

The Effectiveness of Cognitive Behavior Group Therapy for Depression and Anger among Male Convicted Prisoners

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ABSTRACT

Background: Depression and anger affect prison inmates universally. Research shows that CBT (Cognitive Behavioral Therapy) effectively diminishes anger and depression. However, most of the studies are non-Indian studies. Furthermore, previous studies have noted that implementing RCTs (Randomized Controlled Trials) in prison environments presents significant challenges. In addition, there is a scarcity of group CBT among prisoners.

Aim: This study aims to address the gap in the literature on RCTs in Indian prisons and to determine the effectiveness of cognitive behavior group therapy among convicted prisoners in reducing their depression and anger through a randomized controlled trial.

Methods: The present study is a randomized controlled trial conducted at Puducherry Central Prison, Puducherry. The sample consisted of 24 male convicted prisoners, who were selected using simple random sampling and randomly assigned to two groups of 12 each. Both groups were assessed using the HDRS and DAR-5 scales at baseline and after completing the cognitive behavior group therapy, was delivered over 12 weekly sessions lasting between 60 and 90 minutes each.

Results: The present study found that most convicted prisoners were incarcerated under IPC Sections 302, 7 (58.3%) and 12 (100%). Furthermore, the study demonstrated that cognitive behavior group therapy was effective in reducing depression and anger among convicted prisoners, as demonstrated through a randomized controlled trial.

Conclusion: Cognitive behavioral group therapy is effective, and RCTs are feasible in prison settings among convicted prisoners.

Keywords: Cognitive behavior group therapy, depression, convicted prisoners, anger, offenders, Randomized controlled trial