



# Efficacy of SBT (Spiritualistic Behavior Therapy) Much More Fruitful Than CBT (Cognitive Behavior Therapy) and DBT (Dialectical Behavior Therapy) among Deliberate Self Harm Individuals



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## Introduction

**Importance:** The frequently use of DBT & CBT during DSH has approximately doubled during the last decade. However, little is known about their efficacy for eradicating dependency on various Substances and concerns have been raised about the potential association with DSH (Deliberate Self Harm) and the maladaptive behaviors among SIPD (Substance Induced Psychotic Disorder).

**Objective:** To detect the maladaptive behaviors overall the Substance Induced Psychotic Disorder (SIPD) patients with the risk of DSH (Deliberate Self Harm) & suicidal attempts (Para suicide). Efficiency of SBT (Spiritualistic Behaviour Therapy) in comparison with DBT & CBT especially who are exposed with DSH & comorbid substance for prolong period. Sample Size-300 Irrespective of Male & females Study period-From Jan'16-March'16 (3 months) Study Palace-Two private drug Addiction Detoxification & Rehabilitation Centers (1) Beacon Point, Gulshan & (2) Proshanti drug addiction detoxification & Rehabilitation centre, Khilgaon, Dhaka Bangladesh. Design, Setting, and Participants of this comparative study sample of 300 Substance dependent patients enrolled in two Drug Addiction Center (Beacon Point & Proshanti of Dhaka, Bangladesh) with live-implications of psychological management constituted with the followings DBT (Dialectical Behaviour Therapy), CBT (Cognitive Behaviour Therapy) & Nobel one SBT (Spiritualistic Behaviour Therapy). It is a Prospective randomized controlled comparative study predominantly qualitative type. As preferably tried to initiate FGD (Focus Group Discussion). Validity & Reliability were maintained by head to head counting. Medicaid Analytic Extract database, which included data from January 1, 2016, to March 31, 2016. Participants were enrolled in Medicaid from 3 months before their last exposure through at least 1 month after developing behavioral disorders; Relative risks (RRs) were estimated using generalized linear models with fine stratification

on the propensity score to control for the underlying psychiatric disorders and other potential confounders. Data were analyzed during July'16 Implication of SBT instead DBT & CBT during the last month, drastically effective on the etiologically relevant period for originating self destructive thoughts. Main Outcomes and Measures of Major maladaptive behaviours are identified during the 3<sup>rd</sup> month.

## Results

Of the 300 Abusers that met inclusion criteria (mean (SD) age of man & woman 24.02 (5.77) years). 134 (44'66%) were presented with an atypical form of behavioral disorders with self mutilating behaviour even applying CBT & DBT collectively. On the contrary after applying SBT (Spiritualistic Behaviour Therapy) and only 23 (7'66%) were focused with maladaptive behavioral disorders without any self destructive thoughts.

## Conclusion and Relevance

Evidence from this small study suggests that use of CBT & DBT on Chronic Substance abusers generally does not meaningfully decline the risk for Deliberate Self Harm/Para suicide as well as maladaptive behaviours but strictly application of SBT or Spiritualistic Behaviour Therapy significantly reduced the maladaptive behaviours and particularly Deliberate Self Harm.

## Limitation

It should be noted here the small increase in the risk for maladaptive behaviours observed with Atheists after applying the SBT. "Spiritualistic Behavior Therapy (SBT) is based upon individuals entire believe, values and rituals of respective religion, it's an 'outside in' treatment that focuses on helping people of 'Substance Abusers with DSH (Deliberate Self Harm)' to change the way they act. The CBT helps people make the link between their behaviour and their mood. SBT help people to

seek out and experience more positive situations in their lives on the basis of his religious values. The SBT also helps people to deal with difficult situations and cooperates those finding alternatives to unhelpful habitual behaviours.

CBT is an 'inside out' procedure where therapists focus on the way a person thinks. Therapists help people to identify and challenge their thoughts and beliefs about themselves, the world, and their future. CBT helps people to identify and modify negative thoughts and the beliefs that give rise to them. SBT irrespectively helpful for both the rich and poor, both the illiterate and intellectuals (Educated) In addition, the newer therapy could also reduce the brutality of domestic violence's among intimate partners.

I confess efficacy of SBT could be determined by conducting a longitudinal prospective study with at least 1000 sample but my one is a short study However, more work still needs to be done to find ways to effectively treat up to the people with Substance Abusers who do not respond to CBT or DBT" Spiritualistic view also differs, it has a gross Transcultural variation. Spirituality is a broad concept with room for many perspectives. In general, it includes a sense of connection to something bigger than us, and it typically involves a search for meaning in life. As such, it is a universal human experience-something that touches us all. People may describe a spiritual experience as sacred or transcendent or simply a deep sense of aliveness and interconnectedness. So SBT is based upon the above mentioned components.



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