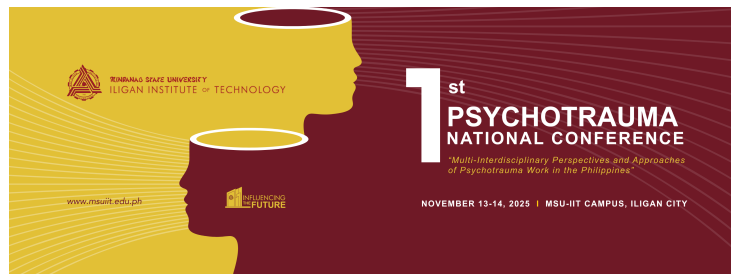


National Psychotrauma Conference 2025



Contribution ID: 34

Type: **Poster Presentation**

THE LEVEL OF PSYCHOLOGICAL DISTRESS OF PERSONS DEPRIVED OF LIBERTY (PDLs) AT SIKUIJOR DISTRICT JAIL: TOWARDS THE EFFECTIVENESS OF GROUP THERAPY

ABSTRACT

Prolonged experiences of psychological distress of Persons Deprived of Liberty (PDLs) in prisons could lead to the development of mental illness. By helping PDLs regain health and improve coping skills, safety and order within prison environment is promoted and public safety is enhanced when PDLs are released. This research study examines the effectiveness of group therapy intervention on the level of psychological distress of 38 PDLs at Siquijor District Jail by employing the Kessler Psychological Distress Scale (K10) pre and posttest. K10 results indicated that the experimental group showed a generally high mean of difference from the control group with 14 and 3.5 respectively.

Keywords: group therapy, PDLs, psychological distress

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Track Classification: Poster presentation