

Effectiveness of Trauma-Focused Cognitive-Behavioral Therapy on the Grief Symptoms and Behavioral Problems of Bereaved Children (One-Month Follow-Up)

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Extended Abstract

Aim

The purpose of this study was to determine the efficacy of trauma-focused cognitive behavioral therapy in reducing the symptoms of grief and behavioral issues in children who are grieving (One month follow-up period).

Methodology

In the current investigation, an asynchronous multiple baseline single-case experimental design was utilized. These types of designs provide a suitable instrument for practical clinical work in determining the efficacy of clinical treatment models, which justifies their use. This study's statistical population comprised bereaved children from the city of Karaj who had lost a parent within the previous six months. The investigation was conducted between January and May of 2021. The research sample consisted of three 10- to 11-year-old adolescents who were purposefully sampled in accordance with the entry requirements. On this basis, by referencing the Tarawat Counseling Center and Welfare Organization of the city of Karaj, bereaved children were identified. In order to confirm the presence of grief in these children, a questionnaire on children's grief and a clinical interview were also administered. A clinical interview was conducted, the symptoms of grief were examined thoroughly, and the presence and stabilization of grief in children was confirmed. During two and a half months, the experimental group received ten 75-minute sessions of trauma-focused cognitive-behavioral therapy. This study utilized the Children's Grief Questionnaire (CGQ) and the Child Behavior Checklist (CBCL) as questionnaires. The study's data were analyzed using the statistical software SPSS-22, visual representation, the dynamic change index, and the improvement percentage formula.

Findings

According to the results obtained from the process of changing the scores of all three graphs during the baseline, intervention, and follow-up stages, and the reduction of all three graphs, and since the value of the stable change index after treatment for all three subjects is greater than the Z value, i.e. 1.96, it can be stated with 95% confidence that the improvement achieved by these subjects is the result of therapeutic intervention. In addition, the subjects' scores in the follow-up phase are lower than in the baseline phase. After the follow-up period, the recovery rate for all three subjects is marginally lower than during the intervention phase. In the post-follow-up phase, the reliability index for all three subjects was calculated to be greater than 1.96. Therefore, the permanence of the changes in external behavior problems has been clinically significant for all three subjects. Therefore, it can be stated that there has been a systematic shift in the scores of external behavior problems. In addition, based on the history of trauma-focused cognitive behavioral therapy, as depicted in the diagram, it was anticipated that externalizing behavioral problems would decrease, and the results were the same for all three subjects.

Conclusion

The purpose of this study was to investigate the efficacy of trauma-focused cognitive behavioral therapy on bereavement and behavioral issues in Grieving children. According to the findings of this study, trauma-focused cognitive-behavioral therapy employing techniques such as replacing unwanted thoughts, increasing the child's sense of security, and enhancing cognitive adaptation skills may be an effective method for reducing bereavement and behavioral issues in children who have experienced a loss.

Keywords: Behavioral Children's Problems, Grief, Trauma-Focused Cognitive Behavioral Therapy.