EFFECTIVENESS OF INTERPERSONAL THERAPY ON DEPRESSION AMONG ADOLESCENTS IN SELECTED PUBLIC MIXED DAY AND BOARDING SECONDARY SCHOOLS IN MAKUENI COUNTY, KENYA

by

Alice K. Nzangi

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APPROVAL

EFFECTIVENESS OF INTERPERSONAL THERAPY ON DEPRESSION AMONG ADOLESCENTS IN SELECTED PUBLIC MIXED DAY AND BOARDING SECONDARY SCHOOLS IN MAKUENI COUNTY, KENYA

by
Alice Nzangi
(18-0059)

In accordance with Daystar University policies, this dissertation is accepted in partial fulfillment of requirements for the degree of Doctor of Philosophy in Clinical Psychology.

	Date:
Alice Munene, Psy. D., Supervisor	
Susan Chang'orok, PhD.,	
Supervisor	
Alice Munene, Psy. D.,	
Coordinator, Ph.D in Clinical Psychology	
Kennedy Ongaro, PhD.,	
Dean, School of Applied Human Sciences	



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DECLARATION

EFFECTIVENESS OF INTERPERSONAL THERAPY ON DEPRESSION AMONG ADOLESCENTS IN SELECTED PUBLIC MIXED DAY AND BOARDING SECONDARY SCHOOLS IN MAKUENI COUNTY, KENYA

I declare that this	dissertation is my of other college or us	original work and	I has not been submit lemic credit.	tted
Signed: Alice Nzang	<u>.</u>	Date:	ER ,	
(18-0059)	R			

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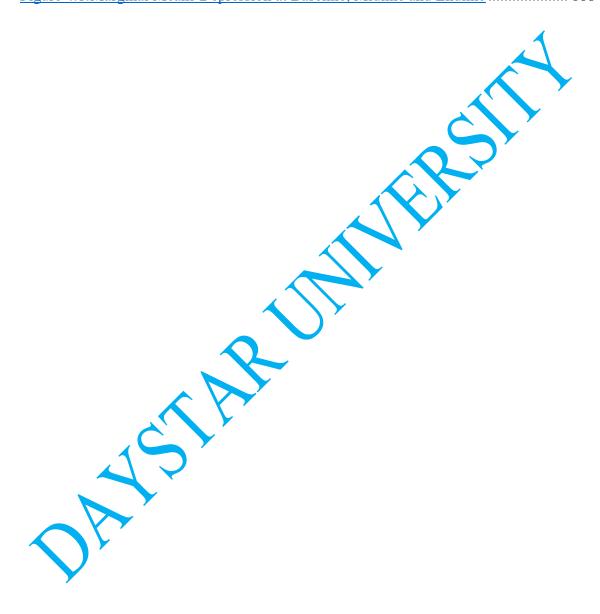
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LIST OF ABBREVIATIONS AND ACRONYMS

ACE: Adverse Childhood Experiences

AD: Adolescent Depression

APA: American Psychological Association

BDI-II: Beck's Depression Inventory-II

CBT: Cognitive Behavioral Therapy

CDC: Center for Disease Control

CDI: Children's Depression Inventory

DASS-21: Depression, Anxiety and Stress Scale

DSM 5: Diagnostic and Statistical Manual of Mental Disorders Fifth Edition

ERB: Ethics & Research Board

IES-R: Impact of Events Scale-Revised

IPT: Interpersonal Therapy

IPT-A-IND: Interpersonal Therapy Adolescence Version in Individual Setting

IPT-A-GRP: Interpersonal Therapy Adolescence Version in Group Setting

KCPE: Kenya Certificate of Primary Education

MDD: Major Depressive Disorder

MHGAP: Mental Health Gap Action Programme

NIMH: National Institute of Mental Health

RCT: Randomized Controlled Trials

NACOSTI: National Commission for Science, Technology and Innovation

PCA: Principal Component Analysis

PHQ-9: Patient Health Questionnaire

PTSD: Post-Traumatic Stress Disorder

SSRI: Selective Serotonin Reuptake Inhibitor

TAU: Treatment as Usual

WHO: World Health Organization

YRBSS: National Youth Risk Behavior Surveillance Survey

ABSTRACT

The main objective of this study was to investigate the effectiveness of Interpersonal Therapy (IPT) on depression among adolescents in selected Public Mixed Day and Boarding Secondary schools in Makueni County, Kenya. The study was informed by interpersonal theory and choice theory. Multiple time-series design was used. A sample size of 84 adolescents in forms 1, 2 and 3, aged 14 to 19 years was used, with 42 participants assigned to the experiment group and 42 the control group. The experimental group was exposed to 8 sessions of IPT treatment while the control group continued with treatment as usual during the study period. The demographic characteristics of the participants were collected using a socio demographic questionnaire. Beck's Depression Inventory-II (BDI-II), and Impact of Events Scale-Revised (IES-R) were the main tools used. Analysis of variance was done for data collected at baseline, midline and end line. The data revealed a general prevalence of depression at (58.9%). Depression was significantly high among the females and the form three participants (p = 0.000). Severity of depression was significant among the females as compared to the males (p = 0.000). Being day scholars, and whom the participant lived with were found to be risk factors to depression. A positive correlation at 2 tailed was found to exist between depression and PTSD ($r = .336^{**}$; p = 0.000). The findings of this study showed that IPT was effective in treating depression among adolescents. Based on the findings, IPT was recommended in management of depression and improvement of mental health in adolescents in secondary school.

DEDICATION

This dissertation is dedicated to my family: My husband Francis Nzangi for support and always believing in the abilities God has bestowed in me. To our children: John, Joy and Aaron for their love, emotional and instrumental support. I dedicate this dissertation to my late father Mr. Kimuli for instilling discipline of work in me, my late mum Martha Kimuli for teaching me to trust in God in everything including my education, my siblings: the late Pastor Daniel-DMK, the late Ruth, Pastor Lois, Salome, Bishop Samuel and Pastor John for prayers, encouragement, and support, and my guardians: the late Johnathan Masengele and Hannah Masengele for financial support and encouragement.



