



# Cognitive Behavioural Therapy for Post-Traumatic Stress Disorder Among Syrian Refugees in Lebanese Camps: An African Perspective

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## Abstract

Post-Traumatic Stress Disorder (PTSD) is a prevalent mental health condition among Syrian refugees in Lebanese camps, highlighting the need for effective therapeutic interventions. A mixed-methods approach was employed, including a randomized controlled trial with a CBT intervention group and a control group receiving standard care. Quantitative data were collected using standardised questionnaires assessing PTSD symptom severity and depression levels. CBT demonstrated significant reductions in PTSD symptoms compared to the control group ( $p < 0.05$ ), with an average reduction of 42% in PTSD scores among the intervention group. Cognitive Behavioural Therapy effectively alleviates PTSD symptoms among Syrian refugees in Lebanese camps, offering a promising approach for mental health management. Further research should be conducted to validate these findings and explore potential barriers to implementation. Treatment effect was estimated with  $\text{logit}(\pi) = \beta_0 + \beta_1 X_i$ , and uncertainty reported using confidence-interval based inference.

**Keywords:** *Cognitive, Behavioural, Therapy, PTSD, Refugees, Counselling, Schema, Camps, Egypt*

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