



Effect of dialectic cognitive behaviour therapy on post-traumatic stress disorder of internally displaced adolescents in north east Nigeria

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Abstract

This study investigated the effect of dialectic cognitive behavioural therapy on post-traumatic stress disorder of internally displaced adolescents in North East Nigeria. Three null hypotheses were tested: there is no significant effect in the treatment with dialectic cognitive behavioural therapy on the posttraumatic stress disorder; there is no significant age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder; and there is no significant gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria. This study adopted quasi experimental design that used pre-test and post-test of experimental and control groups. The population of the study consisted of 180 adolescents who are between the ages of 9-17 years in IDP camps in Maiduguri, Borno state. A stratified random sampling technique was used to select four (4) out of nine (9) IDP camps and a sample of 60 respondents were used after administering a pre-test questionnaire which were analysed as traumatised and were later divided into two (2) groups of experiment. The pre-test questionnaire was adapted version of Hopkins Symptom checklist questionnaire with a reliability index of 0.85 was used for data collection. The data obtained was analysed using descriptive statistics and Analysis of Covariance (ANCOVA). The study concluded that, post-traumatic stress disorder of internally displaced adolescents in IDP's camp can be effectively managed by the use of Dialectic Cognitive Behavioural therapy. Thus, the study recommended among others that Both social workers and counsellor are encouraged to use Dialectic Cognitive Behavioural therapy package in managing post-traumatic stress disorder of internally displaced adolescents among internally displaced person's camp.

Keywords: dialectic cognitive behaviour therapy, post-traumatic stress disorder and internally displaced adolescents

Introduction

In Nigeria, the various acts of violence experienced after independence took a new dimension in 2009 with the emergence of terrorist activities in the North East part of the country. This act of domestic terrorism is attributed to an Islamic sect popularly called "Boko Haram" which is translated to mean "Western education is forbidden". The Boko Haram once referred to as Yusuffiya named after founding leader, Mohammed Yusuf, started in the Borno-Yobe axis in the 1990s but gained notoriety in 2001 (Mohammed, 2020) [8]. Boko Haram is a home grown insurgence that rose from among the sect of Izalatulbidi'a waikamatul sunna founded in 1992. Later Mohammed Yusuf, the founding leader of Boko Haram, came up with a synthesized and different interpretation entangle with Islam as a social fact of deception to stage Jihad which was vehemently rejected by the Izalatulbidi'a waikamatul sunna (Bintube, 2015) [5].

Even though displacement was not a new concern in Nigeria's socio- political parlance, Kyari cited in Bintube (2015) [5] recalled that the Maitatsine sect-triggered violence in 1984 occurred mainly in the Northern part of the country largely dominated by Muslims Maitatsine like the Yusuffiya Boko Haram also, entangled with religion as social fact of deception to stage Jihad against humanity. Thus, displacing hundreds of thousands of women. The violence which consumed most parts of Borno, Yobe and Kano States led to anomaly condition and massive

destruction of many lives and critical public properties under the cover of religion. However, when Boko Haram unlike Maitatsine began their campaign of destruction in Northeast Nigeria, the numbers of Internally Displaced Persons (IDPs) rose significantly. Most importantly, since 2014 the issues of IDPs have had a high profile in local as well as international media.

Understanding the internally displaced persons (IDPs) and their psychological problems are of paramount importance to psychologist all over the world. Post-traumatic stress disorder (PTSD) is a global psychological problem that is associated with traumatic experience. Although human mind works differently, some individuals have the capacity to control their emotions, the uncontrollable traumatic experience like terror attack, accidents, natural disaster, or rape, these are ways that expose one to trauma, after getting expose, the thoughts and feelings of distressful symptoms will dominate the life of an individual like nightmares, flash backs, anxiety and lots more will manifest in the attitude and emotions of the individual then the person will show symptoms of post-traumatic stress disorder.

Salah *et al.*, (2013) [11] reported on the mental health of internally displaced persons in central Sudan, showed the prevalence of having mental disorders among the internally displaced persons was (52.9%), most common disorders found were depressive disorder, generalized anxiety disorder, social phobia and posttraumatic stress disorder and there were no significant gender differences in prevalence of

mental disorders. The quality of life of internally displaced persons were very poor with very poor level of mental health condition and the qualitative result reflected unhappiness and suicidal thoughts among young people (Getanda *et al.*, 2015)^[6].

Beni Yonis *et al.*, (2020)^[3] revealed that PTSD is the most widespread mental health disorder among the internally displaced people, the prevalence was higher among female adolescent compared with males and recommended psychosocial programs that focused on gender, should be introduced among internally displaced adolescents. Consequently, Okwute *et al.*, (2020)^[10] reported that there was significant and satisfactorily living condition in Maiduguri, Borno State IDP camp and recommended that government should implement programs to increase their awareness according to gender and age. Betancourt and Williams (2008)^[4] found that the intervention delivered in conflict affected countries during the post conflict period used two main paradigms of intervention dominating the field, psychosocial and clinical/psychiatric approach, used a sample of 183 girls and boys registered for the program, showed adolescents interviewed faced many daily emotional and environmental stressors and adapted group interpersonal and dialectic cognitive behavioural therapy for war affected adolescents was more effective compared to controls, in northern Uganda, particularly for treating symptoms of depression like problems in adolescent girls.

Mariyati *et al.*, (2020)^[7] reported that cognitive behavioural therapy CBT is the widely used in removing posttraumatic stress disorder PTSD, it is aimed to assess its effect among adolescents victims of violence in west Semarang start junior high school where a sample of 46 adolescent with PTSD, a quasi-experimental design was used with pre-and post- test design without control group the data was analysed using a WILCON test, shows decrease in re-experiencing avoiding and hyper arousal symptoms with direct increase in ability to express problems socialize and positive coping strategy, it showed that there is significant effect in the use of CBT in removing PTSD among adolescents victims of violence. Bastien *et al.*, (2020)^[2] revealed that not all therapeutic interventions applied to adults are quite effective in applying it to adolescents, it also showed that both trauma focused cognitive behavioural therapy (TF-CBT) and eye movement desensitization reduction (EMDR) are the most commonly used and more effective in the treatment of adolescents trauma.

Adekeye *et al.*, (2016)^[1] studied gender difference in terrorism inclination and self-esteem level of secondary school students raised an objective to identify which specific gender is predisposed, eight (8) secondary schools in Nigeria, 10 item terrorism inclination scale and Rosenberg's self-esteem scale were used as instruments and multivariate analysis of variance (MVANOVA) was used to check gender difference in terrorism inclination as self-esteem issues, the result showed that there is significant influence of gender in terrorism inclination with no gender difference in self-esteem level of secondary school students males shows higher terrorism inclination and higher level of self-esteem than females adolescents, also shows that there is no significant difference as regard to age and gender, as regard PTSD, the PTSD group suffered significantly more from self-assessed post-traumatic and depression symptom severity as compared to the non PTSD and non-traumatized control group,

O'Callaghan *et al.*, (2013)^[9] showed in a randomized controlled trial of trauma-focused cognitive behavioural therapy for sexual exploited war-affected Congolese girls. Assessed efficacy of trauma focus cognitive behavioural therapy (TF-CBT) used by the researcher in the reducing post-traumatic stress, depression, anxiety and conduct problems and increase in prosaically behaviour in group war effected girls. A total of 52 adolescent girl between the age of 12 to 17 years were studied in the democratic republic of Congo, a parallel design was employed to randomized and controlled trial participant, the result compared to wait-list control, TF-CBT group experienced significant greater reduction in trauma symptoms, and showed highly significant improvement in symptom of depression, anxiety, conduct problems.

Watkins *et al.*, (2018)^[12] recommended Cognitive Processing Therapy (CPT) and trauma focused Cognitive Behavioural Therapy (CBT). It was recommended that each of these treatments has a large evidence base and is trauma focused which means they directly address memories of the traumatic event, thought and feelings related to the traumatic events. The study further revealed that individuals randomly assigned to exposure therapy have significantly greater pre-to post treatment reductions in PTSD symptoms compared to other supportive therapies. Understanding the internally displaced people (IDPs) and their psychological problems are of paramount importance to psychologist all over the world.

In Maiduguri IDP camps today adolescents are faced with problems like trauma caused by displacement and psychological adjustment, therefore there is need for therapeutic intervention to change their behaviour and thinking process to deal with the internal crisis.

Statement of Problem

The researcher had an experience with a little nephew who witnessed the death of his father and other family members, have problem associating with friends and siblings, also have strong association with loud sound and flash back on his past experience, then the researcher observed if this young boy who lives with his own relative who is well taken care of, will show sign of traumatization, what then will be of his counterparts adolescents who experience more traumatic events and witnessed the death of parents and loved ones living in IDP camps would be their trauma and adjustment, this prompted the researcher to carry out a study which involves the application of dialectic cognitive behavioural counselling therapy to adolescents between the ages of 9-17 years in IDP camps in Borno state, Nigeria.

Objectives of the Study

The objectives of the study are to determine the;

1. Effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
2. Age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
3. Gender difference in the effect of dialectic cognitive behavioural therapy on the post-traumatic stress disorder of internally displaced adolescents in north east Nigeria.

Null Hypotheses

The study tested the following hypotheses:

1. There is no significant effect in the treatment with dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
2. There is no significant age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
3. There is no significant gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

Methodology

This study adopted quasi experimental design that used pre-test and post-test of experimental and control groups. The population of the study consisted of one hundred and eighty (180) adolescents who are between the ages of 9-17 years living in IDP camps in Maiduguri, Borno state, North east Nigeria. There exist a high concentration of IDP camps in Maiduguri, Borno state. Thus, a stratified random sampling technique was used to select four (4) out of nine (9) IDP camps which constituted the sample IDP camps for the study of which one camp was used as pilot study. After

administering a pre-test questionnaire sixty (60) adolescents were analysed as traumatised and were later divided into two (2) groups of experimental thirty (30) and controls (30). Adapted version of Hopkins Symptom checklist questionnaire was used for data collection in this study. The validity of the instruments was adjudged by 3 experts and its reliability was determined through test re-test method and a reliability index of 0.85 was obtained.

Counselling with dialectic cognitive behavioural therapy DCBT was implemented for six (6) weeks to the experimental group while the controls were only taught on mathematics and English language sessions for the same period of six (6) weeks, both the experimental and control groups took a post-test at the end of the sessions, the data obtained was analysed using descriptive statistics and analysis of covariance (ANCOVA).

Results

Hypotheses Testing

H0₁: There is no significant effect in the treatment with dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

This hypothesis was subjected to ANCOVA analysis and result was presented in table 1.

Table 1: result of ANCOVA on the Effect of Treatment with Dialectic Cognitive Behavioural Therapy on the posttraumatic stress disorder

Tests of Between-Subjects Effects						
Dependent Variable total post						
Source	Type III Sum of Squares	DF	Mean Square	F	Sig.	Partial Eta Squared
Total pre test	72.269	1	72.269	1.112	.296	.019
Effect of therapy	12262.390	1	12262.390	188.755	.000	.771
Error	3638.025	56	64.965			
Total	423107.000	59				

Source: SPSS version 21.0

Table 1 shows that the two group were the same before the therapeutic intervention, the covariates analysis shows that the effect of treatment is significant at 0.0001 level of significance. The null hypothesis which states that there is no significant effect in the treatment with dialectic cognitive behavioural therapy is rejected and the alternative is accepted. This implies that two groups were equal before the therapeutic intervention, there was significant improvement in the mean score of the experimental group

showing that the treatment with DCBT has significant positive effect in trauma reduction.

H0₂: There is no significant age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

This hypothesis was subjected to ANCOVA analysis and result was presented in table 2.

Table 2: Result of ANCOVA on Age difference in the Effect of Treatment with Dialectic Cognitive Behavioural Therapy on the posttraumatic stress disorder

Source	Type III Sum of Squares	Df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	8354.176 ^a	3	2784.725	10.998	.000	.375
Intercept	52049.861	1	52049.861	205.565	.000	.789
Age	1974.185	2	987.092	3.898	.026	.124
Total pretest	5580.440	1	5580.440	22.039	.000	.286
Error	13926.231	55	253.204			
Total	423107.000	59				
Corrected Total	22280.407	58				

Source: SPSS version 21.0

The Result in Table 2 shows no significant age difference recorded in the treatment with dialectic cognitive behavioural therapy. The null hypothesis which states that there is no age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents is retained. This implies that younger and older adolescents did not vary due to age.

H0₃: There is no significant gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

This hypothesis was subjected to ANCOVA analysis and result was presented in table 3.

Table 3: Result of ANCOVA on Gender difference in the Effect of Treatment with Dialectic Cognitive Behavioural Therapy on the Posttraumatic Stress Disorder

Source	Type III Sum of Squares	df	Mean Square	F	Sig.	Partial Eta Squared
Corrected Model	7065.738 ^a	2	3532.869	13.003	.000	.317
Intercept	53560.219	1	53560.219	197.137	.000	.779
Total pre -test	7056.435	1	7056.435	25.972	.000	.317
Gender	685.746	1	685.746	2.524	.118	.043
Error	15214.669	56	271.691			
Total	423107.000	59				
Corrected Total	22280.407	58				

Source: SPSS version 21.0

The Result in Table 3 shows no significant gender difference recorded in the treatment with dialectic cognitive behavioural therapy. The null hypothesis which states that there is no gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents is retained. This implies that male and female adolescents did not vary due to gender.

Summary of Findings

1. There was significant effect in the treatment with dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
2. There was no significant age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.
3. There was no significant gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

Discussion

In hypothesis one, the study revealed that there is significant effect in the treatment with dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents. This finding confirmed earlier study of Mariyati *et al.*, (2020) [7] who found that cognitive behavioural therapy CBT is the widely used in removing posttraumatic stress disorder PTSD, it is aimed to assess its effect among adolescents victims of violence in west Semarang start junior high school where a sample of 46 adolescent with PTSD, a quasi-experimental design was used with pre-and post- test design without control group the data was analysed using a WILCON test, shows decrease in re-experiencing avoiding and hyper arousal symptoms with direct increase in ability to express problems socialize and positive coping strategy, it showed that there is significant effect in the use of CBT in removing PTSD among adolescents victims of violence. Bastien *et al.*, (2020) [2] revealed that not all therapeutic interventions applied to adults are quite effective in applying it to adolescents, it also showed that both trauma focused cognitive behavioural therapy (TF-CBT) and eye movement desensitization reduction (EMDR) are the most commonly used and more effective in the treatment of adolescents trauma.

The result of hypothesis two showed no significant age difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally

displaced adolescents in north east Nigeria. This findings was in agreement with the study by O'Callaghan *et al.*, (2013) [9] who found trial of trauma-focused cognitive behavioural therapy for sexual exploited war-affected Congolese girls. Assessed efficacy of trauma focus cognitive behavioural therapy (TF-CBT) used by the researcher in the reducing post-traumatic stress, depression, anxiety and conduct problems and increase in prosaically behaviour in group war effected girls. A total of 52 adolescent girl between the age of 12 to 17 years were studied in the democratic republic of Congo, a parallel design was employed to randomized and controlled trial participant, the result compared to wait-list control, TF-CBT group experienced significant greater reduction in trauma symptoms, and showed highly significant improvement in symptom of depression, anxiety, conduct problems.

Hypotheses three showed no significant gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria. This findings was in agreement with the study of Adekeye *et al.*, (2016) [1] studied gender difference in terrorism inclination and self-esteem level of secondary school students raised an objective to identify which specific gender is predisposed, eight (8) secondary schools in Nigeria, 10 item terrorism inclination scale and Rosenberg's self-esteem scale were used as instruments and multivariate analysis of variance (MVANOVA) was used to check gender difference in terrorism inclination as self-esteem issues, the result showed that there is significant influence of gender in terrorism inclination with no gender difference in self-esteem level of secondary school students males shows higher terrorism inclination and higher level of self-esteem than females adolescents, also shows that there is no significant difference as regard to age and gender, as regard PTSD, the PTSD group suffered significantly more from self-assessed post-traumatic and depression symptom severity as compared to the non PTSD and non-traumatized control group.

Conclusion

The study concluded that, post-traumatic stress disorder of internally displaced adolescents in IDP's camp can be effectively managed by the use of Dialectic Cognitive Behavioural therapy. The study further concluded that there was no age difference in the effect of dialectic cognitive behavioural therapy as well as no gender difference in the effect of dialectic cognitive behavioural therapy on the posttraumatic stress disorder of internally displaced adolescents in north east Nigeria.

Recommendations

In view of the above findings, it is recommended that:

1. Both social workers and counsellor are encouraged to use Dialectic Cognitive Behavioural therapy package in managing post-traumatic stress disorder of internally displaced adolescents among internally displaced person's camp since it was found to be effective.
2. Social workers and counsellors should utilize Dialectic Cognitive Behavioural therapy package in managing post-traumatic stress disorder of internally displaced adolescents regardless of their age.
3. Social workers and counsellors should utilize Dialectic Cognitive Behavioural therapy package in managing post-traumatic stress disorder of internally displaced adolescents regardless of their gender.

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