



Short Communication

The Effect of Logotherapy on Sleep Symptoms of PTSD in Emotionally Abused Men

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ABSTRACT

Objectives: The emotional abuse of men by their partners has been acknowledged as an important form of partner abuse in domestic violence research. A few researches have documented an effect of logotherapy on sustaining intimate partner violence (IPV) and posttraumatic stress disorder (PTSD) among men. The current study is the first research which examined the effect of logotherapy on sleep symptoms of PTSD in emotional abused men.

Methodology: The clinical sample is comprised of 24 men (married men who emotionally abused by their female partners), 12 were assigned to experimental group and 12 to control group. Beck Anxiety Inventory and The Pittsburgh Sleep Quality Index (PSQI) were used. All participants completed the questionnaires before and again after 10 session's logotherapy. To analyze the data, the paired sample t-test and the analysis of covariance was applied.

Results: The results revealed that there is significant effectiveness of logotherapy on sleep symptoms in emotionally abused men.

Keywords: Abused Men, Effectiveness, Emotional abuse, Logotherapy, PTSD, and Men.

INTRODUCTION

There are numerous forms of violence to which men can be exposed. Intimate partner violence (IPV), which includes physical, sexual, and psychological abuse of one partner by another, is a serious social and health problem affecting on individuals and families. [1] The past assumption was that women typically suffer more physical and psychological injuries as a result of abuse by men than men who experience abuse by female. [2,3] Male

victims of domestic violence have been seriously neglected in public policy. But they are not rare at all. They're just less likely to report it. [4] Therefore, researchers have challenged this assumption, and the new findings have documented the significance of IPV on male victims. [5,6]

The psychological abuse of men by their partners has been acknowledged as an important form of partner abuse in domestic violence research. [7] Randle and Graham have underscored the need to conduct

research specifically into psychological abuse against men. [8] Studies have documented that men are more likely to experience psychological than physical abuse, which is leading to depression, suicidal ideation, and other mental health difficulties. [9] Emotional abuses are very common and extremely damaging to victims. Many of IPV survivors have asserted that emotional abuse is worse than physical abuse and has long-lasting effects. Emotional abuse is a significant predictor of post traumatic stress disorder (PTSD), and is a significant predictor of negative mood and psychosomatic complaints. [10]

Emotionally abused men victims of domestic violence are an important and significant social problem in modern societies, therefore require an attention, intervention and treatment programs. According to Foa et al., 2000; Silver, 2002; Wilson, Friedman & Lindy 2001, .So many therapeutic approaches like Cognitive processing therapies, psychodynamic psychotherapy, eye movement desensitization and reprocessing (EMDR), hypnotherapy, and pharmacotherapy have been used to treat PTSD. [11-13] The current study was designed to find out the effectiveness of logotherapy on sleep symptoms of PTSD among emotionally abused men.

Posttraumatic Stress Symptoms

Posttraumatic stress disorder (PTSD) is a psychiatric condition that can follow the experience of a traumatic incident, and there are three main types of symptoms: persistent reexperiencing of the trauma, persistent avoidance of stimuli associated with the trauma, and persistent increased arousal. [14] Symptoms include intrusive memories and nightmares of a traumatic incident, numbing of emotions, social withdrawal, hypervigilance, difficulty in concentrating and remembering, insomnia, and avoidance of activities that remind one of the traumatic

event. Many people who experience a traumatic event respond with at least some of the symptoms of PTSD.

Hines examined PTS in men who had sustained IPV and the aims were to examine PTS as a possible consequence of IPV in male victims. [5] Psychological abuse was strongly associated with PTSD as compare to physical abuse. [15] Concern with male victims of IPV, women are more likely to perpetrate psychological than physical aggression toward male partners and suggested that men who sustained IPV were at increased risk for developing PTS. [16]

A major feature of the clinical presentation of PTSD is disordered sleep. Women concurrently experiencing PTSD, depression, and stress-related physical health symptoms demonstrated poor global sleep quality and nighttime behaviors. [17] The relationship between the experience of trauma and fluctuations in sleep suggest that sleep disturbances constitute a normal initial reaction to traumatic experiences. [18] Researchers focused only on sleep disturbance as a consequence of intimate partner violence. They found that intimate partner violence has the capacity to impact negatively on both the quality and quantity of sleep and insomnia and other sleep disturbances. [19-22]

Logotherapy

Logotherapy is a type of psychotherapy that was first developed by Viktor Frankl in 1938. Logotherapy simply means therapy through meaning and is sometimes referred to as the "third Viennese school of psychotherapy," following Freud's psychoanalysis and Adler's individual psychology. Logotherapy is a meaning-centered psychotherapy that comes from the tradition of existential philosophy and is grounded in the professional work and extraordinary life experiences, Viktor Frankl. [23] Unlike traditional psychotherapies, which focus on

psychopathology and psychological symptoms, logotherapy specifically addresses a patient's strengths and his or her personal search for meaning and purpose in life. [24] Logotherapy techniques, such as self-distancing (learning to gain distance from and observe the self), paradoxical intention (wishing for or doing that which is feared), Socratic dialogue (interviewing designed to elicit the patient's own wisdom), and dereflection (redirecting attention from the self toward other people or meaningful goals), logotherapy promotes the adoption of optimistic view of human potential. [24]

MATERIALS AND METHODS

Participants: Participants were 24 men seeking group treatment for intimate partner-abusive at the clinic of Tehran/June 2012. The participant's age range was 21 and over, the participants also had to have been involved in an intimate relationship at least for 4-5 years. **Procedure:** Participants comprise of n=12 were assigned to experimental group and n=12 to control group. Participants were given the questionnaire of The Pittsburgh Sleep Quality Index (PSQI) [26] before and after the treatment. The group was leaded by a clinical psychology, masters's-level training and supervised experience administering the logotherapy techniques for each ten sessions. The sessions divided to forty five minutes. **Measures:** The Pittsburgh Sleep Quality Index (PSQI): The Pittsburgh Sleep Quality Index (PSQI) is an effective instrument used to measure the quality and patterns of sleep in the older adult by DJ Buysse, CF Reynolds, TH Monk, SR Berman, DJ Kupfer (1989). The PSQI can be used for both an initial assessment and

ongoing comparative measurements with older adults across the health care continuum. PSQI supported high validity and reliability. Statistical analysis: Data analyses were completed using SPSS version 8.0 Software. Descriptive statics viz, mean and standard deviation of pretest-posttest was performed and the t-test was applied to find differences in pretest-posttest scores.

RESULTS

In this study to analyze the data, the paired sample t-test was applied.sig.0/000. The t-test demonstrated there is significant support of the logotherapy on sleep symptoms of PTSD in emotionally abused men.

Table I showed the Mean and Standard Deviation for pretest are (Mean: 3.5200) and (Std. Deviation, 1.44684). The Mean and Standard Deviation for posttest are (Mean: 1.8800) and (Std. Deviation: 1.16619). As a result of Paired sample statistics there is significant differences between the pretest and post test scores.

Table I: Paired Samples Statistics

		Mean	N	Std.Deviation	Std.Error Mean
Pair 1	pretest	3.5200	25	1.44684	.28937
	Posttest	1.880	25	1.16619	.23324

It is understood from Table II, the Mean and Standard Deviation for pretest - posttests are (Mean 1.64000, Std. Deviation, 1.72916). As a result of Paired samples statistics (t: 4.742 and Sig. (2tailed) .000) there is a significant difference between the pretest and posttest scores.

Table II: Pair Samples test

		Mean	Std. Deviation	Std. Error Mean	t	df	Sig. (2tailed)
Pair 1	pretest-posttest	1.64000	1.72916	.34583	4.742	24	.000

The result of figure I shows there is a meaningful significant between pretest and posttest.

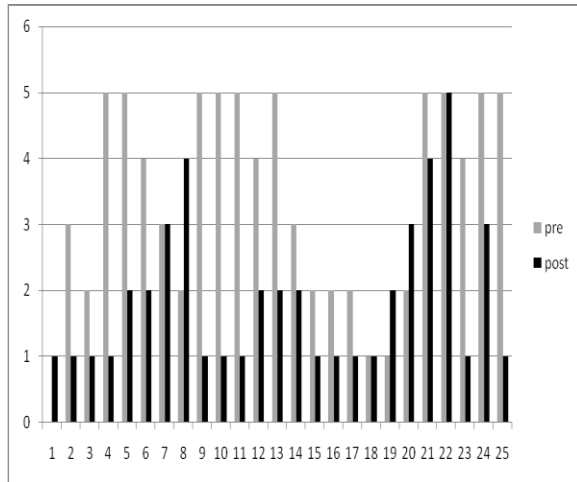


Figure1: The mean of pretest and posttest on sleep symptoms

DISCUSSION

The logotherapy treatment was effective in assisting the emotionally abused men patient to find the meaning in their life and coping with the sleep problems. No previous study has examined the effectiveness of logotherapy for emotionally abused men. This research, however, produced the same results as those of which are based on logotherapy as an adjunctive treatment for chronic combat-related PTSD found that logotherapy is considered to be an adjunctive therapy, enhancing rather than supplanting other treatment approaches. [24] Unlike traditional psychotherapies, which focus on psychopathology and psychological symptoms, logotherapy specifically addresses a patient's strengths and his or her personal search for meaning and purpose in life. The Connecticut Veterans' Hospital has utilized that logotherapy as one of best treatments for chronic combat-related PTSD. [24] They chose logotherapy because it directly addresses a number of problematic symptoms seen in the patient population, including a sense of

foreshortened future, an external locus of control, guilt and existential loss of meaning.

This research has utilized Frankl's theory that if a young patient undergoing logotherapy treatment discovers unique meaning of their traumatic experience which they suffer and it can be reduced as such. Consistent with other studies which showed that the impact of logotherapy on marital satisfaction and the effect of Logotherapy on the suffering, finding meaning, and spiritual well-being of adolescents with terminal cancer, [27,28] the current study also found the effectiveness of logotherapy to reduce sleep problems in emotionally abused men.

For the evaluation of this treatment on males patients who had finished the posttest, conducted with semi scheduled open questions, the experimental group expressed answers such as "It was very good treatment that made me find some meaning in my intimate relationship and purpose of my living", and "It was very helpful to cope with my sleep problems and emotionally its really helpful". The respondents demonstrate that the need for emotional and spiritual caring was as great as physical care.

CONCLUSION

This study was aimed to investigate the impact of Logotherapy on sleep symptoms of PTSD in emotionally abused men. Analyzes of data showed the logotherapy was found to be successful in reducing sleep problems in emotionally abused males who are suffering PTSD symptoms.

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