

**Online positive psychology coaching reduced anxiety, stress and hopelessness during pandemic in females during Covid-19 lockdown in Karachi**

By

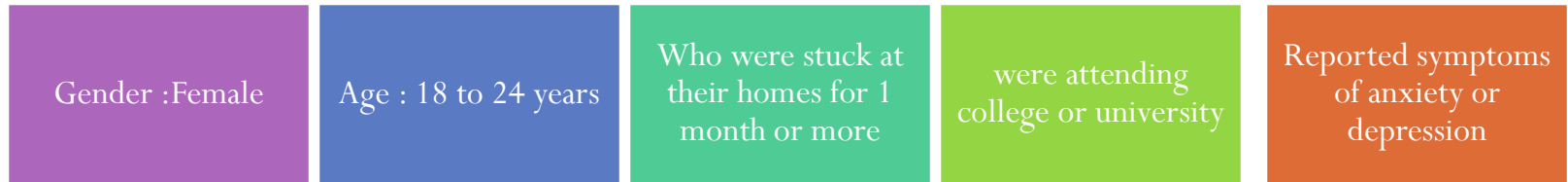
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# Introduction

- *Psychological issues due to pandemic*
- As the corona virus pandemic rapidly sweeps across the world, it is inducing a considerable degree of fear, worry and concern in the population.
- The main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – *levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behavior are also expected to rise.* (WHO.2020).
- *Is online therapy effective ?*
- Online psychological therapy was equally as effective as in-person treatment for major depression, panic disorder, social anxiety disorder, and generalized anxiety disorder. Andrews G, Basu A, Cuijpers P, et al. (2018)
- Research suggests that online therapy, including [via email](#) and [video conferencing](#) can result in client satisfaction with both the therapy and the quality of their relationship with the therapist that is similar to levels of satisfaction with face-to-face therapy

# Method

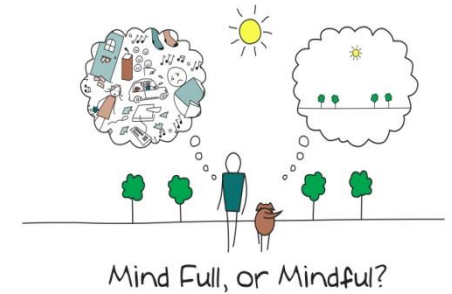
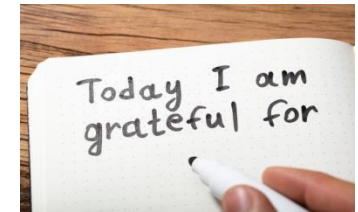
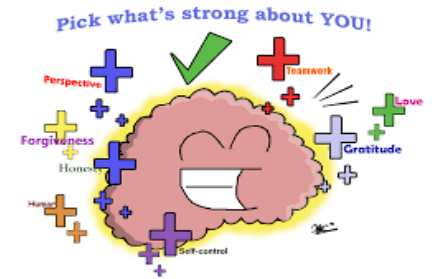
- Selection of participants :



- Total 12 participants were selected and consent was taken formally.
- The Beck anxiety inventory (BAI-2), Perceived stress scale (Cohen, 1994) and Adult hope scale (Synder, 2002) was used to evaluate the symptoms in each participant.
- 8 group sessions were conducted and post evaluation of symptoms were also done to see the effects of therapy.
- Mode of sessions was ONLINE.
- Time limit: 60 minutes
- Each session was divided into three parts: *Opening , middle and closing*

# Session topics

- The group focused on positive techniques like :
- Strength exploration
- Understanding dimensions of happiness
- Meaning of gratitude,
- Keeping gratitude journal
- Positive beliefs,
- Mindfulness based techniques
- Acts of kindness,
- Empathy
- Organization of life by managing daily routine
- and overall self-care and assessment



# Conclusion

- The results shows that females who participated in online session reported significant reduction ( $p \leq 0.05$ ) in anxiety, stress ( $p \leq 0.05$ ) and hopelessness ( $p \leq 0.05$ ).
- Furthermore, participants also revealed that their ability to deal with stress and hopelessness is improved.
- The results suggests that in special situations like these, mental health practitioners can play their role by offering online sessions and help people suffering from mental health issues

