

THE EFFECT OF PATIENT PARTICIPATION IN COLLABORATIVE GOAL SETTING IN PSYCHOTHERAPY:
A CLINICAL PSYCHOLOGY APPROACH IN THERAPY IN GHANA

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Abstract

The present study examined the application of mutual goal setting theory on patients' compliance behaviors and outcome goals. 60 patients on admission to a private psychiatric clinic in Greater Accra in Ghana were recruited for the study. It comprised two groups; the experimental and control groups. The experimental group participated in their mutual goal setting while the control group did not participate. Participants were diagnosed with any of the following conditions; schizophrenia, depression and substance abuse. The groups were compared with respect to goal attainment, patient satisfaction with care, therapist satisfaction and responses to the follow-up community readjustment program. Results indicated that patients who participated in the mutual goal setting scored significantly higher on goal attainment and patient's satisfaction with care than those who were not involved. In addition, therapists whose patients participated in the mutual goal setting were more satisfied with care given compared to those whose patients did not participate in goal setting. The patients with internal locus of control who participated in mutual goal setting scored significantly higher on goal attainment than those internals who did not participate in mutual goal setting. The implications of the findings are discussed in the paper.

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DO CULTURAL IDENTITY AND CONTROL PERCEPTIONS HAVE ANY BEARING ON HOW SATISFIED WE ARE WITH OUR LIVES?

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Abstract

The role of perceived control in well-being and its relation to age is well established. Much less understood is the relationship of subjective cultural orientation to well-being and control, particularly primary and secondary forms of control. This study

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examined the relationship among cultural orientation, age, and well-being to control. Two hundred and sixty-five ethnically diverse adults (ages 18 to 88) from Southeastern parts of the United States participated in the study. Results of correlation and multiple regression analyses indicated that cultural orientation, age, and well-being were significantly and differentially related to forms of primary and secondary control. Associations of forms of primary and secondary control to the collectivism and individualism constructs appear congruent with collectivism and individualism values. Older adults in this sample enjoyed higher life satisfaction, relative to younger adults, and used more secondary control coping strategies. In general, a greater life satisfaction was associated with selective primary control and positive reappraisal secondary control. Potential implications for clinical practice and further research are discussed.
Key words: collectivism, individualism, perceptions of control, primary control, secondary control, subjective well-being.

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PSYCHOSOCIAL FACTORS ASSOCIATED WITH SYMPTOMS OF DEPRESSION AMONG GHANAIAN ADOLESCENT STUDENTS IN JUNIOR AND SENIOR HIGH SCHOOLS.

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Abstract

The present study examined psychosocial factors associated with depression among Ghanaian adolescent students in junior and senior high schools. Three hundred high school students were recruited comprising 150 males and 150 females. Tests administered evaluated depressive symptoms, self-esteem, and parental social support. The results revealed that female adolescents experienced more depressive symptoms than male adolescents. However, there was no significant difference in depressive symptoms of adolescents from separated/divorced families and adolescents from married families. Further, the results revealed a significant negative correlation between depressive symptoms and self-esteem, but no significant correlation between depressive symptoms and social support. Implications for further research are discussed.

Key Words: adolescents, depressive symptoms, gender, parent's marital status, self-esteem, social support.

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EFFICACY OF COGNITIVE TRAINING INTERVENTION PROGRAMS IN PATIENTS WITH DEMENTIA

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Abstract

Cognitive training has emerged as a potentially efficacious intervention in treating the symptoms associated with dementia (Ball et al., 2002). The present study was designed to examine the efficacy of two cognitive training programs (1) an individualized computer-based program and (2) a program combining individualized computer-based training with group-based interactive training in a population of individuals with a diagnosis of dementia. Forty participants were administered a battery of neuropsychological tests at baseline (T1) and then following 12 week, 24 session cognitive training program (T2). Both programs yielded gains and declines in cognitive and behavioral functioning. Individuals completing the individualized computer-based program showed gains in visual memory, global cognitive functioning, and self-report of cognitive failures and decline in visual motor speed and coordination. Individuals completing the combined program showed significant improvement in abstract reasoning, spatial orientation, and self-report of cognitive failures and decline in visual motor speed and coordination, visual motor tracking, attention, and cognitive flexibility. Effectiveness appeared to vary with training program design. However, it appears that for both groups verbal tasks improved while timed visual motor tasks declined.

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THE EFFECTS OF KNOWLEDGE AND HEALTH BELIEFS ON COPING AMONGST ADULT SICKLE CELL PATIENTS

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Abstract

The aims of the study are twofold. First, to investigate the effects of knowledge of Sickle Cell Disease (SCD) and health beliefs

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on how patients cope with SCD. Second, to examine the current trends of health beliefs and treatment choice in Ghana. The study adopted pre-test post-test design, comprising two groups; an experimental and a control group. 100 participants diagnosed with sickle cell disease (50 males and 50 female adults) were recruited from the sickle cell clinic at a national hospital in Accra, Ghana. Measures administered assessed knowledge of SCD, health beliefs and coping. The experimental group received education on sickle cell disease while the comparison group received no education during the study. The results indicated a significant increase in knowledge and coping before and after the educational session for the experimental group. Patients used more traditional treatment (i.e., herbs, shrine for guidance) than medical treatment (routine medication, doctors' reviews). Also, there was a significant positive correlation between socio-economic status and coping with SCD. Overall, the results have demonstrated that knowledge and coping of SCD increased significantly after the intervention. Further, the study revealed that Ghanaians continue to use more traditional treatment than western medical approach.

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DOLL CHOICE IN YOUNG CHILDREN: REPRESENTING SELF THROUGH SKIN COLOR

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Abstract

This study is an exploratory study that examines skin color identification in children aged six to nine. Results show that in all, there was no overall preference for either color doll. No significant age differences were found according to theme or reason given for the doll selected. However, child gender was highly predictive of child doll choice with boys more likely to choose pale dolls. Using chi-square tests, significant results were provided for socioeconomic status (SES). Results indicate that boys from lower socioeconomic backgrounds, and who attended public school were more likely to choose the pale doll. Also, there was a significant association between school type and SES. The school and SES differences were mainly attributed to a comparatively better English comprehension on the part of the private schools and children from high SES backgrounds and the seeking of high status symbols from the public school children as a result of low SES. Recommendations are made for further studies to investigate more fully the reasons children give for their choices as well as measure the relationship between doll choice and other socio-demographic variables and indices of psychological functioning

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RECOGNITION OF NONWORDS IN TWO PATIENTS WITH DEEP DYSLEXIA:
IMPLICATIONS FOR MODELS OF READING

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Abstract

Deep dyslexia is an acquired reading disorder characterized by poor oral reading of nonwords, as well as by semantic, derivational, visual, and function word errors. Traditional explanations of the disorder assume that patients' difficulties in reading aloud nonwords reflect an inability to process phonology. Although recent studies have shown that some deep dyslexics implicitly process phonology, current accounts of the disorder do not allow for explicit phonological processing. Using a forced-choice memory task, we investigated the explicit phonological processing of two deep dyslexic patients to determine if such processing occurs. During familiarization, the patients were presented a series of target nonwords. During recognition, they saw each target paired with a foil nonword, and they were asked to point to the target. Each patient earned a perfect score on this task. In addition, one patient performed well on a similar task presented in the auditory domain. These findings demonstrate explicit phonological processing in at least two deep dyslexics, requiring a re-examination of explanations of the disorder.

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PSYCHOTROPIC MEDICINE SHORTAGES IN GHANA: A SITUATION ANALYSIS

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Abstract

Psychotropic medicines shortage is a serious problem in developing Countries. Out of pocket payments for psychotropic medicines by mentally ill people and their caregivers directly contradict the policy of free treatment in all public health institutions in Ghana.

BasicNeeds examined the state of psychotropic drugs supply in Ghana to understand the processes and procedures of its acquisition and distribution in the country.

The study employed qualitative methods and involved both primary and secondary data. Secondary data was collected from government documents such as the Ghana Essential Medicines List (2004), Procurement Procedures Manual, Standard Treatment Guidelines (2004) and the Draft Mental Health Bill. The primary data on the other hand was collected through field consultations, discussions and interviews with key stake holders in the mental health sub-sector.

A total of 335 mentally ill people and caregivers of mentally ill people were consulted. However 108 respondents representing 32.2% agreed participated. Over 70% of the 108 participants interviewed reported that psychotropic drugs on the essential medicines list were not unavailable, irrational use of medicines by prescribers, dispensers and users of psychotropic medicines also accounted for improper forecasting and shortages of psychotropic medicines in the country.

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EXPOSURE TO VIOLENCE ON TELEVISION AND VIDEO GAMES AND AGGRESSIVE BEHAVIOR AMONG CHILDREN:

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Abstract

There is a growing concern in Ghana over the kind of television (TV) programs (i.e., movies, cartoons, documentaries, soap operas, video games) children and teenagers in particular are exposed to. Of particular concern is violence in some of the video games they play as well as the movies and other TV programs they have access to or watch in their homes, internet cafes and cinema centers. These concerns have arisen as a result of empirical studies which have established relationships between exposure to violence and aggressive behavior. This article discusses the relationship between watching violence in movies, TV programs, video/computer games and aggressive behavior among children and teenagers. It also highlights the dangers associated with an 'aggressive culture', its implications for child upbringing, policy formulation, education and the role of law

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enforcement in the management of aggressive behavior.

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