

**EFFECTIVENESS OF GROUP COGNITIVE BEHAVIOURAL THERAPY IN
REDUCING HIV-RELATED SELF-STIGMA AMONG ADOLESCENTS
LIVING WITH HIV IN KAKUMA REFUGEE CAMP, TURKANA COUNTY,
KENYA.**

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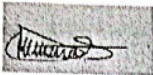
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**A RESEARCH PROJECT SUBMITTED TO THE SCHOOL OF LAW, ARTS
AND SOCIAL SCIENCES IN PARTIAL FULFILLMENT OF THE
REQUIREMENTS FOR THE AWARD OF THE DEGREE OF MASTER OF
ARTS OF KENYATTA UNIVERSITY.**

DECLARATION AND RECOMMENDATION

By The Student


This project is my original work and has not been presented for a degree in any other university. Signature  Date21/06/2024.....

Lokoroi S. Damaris

C50/CE/34172/2017

By The Supervisor

This project has been submitted for review with my approval as University supervisor

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ABSTRACT

Adolescents living with HIV (ALWHIV) continue to grapple with self-stigma despite the numerous efforts put in place to deal with HIV/AIDs over the years. Series of studies have been conducted in refugee set ups on stigma, HIV and AIDs, and depression associated with the displacement of refugees and support groups among them those initiated by United Nations High Commission for Refugees (UNHCR). Despite this there is limited evidence of the reduction of self-stigma. The current study was carried out in Kakuma refugee camp in Turkana County to assess the effectiveness of group Cognitive Behavioural Therapy (GCBT) in the reduction of the levels of self-stigma. It targeted adolescent refugees living with HIV (ALWHIV) residing in the Kakuma Refugee Camp hosted by UNHCR. Objectives of the study included; measuring the levels of self-stigma among ALWHIV in the Kakuma refugee camp prior to the intervention, assessing the feasibility of GCBT as an intervention for self-stigma among ALWHIV and assessing the difference in self-stigma levels in the control and intervention groups at the pretest and posttest stages. A Randomized control trial design was employed on a sample size of 60 participants. Internalized Stigma of Mental Illness Inventory (ISMI) tool was used to measure the participants' level of self-stigma and the Client Satisfaction Questionnaire to evaluate the GCBT intervention's feasibility in diminishing HIV-related self-stigma. The data gathered was subjected to descriptive and inferential analysis including paired samples t-test and Independent samples t-tests using Statistical Package for Social Scientist (SPSS) version 26. The findings indicated that difference in the self-stigma scores was higher in the experimental group ($M = 12.100$, $SD = 2.102$) than control group ($M = 4.14$, $SD = 2.361$) and the difference was statistically significant at $M = 12.100$, 95% CI [7.801, 16.399], $t(29) = 5.756$, $p = .000$. The study concluded that GCBT was effective in reducing self-stigma among ALWHIV. The study recommended that the Kakuma refugee camp administration and other parties dealing with ALWHIV should implement GCBT and further studies to be conducted to assess its effectiveness in other mental health issues.