

Effectiveness of Exposure and Response Prevention Techniques on Perceived Level of Selected Phobias among Teenagers Residing in Selected Areas

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Abstract: Introduction: Exposure Response Prevention, commonly referred to as ERP, is a therapy that encourages you to face your fears and let obsessive thoughts occur without 'putting them right' or 'neutralizing' them with compulsions. Objectives: To find out effectiveness of exposure and response prevention techniques on perceived level of selected phobias among teenagers residing in selected areas. Methodology: The research design used in the current study is quasi experimental research design. The samples were selected using Non probability purposive sampling technique. Data was collected from 60 teenagers using severity measures for specific phobias. Result: Among all 60, 16.67% has severe phobia and 83.33% has extreme phobia in pretest and after intervention given in posttest the phobia got decreased by percentage. Conclusion: The study came to the conclusion that selected phobias of teenagers got decreased after the intervention given to them.

Keywords: Phobias, exposure and response prevention, teenagers.

1. Introduction

Exposure Response Prevention, commonly referred to as ERP, is a therapy that encourages you to face your fears and let obsessive thoughts occur without 'putting them right' or 'neutralizing' them with compulsions. Exposure therapy starts with confronting items and situations that cause anxiety, but anxiety that you feel able to tolerate. After the first few times, you will find your anxiety does not climb as high and does not last as long. You will then move on to more difficult exposure exercises.

2. Background of Study

Exposure therapy originated from the work of behaviourists like Ivan Pavlov and John Watson in the early 1900s. Its roots trace back to principles of Pavlov's classical conditioning. The benefits of exposure therapy have been well documented and many studies cite exposure therapy as a first - line treatment for several mental health concerns.

Response prevention is based on a principle of learning theory (specifically, operant conditioning). According to this principle, when a behavior is no longer rewarded (reinforced) it becomes extinct. This means the behavior gradually fades away. For instance, washing hands after contact with a doorknob serves to "undo," or negate the anxiety that occurs after touching a doorknob. Response prevention eliminates the rewarding effect of hand washing. As such, compulsive hand washing will gradually become extinct.

3. Review of Literature

Literature related to exposure and response prevention:

Martin E. Franklin et al (2000) conducted the study on Effectiveness of Exposure and Ritual Prevention for Obsessive - Compulsive Disorder: Randomized Compared

with Nonrandomized Samples. The efficacy of exposure and ritual prevention (EX/RP) for reducing symptoms of obsessive—compulsive disorder (OCD) has been demonstrated in several randomized controlled trials (RCTs). However, procedures used in these studies to maximize experimental control may have limited their generalizability to typical clinical practice. Treatment outcome data from 110 clinical patients receiving EX/RP on an outpatient fee - rbr - service basis were compared with findings from 4 RCTs of EX/RP. Adult patients in the clinical sample were not excluded because of treatment history, concomitant pharmacotherapy, psychiatric comorbidity, age, or OCD severity. Clinical patients achieved substantial and clinically meaningful reductions in their OCD and depressive symptoms following EX/RP, which were comparable with those reported in the RCTs. Findings indicate that EX/RP is a potent treatment for OCD, and its benefits are not limited to select patient samples.

Literature related to selected phobias.

B. S. Chavan, Tanupreet Kaur, Navneet Kaur in 2018, India conducted research on Treatment of Phobia Using Modified Form of Exposure and Response Prevention. Exposure therapies are based on the premise that fears are acquired through associative learning (classical or operant conditioning). Commonly used behavior therapies are flooding and systematic desensitization in patients of phobia. However, in our index case, we could not introduce any of these modes of therapy due to patient-limited factors; thus, we introduced modified exposure and response prevention in which we tried to overcome the limitations of commonly used behavioral therapy techniques. She underwent 12 sessions and showed good and quick results

4. Method

A quantitative approach was used for this study. The study is carried out in selected areas. The research design is quasi experimental is Non probability purposive sampling

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technique was used. The 60 teenagers was taken from residing in selected areas. The elderly were selected by Non probability purposive sampling technique. The data collection was done in 4 weeks. The study proposal was sanctioned by institutional ethics committee. Permission was obtained from the concerned authority. The screening consent was taken from all the participants. The inform consent was taken from all the main samples. Confidentiality and anonymity was maintained throughout the procedure. The data gathered through research was strictly utilized for benefits of the subjects.

5. Result

Section - 1 Deals with the Analysis of the Demographic Variables of the Teenagers.

Age in year - Percentage wise distribution of respondents according to their Age depicts that highest percentage (43%) of respondents were in the age group of 15 to 16 years, 38% of the respondents were in the age group of 13 - 14 years and 19% of the respondents were in the age group of 17 - 18 years. It can be interpreted that most of the respondents were in the age group of 15 to 16 years.

Gender - Percentage wise distribution of respondents according to their gender depicts that highest percentage all (55%) of respondents were male and 45% of the respondents were female.

Type of family - Percentage wise distribution of respondents according to their Type of Family depicts that highest percentage (47%) of respondents were from nuclear family, 36% of the respondents were from joint family and (17%) of respondents were from extended family. It can be interpreted that most of the respondents were from nuclear family.

Education of Family - Percentage wise distribution of respondents according to the Education of the family depicts that highest percentage (81.66%) of respondent's literate and (18.34%) of the respondents were Illiterate.

Locality - Percentage wise distribution of respondents according to their locality depicts that highest percentage all (100%) of respondents were from urban area.

Type of School - Percentage wise distribution of respondents according to a type of school depicts that highest percentage (72%) of respondents were from private school and (28%) of the respondents were from public school.

Section – I: Description of Sociodemographic data (n=60)

Table I

SN	Variable	Frequency	%
1	Age		
A	13 to 14 years	23	38.33
B	15 to 16 years	26	43.33
C	17 to 18 years	11	18.34
D	19 years and above	00	00
2	Gender		
A	Male	33	55
B	Female	27	45
C	Prefer not to specify	00	00
3	Type of Family		
A	Joint	22	36.33
B	Nuclear	28	46.33
C	Extended Family	10	16.67
D	Single Parent	00	00
4	Educational qualification		
A	Literate	49	81.66
B	Illiterate	11	18.34
5	Locality		
A	Rural	00	00
B	Urban	60	100
6	Type of school		
A	Public	17	28.33
B	Private	43	71.67

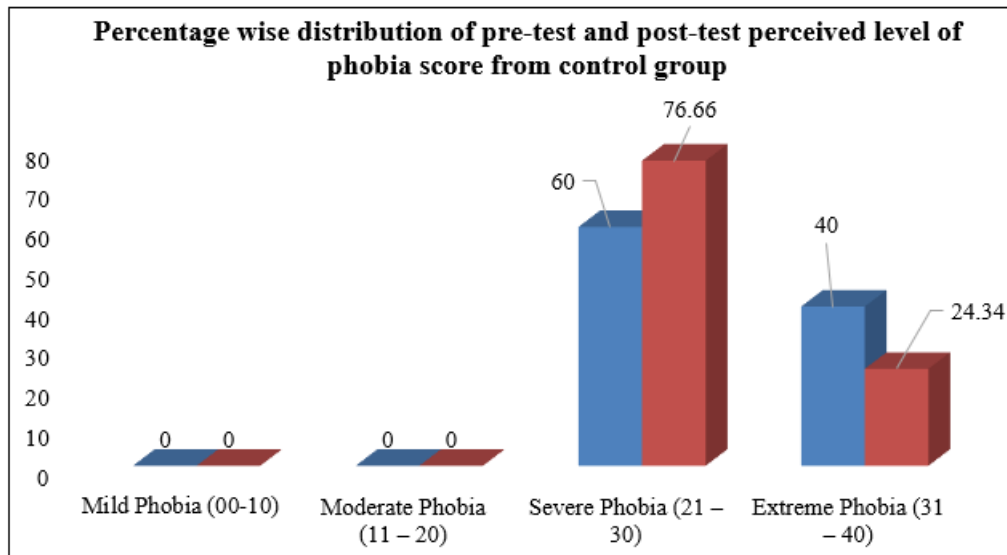
Above mentioned table deals with the demographic data of sample with regard to age, Gender and type of family, Education of family, Locality and type of school.

Section - 2 Deals with the Analysis of the Data Related Effectiveness of Exposure and Response Prevention Techniques on Perceived Level of Selected Phobias Among Teenagers

Percentage wise distribution of pre - test and post - test level of phobia score of respondents from control group depicts that highest percentage in pretest, (60%) of them had severe phobia and in post - test (76.66%) of the respondents had severe phobia. Hence it can be interpreted that an exposure and response prevention technique was not effective in reducing the severity of the phobia among respondents from control group.

Frequency and percentage wise distribution of pre - test and post - test perceived level of phobia score of respondents from Control group (n=30)

SN	Score	Pretest		Posttest	
		Freq	%	Freq	%
1	Mild Phobia (00 - 10)	00	00	00	00
2	Moderate Phobia (11 – 20)	00	00	00	00
3	Severe Phobia (21 – 30)	18	60	23	76.66
4	Extreme Phobia (31 – 40)	12	40	07	24.34

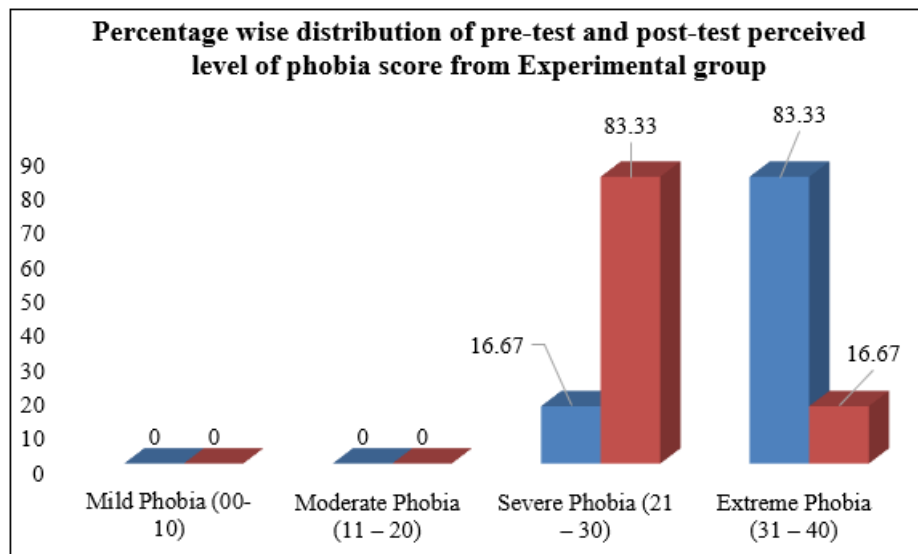


Section - 3 Deals with the Analysis of the Data Related to Frequency and Percentage Wise Distribution of Pre - Test and Post - Test Perceived Level of Phobia Score of Respondents from Experimental Group

Percentage wise distribution of pre - test and post - test level of phobia score of respondents from control group depicts that highest percentage in pre - test, (83.33%) of them had extreme phobia and in post - test (83.33%) of the respondents had severe phobia. Hence it can be interpreted that an exposure and response prevention technique was not effective in reducing the severity of the phobia among respondents from Experimental group.

Frequency and percentage wise distribution of pre - test and post - test perceived level of phobia score of respondents from Experimental group (n=30)

SN	Score	Pretest		Posttest	
		Freq	%	Freq	%
1	Mild Phobia (00 - 10)	00	00	00	00
2	Moderate Phobia (11 - 20)	00	00	00	00
3	Severe Phobia (21 - 30)	05	16.67	25	83.33
4	Extreme Phobia (31 - 40)	25	83.33	05	16.67



Section - 4: Paired 'T' Value of Pre and Post - Test Level of Phobia Score of Respondents from Control Group

t value was calculated to analyze the difference in pre - test and post - test phobia score of respondents. Significant difference was found between pre and post - test phobia score of respondents after giving exposure and response prevention techniques. ($t = 15.389$).

Paired 't' value of pre and post - test level of phobia score of respondents from control group (n =30)

SN	Group	Mean	SD	't' value	P Value	Level of significance
1	Pre - test	29.4	3.05	15.389	0.001	Significant
2	Post - test	28	2.55			

table value = 2.132 at $p \leq 0.05$

Section - 5 Paired 'T' Value of Pre and Post - Test Level of Phobia Score of Respondents from Experimental Group

t value was calculated to analyze the difference in pre - test and post - test phobia score of respondents from

Experimental group. Significant difference was found between pre and post - test phobia score of respondents after giving exposure and response prevention techniques. ($t = 7.952$).

Paired 't' value of pre and post - test level of phobia score of respondents from Experimental group (n =30)

SN	Group	Mean	SD	't' value	P Value	Level of significance
1	Pre - test	30.6	3.209	7.952	0.001	Significant
2	Post - test	25	4.062			

table value = 2.132 at $p = \leq 0.05$

Section- 6 Unpaired 'T' Value of Pre and Post - Test Level of Phobia Score Of Respondents from Control and Experimental Group

t value was calculated to analyze the difference in pre - test and post - test phobia score of respondents from Experimental group and control. No Significant difference was found between pre and post - test phobia score of respondents after giving exposure and response prevention techniques. ($t = 4.110$).

Unpaired 't' value of post - test level of phobia score of respondents from Experimental group (n =60)

SN	Group	Mean	SD	't' value	P Value	Level of significance
1	Exp Group	24.93	3.393	4.110	0.001	Significant
2	Cont. Group	20.03	2.356			

table value = 2.132 at $p = \leq 0.05$

6. Limitations

- The study was confined to small number of elderly and was conducted on a purposive sampling technique residing in selected areas which limits the generalization of findings.
- A structured questionnaire was prepared for data collection, which restricts the amount of information that can be obtained from the elderly.
- The investigator has decided to conduct the study on 'Effectiveness of exposure and response prevention techniques on perceived level of selected phobias among teenagers residing in selected areas.'

7. Suggestions

- The nurse educators should give prompt information to the teenagers regarding exposure and response prevention techniques.
- Education camps should be conducted in community premises on phobias its awareness and implementation.
- Work place program should be initiated to prevent incidence of health risks related to stress.

8. Recommendations

- In view of the findings and limitations of the present study following recommendations are offered for the further research.

- The study can be repeated on larger scale sample to validate and for better generalization of the findings.
- The study can be conducted in different settings.
- A comparative study can be undertaken between rural and urban community.
- An experimental study can be conducted with pre experimental one group pre - test post - test research design.
- Thus, exposure and response prevention techniques are significantly effective in improving level of stress and increasing level assertiveness among elderly residing in selected areas.

9. Conclusion

In the assessment of Effectiveness of exposure ad response prevention techniques on 60 samples divided in two group that is 30 experimental group and 30 control group. Evaluation of perceived level of selected phobias was done before and after the intervention among experimental groups and control group. The perceived level of selected phobias among teenagers was improved in experimental group, P value < 0.0001.

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