

EFFECTIVENESS OF BEHAVIORAL AND RATIONAL EMOTIVE BEHAVIOR  
THERAPIES ON CONDUCT DISORDER AMONG JUVENILE DELINQUENTS IN  
SELECTED REHABILITATION SCHOOLS IN KENYA

by

Naomi James  
13-0418

A dissertation submitted to the School of Human and Social Sciences

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In partial fulfillment of the requirements for the degree of

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Naomi James  
13-0418

In accordance with the Daystar University policies, this dissertation is presented in partial fulfillment for the requirements of Ph.D. in Clinical Psychology degree.

Signature

Date

---

Alice Munene, Psy.D.,  
Supervisor

---

Rebecca Oladipo, Ph.D.,  
Supervisor

---

Alice Munene, Psy.D.,  
Coordinator, Ph.D. Clinical Psychology

---

Kennedy Ongaro, Ph.D.,  
Dean, School of Human and Social Sciences

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## DECLARATION

EFFECTIVENESS OF BEHAVIORAL AND RATIONAL EMOTIVE BEHAVIOR  
THERAPIES ON CONDUCT DISORDER AMONG JUVENILE DELINQUENTS IN  
SELECTED REHABILITATION SCHOOLS IN KENYA

I declare that this dissertation is my original work and has not been submitted to any other institution of learning for academic credit

Signed:

Date:

\_\_\_\_\_  
Naomi James  
(13-0418)

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## LIST OF ABBREVIATIONS AND ACRONYMS

APA	American Psychiatric Association
CD	Conduct Disorder
DSM	Diagnostic and Statistical Manual of Mental Disorders.
KRS	Kabete Rehabilitation School
PSST	Problem-Solving Skills Training
REBT	Rational Emotive Behavior Therapy
SPSS	Statistical Package for Social Sciences
WRS	Wamumu Rehabilitation School

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## ABSTRACT

This study set to establish the effectiveness of behavior and rational emotive behavior therapies (REBT) in treating conduct disorder among juvenile delinquents. The objectives of the study were to establish the prevalence of conduct disorder among juvenile delinquents, determine the exposure of juveniles to distressful situations and determine the effectiveness of behavior and REBT therapies in treating conduct disorder. The study sample was drawn from Kabete and Wamumu rehabilitation schools in Nairobi and Kirinyaga counties respectively. A sample size of 94 respondents was drawn out of a population of 167 using purposive sampling procedure. This study used quasi-experimental design and quantitative data was collected in three time series. The Child Behavior Checklist Youth Self Report for ages 11-18 (2001) questionnaire was used to assess symptoms of conduct disorder. This questionnaire has proven validity and reliability of 0.82. Data was analyzed using Statistical Package for Social Studies (2011) and included bivariate, multivariate and multimodal analysis. The study established that the prevalence of conduct disorder was 36.5%, and respondents who presented with other psychological disorders were more likely to have conduct disorder: anxious depressed (OR=0.050, 95% CI: 0.110-0.255;  $p < 0.0001$ ), internalizing anxiety (OR=0.067, CI: 0.024-0.187;  $p < 0.0001$ ). Moreover, experiencing distressful events was significantly associated with the occurrence of conduct disorder. The study established a statistically significant reduction of conduct disorder symptoms from a mean of 19.96 at baseline to 8.26 at post-treatment two and this was significant at  $p < 0.001$ , indicating the effectiveness of behavior and REBT therapies in treating conduct disorder. Based on the study findings, it is recommended that behavior and REBT therapies be integrated in the juveniles' rehabilitation program.

## DEDICATION

I dedicate this work to my husband Mr. Augustine James and our children Neema and Imani for their continued support during this academic journey. I appreciate their prayers and encouragement.

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