and managing disruptive behavioral problems. Private school children show less behavioral problems than the public schools. Additional findings indicate high prevalence rate of DBD among boys than girls. **Key words:** Spirituality, Disruptive Behavior Disorders, Parenting

EFFECTS OF COGNITIVE BEHAVIOR THERAPY AND AEROBIC EXERCISES ON PERCEIVED STRESS OF FEMALE ADOLESCENTS A COMPARATIVE STUDY

AUTHORS: HIRA ABBAS

Rudolph (2002) stated that adolescence is a dynamic life period characterized by many physical, psychological, social and environmental changes, which are accompanied by typical forms of adolescent stress. Therefore, this study aimed to compare the effects of cognitive-behavioral therapy approaches and aerobic exercises on perceived stress in female adolescents. It was hypothesized that CBT and Aerobic exercises would have an effect on perceived stress of female adolescents. It was also hypothesized that there will be a difference in level of perceived stress among experimental groups of CBT and Aerobic exercises. Eighteen participants participated in the study having an age range of 13 to 19 years in Karachi ($M= 17$, $SD= 1.65$). It was a quantitative, between group experimental design. Participants were randomly divided into two groups: ten participants received Cognitive Behavior Therapy, and eight did aerobic exercises. Before treatment, all participants were assessed through the Perceived Stress Scale PSS (Cohen et al., 1988). The treatments were applied for 8 weeks (45 min/day, 2 days/week) for both groups. At the end of 8 weeks, groups were assessed again to see the effectiveness of the treatments. Further to analyze the results, the statistical evaluation was carried out using SPSS version 24. Independent sample t-test was used to explore the comparison between the effects of CBT interventions and Aerobic Exercises in addition to descriptive statistics. Results indicated that both interventions were found to have strong and significant effects on perceived stress (Mean CBT= 9.90, Mean AE= 4.25). However, a

significant difference between experimental group 1 and experimental group 2 was observed. CBT were found to be more effective ($t= 7.41$, $p=0.01$) as compared to Aerobic Exercises ($t=3.25$, $p= 0.49$). The study carried significant implications for well-being of female adolescents. This study might aid to bring the awareness among society about distinct phenomenon within the cultural context. The finding also can be beneficial to education and family to understand the importance of physical and psychological interventions in treating perceived stress in adolescents. The finding from this study may serve a purpose to increase the awareness of the public towards the importance of CBT and Aerobic exercises as a treatment of perceived stress, especially emerging female adolescents. **Keywords:** Perceived Stress, Cognitive Behavior Therapy, Aerobic Exercises, Adolescents.

INABILITY TO HANDLE RECURRENT THOUGHTS: APPLICATIONS OF CBT

MANAHIL ASIF & SANA FATIMA

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Humans connect to each other through speech. It serves as a medium by which an individual can express their emotions, thoughts and ideas but sometimes speech can become excessive and is termed as excessive talking. Excessive talking is the activity of talking excessively or obsessively. Excessive talking may be caused by overthinking, mental health illness, such as bipolar disorder, or by personality or behavioral traits. Or it might be due to an emotional turmoil faced by the individual. Excessive talking is common in school children and is often ignored by being associated as a personality trait. The current case study presents a school

going girl aged fourteen years with the presenting complaints of excessive talking due to recurrent thoughts. Assessment was done through clinical interviews, baseline charts and indigenously developed tools to assess emotional behavioral problems and self-esteem in school children. Through assessment it was revealed that the client was facing the issue of recurrent thoughts of a boy. After developing insight the problems of the client were managed by using different techniques of Cognitive Behavioral Therapy (CBT) which included, cost and benefit analysis, journaling, goal setting and catharsis. The techniques appeared to be quite effective as the client reported low regarding her problems on post ratings. **Keywords.** Overthinking, Excessive Talking, School Children, Assessment, Management, Cognitive Behavior Therapy,

APPROPRIATENESS OF MEANING-CENTERED THERAPY (MCT) FOR STUDENT MACHIAVELLIANS IN THE DIGITAL ERA

AUTHORS: SYEDA ZAHRA ALI & DR. KEHKASHAN AROUJ

Psychology Department International Islamic University

Morality is the backbone of a society. Almost different socio-political and economic ills are the result of the crisis of character found in various manifestations such as corruption, nepotism, cheating, struggle for power and position etc. Meaning-centered counseling and therapy (MCT) expounds that this is the mankind who is meaning seeker and meaning maker as per demands of situation as briefed in model of Logo therapy, Wong (2022). MCT integrates logo-therapy with cognitive-behavioral therapy Wong (1997). This study explored

Machiavellianism in the educational context and the role of Wong's (2012) model of MCT to reduce it. It was hypothesized that Wong's model of logotherapy, MCT will be an effective intervention for low Machiavellians. A pre-post research design was followed. The sample comprised of N=50 female students divided into 2 groups i.e., High Mach and Low Mach, n=25 per group. The mean age of the study sample was age=20.10 years recruited through purposive sampling technique. In order to assess study variables MACH-IV (Christie & Gies, 1970) and Personal Meaning Profile-Brief (Wong, 1998) were applied. Intervention time was five days per week and a follow up session after a month. It was conducted from March to April 2020. Due to covid restrictions some sessions were taken online. Duration of every session was ninety minutes. It was conducted from March to May 2020. Due to covid restrictions majority of the sessions were taken virtually. Descriptive and inferential statistics i.e., Pearson Correlation and Factorial (Split-Plot) Repeated Measures ANOVA were used to draw the results. The study uncovered that there were significant differences from pretest to posttest measures of Machiavellianism among high achievers after the intervention. Basically, it is a positive meaning-enhancing intervention, hence therapy was more effective for low Machiavellians as compared to students taking high score on Machiavellianism. Reason is high Mach's have developed a strong habit of deceiving and manipulating others for attaining their goals. However, current study introduced an intervention to deal with the meaning extraction and promoting positive meaning in the current generation serving as a catalyst for moral development of the learners specifically university students. **Keywords:** Machiavellianism, Meaning Centered Therapy, Cognitive Behavioral Therapy

EFFECTIVENESS OF SINGLE-SESSION INTEGRATED MINDFULNESS BASED GROUP COGNITIVE THERAPY IN MANAGING OCCUPATIONAL STRESS AND EMPLOYEE WELL-BEING

AUTHORS: IQRA RAMZAN, AYESHA ZAFAR, MADIHA AZAM & DR. SALIMA

AHSAN TEJANI

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Transformations in global economic realities are progressively converting the demand for work from physical assignments to more cognitive and emotional labor (Ruotsalainen et al., 2008). Therefore, the present study aims to examine the effectiveness of Single-Session integrated Mindfulness based Cognitive Group Therapy (SSI-MBGCT) on Occupational Stress. The hypothesis of the study was that there would be a significant impact of Single Session integrated mindfulness based cognitive group therapy (SSI-MBGCT) in reducing occupational stress of the employees and increasing their Well-Being. The sample of research selected through convenient purposive sampling from corporate and academic sectors. The 87 participants were taken with high occupational stress and divided into two groups, experimental and waiting list control groups. The research consisted of three phases: Pre-Intervention, Intervention and Post intervention. Following were the scales to measure the variables; The Employee Well-Being Scale, Which is an 18-item scale comprised of three facets of well-being: life well-being (LWB), work well-being (WWB), and psychological well-being (PWB), The New Job Stress Scale and Turnover Intention Scale. Those participants who scored high were randomly divided into the experimental and waiting list control group and were given a

60 minutes session of SSI-MBCT in a group setting. The pretest and post test scores were analyzed statistically using SPSS and the result showed significant difference in the levels of occupational stress in the experimental group participants. Whereas, the control group showed no significant change. Consequently, It concluded that SSI-MBGCT is helpful in reducing Occupational Stress of Employees and positively contributing in the increase of their Well-Being. **Keywords** Occupational Stress, Well-being, Turnover Intention, Cognitive therapy, Mindfulness

MANAGEMENT OF BIPOLAR DISORDER WITH RATIONALE EMOTIVE BEHAVIOUR THERAPY: A CASE STUDY

AUTHORS: SAMEERA SHAFIQ & NOREENA KAUSAR

University of Gujrat, Gujrat, Pakistan

Mr. K. was a 27 years old, youngest among four siblings and lived in Islamabad with his married first born brother. He attained his Masters in Business and was average student. He was referred to the hospital with the problem of showing personality duality in levels of energy exhibited. A few months, he remained active and full of energy to work more than his capacities and then showed decline in interest for people and low activity level. He was diagnosed by a psychiatrist as suffered with Bipolar Disorder, was hospitalized and prescribed medications during the stay and on discharge. He was approached in his home setting by key informant technique and verbal informed consent was taken. His presenting complaints were conceptualized in the theoretical framework of Rationale Emotive Behavior Therapy (REBT)

and it was applied to manage and treat the current manic episode of the client. A total number of 10 sessions, each 45 minutes long, was conducted with him. Different cognitive, emotional, and behavioural techniques were applied such as Disputing, Rational Coping Statements, Reinforcements, Referencing, Role Playing, Cognitive Homework, Rational Emotive Imagery, Unconditional Self- and Other-acceptance, and Relapse Prevention. REBT was integrated with mindfulness and family therapy. His eldest brother was involved in three consecutive therapy sessions. According to the client's report, there was significant reduction in manic symptomology by the termination of the therapy. **Key Words:** Bipolar Disorder, Depression, Mania, Rationale Emotive Behaviour Therapy.

CULTURAL ADAPTATION OF GROUP CBT PSYCHOSIS MANUAL AND ESTABLISHING ITS EFFICACY

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Psychosis is a prevalent and common psychological condition which is manifested by functionally disruptive symptoms that can be potential harm for the patient and society at large especially in Pakistan where the estimate of diagnosis of schizophrenia is about 1-2% of the population. In addition to medication, individualized CBT in many developing countries proved very effective but not much CBT trained therapist are available in government hospitals. So, in this scenario group CBTp can be proved very effective. Research also showed

that a culturally adapted group CBT is also effective for psychosis so the aim of the study was to culturally adapt the group CBTp protocol for Pakistani patients and do a pilot study to check its effectiveness. Purposive sampling was used to select the participants from PIMH who were in patient and had been diagnosed with schizophrenia spectrum disorder who were on medication. A sample of total N= 40 was obtained and a pre post study was done. Positive and Negative Syndrome Scale of Schizophrenia (PANSS), Rosenberg's Self Esteem Scale, Insight Scale, WHO Disability Assessment Schedule (WHODAS) and The Psychotic Symptom Rating Scales (PSYRATS) assessment measures were used. The group received manualized group CBT intervention in 24 sessions for a period of 3 months. The repeated measure t-test analysis was run to find out the results. The results showed that there was a significant difference between the pre and post ratings ($p < 0.05$). So, the group CBTp is cost effective and efficient for the inpatient in hospital setting. Keywords: Group CBT, CBT psychosis, inpatients, schizophrenia

INABILITY TO HANDLE RECURRENT THOUGHTS: APPLICATIONS OF CBT

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Humans connect to each other through speech. It serves as a medium by which an individual can express their emotions, thoughts and ideas but sometimes speech can become excessive and is termed as excessive talking. Excessive talking is the activity of talking excessively or obsessively. Excessive talking may be caused by overthinking, mental health illness, such as

bipolar disorder, or by personality or behavioral traits. Or it might be due to an emotional turmoil faced by the individual. Excessive talking is common in school children and is often ignored by being associated as a personality trait. The current case study presents a school going girl aged fourteen years with the presenting complaints of excessive talking due to recurrent thoughts. Assessment was done through clinical interviews, baseline charts and indigenously developed tools to assess emotional behavioral problems and self-esteem in school children. Through assessment it was revealed that the client was facing the issue of recurrent thoughts of a boy. After developing insight the problems of the client were managed by using different techniques of Cognitive Behavioral Therapy (CBT) which included, cost and benefit analysis, journaling, goal setting and catharsis. The techniques appeared to be quite effective as the client reported low regarding her problems on post ratings. Keywords. Overthinking, Excessive Talking, School Children, Assessment, Management, Cognitive Behavior Therapy.

HOPE LIGHTS THE WAY - EFFECTIVENESS OF SATIR GROWTH MODEL (SYSTEMATIC FAMILY THERAPY) ON A COUPLE

AUTHOR: YOUSAF RAZA

Systemic family therapy (Satir growth Model Therapy) is a type of psychotherapy that focuses on the interactions between family members, their relationships to each other, and how this affects them individually. It also looks at how they interact with friends and neighbors. The Satir model of systemic therapy was created by Virginia Satir in 1956 to help families function

better together (McLendon & Bitter, 2011). The following case is the reflection of the effectiveness of the Satir Model Therapy. The couple including the husband who is A.R 53 years old male studied till BSc. He is currently living with his second wife in Pakistan while his family in United Kingdom is unaware of his second marriage. He is the second born among 3 siblings. His father is an accountant and mother is a housewife. The wife who is A.A is a 39 years old female studied till Bachelors of Fine Arts. She is currently living with her second husband after being married for two years. She has one elder brother. Her father is a retired government officer and mother is a housewife. The couple appeared at the treatment facility with the issues of ineffective communication and incompatibility with one another. They were referred to the clinical psychologist for the purpose of assessment and management of their problems. They were assessed through Satir growth Model of systematic family therapy in order to identify dysfunctional family dynamics and family life chorological. The techniques of facilitating emotional connection, softening family rules and communication enhancement were used to treat the dysfunctional communication patterns. The mutual contract was agreed to and signed by them for the better outcome of their efforts they put into the therapy. They have made significant improvement in their communication evident by the follow up sessions with them.

TREATMENT OF INTERNET GAMING DISORDER AS A BEHAVIORAL ADDICTION USING BRIEF COGNITIVE BEHAVIOR THERAPY

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The current research was conducted to adapt and find out the effectiveness of Brief Cognitive Behavior Therapy (Brief CBT) for Internet Gaming Disorder (IGD). Internet Gaming disorder is classified in DSM-5 as preoccupation with internet games, withdrawal, tolerance, failure to control gameplay, loss of interest in other activities, problems, deception, using games as a means to escape reality for the player. The participants were assessed before starting therapy sessions using Internet Gaming disorder Scale (IGDS) by Lemmens, Valkenburg & Gentile (2015). The Brief CBT module (Cully & Teten, 2008) was translated into Urdu and a total of 8 sessions were conducted individually with the participants. Each session lasted for 45 minutes during which techniques of Cognitive Behavior Therapy were used. Post assessment was conducted on the same scale at the end of 8th session,. The results of the non-parametric test (Wilcoxon Signed Ranks Test) indicated that Brief CBT was significantly effective in reducing the symptoms of Internet Gaming Disorder in the participants. **Keywords:** Internet Gaming Disorder, Brief Cognitive Behavior Therapy, Efficacy

INTEGRATING COGNITIVE BEHAVIOR THERAPY (CBT) AND DIALECTIC BEHAVIOR THERAPY (DBT) IN THE TREATMENT OF 20-YEAR-OLD FEMALE WITH BORDERLINE PERSONALITY DISORDER (BPD): A CASE STUDY

AUTHOR: BEENISH SHAHZAD

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This abstract presents a case study of a 20-year-old female with Borderline Personality Disorder (BPD). The client had a variety of distressing symptoms, including lack of sleep, poor eating habits, interpersonal conflicts, frequent crying episodes, aggression, a recent suicide attempt, self-harm, attention-seeking behaviors, feelings of loneliness and helplessness. DBT techniques used for client included mindfulness, emotion regulation, distress tolerance, and interpersonal effectiveness. CBT was used to address dysfunctional thoughts and ideas in order to transform maladaptive behaviors and improve coping skills. Interpersonal and Social Rhythm Therapy (ISPRT) techniques used for client included sleep hygiene and behavior activation. Informal assessment of the client was done using Clinical Interviewing, Subjective Rating of Symptoms, Mental Status Examination, and Mini-Mental Status Examination. Formal assessment included Depression, Anxiety and Stress Scale (DASS), Zanarini Rating Scale for Borderline Personality Disorder (ZAN-BPD), and House-Tree-Person Test. The treatment's outcomes showed positive changes in the client's general functioning. These improvements included improved sleep patterns, food habits, decreased weeping spell frequency and intensity, decreased suicide thoughts, decreased self-harming behaviors, greater sense of connectivity, improved self-efficacy, and decreased attention-seeking behaviors. The case study emphasizes the importance of an integrated treatment strategy that incorporates

DBT and CBT procedures in effectively addressing the various symptomatology and complicated requirements of patients with BPD. The findings add to the expanding body of research proving the usefulness of this integrated strategy and shed light on the potential advantages for psychologists working with similar populations.

SYSTEMATIC REVIEW OF CBT EFFICACY IN RCT WITH EATING DISORDERS

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Cognitive behavior Therapy is a widely used systematic treatment intervention for eating disorders as it is directly associated with modifying thoughts regarding eating behavior, post-operative life styles and physical exercises. However, there are little researches examining the impact of cognitive behavior therapy on eating disorders in Pakistan. In this systematic study of “effectiveness of randomized controlled trial of cognitive behavioral therapy for eating disorder with refence to Pakistan” we examined the effectiveness of different behavioral interventions in comparison to cognitive behavior therapy such as Dialectic behavior therapy (DBT), acceptance and commitment therapy (ACT), treatment as usual (TAU) and other standard treatments. The current systematic study is based on 20 research papers from 2018 to 2023 examining the impact of cognitive behavior therapy in context of Body image problems, level of motivation and readiness, low self-esteem, perfectionism, emotional regulation, depression, anxiety, and overall psychological health. These studies were based on method of

randomized controlled trials to evaluate superior intervention therapy by conducting follow up sessions for many weeks. All of these studies compared cognitive behavior therapy with other therapies to evaluate the outcomes in individuals with varied forms of eating disorders including those patients who are going through bariatric surgery. Results indicated that Cognitive behavioral therapy is effective as compared to other treatment interventions as it is less intensive and shorter treatment. Moreover, these studies highlighted cognitive behavioral therapy as effective, safe and desirable with patients having comorbidity with PTSD, depression and anxiety. The findings also revealed cognitive behavior therapy as an effective measure for improving psychological distress among post-bariatric surgery patients. Keywords: Cognitive behavior therapy, eating disorders, psychological well-being, emotional dysregulation, randomized controlled trials, body image, psychotherapy, mental disorders

ETHICAL DILEMMAS ENCOUNTERED BY CLINICAL PSYCHOLOGISTS PROVIDING COGNITIVE BEHAVIORAL THERAPY IN THEIR PRACTICE: A SYSTEMATIC REVIEW

AUTHORS: MUQADAS FATIMA & UZMA ILYAS

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Cognitive Behavioral Therapy (CBT) is a widely used psychotherapeutic approach for treating mental health disorders. However, providing CBT can present ethical challenges for clinical psychologists. The purpose of this systematic review was to identify and analyze the ethical

dilemmas faced by clinical psychologists while providing CBT. A comprehensive literature search was conducted using electronic databases including PubMed, PsycINFO, and Google Scholar, as well as manual searches of reference lists. Inclusion criteria involved studies that focus on ethical dilemmas faced by clinical psychologists in their practice of CBT. Studies that focus on different types of therapy or are written in languages other than English were excluded. In addition to the electronic database search, a manual search of the reference lists of studies was conducted that were included in this review to identify any additional articles that may be relevant. Full-text articles were obtained that meet the inclusion criteria or where there is uncertainty about their relevance. The findings of this systematic review provide valuable insights into the ethical challenges faced by psychologists in their practice. These challenges are related to issues such as lack of cultural sensitivity, cultural barriers such as stigmatization of psychological treatment, lack of competence or culturally sensitive trainings and supervision, low engagement and high dropout rates and medication being considered to have an edge over CBT. The findings of this systematic review provide valuable insights into the ethical challenges faced by clinical psychologists in their practice of CBT. The findings will be useful in guiding ethical practice in CBT and identifying areas for further research.

Keywords: Ethical dilemmas, Clinical psychologists, Cognitive behavioral therapy, Ethics, Confidentiality, Informed consent, Cultural sensitivity, Systematic review.

EXPLORING ETHICAL DILEMMAS IN ONLINE THERAPY: A SYSTEMATIC REVIEW OF THE LITERATURE

AUTHORS: MUQADAS FATIMA & UZMA ILYAS

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Online therapy has seen a significant increase in use due to its convenience and accessibility particularly in the period of COVID-19 pandemic, its usage has become more popular than ever before. However, the widespread use of this mode of therapy also raises ethical concerns that need to be addressed. The aim of this systematic review was to explore and examine the ethical dilemmas faced by psychologists providing online therapy services in order to better understand how they can be addressed. This systematic review utilized a comprehensive search strategy to identify relevant studies. The inclusion criteria for this systematic review were studies published in peer-reviewed journals between the years 2000 and 2023 that addressed ethical dilemmas faced by psychologists providing online therapy services. The exclusion criteria were studies that were not written in English or were not accessible in full-text format. Studies that focused on technology use in mental health services, but not specifically on online therapy, were also excluded. Only studies that were relevant to the research question and met the pre-defined inclusion criteria were included in the final analysis. The systematic review highlights a range of ethical challenges, such as difficulties with accessibility, delayed communication, anonymity, miscommunication, and lack of non-verbal cues. There are also concerns around technological issues, therapist competency and training, online security, informed consent, and the potential barrier created by screens. The findings of this systematic

review are expected to contribute to the development of guidelines and best practices for psychologists providing online therapy services. There is a need for psychologists to develop a deeper understanding of ethical concerns in online therapy and incorporate best practices for delivering high-quality services. Keywords: online therapy, ethical dilemma, teletherapy, mental health, psychotherapy, systematic review

GRATITUDE INTERVENTION AMONG UNIVERSITY STUDENTS

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The main objective of this study is to the psychological well being by using gratitude intervention in university students. Mix methods and experimental research designed were used, as concerns for a pre and post evaluation. The study was continued till two weeks. 50 participants were randomly assigned for pre and post evaluation; the gratitude intervention (n=50) or control group (n=50). GQ-6 scale was used to collect data along with one to one interview about their daily routine with the participants. Results show that gratitude Level of gratitude measure before and after assessment for both, control and experimental group noticed to increase as indicated from the data collected in post-assessment. Level of gratitude increased as observed in control Group is 53% out of 100% of sample. Level of gratitude observed in the experimental is 73 % out 100 % of sample. Interventions showed that gratitude in exercise can lead to increased thankfulness which in-turn paved way to psychological healing. These types

of studies and literature researched under them led to the exploration of strategy and techniques through which one can increase their gratitude and improve their positive emotional experience. **Key words:** Gratitude Intervention, adults (university students), Psychological well-being, Positivity.

IMPACT OF COGNITIVE BEHAVIOR THERAPY'S DISTRACTION TECHNIQUES ON ADOLESCENTS' HOPE AND RESILIENCE

AUTHOR: KAINAT ZIA

Pakistan Association of Cognitive Therapists

The intent of this article was to explore the impact of Cognitive Behavior Therapy's (CBT) distraction techniques on teenagers' hope and resilience. The sample was selected from educational institutions around the Malakand division of Khyber Pakhtunkhwa, Pakistan by using a random sampling technique for an initial sample (N=300). Pre-test data was collected through standardized measures, 14 items Resilience Scale, and 40-item Hope Scale. Based on pretest findings adolescents having below-average hope and resilience were put in two groups, experimental (n=62) and control (n=50) using a stratified sample technique. Correlation and t-test results showed a positive correlation between hope and resilience. Further, a significant difference was found in hope and resilience in terms of gender. The posttest study of teenagers in the experimental group demonstrated a substantial increase in hope and resilience following the application of distraction strategies, as compared to those in the control group. Since the

fast-paced, competitive atmosphere is overwhelming for adolescents, this study is incredibly important for bolstering hope and resilience among adolescents. These findings will benefit educational and clinical psychologists in handling such problems efficiently. **Keywords:** Hope, Resilience, Distraction Techniques, Coping, Students, Adolescents.

MANAGEMENT OF ERECTILE DISORDER THROUGH COGNITIVE BEHAVIOR THERAPY: A SINGLE CASE STUDY

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Mr. W.J. was 42 years old, married man and was eldest among three siblings. The client contacted helpline of Centre for Clinical Psychology, University of Punjab, with complaints of difficulty having sexual relation with his wife since his marriage, difficulty obtaining and maintaining an erection and associated performance anxiety. Complete Psychological Assessment was carried out and the present case followed an ABA design. Informal assessment included clinical interview, mental status examination, visual analogue and dysfunctional thought record. Formal assessment included International index of erectile functioning (IIEF). He was diagnosed as having 302.72 (F52.21) Erectile Disorder, Acquired, Generalized, Severe. Total 13 therapeutic sessions were conducted. The present case was conceptualized on the Maintenance model of Erectile Disorder by Mathews (2018). Sex Therapy and Cognitive Behavioral Therapy (CBT) were used to achieve the short-term goals of engagement,

identification, reshaping and replacing of sexual myths, stimulation, pleasure in sexual activities and relapse prevention. The post assessment treatment showed 85% improvement in his condition by the termination of therapy. Key words: CBT, Erectile Disorder, Sex Therapy

THE HISTORY WILL NOT REPEAT IT SELF AGAIN: EFFICACY OF CBT AND FAMILY THERAPY WITH DEPRESSIVE SYMPTOM IN A YOUNG ADULT

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This case study demonstrates how an integration of Family-focused Therapy and Cognitive Behavioral Therapy conducted online to treat 21-year-old female with depression, suicidal thoughts and self-harm triggered due to interpersonal distress. The therapy was conducted online during COVID-19. Client's psychological assessment, along with self-harm and suicidal risk was carried out as well. Treatment included an integration of Family-focused therapy and CBT along with Pharmacotherapy over a course of 6 months. Results revealed significant reductions in both depressive symptoms and suicidal ideation along with an overall improvement in quality of life. Postintervention follow-up showed that she is leading a successful marital life, although her relationship with her father is still strained but she has learned healthy way to deal with interpersonal disturbances. The paper shows the efficacy of Family Therapy and CBT conducted online to deal with Depression and Suicidal Ideation. It

signifies that teletherapy can be utilized successfully to deal with critical cases, when no other alternative is available.

PRE AND POST DIFFERENCES ON PREMENSTRUAL SYNDROME AND DISORDER EATING AMONG FEMALE UNIVERSITY STUDENTS

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The present study aimed to investigate the effect of cognitive behavioral therapy on premenstrual syndrome and disorder eating among female university students. Study Design: Pre and Post , Randomized control trial. Place and Duration of Study: The study was conducted at International Islamic University Islamabad. Material and Methods: A randomized control trial was conducted among females between ages 17-25years, from International Islamic University Islamabad selecting through purposive sampling technique. The study variables were measured through Eating Disorder Examination Questionnaire (Christopher, Fairburn, & Sarah, 2008) and Premenstrual Syndrome Scale (Gencdogan, 2006). In pretest two screening tool Premenstrual syndrome scale and Eating Disorder Examination Questionnaire were administered on 100 girls in university, age range 17-25.50 females were selected having same cycle dates with same severity level PMS and disordered eating. Females were divided in to two groups through random selection, Control and treatment groups. CBT techniques (cognitive restructuring and Guided Imagery) were applied to the treatment group and on the

other hand general counseling were provided to the control groups. After therapeutic Intervention (cognitive restructuring and Guided Imagery) scores were again recorded. Results: The scores of control group were higher on both scales at post-test level as compared the scores of and female's present in the treatment group. Conclusion: The current study concluded that Cognitive behavioral therapy strategies like cognitive restructuring and guided imagery reduced the severity of premenstrual syndrome and disorder eating among female university students. Keywords: Premenstrual syndrome, Disordered eating, Cognitive restructuring, Guided imagery

PREDICTORS OF SEEKING PSYCHOLOGICAL HELP AMONG PATEINTS WITH COMMON MENTAL DISORDERS

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The purpose of the study was to examine the predictors of seeking professional psychological help among patients of common mental disorders. Specifically, the study investigated whether, Self-Stigma, perceived social support (family, friends and significant others) and Health locus of control (internal, external and chance) predicts attitudes towards seeking professional psychological help (need for psychological help, Confidence on health provider, interpersonal openness and stigma tolerance). Three hundred (male & female) outdoor psychiatric patients were selected (N=300, males n= 117 and females n= 183) from Government hospital of

Rawalpindi district through purposive sampling. Symptom checklist, Mini mental state examination, Self-stigma of seeking help scale, Multidimensional health locus of control scale, Multidimensional Perceived social support scale and Attitudes towards seeking professional psychological help scale were used for data collection. Permission from original authors were also taken for the translation of the Self-Stigma, Health locus of Control and Perceived Social Support scale. The findings of the study revealed that Self- Stigma, positively predict (Need, Confidence, interpersonal and Stigma tolerance) attitudes. Perceived social support from friends, family and significant others dose not significantly predict (need) attitudes. It was also found that perceived social from others significantly and social support from family negatively predicts (openness) attitudes, internal and chance health locus of control positively predicts (openness) attitudes of seeking professional psychological help. Further, perceived social support from family negatively predict (stigma tolerance) and social support from significant others positively predicts (stigma tolerance attitudes) towards seeking professional psychological help. Implications and recommendations of the findings are made for the clinician, academia and mental health professionals. **Keywords:** Self-Stigma, Social support, Help-seeking attitudes

IMPACT OF EMOTIONAL REGULATION ON BURNOUT, COMPASSION FATIGUE AND VICARIOUS TRAUMATIC EXPERIENCE AMONG SOCIAL WORKERS

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This study investigated the impact of burnout, compassion fatigue and vicarious traumatic experience among social workers, which included both males and females from different cities of Pakistan. The purpose of this study was to find the importance of emotional regulation among social workers in situations of burnout and compassion fatigue. Research participants were 200 individuals, with age range of 18 to 30 years (early adulthood). The data from the sample was collected from social welfare organizations. Both males and females had equal chance to be the part of the research. The study was quantitative in nature. Non Random snowball sampling technique was used. The Emotional Regulation Questionnaire (ERQ) by Gross and John (Gross & John, 2003). Burnout, Compassion Fatigue and Vicarious Trauma Assessment by the Crisis & Trauma Resource Institute, were administered on the participants. To test the hypothesis regression analysis was used to determine the impact of emotional regulation on burnout, compassion fatigue and vicarious traumatic experience, Pearson Bivariate correlation analysis was used to determine the significance of the association between emotional regulation, vicarious trauma, compassion fatigue and burnout. Independent sample T Test was used to evaluate that there will be difference in scores of male and female on

emotional regulation, burnout, compassion fatigue and vicarious traumatic experience. The result was analyzed and there was a significant impact of emotional regulation on burnout, compassion fatigue and vicarious traumatic experience among social workers. The result also shows that there is significant negative correlation between burnout, compassion fatigue and vicarious traumatic experience. Hypothetical and actual results are closely related. **Keywords:** Emotional regulation, Burnout, Compassion Fatigue, Vicarious Traumatic Experience, Social Workers.

INTEGRATING ACCEPTANCE AND COMMITMENT THERAPY (ACT) AND COGNITIVE BEHAVIOUR THERAPY FOR TREATMENT OF BIPOLAR II DISORDER: A CASE STUDY

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This case study explores the effectiveness of integrating Acceptance and Commitment Therapy (ACT) and Cognitive Behaviour Therapy (CBT) in the treatment of Bipolar II Disorder. The integration of ACT and CBT proved beneficial in addressing the client's maladaptive thoughts, emotions, and behaviors associated with Bipolar II Disorder. CBT techniques targeted cognitive distortions and behavioral patterns. ACT techniques focused on acceptance, mindfulness, and values clarification, while Social Rhythm Therapy aimed to regulate daily routines and stabilize social rhythms to mitigate mood swings and promote overall well-being.

The case involves a 44-year-old male who presented with symptoms of helplessness, external aggression, social withdrawal, lack of interest, overthinking, mood changes, and excessive worry about job, children, wife, and self. Physical symptoms including stiffness, sweating, increased heartbeat, and stress of future were also reported. Formal assessment included Depression, Anxiety and Stress Scale (DASS), Yale-Brown Obsessive-Compulsive Scale (YBOCS), House-Tree-Person Test, and Thematic Appreciation Test (TAT), were used to provide a comprehensive understanding of the client's psychological functioning.

UNLOCKING HEALING BONDS: EMPOWERING RELATIONSHIPS THROUGH COGNITIVE-BEHAVIORAL COUPLE THERAPY (CBCT) IN THE FACE OF NARCISSISTIC ABUSE

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Narcissistic abuse is a form of psychological and emotional abuse that can have a devastating impact on victims. Victims of narcissistic abuse often experience feelings of isolation, shame, and self-doubt. They may also have difficulty trusting others and forming healthy relationships. Cognitive-behavioral couple therapy (CBCT) is a form of therapy that can be effective in helping victims of narcissistic abuse heal and rebuild their relationships. CBCT focuses on changing the way victims think about and react to their abuse. It also helps victims to develop healthier communication patterns and to build trust with their partners.

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This case study demonstrates the effectiveness of CBCT in helping victims of narcissistic abuse heal and rebuild their relationships. CBCT can help victims to identify their abuser's narcissistic behaviors, to challenge their negative thoughts and beliefs, and to develop healthier communication patterns. With the help of CBCT, victims of narcissistic abuse can reclaim their lives and build healthy, fulfilling relationships. This case study will discuss the use of CBCT to help a couple heal from narcissistic abuse. The couple in this case study had been together for 35 years. The wife was a narcissist who had been emotionally and psychologically abusing her husband for the past many years. The husband had become increasingly isolated and withdrawn, and He was struggling to cope with the abuse. The couple began CBCT therapy after the husband finally reached his breaking point. During therapy, the husband learned to identify her husband's narcissistic behaviors and to challenge her negative thoughts and beliefs about him. He also learned to develop healthier communication patterns and to set boundaries with his wife.

INTEGRATING COGNITIVE BEHAVIOR THERAPY FOR TREATMENT OF MAJOR DEPRESSIVE DISORDER: A CASE STUDY

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The abstract presents a case study of a 26 year-old female diagnosed Major Depressive Disorder with anxious distress. She presented symptoms of sadness, anger, feelings of

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worthlessness, loss of energy, fatigue, and inability to get on with people. The aim of this study was to conduct to examine effectiveness of integrating Cognitive Behavior Therapy (CBT) in the treatment of Major Depressive Disorder. Formal assessment Beck Depression Inventory (BDI), Beck Anxiety Inventory (BAI), and House-Tree-Person Test (HTP) used to provide a comprehensive understanding of the client's psychological functioning. The findings suggest a significant psychological distress experienced by the individual, affecting both emotional and physiological well-being. CBT techniques targeted cognitive distortions and behavioral patterns. The Result indicates CBT is an effective treatment for depression.