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## ***A Rational Emotive Behaviour Therapy and Nature and Structure of Posttraumatic Stress Disorder***

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### **Introduction:**

REBT theory appears very well suited to studying posttraumatic stress responses as the theory suggests that such responses should not arise simply as a result of experiencing a traumatic life event, as is suggested in the DSM V (American Psychiatric Association [APA], 2013), but rather that posttraumatic stress disorder will arise as a consequence of evaluating traumatic life events in a dysfunctional manner (Ellis, 2001).

**Research objective:** The main aim of this paper is to introduce project supported by Goce Delcev University, Stip, R. Macedonia, which will be realize during 2018-2019 year. This research clinical study is aimed at exploring the nature and structure of PTSD from the REBT, Rationale Emotive Behavior Perspective, as a new, contemporary psychotherapy in R. Macedonia.

**Sample and psychological instruments:** The research will be conducted in two stages. In the *first stage* (pilot study) the reliability of psychological instruments will be established (Cronbach's alpha coefficient) on a sample from Stip and Skopje, aged 19-65. In the *second stage*, a clinical sample of respondents who met the criteria for PTSD will be provided (by DSM-V classification, PTSD) in Clinical Hospital in Stip and University Clinic of Psychiatry in Skopje. In order to asses main variables (posttraumatic symptomatology [level], irrational beliefs, rational beliefs, trauma-specific irrational beliefs) will use set of psychological instruments subsequently, in relation to the aforementioned variables: *The sheet of paper with personal data; PTSD Diagnostic Scale for DSM-V (PDS-5, Foa et al., 2015); The Attitudes and Belief Scale 2, (ABS-2: DiGiuseppe, Leaf, Exner, & Robin, 1988); The Trauma Related Irrational Belief Scale, Hyland, 2014.*

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**Expected results:** It is expected that the new psychological instruments will show good psychometric characteristic. A model consistent with the predictions of REBT theory will found to be a good fit of the data and explained a large percentage of variance in each symptom class of posttraumatic stress. Applying structural equation modelling, we expected that generalised irrational beliefs could impact upon posttraumatic stress symptoms via trauma specific irrational beliefs. It is expected that with applying sequential moderator multiple regression analysis we will found that rational beliefs could positively moderate the impact of irrational beliefs of posttraumatic stress symptoms. Rational beliefs will found to exert a negative, direct effect on posttraumatic stress symptoms, and to lessen the impact of irrational beliefs on posttraumatic stress responses.

Key words: : REBT; PTSD; irational and rational belifes.