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The Outcome of Psychotherapy in Alleviating Psychosomatic Disorders of Adult and Cognitive Behaviour of Children in Bangladesh

By Md Shafaitul Islam

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ABSTRACT

Psychotherapy techniques treat the psychosomatic disorders such as depression, anxiety, stress and cognitive behavior in children. Psychosomatic disorder and cognitive behavior are prevalent among adults and children in Bangladesh. The prevailing studies have disregarded to examine the context of psychotherapy interventions to treat both psychosomatic disorders in adults and cognitive behavior in children. Thus, the proposed study investigates the effect of psychotherapy in mitigating psychosomatic ailments and cognitive behavior across adults and children respectively in Bangladesh. Furthermore, the current research also scrutinizes the long-term effect of psychosomatic disorders and cognitive behaviour among adults and children. It adopts quantitative research design to evaluate the objective and hypothesis of the study. The data is congregated from 100 patients who are undertaking psychotherapy in hospitals of Bangladesh.

The SPSS tool is employed to analyse the gathered data with the help of varied statistical approaches like regression, ANOVA, correlation, descriptive statistics and frequency test. The outcome reveals the effect of psychotherapy techniques on mitigating psychosomatic disorders and cognitive behaviour among adults and children respectively. The results uncover the deficiencies experienced by patients with prolonged psychosomatic symptoms. The analytical outcome achieved through the present study will be beneficial for healthcare professionals and providers to spread awareness to individuals and enhance the effectiveness of psychotherapy techniques through incorporating various interventions. Additionally, the upcoming studies can examine the long-term benefits of psychotherapy techniques for patients who are undertaking treatment for the disorders.

Keywords: Psychotherapy Techniques, Psychosomatic Disorder, Cognitive Behavior, Bangladesh and Mental Health

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LIST OF ABBREVIATIONS

CBT	Cognitive Behavioural Therapy
ADHD	Attention-Deficit/Hyperactivity Disorder
IBS	Irritable Bowel Syndrome
GAD	Generalized Anxiety Disorder
REMS	Rapid Eye Movement
NREMS	Non-REMS
IA	Internet Addiction
EOT	Externally Orientated Thinking style
DDF	Difficulty Describing Feelings
PIPER	Pain in Paediatric Emergency Room
ACEs	Adverse Childhood Experiences
BPD	Borderline Personality Disorder
PTSD	Posttraumatic Stress Disorder
PA	Physical Activity
ACEs	Adverse Childhood Experiences
OCD	Obsessive-compulsive disorder
ToM	Theory of Mind
RCTs	Randomized Controlled Trials
RoB	Risk of Bias
BD	Bipolar Disorder
PD	Psychopathological depression
CMI	Critical Mental Illness
LMIC	Least And Middle-Income Countries
MBSTU	Mawlana Bhashani Science and Technology University
ODD	Oppositional Defiant Disorder
SPSS	Statistical Package for the Social Sciences
OLS	Ordinary Least Squares
DS	Descriptive Statistics
DBT	Dialectical Behavioural Therapy
yCBTs	youth Cognitive Behavioural Therapies
ACT	Acceptance And Commitment Therapy
MUS	Medically Unexplained Symptoms

CHAPTER 1

INTRODUCTION

1.1 CONTEXT

In Bangladesh, the intersection of psychosomatic disorders in adults and cognitive behaviour issues in children presents a multifaceted challenge to mental health professionals. Many people experience physical problems caused by their emotions, highlighting the necessity to have treatments that help both the mind and body (Sayyar Khesmakhi, Goli, Omidi, Eduard Scheidt, & Givehki, 2019). Similarly, cognitive behaviour issues in children, such as anxiety disorders and depression require early and comprehensive interventions to mitigate long-term impacts on mental well-being and academic achievement. As a result, psychotherapy emerges as a promising avenue for intervention, offering a holistic approach to address the underlying psychological factors contributing to these disorders. However, despite its potential, the specific outcomes of psychotherapeutic interventions within the socio-cultural context of Bangladesh remain largely unexplored.

This study seeks to bridge this gap by investigating the effectiveness of psychotherapy in alleviating psychosomatic disorders among adults and addressing cognitive behaviour issues in children within the unique cultural milieu of Bangladesh. By examining the outcomes of psychotherapeutic interventions across different age groups and diverse socio-cultural backgrounds, this research aims to provide a comprehensive understanding of the role and impact of psychotherapy in Bangladesh (Khan, 2022). Through rigorous empirical analysis and qualitative insights, the study endeavours to delineate the specific mechanisms through which psychotherapy influences psychosomatic symptoms in adults and cognitive behaviour in children.

The purpose of this study extends beyond mere evaluation; it is driven by a commitment to inform evidence-based mental health practices tailored to the needs and cultural sensitivities of the Bangladeshi population. By elucidating the effectiveness of psychotherapy in addressing psychosomatic disorders and cognitive behaviour issues, the findings of this research can guide mental health professionals in designing interventions that are culturally relevant and responsive to the unique challenges faced by individuals in Bangladesh. Ultimately, the study aspires to contribute to the advancement of mental health care in Bangladesh by fostering a

deeper understanding of the efficacy and applicability of psychotherapeutic interventions in addressing the diverse mental health needs of its populace.

1.2 BACKGROUND OF THE STUDY

Bangladesh, a lower-middle-income country burdened with a high prevalence of mental health conditions and struggling with inadequate health systems. Furthermore, this study could significantly narrow the mental health treatment gap and strengthen the mental health care pathway (Koly, Christopher, et al., 2022).

Psychosomatic disorders tend to develop differently based on various health factors. These disorders entail physical symptoms triggered or exacerbated by psychological factors such as stress, anxiety, or emotional distress. Within the context of Bangladesh, where societal pressures, economic adversities, and limited access to mental health services prevail, psychosomatic disorders frequently manifest in diverse forms, including chronic pain, digestive issues or cardiovascular problems. A prevailing stigma attached to mental health issues in Bangladesh often compels individuals to overlook or suppress their psychological distress, consequently leading to the emergence of physical symptoms. Furthermore, the healthcare system in Bangladesh often grapples with insufficient resources and a shortage of adequately trained professionals to effectively address mental health concerns (E. Torrubia- Pérez, S. Reverté-Villarroya, J. Fernández-Sáez, & M. A. Martorell-Poveda, 2022).

As per representatives of psychosomatic medicine, approximately half of the diseases observed in the 21st century stem from psychogenic origins. Consequently, mental factors not only contribute to the onset of certain illnesses but also influence the progression of numerous diseases. Furthermore, statistics indicate that childhood psychosomatic diseases, comprising 70% of neuroses and functional psychosomatics, are influenced by a multitude of factors. These include psychopathic traits, infantilism, and psychophysical fragility due to illness, neuropathy, fatigue, and the development of chronic and acute psychotraumatization. Additionally, factors such as unstable family dynamics, alcoholism, and pathological upbringing contribute to the development of psychosomatic disorders. Furthermore, psychosomatic disorders are the important point of research within the field of psychosomatics, which has emerged at the intersection of various disciplines including therapy, surgery, psychiatry and medical psychology (A. N. Abdivalyevna & A. F. Abdukhamid, 2023).

Cognitive behaviours involve individual's view on themselves, their thoughts and ideas. These behaviours span from simple daily expressions, such as smiling or frowning, to intricate social interactions that entail anticipating others' reactions to one's actions or statements. For example, when a student performs poorly on an assignment and subsequently experiences psychological distress, they may engage in catastrophizing, believing they will fail all future assignments. This distorted thinking overlooks the potential for improvement in subsequent tasks. Cognitive Behavioural Therapy (CBT) is a type of psychotherapy crafted to address such maladaptive thought patterns, emotions, and behaviours. Through practical self-help strategies, CBT aims to facilitate immediate enhancements in individuals' quality of life and has demonstrated efficacy in treating conditions like depression and anxiety (Norcross, Beutler, & Goldfried, 2019).

Furthermore, children may encounter cognitive behavioural challenges such as depression, anxiety disorders Attention-Deficit/Hyperactivity Disorder (ADHD) or behavioural issues arising from diverse factors such as academic pressure, socioeconomic stressors and family dynamics. Cultural norms and values employ significant influence on children's cognitive behavioural struggles in Bangladesh. For instance, an emphasis on academic achievement could increase performance anxiety among children, while communal family structures might impact interpersonal dynamics and emotional expression. Timely identification and intervention are imperative in addressing cognitive behavioural hurdles in children. Educational institutions play a pivotal role in delivering assistance and implementing measures like psycho-education, behaviour modification techniques and counselling services. Nonetheless, the scarcity of adequately trained professionals and resources within the educational framework presents a challenge to effective intervention.

The intersection of cognitive behaviour and psychosomatic disorders within an individual can yield profound and intricate ramifications. Cognitive behaviour encompasses the intricate interplay between thoughts, emotions, and actions, while psychosomatic disorders denote physical ailments influenced by psychological factors. When both coexist in an individual, they can mutually impair each other, raising a harmful symptoms. For instance, an individual grappling with a psychosomatic disorder like Irritable Bowel Syndrome (IBS) may witness intensified symptoms due to stress and anxiety, common features of cognitive behaviour disorders such as Generalized Anxiety Disorder (GAD) or depression. Conversely, the physical

manifestations of the psychosomatic ailment may trigger adverse thought patterns and emotional distress, further amplifying cognitive behaviour issues.

Additionally, individuals contending with both cognitive behaviour and psychosomatic disorders may encounter difficulties in effectively managing their symptoms. For instance, cognitive distortions or maladaptive coping mechanisms prevalent in cognitive behaviour disorders could exacerbate physical symptoms or impede adherence to treatment protocols for psychosomatic disorders. The coexistence of these conditions also presents healthcare professionals with diagnostic and therapeutic challenges, necessitating a holistic approach that acknowledges both the psychological and physiological dimensions of the individual's well-being. Integrated interventions such as CBT coupled with medical treatments may be imperative to address the intricate interplay between cognitive behaviour and psychosomatic manifestations.

Moreover, the concurrent presence of both disorders can significantly impact an individual's quality of life, social functioning, and overall wellness. They may endure heightened stress levels, diminished performance in daily tasks, and heightened reliance on healthcare services. Furthermore, the simultaneous occurrence of cognitive behaviour and psychosomatic disorders poses a complex clinical scenario characterized by intertwined symptoms and multifaceted treatment requirements. A comprehensive approach that addresses both facets is indispensable for effectively managing symptoms and enhancing the individual's holistic health and functionality.

In contending psychosomatic disorders among adults, psychotherapy emerges as a pivotal intervention by tackling underlying psychological issues and facilitating the development of coping mechanisms (L. Dimitrova, 2020a). Effective psychotherapeutic techniques like CBT, mindfulness-based approaches and psychodynamic therapy have proven instrumental in alleviating psychosomatic symptoms. Interpreting Psychotherapy to children's developmental stages and cultural backgrounds proves crucial in addressing cognitive behavioural issues. Moreover, utilizing approaches like play therapy, art therapy and culturally adapted CBT for children proves effective in fostering emotional regulation, problem-solving abilities, and positive social interactions. Psychotherapy adopts a holistic approach in treating both psychosomatic disorders in adults and cognitive behavioural issues in children, acknowledging the interconnectedness of the mind, body and environment. By delving into the root causes of

distress and equipping individuals with tools for emotional regulation and resilience, psychotherapy facilitates enduring healing and symptom management (Engelbrecht, 2021).

The objective of psychotherapy centers on transformation. Clients aspire to attain mental equilibrium, thus consciously committing to the journey of desired change. However, achieving this change often entails additional stressors; navigating through painful memories and discoveries while enduring considerable mental "pain". Additionally, each individual possesses a unique threshold for emotional and mental "pain". The conceptualization of "One may be willing not only to exert effort and strive for progress but occasionally desires solitude. Faced with stimuli that challenge and discomfort, one may be inclined to repel them or turn away" offers insight into the human condition, illustrating what psychology and psychotherapy refer to as resistance (L. Dimitrova, 2020b).

1.3 OVERVIEW ON PSYCHOSOMATIC DISORDERS OF ADULT

The adaptation to the environment begins from the function of emotions and the proto-emotions. The equilibrium due to the suitable operation of excitement and the dissipation of emotions is relied on the homothetic. The deficits in emotional awareness with the impossibility to handle the dissipation of emotions and excitement foreseen by the phenomenaoneiric is identified by the predominant and maladaptive use of defence mechanisms in the psychosomatic phenomenology is focused in the study (S. Settineri, F. Frisone, A. Alibrandi, & E. M. Merlo, 2019).

Symptoms of Psychosomatic Disorders in Adult

Subsequently, the subjective phenomena are wakefulness and sleep that has categorized on the electrophysiological signals recorded from the eye, scalp and neck muscles. The early passive theory of presence of sleep established that sleep is non-homogenous. The sleep can be classified into the Rapid Eye Movement (REMS) and non-REMS (NREMS) based on the criteria eventually. The exceptional physiological process articulated in all vertebrates including humans are those who spend least time REMS. The process of maintaining the most physiological process is relied on the REMS peculiarly. The most physiological process is to maintain the house keeping function of brain (de Castro, Garcez, Pereira, & Fisberg, 2019). The common symptoms reported in almost all neurological, cardiovascular psychosomatic are caused due to the disturbed REMS. The mood disorders, epilepsy, narcolepsy, trauma,

infections, immune dysfunction, fever, diabetes, hypertension, cognitive impairment and metabolic disorders are the symptoms of psychosomatic disorders in adult.

The impulse control disorder is described as the Internet Addiction (IA). The use of an intoxicating drug is not involved and similar to pathological gambling. The suffering from IA use the virtual imagination world to join people through the internet as a replacement for real life human connection that are unable to achieve normally are parallel to other addictions. Similarly, the IA is an evolving in behavioural problems both are correlated with the various psychiatric disorders that comprises of the indicators such as low self-esteem, impulsivity, sleep disorders, anxiety and depressive symptoms. Many questions regarding the potential influence on the medical status remains unanswered based on the internet which is a significant phenomenon in the world. The correlation between IA and psychological health is carried out is many research. The relationship between psychosomatic disorders and IA are conducted in the article (Feizy, Sadeghian, Shamsaei, & Tapak, 2020) and reported that the psychosomatic disorders is sorted out by the symptoms including the fatigue, gastrointestinal problems and physical pain.

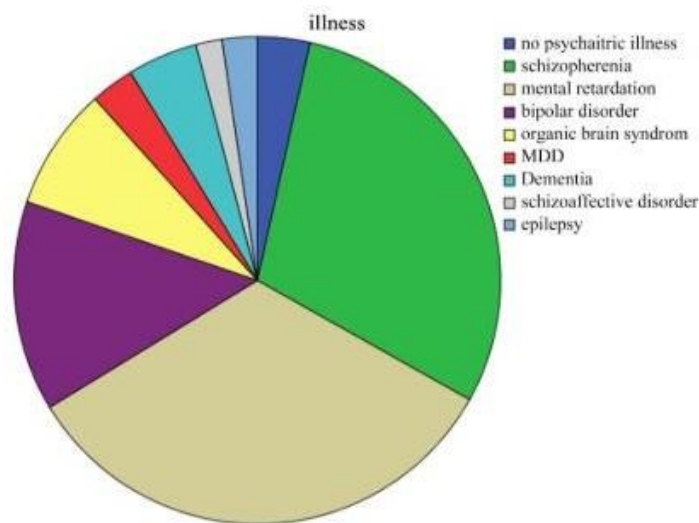


Figure 1.1 Diagrammatic representation of psychological disorders (Majeed, 2020).

Figure 1 exemplifies the symptoms of psychosomatic disorders. The abdominal pain, throat infection, vomiting, limb pain, giddiness, shortness of breath, headaches and chest pain are the structured symptoms. The abdominal pain has caused in majority of the adults next to the chest pain which is considered as one of the symptoms of the disorder. Moreover, the other specified symptoms are correlated with the disorder but it doesn't affect the adults majorly. The

worsening symptoms are because of the increased stress and anxiety. If the symptoms are identified and treated with the psychotherapy then the stress and anxiety management, behavioural changes, mind and body connection are functions well for the adults and leads a good quality of life.

The common and most ubiquitous somatic symptoms in patients with the chronic pain, depression and cancer is sleep disturbance. The lower quality of life, healthcare utilization and recurrent help seeking are reported in the individuals with the sleep disturbance. The article engrossed on the stress that affects somatic and depressive symptoms. The evaluation of the probable mediator of low levels of self-compassion is conducted by using the large sample with disturbance in sleep. The association between psychosomatic symptoms and stress are facilitated by low levels of self-compassion are hypothesized in the article (Yu et al., 2019).

The appearance of skin signs as a result of external or internal psychological factors and their combination determines the psychosomatic mechanisms. The cause of diseases in the mental sphere in such cases. The violation of somatic functions is the reason that affects in skin. The dermatitis is reported that not only with the traumatic and stressful events, the major reason is the identification of relational flaws. The few personal characteristics that prejudice the individual ability to adapt is the one of the reasons and that does not subsidize in the association of the problematic -decisive behaviour. The numerous studies focussed on the psychosomatic mechanisms subsequently. The somatopsychics is based on the skin diseases peculiarly on the cosmetic defects and uncomfortable sensations and also directs to the development of neuropsychiatric diseases and the development of mental disorders are captivated in the study (Lukasheva, Karshiyev, Sharapova, & Shernazarov, 2023).

The trait Alexithymia composed of three phases namely, Difficulty Describing Feelings (DDF), Difficulty identifying Individual own Feeling (Arteaga-Noriega et al.) and an Externally Orientated Thinking style (EOT). The internal emotional states attention is rarely focused in the three phases. The emotions in an undifferentiated manner and extreme diffuse is reflected by the people with high alexithymia. The unpleasant feeling such as anger, fear and sadness are the symptoms in the alexithymia eventually. The correlation of the alexithymia symptoms is slightly same compared with the psychosomatic disorders. The enormous psychiatric disorders result in the symptoms of the alcohol dependence, anxiety disorders, addictive disorders, depression, dermatological issues, cardiovascular issues and gastrointestinal problems. The similar process of the diagnosis in assessing alexithymia and

psychiatric patients are carried out with psychosomatic conditions are captivated in the article (Becerra, Baeza, Fernandez, & Preece, 2021).

A group of an Italian named as Pain in Paediatric Emergency Room (PIPER) worked on the study research that collects members from Italian emergency departments eventually. The paediatricians, anaesthesiologists, and physicians are worked for research in pain recognition assessment, management and knowledge sharing. The members are gathered in a plenary session. The management of patients and complaining of pain symptoms are discussed and it is challenging task for them. The study has reported that the group is formed and worked for a particular disorder that works out in the growing population of children and adolescents with the mental health complications. The peculiar working group is developed for the clinical process for the care of children and adolescents with psychosomatic pain are captivated in the study (Cozzi et al., 2021) .

The household dysfunction and child maltreatment are experienced in childhood phases is considered as a worldwide phenomenon. The children over 55 million in Europe were affected by the Adverse Childhood Experiences (ACEs) and it is an extreme prevalent problem. The childhood events differing in chronic and severity are defined as ACEs. The occurrence in the social environment, child family that leads to distress or harm are disrupting the psychological development and health of a child. A close relation is identified in between the development of physical health complication, mental disorders and the adverse experiences in child and adulthood is focussed in the study (Kamplung et al., 2022). The Posttraumatic Borderline Personality Disorder (BPD), Posttraumatic Stress Disorder (PTSD) and mental disorder are correlated with the ACEs eventually. The specific symptoms are identified in the person PTSD. A serious disability as well as mortality and morbidity are increased simultaneously with intense individual distress.

The significant role of stress and anxiety in people are considered as a psychosomatic disorder. The process of recognizing mechanisms that aids the people against the stress. The mechanism named defence the play a peculiar role in forecasting psychosomatic symptoms specifically. The activities involved in the defence mechanisms are spotted as unconscious in reality. An unnatural exposure method and neurotic defense style are involved in the mentioned mechanisms. The individual general psychopathology is termed as the psychological distress. The set symptoms are included perceived stress anxiety and depression. The unnatural psychological functioning is a general concept. The uncomfortable emotional situation is a

common stressful factor of psychological distress. The feelings of heartbreak and hopelessness dominate about enthusiasm of life decreases in the distress recurrently. The condition directs to the unsympathetic experience of feelings that affects the unreal behaviour. The article (Badaye, Vaziri, & Kashani, 2021) engrossed adult attachment and alexithymia were correlated with the phase of professed relationship and adjustment in the personality.

The idea of psychosomatics is classical and hidden interpersonal conflicts that directs to many types of mental health disorders. The research was conducted in human health to focus the traditional approaches. The complex psychological and socio-psychological research has not done practically. A factor of somatic disorder is social well-being, spiritual ill-being and human psyche. Recently, the range of mental health disorder has wide spread. A scientific direction in the psychology is psychosomatics. A disease with sleep disorders is define as the psychosomatics. The deterioration of the nervous system is utilized for the characterization of the disorder. The subjective pains in nervous system also plays an important role in the categorisation of disorders eventually. The main symptoms like depression, asthenic syndromes, mental illness and anxiety are the causes of character disorders and neurological diseases. The patient nervous system has the symptoms similar to the diseases in internal body parts. A fundamental problem between the body and mind is a psychosomatic disorder. The psychosomatic symptoms such as toothache, headache, pain in muscles and joints in women having sedentary activities are observed and examines the symptoms that relates with the is psychosomatics specifically is illustrated in the article (A. N. Abdivalyevna & A. F. Abdukhamid, 2023).

The structural and functional disorders in a specific body organ is referred as a disease. The term psychosomatic disorders are defined as the mind affects the body. Moreover, it is termed as an individual with health symptoms that does not have a noticeable physical cause obviously. A significance of physical imbalance that has a strong influence on emotional components. A disease appears, growths and recurs has monitored in between the link of impaired health and stress. The insufficient activation of the endocrine, immune and nervous system are attributed to the somatic disorders literally. The behavioural, emotional and physical has reported the symptomatology of the psychosomatic disorder subsequently. Insomnia decreased libido, headache and muscle tension are the most common physical one. The changes in amount food, smoking alcohol consumption and difficulty in accomplishing the work and the procrastination are the behavioural symptoms. The overwhelming feeling of pressure and tension, difficulty in

relaxation, memory and attention disorders are the emotional symptoms are engrossed in the research (Malobabic, Živković, & Randelović, 2020).

A common and serious public health problem is depression that directs a heightened risk in the adolescence phase is depression. The increased risk of other adversities in adulthood is associated with the adolescent depression. The psychosocial factors include the activities evolved in school and family. The risk for depressive symptoms increases the low school connectedness. The predictive psychosocial variables for depressive indicators are the negative acts in school and school involvement. The extreme depressive symptoms correlated with the poor self-rated health are indicated in the research. The wide-ranging predictive approach of depressive symptoms and the psychosomatic health complaints revealed the impact of psychosomatic disorder consequently. The origin of miserable symptoms among adolescents is multifactorial. The several types of influencing school, family, health, personal and self-esteem engaging the large representative samples symptoms of adulthood. The depressive symptoms among adolescents is focussed in the research (Malinauskiene & Malinauskas, 2021). The positive association between depressive symptoms and revelation of negative acts at family acts, violence and lifestyle habits involved with the sense of consistency are hypothesized that aids to promote adolescents in the mental health.

Challenges in diagnosing Psychosomatic Disorders in Adult

The diagnosis process involved in the interface between the psychiatric illness and general medical. The diagnostic errors harm the patients extremely and many medical experts faces the challenges in diagnosis. The poorly understood illness leads to a psychiatric origin is a historic myth and were considered historically is mentioned in the article (Bransfield & Friedman, 2019). Another way of diagnosis is approached in the psychiatric diagnosis eventually. The physical and psychological were well-being is enhanced by practising the Physical Activity (PA). The chronic disease is correlated with the reduced PA. Meanwhile the regular exercise improves the mental and physical health. The widespread of somatoform disorders especially in psychosomatic conditions is less due the effects of PA are established in chronic disorder specifically. The symptoms of the depression, panic disorder, anxiety is enhanced by the PA. Moreover, the enhance measures of mental well-being activity like resilience and quality of life are also upgraded by practicing the PA regularly is engrossed in the study (Ower et al., 2019).

The psychosomatic complaints are dependent highly on the selected operationalization are occurred frequently and some of the reported complaints are impermanent. The complaints are the indicators for future problems comprising mental health outcomes are incorporated in the previous studies. The psychosomatic complaints in the phase of middle late adolescence using multiple operationalization are engrossed. The probable associations with anxiety and depression symptoms in early adulthood in analysed. The probable gender differences in the appearance is also examined. The perseverance of psychosomatic complaints between the adolescent phases are examined specifically. The frequency, persistence and the number of complaints associated with different gender based on the anxiety and depression in adulthood is emphasized in the study (Grigorian, Östberg, Raninen, Åhlén, & Låftman, 2023).

The significant role of stress and anxiety in people are considered as a psychosomatic disorder. The process of recognizing mechanisms that aids the people against the stress. The mechanism named defence play a peculiar role in forecasting psychosomatic symptoms specifically. The activities involved in the defence mechanisms are spotted as unconscious in reality. The individual general psychopathology is termed as the psychological distress. The set symptoms are included perceived stress anxiety and depression. The unnatural psychological functioning is a general concept. The uncomfortable emotional situation is a common stressful factor of psychological distress. The feelings of heartbreak and hopelessness dominate about enthusiasm of life decreases in the distress recurrently. The condition directs to the unsympathetic experience of feelings that affects the unreal behaviour. The paper (Badaye et al., 2021) engrossed adult attachment and alexithymia were correlated with the phase of professed relationship and adjustment in the personality.

A devastating disease is Ankylosing Spondylitis (AS) reflects a negative impact that reduces the patient quality of life. The challenges faced during the diagnosis encounters the delay in diagnosis and treatment of the patients. The patient journey in undertaking the diagnosis of AS from the perspective of the person is exemplified in the study (Ogdie et al., 2019). There is a huge difference in the process of diagnosing for the men and women. Apart from the 235 patients, 87 patients have taken the diagnosis. The symptoms such as fatigue and the issue in sleeping are the common and no longer diagnosis eventually. Moreover, the men are noticed by the symptoms quicker that compared with the opposite gender. The misdiagnoses are received by the patients relied on the psychosomatic disorders. The disorders are most common in man certainly.

The acute threat to chronic disease is considered as the transition of outstanding relevance. The therapeutic involvements and persistence of symptoms are not established by the experimental research particularly. The challenges faced in the investigation based on the avoidance of pain in engrossed in the article (Labrenz, Woud, Elsenbruch, & Icenhour, 2022). The patients suffering from the disorders mainly identified the mechanisms that were crucial including the safety behaviours and avoidance. The sufficient translate into clinical contexts are reported in the validity criteria. The psychosomatic disorders are still in lacking because of the organized empirical researches and diagnosis definitely. The clinical allegations of avoidance behaviour and experimental considerations are selectively engrossed. The recurrently occurring the anxiety disorders and pain conditions are specifically investigated. The clinically relevant experimental models are developed to eradicate the behaviour avoidance and the role of long-term effects of psychosomatic disorders and anxiety are underlying mechanisms parallelly.

The physical illness correlated with the multi factorial etiology is assumed in the psychosomatic medicine. The psychological, biological and social factors are the reason for the mental, physical symptoms. The degeneration, inflammation and psychological stress are common etiological factors. The consequential symptoms are evident in several organs systems such as nervous system, respiratory system, musculoskeletal system, skin and cardiovascular systems. The relation between the immune and endocrine systems are referred as the allostatic load eventually. The multidisciplinary settings support the psychosomatic rehabilitation and therapies. The reduction of symptoms and retain the functioning level are focussed in the psychosomatic rehabilitation certainly. The enhancement in the physical and mental health of the patients and the social functioning are identified in the impatient psychosomatic rehabilitation. The rehabilitation success is identified but at the same time still there an enormous facilitator in the barriers in the prediction and rehabilitation outcomes are discussed in the study(Riedl et al., 2023).

The effects of somatization, personal traits and the mental health are related based on the symptoms that are explored in the study. The clarifying of somatization particularly with the psychological approach reveals the gap in this medical area. The general practitioners have the problem with somatization syndrome is stated on the meta - ethnography on qualitative studies. The latest approaches are engrossed in the categorization of the symptoms based on the psychosomatic disorder. There is a major complication in the grouping and identifying the symptoms that the patients bring out to the doctors. The clinical manifestations and the

interpretation of somatic symptoms are difficult in the phase of diagnosis. The classification of somatic symptoms helps in providing the more evidence on normative symptoms. The personality and the emotions impact on bodily functions are generally based on the psychosomatic medicine. The illness or physical wellbeing are depending on the personality and emotions. The structuring of formalities prompts a high level of emotional activation that leads to the major damage to the organism effectively (López-Muñoz & Pérez-Fernández, 2020).

The particular psychological ailment and conditions occurs in the people of mountain areas specifically. The social and climatic conditions that strains the suitability mechanisms are the unique combination and the reason for the disorders. The general and practical comparison is taken over the children in the mountain areas facing the problems. The closely connection with the nervous system and the endocrine system equips the neurohumoral regulation of all vital functions. The behavioural responses and psychological mechanisms play an essential role in psychosomatic disorders. The presence of deep emotional problems is reflected in the individual are highlighted in the physiological functions certainly. The mechanism of displacement from the mind of unacceptable conversations and thoughts are included in the psychodynamic interpretation. The article (Semak) exemplified the painful manifestations and that are considered as the responses that symbolically represented eventually .

The rates of youth mental health problems, anxiety disorders and adult's depression are the considered as the discrepancy. There a variety of measures that are applied to assess the mental health of the adults. The standardized measure of anxiety and depression are not focussed by the medical professional. Alternatively, they paid their attention on psychosomatic symptoms and psychological distress. The development of anxiety and depressive disorders in adulthood are the symptoms of the psychosomatic symptoms. The correlation between the mental health disorders are not exactly predicts the disorder. The cross-sectional design is essential to predict the adolescent somatic disorders with the development of anxiety and depressive disorders. The psychosomatic symptoms such as stomach aches, headaches and joint aches in childhood and adolescence phase. Additionally, the functional abdominal pain is also correlated with the symptoms of the psychosomatic disorders. An increase in youth mental health issues are the most inclusive set of symptoms in both the physical and psychological phases. The advanced investigation in the increase of mental health problem is focused in the study (Giannotta,

Nilsson, Åslund, & Larm, 2022) in order to elevate the levels of psychosomatic disorders in childhood as well as in adulthood.

The connection between the social interactions, behaviours, mental events and bodily reactions is strive to illuminate of psychosomatic disorders. The process of identifying psychosomatic syndromes have some criteria. The significant distress to the patients is caused by the disorder. The requirement of psychotherapeutic interventions is focussed in the initial treatment for such syndromes. The organic disorders correlated with psychotherapy are bronchial asthma, essential hypertension, neurodermatitis, thyrotoxicosis and ulcerative colitis and peptic ulcer. The preference is given in the treatment to handle spontaneous symptoms is somatic component. To aid long -term process and remission the psychosocial interventions are utilized. The operationalization of conversion symptoms are adopted and demonstrated in extreme sensitivity is discussed in the article (KIRILLOV, 2023).

Risk factors of Psychosomatic Disorders in Adult

The patients have undergone the psychiatric inpatient treatment has faced the increased risks of chronic psychiatric disorders, suicide and comorbidity particularly. In general, an intervention intensive indicates the severe disability. It is caused due to the health threatening psychosocial, trauma related factors and serious mental disorders. The investigating risk factors of mental disorders is discussed in the various studies. ACEs plays a significant role in recent years. The risk factors for psychiatric inpatient treatment and its reoccurrence at a young age were focused in the study (Fellinger et al., 2022). The negative early experiences in the psychosocial environment includes the categories of neglect family dysfunction, childhood abuse, foster care, death of apparent and the parental divorce are included in the ACE and also the reason for the psychosomatic disorders. Moreover, it is so called as the “toxic stress” that has reflected in the various negative effects on adult. Additionally, it leads to the poor health outcome eventually.

A mental condition in children that were exposed to parental alienating behaviours has defined as the parental alienation. The child refuses, avoids, a relationship with a parent, opposes are the presence of five factors that can be identified in the parental alienation phase. The reason for the child rejection is that they had a positive relationship with their parents previously. The evidence is not correlated for the abuse and the presence of multiple parental alienation behaviours are differed. Moreover, the behavioural manifestations of parental alienation are

exhibited in the child. A mental condition diagnosed in the children and resulted that the parental alienation. An uncertain lack of self-esteem, depression, anxiety and increased suicidality are the risk factors that the children face in the adulthood and if not treated and diagnosed it is carried in the adulthood phase that may provide a deeper understanding of risk factors of the psychosomatic disorders predominately (Verhaar, Matthewson, & Bentley, 2022).

The process of assessing the health status of adolescents based on psychosomatic disorder is problematic in worldwide. A complete knowledge based is required for the psychosomatic health complications. A provocative term is psychosomatic disorder. Moreover, the criteria to define the psychosomatic disorders and correlate them with the categories of nosological is somewhat difficult. The emergence of new factors in the enhancement of psychosomatic pathology and knowledge base in the field of somatization is improving recurrently. The risk of psychological stress at patients is noticed of the symptoms of fear and anxiety. The surrounding environment, educators and the family are included in the biotic component similarly. A separate group of factors reflecting somatization for each of the phase of body development. The extreme pressure from teachers in the childhood is the major reason of trauma in adulthood. The level of mental development in adolescents and children associates with the factors influences threshold. The major impact of early factors in the development of mental health is engrossed in the study (Philippova, Malkina, Korotun, & Shatova, 2023).

The patients with the psychosomatic illnesses are stated as emotional disorders. The role of negative consequences and severity of diseases is exemplified in the article (Xia et al., 2024). The several somatic diseases are diabetes, mellitus, gastrointestinal diseases and cardiovascular diseases are termed as the emotional state disorder and it is noted. The whole recovery of the diseases hinders the emotional disorders. The implementation of psychosomatic diseases is required in the organization of psychological care. All sectors of applied medicine focussed on the contribution of psychosomatic mechanisms. The prevalence of non-epidemic group of diseases is abruptly replaced by the depression and the disturbances in the emotional sphere. The occupational disease of the current civilization is the depression. The most common diseases after the cardiovascular disease in the world is the mental health illness. A role in the successful development of applied medicine and theoretical is increasing in the leading factor of human psychology is recognised.

The relationship between diseases and emotion has fascinating in the eyes of psychiatrists and Psychologists. The consequence of mental illness and physical illness are the similar to the medical experts. The challenging and witnessing times for psychosomatic research are carried out through the psychosomatic medicine. The physical diseases are contributed to the psychiatric disorders. The optimistic treatment of psychiatric disorders arrest, prevent and roll back the progression of physical diseases eventually. A significant line of investigation is the influence of emotion and cognition on general and physical health that directs to help them in the expand the psychosomatic medicine in a positive psychology. Moreover, the level-headedness is highlighted and influenced of such positive emotional states. The need of the psychosomatic medicine research in the sector of surgery is reflected in the psychosomatic research. The causes and the consequences of the associated issues and surgical procedures are considered in all sorts of psychological factors (Chen & Chen, 2021).

Psych diagnostics of psychosomatic diseases involves examining the patient's psychological state, documenting changes in their psyche, and providing qualified psychological support. Recent clinical psychology research has focused on the impact of depressive states on disease progression, efficacy and treatment. Furthermore, the first researchers to explore depression's influence on ischemic heart disease prognosis, discovered that severe depression significantly increased the risk of coronary death. Subsequent studies shown that patients having chronic somatic diseases and depression have a mortality rate 3–6 times higher than those without depression. Consequently, international studies indicate that most healthcare professionals possess the skills and expertise to aid patients with depressive disorders, typically provided by general practitioners familiar with diagnosing and treating depression.

In recent years, efforts to enhance the healthcare system in country have emphasized the importance of doctors acquiring specialized psychological knowledge to offer timely psychological care alongside medical treatment. Many experts now view depression and chronic somatic diseases as intertwined issues, mutually influencing each other. Psychosomatic diseases, where psychological factors play a central role, encompass conditions like myocardial infarction, ischemic heart disease, gastric and duodenal ulcers, diabetes, arterial hypertension and bronchial asthma among others. In the psychosomatic approach, delving into the patient's inner world and thoroughly exploring their emotional life are essential, emphasizing the patient's active involvement in medical examinations, treatment, and disease prevention (Karimovna, Nasirovna, Tursunaliyevna, Abduvaliyevna, & Ravshanovna, 2023).

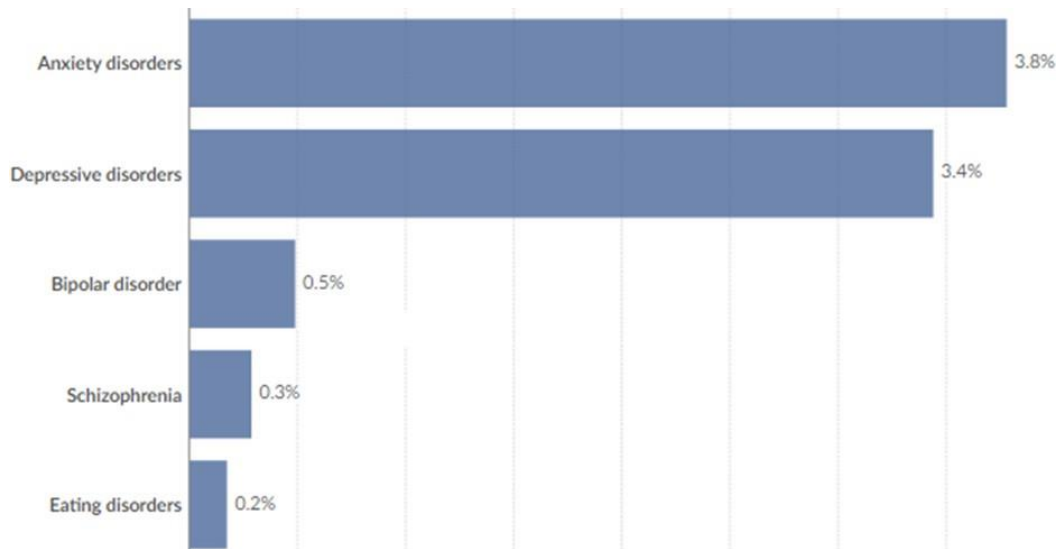


Figure 1.2 Graphical representation of Mental Health Prevalence

(<https://ourworldindata.org/mental-health>)

Figure 3 illustrates the graphical representation of mental health prevalence based on the psychosomatic approach. According to the analysis, the numerous numbers of individual is affected majorly by the anxiety disorders and it is considered as the major risk factor of psychosomatic disorder. Next to that the depressive disorder is considered as the risk factor and moreover the symptoms are reflected in a huge number of individuals. Additionally, the bipolar disorder, schizophrenia and eating disorders are the other common risk factors of mental illness disorders.

1.4 OVERVIEW ON COGNITIVE BEHAVIOUR OF CHILDREN

The term Anxiety is common in the phase of autism and CBT is suited to address the symptoms eventually. The efficacy of CBT for decreasing the anxiety is examined through the meta-analysis. The evidence-based intervention and advanced effective therapy is CBT. The first line of treatment for several mental health conditions are endorsed in the therapy. A talks-based therapy that engrosses on the feeling and behaviour and interconnection of thoughts. The psychoeducation, mindfulness techniques, cognitive restricting are included in the core components of treatment. The efficacy of CBT for reducing symptoms of anxiety has demonstrated across the general populations. The maintenance of receiving CBT for anxiety disorders is included and demonstrated for the reduction of symptoms. A common psychiatric condition is termed as Obsessive-compulsive disorder (OCD) that affects the adolescents majorly. The fore-most evidence treatment for adolescents with the OCD is treated with the

CBT eventually. Remission for children and adolescents with OCD and the rates of response decides the extreme phase of CBT therapy. There is low improvement in OCD symptoms particularly in young people with both OCD & ASD symptoms and discussed in the previous studies. The comparison is conducted for both the people those have OCD without ASD especially. For this purpose, the need to suitable for standard CBT protocols. The cognitive profile of young people and better developmental with ASD+ OSD are correlated and suited. The failure in the technical issues on the treatment of CBT leads to the insufficiency of treatment. Moreover, there is an adequate dose of ingredients are also the cause for the failure of CBT certainly is focussed in the paper (Jassi, Fernandez de la Cruz, Russell, & Krebs, 2021).

The ability to draw the conclusions of all mental states in individual life is confined as crucial in the Theory of Mind (ToM). Based on the ToM effects, the communicative and social weakness of autism is qualified cognitively. The complications in reading the mind is one of the general problems faced by the people on the autism in interacting with the people. The symptoms of autism involve the social stimulus processing. Weaknesses perception and the attention deficit disorder are also correlated with the aspects of ToM and the weakness. The deficiencies lead to the development of cognitive and social skills specifically. The function of ToM is specifically correlated with other cognitive process that includes memory, cognitive flexibility and observation. The creation of complex mental states needs of the coordination and involvement of energies extremely. The parallel maintenance of the perspectives plays a major role in social level and the cognitive development of the ToM are engrossed in the research (Bamicha & Drigas, 2022).

The possible variation in parenting styles are identified in the study. The parenting behaviours of the mother and fathers are separated using the cluster analysis. Apart from the variable based approach to quantitative data analysis, a person-based approach is cluster analysis. The nonlinear parenting process is adaptable in cluster analysis interactively. The natural occurring parenting patterns are unveiled using the analysis. The differences are revealed at the midst of those patterns based on the gender effectively. The separation of mothers and fathers are separated and cross classify is addressed among them. Besides the individual behaviours, the mother and fathers parenting styles are measured. The complexity and fullness of children actual live experiences are captured. The accurate estimates of the association are more produced in the correlation of children's parenting environment. The importance of early child cognitive development with the stimulation, involvement, responsiveness is correlated with

early toddlerhood outcomes positively is engrossed in the study (Ryan, Martin, & Brooks-Gunn, 2019) .

The children with the anxiety disorders are showed in persistent and significant impairments of the interpersonal functioning and the social environment. The successful social interaction is depended on the theory of mind and empathy and is considered as essential two components. The rapid development in childhood is constructed on the both components. The skills in young children with crucial mental health problems are not examined by various studies. The children with the anxiety symptomatology and their relationship is examined based on the ToM and the empathy is captivated in the research (Howe-Davies, Hobson, Waters, & van Goozen, 2023). The 174 children were undergone the cross-sectional study with mental health complications that were noticed by the teachers. Based on that emotional, behavioural and cognitive assessments. The anxiety is raised based on the inflexible styles of processing socio-cognitive information and emotional happenings that directs to the interpersonal problems eventually. The emotional processes and socio cognitive information are essential for understanding the individual mental states.

The neurodevelopmental disorders are categorised by the inattention, impulsivity and hyperactivity and termed as the hyperactivity disorder. The effectiveness of non-pharmacological and pharmacological therapies is investigated in the numerous studies. The most effective psychological treatment for hyperactive disorder is the CBT. The clinical appearances of hyperactive disorders are treated using CBT. A complex psychotherapy that correlates several techniques is accomplished using CBT eventually. The patient background is adjusted to provide the best treatment approaches by the therapists. The therapeutic combination or component theory is more effective compared to the specific size. The components of CBT are sorted out for integrating evidence for complicated intercessions. Moreover, there is a limited scope of examination in the CBT component. The process of evaluating the effectiveness of CBT workings for ADHD is relied on the behavioural and cognitive therapy. The analyses are including the cognitive therapy and the time consumed in the organisation is mandatory is illustrated in the research (Hamatani et al., 2023).

A multifaceted neurological disorder affecting the several brain networks and whole brain connectivity is Autism Spectrum Disorder (Hasan et al.). It leads to several social communication, cognitive impairments and motor skills. The social communication impairments are classified as verbal and non-verbal communications and lacks in social

interchange is categorised initials in the ASD. The presence of restricted interests and repetitive behaviours are also the symptoms of ASD eventually. The behaviour impairments and sensory perceptual typicality's are related to the diagnosis criteria. The persistent nature of motor impairments in children with ASD is accumulating evidence. The presence in other development disorder is not evolved in the diagnosis phase. The rate of language development in the children between the age of 2 and 9 years are identified with the early gross and fine motor development in terms of motor language relations. A multisystem disorder influencing social communication, cognitive abilities is hypothesized in the ASD. The function of social communication impairment will increase the relative risk factor of motor impairment. The domain specific disorder is ASD and simultaneously increased the severity in autism disorder is depicted in the study (Bhat, 2021).

The most ubiquitous phase of mental health disorders in adult and children is anxiety disorders. The identification of the symptoms is spotted out in the childhood phase and it is carried out in the adulthood phase. The presence of medical anxiety is correlated with poorer outcomes including academic, occupational, health domains and interpersonal skills. The most efficacious and cost-effective treatment psychological treatment for anxiety disorders in adults and children is accomplished effectively using the CBT. The remission rates of 50% in adults and children are affected with the anxiety disorders and the results is based on the meta-analysis. The significant scope for enhancement of treatment outcomes are recommended with the modest response rates. The report widely explains the parental anxiety and development of anxiety are spotted especially in the children. Moreover, the treatment approaches are modified and consistent for both the adults and children. The adaptation of original protocol for children includes the emotional and cogitative developmental stages of the treatment is engrossed in the study (Galea, Salvaris, Yap, Norton, & Lawrence, 2021) .

The critical temporary period within the life course is adolescent phase and the changes comprises of emotional, physical, cognitive and social development occurs in the age. The healthy stage of life is previously considered. The smoking, poor diet, physical inactivity and alcohol use are the behavioural risk factors of non-communicable diseases and are tracked into the phase of adulthood. The enhanced sensitivity to environmental stimuli is occurred in the intensive brain development. The early adolescence is emerged with the partial mental health problems. The burden of diseases among adolescents in high income countries are represented in the neuropsychiatric disorders. The promotion of future health and wellbeing in adulthood

is to aid the children with healthy growth and development predominately. The adolescent health and health behaviours are increased in the surrounding of family, school and across various countries eventually. The research (Inchley, Stevens, Samdal, & Currie, 2020) focussed specifically on the adolescent age group. The key information on their own lives from adolescents are resulted through reports.

The leading risk factor for global mortality is a physical inactivity. The increase in obesity and overweight are the contributors. The guidance on physical activity is required for the commission on ending childhood obesity. The phase of cognitive and physical development is particularly identified in the early childhood development. The family lifestyle routines are modified and changed in the time period. The interactions among physical activity, adequate sleep time and sedentary behaviour, physical and mental health are predictable by the association of commission of childhood obesity and it shows the clear guidance of physical activity. The increased motor skills, enhancement in the measures of cogitative development, emotional regulation and psychological health are considered in GDG. The population surveillance of movement behaviours is conducted against suggestions. The inequalities and monitor trends over time tends to offer evidence to inform interventions literally. The childhood obesity is addressed globally. The cogitative behaviour overcome by practising the healthy physical activity, sleeping habits and sedentary behaviour and guidelines are engrossed in the study (Willumsen & Bull, 2020).

The research focusing on the Mind - up on kindergarten students. The reason for focusing on toddlerhood is the importance of the phase that evolves the maturation of cogitative functions that comprises of the executive functioning and self-regulation. A critical stage of growth in self-regulation is noticed at the phase of children in early school age. Moreover, the variations in the improvement of self-regulation happens in the early childhood widely. The prognostic implications for children have skills such as related to school readiness, academic achievement and law breaking that correlates with the poor short- and long-term outcomes. The significant transition year for young students are peculiarly focussed on the kindergarten children. The enormous teacher directed work spend more time for the development of self-regulation on the children optimistically. The target to develop self-regulation for the children through mindful awareness and social-emotional learning has the potential impact on the lives of the children. The most widely school-based program focussed in the research (Crooks, Bax, Delaney, Kim, & Shokoohi, 2020) is Mind - up.

A way of promoting mindful awareness includes self-management, social awareness, responsible decision-making skills, relationship skills and self-awareness. The grouping of the cognitive labour of family life including organizing the family members, scheduling, planning and thinking. The emotional labour that associates the feeling of caring and being responsible for family members. The time spent on the mental load is focussed lesser for the sector of policy makers and researchers. The physical, emotional and economic significances of undergoing mental load are impacts on an individual of family members. The part in the mentalload is invisible. The understanding capacity of mental load impacts the extreme inequalities association with emotional and cognitive skills that often falls on women particularly(Dean, Churchill, & Ruppner, 2022).

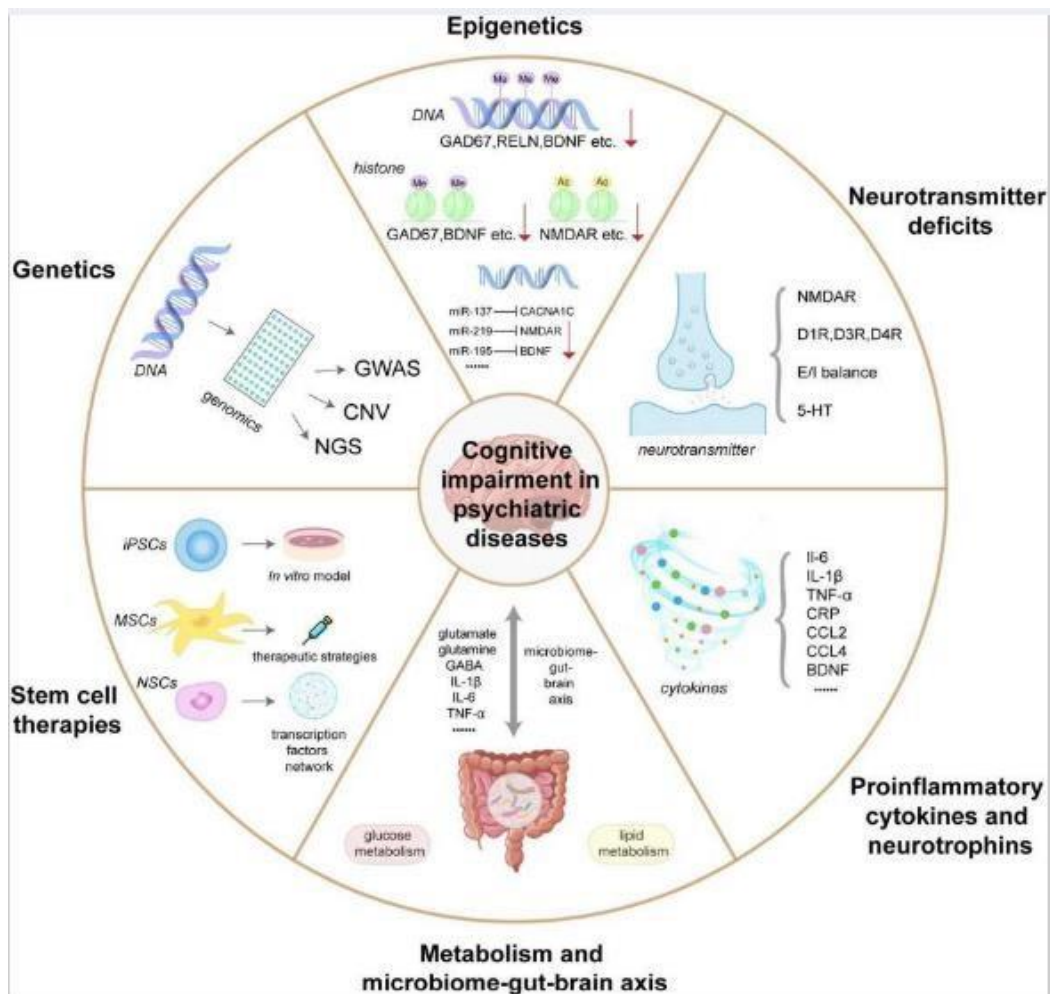


Figure 1.3 Cognitive impairment in psychiatric diseases(Wang, Meng, Liu, An, & Hu, 2022)

The psychiatric diseases and depressive disorder depict an enormous health burden on the environment. The core characteristics of psychiatric disorders is cognitive impairment. It is also considered as essential determinant of diseases recurrence in patients and social function. The underlying molecular mechanisms of cognitive impairment in psychiatric disorders are explored and identified biomarkers for diagnosis valuably. The mechanisms that understands the cognitive impairment in psychiatric diseases including epigenetics, proinflammatory cytokines and neurotransmitter deficits are illustrated in Figure 2.

The most studied psychological therapy for the treatment of psychiatric disorders is CBT. The emotions, behaviours and cognitions play a role in maintaining and exacerbating symptoms. CBT helps in enhancing the pain and the capability to participate in social life for both the children and adults. The depression and anxiety are the alleviating symptoms compared with the control and educational interventions. The exact and long-lasting benefits of CBT on good

quality of life, social participation and school performance. A face to face therapy is provided in CBT. The study focussed on the CBT therapy on the children through the internet and for the parents through the telephone. Owing to the low-quality trials, the evidence is limited. The increase in availability of treatment and reduction in health care costs is accomplished by the CBT eventually. The methodological weakness of the trial and the small sample sizes are the magnitude and consistency of the reports from the therapy. The disability and improving pain in children are achieved with the CBT additionally. Moreover, the effective in decreasing disability is focussed only on the parents in the CBT and is used to treat migraine. The largely focused on learning of symptoms is CBT in children. The integrative care approach should be ideal part in the therapies(Newton, Schosheim, Patel, Chitkara, & van Tilburg, 2019).

The neurological factors of etiology is familiarized in recent days. The presence and absence of ADHD symptoms has observed the difference in the brain electrical activity of the children. Particularly the central and frontal activity correlated with the reduction in brain activity. The executive nature of frontal lobe is tangled in the organisation and design of the resources. The mediating inhibitory behaviours is the key role in inhibiting attention to stimuli and controlling motor behaviours The main idea of resources is correlated with cognitive situations. The neural activities in motor, communicative, auditory and visual involves the attention. The cognitive training and behavioural parent training are a psychological treatment that is widely used. The effect of behavioural parent training on ADHD symptoms were carried out of the recent meta-analysis. The working of cognitive training and the memory performance has limited effects based on the symptoms that relied on the blind assessments is focussed in the article(Rajabi, Pakize, & Moradi, 2020).

The developmental and behavioural manifestation of autism underlies on the suggested cogitative therapies. The consensus and eminence on the probable explanatory value is based on the therapies. The social first theories, social motivational deficit theories and the theory of mind are the theory ranges that involves the executive dysfunction, attentional control and weak central coherence. A useful descriptive role that equips the potential insights in the way of differences of autistic individuals. The neurodevelopment disorders pertain to the theories. The theories have been useful in the medical practice and in few proposed interventions namely CBT treatments for anxiety specifically. The highly common heterogeneous and heritable disorder is neuro developmental disorder that has fundamental features of cogitative. The strengths, challenges and behaviours of the people with neurological disorders are the reason

for carrying the research in the attention of clinicians and scientists is illustrated in the study (Bolognani et al., 2019).

Moreover, the emotional and behavioural issues occur in the cerebral palsy of one in four children. Numerous children meet the criteria of the diagnoses such as anxiety, hyperactive and depression disorders. The assurance of early access to resources are recommended with the associated treatments. The purpose of designing the CBT is to aid the patients to identify and restructure the negative behaviours and thoughts. The alternation in emotional and behavioural issues is considered as the one of the mental health complications. The cognitive impairment and psychiatric comorbidities also occur in encourages functionalities. The counselling is provided based on the employment opportunities, mechanical aids, transportation, living accommodations and encourages functionality. The emotional and psychological challenges are overwhelmed by practising the therapy such as emotional, psychological and cognitive therapy that are needed medications is depicted in the article (Vitrikas, Dalton, & Breish, 2020).

A reduction dissociative seizure is correlated with the psychological interventions. The spontaneous seizures remit through the provision of information. The use of psychotherapeutic treatments is assessed by the insufficient powered randomised control. The trial portion is randomised of the for 34 patients and the process of evaluation is done with the 24 patients by utilising a small four arm pilot. The terms of second outcomes based on the range and the dissociative seizure are the outcomes extracted from the evaluation. The 12 session of CBT is applied for the psychotherapy with or without the flexible dose. A significant reduction in dissociative seizure of frequency results in the group analyses of both informed and CBT. A psychotherapy improvement is notified in the no significant differences, involving global functioning and range of secondary incomes. A reduction in seizure frequency is optimized and indicates the neuropsychiatric treatment from the evidence of controlled trial 23 samples comprising 66 patients is depicted in the study (Goldstein et al., 2020).

The academic performance comprises of cogitative abilities are important for the set of factors. The working of memory is included as a part of the cogitative abilities peculiarly. The flexible thinking, self-regulation and self -control are underlies in the social emotional process and executive function. The relation between the cogitative abilities and academic achievement are focussed in the article (Peng & Kievit, 2020). The bi-directionality or mutualism are the reciprocal effects of the individual. Cogitative performance and academic abilities are the skills to amplify and supports the children. The cogitative abilities are considered as the foundational

constructs that uplifts the academic performance of the kindergarten children. The two influential cogitative theories are briefly explained by the academic achievement. The dual process theory and the investment theory are the two influential cognitive theories. The genetic, biological and health factors are inclined in the investment theory and in the development of cogitative theories. The correlation of environment stimulation and the investment of cogitative abilities resulted in the progress of academic achievement of a child. The cogitative abilities and the educational settings are the basis for the enhancement of academic performance obviously.

The children cognitive functions are the most found positive effects on the physical activity that were relied on physical activity. The duration, amount, association, type and example are the characteristics of the physical activity and interrelated with the academic and cogitative skills. The relative influence of activity breaks combined to the traditional sedentary control groups are examined in the study (Mavilidi et al., 2020). The academic achievement, on task-behaviour and the cognitive outcomes are considered as the achievement in the phase of primary school children. The children are interested in activity breaks and mathematics are hypothesised and produce an extreme improvement in cognition, academic achievement, on-task behaviour and attitude. The performance of the activity breaks has observed the greater outcomes in the range of children. The post-test measures are carried out at the end of interventions by combining the identical procedures and materials with the baseline. The academic achievement and the on-task behaviour are the cognitive assessments. The observation of students in the class presents with two to three minutes break are the incorporated-on task behaviour measures specifically. The research team and trained members are conducted the assessments in the regular classes and not depends on the experiment conditions peculiarly.

1.5 PROBLEM IDENTIFICATION

In the existing study (Knowles et al., 2021) Firstly, connections between cognition and for instance, the risk of psychosis may be influenced by external factors (such as those within the family environment). Secondly, due to constraints, it has to be depended on broad diagnostic categories rather than having access to symptom-level data, which could have allowed for the identification of specific disorder subgroups.

The prevailing study faces various problems. Foremost among them is the lack of prior research examining the prevalence of psychosomatic disorders, which hinders the ability to compare findings and draw broader conclusions. Additionally, while this study reveals associations between variables, it does not establish causal relationships.

Given that this is a retrospective study, the data collection process involves categorizing sex as binary, thereby excluding non-binary individuals. Similarly, the variable examined in this study is biological sex, making it challenging to analyse the data from a gender perspective within a biopsychosocial and intersectional framework, where gender plays a significant role as a determinant of health.

Conversely, mental health conditions often go undiagnosed within specific groups, particularly when consultations involve pronounced psychosomatic features, primarily due to insufficient training and the inherent conceptual and clinical uncertainties. Consequently, such diagnoses frequently occur outside the National Health System or the ICS, suggesting a potential for acquiring more comprehensive records (E. Torrubia-Pérez, S. Reverté-Villarroya, J.Fernández-Sáez, & M.-A. Martorell-Poveda, 2022).

Moreover, diverse psychotherapeutic approaches, such as behavioural and cognitive therapies, could be applied to alleviate the levels of stress, anxiety, and depression among participants. The manifestation of psychosomatic conditions impacts the psyche through various channels including anxiety, stress, psychiatric disorders and depression, indicating a need for extensive research on additional disorders and mental health conditions (Monika & Suganthan).

Bangladesh grapples with a notably high prevalence of mental disorders, exacerbated by systemic neglect of treatment, particularly among marginalized communities. Challenges in accessing mental healthcare stem from a dearth of public mental health facilities, limited availability of trained professionals, inequitable distribution of financial resources, and pervasive stigma. At a broader scale, inadequate healthcare investment by the Bangladeshi government, insufficient advocacy efforts, and limited research further compound the issue (Hasan et al., 2021).

Further investigation is necessary to achieve a more accurate assessment of the effects of psychotherapy on all outcomes studied, especially mortality and somatic health-related outcomes. This requires large-scale, high-quality Randomized Controlled Trials (RCTs) that incorporate somatic health measures in their outcomes and track participants over extended

periods. It is advisable to interpret the findings of this study cautiously. Firstly, the trials included were not of optimal quality, with most having a high Risk of Bias (RoB). While challenging to assess, the delivery quality of psychotherapy is also a crucial factor to consider (Miguel et al., 2023).

However, there are limitations to RCTs and the meta-analyses that synthesize them. Generalizing findings to the broader population of patients seeking treatment and frontline practitioners is restricted due to selection bias into RCTs, as well as the unique attributes and circumstances of therapy providers. RCT data may also be influenced by adverse reactions to being assigned to the control group, and variations in what control groups receive (Abbass et al., 2021).

Discrepancies in treatment session duration and the extent of parental involvement may be perceived as confounding factors, especially considering the use of parent-reported outcome measures. However, these differences are deliberate aspects of CBT conditions, and certain outcomes were specific rather than universally favourable in the BIACA [Behavioural Interventions for Anxiety in Children with Autism program]. To enable broader inferences about treatments, both CBT conditions adhered to their protocols. Additionally, the potential specificity of treatment effects to Autism Spectrum Disorder (Hasan et al.) populations was not assessed, although these modifications might also benefit children with less severe social-communication difficulties (Wood et al., 2020a).

1.6 OBJECTIVES OF THE STUDY

1. To evaluate the psychotherapy techniques efficiency by reducing severity and frequency of psychosomatic disorders in adults
2. To calculate cognitive behavioural patterns in children with the impact of psychotherapeutic interventions.
3. To explore long-term symptoms of psychosomatic and cognitive behavioural functioning in adult and children
4. To advance the comprehensive guidelines for incorporating psychotherapy in psychosomatic and cognitive behaviour in individuals.

1.7 RESEARCH QUESTION

1. What are the most effective psychotherapy techniques for reducing the severity and frequency of psychosomatic disorders in adults?
2. How do cognitive behavioural patterns in children change in response to various psychotherapeutic interventions?
3. What are the long-term symptoms and patterns of psychosomatic and cognitive behavioural functioning in adult and children?
5. What are the key elements to consider when incorporating psychotherapy into treatment plans for psychosomatic disorders and cognitive behaviour in individuals?

1.8 SCOPE OF THE STUDY

The proposed study aims to investigate the outcome of psychotherapy in alleviating psychosomatic disorders in adults and improving cognitive behaviour in children within the context of Bangladesh. Consequently, the study endeavours to provide valuable insights into the effectiveness of psychotherapeutic interventions tailored to the unique cultural and socio-economic landscape of Bangladesh. The scope of the study encompasses a comprehensive examination of various psychotherapy techniques and their impact on reducing the severity and frequency of psychosomatic symptoms in adults, as well as improving cognitive behavioural patterns in children. Through rigorous research methods including longitudinal studies, qualitative interviews, and quantitative assessments, this study seeks to generate evidence-based findings that can inform clinical practice, policy-making, and public health initiatives. By considering the effectiveness of psychotherapy in addressing psychosomatic disorders and cognitive behavioural issues, this research has the potential to benefit patients directly by offering them access to more effective treatment options and improving their overall quality of life. Moreover, the findings of this study can contribute to raising awareness among the public about the importance of mental health and the availability of evidence-based psychotherapeutic interventions.

Additionally, healthcare practitioners and policymakers stand to benefit from the insights gained from this study, as it can guide the development of more targeted and culturally sensitive approaches to mental healthcare delivery in Bangladesh. Ultimately, by elucidating the efficacy

of psychotherapy in addressing psychosomatic disorders in adults and cognitive behaviour in children, this research serves the collective interest of individuals, families, communities, and the healthcare system as a whole in Bangladesh. Furthermore, the findings of this study can contribute to bridging the gap between traditional healing practices and modern mental health interventions, fostering a holistic approach to wellness that integrates both cultural and evidence-based methods. Subsequently, by highlighting the importance of early intervention and ongoing support for individuals with psychosomatic disorders and cognitive behavioural challenges, this research emphasizes the potential for long-term positive outcomes and resilience-building within Bangladeshi communities. Through collaboration with local healthcare providers, educators, and policymakers, this study can catalyse the development of more accessible and affordable mental health services tailored to the needs of diverse populations across Bangladesh. Ultimately, the collective efforts spurred by this research have the potential to create a ripple effect of positive change, enhancing the well-being and vitality of individuals, families, and society at large in Bangladesh.

1.9 SIGNIFICANCE OF THE STUDY

The significance of this study lies in its profound implications for both adult and child mental health and well-being. By focusing on psychotherapeutic practices implemented specifically for psychosomatic disorders in adults and cognitive behaviour in children, this research addresses critical gaps in current understanding and treatment approaches.

Firstly, psychosomatic disorders affect millions of adults worldwide, causing significant distress and impairment in daily functioning. These conditions, characterized by the interaction between psychological factors and physical symptoms, often require comprehensive treatment approaches that go beyond conventional medical interventions. Additionally, by highlighting the importance of psychotherapeutic practices, this study offers a promising way for effectively managing psychosomatic disorders in adults, potentially leading to improved quality of life and reduced healthcare utilization.

Secondly, the cognitive development and behavioural patterns established during childhood lay the foundation for lifelong mental health. However, children facing cognitive and behavioural challenges may encounter difficulties in academic achievement, social relationships, and emotional regulation. By addressing cognitive behaviour in children through psychotherapeutic interventions, this research not only aims to alleviate immediate symptoms

but also to foster healthy cognitive and emotional development, promoting resilience and adaptive coping strategies that can benefit them into adulthood. Furthermore, the significance of this study extends beyond individual well-being to encompass broader societal impacts. Effective treatment of psychosomatic disorders in adults and cognitive behaviour in children can lead to reduced healthcare costs, increased productivity, and enhanced social functioning. By investing in psychotherapeutic practices initiated to address these specific mental health concerns, healthcare systems can potentially alleviate the burden on resources and improve overall public health outcomes.

Additionally, by advancing the understanding of the interplay between psychological factors and physical symptoms in adults, as well as addressing cognitive behaviour in children, this study contributes to the ongoing evolution of psychotherapeutic approaches. By identifying effective strategies and interventions, researchers and practitioners can refine existing treatment protocols and develop innovative techniques to better serve diverse populations with varying needs. In conclusion, the significance of the study lies in potential to transform the mental health care by emphasizing the importance of psychotherapeutic practices for psychosomatic disorders in adults and cognitive behaviour in children. Furthermore, through its implications for individual well-being, societal impact, and the advancement of therapeutic approaches, this study represents a crucial step towards promoting mental health.

1.10 THESIS ORGANIZATION

Chapter 1: The commencing part of the thesis is all about the overview concepts on psychosomatic disorders of adult and cognitive behaviour of children. Furthermore, it also addresses the problems identified and the objectives that are initiated to overcome the problems. This chapter further discusses about the significance and scope of the study and the areas which needs to be validated.

Chapter 2: The literature review chapter address the prevailing literature studies corresponding to the research topic. The literature review is further sub-divided into significance of psychosomatic disorders and cognitive behaviour. Additionally, this chapter examines factors influencing psychosomatic disorders and cognitive behaviour in detail. Furthermore, it discusses the impact of psychosomatic disorders and cognitive behaviour. At last, this chapter states the gaps in the prevailing researches which are necessary in the process of enhancing the present study.

Chapter 3: This chapter addresses the entire methodology used in the study. Furthermore, this chapter analyses the topics such as research design, used materials and methods and the sampling method. The chapter further involves in data collection and the instruments used in research are stated and the collected data are analysed completely. In conclusion, the ethical considerations of the present study are validated and the summary is drafted.

Chapter 4: This chapter deals with the entire analysis part of the study. This chapter includes sample collection and execution of baseline assessments. Additionally, this chapter discusses about the monitor of intervention period. Furthermore, quantitative analysis used in evaluation in the study. Various discussions are carried out comparing the other studies for precise result extraction.

Chapter 5: This chapter concludes with the summary part of the findings conveying the future work of the study for further improvement

1.11 SUMMARY

The outcome of psychotherapy in alleviating psychosomatic disorders among adults and addressing cognitive behaviour in children is a crucial area of study in Bangladesh. Psychotherapy interventions aim to target the underlying psychological factors contributing to psychosomatic disorders in adults, such as stress, anxiety, and depression, while also addressing cognitive behaviours in children. Research in Bangladesh on this topic is limited, necessitating further investigation to understand the effectiveness of psychotherapy in these contexts. Studies focusing on the outcomes of psychotherapy interventions considers factors such as cultural norms, access to mental health services, and the role of socioeconomic factors in treatment outcomes.

Additionally, socioeconomic factors exert a profound influence on mental health outcomes and treatment trajectories. Bangladesh grapples with widespread poverty, unemployment, and social inequality, which can exacerbate stressors and contribute to the development or exacerbation of psychosomatic disorders. Thus, investigating the interplay between socioeconomic status and treatment response is crucial for addressing underlying systemic inequalities and promoting equitable access to mental health care. Research endeavours could explore how economic empowerment programs, social welfare initiatives, and community-

based interventions intersect with psychotherapy to foster resilience and enhance well-being among vulnerable populations.

Furthermore, longitudinal studies that track the long-term effects of psychotherapy are imperative for gauging its sustainability and enduring impact on individuals' lives. Beyond symptom reduction, assessing broader indicators of psychological well-being, such as quality of life, social functioning, and resilience, provides a more comprehensive understanding of treatment outcomes. By elucidating the enduring benefits of psychotherapy, Bangladesh can strengthen its mental health infrastructure and advocate for greater investment in evidence-based interventions that prioritize long-term recovery and flourishing.

Finally, the exploration of psychotherapy's efficacy in alleviating psychosomatic disorders among adults and modifying cognitive behaviour in children in Bangladesh necessitates a multifaceted approach that considers cultural, socioeconomic, and systemic factors. By advancing research agendas that prioritize cultural adaptation, accessibility, socioeconomic equity, and long-term outcomes, Bangladesh can harness the transformative potential of psychotherapy to foster mental health resilience and promote holistic well-being across diverse communities.

CHAPTER 2

LITERATURE REVIEW

2.1 INTRODUCTION

Bipolar Disorder (BD) is a mental disorder which commences at the age of 19 to 20 years. Bipolar Disorder is a recurrent disorder which is seemed to exist for a long-term and is categorized by repeated occurrences for long-term and recurrent disorder characterized by cyclic occurrences of desolation and hypomania. However, the humanistic study about the BD conditions has not yet determined. BD is known as a multidimensional disorder which includes hereditary and ecological factors which plays a vital role. It is evident that the effect due to the dopamine receptors that fluctuate the mind from a depressed mode to a hyper mod.

Similarly, it is observed that diagnosis time scale gets delayed due to enormous factors relating to disorders. Enormous factors of risk related to (BD) has been recognized and group of people who are at the risk of being affected are well-defined. However, these improvements has allowed the progression of analysing the risk, to determine the adaptation capacity of individual personalities towards (BD). Bipolar and unipolar disorders along with paranoiac factors are defined as Physcopathological depression (PD), which are considered as the ultimate reasons for inability and illness problem globally.

The reduction of grey matters within the right cerebellum and left amygdala of brain has been the major reason for psychosis. The therapy of cognitive behaviour (Rao & Mohan) is a structured, directive, limited period and an active method to cure various patients affected PD. Therapy of CB has been evolved as the most preferable option for the various PD. However, it cannot be applicable in most of the impulsive cases of patients. There is also a need to give special attention to patients who give up on the treatment. Most of the patients who are affected by the BD express significant indications in prior to their primary hypomanic period.

The diagnosis of patients with medically important symptoms satisfies the fulfilling risk criteria for Critical Mental Illness (CMI). Such patients are at the necessity of powerful, effective and harmless medication. Therapy of cognitive behaviour has resulted in significant changes at an early phase of bipolar disorder and among the patients who are at a high risk for phobia. A specialist in the therapy of cognitive behaviour aids in initiating the affected patients to act and think more practically and adaptably about the complications they face which results in reduced

symptoms. The study mainly concentrates on discovering the factors that seems to be a hurdle in accordance with the specialists of cognitive behaviour therapy (Ara & Deeba, 2020). Cognitive behaviour therapy helps in the reduction of stress (Azad et al., 2022). Bipolar Disorders are considered as a severe psychotic disorder that leads to an extensive risk factor of suicide. Meta- analysis was conducted to examine the prevailing suicidal attempts among the patients affected with Bipolar Disorder and its related features.

An early analysis of BD can improvise the diagnosis and reduce the disease burden. Psychological suffering is mainly a result of the emotions that are buried deep inside of any individuals. Emotions are usually a combination of sadness, tension and fear. All the stated emotions can be expressed externally. For instance, if a person has experienced any traumatic conditions, then, this experience can help the specialist to analyse the origin of all this emotion. Whereas, in alternate cases, they find it difficult to find the root cause of all emotions. There are rare cases where certain patients experience an adverse emotional disturbance in their past. These emotions might have the chances of being expressed physically after few years or even later some decades (L. J. K.-I. J. Dimitrova, 2020).

Psychosomatic disorders and symptoms which are related to psychosomatic disorders share a significant part even amidst of the absence of certain identical disease that are accompanied by psychological suffering and deficiencies (S. E. Williams, Zahka, & Kullgren, 2020). Assisting psychotherapy is a method of treatment that are used to reduce the symptoms of psychosomatic disorders. Strategies of psychotherapy include various methodologies like implementation and maintenance of strong assistance of therapy, boosting the self-esteem, empowering the defences (Winston & Schaefer, 2023).

A psychosomatic disorder can have a profound and far-reaching impact on an individual's quality of life, as it involves physical symptoms that are intricately linked to mental factors. This complex interplay can manifest in a wide range of physical conditions, including skin conditions, high blood pressure, heart problems, and gastrointestinal issues, which can significantly impede daily functioning and overall well-being. CBT is often the treatment of choice for psychosomatic disorders, as it empowers individuals to develop new coping strategies by identifying and altering negative thought patterns and behaviours. Through CBT, individuals can gain a deeper understanding of their condition and develop more adaptive coping mechanisms, leading to significant improvements in both mental and physical health. Furthermore, CBT can help individuals set more realistic life goals and enhance their ability to

manage stress, which can further reduce the severity of their symptoms. The combination of psychosomatic disorder and cognitive behaviour can have a profound and lasting impact on an individual's life, as it can lead to a range of physical and mental health issues that can significantly affect daily functioning and overall well-being.

2.2 SIGNIFICANCE OF PSYCHOSOMATIC DISORDER

Psychosomatic disorders are a pressing global health concern, imposing a substantial burden on both individuals and society. These disorders involve physical symptoms influenced by mental or emotional factors, often without a clear medical explanation. In Bangladesh, mental disorders are prevalent, affecting a significant proportion of the population and impacting daily functioning and overall well-being.

The prevalence of psychosomatic disorders in Bangladesh is substantial, with studies indicating that mental disorders account for a significant portion of the global burden of disease. Mental disorders are often underreported and underdiagnosed in Bangladesh, leading to delayed or inadequate treatment. The lack of mental health services and resources exacerbates this issue, making it essential to address the psychosomatic aspects of illness through a multidisciplinary approach.

The significance of addressing psychosomatic disorders in Bangladesh is underscored by the limited availability of mental health services and resources. The country faces a shortage of mental health professionals, and existing services are often concentrated in urban areas, leaving rural populations with limited access to care. This disparity can lead to a significant gap in the diagnosis and treatment of mental disorders, which can have long-term consequences for individuals and society.

The significance of psychosomatic disorders in Bangladesh cannot be overstated. These disorders have far-reaching consequences that can impact not only the individual but also their family, social relationships, and economic productivity. The limited availability of mental health services and resources in the country underscores the need for a multidisciplinary approach to address the psychosomatic aspects of illness.

(Koly, Saba, et al., 2022) demonstrated that the country of Bangladesh is a marginalized country that consist of varying range of mental disorders among the population along with insufficient system of well-being. The study speaks about the unambiguous contract between

the stake holders in establishing the mental well-being training program for specialists. This training might enhance the widespread exposure of mental well-being and hence decrease the variation due to mental instability in Bangladesh. (Wadood, Karim, Hussain, Rana, & Hossain, 2020) explained that the disorder which is due to psychometric conditions is considered as an ultimate psychological deficiency. This condition affects both individual and public progression of citizens. However, the study related to psychosomatic conditions within Bangladesh has not effectively evidenced.

The prevailing study about Bangladesh described about helplessness and possibility of growth of disorders relative to psychological health like sleep disorders, post-traumatic stress disorders, suicidal tendencies and depression. According to “WORLD HEALTH ORGANIZATION” nearly 30% to 50% of the group of population that were affected due to environmental catastrophes, suffered because of various mental disorders which resulted in an adverse experience of traumatic conditions. The extreme level of traumatic condition was mainly due to the loss of a family member and inadequate communal support (Tasdik Hasan et al., 2020). Bangladesh seems to be suffering from extremely differentiated psychological conditions.

On the other hand, the services rendered through psychological health sectors seems to be insufficient within the country which results in addressing the progression of psychosomatic condition among the population of the country. Policy involvements are seemed to be an essential factor for the betterment of psychological health conditions. But, this can only be attained if proper evidence on the financial burden associated with psychological condition are produced. There are certain difficulties in the process of differentiating the factors like psychosomatic illness, multisystem illness and psychosomatic illness along with various measures of clinical unpredictability. Unusual compound and multifunctional syndromes tend to be usually confounded in a misleading manner.

Psychosomatic disorder tends to be true to the patients who experience mental conditions. (PD) include factors like increased pressure of blood, period cramps and migraines which tends to substantial complexity. Psychosomatic disorders can also prevail for longer duration and can result in an adverse effect (Romasenko, Makhov, & Chichkova, 2019). (Henning, Subic-Wrana, Wiltink, & Beutel, 2020) demonstrated that patients affected by psychosomatic conditions experience disorders of anxiety. Moreover, an analysis demonstrated that patients with psychosomatic disorders suffer due to the effects prevailing from nearly 2.5% to 55% when

compared to common residents. Moreover, it's observed that patients suffering from disorders of anxiety are generally at a greater risk when compared to other factors. Similarly, disorders of anxiety are determined as a deficiency and inability which can either last for short time period or long time period depending upon the condition of the patients with psychosomatic disorders.

(A. N. Abdivalyevna & A. F. J. I. J. o. A. S. R. Abdukhamid, 2023) exemplified that the significance of psychometric disorders can be more precisely defined as the qualities connected to psychology which may sometimes leads to breakage of a healthy relationships. This condition may lead to disorders associated with psychometric factors and can also affect the physical well-being of an individual due to the weakening of capability of proper physical system (Bransfield & Friedman, 2019). (Feizollahi, Asadzadeh, & Mousavi, 2022) demonstrated that the disorders associated with psychosomatic disorders often include varying range of unhealthy conditions and physical indications as their significant element. While discussing about physical indications, the study has been differentiated into 2 types of disorders namely internal disorders and external disorders. Internal disorders resulted in the inclusion of various factors like Musculoskeletal, Respiratory, Genitourinary, Cardiovascular, Skin deficiency and gastrointestinal disorders. Whereas, external disorders include factors like Nausea, Migraines, Fatigue, Concentration difficulties, Vomiting, Dizziness, Insomnia and Shortness of respiration.

“Functional somatic disorder” is an extensive term utilised to explain various disorders that are determined by constant and difficult physical indications. These disorders are analysed medically as they are grounded upon the pattern of symptoms. The diagnosis of “fundamental somatic disease must be conducted only after the diagnosis of various conditions like somatic diagnosis and psychological variation diagnosis (Burton et al., 2020). The psychopathological methodology yields the best result in treating the patients affected with disorders of psychosomatic conditions. Moreover, this methodology aids in activating the pathogenous data and hence converting the particular obtained data from a Non-functional state to a state of adaptability (Schubbe, 2019).

The conventional study (Romassenko et al., 2019) demonstrated that the analysis of somatic conditions comprise of various factors like pain and hypochondria. Various homogenous syndromes that are reported frequently are expected to prevail for a minimum duration of six months. The complete affection along with the medical diagnosis results in the spiritual,

psychological, social and emotional well-being. Moreover, certain particular struggles can explore biological expressions as a result. (Kubiak et al., 2023) illustrated that trauma is the extreme factor that is interrelated to the psychological well-being. On the other hand, factors of stress are observed to prevail as the major impact on psychosomatic conditions. Although, the certain ratio of the population express the disorders of psychosomatic condition combined with resilient elements.

Among the Least And Middle-Income Countries (LMIC) such as Bangladesh, nearly 18.7 % and 12.6% of women and children experience the suffering due to psychological disorders. Yet, the study demonstrated that women generally experience psychological conditions like anxiety, stress and depression in a greater probability when compared with men (László, Lénárt, Illésy, Fekete, & Nemcsik, 2019). The variation between these two genders are predominantly due to several conditions like hormonal, cultural, biological and social fluctuations which are seemed to be high in countries like Bangladesh. The major complication that affects both the gender are improper distribution of services to urban regions, unavailability of psychological condition specialists and inappropriate establishments of the National mental health policy (Koly, Tasnim, et al., 2022).

The existing study (Abiko et al., 2022) has explained that Psychosomatic diseases can be differentiated into psychodermatology and psychogastroenterology which refers to the psychosomatic conditions affecting skin and digestive system. (Sheefa et al., 2021) has explained about the forced migrants due to the environmental disasters. The major reason for this forced migration is the environmental disaster caused by the rise in the sea level of the “Bay Of Bengal” coast. Additionally, these migrants face the challenges and symptoms of psychosomatic conditions due to the unexpected migration process and thus, affecting the life style routines such as basic needs, availability of water, lack of occupation and over-all wellbeing thus, leading towards the adverse effect of somatic condition.

The conventional study (Ghosh, Adhikary, Hasan, Miah, & Systems, 2020) has illustrated about the “IBS ,which is symptom of gastrointestinal disorder relative to the psychosomatic conditions. Similarly, patients suffering with IBS are diagnosed with 2 or more symptoms associated with gastrointestinal disease and such conditions are termed as co-morbidity by the tertiary health centres. Whereas, these health centres provide medications to patients suffering from IBS within Bangladesh. (Mondal, Hasan, & Paul, 2020) has illustrated about the psychosomatic conditions among the Mawlana Bhashani Science and Technology University

(MBSTU) in Bangladesh , where the study was conducted based on the smart phone addiction among students of the university and nearly 42.9 % of the student population was analysed to be affected by the symptoms of psychosomatic conditions. As a result, it was concluded that, the academic performance of the analysed students were adversely affected due to the presence of psychosomatic conditions.

Psychosomatic disorders are a pressing concern in adults, as they can have a profound and far-reaching impact on both mental and physical health. These disorders involve physical symptoms that are intricately linked to mental factors, such as stress, anxiety, and depression, which can significantly affect daily functioning and overall well-being. The prevalence of psychosomatic disorders is higher among women and older adults, and they can manifest in various bodily systems, including the respiratory, gastrointestinal, and cardiovascular systems. The interplay between psychosomatic disorders and cognitive behaviour can lead to a range of physical and mental health issues, including skin conditions, high blood pressure, heart problems, and gastrointestinal issues. Treatment options for psychosomatic disorders include pharmacotherapy, psychotherapy, relaxation techniques, and lifestyle modifications. CBT is often the treatment of choice, as it empowers individuals to develop new coping strategies and manage their symptoms more effectively, thereby improving their mental and physical health.

2.3 SIGNIFICANCE OF COGNITIVE BEHAVIOUR

CBT is a remedy that aids to identify an intrusive or negative thought and acquired behaviour. It is a kind of psychotherapy that can aid people of all ages, including children and adulthood. CBT concentrates on how feelings and emotions disturb behaviour. Teaching the children to be conscious about the impact created by the emotions caused due to CBT has been observed to be a significant factor in current scenario. At a moment, when emotions, societal, and cognitive growth is speedy, enclosed in a different frame, inefficient thoughts and the principles that inspire those thoughts are fundamental for navigating the responsive and individual challenges experienced throughout the time of childhood. CBT might aid children to reframe the method to clarify, identify and estimate the behavioural and emotional response towards the undesirable involvement.

The conventional study (Rapee, Creswell, Kendall, Pine, & Waters, 2023) has understanding that behaviours and emotions might be controlled, empowered and can lead to the development of self-discipline, emotional control, compartmentalization, compassion during the hyper

critical growth level. Anxiety syndromes are among the most general mental illness, appearing in 6.5% of all children. Also, Children faces any one of the diagnostic confrontation that involves agitation, developmentally appropriate stress, and introversion from anxiety disorders. For instance, nursery school-age children generally have stress about natural events and injury, while older children and teens usually have stress and agitation connected to academic performance, societal competency, and illness. Differencing factors of compulsive anxiety is hypothesised as an extravagant fear state in which hyper excitability of fear circuits include persistence, severity, and related disfigurement.

Diagnostic systems differentiate several kinds of anxiety illnesses, with general anxiety illness, agitation illness, societal anxiety illness, departure anxiety illness, agoraphobia (irrational fear of something that's unlikely to cause harm), particular phobias, and muteness. These illnesses are often related with the important deficiency in individual, societal, and school functioning. Multi disease are general, in specific with other anxiety illness in children and teens. The previous studies (Simon et al., 2021) centred that anxiety illnesses in children signify a considerable on source of morbidity and are combined with future adult mental illness and more charge than any other psychopathology. Conversely, in spite of the high prevalence and anxiety illness in childhood, substantial morbidity, and teens can be challenging to diagnose, and may be underrated, and hence inadequately, It is generally informed that merely a minority of children and teens with psychopathology get treatment; a UK research recounted that less than 40% of children with anxiety disorder get any specialized support and fewer than 3% get CBT.

The conventional study (Hansen, Telléus, Mohr-Jensen, & Lauritsen, 2021), has examined that providing insufficient service signifies a main barrier to the treatment process, underlining the significance of maximizing the productivity of treatment provision to support sure that efficient treatment is more readily accessible to children and adolescent when they require it. The proof base for the anxiety illness treatment for the toddler and teenager is increasing. Basic trials of Cognitive behavioural therapy were positive, and randomised clinical trials along with analyses are monitored. Various analysis reviews intimate that CBT for anxiety illnesses in this generation is effective, including an outlook of narrative analysis and network meta-review. Compared to the overall analysis, there was a moderate response rate, and a current analysis showed that benefits spread to extensive results, with desolate symptoms and common functioning.

The prior study (González-Prendes, Resko, & Cassady, 2019) has analysed that CBT has not been preferable to effective treatment, It remains indefinite that CBT is superior to different treatment methods. The recent analysis aims to require comprehensive and the latest confirmation upon the value and adequacy of CBT in the treatment of anxiety illness in toddlers and teenagers, with the variable amount of psychotherapist connection time and varying involvement formats, with persons, groups and presence/absence of parent's involvement. Additionally, examined the ability of CBT compared to treatment in general, different treatments and cognitive control. The inquiry of the relative efficacy of medication contrasted with CBT and the arrangement of CBT and medication was also to be handled.

The conventional (Wood et al., 2020b) study has been reported that reduction of all anxiety illness, along with the main anxiety illness. Certainly, concentrating exclusively on the revival from the main anxiety analysis shows that children with comorbid anxiety illnesses that are current succeeding treatment are often categorised as 'recovered'. In essence, this analysis differentiates and survey results founded on either the non-appearance of the 'main anxiety illness' or the non-appearance of all anxiety illness. In addition to granting proof of anxiety results (symptoms and diagnoses). It also tried to evaluate whether impact of CBT treatment are retained over ensuring treatment and at further review.

While it wouldn't be viable to identify the youngest generation at which a toddler can assist with CBT unless the individual data, it would determine the age of the teenager participants in trails of CBT for the toddler and teenager anxiety illness. It is acknowledged that children and teenagers with Autism spectrum disorder have high levels of anxiety illness; conversely, research of CBT for anxiety illness in Autism spectrum disorder has assorted results. Moreover, it is uncertain how anxiety illness is acknowledged or, undoubtedly, address in those with intellectual disability, representing an insistent need for effort in the zone. It queries the range to which improvement concerns has been integrated into the research and exercise of CBT. It concentrated on the toddler aged with 5 and 8 years as cognitive developmental theory sets them at a pre-logical Piagetian stage, which means, the usage of a medicinal approach that is found on a realist standard would be examined inopportune. The Piagetian demands made upon the age of 5-8 children by CBT are illustrated, and the present experimental literature is examined to ignite and assess the cognitive capabilities of this aged children. The significant patterns of CBT are considered as the proof of the influence of progressive thinking, and the literature

result of the CBT techniques is investigated to review the effectiveness of these techniques by young children.

The prevailing study (Dozois, Dobson, & Rnic, 2019) has been examined that CBT with teenagers and young children and, then behaviour therapy, is the most widely explored young child therapy techniques. Traits that report for the reputation of CBT by young children are its importance on training managing skills, improving self-belief and encouraging self-discipline. Moreover, the effective involvement of the children reconnoitring their feelings and opinions in company with the psychotherapist that is one of the main factors that lays it aside from its interactive and cognitive equivalents. The proof of the efficiency of CBT with young children by an assortment of disorders, just like anxiety, depression, and antisocial personality reaction. Especially, there is indecision about span to which the age and development stage of the toddler connection with the success of the treatment.

The research for the suitable equivalent of client and therapy element is difficult by the range of intellectual and behavioural techniques that are composite in various modification and collectively defined as CBT for young children and teenager. So, a query about the comparative effect of the various intellectual elements of any CBT intercession and to what expand corrective modification is cognitively or psychologically interceded. The important of this query is most critical with children on account of their absence of refinement in intellectual performance. These impacts are most exposed to be are most likely to be noticeable in young children aged between 5 and 8 years for the reason that, in overall, these young children has certain stage of verbal proficiency and self-determination, which enables for participation in a person's oral therapy, but a comparative developmental adolescence, which may prohibit the usage of such a therapy. The reality that CBT is acquired partially from intellectual theory and therapy through elders, raises the issue if the age between 5 and 8 years of young children does profit from this medicinal methodology and what task their development level role in this achievement or failure. Developmental behaviourism exhibits an exhaustive knowledge of the progress, interlocking strands of the physical, responsive, and intellectual capabilities of the developing child, making it conceivable to evaluate the specific intellectual abilities of children in relative to the difficulties done by the CBT procedure. This evaluation is specially aimed at early school-aged children because they have been exposed to be understated in the CBT literature results.

CBT is a highly effective and widely used treatment approach for children, addressing a range of mental health issues and behavioural challenges. This form of talk therapy helps children recognize and change negative thought patterns, develop coping skills, and improve their overall mental health. CBT is particularly beneficial for children with anxiety disorders, depression, and ADHD, as well as those struggling with self-defeating thoughts, impulsivity, defiance, and tantrums. By teaching children to manage their emotions and behaviours, CBT can significantly improve their daily functioning and long-term well-being.

2.4 FACTORS INFLUENCING PSYCHOSOMATIC CONDITIONS

Various studies suggest enormous factors as a cause of psychosomatic disorders. Moreover, factors like Rape, Trafficking for prostitution, Domestic violence, Forced abortion and Dowry related acid attack affect the mentality of married women in Bangladesh adversely. The classical study (Sarker et al., 2023) illustrated that the establishment of lockdowns during pandemic era, social distancing strategy, restriction on public gathering, and exceptional quarantine actions within the country of Bangladesh. Also, various issues related to the outbreak like lockdown, quarantine, travel restriction and spatial distancing, along with the public and financial concerns has led to various factors such as fear, depression, stress, anxiety, panic, the posttraumatic stress disorder, suicide ideation due to the widespread of COVID-19 (Hoque et al., 2021).

Similarly, Bangladesh, a least and middle-income country has a population of married women who are from the background of the poor family. They have been found to have greater development of psychosomatic disorder when compared to married women from the rich family background. This development of psychosomatic disorder among poor women might be due to the continuous exposure towards anxiety, stress and insecurity (Wadood et al., 2020). Factors that influence the psychosomatic disorders are,

1. Anxiety

2. Posttraumatic Stress Disorder

- 2.1 Acute Stress Disorder

- 2.2 Uncomplicated Stress Disorder

- 2.3 Normal Stress Disorder

2.4 Complex Stress Disorder

2.5 Complicative Stress Disorder

2.6 Comorbid Stress Disorder

3. Suicide Ideation due to COVID-19

4. Rapism

5. Forced Abortion

1. Anxiety

Anxiety comprises of various factors like phobias, social anxiety disorder, OCD, panic disorder, PTSD Anxiety can be subdivided into 6 types such as Fear of avoidance, Mental illness, High stress due to social conflicts, fear of humiliation. Similarly, prevailing studies demonstrated that compulsive sex as an emerging factor leading towards the psychosomatic disorder which is irrespective of gender. Also, the probability of women suffering from psychosomatic disorders is comparatively greater than man. Hormonal fluctuations can also prevail as the significant factor of anxiety among women. (Cantave et al., 2022). Likewise, there is an emerging necessity to assess the symptoms leading towards anxiety. In most of the cases, disorders due to anxiety are wide-spread and disorders are not cured completely due to the inadequate treatment at primary level. Disorders due to anxiety effectively lead towards the psychosomatic conditions.

The emotional suffering due to anxiety is always inter-connected with external symptoms like giddiness, sweating, and also shortened breath. The condition of shortness in breath can be more visible among the people suffering from panic attacks. Various studies suggest that psychosomatic conditions comprise of more general complaints like restlessness, muscle aches and insomnia. Psychosomatic conditions due to anxiety is a phenomenon where the patients tends to physically express about their experiences through physical grief (Myles, Merlo, & Sciences, 2021). Broadly differentiated features such as family, private conditions and varied cultural practises results in a fluctuated expression of psychosomatic disorder (Henning et al., 2020).

2. Posttraumatic Stress Disorder

The posttraumatic stress disorder refers to the inability of recollecting the most significant aspects at the time of traumatic events. Furthermore, negative overthinking can lead towards low self-esteem (Maercker et al., 2022). This experience of post traumatic disease is mainly due to a terrifying or shocking occurrence of even in the past. Posttraumatic stress disorder can be further classified into six types like Acute stress disorder, Normal stress disorder, uncomplicated stress disorder, complex stress disorder, Dissociative stress disorder, Comorbid stress disorder.

2.1 Acute stress disorder

Acute stress can be defined as the stress that arises during the first successive month after the traumatic event has occurred. Patients who have experienced the “Acute stress disorder” often tends to express feelings such as differentiated moods, stimulation, reactivity, disturbances in their thinking capacity. Similarly, they also develop a phenomenon of continuous prevention of recollecting the past traumatic events. The duration for which acute stress disorder can last is probably less than a month (Fiksdal et al., 2019). Acute stress disorder is an emotional, dissociative and physiological response to any of the traumatic events experienced. (Shahrour & Dardas, 2020).

2.2 Uncomplicated stress disorder:

Uncomplicated stress disorder is the curable stress disorders when compared to other disorders of the posttraumatic stress disorder (Roller & Gowan, 2021). The symptoms of uncomplicated stress disorder include avoidance of flashbacks and the facts that reminds about trauma, sudden alterations in the mood or behaviour, unexpected modifications in a relationships (Chang & Park, 2020).

Uncomplicated stress disorder has been a psychological condition that has led to physical symptoms, often without any medical explanation. It has affected almost any part of the body, and individuals with this condition have tended to seek frequent medical attention, becoming frustrated with no diagnosis. Behavioural therapy and stress reduction techniques have helped alleviate symptoms. The disorder has been characterized by excessive thoughts, feelings, or concerns about the symptoms, which have impacted daily functioning. It has sometimes been referred to as somatic symptom disorder or somatic pain.

2.3 Normal stress disorder

As the name suggests, normal stress disorder is a simple stress disorder that arises due to the factors like injuries, surgeries, tensions, stresses and abandonment from our loved ones. Studies suggest that normal stress disorder can be cured by the affection and care provided by our family members. Treatments are necessary only when the stress disorder worsen.

Psychosomatic disorders have been characterized by physical symptoms that have been influenced by mental or emotional factors, often without a clear medical explanation. While moderate levels of stress have been a normal and even necessary part of life, excessive or chronic stress has led to the development of psychosomatic disorders.

Stress has been a physiological response to perceived threats or demands, which has activated the body's involuntary nervous system and glands. In a state of stress, the body has experienced increased blood pressure, pulse rate, and respiratory rate. Typically, these heightened physiological processes have subsided once the stressful situation has passed. However, in some cases, if the individual has been unable to express or resolve the underlying emotional state, such as persistent inhibited aggression, the physiological symptoms can have become chronic.

Psychosomatic disorders have affected various body systems, including the cardiovascular, digestive, and respiratory systems. Conditions like hypertension, gastrointestinal disturbances, and respiratory ailments have developed as a result of the interplay between psychological factors and physical symptoms. Additionally, stress has exacerbated existing illnesses and potentially contributed to the development of non-psychosomatic conditions, such as cancer or diabetes, in individuals with a predisposition.

The management of psychosomatic disorders has often required a multidisciplinary approach, including cognitive-behavioural therapy, mindfulness-based interventions, and, in some cases, drug therapy. By addressing the underlying psychological factors and teaching stress management techniques, patients have learned to better regulate their physiological responses and alleviate the physical symptoms associated with psychosomatic disorders.

2.4 Complex stress disorder

The Complex stress disorder is an adverse case of psychological disorders that occurs as a repulsive factor to the traumas that has been experienced in the past. People with the condition of complex stress disorders have been suffering with several exposures to the experience of traumas. This traumas include domestic violence and abuse in their childhood (Maercker et al., 2022).

Psychosomatic disorders have been characterized by physical symptoms influenced by mental or emotional factors, often without a clear medical explanation. Stress has exacerbated existing illnesses and potentially contributed to the development of non-psychosomatic conditions like cancer or diabetes in individuals with a predisposition. Behavioural therapy and stress reduction techniques have helped alleviate symptoms. The disorder has been characterized by excessive thoughts, feelings, or concerns about the symptoms, which have impacted daily functioning. It has sometimes been referred to as somatic symptom disorder or somatic pain.

2.5 Dissociative stress disorder:

Dissociative stress disorder is defined as the serious disturbance of an individual identity which is affected by 2 extreme personalities. Patients affected with this disorder find it hard to remember the day-to-day events. People who are affected with such a disorder uses the strategy of regulation when they are feeling the past memories of the terrible traumas. Hence, such a resisting mechanism is usually known as the symptom of Dissociative stress disorder (van Minnen, Tibben, & Psychiatry, 2021).

Dissociative disorders have involved problems with memory, identity, emotion, perception, behaviour, and sense of self. They have disrupted every area of mental functioning and have been often associated with previous traumatic experiences. Dissociative symptoms have included detachment, amnesia, and depersonalization or derealisation. Dissociative identity disorder has been characterized by the existence of two or more distinct identities, accompanied by changes in behaviour, memory, and thinking. It has sometimes been referred to as multiple personality disorder. Behavioural therapy and stress reduction techniques have helped alleviate symptoms.

2.6 Comorbid stress disorder:

Complex stress disorder is one such disorder which is associated with the unwilling replacements, sexual abuses experienced during the childhood, unresolved conflicts and domestic violences.

Comorbid stress disorder in psychosomatic disorders has referred to the co-occurrence of a mental health condition with a physical symptom or illness. This has led to a complex interplay between psychological and physical factors, making diagnosis and treatment challenging. Common comorbidities have included depressive disorders, substance use disorders, and other anxiety disorders. The comorbidity of PTSD with depressive disorders has been particularly significant, as both conditions have often shared similar symptoms and can have exacerbated each other. Effective treatment has involved addressing both the mental health condition and the physical symptom, often through a combination of pharmacotherapy, psychotherapy, and lifestyle modifications.

3. Suicide Ideation Due To Covid-19

(M. E. Rahman, Al Zubayer, Bhuiyan, Jobe, & Khan, 2021) demonstrated that the outburst of the pandemic era has impacted on the lives of people in Bengal. Moreover, the psychological effects among the people resulted due to the factors like depression, anxiety and the fear of getting sick. The figure below illustrates the conceptual explanation of the suicide ideation

4. Rapism

(Naher, Parvin, & Jatra, 2021) illustrated that sexual violence has been more common among the women within the region of Rohingya, Bangladesh. Prevailing studies suggest that these women has been experiencing rapes from the period of ethnic cleansing operation by the forces of Myanmar. The women who have experienced the incidents of rape has experienced the syndrome of rape trauma. This trauma gives rise to mental, social and psychological impacts upon the health conditions of women. Also, the military forces considered girls and women as the medium for gang rapes, sexual assaultation and for the various forms of violence related to sexual factors (Yesmen & Justice, 2019). Moreover, studies suggest that the act of rape has impacted on the social health of the rape survivors. Similarly, all these impacts has led the survivors to even end up their lives through suicidal deeds. Yet, the greatest physical impact

due to rape are sexual health issues and reproductive health issues along with gastrointestinal discomfort and eating disorders.

(Shishir, 2020) demonstrated the comparative study between pre-covid and post-covid era. The violence before and after this period has been effectively progressed within Bangladesh. Women raped in Bangladesh before and after pandemic were reported to be 555 and 718 respectively. The number of attempts tried by the rapists were 96 and 154 respectively (Sifat, 2020). Proportion of death prevailed to be 31 which was irrespective of the pre and post covid era. Women murdered by their husbands during the pandemic era was 141. Children who were killed in the pre and post covid era were reported to be 297 and 304 approximately.

5. Forced Abortion

Abortion has been considered as the significant impact on women's reproductive system. The prevailing study suggest that abortion rate has been gradually increasing day to day among the developed countries like bangladesh (M. S. Rahman, Arif, & Rahman, 2020). (Ahmmed, Chowdhury, Helal, & Sexuality, 2022) illustrated that the major reason for forced abortion among bangladesh is the age factor of women. Bangladesh is known as the low and middle-income country where women tend to get married at a young age leading towards early pregnancy. This phase of pregnancy is irrespective of their mental and physical ability (Nine).

Apart from these, (Sarkar et al., 2019) demonstrated about the presence of psychosomatic symptoms among the patients suffering from parkinson disease. Whereas, these patients generally tend to experience symptoms like loneliness, fear, anxiety and reduced mobility. Furthermore, 100 parkinson patients were chosen and 80 patients were diagnosed. As a result, it was observed that nearly 42% of the population out of 80 patients were suffering from the major symptom of depression thus, leading towards the psychosomatic condition. (Grekhov, Suleimanova, Trofimenko, & Shilova, 2020) has illustrated about the presence of psychosomatic disorders among the patients affected with "Rheumatoid Arthritis". Whereas, the analysis resulted the presence of psychosexual disorder, depression and respiratory disorder along with the presence of "Rheumatoid Arthritis" thus, proving it to be a co-morbidity disorder. (Koly, Tasnim, et al., 2022) illustrated about the mental stability of women in Bangladesh, which were affected due to various reasons like inter-personal violences, role of women which is projected as child bearers and care givers alone and financial dependency towards their partners even for a minor necessities has led women to additional

pressure and thus, creating a greater chances of being affected by various symptoms of the psychosomatic conditions.

The classical study has explained that the factors such as anxiety, fear and stress during the examination period, has adversely affected the psychological stability of college students and hence, creating a space for the development of unexpected psychosomatic disorders.

Several theories have been proposed to explain the development of psychosomatic disorders, including neurobiological, cognitive, sick role, and psychodynamic theories. These theories suggest that factors such as childhood neglect, sexual abuse, chaotic lifestyle, and history of substance abuse can contribute to the development of these disorders. Additionally, the role of stress in exacerbating existing illnesses and potentially precipitating new ones is well established.

The diagnosis and treatment of psychosomatic disorders require a multidisciplinary approach that addresses the biological, psychological, and social aspects of the condition. Cognitive behavior therapy, particularly incorporating meditation and mindfulness, and drug therapy are common treatments. In less severe cases, patients can learn to manage stress without drugs. The management of psychosomatic disorders is often challenging due to the lack of clear diagnostic criteria and the need to address the complex interplay between mental and physical factors.

Psychosomatic disorders are prevalent, affecting approximately 4-6% of the population in the United States, with a higher incidence among women. These disorders can have significant economic and social impacts, with patients utilizing twice as many outpatient and inpatient services as controls. Addressing the psychosomatic aspects of illness is crucial for effective treatment and prevention, and the field of psychosomatic medicine has made significant progress in understanding and managing these complex conditions.

2.5 FACTORS INFLUENCING COGNITIVE BEHAVIOUR

There are two main factors influencing children's cognitive behaviour namely Biological factors and environmental factors. Biological factors incorporate appropriate behaviour of sensory organs, intellectual level, inheritance, and maturity stage. Environmental factors incorporate access to learning, financial situation, entertainment, encouragement from the surroundings, and supremacy of society and family. Concluded communications with their

surroundings permitted by learning, maturation, form concepts, and enhance their intellectual abilities, encouraging behavioural development. The society and family a child matures in profoundly influence cognitive behaviour by granting possibilities, motivation, and approach to educational resources.

In the conventional study (Jirout et al., 2019) has analysed that anxiety illness are one of the most pervasive disorder in children. Children with these illness impersonate let alone in academe, at home, and in societal involvement. It is critical to identify the better performance and cognitive treatments for these disorders. Considering the important of the cognitive treatment, the existing research seemed at how better CBT can treat anxiety illness in children. Among the most widespread psychiatric conditions in children is anxiety illness, whose dominance in individuals below 18 years is among 27%. Anxiety illness in children are categorized as affecting disorders. Affecting conditions are unsuitably adapted behaviour models that cause the child's resentment instead of annoying the person along with them.

While a specific amount of anxiety is required for effective implementation, extreme anxiety makes impotence and interrupt connection between family and friends in school assessments. Children along with anxiety illness exaggerate to stimulation, which they regard nervous levels and adverse and continuous expressive reactions. Meanwhile, these children have deficiencies in adjusting their expressions, this causes to enhance in social problems among these people. Anxiety illness have high multi-morbidity with other illness, in addition to the consideration shortage of ADHD which is around 04.04% of the ODD (Oppositional Defiant Disorder) around 43.9 %, and OCD around 61.8%. In accordance with the constant sequence of anxiety illness in childhood and the respective extension in the development way, revealing on definite influencing factors like hereditary reasons, bloodline, parental fear, and form of connection to the health professional, knowledge, experience, and parental guidance.

In the prior study (Hassan, 2021), it has examine the impact of usage of learning program in enhancing the emotional compromise and its impact in shortening the practical language impairment for a model of behaviourally disorder children. The emotional factors subsidize to the child's functioning and their performance in several actions, responsibilities, and roles that life demand. Accordingly, considering a common language that exceeds the limitations of the spoken communication, it formulates the child for variations by their life, motivate them, and enhance their durability specify that expressive deficiency strongly impact the devaluation of

emotional health and the appearance of mental disorders and absence of adjustments to relevant issues.

The preceding study (Philippova et al., 2023), has analysed the children endure from psychological illnesses by reason of emotions of isolation and disregard for the condition of their mental health. The information basis in the domain of psychosomatic is enhancing annually over the appearance of recent factors in the improvement of psychological illness. Every new part, of the authentic Diagnostic and Statistical Manual of Mental Disorder helps in incorporating versions of illustrating and processing a kind of disorders in case of mental health. The initial version, established and distributed in the post-war period of time concentrated on fight anxiety related disorders, hence the factors has a common and official character. The understanding of fear and anxiety is particularly relevant for patients at opportunity of experiencing psychosomatic pressure. Correspondingly, the biological components consist of an educator, the family, and the surrounding environment. (Drago et al., 2020) has illustrated that the cognitive behaviour of children is affected through various aspects like,

- Biological factors
- Psychological factors
- Environmental factors
- Socio-economic factors

Biological factors

Biological factors are associated with the health related criteria such as nutritional strength, weight gain of child and communicable diseases. Likewise, advanced biological factors include neurological, physical, chemical factors are comprised under internal procedures. Additionally, nutritional strength plays a vital role in the internal progression of a child's overall health and well-being. While, discussing about nutritional diet, it's observed that a balanced diet plays a key role in the prevention of cognitive behaviour thus, leading towards the nutritive health of children.

Psychological factors

Genetics of children fall under the category of psychological factors where, the genetics can influence a children in both externally and internally. Also, external impacts include weight, texture of hair, and colour of eye, complexion, and weight gain/loss. Conversely, the internal impacts include cardiac issues, obesity and variations in the pressure level of blood. Apart from these, intelligence and skills play a vital role in influencing the cognitive behaviour among children.

Environmental factors

(Divyangana Rakesh, 2023) explained that primary environmental conditions can chisel the lives of children by fostering them and creating a space of easy involvement within society. Environmental factors as stated are interrelated with neurocognitive behaviour of children throughout their lives.

Socio-Economic Factors

Socio-economic factors are completely and primarily dependent upon the relationship of children with their parents, siblings and family. The major source of knowledge and empowerment can be provided only through family because, it plays a vital role in the lives of each and every children. Similarly, it directly or indirectly aids to the cognitive development of children. The existing research (Hollmann et al., 2022) focused on Obsessive-compulsive disorder in children, which often entails with important reduction in many aspects of life and has a significant risk factor of appropriate characteristics. CBT is an acclaimed first-line treatment, but it is too infrequently conducted in conformity with instructions and is commonly unavailable near to the patient's residing areas.

Suggestively, web-based CBT might possibly contribute to decrease this space in concern. It targeted to review its efficiency in a controlled randomised trial. After involvement, participants were made to randomly involve either in the treatment or waiting list. Patients within the group of treatment starts the process instantly after the base line prognostics and performance of the patients in waiting list initiate the treatment after 16 weeks of waiting time. Thus, the initial result was in prior to posting evaluation of OCD indications as restrained with the CY-BOCS which is referred as Children's "Yale-Brown Obsessive Compulsive Scale". In

addition, subsidence was considered as an important result measure. Review evaluations were performed for all the 16 and 32 weeks after attainment of treatment.

(Gautam, Tripathi, Deshmukh, & Gaur, 2020) explained that, analysis of anxiety illness is one among the most general psychological health problems appearing in people of all ages throughout the world regions. While it might occur at all ages, conversely children to youthful adults is the most general age of beginning. When compared to males, females are influenced two times more than that of males. Anxiety illness can appear as heterogeneous situations in medical scenarios ranging from transitory slight symptoms to tough and exhausting medical conditions, affecting severe societal disability (Sitnikova et al., 2019). Frequently, it presents by intentions of psychological, sentimental, interactive, inter-individual, and societal symptoms. The disorder can be of many difficulties, and significant ratios of the patients can have perennial disorder. Anxiety can be highly multi-morbid, when compared to various psychological conditions and pharmaceutical disorders similar to depression conditions, and obsessive compulsive disorder. The main anxiety illness estimated for among 8.2% global era with disability YLD. The abbreviation of YLD is “Years of healthy life lost due to disability” during the year of 2010, and it was also the second most significant cause of the YLD’s. Additionally, they yield support to the accountability of various other illnesses through indirect methods.

1. Psychosomatic narrowness of children

Psychosomatic narrowness includes physical symptoms like headaches, chest pain and stomach pain. In certain circumstances, the symptoms might lead towards a serious medical diagnosis and still fall under the category of “Clinically unexplained indicators”. Moreover, the critical part of the diagnosis is when, the child experiencing such psychosomatic narrowness tries explaining the symptoms which might feel to be imaginative to other people who have not experienced such psychological conditions (Gatot, 2022).

2. Intellectual phase of children

Intellectual phase of children refers to the overall capability of children to complete the treatment in an efficient manner. Though this phase is a beneficiary stage, it might create a greater impact upon the well-being of children. Moreover, children who are well prepared to review their emotions and are ready to withstand several homeworks exhibit greater results towards the treatment provided to them.

3. Preference of children

There are situations where, the children evaluated with the conditions or symptoms of psychosomatic disorders. Children those who prefer psychosomatic treatment can be granted with cognitive behaviour therapy either unaccompanied or in groups, depending upon the type of anxiety disorders that they experience. Moreover, the children who are capable of tolerating depression can be treated with cognitive behaviour therapy as a primary option.

4. Serious anxiety among patients

Serious anxiety among patients especially children can be differentiated into 3 types like appearance of considerable psycho-social factors, cognitive dissonance and inter-individual trouble. On the other hand, it may need a group of two CBT and medicines.

5. Educational factor

The prior study (Hossain, Tofail, Sujana, Arifeen, & Hamadani, 2021) has investigated the factors related with academic performance of children in rural Bangladesh. Education is one among the most significant intellectual capital along with various factors influencing children's performance in education. Education in advanced nation has exclusively determined the connection of school performance with its related variable of cognitive behaviour.

5. Anxiety of climate influences on child

This portion emphasizes the developmental and physical factors that might influence climate anxiety in children. Anxiety due to climate change can result in symptoms like sleep disorders and major depressive disorder. Similarly, children diagnosed with the anxiety disorder due to climate change may exhibit aggressive behaviour.

6. Physical vulnerability.

Infants have high exposure towards the climatic variation connected to inconvenience through the path of their lives. It is also correlated with their undeveloped physiology, as children are extra vulnerable towards the health effects by the undesirable climate change. Especially, in case of children below 5 years, are at the higher risk of getting affected by the mortality conditions associated with the severity of disorders. Physical illnesses is directly proportional

towards the related signs of anxiety. Conversely, there are uncertain results about the relation between anxiety due to climate change and psychosomatic fears.

7. Child development.

Researches has described the stages of anxiety and concern about change of climate in the younger generation. However, there are proofs about the psychosomatic reactions towards climate change, which vary through the progress of growth from the age period of seven to eighteen years. Study advises that ecological anxiety, outlooks and emotions may incline within teenagers (declining from almost fourteen years and increasing later eighteen years).

Moreover (Jirout et al., 2019) has explained about how the lifestyle factors influence the cognitive behaviour among children in Bangladesh. Also, the study has concentrated on the factors like nutrition, physical well-being, and proper scheduling of sleep which, are influencing the development of symptoms allied with cognitive behaviour within children. (Tofail et al., 2019) has explained the varied perspective of development of symptoms connected with cognitive behaviour. Also, it explained about how, vitamin-D deficiency results in the occurrences of non-bone deficiencies like hyper-activity of attention deviation, autism spectrum disorder, psychosis and depression among children and adolescents therefore, leading towards the adverse development of cognitive behaviour. (M. S. Islam, Rahman, Moonajilin, & van Os, 2021) demonstrated that the transitional changes of age factor within children can lead towards the cognitive behaviour therapy. It is observed that the transition of children from childhood to adolescence induce various changes like emotional, psychological and hormonal modifications within children which consequently lead towards the development of depression and anxiety among the children of Bangladesh.

2.6 IMPACT OF PSYCHOSOMATIC DISORDERS AND COGNITIVE BEHAVIOUR

The existing study (Anwar, 2023) analysed that psychosomatic and cognitive disorders can effectively impact a person's overall health and standard of living. These diseases incorporate disturbances in mental health and the mind-body relation, resulting to a series of emotional, physical, and psychological symptoms. Healing plays a vital role in the treatment of psychosomatic and cognitive disorders by granting persons with active approaches, provision, and involvements. In their article discovers the part of healing in considering these disorders

and underlines the different beneficial strategies utilized to resolve the psychosomatic and cognitive symptoms.

Cognitive disorders are categorized by deterioration in cognitive capabilities, similar to troubleshooting, consideration, and remembrance. Conditions alike Alzheimer's disease (progressive mental deterioration), mental illness, and posttraumatic amnesia decrease under this class. Contrastingly, psychosomatic disorders incorporate physical symptoms that are affected or exasperated by psychosomatic or emotional aspects (Kleinstäuber, Allwang, Bailer, Berking, Brünahl, Erkip, Gitzen, Gollwitzer, Gottschalk, Heider, et al., 2019). For instance of psychosomatic disorders involving inflammatory constipation, tension headaches and fibromyalgia. Healing plays a crucial part in the treatment of psychosomatic and cognitive disorders, contributing individual's aid, supervision, and implements to achieve their symptoms and advance their overall performance.

Healing plays a vital part in the treatment of psychosomatic and cognitive and disorders by generating persons with the essential provision, involvements, and approaches to achieve their symptoms and advance their overall health. Throughout valuation, cognitive-behavioural therapy, psychological education, emotional regulation techniques, and informal psychotherapy, therapy aids individuals increase enhanced knowledge of their situation, improve active coping technology, and support better psychosomatic and cognitive performance. By functioning cooperatively with medical care professionals and allowing a supportive surroundings, healing allows individuals to guide their passage of therapy and expand their standard of living.

Psychosomatic syndromes has been creating a greater impact among people who are suffering from psychological factors. The impacts of the psychosomatic disorder includes respiratory disorders, migraine and tension headaches, fatigue, hypertension, gastrointestinal disturbances, ulcers and dermatitis. There are severe cases where the impact of psychosomatic disease has created a vast modification among people affected by psychological diseases. The adverse impact is that both mind and body becomes inactive which lead towards fatigue conditions.

(Conversano, 2019) illustrated that patients diagnosed with psychosomatic disorders express the amalgamation of cognitive behaviour. Moreover, such condition can be treated through various therapies like mindfulness, meditation, and therapy of drugs. Similarly, observation of rare cases resulted the management of stress and psychological factors by patients without the

aid of therapy or drugs. Also, some severe cases can never be cured or treated where either the diagnosis or medications has been done at a very severe stage. It is always necessary to be precautious about the impact of psychosomatic disorder and it's related symptoms. (Orzechowska, Maruszewska, & Gałeczki, 2021) demonstrated that CBT is a form of psychological therapy which aids to the required diagnosis of psychosomatic conditions. Moreover, the occurances of inter-related factors like physical and psychological disorders create an impossible situation to identify the difference between the cause of disorder and the effect of the disorder.

Respiratory disorders

Respiratory disorders are reffered to as the complexity of normal functioning of lungs.Lungs perform the most significant task of the inhailation of oxygen and exhailation of carbon-di-oxide. Respiratory disorders can occur due to disfunction of any part of the body as there are various reasons for the occurance of respiratory disorders such as chronic obstructive pulmonary disease, bronchial asthma, pneumonia, interstitial lungs disease, Pulmonary tuberculosis, and lung cancer.(Sangeeta & Prasad) illustrates that the disorders associated with respiratory system has been categorized into four types:

1. Vacular disease
2. Obstructive disease
3. Infectious disease
4. Restructive disease

Migraine And Tension Headaches

Migraines and Tension headaches are the most common and significant complaints among people who are diaogonized with psychosomatic disorders.Likewise, it creates a greater impact among psychological factors and the quality of lifestyle. psychiatric comorbidities, temperament and individual characteristics are directly proportional to psychological factors (Guidetti, Cerutti, Faedda, & Natalucci, 2019). Migraines are also known as the basic neural disorder where psychosomatic condition and migraines are correlated with each other.

Fatigue

The prevailing studies suggest that fatigue doesn't always refer to physical mortality but also to the mental inability to progress. Mental inability or depression are categorized by the selective mental state of exhaustion and demotivation. Similarly, physical fatigue is the inability to perform any of the tasks or involve in the day to day activities due to the lack of stability because of mental pressure or stress (A. N. Abdivalyevna & A. F. J. I. J. o. A. S. R. Abdukhamid, 2023).

Hypertension

Psychological factor like emotional stress causes an increase in the pressure level of blood leading to an increased hypertension. Similarly, if the condition of emotional stress prevail then, the patients are diagnosed with increased hypertension which results in an increased blood pressure. Hypertension can sometimes lead to a fatigue condition and increases the risk factor of recovery of patients diagnosed with psychosomatic disorders.

Gastrointestinal Disturbances

In recent years, (Feng et al., 2021) illustrated that the emotion of depression and anxiety has led to various types of digestive issues which require greater attention and diagnosis. Generally, patients with disorders related to indigestion tend to prevail with the digestive disorders for a longer duration and experience enormous recurrences of the disorders. While, the emotional condition of depression and anxiety are considered as a significant risk leading towards the slower progression of recovery from digestive disorders (Gostoli et al., 2024).

Ulcer

Psychosomatic disorders due to various consequences tend to exhibit diseases related to oral cavity. Moreover, the feeling of dry mouth among patients affected with psychosomatic disorders are diagnosed with the hyperfunction of the salivary glands which is a result of the impact of psychosomatic disorders.

In general, psychosomatic disorders can be treated through proper diagnosis of the root cause for the disorder and providing proper treatment. The major reason for the strong impact of psychosomatic disorder includes factors like history of sexual assault, childhood negligence and substance abuse like drug or alcohol addict

Impact of sexual abuse can be referred as sexual assault which includes factors like unwanted sexual touching, penetrating the perpetrator's body, attempted rape and oral sex. Sexual assault is the extreme worst scenario where, the victim is abused both mentally and physically. Sexual assault remains as the psychological effect that prevails for a lifetime. Proper diagnosis along with medication and cure must be provided to the victim in order to recover from the psychological pain. Similarly, both men and women have been experiencing such scenarios in their day to day life where, the probability of occurrence of such sexual assaults are more to women when compared to men and transgenders. The impact of psychosomatic disease due to sexual assault has been resulting in aspects like fear of acceptance by society, fear about future, shattered dreams, external wounds and affected mental inability.

(Piontek et al., 2021) explained that childhood negligence is also referred to as childhood malfunction. Childhood malfunction includes various types of emotional ill treatment, negligence, exploitation etc. Any of the ill treatments experienced below 18 years is known as childhood negligence. It has been disrupting the development of child's brain and processing of information and resulting in the increase of emotional, cognitive, behaviour and attention disorders. Moreover, physical neglect is the utmost form of childhood negligence where, the child is not provided with proper shelter, food, clothing and improper supervision from parents or guardian. This scenario might prevail for a longer duration when proper care and affection is not provided by parents or caretakers.

Substance abuse is the worst case where, most of the patients take a longer duration to recover from psychological factors and the major reason for this condition is the addiction towards unwanted drug and consumption of alcohol. In general, people with alcohol and drug usage are expected to have a lower expectancy of life along with the co-occurrence of somatic disorders.

(Berlowitz, Walt, Ghasarian, Mendive, & Martin-Soelch, 2019) explained that the disorder associated with usage of substances is considered as the major issue associated with public health. This issue continues to affect the current society across the world as it is associated with high amount of cost and contrary concerns including the accidents, early death and health impairments.

Moreover, impact of psychosomatic disorder results in various symptoms like headaches, digestive issues, muscle aches and pains, elevated blood pressure, dizziness or shaking and racing heart. Whereas, symptoms differ from person to person depending upon the severity of

the disorder. (Nikitina, 2021) illustrated that psychosomatics of headaches are associated with related factors like reaction towards emotional distress, extreme reactions towards physical and psychological emotions and prevailing the anger within ourselves for a longer period. Likewise, headaches due to the psychosomatic conditions are recurrent in nature and can be cured with proper diagnosis. (Ayonrinde et al., 2020) demonstrated that digestive issues is an irresistible symptom of psychosomatic disorder which, comprises of functional abdominal pain, irritable bowel syndrome, functional dyspepsia, and abdominal migraine. Digestive issues can also lead to less hunger, improper food habits, least maintenance of healthy diet etc. As a result, this condition leads towards various health issues and psychological effects affecting the overall individual's health.

The prevailing study (Sepahvand, Shoorideh, Parvizy, & Tafreshi, 2019) has illustrated about the development of psychosomatic conditions within the nurses of Bangladesh. The pressure experienced in work space has rushed them towards the development of psychosomatic conditions that are associated with, pressure due to work hours, pressure due to family issues, pressure due to patients and night shifts. Also, various researches suggest about the adverse conditions of psychosomatic conditions experienced by them during the pandemic era of COVID-19. Though, the entire Bangladesh was under the order of lockdown, (Chowdhury et al., 2021) illustrated that nurses and doctors were always on duty, to save the lives of millions of people even without considering their lives as primary factors. Furthermore, it explained that nearly 62 % of nurses suffered due to various symptoms caused by the psychosomatic disorders.

The existing study (Anjum, Hossain, Sikder, Uddin, & Rahim, 2022) has explained the impact of cognitive behavior among the school children of urban and sub-urban region of Bangladesh. Moreover, it suggested that certain symptoms of cognitive behavior develop at an increasing rate and still cannot be cured due to the insufficiency of medical facilities. The major reason for such cognitive behavior is the lower attainment in the aspects of education and economy. Similarly, around 10.2 % of the population of Bangladesh are children. Where, they tend to develop cognitive behavior symptoms mainly due to anxiety and loneliness. (Amin, Hossain, & Al Masud, 2020) demonstrated the stresses due to psychosomatic disorders among the teachers of Bangladesh within work organizations. (F. M. A. J. P. o. Islam, 2019) has highlighted the stress and anxiety as the major stress factors of psychosomatic disorders in

Bangladesh. Also, it has explained about the association of psychological distress and psychosomatic disorder.

Additionally, (Al Mamun & Griffiths, 2019) has explained the inter-relation between the addiction of facebook and occurrence of mental health issues among the school going adolescence in Bangladesh. It resulted in the occurrence of varied indicators like physical and mental health disorders. The neo-conventional study (Power et al., 2021) has illustrated the difference between the caregivers of adolescents with cerebral palsy and the caregivers of adolescents without cerebral palsy. As a result, the analysis proved that the caregivers of adolescents with cerebral palsy were at a high risk of being affected by the symptoms of cognitive behavior like stress, depression and anxiety when compared to caregivers of adolescents without cerebral palsy.

Similarly, (Hamadani et al., 2019) demonstrated the need for an early developmental program for children and adolescents within Bangladesh, in order to create an awareness for the prevention of development of cognitive behavior among children and adolescents.

2.7 RESEARCH GAP

- (Koly, Saba, et al., 2022) demonstrated that the sample collected for research has been limited which been 37 samples. Hence, the generalizability is very limited due to the nature of study which is qualitative.
- (Wadood et al., 2020) illustrated that there is an inclusion of self-reporting strategy which leads to an affected state of research due to the acceptance and knowledge. Factors like outcomes of treatments, effect by the usage of drugs, customs regarding family were not studied.
- (van Minnen et al., 2021) explained that only a single patient was considered for the research purpose and this factor affects the generalizability of this research.
- (Feng et al., 2021) explained the gastrointestinal issues due to the impact of psychosomatic disorders by just considering 1186 patients and this data cannot be applicable for a global research.
- (Piontek et al., 2021) has particularly demonstrated about the single factor of childhood negligence which is inadequate for the research

- (S. Settineri, F. Frisone, A. Alibrandi, & E. M. J. F. i. p. Merlo, 2019) has conducted a study based on just 140 considerations and there are chances for the results to affect the generalizability of the research.

2.8 SUMMARY

The research on the outcomes of psychotherapy for psychosomatic disorders in adults and cognitive behavior therapy for children in Bangladesh has been limited, but the available evidence has provided some insights.

For adults with psychosomatic disorders, studies have shown that cognitive behavior therapy (CBT) and other specialized psychotherapies have been effective in reducing symptoms and improving quality of life, though the effects may have been modest. A meta-analysis found that CBT had a significant positive effect on quality of life for patients with eating disorders. However, the evidence has been more mixed for other psychosomatic conditions like schizophrenia, where the effects of CBT on quality of life were not statistically significant. The management of psychosomatic disorders in adults has often required a multidisciplinary approach addressing the biological, psychological, and social factors involved.

In the context of Bangladesh, a study on psychotherapy for child and adolescent psychiatric disorders has found that family therapy and other systemic therapies have been effective for a range of conditions, including psychosomatic issues. The review noted that family-based interventions, where parents are involved in managing the child's symptoms, have led to significant improvements in both individual and family functioning. However, more research has been needed to specifically examine the outcomes of psychotherapy for pediatric psychosomatic disorders in Bangladesh.

Regarding cognitive behavior therapy for children, the available literature has suggested it can be a useful approach for addressing a variety of mental health concerns, including anxiety, depression, and behavioral problems. CBT has helped children develop coping strategies and modify maladaptive thought patterns, which can have a positive impact on their psychological and physical well-being. While direct evidence from Bangladesh has been limited, the general effectiveness of CBT for child mental health issues has been well-established in the global literature.

In summary, the research has indicated that psychotherapy, particularly CBT and family-based interventions, has been beneficial for alleviating psychosomatic disorders in both adults and children in Bangladesh. However, the evidence base has been relatively sparse, and more rigorous studies have been needed to fully understand the outcomes and optimize the delivery of these treatments within the Bangladeshi healthcare system. Addressing the psychosomatic aspects of illness through a multidisciplinary approach has been crucial for improving the overall health and well-being of the population.

CHAPTER 3

RESEARCH METHODOLOGY

3.1 RESEARCH DESIGN

In order to assess the outcome of psychotherapy in alleviating psychosomatic disorders of adult and cognitive behavior of children in Bangladesh, the current study has nominated the quantitative methodology approach for research analysis. The preliminary reason of adopting quantitative method for analysis is due to the ideology of assessing cognitive and psychosomatic behaviours practically implement quantitative or experimental techniques to examine clinical outcomes and conditions. Quantitative research is well-suited for establishing effect and cause association, to examine hypotheses and determine the practices, attitudes and opinions of the large sample size of the present study (Dehalwar & Sharma, 2024). Quantitative research yields reliable and factual result data which can be generalized to some larger sample population and allows to understand the common opinion of the people regarding the outcomes of psychotherapy with respect to cognitive and psychosomatic behaviour among children and adults respectively.

Moreover, quantitative approach supports current study in discovering an association among variables and generate conclusion to extensive population effectively. Research method is measured as an engagement of abundant process, method and tools are utilised in the process of data collection which results in achieving the objective of research. The flow of study and inclusive construction of present study is represented through research design. It incorporates the responses in the direction of enquiries about how it is appropriate for the current work. Several correlated procedures are included within the research design. There are two types of method, namely

- Qualitative method
- Quantitative method

Quantitative Method: The Quantitative research approach divulges the result in statistical data which indicate the people's perspective on the early childhood nutrition intervention. To determine the influence of early childhood nutrition on physical and cognitive development, quantitative questionnaires are most appropriate which efficiently proves the research

hypothesis which involves formulating two hypotheses, the null and the alternative hypothesis from research objective and collecting data to assess the evidence.

- **Robust method of gathering data:** In the data collection procedure, quantitative method is more rapid when compared with qualitative method. The technique remains suitable for a stable time period of the study. Moreover, the result of collecting data in a faster method, controls all types of illegal contact towards data manipulation.
- **Protecting the participant's individualities:** The respondent's information are fortified in quantitative technique. Moreover, the method is mostly based on consistency along with reliance of the applicants in gathering and acquiring the data. The applicants offer precise responses towards the questionnaire owing towards the indefinite identities. The emphasis of quantitative method is predominantly based on analysis, questionnaire and responses. Therefore, protection applicant's individuality then there is an increase in data validity and it is obtained through research results.
- **Data consistency:** Quantitative approach is considered as a powerful approach because of its reliability. Besides, the method gathers data in a statistical method, therefore, the attained outcomes are extremely consistent as well as balanced.

The present study engaged quantitative method towards describing the persistence of the proposed research objective. The foremost purpose of this method is to produce consistent result. However, the qualitative method has rich data and it has many difficulties such as nonexistence of rigidity, accurateness also with simplification. Accordingly, the present study has utilized a quantitative method to identify the employee's mind-set during the productivity time. The data collected from a group of employees in an organized questionnaire approach.

Qualitative Method: Qualitative method gathers non-numerical data like descriptions, disputes and sounds. Moreover, the data gathered over thought and discussions from practices, approaches and thoughts of subjects. It contains the procedure of gathering, evaluating and analysis of non-numerical data (McLeod, 2023). Moreover, the data is evaluated by classifying the data into sets or significant perceptions. Hence, the Qualitative data mainly emphasizes on the individualities and frequency of data. The qualitative method is advantageous in certain features and it is expressed below.

- **Comprehensive Analysis:** When the data are collected by means of the qualitative method provides the detailed analysis. During the collection process, the researcher

ascend to obtain an adequate data with fundamental questions. The gathered data is engaged to collect a sequence of questions and answers.

- **Considering Consumer's Opinion:** In qualitative analysis, the researcher incline to achieve the insight of participants. It permits corporate possessors and market researchers to evaluate and increase their product.
- **Rich Data:** The data, which are achieved and used for the future work and also for the implementation purpose. From this analysis it is observed that, applicants can flexibly state their views and attention as a result of open-ended questions. The combined answer of open-ended questions define the understanding of applicants (Surendran).

Research Hypothesis

The hypothesis of current study has been mentioned below

H₁1: Psychotherapy techniques have significant impact on reducing the psychosomatic disorders in adults

H₀1: Psychotherapy techniques have no significant impact on reducing the psychosomatic disorders in adults

H₁2: Psychotherapeutic interventions have significant influence in assessing the cognitive behavioral pattern of children.

H₀2: Psychotherapeutic interventions have no significant influence in assessing the cognitive behavioral pattern of children

H₁3: Long-term endurance of psychosomatic symptoms exhibit deficiencies in cognitive and psychosomatic functioning in children and adult

H₀3: Long-term endurance of psychosomatic symptoms does not exhibit deficiencies in cognitive and psychosomatic functioning in children and adult.

3.1.1 Variable Definition

The critical aspect of an entire mathematical dataset has been associated with defining a variable. Moreover, a variable is also known as the structures of participants in a sample. Whereas, these elements might be vague and hence, may vary along with some kinds of

applicants. The primary effect of variable is, it supports in the functioning of data congregation procedure. The variables of the study is categorised into two kinds, namely

- Dependent variable
- Independent variable.

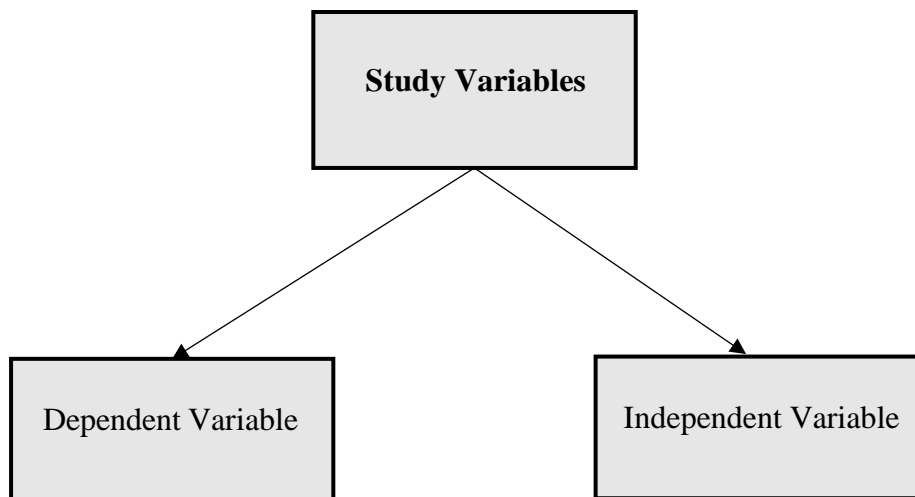


Figure 3.1 Flow of Research Design

Dependent Variable: A dependent variable modifies according to an impact instigated by an independent variable. The dependent variable of our research work is the psychosomatic and cognitive behaviour among adults and children respectively. Likewise, dependent variable might be unwavering over deliberating the objective of our research work. The elements of our study can be modifies to recognize the dependent variable and it is obvious that dependent variable completely rely upon independent variable. Therefore, the recognition of independent variable aids in a precise manner to determine the dependent variable.

Independent variable: An independent variable remains stable irrespective of any of the external applications. Independent variable. Independent variable of our study is the psychotherapeutic treatments. Moreover, independent variable can be addressed utilizing various names such as forecaster variables, right hand side variables and descriptive variables. These variables are essential for effectual research design. Hence, independent variables are recognized through determining variables and its effects on the hypothesis on research question.

3.2. MATERIALS AND METHODS

In the current study the data gathered using close-ended structured questionnaire process for performing the survey among the patients with the symptoms of psychosomatic and cognitive behaviour from hospitals of Bangladesh. The method employed to perform and achieve the study objective is the quantitative approach which evaluate the congregated data from the targeted population. The method followed in the present study is represented below.

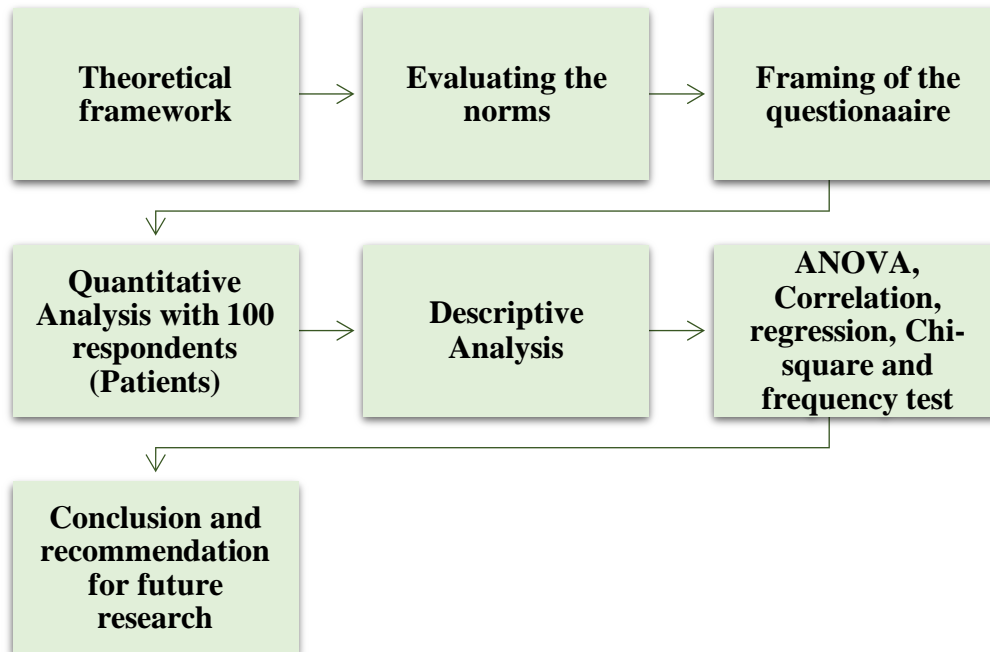


Figure 3.2 Procedure of the Research Work

The figure 3.2 demonstrates the procedure of the current research work. The initialization of the study is the theoretical framework is the narration about the inclusion of theory along with the fundamental assumptions. The process of evaluating the norms assist in validating the correctness of standard of the research work. The procedure of framing the questionnaire is proceeded by utilizing the objectives of the research work. Whereas, the method of Quantitative analysis is the process of collecting data through questionnaire and hence, the data collected through the aid of questionnaire is known as a primary data. Descriptive analysis is the process of theoretically proving our study with the aid of references from various prevailing studies. The analysis part of the study is carried out by performing various tests in accordance with the study variables. Finally, the study is concluded by providing the entire conclusion of the study along with recommending various future measures to be included for further research works.

3.3 SAMPLING METHOD

The present study will perform convenience sampling technique to select the target respondents for research. For any kind of study, the sample size must be chosen after proper research with an aim of acquiring accurate and generalised outcome. In the present study, the appropriate respondent contributions will be selected to extent the obtaining the data regarding the outcome of psychotherapeutic treatments on cognitive and physical development among children and adults respectively. The collected valuable data for the quantitative method depends on the sample size which permits the researcher to reach the research objective (Lakens, 2022). Applicable sampling techniques will support while deriving samples to reinforce the objective of research. Also, it is used for researchers to insight the dataset to classify the patterns (Sreekumar, 2023).

Similarly, the data to be collected in the present study will select the samples who are ready and have potential to provide accurate response will be considered. In our case, the parent will be the most suitable kind of respondent, since the subject revolves around offering early childhood nutrition to the child to improvise the cognitive and physical development. Additionally, Random sampling method is used to collect the data. Random sampling method is a type of method, where collected samples has an equal chance of analysis. Furthermore, the foremost ideology of selecting this method is mainly due to the exhibition of unbiased results and hence, every sample has an equal chance of occurrence within the analysis.

3.3.1 Sample Size

A sample size of any subgroup or strata is the total number of targeted population chosen for obtaining the data for analysis. The complete data was collected from 100 participants. The data collected was then analysed with the help of 'SPSS'. Thus, resulting in the accomplishment of aim of research.

3.3.2 Research Framework

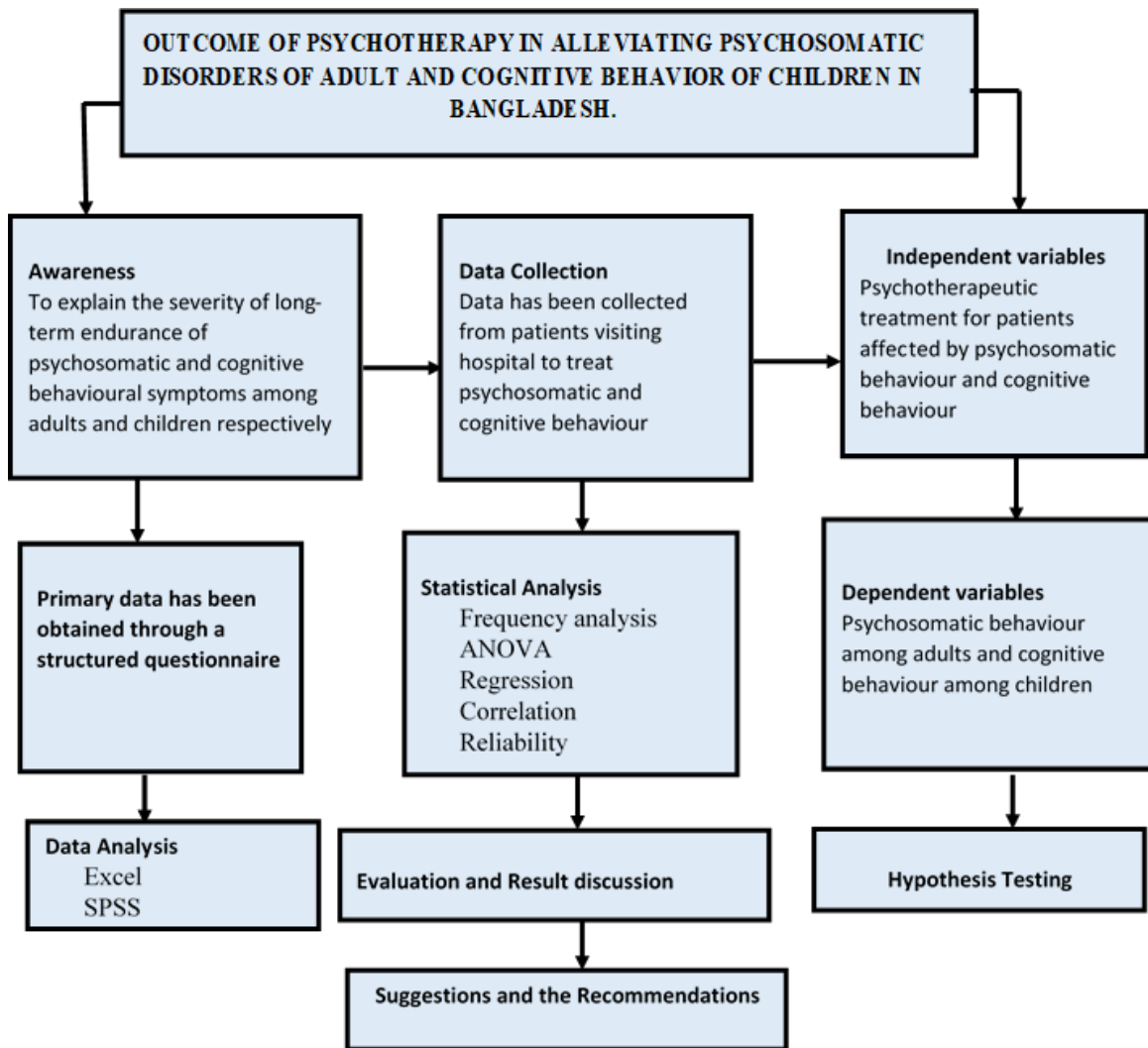


Figure 3.3 Theoretical Framework of the Research Flow

The research framework is represented through figure 3.3, in which the data were collected from 100 participants through random sampling method. For qualitative analysis, data was collected from hospitals through the questionnaire. The analysis part of our study was computed through SPSS. The above illustrated theoretical frame work has explained about the flow of the research work. Furthermore, it is illustrated by initializing from the core topic of our research work and has proceeded with an unambiguous explanation about the pattern through which the study has been further ensued. Similarly, the tools used to analyze the obtained data and the tests utilized for proving the hypothesis has been listed out within the theoretical framework. Moreover, the outcomes acquired by analysing dependent and independent variables using SPSS tool is recorded. During analysis, the variables are varied based on the test analysis. After achieving the accurate p-value the results are compared and it

is discussed with prevailing study. Finally, the suggestions and recommendations are provided based on the objectives and implications along with the futuristic approach

3.4. DATA COLLECTION

Method of collecting data is delineated as the process of gathering information from a random population of patients. The process of Data collection comprises of accumulating, defining, and inspecting the specific descriptions required for the study by utilizing the quality-enriched methods. The obtained data is composed through 'Microsoft excel sheet' and it is converted into graphical representations using the feature of master charts in MS excel. The demographic evidence of age, gender, qualification has been categorized into primary education, below 12th grade, under graduate and post graduate. Occupation has been categorized into student, employed (full time), employed (part time), home maker, unemployed and retired. Likewise, monthly income of patients were categorized into below 10,000, 10,001-20,000, 20,001-30,000 and 30,001-40,000 and above 40,000. Duration of psychosomatic disorder among adults has been categorized into less than 1 year, 1-3 years, 4-6 years, 7-10 years and more than 10 years.

Duration of cognitive behaviour issues among children has been categorized into less than 1 year, 1-3 years, 4-6 years and more than 10 years. Type of psychosomatic disorder among adults has been categorized into depression, anxiety, eating disorder, chronic pain, irritable bowel syndrome and other specifications. Finally, type of cognitive behavioural issues among children has been differentiated into depression, anxiety, anger management issues, ADHD, conduct disorder, ODD and other specifications. The excel sheet has been furthermore differentiated based on four (4) types of information. The first objective is about how psychotherapy techniques effectively reduces the severity and frequency of psychosomatic disorders in adults. It comprise of five (5) subdivisions such as the effectiveness of psychotherapy in improvising the over-all quality of life for adults with psychosomatic disorders, successful reduction of demand for medications to down surge the psychosomatic disorders, humanistic therapy in psychotherapy techniques to manage stress, improvisation of over-all mental health through dialectical behavioural practices, and the assistance of cognitive behaviour in recognizing the destructive thinking patterns and replacing those practises by a healthier practices.

The second objective illustrates about the effects of psychotherapeutic interventions on cognitive behavioural patterns in children. It consist of five (5) sub divisions such as reduction

of the severity of ADHD symptoms through psychotherapeutic interventions, assistance of psychotherapeutic interventions in reducing anxiety and depression in children, CBT augments the social skills and peer relationship of children with cognitive behavioural skills, psychotherapeutic interventions has increased the self-esteem and emotional resilience among children and long-term effects of CBT aids in developing a healthier patterns.

The third objective is about exhibiting long term deficiency in cognitive and behavioural functioning due to long-term existence of psychosomatic symptoms among individuals. It includes 5 subdivisions such as long-term psychosomatic symptoms affects the individuals' physical and over-all health, revealing of poor sleep mechanism due to the presence of chronic psychosomatic disorders, prolonged psychosomatic disorders affect the emotional regulation and stress management among children, occupational and academic performance of individuals being affected due to long-term psychosomatic symptoms, and exhibition of higherlevel of anxiety, depression and other mood disturbances due to persistent psychosomatic disorders.

The fourth objective is about the comprehensive guidelines for incorporating psychotherapy and cognitive behaviour in individuals. It consist of six (6) subdivisions such as incorporating the cultural belief of patients into psychotherapy to enhance its effectiveness towards psychosomatic disorders, combining the psychotherapy and medication rather than providing treatment alone, trying the family therapy as it includes the dynamic associated with the dynamics of the family, instigation of mindfulness techniques into psychotherapy, integrating a brief psychotherapy protocols in primary care settings to improvise the access of psychotherapy for patients with psychosomatic disorders, and strategies to engage patients like empathizing with their distress and hence building a collaborative relationship are considered as a critical element for successful psychotherapy.

3.4.1 Sampling Techniques

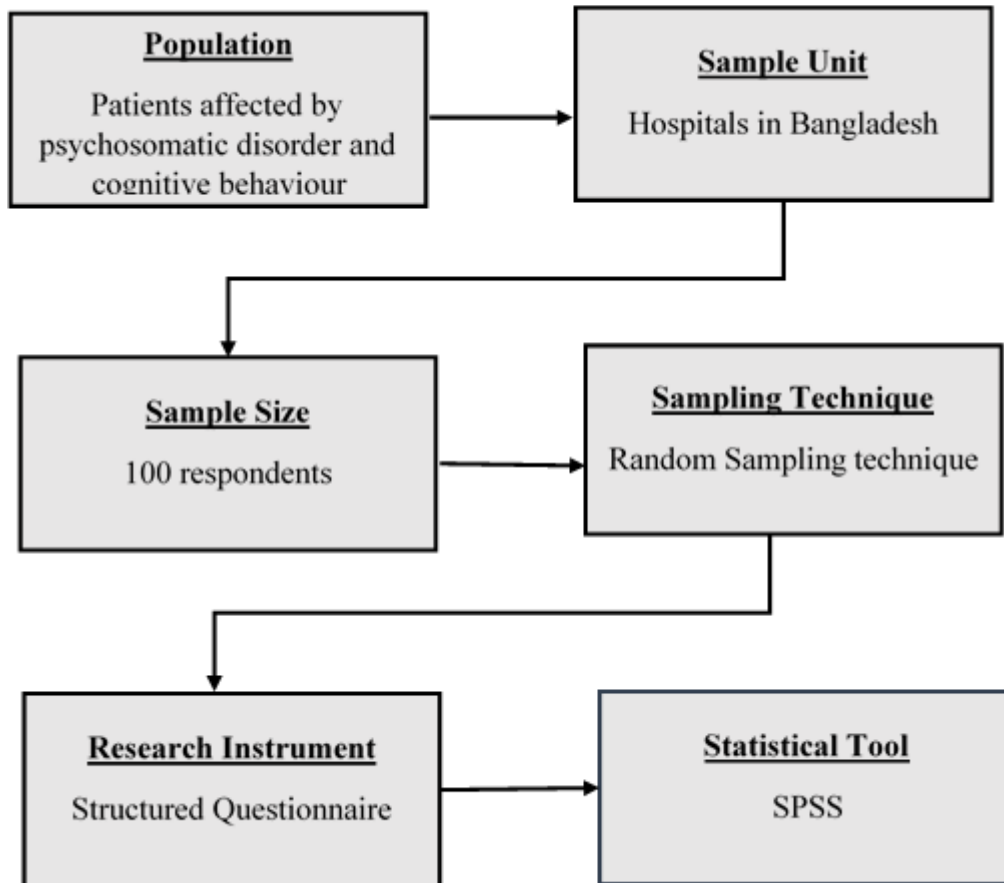


Figure 3.4 Precise Demonstration of the Procedure

The figure 3.4 has demonstrated about a précised information comprising of the population, sample unit, sample size, sampling technique, research instrument and statistical tool. Where, population comprise of patients affected by psychosomatic disorders among adults and cognitive behaviour among children. Also, sample unit is the hospitals providing psychotherapeutic treatments and cognitive behaviour therapy for patients affected by these disorders. Sample size has been specified to 100 participants and the sampling technique is the random sampling method in which, the data obtained is free from biasedness and hence the data acquired is reliable and trustworthy (Turner & Pain, 2020). Likewise, the research instrument utilised to obtain data is the structured questionnaire consisting of liked scale questions (strongly agree, agree, neutral, disagree and strongly disagree. Finally, the tool utilised to analyze the obtained data is the “SPSS” tool which comprise of various tests to prove the hypothesis associated with our study.

3.5. RESEARCH INSTRUMENTS

The study has utilised the method of collecting responses through the structured questionnaire along with producing liked scale options (strongly agree, agree, neutral, disagree and strongly disagree). It was constructed as a structured questionnaire and the questions were produced as closed-ended questions. Since, the study is grounded upon primary data, the responses are reliable, honest and is free from manipulation. Furthermore, 4 objectives were produced where the first 3 objective comprise of 5 questions each and fourth question comprise of 6 questions respectively. Therefore, questionnaire has 21 questions on the whole and hypothesis was produced based on constructed objectives.

Table 3.1 demonstrates the overview of the Questionnaire

<p>1. The Psychotherapy Techniques Effectively Reduces Severity And Frequency Of Psychosomatic Disorders In Adults</p>	<ul style="list-style-type: none"> • Effectiveness of psychotherapy improving over-all quality of life. • Psychotherapy techniques reduces the demand of medications. • Inclusion of humanistic therapy within psychotherapy to manage stress among patients. • Dialectical behavioural patterns upsurge the over-all mental and emotional well-being. • CBT aids in replacing destructive behaviour by replacing with healthier ones.
<p>2. Effect of Psychotherapeutic Interventions on Cognitive Behavioural Patterns In Children</p>	<ul style="list-style-type: none"> • Reduction of ADHD among children through psychotherapeutic interventions. • Psychotherapeutic interventions aids in reducing anxiety and depression.

	<ul style="list-style-type: none"> • Augmentation of social skills and peer relationship through CBT interventions. • Psychotherapeutic interventions. Increases the self-esteem and emotional resilience among children. • CBT's long lasting effect aids to develop healthier through patterns.
<p>3. Individuals with long term Psychosomatic Symptoms will reveal significant long terms deficiency in Cognitive and Behavioural Functioning</p>	<ul style="list-style-type: none"> • Long-term psychosomatic symptoms affects physical and over-all health. • Exhibition of poorer sleep due to chronic psychosomatic disorders. • Prolonged psychosomatic disorders affect the emotional regulation. • Psychosomatic disorder affects the academic and occupational performance. • Exhibition of higher level of anxiety and depression due to persistent psychosomatic disorders.
<p>4. The Comprehensive Guidelines for Incorporating Psychotherapy In Psychosomatic And Cognitive Behaviour In Individuals.</p>	<ul style="list-style-type: none"> • Incorporation of religious beliefs of patients into psychotherapy. • Combining the psychotherapy along with medications. • Providing family therapy due to the family dynamics.

	<ul style="list-style-type: none"> • Instigation of mindfulness techniques unto psychotherapy. • Amalgamation of brief psychotherapy protocols in primary care settings • Inclusion of strategies such as empathizing their distress and building a collaborative relationship.
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3.6 DATA ANALYSIS

Quantitative Method

Quantitative method is one among the research method, which encompasses arithmetical data collection and scrutinizes the data that is used for research objective along with analysis of the hypothesis. It helps in practicing influences, preparations and inferences in a sample intended for calculating and scheming the variables. Furthermore, the quantitative method comprises liked-scale questionnaires, face-to-face interactions, surveys and valuation forms from a bigger customary. Hence, detailed and reliable results are obtained when using quantitative method (Ghafar & El-Masry, 2021). This method is measured as an effectual system. The quantitative method is beneficial in specific aspects which are listed below

The Strong Method of Gathering Data

In the process of data collection, quantitative method is faster when compared with the qualitative method. The method prevails as an appropriate measure for a constant epoch of the study. Furthermore, the collection of data in a rapid mode prevents data from manipulation.

Protecting the participant's individualities

The respondent's data are invigorated through quantitative technique. Moreover, the method is mostly grounded upon the consistency and reliance of the applicants in congregating and procuring the data. The applicants provide exact retorts towards the questionnaire owing to the unlimited identities. The emphasis of quantitative method is predominantly based on analysis, questionnaire and responses. Therefore, fortification in applicant's eccentricity will lead to an increase in data validity and it is gained through study outcomes.

Data Consistency

Quantitative approach is considered as a powerful approach due to its reliability. Besides, the method aids in accumulating data in a statistical method, therefore, the attained outcomes are extremely consistent as well as balanced.

SPSS Software

The data analysis is measured as a considerable technique. Every concern incline to examine and group the data for achieving valued visions. Besides, the Statistical Package for the Social Sciences (SPSS) remains as the preeminent statistical analysis instrument. The SPSS tool, which is used to study the systematic data. On behalf of the complicated with the lowest models, SPSS provides fast-virtual demonstrating background. The data collected by SPSS is applied for market study, data mining along with analysis. The numerous field works on SPSS because of its easiness, well-documented user manual and simple command language. The SPSS software is used for analysis of the data by researchers and data miners. Similarly, several sectors such as marketing organisations, business, medical, education and government uses SPSS (K. Williams, 20 October 2023).

The chief impact of SPSS software are as follows,

- **Data Organisation:** It contributes in achieving derive data, event selection and file remodelling.
 - **Arithmetical Analysis:** It integrates cross tabulation, frequencies and bivariate statistics.
 - **Data conception:** It allows researchers to describe the data in a graphical method.
 - **Analytical Modelling:** It permits researchers towards figuring and validate predictive prototypes over using enhanced statistical approaches
 - **Text Analysis:** It analyses the text, words, and sentences and provide useful insights of open-ended questionnaires.
- i. **Beneficial For Qualitative And Quantitative Data:** It is useful, when examine the qualitative data that contains thoughts, vocabulary and deception and it is organised. Moreover, it is beneficial while it is used to find the average, trends and evaluating the quantitative data. The information are obtained either by word or number when using SPSS.

- ii. **Effectual Data Management:** SPSS is generally used because of its strong data management. It offers an adequate functionalities and tools for handling the data resourcefully. It allows users to clear data, deploy, consolidate and make users to focus on interpretation and investigation.
- iii. **Compatibility and Reliability:** SPSS is related with several software programs such as SQL and MS-Excel databases. It assist in export and import of data in several arrangements. It improves the efficacy of workflow an inter functionality of data.
- iv. **Robust:** During the analysis of data, SPSS software provides an active competency to scholars. It allows operators to relate data and manipulate data to attain an effectual insights. Moreover, it is effective while handling huge and complex dataset.
- v. **Consistency:** The experts and scholars beliefs that the SPSS software is extensively confidential and for its reliability. Hence, it is widely used in many sectors as a typical analysing tool that confirms reliability.

Purpose of Selecting the SPSS software over other software

- SPSS is a user-friendly interface that creates operators to calculate different level of numerical data. It is provided with GUI structure, which make the operators to perform the statistical analysis easily without programming proficiency.
- It provides a complete set of statistical procedures, which makes it suitable for a different research sector also with various data types. It offers an extensive range of factor analysis, regression analysis, inferential tests, and descriptive statistics.
- It gives strong data managing abilities that allows operator to handle, clear and access data easily. Moreover, it gives tools for handling missing data, incorporating datasets, record variables along with data conversion.
- It generates rich and organised results that is easy to present and understand outcomes. It provides diagrams, graphs and tables that can be modified and circulated towards other software for additional exploration with some intentions.
- Its robustness and reputation have ensued in massive users, wide-ranging credentials with ample online resources for troubleshooting.

The SPSS software tool has been employed to examine the variables in EXCEL sheet. The result of the present study is distinguished into five methods namely Frequency, Coefficient,

Correlation, Reliability and ANOVA. SPSS software includes to examine quantitative and empirical analysis. It investigated the collected data from the chosen respondents. The software will cover and alter the scale of the questions. This software helps the researcher with the outlook of improvising the projects. Additionally, the software identifies the research problem and provides solution for the recognized issues in statistical analysis.

SPSS software includes to examine qualitative and empirical analysis. It investigated the collected data from the chosen respondents. The software will cover and alter the scale of the questions. This software helps the researcher with the outlook of improvising the projects. Additionally, the software identify the research problem and provide solution for the recognized issues in statistical analysis. The SPSS is used to test hypothesis of the study and presume statistical effect on study variables. The data gathered through structured interview questionnaire is measured using SPSS software and MS Excel. The outcome of the SPSS software demonstrated in standard deviation, graphs, tables, charts and frequency variables. The several analysing method are as follows,

- Regression
- Correlation
- ANOVA
- Chi-Square test
- Frequency variables

Regression

It is measured as a statistical method that is generally applied in business sector. It observes the relation among the dependent variable along with added variables. It is further stated as Ordinary Least Squares (OLS) along with regression.

Correlation

It is a statistical test, where states some point, where the variables are linearly related that means it can change together on the consistent rate. Besides, it is general tool used to describe the connections deprived of declaration about cause and effect. Moreover, the sample correlation coefficient quantifies the robustness of the relation and it is tested for statistical implication.

Estimation of ANOVA

ANOVA test is achieved by relating the two kinds of variation, the variation among the means obtained by the sample and variation in every samples. Whereas, the one-way ANOVA is done by using one independent variable and two-way ANOVA is achieved by two independent variables. In case, the variance is false among two groups then F-ratio is equal to 1.

Chi-Square Test

It is a statistical test where there is a comparison among the expected and observed outcomes. Besides, the purpose of the test is to regulate the difference among the observed and expected data because of the change in the variables. Hence, the chi-square test is an optimal selection for selecting the variables.

Frequency Variables

In SPSS, the frequency of a certain values denotes the number of whiles the value occurred in the data. Moreover, the variables are distributed in the form of frequencies, signifies the set of entire probable values and the frequencies related with the values and the frequency distribution is shown by tables and charts.

3.7 ETHICAL CONSIDERATIONS

Present study has been following some principles during the period of research analysis. The study is grounded upon the assessment of outcomes through the interventions of psychosomatic disorders among adults and cognitive behaviour among children in Bangladesh. There are enormous elements that acts as the constructor of psychosomatic disorders and cognitive behaviour among adults and children correspondingly. Whereas, the factors anxiety, stress, depression. Environmental factors, isolation during covid-19 era and other associated factors are considered as the major drivers which lead to an extensive boundary of these disorders. Similarly, it is observed that women are more likely to get affected by the psychosomatic disorders rather than men.

Children suffering due to cognitive behaviour are affected mainly due to the change in environment of residence and various other factors associated with the dimensions of family. Likewise, there are certain specific regulations followed by the researcher during the collection of responses. The respondents of the survey are not forced to provide the responses. This responses collected are completely reliable as it is collected only with the willingness of

participants. The data of the respondents are extremely confidential and the data is free from any of the manipulative process. All these are the ethical considerations of the present study. The importance of considering ethics in research are,

Informed agreement: Confirm that the participants entirely know the determination, process and the probable possibilities of the research. Hence, the written agreement can be acquired before gathering the data.

- Confidentiality and Discretion: The participants' distinctiveness is maintained throughout the research. Moreover, the entire data is collected and stored with the appropriate regulations and it is secured.
- Data security: The data are handled and stored accordingly by a related data security and its rules and protocols. By ensuring that the data is access only by the authorized individuals and hence, the unauthorized admittance is prohibited.
- Selection of participants: The participants are chosen by confirming that they are not compelled for their participations.
- Analysing the data and integration: The quantitative and qualitative data are analysed separately and it is integrated after confirmation.
- Potential aspects and Ineffectiveness: The awareness about the potential power inequalities among the researchers as well as participants, especially in interviews. Moreover, the participants are not pressurized to share their information.
- Understanding and Responsiveness: The study is designed and accompanied the respects and standards are varied based on the circumstances.
- Questioning and Feedback: The questioning session is provided for explaining the study findings and the probable inferences. Moreover, make the participant to provide the feedback for the study methods.
- Responsibility and Clearance: The study ensures transparency in the techniques, process and the results.

From these ethical considerations, the study can give valued perceptions, when maintaining reliability and welfare of the participants.

3.8 SUMMARY

The chapter contributes an exhaustive explanation on the approach for gathering the data and methods of data analysis. The present study can employ only the quantitative approach to collect data from the patients. To gather data, the present study can consume primary data collection technique in the procedure of survey-based method with inquiry form. The present study can consider 100 respondents. Besides, the chapter delivers explanation on the technique that can utilized in the research towards examining gathered data. Hence, the current study can integrate SPSS software to estimate a collected data with result is delivered in arithmetical system standards, along with the thematic study to analysis employee's motivation and performance through themes and codes by means of questionnaires

CHAPTER 4

RESULTS & DISCUSSION

4.1 INTRODUCTION

The present research focuses on assessing the outcome of psychotherapy in mitigating psychosomatic disorders and cognitive behavior of adults and children in Bangladesh respectively. The study will uncover the effectiveness of psychotherapy techniques in lowering the severity and frequency of psychosomatic disorders in adults. The research will reveal the cognitive behavioral patterns and the effect of psychotherapeutic interventions in children. Furthermore, the prolonged symptoms of psychosomatic and cognitive behavioral functioning in adults and children will be exposed. The study outcome will express the comprehensive guidelines for successful psychotherapy implementation among individual with psychosomatic disorder and cognitive behavior.

The proposed study embraces quantitative technique for evaluating chosen research variables. In this method, the patients who are visiting the hospital to treat psychosomatic disorder and cognitive behavior are selected as respondents. The patients were getting psychotherapy treatment from the hospital in Bangladesh. These respondents are agreed to contribute in the survey for the purpose of study. Thus, the primary data was collected from the total of 100 patients through structured questionnaire. For testing the hypothesis various statistical techniques such as Frequency of variables, Correlation, ANOVA and Regression are used. These statistical approaches are intended to achieve the research objectives.

4.2 DEMOGRAPHIC ANALYSIS

Demographic serves a crucial part in understanding characteristics of the population. It comprises of a broad range of variables associated to features such as profession, qualification, gender, age, monthly income and other personal information. The demographic investigation provides beneficial insights about the proportion and diversity of the population. The frequency is addressed as F, the percentage is mentioned as %, and total is denoted as T in the following sections.

Age

Table 4.1 Age

	F	%
18-25 Years	25	25%
26-35 Years	37	37%
36-50 Years	17	17%
Above 50 Years	21	21%
	100	100%

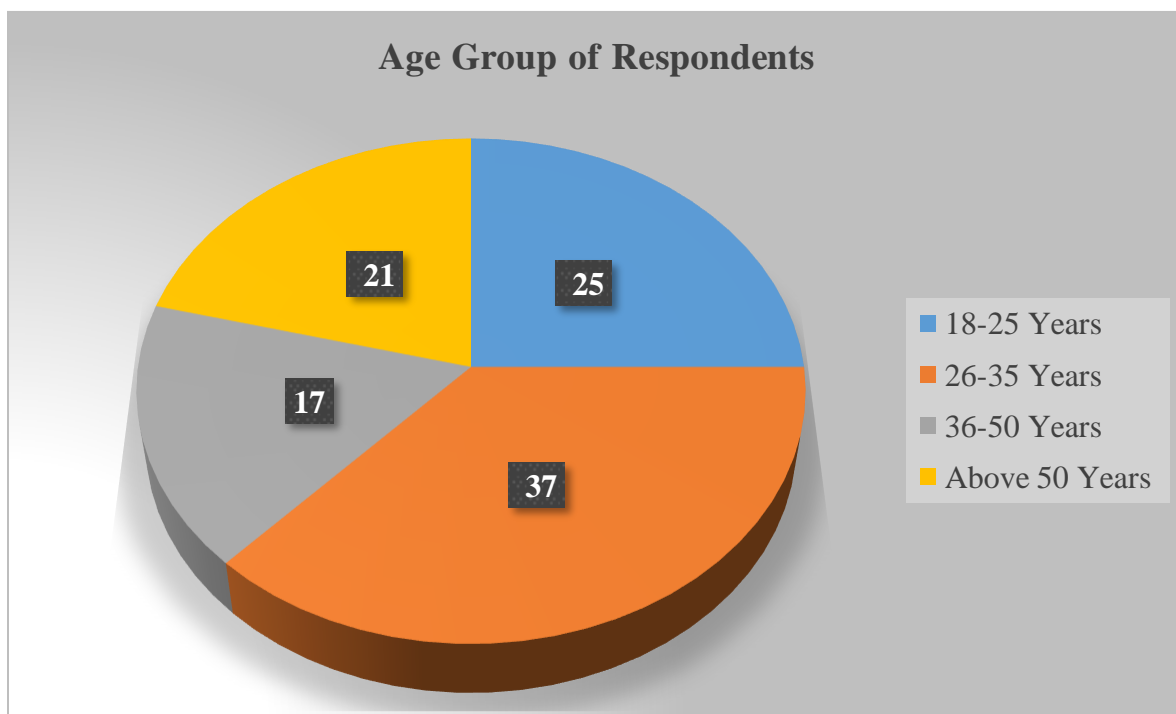


Figure 4.1 Age

The table and figure 4.1 demonstrates the age category of participants who contributed in the survey for the purpose of the study. From the total of 100 respondents, the count of respondents with age 18-25 years is 25. Majority of respondents are in between the age of 26 and 35 years with frequency 37. The contribution of mid age defendants are higher in this survey. The total of 17 and 21 participants are with age group 36-50 years and above 50 years respectively. The

two major category of psychosomatic disorder patients are in the age group of 26-35 years and second 18-25 years. The individuals in these age are highly affected by psychosomatic disorder.

Gender

Table 4.2 Gender

	F	%
Male	54	54%
Female	46	46%
	100	100%

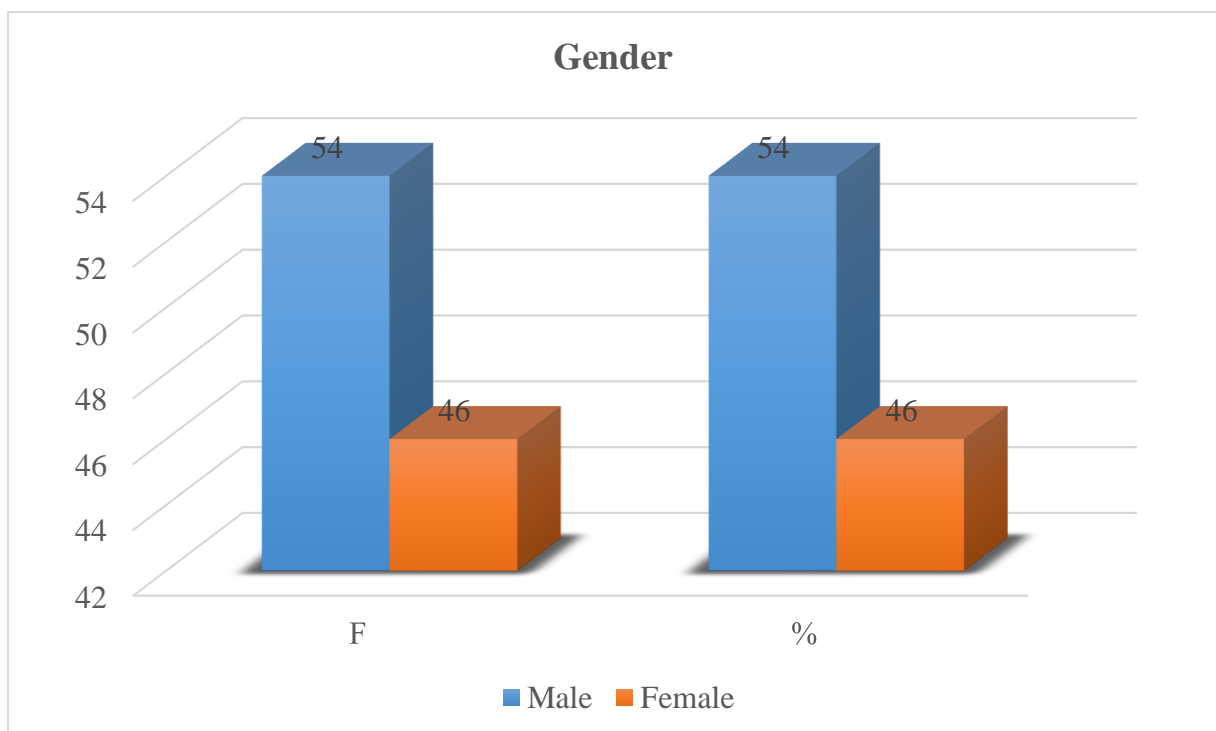


Figure 4.2 Gender Distribution of Participants

The table and figure 4.2 illustrates the sex category of individuals who participated in the survey. Majority of respondents are male and their count is 54. Out of 100 participants, the count of female respondents is 46 which is nearly half the amount. The data reveals that male

respondents undergoes psychosomatic disorder higher than female participants and get treatment for that disorder.

Qualification

Table 4.3 Education

	F	%
Primary Education	35	35%
Below 12th Grade	32	32%
Under Graduate	11	11%
Post Graduate	22	22%
	100	100%

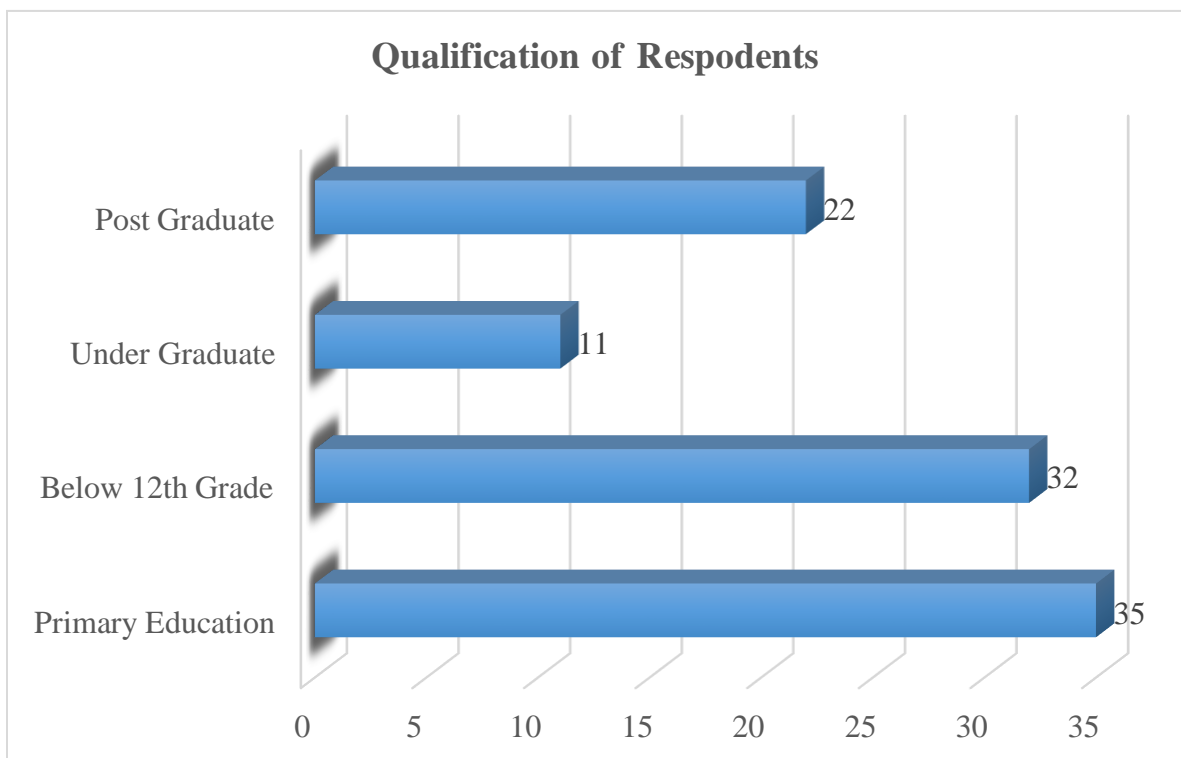


Figure 4.3 Education

The table and figure 4.3 represents the distribution of respondents' educational qualification. Majority of the respondents are having the qualification of primary education and their count is 35. The second higher frequency is, respondents with below 12th grade and their count is 32. From the total of 100 individuals, the count of patients with qualification UG and PG is 11 and 22 respectively. The data reveals that individuals who are not graduated exhibit a higher level of psychosomatic disorder which may due to the lack of awareness about the mental health.

Occupation

Table 4.4 Profession

	F	%
Employed Full time	17	17%
Employed Part time	20	20%
Homemaker	16	16%
Retired	27	27%
Unemployed	20	20%
	100	100%

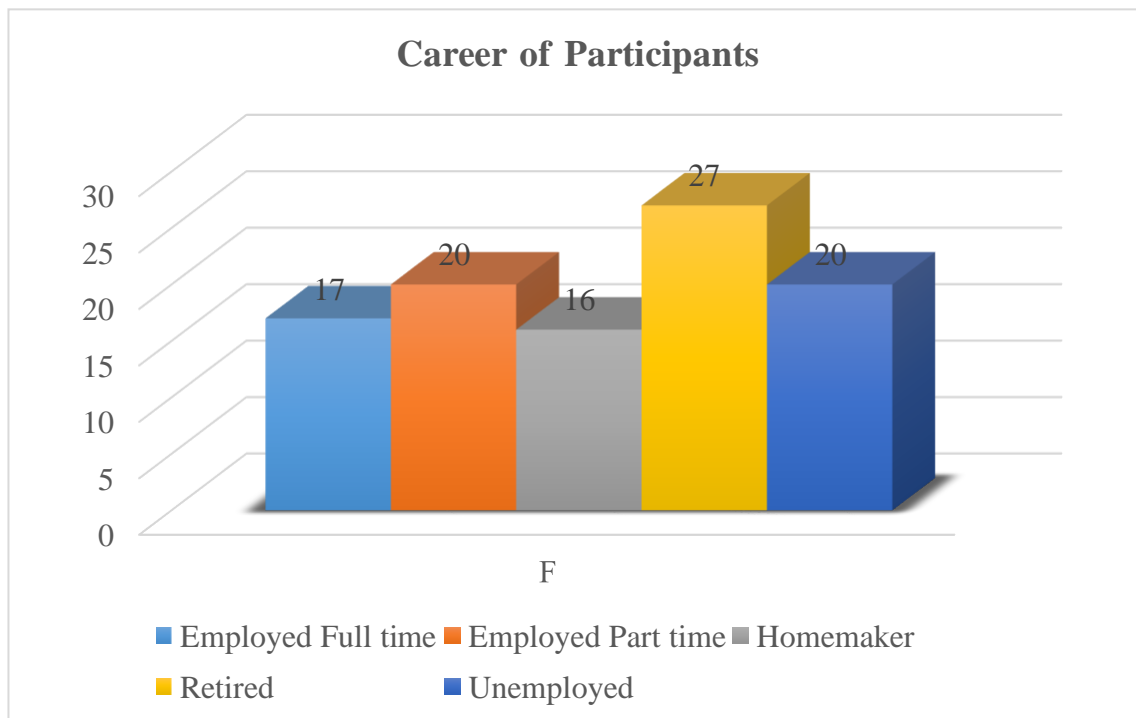


Figure 4.4 Profession

The table and figure 4.4 depicts the career of respondents who are undertaking the treatment for psychosomatic disorder. Out of 100 defendants, the count of individuals who are employed for full-time and part-time is 17 and 20 respectively. The total of 16 and 20 participants are homemaker and un-employed individuals correspondingly. Majority of respondents are retired and their frequency is 27 which is higher than any other group. It shows that most of the retired professionals undergoes this psychosomatic disorder treatment.

Monthly Income

Table 4.5 Revenue

	F	%
Below 10K	26	26%
10K-20K	41	41%
20K-30K	21	21%

30K-40K	6	6%
Above 40K	6	6%
	100	100%

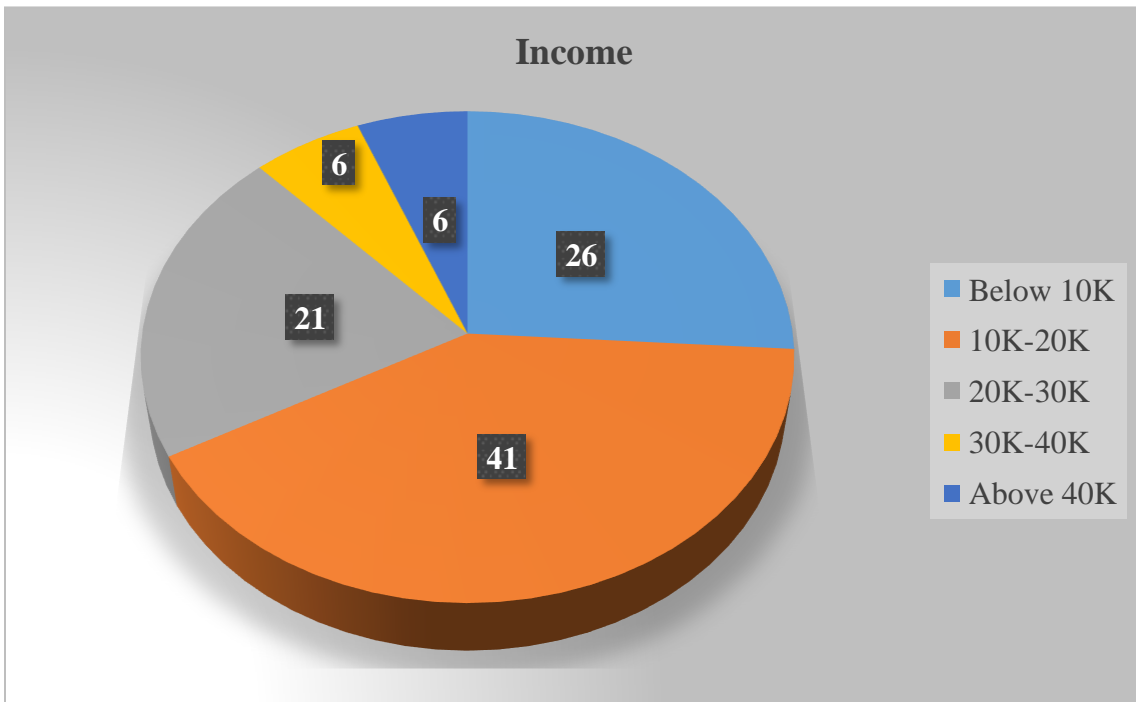


Figure 4.5 Monthly Salary

The table and figure 4.5 shows the monthly revenue of individuals in the sample participants. The count of participants who earn below 10K are 26. Majority of respondents are earning in between 10K and 20K with count 41. The total of 21 participants are with monthly earning 20K to 30K. Out of 100 respondents, the count of individuals with monthly revenue 30K to 40K and above 40K is same that is 6. The contribution of respondents with monthly income 10K to 20K is higher, it shows that respondents with higher income tend to invest money in psychosomatic treatment.

Medical condition of individuals

Psychosomatic Disorder

Table 4.6 Duration of Psychosomatic Disorder (For Adults)

	F	%
Less than 1 year	16	16%
1-3 Years	21	21%
7-10 Years	45	45%
Above 10 Years	18	18%
	100	100%

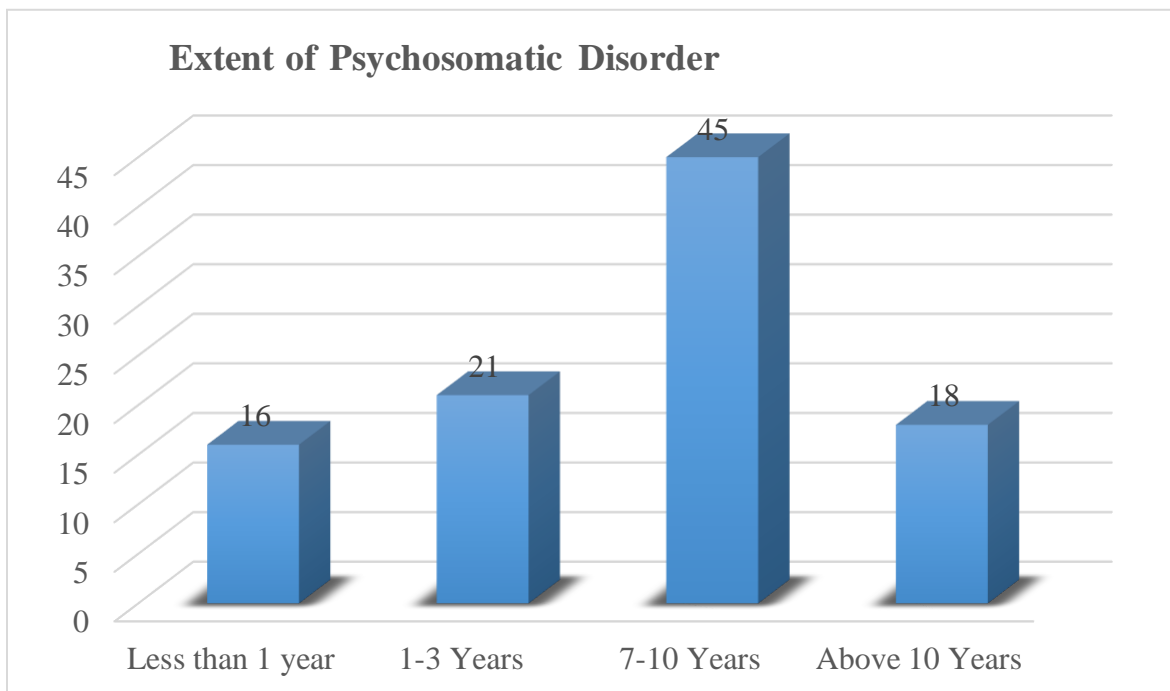


Figure 4.6 Psychosomatic Disorder Period (For Adults)

The table and figure 4.6 illustrates the duration of patients with psychosomatic disorder. From the total of 100 respondents, the count of patients with psychosomatic disorder from less than 1 year and 1 to 3 years are 16 and 21 respectively. Majority of respondents are experiencing this symptoms for the period of 7 to 10 years and their count is 45. The total of 18 respondents

are with this disorder for more than 10 years. In this survey, the contribution of patients with this psychosomatic disorder for 7 to 10 years is higher and 1 to 3 years is second higher than other groups.

Cognitive Behavioral Issues

Table 4.7 Duration of Cognitive Behavioral Issues (For Children)

	F	%
Less than 1 year	21	21%
4-6 years	41	41%
7-10 years	26	26%
Above 10 years	12	12%
	100	100%

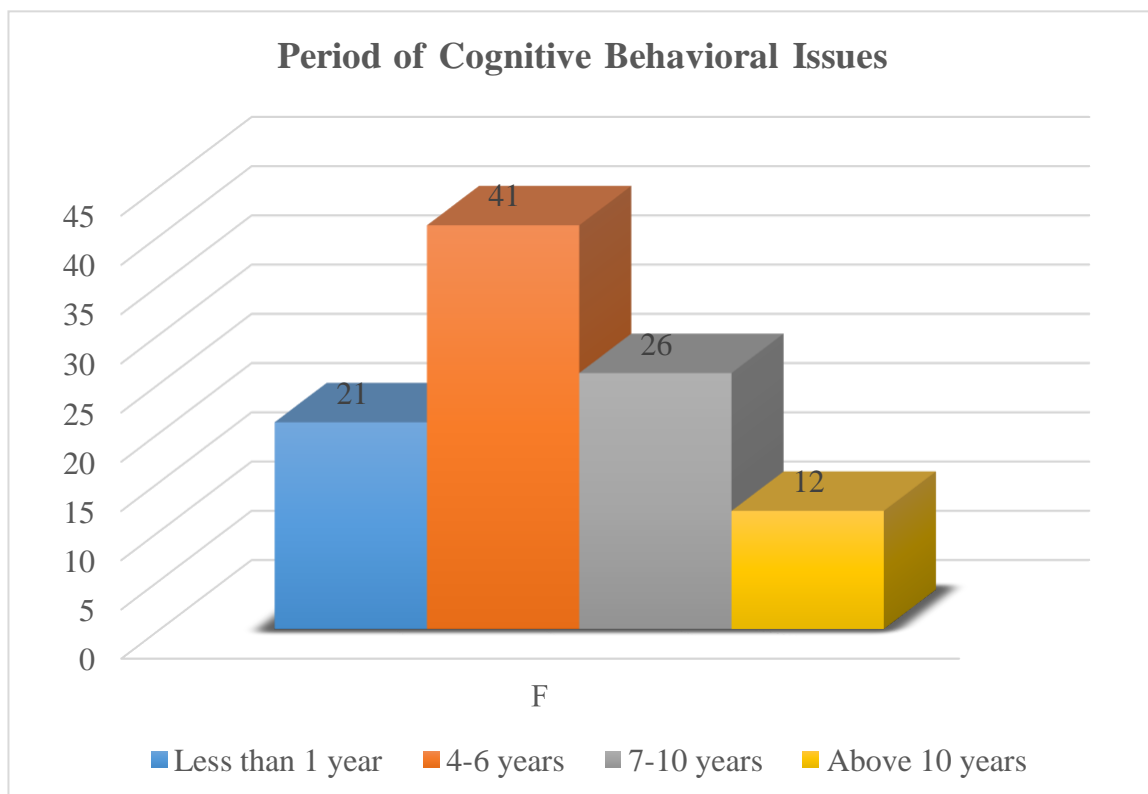


Figure 4.7 Cognitive Behavioral Issues Duration (For Children)

The table and figure 4.7 demonstrates the duration of cognitive behavioral concerns among children. Out of 100 respondents, the total of 21 and 26 patients are with cognitive behavior issues for less than 1 year and 7 to 10 years respectively. Majority of individuals are with this concern for 4 to 6 years and their count is 41. The count of individual with this cognitive behavioral syndrome for more than 10 years is 12. The contribution of respondents with this syndrome for 4 to 6 years period is higher than any other category.

Type of Psychosomatic Disorder (For Adults)

Table 4.8 Psychosomatic Disorder Type

	F	%
Anxiety	26	26%
Chronic Pain	16	16%
Depression	16	16%

Eating Disorder	6	6%
Irritable Bowel Syndrome	36	36%
	100	100%

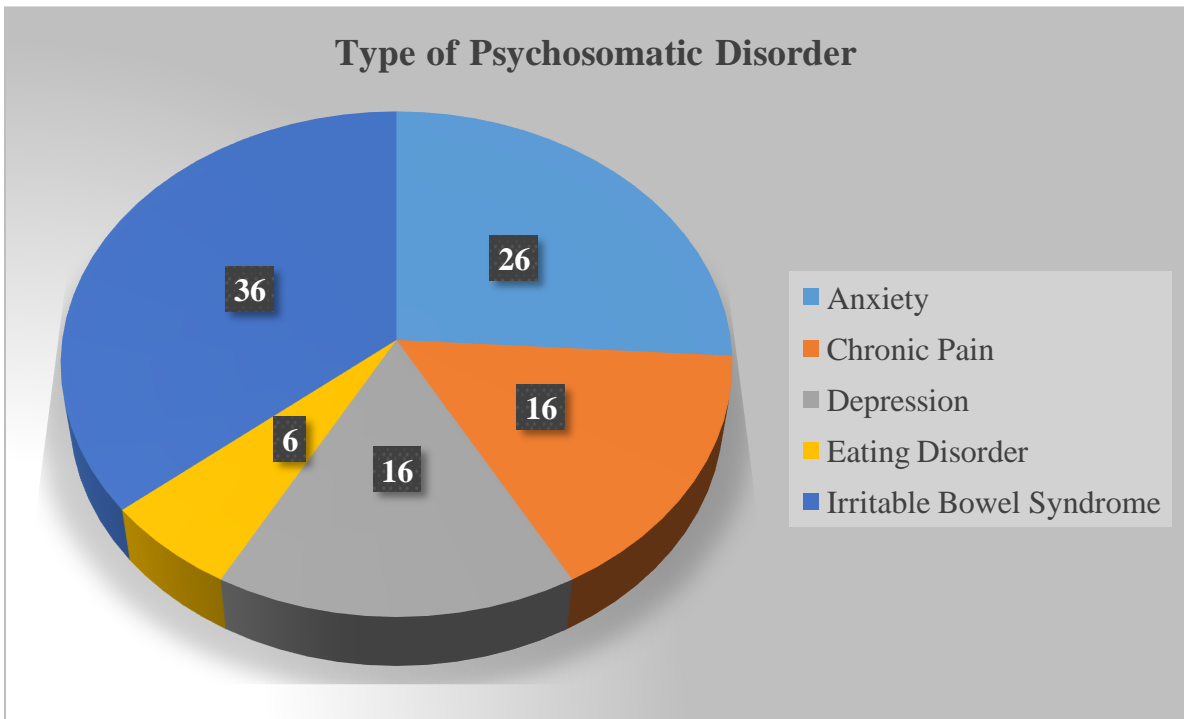


Figure 4.8 Psychosomatic Disorder Type

The table and figure 4.8 represents the frequency of respondents with varied psychosomatic disorder. From the total of 100 individuals, majority of respondents are experiencing irritation bowel syndrome with count 36. Further the second higher amount of respondents are undergoing anxiety with count 26. The count of respondents with chronic pain and depression is equally same that is 16. The total of 6 participants with eating disorder which is lower in this survey. The contribution of respondents with anxiety and irritating bowel syndrome is higher than any other types.

Type of Cognitive Behavioural Issues (For Children)

Table 4.9 Cognitive Behavioural Illness Type

	F	%
Anxiety	15	15%
Anger Management Issues	33	33%
Depression	17	17%
Conduct Disorder	20	20%
ODD	15	15%
	100	100%

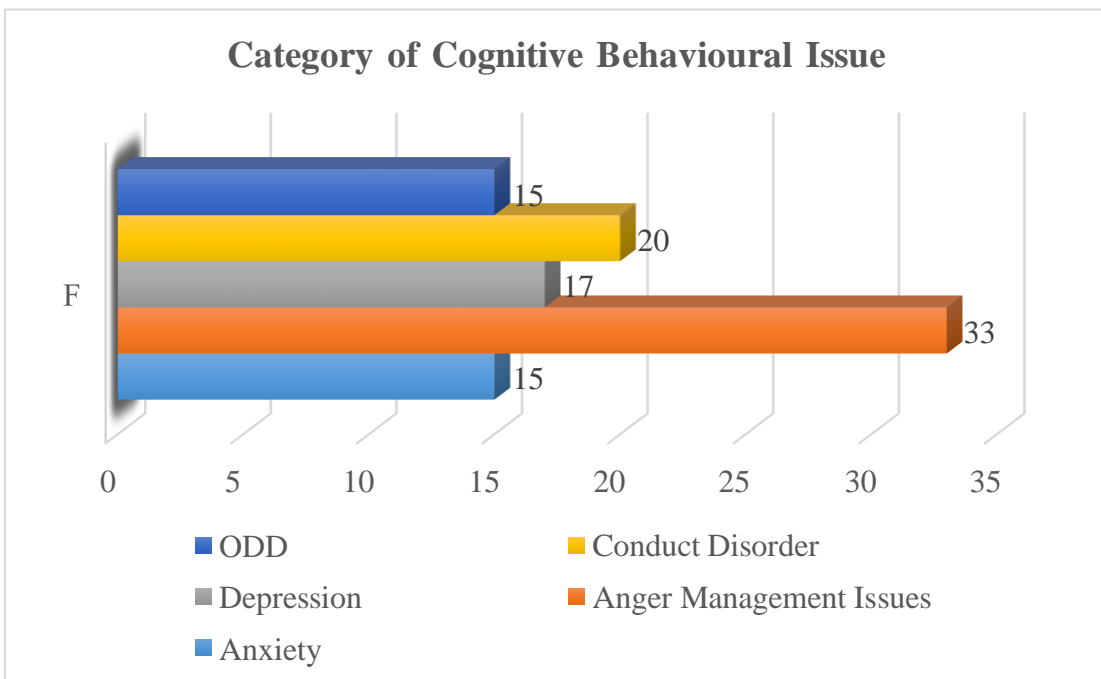


Figure 4.9 Cognitive Behavioural Illness Category

The table and figure 4.9 represents the category of cognitive behavioural concern among the respondents who contributed in this survey. From the total of 100 individuals, majority of

respondents are struggling with anger management issues and their count is 33. Further the second higher amount of respondents are showing conduct disorder with count 20. The count of respondents with depression is 17. The contribution of respondents count with disorder anxiety and ODD is equally same which is 15 and 15 respectively.

4.3 STATISTICAL ANALYSIS

The data analysis is carried out through statistical techniques such as reliability test, factor analysis, frequency analysis ANOVA, regression and correlation. The outcomes achieved through analysing the data in SPSS software is represented as tables and figures as follows. The interpretation for the attained outcome will also be stated underneath each tables. In the analysis, the terms strongly agree is depicted as SA, and agree is addressed as A. Further, strongly disagree is represented as SD, disagree is mentioned as D and neutral is denoted as N.

Furthermore, Cronbach's Alpha is represented as $C\alpha$, cases are addressed as C, valid is represented as V, Mean is denoted as M, Square is depicted as Sq, Variance is addressed as Vr and cumulative is mentioned as Cu.

Reliability Test

The reliability analysis is used to decide the internal consistency and it aids in determining the performance of the study. It is performed to measure the data reliability through the $C\alpha$ value. This test supports in ensuring the consistency and quality of data that leads to a stronger and reliable research outcomes.

Table 4.10 Case Processing Summary

		N	%
C	V	100	100.0
	Excluded^a	0	.0
	T	100	100.0

a. Listwise deletion based on all variables in the procedure.

Table 4.11 Reliability Statistics

Cα	N of Items
.785	30

The table 4.10 depicts the outcome of reliability test which is summary of the processed cases. The total of 100 cases were included in the analysis and excluded no cases. It shows that the utilized data of respondents is significant for verifying the reliability and validity of the results. The table 4.11 reveals the achieved C α value which is 0.785 based on 30 items that is above the threshold value 0.7. It indicates good internal consistency across the variables and included items are greatly reliable.

Descriptive Statistics (DS)

This is considered as the crucial step in the data investigation procedure, providing comprehensive comprehending regarding the dissemination and characteristics of data. Descriptive statistics allows to mention the data in a meaningful and informative way. It encompasses broad range of techniques comprising frequency dissemination, measures of dispersion and tendency for continuous variables. Descriptive statistics serve as a base for forthcoming statistical investigation and hypothesis testing. Here, minimum is denoted as Min, maximum is addressed as Max, and standard deviation is represented as SD.

Table 4.12 DS

	N	Min	Max	M	SD
Age	100	1	4	2.34	1.075
Gender	100	1	2	1.46	.501
Qualification	100	1	4	2.23	1.127
Occupation	100	1	5	3.13	1.397

Monthly Income	100	1	5	2.25	1.095
Duration of Psychosomatic Disorder (For Adults):	100	1	4	2.65	.957
Duration of Cognitive Behavioural Issues (For Children):	100	1	4	2.29	.935
Type of Psychosomatic Disorder (For Adults):	100	1	5	3.10	1.648
Type of Cognitive Behavioural Issues (For Adults):	100	1	5	2.87	1.315
The psychotherapy approaches are effective in improving the overall quality of life for adults with psychosomatic disorders	100	1	5	2.93	1.492
The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders	100	1	5	2.83	1.393

The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.	100	1	4	1.97	.717
The overall mental health and emotional well-being is raised through the Dialectical behavioural practices.	100	1	5	3.45	1.077
The Cognitive Behavioural Therapy (CBT) aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.	100	1	5	3.09	1.164
Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children	100	1	5	3.90	1.150
The psychotherapeutic interventions are effective in decreasing 1 and 3 in children.	100	1	5	2.81	1.269

The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.	100	1	5	2.86	1.333
The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.	100	2	5	3.97	1.087
The effect of CBT remains long lasting and aided to develop healthier thought patterns.	100	1	2	1.62	.488
The long-term psychosomatic symptoms affects individuals' physical health and overall well-being.	100	1	3	1.78	.613
Individuals with chronic psychosomatic disorders exhibited poorer sleep quality and higher rates of sleep disturbances.	100	1	4	2.57	1.183

Prolonged psychosomatic disorders affects individual's emotional regulations and their stress management.	100	1	5	3.68	1.384
The long-term psychosomatic symptoms affects individuals' academic or occupational performance.	100	1	4	2.34	.977
Individuals with persistent psychosomatic disorders exhibited higher levels of 1, 3, and other mood disturbances.	100	1	5	2.46	1.201
Incorporating the patient's cultural beliefs into psychotherapy may enhance its effectiveness for psychosomatic disorders.	100	1	4	2.39	1.238
Combining psychotherapy with medication is more effective than either treatment alone for severe psychosomatic disorders.	100	1	5	1.82	.999

Family therapy can be beneficial for treating psychosomatic disorders that involve family dynamics.	100	1	5	2.32	1.530
Incorporating mindfulness techniques into psychotherapy can improve outcomes for individuals with psychosomatic disorders.	100	1	5	3.52	1.235
Amalgamating brief psychotherapy protocols in primary care settings can improve access to psychotherapy for patients with psychosomatic disorders.	100	1	4	2.84	1.032
Strategies to engage reluctant patients, such as empathizing with their distress and gradually building a collaborative relationship, are crucial for successful psychotherapy.	100	1	3	1.81	.837
V N	100				

Table 4.12 describes the outcome of descriptive statistics it represents that the mean length of psychosomatic disorders in children is 2.65, while cognitive behavioural problems typically last around 2.29, indicating a moderate degree of persistence in such cases. The mean rating for psychosomatic disorder is 3.10, whereas cognitive behavioural issues have an average rating of 2.87, suggesting that various conditions are being taken into account. Most participants agree on the effectiveness of psychotherapy methods, particularly DBT (M = 3.45) and CBT (M = 3.09). However, there is a lack of consensus on the effectiveness of pairing medication with psychotherapy (M = 1.82). The data suggests that psychotherapy interventions significantly increases self-esteem and emotional resilience in children (M = 3.97), while also improving quality of life for adults (M = 2.93).

Factor Analysis

It is an approach which is employed to reduce the research variables into limited set of variables. It is also regarded as dimension reduction, the process of factor analysis required larger sample size. This analysis permits to lower the set of variables through statistical techniques.

Table 4.13 Communalities

	Initial	Extraction
Age	1.000	.945
Gender	1.000	.948
Qualification	1.000	.973
Occupation	1.000	.985
Monthly Income	1.000	.938
Duration of Psychosomatic Disorder (For Adults):	1.000	.975

Duration of Cognitive Behavioural Issues (For Children):	1.000	.889
Type of Psychosomatic Disorder (For Adults):	1.000	.915
Type of Cognitive Behavioural Issues (For Adults):	1.000	.866
The psychotherapy approaches are effective in improving the overall quality of life for adults with psychosomatic disorders	1.000	.914
The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders	1.000	.894
The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.	1.000	.940
The overall mental health and emotional well-being is raised through the Dialectical behavioural practices.	1.000	.955
The Cognitive Behavioural Therapy (CBT) aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.	1.000	.703

Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children	1.000	.920
The psychotherapeutic interventions are effective in decreasing 1 and 3 in children.	1.000	.900
The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.	1.000	.953
The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.	1.000	.906
The effect of CBT remains long lasting and aided to develop healthier though patterns.	1.000	.936
The long-term psychosomatic symptoms affects individuals' physical health and overall well-being.	1.000	.971
Individuals with chronic psychosomatic disorders exhibited poorer sleep quality and higher rates of sleep disturbances.	1.000	.899
Prolonged psychosomatic disorders affects individual's emotional regulations and their stress management.	1.000	.895

The long-term psychosomatic symptoms affects individuals' academic or occupational performance.	1.000	.870
Individuals with persistent psychosomatic disorders exhibited higher levels of 1, 3, and other mood disturbances.	1.000	.914
Incorporating the patient's cultural beliefs into psychotherapy may enhance its effectiveness for psychosomatic disorders.	1.000	.981
Combining psychotherapy with medication is more effective than either treatment alone for severe psychosomatic disorders.	1.000	.845
Family therapy can be beneficial for treating psychosomatic disorders that involve family dynamics.	1.000	.971
Incorporating mindfulness techniques into psychotherapy can improve outcomes for individuals with psychosomatic disorders.	1.000	.885
Amalgamating brief psychotherapy protocols in primary care settings can improve access to psychotherapy for patients with psychosomatic disorders.	1.000	.941

Strategies to engage reluctant patients, such as empathizing with their distress and gradually building a collaborative relationship, are crucial for successful psychotherapy.	1.000	.891
Extraction Method: PCA		

The table 4.13 addresses the outcome of factor analysis which is communalities and it is employed to evaluate the variables' proportion that can be derived through the factors. The value of each variables has to be greater than 0.5, the attained outcomes are all above 0.5. Every variables in the present research fulfilled the factor analysis criteria ad included for further investigation.

Table 4.14 T Variance Explained

Component	Initial Eigenvalues			Extraction Sums of Squared Loadings		
	T	% of Variance	Cu%	T	% of Variance	Cu%
1	9.367	31.222	31.222	9.367	31.222	31.222
2	5.720	19.066	50.289	5.720	19.066	50.289
3	3.768	12.559	62.848	3.768	12.559	62.848
4	2.895	9.650	72.498	2.895	9.650	72.498
5	2.420	8.067	80.565	2.420	8.067	80.565
6	1.993	6.644	87.208	1.993	6.644	87.208

7	1.356	4.519	91.728	1.356	4.519	91.728
8	.957	3.191	94.919			
9	.796	2.653	97.572			
10	.538	1.793	99.365			
11	.191	.635	100.000			
12	1.780	5.951	100.000			
13	1.510	5.041	100.000			
14	1.400	4.666	100.000			
15	1.153	3.844	100.000			
16	1.013	3.378	100.000			
17	8.207	2.736	100.000			
18	6.046	2.015	100.000			
19	4.296	1.432	100.000			
20	3.965	1.322	100.000			
21	1.215	4.049	100.000			
22	2.240	7.466	100.000			

23	1.162	3.873	100.000			
24	3.563	1.188	100.000			
25	5.658	1.886	100.000			
26	6.679	2.226	100.000			
27	8.560	2.853	100.000			
28	1.273	4.245	100.000			
29	1.609	5.365	100.000			
30	2.114	7.047	100.000			
Extraction Method: Principal Component Analysis.						

The table 4.14 denotes the outcome of variables' variance. Based on the findings, the difference value in the variable is above threshold value 91%. The total of 7 components are extracted for the further analysis.

Table 4.15 Component Matrix^a

	Component						
	1	2	3	4	5	6	7
Age	.882	.147	.249	.182	.076	.122	.173
Gender	.786	.021	.207	.029	.388	.192	.315
Qualification	.325	.570	.010	.160	.518	.474	.153

Occupation	.181	.307	.888	.051	.246	.078	.029
Monthly Income	.532	.387	.408	.442	.008	.324	.197
Duration of Psychosomatic Disorder (For Adults):	.198	.894	.276	.151	.083	.142	.102
Duration of Cognitive Behavioural Issues (For Children):	.063	.879	.198	.010	.162	.127	.177
Type of Psychosomatic Disorder (For Adults):	.693	.342	.271	.023	.462	.095	.149
Type of Cognitive Behavioural Issues (For Adults):	.641	.161	.157	.547	.225	.208	.103
The psychotherapy approaches are effective in improving the overall quality of life for adults with psychosomatic disorders	.678	.221	.064	.298	.275	.188	.450

The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders	.597	.509	.129	.225	.180	.373	.198
The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.	.085	.359	.022	.613	.369	.498	.211
The overall mental health and emotional wellbeing is raised through the Dialectical behavioural practices.	.366	.226	.244	.217	.586	.566	.010

The Cognitive Behavioural Therapy (CBT) aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.	.463	.425	.252	.171	.161	.261	.348
Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children	.291	.496	.529	.061	.274	.338	.340
The psychotherapeutic interventions are effective in decreasing 1 and 3 in children.	.526	.303	.252	.633	.048	.251	.045
The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.	.566	.679	.206	.302	.084	.133	.110

The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.	.682	.231	.537	.078	.149	.201	.170
The effect of CBT remains long lasting and aided to develop healthier thought patterns.	.471	.587	.148	.573	.078	.096	.068
The long term psychosomatic symptoms affects individuals' physical health and overall well-being.	.169	.364	.523	.574	.092	.021	.445
Individuals with chronic psychosomatic disorders exhibited poorer sleep quality and higher rates of sleep disturbances.	.655	.226	.556	.087	.268	.060	.162

Prolonged psychosomatic disorders affects individual's emotional regulations and their stress management.	.785	.025	.469	.016	.135	.186	.075
The long term psychosomatic symptoms affects individuals' academic or occupational performance.	.798	.258	.054	.052	.356	.175	.065
Individuals with persistent psychosomatic disorders exhibited higher levels of 1, 3, and other mood disturbances.	.817	.365	.016	.149	.103	.122	.254
Incorporating the patient's cultural beliefs into psychotherapy may enhance its effectiveness for psychosomatic disorders.	.653	.091	.393	.269	.525	.087	.190

Combining psychotherapy with medication is more effective than either treatment alone for severe psychosomatic disorders.	.448	.549	.487	.162	.178	.205	.082
Family therapy can be beneficial for treating psychosomatic disorders that involve family dynamics.	.427	.579	.198	.548	.136	.307	.021
Incorporating mindfulness techniques into psychotherapy can improve outcomes for individuals with psychosomatic disorders.	.244	.029	.622	.293	.452	.376	.080

Amalgamating brief psychotherapy protocols in primary care settings can improve access to psychotherapy for patients with psychosomatic disorders.	.796	.233	.158	.204	.338	.208	.173
Strategies to engage reluctant patients, such as empathizing with their distress and gradually building a collaborative relationship, are crucial for successful psychotherapy.	.443	.682	.084	.058	.178	.220	.374
Extraction Method: PCA							
a. 7 components extracted.							

The table 4.15 depicts the factor loadings which are the association across extracted components and each variables. Age (0.882) and Gender (0.786) display significant positive loadings, indicating that these demographic variables greatly influence this component. Category 0.693 of Psychosomatic Disorder and Individuals experiencing persistent psychosomatic disorders demonstrated heightened levels of mood disturbances 0.817, which were also positively correlated, suggesting that this factor could reflect the cumulative impact of demographic factors on psychosomatic conditions.

The scores of 0.894 for Duration of Psychosomatic Disorder and 0.879 for Duration of Cognitive Behavioural Issues indicate that the duration of these conditions greatly impacts this aspect. This highlights how long individuals have been in these situations can impact their mental outcomes. Higher levels of education (0.570) can also have a beneficial effect, suggesting that an individual's education level may shape how they are impacted by the length of these conditions.

Employment holds the highest importance in this component, indicating that aspects connected to one's job play a crucial role in understanding this aspect of the data. This suggests that the type of work someone does can significantly affect the formation and management of psychosomatic disorders. Therapeutic interventions successfully reduce ADHD symptoms in kids and are also related to work factors, indicating a connection between job-related aspects and treatment outcomes.

The component 4 shows significant connections with Humanistic therapy in psychotherapy methods improving stress coping for adults with psychosomatic disorders (0.613) and decreasing ADHD symptoms in children with psychotherapeutic approaches (0.633). This suggests that this factor may be related to coping mechanisms for stress and the effectiveness of therapy. The significance of therapeutic techniques in enhancing mental health outcomes and emotional well-being is highlighted through the use of Dialectical Behavioural practices (0.586) and the incorporation of mindfulness techniques in therapy (0.452).

Components 6 and 7 show lower loadings on variables, suggesting they capture less important relationships than the first five components. Considering the cultural beliefs of the patient in psychotherapy, as emphasized in Component 6, is somewhat important yet not entirely clear.

Frequency Analysis

It is a statistical approach used to analyse the data through investigating the occurrence of varied values in a dataset. Frequency analysis supports in verifying the accuracy and reliability of the dataset. It provides beneficial insights into the distribution and data patterns, allowing to make informed decisions. The main reason for utilizing this technique is to gain better comprehending about the central tendency and variability of data.

Table 4.16 The psychotherapy approaches are effective in improving the overall quality of life (QoL) for adults with psychosomatic disorders

		F	%	V %	Cu%
V	SA	21	21.0	21.0	21.0
	A	26	26.0	26.0	47.0
	N	17	17.0	17.0	64.0
	D	11	11.0	11.0	75.0
	SD	25	25.0	25.0	100.0
	T	100	100.0	100.0	

The table 4.16 illustrates the outcome of frequency analysis regarding techniques of psychotherapy in augmenting the QoL of adults with psychosomatic disorders. The total of 21 and 26 respondents are strongly agreed and agreed that psychotherapy approaches enhances QoL of psychosomatic disorder adults respectively. Out of 100 respondents, the total of 17 participants remained neutral to this fact. It shows that they are not aware about the efficacy of psychotherapy or a lack of experience towards such treatments. The count of defendants who disagreed and strongly disagreed to this statement are 11 and 25 correspondingly. These individuals does not believed in the efficiency of psychotherapy for psychosomatic disorders. Majority of respondents, nearly 47% of individuals regarded that psychotherapy is effective for adults with psychosomatic disorders.

Table 4.17 The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders

		F	%	V %	Cu%
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V	SA	21	21.0	21.0	21.0
	A	27	27.0	27.0	48.0
	N	16	16.0	16.0	64.0
	D	20	20.0	20.0	84.0
	SD	16	16.0	16.0	100.0
	T	100	100.0	100.0	

The table 4.17 demonstrates the efficacy of psychotherapy techniques in lowering the reliance towards medication for handling psychosomatic disorders. The sum of 21 and 27 respondents are strongly agreed and agreed that psychotherapy approaches lowers the usage of medicine for this disorder. From the total of 100 participants, the count of participants who remained neutral to this fact is 16. It shows that they lack experience of psychotherapy to express their opinion. The count of defendants who disagreed and strongly disagreed to this statement are 20 and 16 correspondingly. It reveals that significant amount of defendants are unaware about the effectiveness of psychotherapy. Almost 48% of participants perceives that psychotherapy techniques mitigate the reliance towards medication for managing this disorder.

Table 4.18 The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.

		F	%	V %	Cu%
V	SA	21	21.0	21.0	21.0
	A	67	67.0	67.0	88.0
	N	6	6.0	6.0	94.0

	D	6	6.0	6.0	100.0
	T	100	100.0	100.0	

The table 4.18 represents the opinion of respondents regarding the efficiency of humanistic therapy to tackle and handle stress for adults with psychosomatic disorders. The sum of 21 respondents are strongly agreed that humanistic therapy aids in handling stress. Out of 100 respondents, the count of participants who expressed agreement towards this statement is 67. The count of defendants who are neutral and disagreed to this fact is equal which is 6 and 6 correspondingly. From the table, it is evident that majority of individuals nearly 88%, agreed that humanistic therapy contributes in handling the stress for adults with psychosomatic disorders.

Table 4.19 The overall mental health and emotional well-being is raised through the Dialectical behavioural therapy (DBT).

		F	%	V %	Cu%
V	SA	6	6.0	6.0	6.0
	A	11	11.0	11.0	17.0
	N	31	31.0	31.0	48.0
	D	36	36.0	36.0	84.0
	SD	16	16.0	16.0	100.0
	T	100	100.0	100.0	

The table 4.19 depicts the outcome of DBT in increasing the overall emotional well-being and mental health. The count of respondents who strongly agreed and agreed that DBT raises the overall emotional well-being and mental health is 6 and 11 respectively. From the total of 100

participants, the total of 31 participants remained neutral to this fact. The count of defendants who disagreed and strongly disagreed to this statement are 36 and 16 correspondingly. It reveals that majority of respondents are not considered the DBT as effective in increasing the mental health and well-being.

Table 4.20 The CBT aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.

		F	%	V %	Cu%
V	SA	10	10.0	10.0	10.0
	A	28	28.0	28.0	38.0
	N	10	10.0	10.0	48.0
	D	47	47.0	47.0	95.0
	SD	5	5.0	5.0	100.0
	T	100	100.0	100.0	

The table 4.20 denotes the efficacy of CBT in identifying vicious thinking, behaviour and replace it with healthier thoughts. The total of 10 and 28 respondents are strongly agreed and agreed that CBT aids in replacing destructive thoughts with good ones. From the total of 100 defendants, the count of participants who remained neutral to this fact is 10. It shows that they are uncertain about the impact of CBT. The count of defendants who disagreed and strongly disagreed to this statement are 47 and 5 correspondingly. It reveals that spreading knowledge among individuals about psychotherapy techniques and its potential impacts are significant.

Table 4.21 Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children

		F	%	V %	Cu%
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V	SA	5	5.0	5.0	5.0
	A	10	10.0	10.0	15.0
	N	11	11.0	11.0	26.0
	D	38	38.0	38.0	64.0
	SD	36	36.0	36.0	100.0
	T	100	100.0	100.0	

The table 4.21 addresses the outcome of frequency analysis regarding the opinion of respondents about effect of psychotherapy interventions in combating severity of ADHD symptoms in children. The sum of 5 and 10 participants are strongly agreed and agreed that psychotherapy interventions reduces severity of ADHD among children. From the total of 100 participants, the count of participants who remained neutral to this fact is 11. The count of 38 and 36 defendants are disagreed and strongly disagreed to this statement It reveals that significant amount of defendants are not confident about the effectiveness of psychotherapeutic interventions in lowering severity of ADHD among kids.

Table 4.22 The psychotherapeutic interventions are effective in decreasing anxiety and depression in children.

		F	%	V %	Cu%
V	SA	20	20.0	20.0	20.0
	A	21	21.0	21.0	41.0
	N	27	27.0	27.0	68.0
	D	22	22.0	22.0	90.0

	SD	10	10.0	10.0	100.0
	T	100	100.0	100.0	

The table 4.22 illustrates the opinion of participants regarding the efficiency of psychotherapy interventions in combating anxiety and depression. The count of respondents who strongly agreed and agreed that it lowers anxiety and depression of children is 20 and 21 respectively. From the total of 100 participants, the total of 27 participants remained neutral to this fact. The count of defendants who disagreed and strongly disagreed to this statement are 22 and 10 correspondingly. It shows the mixed distribution of perception about the efficiency of psychotherapy interventions in lowering children's depression and anxiety.

Table 4.23 The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.

		F	%	V %	Cu%
V	SA	16	16.0	16.0	16.0
	A	38	38.0	38.0	54.0
	D	36	36.0	36.0	90.0
	SD	10	10.0	10.0	100.0
	T	100	100.0	100.0	

The table 4.23 states the effectiveness of CBT in augmenting children's social skills and peer association. The total of 16 and 38 respondents are strongly agreed and agreed to the fact. From the total of 100 defendants, the count of defendants who disagreed and strongly disagreed to this statement are 36 and 10 correspondingly. Majority of respondents, nearly 54% of participants perceives that CBT increases the peer relationship and social skills among children.

Table 4.24 The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.

		F	%	V %	Cu%
V	A	11	11.0	11.0	11.0
	N	27	27.0	27.0	38.0
	D	16	16.0	16.0	54.0
	SD	46	46.0	46.0	100.0
	T	100	100.0	100.0	

The table 4.24 demonstrates the outcome of psychotherapeutic interventions in raising the self-esteem and emotional resilience among children. Only 11% of participants express agreement toward this fact, indicating a lower level of confidence about the effectiveness of psychotherapy interventions. The total of 27 respondents remained neutral to this statement. The sum of 16 ad 46 defendants disagreed and strongly disagreed that psychotherapeutic interventions aids in promoting the self-esteem and emotional resilience of children. It emphasizes the necessity for increased knowledge about the efficacy of these interventions.

Table 4.25 The effect of CBT remains long lasting and aided to develop healthier though patterns

		F	%	V %	Cu%
V	SA	38	38.0	38.0	38.0
	A	62	62.0	62.0	100.0
	T	100	100.0	100.0	

The table 4.25 represents the opinion regarding the long lasting impact of CBT on building healthier patterns. The respondents in the survey only expressed agreement for this fact. Out of 100 respondents, the total of 38 and 62 respondents are agreed and strongly agreed that CBT supports in developing sustainable healthier patterns respectively.

Table 4.26 The long-term psychosomatic symptoms affects individuals' physical health and overall well-being.

		F	%	V %	Cu%
V	SA	32	32.0	32.0	32.0
	A	58	58.0	58.0	90.0
	N	10	10.0	10.0	100.0
	T	100	100.0	100.0	

The table 4.26 depicts the prolonged impact of psychosomatic symptoms on affecting physical health and overall well-being of individuals. The total of 32 and 58 participants are strongly agreed and agreed to the fact. Out of 100 defendants, the count of individuals who responded neutral to the statement is 10. Majority of respondents agreed that prolonged psychosomatic symptoms affects the overall wellbeing and psychological health of the patients.

Table 4.27 Individuals with chronic psychosomatic disorders exhibited poorer sleep quality and higher rates of sleep disturbances.

		F	%	V %	Cu%
V	SA	26	26.0	26.0	26.0
	A	22	22.0	22.0	48.0
	N	21	21.0	21.0	69.0

	D	31	31.0	31.0	100.0
	T	100	100.0	100.0	

The table 4.27 addresses the frequency of respondents' opinion about the impact of chronic psychosomatic disorder on poor sleep quality among patients. The count of respondents who strongly agreed and agreed that psychosomatic disorder affects the sleeper quality is 26 and 22 respectively. From the total of 100 participants, the total of 21 contributors remained neutral to this fact. The count of defendants who disagreed to this statement is 31. Majority of the respondents stated that individuals with chronic psychosomatic disorders exhibits poor sleep quality and undergoes sleep disturbances.

Table 4.28 Prolonged psychosomatic disorders affects individual's emotional regulations and their stress management.

		F	%	V %	Cu%
V	SA	11	11.0	11.0	11.0
	A	6	6.0	6.0	17.0
	N	32	32.0	32.0	49.0
	D	6	6.0	6.0	55.0
	SD	45	45.0	45.0	100.0
	T	100	100.0	100.0	

The table 4.28 mentions the outcome of frequency analysis regarding the individual's opinion about effect of long-lasting psychosomatic disorders on emotional regulation and stress management of individuals. The total of 11 and 6 respondents are strongly agreed and agreed that long-terms psychosomatic disorder affects emotional regulation. From the total of 100

defendants, the count of participants who responded neutral to this fact is 32. The count of defendants who disagreed and strongly disagreed to this statement are 6 and 45 correspondingly. It reveals that most of the individuals are not aware about the ill effect of prolonged psychosomatic symptoms.

Table 4.29 The long-term psychosomatic symptoms affects individuals' academic or occupational performance.

		F	%	V %	Cu%
V	SA	25	25.0	25.0	25.0
	A	27	27.0	27.0	52.0
	N	37	37.0	37.0	89.0
	D	11	11.0	11.0	100.0
	T	100	100.0	100.0	

The table 4.29 illustrates the responses of participants regarding the impact of long-term psychosomatic symptoms on academic and professional performance. The sum of 25 and 27 respondents are strongly agreed and agreed that this disorder affects the individual's performance in academic and job. From the total of 100 participants, the count of participants who remained neutral and disagreed to this fact is 37 and 11 respectively. It reveals that significant amount of defendants show agreement toward the adverse effect of long-term psychosomatic symptoms.

Table 4.30 Individuals with persistent psychosomatic disorders exhibited higher levels of anxiety, depression and other mood disturbances.

		F	%	V %	Cu%
V	SA	25	25.0	25.0	25.0

	A	32	32.0	32.0	57.0
	N	21	21.0	21.0	78.0
	D	16	16.0	16.0	94.0
	SD	6	6.0	6.0	100.0
	T	100	100.0	100.0	

The table 4.30 depicts the opinion of respondents who contributed in the survey. The count of respondents who strongly agreed and agreed that it leads to increased level of anxiety and depression is 25 and 32 respectively. From the total of 100 participants, the total of 21 participants remained neutral to this fact. The count of defendants who disagreed and strongly disagreed to this statement are 16 and 6 correspondingly. It shows the mixed distribution of perception about the adverse effect of persistent psychosomatic disorder. The outcome also reveals that higher amount of respondents undergo increased level of depression and anxiety due to prolonged psychosomatic disorders.

H₁1: Psychotherapy techniques have a significant impact on reducing the psychosomatic disorders in adults

H₀1: Psychotherapy techniques have no significant impact on reducing the psychosomatic disorders in adults

ANOVA

It is one of the statistical technique which is utilized to decide the effect across study variables via evaluating the variance. The present research has used ANOVA analysis to measure the impact of psychotherapy methods on mitigating the psychosomatic disorders in adults. The between group is mentioned as BG and within groups is addressed as WG in the following ANOVA tables.

Table 4.31 ANOVA

		Sum of Sq	df	M Sq	F	Sig.
The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders	BG	104.298	4	26.074	28.209	.000
	WG	87.812	95	.924		
	T	192.110	99			
The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.	BG	7.088	4	1.772	3.841	.006
	WG	43.822	95	.461		
	T	50.910	99			
The overall mental health and emotional well-being is raised through the Dialectical behavioural practices.	BG	82.287	4	20.572	60.201	.000
	WG	32.463	95	.342		
	T	114.750	99			
	BG	20.360	4	5.090	4.248	.003

The CBT aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.	WG	113.830	95	1.198		
	T	134.190	99			

The table 4.31 demonstrates the outcome of ANOVA analysis, the present study employed one-way ANOVA test to determine the impact of psychotherapy techniques on combating psychosomatic disorders. The analysis considered psychosomatic disorders as dependent variable and psychotherapy techniques as independent variable. The results of the ANOVA test shows that the achieved p-value is 0.00 which is below the threshold value 0.05. From the table, it is evident that, psychotherapy techniques such as humanistic therapy, dialectical behavioural practices and CBT aids in reducing the reliance towards medicine for handling stress, augments the capacity of individuals to manage stress, identifies and replace the destructive thoughts with good one.

Overall, psychotherapy techniques enhances the mental health and well-being of individuals with psychosomatic disorders. This findings verified that psychotherapy techniques have significant impact on reducing psychosomatic disorders among adults. Thus, the ANOVA test accepted the first hypothesis and rejected the null hypothesis.

Regression

The regression test is employed to decide statistical values of variables, evaluating the impact between dependent and independent variable. Thus, the proposed research uses regression test to determine the impact of psychotherapy techniques on adults with psychosomatic disorders. In following regression tables, model is addressed as MD, regression as R and residual as Re, constant as Cs, beta as B, Std. Error as SE and coefficient as Co.

Table 4.32 Model Summary

MD	R	R Sq	Adjusted R Sq	SE of the Estimate
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1	.705 ^a	.497	.476	1.080
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Table 4.33 ANOVA^a

MD		Sum of Sq	df	M Sq	F	Sig.
1	R	109.664	4	27.416	23.497	.000 ^b
	Re	110.846	95	1.167		
	T	220.510	99			

Table 4.34 Coefficients^a

MD		Unstandardized Co		Standardized Co	t	Sig.
		B	SE	B		
1	(Cs)	1.422	.744		1.913	.059
	The psychotherapy techniques successfully reduces the need for medication in handling psychosomatic disorders	.693	.083	.647	8.375	.000

	The humanistic therapy in psychotherapy techniques effectively augments the ability of adults with psychosomatic disorders to cope and manage with stress.	.509	.160	.244	3.180	.002
	The overall mental health and emotional well-being is raised through the Dialectical behavioural practices.	-.317	.110	.229	2.875	.005
	The CBT aids in recognizing destructive thinking patterns, behaviours and then replace with healthier ones.	.117	.101	.091	1.154	.021

The tables 4.32, 4.33 and 4.34 represents the outcome of regression analysis. The correlation coefficient, R value is 0.705, depicting a robust positive association among dependent and independent variable. The attained R square is 0.497, illustrating that variance in the dependent variable is explained by the independent variable in the model. The obtained F-value in table 4.32 is 23.497 with a significance value 0.000. It shows that the overall regression model is statistically significant. The achieved p-value in table 4.33 is 0.00 for all other variables except effect of CBT which is 0.02. The achieved p-value is below the threshold value 0.05. The outcome of regression test confirmed that psychotherapy techniques have significant impact on mitigating psychosomatic disorders in adults. Thus, the first hypothesis is accepted and rejected the null hypothesis.

H₁₂: Psychotherapeutic interventions have significant influence in assessing the cognitive behavioral pattern of children.

H₀₂: Psychotherapeutic interventions have no significant influence in assessing the cognitive behavioral pattern of children

ANOVA

Table 4.35 ANOVA

		Sum of Sq	df	M Sq	F	Sig.
Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children	BG	24.042	1	24.042	22.029	.000
	WG	106.958	98	1.091		
	T	131.000	99			
The psychotherapeutic interventions are effective in decreasing anxiety and depression in children.	BG	30.440	1	30.440	23.134	.000
	WG	128.950	98	1.316		
	T	159.390	99			
The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.	BG	.074	1	.074	.041	.040
	WG	175.966	98	1.796		
	T	176.040	99			
	BG	18.969	1	18.969	18.980	.000

The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.	WG	97.941	98	.999		
	T	116.910	99			

The table 4.35 illustrates the results of ANOVA test, the current research used one-way ANOVA analysis to estimate the influence of psychotherapeutics interventions on cognitive behavioural patterns in children. The analysis considered as psychotherapeutics interventions as independent variable and children’s behavioural patterns as dependent variable. The outcomes of the ANOVA analysis revealed that the attained p-value is less than the significant value 0.05. From the table, it is evident that, psychotherapeutic interventions helps in mitigating the severity of ADHD among children, decreasing anxiety & depression, increasing self-esteem & emotional resilience and enhancing the social skills and peer relationships. Overall, psychotherapeutic interventions have significantly influenced the cognitive behavioral pattern of children. Therefore, the ANOVA test verified the second hypothesis and excluded the null hypothesis.

Regression

Table 4.36 Model Summary

MD	R	R Sq	Adjusted R Sq	SE of the Estimate
1	.807 ^a	.652	.637	.764

Table 4.37 ANOVA^a

MD		Sum of Sq	df	M Sq	F	Sig.
1	R	103.920	4	25.980	44.494	.000 ^b

	Re	55.470	95	.584		
	T	159.390	99			

Table 4.38 Coefficients^a

	MD	Unstandardized Co		Standardized	t	Sig.
		B	SE	Co		
				B		
1	(Cs)	.685	.812		.844	.040
	Psychotherapeutic Interventions successfully reduces the severity of ADHD symptoms in children	.072	.083	.066	.870	.039
	The CBT augments the social skills and peer relationship of children with cognitive behavioural skills.	.670	.064	.704	10.431	.000
	The self-esteem and emotional resilience of children are increased through psychotherapeutic interventions.	.343	.085	.294	4.013	.000

	The effect of CBT remains long lasting and aided to develop healthier though patterns.	1.480	.203	.569	7.284	.000
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The tables 4.36. 4.37 and 4.38 describes the outcome of regression test. The correlation coefficient, R value is 0.807, representing a strong optimistic correlation between dependent and independent variables. The attained R square is 0.652, demonstrating that 65.2% of the variance is explained through the model. The obtained F-value in table 4.336 is 44.494 with a sig value 0.000. It reveals that the complete regression model is statistically significant. The achieved p-value in table 4.37 is lower than the threshold value 0.05. The outcome of regression test confirmed that psychotherapeutic interventions have significant influence on the cognitive behavioral pattern of children. Therefore, the second hypothesis is accepted through the regression analysis and rejected the null hypothesis.

H₁₃: Long-term endurance of psychosomatic symptoms exhibit a significant deficiencies in cognitive and psychosomatic functioning in children and adult

H₀₃: Long-term endurance of psychosomatic symptoms does not exhibit deficiencies in cognitive and psychosomatic functioning in children and adult.

ANOVA

Table 4.39 ANOVA

		Sum of Sq	df	M Sq	F	Sig.
Individuals with chronic psychosomatic	BG	61.053	4	15.263	18.720	.000
	WG	77.457	95	.815		

disorders exhibited poorer sleep quality and higher rates of sleep disturbances.	T	138.510	99			
Prolonged psychosomatic disorders affects individual's emotional regulations and their stress management.	BG	77.325	4	19.331	16.334	.000
	WG	112.435	95	1.184		
	T	189.760	99			
The long-term psychosomatic symptoms affects individuals' academic or occupational performance.	BG	62.233	4	15.558	45.892	.000
	WG	32.207	95	.339		
	T	94.440	99			
The long-term psychosomatic symptoms affects individuals' physical health and overall well-being.	BG	8.239	4	2.060	6.766	.000
	WG	28.921	95	.304		
	T	37.160	99			

The table 4.39 depicts the findings of ANOVA analysis, the proposed study employed one-way ANOVA test to determine the adverse effect of prolonged psychosomatic disorder symptoms on deficiencies in cognitive and psychosomatic functioning among children and adults. The test regarded long-term psychosomatic symptoms as independent variable and cognitive and psychosomatic functioning deficiency as dependent variable. The attained p-value is 0.00 that is lower than the threshold value 0.05. From the table, it is detected that

patients with chronic psychosomatic disorders suffers with poorer sleep quality, increased sleep disturbances rate, instability in regulating emotions & managing stress and it also affects the academic and job performance.

Overall, prolonged psychosomatic disorders affects the physical health and well-being of individuals. This results verified that persistent psychosomatic disorder symptoms have significant deficiencies in cognitive and psychosomatic functioning of children and adults. Thus, through the ANOVA test accepted the third hypothesis is accepted and null hypothesis is rejected.

Regression

Table 4.40 Model Summary

MD	R	R Sq	Adjusted R Sq	SE of the Estimate
1	.789 ^a	.622	.606	.869

Table 4.41 ANOVA^a

MD		Sum of Sq	df	M Sq	F	Sig.
1	R	118.007	4	29.502	39.060	.000 ^b
	Re	71.753	95	.755		
	T	189.760	99			

Table 4.42 Coefficients^a

MD	Unstandardized Co		Standardized Co	t	Sig.
	B	SE	B		

1	(Cs)	5.466	.568		9.624	.000
	The long-term psychosomatic symptoms affects individuals' physical health and overall well-being.	.867	.146	.383	5.956	.000
	Individuals with chronic psychosomatic disorders exhibited poorer sleep quality and higher rates of sleep disturbances.	.254	.094	.217	2.697	.008
	The long-term psychosomatic symptoms affects individuals' academic or occupational performance.	.648	.110	.457	5.916	.000
	Individuals with persistent psychosomatic disorders exhibited higher levels of depression, anxiety and other mood disturbances.	.472	.099	.409	4.777	.000

The tables 4.40, 4.41 and 4.42 depicts the findings of regression test. The correlation coefficient, R value is 0.789, denoting a strong optimistic relationship across dependent and independent variable. The attained R square is 0.622, demonstrating that 62.2% of the variance in the dependent variable is explained by the model. The obtained F-value in table 4.40 is 39.060 with a significance value 0.000. It represents that the entire regression model is statistically significant. The achieved p-value in table 4.41 is 0.00 for all variables which is below the threshold value 0.05. The result of regression analysis confirmed that persistent psychosomatic disorder symptoms have significant deficiencies in cognitive and psychosomatic functioning of children and adults affecting the sleep, mental, physical health and overall well-being. Thus, the third hypothesis is accepted and ignored the null hypothesis.

4.5 DISCUSSIONS

The outcome of the proposed study and existing researches are discussed and related as follows, The proposed research investigated the effect of psychotherapy in reducing psychosomatic disorder of adults and cognitive behaviour of children in Bangladesh. The outcomes were detected psychotherapy techniques have a significant impact on reducing the psychosomatic disorders in adults. Further, ANOVA and regression techniques have recognized that psychotherapeutic interventions have significant influence in assessing the cognitive behavioral pattern of children. The research also recognized that long-term endurance of psychosomatic symptoms exhibit a significant deficiencies in cognitive and psychosomatic functioning of children and adults.

The traditional research (Sun, Rith-Najarian, Williamson, & Chorpita, 2019) has investigated that four treatments such as inclusion of parental involvement, booster sessions, goal setting tactics and maintenance prevention sessions have been associated with post-treatment and follow-up impact size of youth Cognitive Behavioural Therapies (yCBTs) for obsessive-compulsive disorder, post-traumatic disorder, depression and anxiety among adults and children. The outcomes have been detected that parental involvement have significantly related with huger pre to post treatment impact sizes also pre-to-follow up effect sizes. In addition, maintenance prevention, goal setting and booster session have not been significantly related with effect sizes at post-treatment.

Therefore, the study has been concluded that parental participation may be helpful for augmenting long term efficacy of yCBT. Likewise, the proposed research also explored the

interventions to be included in psychotherapy, it has been detected that family therapy has the potential to enhance the effectiveness of psychotherapy. In addition with this, the current study analysed the psychosomatic disorder of adults and long term effects of this disorders.

The conventional study (Leuzinger-Bohleber et al., 2019) has examined the prolonged CBT and prolonged psychoanalytic therapy of chronically depressed patients. Further, it has inspected the impact of randomized and preferential allocation. The findings have been detected that long term treatment of psychoanalytic and CBT has led to significant and persistent development among chronically depressed patients. Similarly, the current research also analysed the effectiveness of psychotherapy techniques and recognized that these treatment significantly enhanced the patient outcomes. Moreover, the present study also considers children with cognitive behaviour which is disregarded in the prior study.

The prevailing study (Sayyar Khesmakhi et al., 2019) has scrutinized the efficacy of Acceptance And Commitment Therapy (ACT) on psychosomatic symptoms and mindfulness in patients with psychosomatic disorders. The results have been detected that post-test phases, mindfulness augmented in the intervention group related to the neutral and active control groups. The active control group have been revealed a more capacity to mindfulness than the neutral group. In addition, it has been detected that ACT can enhance mindfulness level and psychosomatic symptoms in individuals with psychosomatic disorder.

Correspondingly, the present research also investigated the incorporation of mindfulness intervention in psychotherapy for improving its effectiveness. The outcomes have been stated that integrating mindfulness techniques into psychotherapy can improve outcomes for individuals with psychosomatic disorders. In addition with this, the current study also investigated the cognitive behaviour in children and long terms psychosomatic symptoms and its deficiency of patients.

The prior research (von der Warth et al., 2021) has examined rehabilitation oriented treatment beliefs in psychosomatic rehabilitation patients with mental disorders before admission to inpatient. It has been included the knowledge of rehabilitation-related treatment beliefs concept. The outcomes have been identified themes associated to rehabilitation related treatment belief such as contact to other patients, expectations toward one's behaviour, concerns, results of the rehabilitation, the content of the rehabilitation, organization of the rehabilitation, rehabilitation planning, conditions within the clinic and reasons for

rehabilitation. Likewise the proposed study also investigated to integrating belief system of patients with psychotherapy techniques.

The outcomes have been detected that it offers better outcome and improve patients' wellbeing. Moreover, the proposed study also determined the effect of psychotherapy techniques, influence of psychotherapeutic interventions on children with cognitive behavioural patterns. Further, the proposed study inspected the long terms symptoms and its deficiencies in cognitive and psychosomatic functioning of children and adults.

The preceding study (Kleinstäuber, Allwang, Bailer, Berking, Brünahl, Erkip, Gitzen, Gollwitzer, Gottschalk, & Heider, 2019) has analysed the therapy results of CBT for patients with Medically Unexplained Symptoms (MUS) through emotion regulation training. Linear mixed-effect models found significant medium to large effects for most outcomes in both groups post-therapy and at the 6-month follow-up. There was no variance in the effect on the main result between ENCERT and CBT. Significant interactions between group levels and time suggested that ENCERT could have greater benefits than traditional CBT for specific secondary outcomes. Analyses by the moderator revealed that patients with both mental disorders experienced more significant effects from ENCERT.

Findings reveal that CBT and emotion regulation skills training (ENCERT) are successful in generating favourable results for primary and secondary assessments in individuals with MUS. Likewise, the present study also attained the similar outcomes and it has investigated the patients with clear psychosomatic disorder symptoms and cognitive behaviour symptoms.

4.6 SUMMARY

This section analysed the data and interpreted the outcomes for all the study hypothesis. The hypothesis are developed and investigated in accordance with the purpose of the research. The current study employed primary data collection technique and congregated data from patients who are undertaking psychotherapy in Bangladesh hospitals. The data are investigated through using SPSS software and statistical techniques such as frequency analysis, factor analysis, descriptive statistics, ANOVA and regression. The findings have detected that all the hypothesis are positive and have significant impact on research variables.

This chapter unveiled that including cultural beliefs, meditation, family therapy and mindfulness approaches into psychotherapy can enhance the patient's outcome. Empathizing distress and building a collaborative relationship are crucial for successful psychotherapy. In

addition, integrating psychotherapy protocols in primary care settings can augment the accessibility of psychotherapy for individuals with psychosomatic disorders. This chapter has highly contributed to the proposed research as it verifies the objectives of the study through investigation. The outcomes attained through the analysis are reliable and accurate.

CHAPTER 5

CONCLUSIONS

This section describes the comprehensive conclusion of the proposed research. This chapter also highlights the implications of the study and limitations in the current research. Based on the outcome of the data analysis, relevant future suggestions will be offered. The conclusion and recommendation provided through the analysis aid health care providers and professionals to integrate interventions in psychotherapy for alleviating psychosomatic disorders in adults and cognitive behavior in children in Bangladesh. The recommendation will be valuable for researchers and healthcare professionals to advance future research. It also supports hospitals to enhance the efficiency of psychotherapy techniques for augmenting patient outcomes.

5.1 Summary of the Findings

Psychotherapy interventions are targeted to treat the underlying psychological factors contributing to psychosomatic disorders in adults, such as stress, anxiety, and depression, and also address cognitive behaviours in children. The intersection of psychosomatic disorders in adults and cognitive behaviour issues in children exhibits a complex challenge to mental health professionals in Bangladesh. Thus, it is significant to analyse the psychotherapy interventions among patients with psychosomatic disorder in the context of Bangladesh. Thus, the proposed research investigated the impact of psychotherapy in alleviating psychosomatic disorders in adults and cognitive behaviour in children across Bangladesh.

Furthermore, the current study evaluated the efficacy of psychotherapy approaches in reducing the severity of psychosomatic disorders in adults. It determined the influence of psychotherapeutic interventions on cognitive behavioural patterns in children. The present study has also discovered the effect of prolonged psychosomatic and cognitive behaviour disorders on the functions of adults and children. The study performed quantitative analysis to assess the research purpose and hypothesis. The primary data was congregated from 100 patients who are getting treatment for psychosomatic disorder and cognitive behaviour in Bangladesh hospitals.

The data was analysed through SPSS software with the support of various statistical techniques such as reliability test, factor analysis, descriptive statistics, ANOVA, Regression and frequency test. The quantitative analysis has confirmed that psychotherapy techniques have a

significant impact on reducing the psychosomatic disorders in adults. The ANOVA and regression have verified that psychotherapeutic interventions have a significant influence on the cognitive behavioral pattern of children. Furthermore, the outcomes revealed that long-term endurance of psychosomatic symptoms exhibits significant deficiencies in cognitive and psychosomatic functioning in children and adults.

Additionally, the patients with psychosomatic disorder and cognitive behavior have suggested that incorporating cultural beliefs, meditation, family therapy and mindfulness approaches into psychotherapy can enhance the patient's outcome. Overall, the results have detected that psychotherapy techniques and interventions significantly reduce the psychosomatic disorder and cognitive behaviour in adults and children of Bangladesh, respectively. The outcome of the research will be beneficial for healthcare professionals and providers to spread awareness to individuals and enhance the effectiveness of psychotherapy techniques through incorporating various interventions.

Limitations of the study

Every study has its own restrictions similarly, the proposed study also has a few limitations, which are described as follows,

The study has collected only a limited amount of sample and is restricted within the area of Bangladesh, which may reduce generalizability in research outcomes. The study disregarded collecting data from the control group, which lacks in comparison with the treatment and control group. Considering these restrictions will further enhance the research.

5.2 Future Recommendations

The future suggestions can lead to the advancement of the knowledge about the effect of psychotherapy techniques in combating the psychosomatic disorders in adults and cognitive behavior in children.

The future advancement of the present study is addressed as follows,

- Upcoming studies can examine the long-term benefits of psychotherapy techniques for patients who are undertaking treatment for the disorders.

- Future research can compare and benchmark the efficacy of various psychotherapy techniques such as cognitive behavior therapy, dialectal behavior therapy, psychodynamic psychotherapy, humanistic therapy and so on.
- Forthcoming studies can explore how varied demographic characteristics of patients with psychosomatic disorder and cognitive behaviour respond to the psychotherapy treatments.
- Future studies can utilize mixed-methods research technique for also comprehending the perception and opinion of individuals.

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