



### Oral Presentation

## Trauma Focused Cognitive Behavior Therapy on Anxiety of Children Survivors of Earthquake in Eastern Azerbaijan

Amir Askari

Clinical Psychology Department, Social Welfare and Rehabilitation Sciences University, Tehran, Iran.

**Published: 1 Oct, 2014**

### Abstract

Most of the disasters such as earthquakes can impact on mental health and personal development of children. This study is to evaluate the effectiveness of Trauma Focused Cognitive Behavior Therapy (TF-CBT) in reduce the anxiety among children survivors of earthquake in Eastern Azerbaijan, Iran. The sample was composed of 30 children exposed to the earthquakes. One year after the earthquakes, all subjects were approached with questions from a survey consisting of the Measures were administrated in a standard order as follows: Demographic Data Sheet, Trauma Symptom Checklist for Children (TSCC), and State - Trait Anxiety Inventory for Children (STAIC). Our findings show that TF-CBT has influence on anxiety of children survivors of earthquake. So, we can definitely say that TF-CBT had significantly reduced anxiety scores of adolescent survivors in experimental group. After a catastrophic natural disaster, children are at risk for co-morbid PTSD, dissociation and depression. Early clinical intervention on anxiety is recommended to prevent chronic post-traumatic stress reactions and other mental problems. The results of this study may be helpful for further mental health interventions for children after earthquakes.

**Keywords:** Behavior Therapy, Children, Anxiety, Trauma, Cognition, Earthquake.

**\*Corresponding Author:** Amir Askari

**Email:** askari1407@yahoo.com