

Application of Cognitive Behavior Therapy in Young Adult Pregnant Women with Blood Phobia

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Abstract

The purpose of this study was to investigate application of *Cognitive Behavior Therapy* (CBT) for blood phobia in young adult pregnant women. Blood phobia is an irrational fear that occurs avoidance behavior toward blood, injury, and medical procedure. CBT is a technique that involved psychoeducation, cognitive restructuring of negative thought and dysfunctional belief, and behavior modification. This study used qualitative research method by interview technique and *pre-post test* by assess the severity of anxiety for blood before and after intervention. The participant was a young adult women in the second trimester of pregnancy and met diagnostic criteria for blood phobia. The result showed that nine sessions of CBT successfully reduces anxiety and eliminates fainting response toward blood stimulus.

Keywords : blood phobia, CBT, young adult pregnant women