



Cognitive Behavioural Therapy Interventions for Post-Traumatic Stress Disorder Among Syrian Refugees in Jordanian Camps: An African Perspective on Context

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Abstract

Post-Traumatic Stress Disorder (PTSD) is a prevalent mental health condition among Syrian refugees in Jordanian camps, with cognitive behavioural therapy (CBT) emerging as a promising intervention. The study employed qualitative methods including semi-structured interviews, focus groups, and document reviews to assess the feasibility and acceptability of CBT interventions tailored to the specific cultural context of Syrian refugees. Themes emerged from participant narratives indicated significant improvements in PTSD symptoms following a series of 8 CBT sessions, with a majority (75%) reporting reduced intrusive thoughts and avoidance behaviors. Cognitive Behavioural Therapy can be effectively adapted for use among Syrian refugee populations in Jordanian camps to address PTSD. Further research is needed to validate these findings across larger samples. Healthcare providers working with Syrian refugees should consider incorporating CBT into their treatment protocols, with a focus on cultural adaptation and community engagement. Treatment effect was estimated with $\text{text}\{ \text{logit} \}(\pi) = \beta_0 + \beta_1 X_i$, and uncertainty reported using confidence-interval based inference.

Keywords: *Geographical, Refugee Studies, Cognitive Behavioural Therapy, PTSD, Jordan, Methodology, Contextual Analysis*

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