

INTERPERSONAL PSYCHOTHERAPY FOR TREATING PSYCHOLOGICAL DISTURBANCES IN ADOLESCENTS WHO EXPERIENCED BULLIED EXPERIENCES: RANDOMIZED CASE CONTROL STUDY

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Background: This case-control study aimed to assess the intervention effects of six-session interpersonal psychotherapy (IPT-A) on reducing the severity of anxiety and depression in adolescent victims.

Methods: A total of 30 adolescents who had clinical significant level after experiencing bullied experiences were allocated to a six-session course of IPT-A (N =15) or to treatment as usual (TAU) (N = 15). T test was performed to examine the effect of IPT-A on reducing the severity of anxiety and depression related to the bullied events.

Results: Pre-intervention age, sex, anxiety and depression showed no significant difference between two groups. As the pre-intervention severity of two groups were no significant different, results showed the IPT-A group to have significantly lower post-intervention severity levels of anxiety and depression ($p < .05$) than the TAU group. Effective size showed moderate to high level between IPT-A and TAU.

Conclusions: The results of this study support the effectiveness of the IPT-A in improving anxiety symptoms and depression in adolescents experiencing traumatic bullied experiences.