

**EFFICACY OF IMAGERY RESCRIPTING ON PUBLIC SPEAKING ANXIETY
IN COLLEGE STUDENTS**



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requirements for the award of the degree of
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DEDICATION

In the name of **Allah Almighty**, the Most Gracious and the Most Merciful, whose infinite blessings, guidance, and strength have enabled me to reach this milestone. It is only by His will and mercy that I have been able to complete this thesis successfully. This thesis is dedicated to my beloved parents, whose unconditional love, countless sacrifices, and endless prayers have been the foundation of my strength. Throughout every stage of my life, their guidance, encouragement, and unwavering belief in me have inspired me to pursue my goals with determination. Their support has not only shaped my character but has also given me the courage to overcome challenges and remain steadfast in my journey. Without their love and prayers, this achievement would not have been possible, and for that, I remain forever grateful.

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LIST OF ABBREVIATIONS

Abbreviation	Full Form
PSA	Public Speaking Anxiety
PSAS	Public Speaking Anxiety Scale
IR	Imagery Rescripting
SPSS	Statistical Package for the Social Sciences

List of symbols

Symbols	Description
M	Mean / Mediator (Distraction)
SD	Standard Deviation
K	Number of items
α	Reliability
f	Frequency
%	Percentage
Neg	Negative Ranks
Pos	Positive Ranks
Ties	Cases where pre-test and post-test scores were equal
N	Number of participants,
Z	Z-score from the statistical test

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Abstract

Public speaking anxiety (PSA) is the most common type of social anxiety disorders in college students and may negatively affect academic achievements, self-efficacy, and the ability to communicate with peers and Imagery Rescripting is a cognitive behavioral imagery technique designed to help individuals revisit and modify distressing memories or mental images connected to earlier negative experiences of public speaking control. This process aimed to transform maladaptive self imagery into positive and empowering representations, thereby reducing cognitive, behavioral, and physiological symptoms of anxiety. The purpose of the present study was to identify the efficacy of the imagery rescripting method on decreasing PSA, to understand the difference between the genders in anxiety levels, and compare the pre-test and post-test drawing upon experimental and control groups. There were 30 participants of college age (16-20 years) randomly given to an experiment group (n=15) who got imagery rescripting sessions compared to a control group (n = 15) were wait listed. At pre-test and post-test the Public Speaking Anxiety Scale (PSAS) was administered. The outcomes of MannWhitney U tests proved that there was no meaningful difference between groups in pre-test. But in the experimental group, there was a significant decrease in overall PSA and subscales cognitive anxiety, behavioral anxiety, and physiological anxiety at the post-test, when compared with the control group. Reasonable post-test reductions in all anxiety dimensions were confirmed using within group tests Wilcoxon signed rank tests. It is concluded that the imagery rescripting as a prospective practice that is quick and saves time in reducing PSA among young adults.

Key points: Public speaking Anxiety, Imagery Rescripting, Experimental and Control group, Pre and Post test.