

Adapting electronic cognitive behavioral therapy to cultural perceptions of the mena: A ptsd pilot study; cases with child sexual abuse experience

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The Arabic-speaking culture has its own perceptions that are incompatible with the structure of electronic cognitive behavioral therapy, which makes the results of its use as a treatment for post-traumatic stress disorder resulting from exposure to childhood sexual abuse do not achieve the recognized desired result. Some adaptive frameworks have been suggested based on the individual experiences of the therapist, but this article describes a framework for developing e-CBT and has been tested in randomized controlled trials. The study describes the process of adaptation and details the methods used and the areas that should focus on adapting CBT to the Middle East and North Africa culture, especially with regard to the concepts related to sexual assault issues that are instrumental in the development of sexual abuse trauma into PTSD. A quantitative quasi-experimental clinical was conducted with a standard comparison between the pre and post-test of the adaptive program. Electronically structured therapy sessions were conducted with 160 out of 274 participants after the homogeneity test was performed. The participants in the sample aged 15-45 years, including 15 males and 145 females, underwent 12 treatment sessions. The collected data were analyzed using the T-test and ANOVA. The results showed that there is a significant decrease in PTSD symptoms in the post-treatment phase compared to the pre-treatment test in the dual means difference (0.38053, T = 22.718, with P = 0.000). More research is required to advance in this area because cultural adaptation alone cannot improve the results of e-CBT. Access to evidence-based psychosocial interventions for sexual abuse concepts, including cognitive-behavioral therapy, needs to be improved for culturally adaptive interventions to achieve their full potential.

Keywords: Post-traumatic stress disorder; e-CBT, MENA.

Biography

Muneera Al-Wahedi is Yemeni nationality. Her major research interest is Psychotherapy-Ph.D. Psychosocial Childhood Studies-MSc. She worked in a number of universities and organizations such as UNICEF. Currently working as an international Lecturer at the University of Utara Malaysia.

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