

The Impact of Exposure Therapy on Hopelessness Among Depressive Clients

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ABSTRACT

Depression is a common and serious mental health condition characterized by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in daily activities. It affects a person's emotions, thoughts, and behaviors, often leading to difficulties in daily functioning. Aim is to find out the impact of exposure therapy on hopelessness among depressive clients. This study was done by quasi experimental design along with convenient sampling technique among clients with depression in the age group of 20 to 45 years, in which both male and female were included with moderate hopelessness and mild mood disturbances. Totally 30 subjects were divided into two groups. After the baseline data [pre test] is obtained. Clients were divided 15 in experimental group and 15 in control group. Experimental group received exposure therapy along with conventional therapy with the therapy sessions of 16 sessions in the time duration of 45 minutes in 24 weeks. Where as control group receives only conventional therapy. Beck hopelessness scale is used to assess the level of hopelessness. pre test and post test were done to get the data analysis.

KEYWORDS: Depressive clients, Exposure therapy, Hopelessness.

INTRODUCTION

The World Health Organization (WHO) defines depression as a common mental disorder characterized by persistent sadness, loss of interest or pleasure, and an inability to carry out daily activities for at least two weeks. Other symptoms may include feelings of worthlessness, hopelessness, excessive guilt, fatigue, difficulty concentrating, sleep disturbances, and thoughts of self-harm or suicide.

Depression is a common yet serious mental health condition characterized by persistent feelings of sadness, hopelessness, and a loss of interest or pleasure in activities that were once enjoyable. It affects a person's thoughts, behaviours and physical health, often leading to a range of emotional and physical problems. Depression is not merely a passing mood; it can impair daily functioning, relationships, and overall quality of life.

In occupational therapy (OT), depression is approached holistically, focusing on how it affects a person's daily functioning, quality of life, and overall engagement in meaningful activities. OT practitioners consider depression as a condition that can impact all facets of life such as self-care, work, leisure, and social participation and aim to support clients in regaining control over these areas.

AIM OF THE STUDY

To find out the impact of exposure therapy on hopelessness among depressive clients.

OBJECTIVES OF THE STUDY

- To assess the depressive clients by using beck depression inventory.
- To assess hopelessness by using beck hopelessness scale.
- To achieve the possible outcome through exposure therapy on hopelessness among depressive clients.

RESEARCH HYPOTHESIS

There will be a statistical significant changes in exposure therapy on hopelessness among depressive clients.

METHODOLOGY

RESEARCH DESIGN

The research design is quasi experimental design. The present study consists of pre test and post test .

SAMPLING TECHNIQUE , SIZE , STUDY SETTING

The study employed Convenient sampling design.A total of 30 subjects participated in the study . The study was conducted in Natchiyar mind care centre, Coimbatore .

VARIABLES UNDER THE STUDY

INDEPENDENT VARIABLE: Exposure Therapy

DEPENDENT VARIABLE: Hopelessness with Depression

DURATION OF THE STUDY

The intervention involved four weeks for both experimental and control groups , with two sessions per week lasting 45 minutes each.

SELECTION CRITERIA

INCLUSION CRITERIA

- The depression individuals with the age group of 20 to 45 years.
- The patients with hopelessness among depression.
- Both male and female were included.
- Beck hopelessness scale scoring from 9-14[moderate hopelessness]
- Beck depression inventory – mild mood disturbance of scoring [11- 16]

EXCLUSION CRITERIA

- The people with other types of depressive disorders
- Other associated or combined mental illness [anxiety, pre menstrual dysphoric syndrome, neurological symptoms]
- The people with intake of medications for other mental illness.
- Individuals with neuropsychiatric conditions.
- People who are severely agitated, violent and non – cooperative.

MEASUREMENT TOOLS / MATERIALS REQUIRED:

Beck depression inventory scale

Source of data : Natchiyar mind care centre, Coimbatore .

Ethics : The study was granted by the head of the department of Jkkmmrf college of occupational therapy.

PROCEDURE :

A sample of 30 subjects were divided into two groups. After the baseline data [pre test] is obtained. Clients were divided 15 in experimental group and 15 in control group. Experimental group received exposure therapy along with conventional therapy with the therapy sessions of 16 sessions in the time duration of 45 minutes in 24 weeks. Where as control group receives only conventional therapy. Beck hopelessness scale is used to assess the level of hopelessness. pre test and post test were done to get the data analysis .

DATA ANALYSIS AND INTERPRETATION

TABLE 1 : Comparison of pre test values of control and experimental group by using beck depression inventory scale .

GROUP	TEST	MEAN	SD	t-value	p-value
CONTROL GROUP	PRE-TEST	12.07	1.64	0.3737	0.7142
EXPERIMENTAL GROUP	PRE-TEST	12.13	1.60		

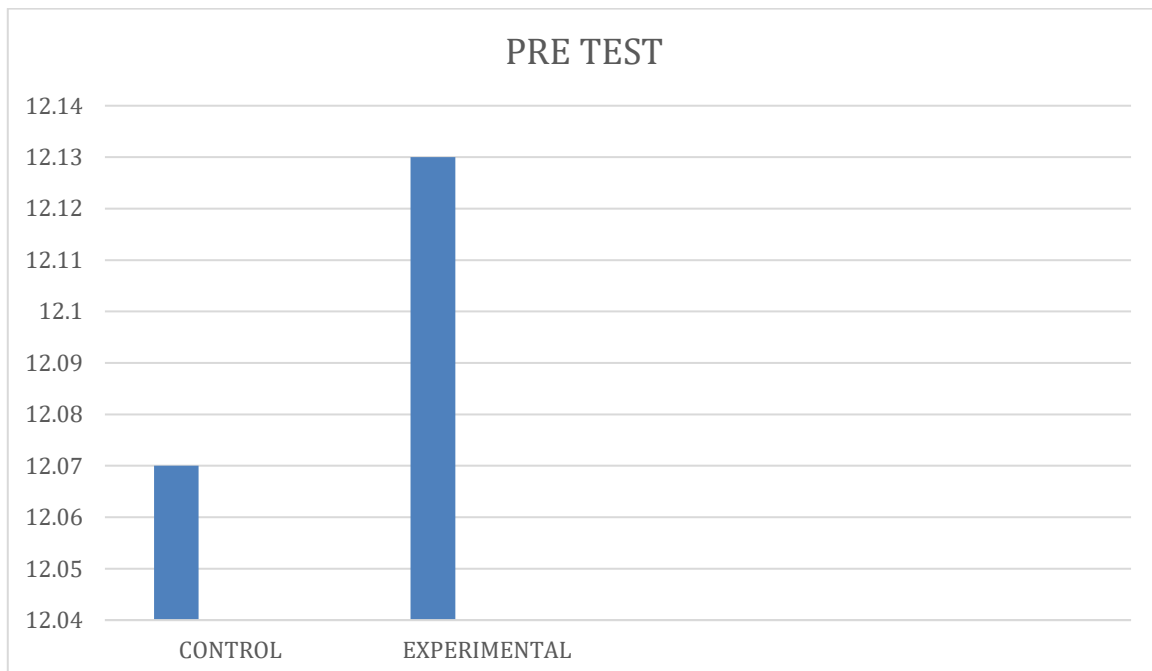


Table 1 and Graph 1 shows the comparison of pre test values of control group and experimental group score mean values are 12.07 and 12.13 respectively. The calculated ‘t’ value is 0.3737 and ‘p’ value is 0.7142 which shows it is not statistically significant .

TABLE 2 :Comparison of pre and post test values of control group by using beck depressive inventory scale

GROUP	TEST	MEAN	SD	t-value	p-value
CONTROL GROUP	PRE TEST	12.07	1.64	0.2390	0.8128
	POST TEST	12.00	1.32		

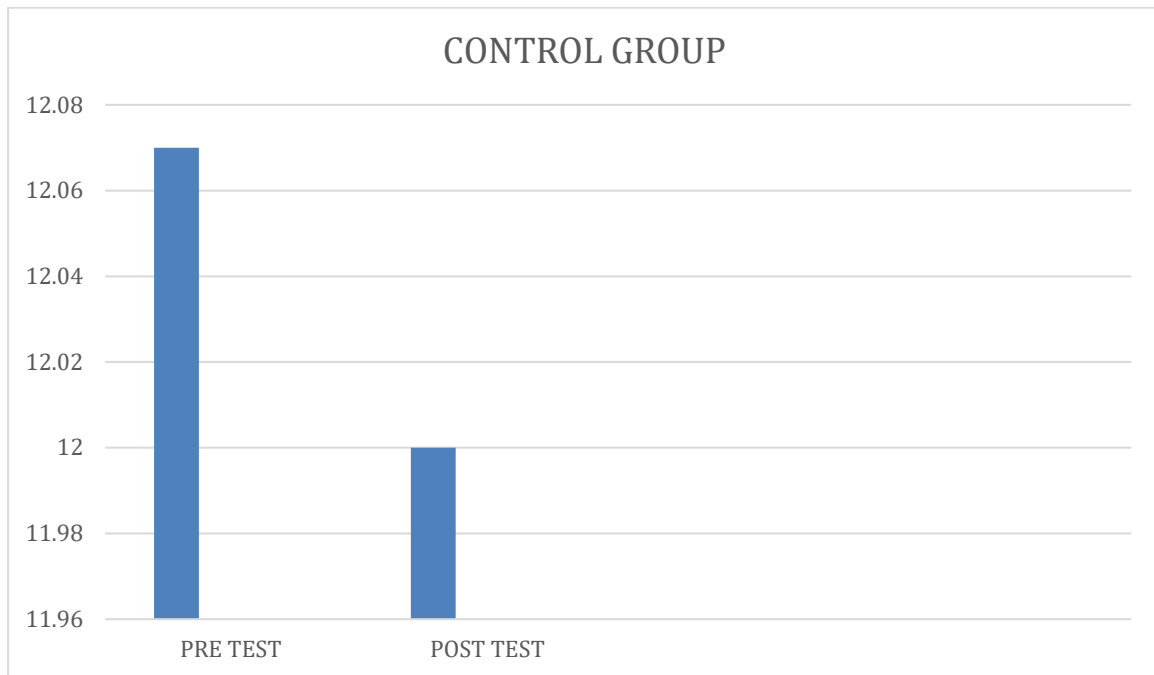


Table 2 and graph 2 shows comparison of control group pre and post test score mean values are 12.07 and 12.00 respectively. The calculated ‘t’ value is 0.2390 and ‘p’ value is 0.8128 and it is which shows it is not statistically significant and there is significant difference between pre and post test values of the control group

TABLE 3 Comparison of pre and post test values of Experimental Group by using beck depression inventory scale

GROUP	TEST	MEAN	SD	t-value	p-value
EXPERIMENTAL GROUP	PRE-TEST	12.13	1.60	3.5151	0.0015
	POST-TEST	10.33	1.18		

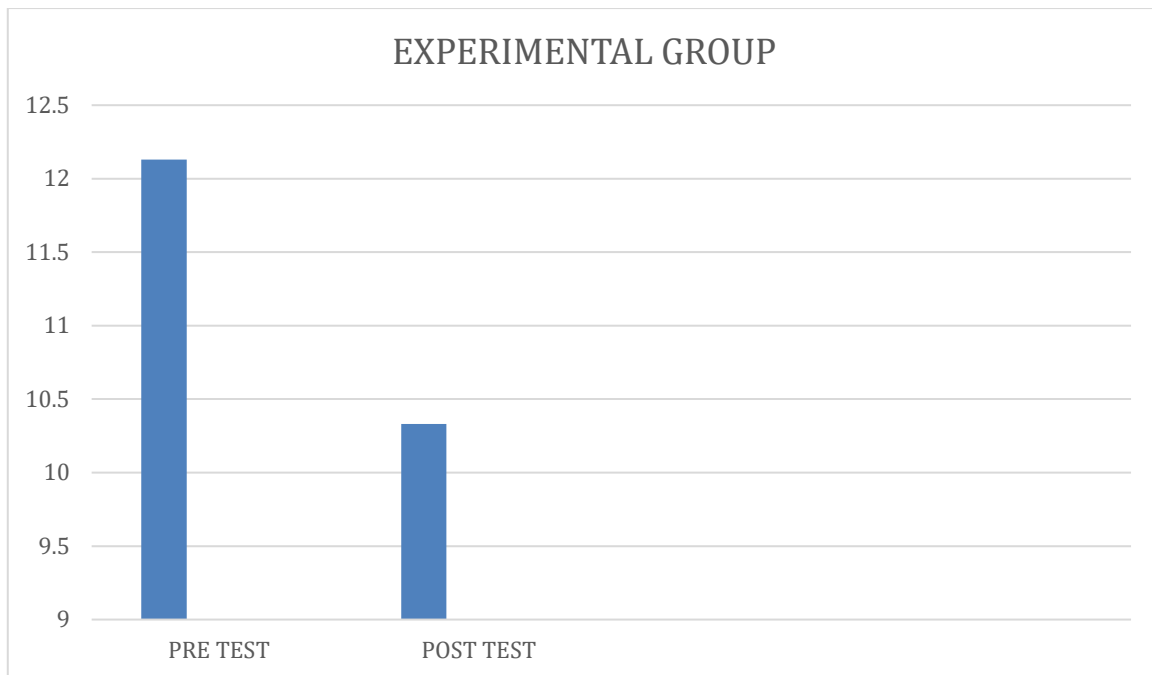


Table 3 and graph 3 shows the comparison of experimental group pre and post test score mean values are 12.13 and 10.33 respectively. The calculated ‘t’ value is 3.5151 and ‘p’ value is 0.0015 is which is and it shows that it is statistically significant and the experimental group has significant improvement.

TABLE 4 Comparison of post test values of control and experimental group.

GROUP	TEST	MEAN	SD	t-value	p-value
CONTROL GROUP	POST-TEST	12.00	1.32	4.0000	0.0013
EXPERIMENTAL GROUP	POST-TEST	10.33	1.18		

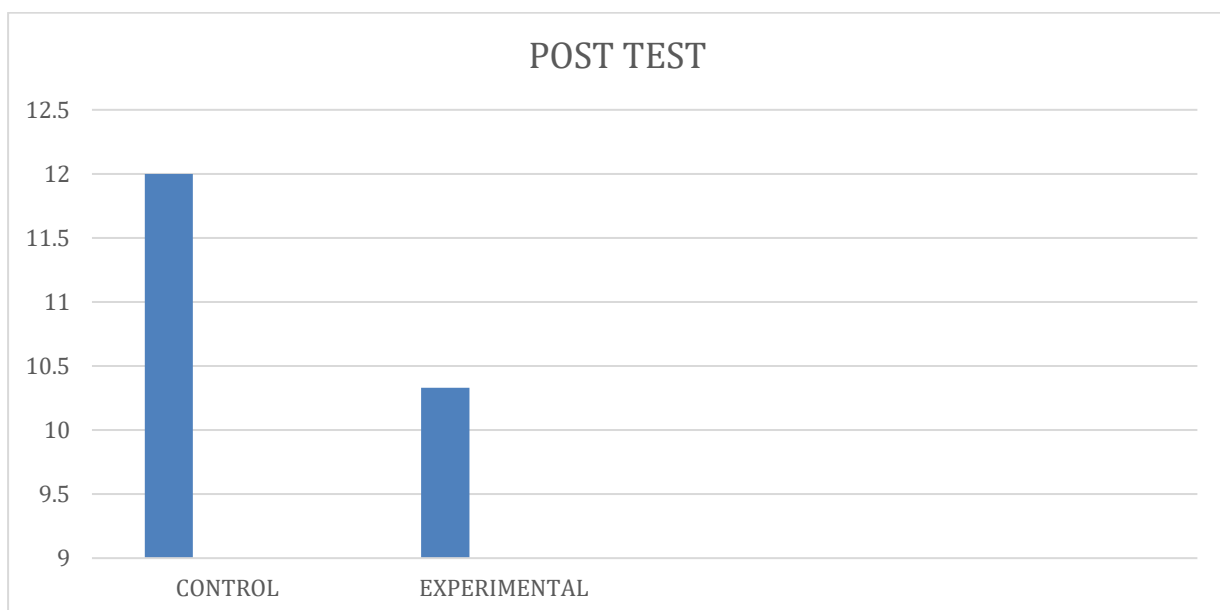


Table 4 and graph 4 shows comparison of post test values of control and experimental group score mean values are 12.00 and 10.33 respectively. The calculated 't' value is 4.0000 and 'p' value is 0.0013 which is and it shows it is statistically significant and the experimental group has significant improvement

DISCUSSION

The aim of this study was to find out the Impact of exposure therapy on hopelessness among depressive clients. The Importance of the study was explained to all the subjects. Among that, 30 subjects participated in this intervention and their informed consent was obtained. Then Beck Hopelessness Scale is administered to evaluate the level of Hopelessness. They were divided into two groups using a convenient sampling technique, 15 patients in the control group and 15 patients in the experimental group. In the control group, conventional therapy was given whereas in the experimental group, exposed therapy along with conventional therapy.

CONCLUSION

The result of this study was concluded that there is a statistically significant improvement in hopelessness among depressive clients after administering through exposure therapy

LIMITATIONS

1. The study is done with a limited sample size.
2. The study is done for a confined age group.
3. The study is done for a short duration of time.

RECOMMENDATIONS

1. The study can be repeated with comparison between genders.
2. The long term effects of the therapy can be analyzed.
3. The study can be done in other types of depression.
4. The study can be compared with other treatment methods.
5. Follow up can be recommended