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EFFICACY OF TRAUMA-FOCUSED COGNITIVE BEHAVIORAL THERAPY IN  
TREATING POSTTRAUMATIC STRESS DISORDER AND DEPRESSION: A  
CASE OF TWO SELECTED PRIVATE UNIVERSITIES IN GOMA, THE  
DEMOCRATIC REPUBLIC OF CONGO

by

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A dissertation presented to the School of Applied Human Sciences

of



Daystar University  
Nairobi, Kenya

In partial fulfillment of the requirements for the degree of

DOCTOR OF PHILOSOPHY  
in Clinical Psychology

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APPROVAL

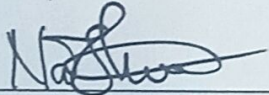
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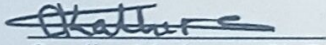
In accordance with Daystar University policies, this dissertation is accepted in partial fulfillment of the requirements for the Doctor of Philosophy degree.

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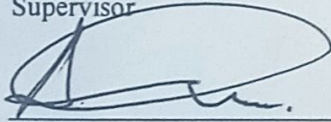


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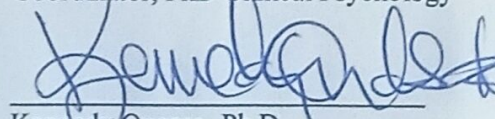
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## ABSTRACT

The purpose of this study was to determine the efficacy of Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) intervention in treating PTSD and depression among the students of Free University of Great Lake Countries and La Sapiencia University in Goma, The Democratic Republic of Congo. A combination of purposive, stratified, and simple random sampling techniques was used in this study. The study used a sample size of 147 male and female university students (18-25 years) and adopted a quasi-experimental research design. The instruments of data collection used were the socio-demographic questionnaire, PTSD Scale for DSM-5(PCL-5), BDI-II for depression and LEC Self-Report instrument. The experimental group was exposed to TF-CBT intervention for twelve weeks and data was analyzed using the SPSS Version 22. The study established that the prevalence of PTSD and depression among the participants was at 25.8% and 34.5% respectively, while the most common types of traumatic events were very stressful events or experiences (63.5%). Sexual assault ( $p=0.000$ ) was the most correlated with PTSD and depression. TF-CBT intervention had a significant effect on the treatment of PTSD ( $MD = \pm 12.213$ ;  $p=0.000$ ) and depression ( $MD = \pm 7.526$ ;  $p=0.000$ ). The findings showed that TF-CBT was effective in the treatment of trauma related PTSD and depression among the university students in DRC. TF-CBT is therefore recommended for use in the treatment of PTSD and depression.