The Effects of Psychosocial Intervention Program for Anxiety among Rebel Returnees in Mindoro Province

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Abstract

In post-conflict settings, the psychological effects experienced by former combatants remain an important concern in reintegration efforts. This study examined the effects of a psychosocial intervention program on anxiety among 11 rebel returnees in Mindoro Province. A one-group pretest–posttest design was used, with the State-Trait Anxiety Inventory (STAI) administered before and after a six-session intervention conducted over one month. Participants showed moderate levels of state and trait anxiety at baseline. After the intervention, state anxiety slightly increased while trait anxiety slightly decreased; however, these changes were not statistically significant. Paired-samples t-tests showed no significant differences in state anxiety, $t(10) = -1.99$, $p = .075$, Cohen's $dz = 0.60$, or trait anxiety, $t(10) = 1.08$, $p = .305$, Cohen's $dz = 0.33$. The findings suggest that short-term psychosocial interventions may not be enough to produce immediate changes in anxiety among former rebel returnees facing ongoing reintegration challenges. The study highlights the need for continued, trauma-informed, and community-based psychosocial support. Future research should explore longer interventions with larger samples and more intensive interventions to achieve clinically and statistically meaningful mental health outcomes.

Keywords: insurgencies, anxiety, psychosocial program, armed conflict, rebel returnees, reintegration