Introduction

This is Part 3 in our ‘Development of a Psychoeducational Program for Mitigating the Psychological Impact of Disasters’ series of investigations. We developed a psychoeducational program to reduce post-disaster psychological damage in which participants learnt how to do the following: (1) experience the effects of 10-second breathing, (2) recognise cognitive distortions following a disaster, and (3) nurture confidential relationships with others. Thus, the purpose of the present study was to determine which factors of the program might have influenced its effects.

Participants

Pupils in the 5th and 6th grades (N = 225) of an elementary school in Japan participated in the study.

Measures


Procedure

Participants completed the questionnaire both before and after participating in the psychoeducational program, and the change in the scores between the two time points was calculated for each participant. We reasoned that the degrees of change between the two scores would reflect the program’s effectiveness; therefore, correlations between the degrees of change for the subscale scores were examined.

Results and Discussion

The correlations between subscale scores in terms of degrees of change are shown in Chart 1. Results showed that ‘cognitive distortions’ had significant correlations between all other subscales except for ‘social skills’, while ‘efficacy of controlled breathing’ was related to all other subscales except for ‘general efficacy’. ‘Inter personal relationships of trust’ was found to have significant correlations between all subscales other than ‘general efficacy’ and ‘self-control’. Additionally, ‘self-esteem’ also correlated with all subscales except for ‘self-control’. Results indicated that ‘efficacy of controlled breathing’ had strong correlations with the other subscales, while ‘cognitive distortions’, ‘inter personal relationships of trust’, and ‘self-esteem’ also had similar results.

Conclusion

This study indicated that the effect of this psychoeducational program was influenced by the ‘efficacy of controlled breathing’, ‘cognitive distortions’, and ‘interpersonal relationships of trust’. (See Part 4 for a more detailed discussion.)