

# Strengthening Survivors of Physical & Psychological Abuse

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10/17/2006

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# Introduction

- A study to examine the physical and psychological abuse in adolescents bordering on young adulthood, its overall effect upon their functioning and to design an intervention program for cognitive restructuring of attributions given by young adults.

# Purpose of the Study

- The goal of therapy with the young participants in this study is of a supportive nature in order to help them deal with deviant developmental experiences.
- To encourage them to share their feelings of ambivalence as well as their negative, angry feelings towards their parents, siblings, extended family, psychodrama was decided to be an effective medium for this catharsis.
- To significantly reduce the level of depression among physically and psychologically abused young adults.

# RESEARCH QUESTIONS

This study asks the following research questions to design the therapeutic intervention program:

- 1. What differences exist between level of depression in the participants of this study during pre-test and post-test administration of HDL questionnaire?
- 2. What is the level of physical and psychological abuse in participants of this study as measured by Childhood Maltreatment Interview Schedule (CMIS-Short)?

# METHODOLOGY

- Sample: 3 males and 2 females aged between 18 to 20 yrs.
- Intervention Program of 21 sessions of 60 to 75 minute duration
- Tools: Youth Health and Daily Living Manual (Moos et.al.1984)
- Childhood Maltreatment Interview Schedule – Short Form (Briere, 1992)

# Experimental Design

The experimental design for this study is “Within-Group Design”. It is a type of experimental design where one looks at changes in behavior across the treatment. In this study, changes in the level of depression was analyzed after participation in ‘Moksha’ therapeutic intervention program based on Psychodrama and Reading Folktales.

# RESULTS

## PRE-TEST RESULT DISCUSSION

- All the five participants rated high distressed mood, low positive mood, average self-confidence. They exhibited physical symptoms and medical conditions. There was low social functioning with activities restricted to those with family and lesser activities with friends in comparison. Only one of the participants indulged in high-risk behaviors.

# Post-Test Result and Discussion

- The participants reported sustenance of positive mood and low distressed mood on post-test scores and during the follow-up period. There was increased activity with friends and similar or greater number of activities with family. Self-confidence scores had improved and health functioning had improved with lesser physical symptoms and health-risk behaviors.



# CONCLUSION

- The hypothesis of this study that the intervention program titled 'Moksha' would cause significant different in the pre-test and post-test scores of depression as measured by Health and Daily Living Manual (Moos, 1984) has come true. The participants besides overcoming their depression and are better adjusted having learnt new, healthy, adaptive life skills. The follow-up period of six weeks has shown consistency in their progress.

- Thank You!
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