

Islamic integrated cognitive behavioral therapy

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INTRODUCTION

The Islamic version of religiously integrated Cognitive Behavioral Therapy is called Islamic Integrated Cognitive Behavioral Therapy. This adaptation of CBT incorporates religious beliefs, ways of behaving, practices and assets for the treatment of depression in people with persistent clinical ailment (Ahmad Sabki, Zarrina Sa'ari, & Basirah Syed Muhsin, 2018). Islamic Integrated CBT, from an Islamic perspective, is a way to help clients transform their minds and actions with the help of the Qur'an and Hadiths (Abbas Q, 2022).

In today's literature, the efficacy and success rate of Islamic CBT, religious and culturally adopted intervention programs and psychotherapy are prominent. For instance, in Malaysia Subhas, Mukhtar and Munawar (2021) aimed to implement the culturally & religiously adapted CBT which reduced symptomatology. In this single case study, the sample was a 34 year old male with agoraphobia & panic disorder and it was found that the psychological status of participant improved (Abdelati NS, 2016).

Furthermore, Beck Anxiety Inventory was administered at regular intervals and the BAI scores showed effectiveness of adapting the intervention. Perhaps, the only limitation this study could encompass was the extremely small sample size and the data relating to only a specific disorder. Sulaiman Abdelati (2016) also developed & evaluated CBT-IP based on Islamic Principles to treat Muslims with depression. The study took place in Benghazi, in Libya and participants were randomly selected from Gar Yunis University & National Electric Company with a total of 449 participants among which 75 were selected. Survey was done in 2 ways: a questionnaire and an experimental study with 2 groups,

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