

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

by

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A dissertation submitted to the School of Applied Human Sciences

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APPROVAL

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## DECLARATION

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SECONDARY SCHOOLS IN MAKUENI COUNTY, KENYA

I declare that this dissertation is my original work and has not been submitted to any other college or university for academic credit.

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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.

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