

ABSTRACT

This study aimed at assessing the effect of TF-CBT on reducing the symptoms of PTSD that was prevalent among men and women in post LRA conflict in Northern Uganda. A mixed-methods approach based on the notation of QUAN-qual was employed. Proportionate random sampling and purposive sampling techniques were used to select respondent for quantitative and qualitative data respectively. A total of 419; 299 women and 120 men were assessed at baseline using PTSD-8 for diagnosis, PTSD-34 questionnaires and followed at midline and endline with afore mentioned tools and Exposure Therapy Tool. A total of 86 participants of the 419 were interviewed. Quantitatively, data was analyzed using STATA version 14 and a two-way repeated measures ANOVA techniques was used to get PTSD mean scores over time and T-test to compare men and women group. This was followed by qualitative thematic analysis. CBT model guided the study in assessing how therapy was done among PTSD cases while Gender and Health Belief Model (HBM) helped in assessing gender perspectives with cues to action. Statistically, findings indicate that there was improvement though more pronounced among women; PTSD scores were 26.47 (25.94 - 27) at baseline, 20.87 (20.25 - 21.49) at midline, and further reduced to 16.76 (16.05 - 17.47) at endline. The overall mean difference is 0.592, with a p-value of 0.506. Within women group, the mean differences for PTSD scores between baseline and midline, midline and baseline and endline were -5.60 (p=0.000), -9.71 (p=0.000), and -4.11 (p=0.000), respectively. Similarly, for men, scores were 25.36 (24.23 - 26.49) at baseline, 18.79 (17.78 - 19.79) at midline, and reduced further to 15.06 (13.82 - 16.29) at endline. Within the male group, the mean differences for PTSD scores between baseline and midline, midline and endline, and baseline and endline are -6.57 (p=0.000), -10.30 (p=0.000), and -3.73 (p=0.000), respectively. In interviews, participants expressed that the frequency of intrusive memories, change in mood, physical and emotional reactions had significantly decreased, indicating notable improvement in their PTSD condition. However, improvement in avoidance was comparatively less pronounced. The study findings indicate that community-based TF-CBT can be used to treat PTSD among men and women effectively. These results highlight the importance of conducting further ethnographic research to explore the underlying reasons for this deviation.