INTERNATIONAL CONFERENCE OF CLINICAL PSYCHOLOGY

JOINTLY ORGANIZED BY

PAKISTAN ASSOCIATION OF CLINICAL PSYCHOLOGISTS &
CENTRE FOR CLINICAL PSYCHOLOGY,
UNIVERSITY OF THE PUNJAB, LAHORE

THEME: “CLINICAL PSYCHOLOGY OUTSIDE CLINIC”
2nd-3rd APRIL, 2014

AT THE UNIVERSITY OF THE PUNJAB, LAHORE
### ORGANIZING COMMITTEES

1. **MAIN ORGANIZING COMMITTEE**
   - Prof. Dr. Rukhsana Kausar (Convener)
   - Prof. Dr. Farah Malik (Chair Scientific Committee)
   - Dr. Nashi Khan (Chair Organizing Committee)
   - Dr. Aisaha Sitwat (Chair Refreshments/Food)
   - Dr. Saima Dawood (Chair Invitations/Registration)
   - Ms. Humaira Naz
   - Ms. Asma Yousaf
   - Ms. Tahreem Arshad
   - Ms. Hidna Iqbal
   - Ms. Faiza Safdar
   - Ms. Adeela Khalid
   - Ms. Hira Fatima

2. **INVITATION AND REGISTRATION COMMITTEE**
   - Dr. Saima Dawood
   - Ms. Tehreem Arshad
   - Ms. Hira Fatima

3. **RECEPTION / INAUGURAL COMMITTEE**
   - Dr. Saima Dawood
   - Ms. Tehreem Arshad
   - Dr. Tanvir Nasar
   - Ms. Mishal Tariq
   - Ms. Adeela Khalid

4. **PROGRAM & SCIENTIFIC COMMITTEE**
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   - Ms. Rabia Dasti
   - Ms. Aisaha Sitwat (Chair)
   - Ms. Nazia Bashir
   - Ms. Tahira Mubashar (IAP)

5. **VENUE / SESSIONS / STALL ARRANGEMENTS COMMITTEE**
   - Ms. Humaira Naz
   - Ms. Faiza Safdar
   - Ms. Mishal Tariq

6. **FOOD COMMITTEE**
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   - Ms. Tahira Mubashar (IAP)

7. **MEDIA COMMITTEE**
   - Ms. Aasma Yousaf
   - Ms. Faiza Safdar
   - Ms. Rabia Dasti

8. **PRINTING & PUBLICATION COMMITTEE**
   - Dr. Nashi Khan (Chair)
   - Dr. Saima Dawood
   - Ms. Hira Fatima
   - Ms. Hidna Iqbal

9. **ACCOMMODATION / TRANSPORT COMMITTEE**
   - Ms. Tehreem Arshad
   - Ms. Faiza Safdar
   - Ms. Hira Fatima
**PACP & CCP International Conference: “Clinical Psychology Outside Clinic”**

**Wednesday, 2nd April, 2014**

**Venue:** Under Graduate Block Auditorium, University of the Punjab, Lahore Pakistan

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<td>INAGURAL SESSION: Stage Secretary, Ms. Hidna Iqbal, CCP</td>
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<tr>
<td>09:30 - 09:35</td>
<td>Recitation of Holy Quran</td>
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<td>09:35 - 09:45</td>
<td>Welcome Note by President PACP: Dr. Nashi Khan</td>
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<td>09:45 - 09:55</td>
<td>Address by Director, Centre for Clinical Psychology, University of the Punjab, Lahore. Prof. Dr. Rukhsana Kausar</td>
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<td>09:55 - 10:30</td>
<td>Key Note Address: Cat on a Hot Tin Roof: Role of Clinical Psychology in General Medicine Prof. Dr. Mowadat Hussain Rana, Special Advisor on Mental Health, Govt. of Pakistan. Islamabad</td>
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<tr>
<td>10:30 – 10:40</td>
<td>Address by Guest of Honor: Prof. Dr. Mujahid Kamran, Voice Chancellor, University of the Punjab, Lahore</td>
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<td>10:40 – 10:50</td>
<td>Address by Chief Guest, Minister of Education, Youth &amp; Sports: Mr. Rana Mashood Khan</td>
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<td>10:50 – 11:00</td>
<td>Vote of Thanks, General Secretary, PACP, Dr. Saima Dawood</td>
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<td>11:00 - 11:30</td>
<td>TEA BREAK</td>
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<td>11:30- 12:00</td>
<td>State of Art Lecture: Overview of NLP and Hypnosis in Mainstream Psychology Dr. Oskaq Mehmedi, Hypnotherapist, London, UK Chair: Dr. Aisha Sitwat Moderator: Ms. Uzma Ashiq</td>
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<tr>
<td>12:00 – 12:30</td>
<td>State of Art Lecture: From Symbiosis to Individuation: Where is the Future of Clinical Psychology? Dr. Salma Siddiqui, Head, Department of Behavioral Sciences, NUST, Islamabad Chair: Ms. Shazia Nilofur Moderator: Mr. Abdul Shakoor</td>
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<td>12:30 – 01:30</td>
<td>Scientific Session- I Chairs: Prof. Dr. Farah Malik; Dr. Tanvir Khalid Moderator: Dr. Fatima Kamran Venue: Al-Razi Hall</td>
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<td>Scientific Session- II Chairs: Dr. Shazia Hasan ; Dr. Shahida Tanvir Moderator: Ms. Saima Majeed Venue: Committee Room</td>
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<td>Assessment of Callous Unemotional Traits in Children with Disruptive</td>
<td>Mamoona I. Loona &amp; Anila Kamal, PhD</td>
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<td>Behaviour Disorders</td>
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<td>Development of an Indigenous Cognitive Distortion Scale: A Cultural</td>
<td>Nazia Ishfaq, Lahore &amp; *Farah Malik, PhD</td>
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<td>Perspective</td>
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<td>Aggression as Risk Factor for Development of Delinquency and Drug</td>
<td>Sajida Yasmeen &amp; Salman Shehzad, PhD</td>
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<td>Abuse in Adolescents</td>
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<td>Self-Criticism and Fear of Negative Evaluation among Obese and Non</td>
<td>Shamyle R. Khan &amp; Irum Naqvi</td>
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<td>Obese University Students</td>
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<td>An Analytical Study about the Confusing Letters of English Alphabets</td>
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<td>at Nursery level</td>
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<td>Interpersonal Values and Problems in the Patients with Conversion</td>
<td>Zoha Tashfeen &amp; Omama Tariq</td>
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<td>Disorder</td>
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<td>Attitudes, and Barriers towards Seeking Professional Help for Mental</td>
<td>Umaiza Bashir &amp; Mahwesh A. Naz</td>
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<td>Health Issues in Pakistan: A Cultural Perspective</td>
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<td>Effect of Computer Use on Physical, Social, Emotional, and</td>
<td>Fizza H. Zaidi &amp; Humaira Jami, PhD</td>
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<td>Psychological Functioning of Adolescents</td>
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<td>Personality Traits and Distress Tolerance among</td>
<td>Arj Qureshi &amp; Aisha Zubair</td>
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<td>Hypertensive Patients and Non Hypertensive Individuals</td>
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<td>Psychopathology, Clinical Symptoms, and their Demographic Correlates</td>
<td>Aasma Yousaf, Sara Asad &amp; Aisha Sitwat, PhD</td>
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<td>in Female Adolescents Flood Affectees of District Muzaffargarh</td>
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<tr>
<td>Psychopathological Characteristics and Cognitive Functioning of</td>
<td>Rabia Khawar, *Farah Malik, PhD, Noreen Aslam, &amp; Rabia Maryam</td>
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<tr>
<td>Bipolar Disorders</td>
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7 Modification, Revision and Norm Development of Child Abuse Scale
*Farah Malik, PhD & Saima Saeed
*Institute of Applied Psychology, University of the Punjab, Lahore
GC University, Faisalabad
Email: saimasaeed@gcuf.edu.pk

7 Prevalence of Autism and Respective Knowledge of Teachers in Special Education Schools of Islamabad
Esha Tanzeem & Humaira Jami, PhD
National Institute of Psychology, Quaid-i-Azam University, Islamabad
Email: esha_tanzeems@hotmail.com

8 School Based Interventions for Preschool Behavioral Problems: Impact of PATHS Program
Ayesha Inam & Naeem Tariq, PhD
National Institute of Psychology, Quaid-i-Azam University, Islamabad
Email: inam.ayesha80@gmail.com

8 Perceived Stigma and Treatment Compliance in Patients Diagnosed with Schizophrenia
Sumera Siddique & Tahira Mubashir
Institute of Applied Psychology University of the Punjab, Lahore, Pakistan.
Email: sumerasiddique2008@gmail.com

10:30 - 05:00 SCIENTIFIC SESSION: POSTER PRESENTATIONS
Venue: Under Graduate Block Corridors, University of the Punjab, Lahore Pakistan

1 Role of Gender and Narcissism in Life Partner Selection among University Students
Fozia Hussain & Shaista Waqar
National Institute of Psychology, Quaid-i-Azam University, Islamabad
Email: shaistawaqar@nip.edu.pk

2 Alexithymia and Psychosomatic Complaints in patients with Anxiety and Depression
Hafiza H. Mahmood & Humaira Naz,
Centre for Clinical Psychology, University of the Punjab, Lahore
Email: sunshine32187@gmail.com

3 Development of a Family Counseling Program for the Caregivers of Patients Suffering from Schizophrenia
Faiza Amjad & Rabia Dasti
Centre for Clinical Psychology, University of the Punjab. Lahore
Email: faiza.amjad122@gmail.com

4 Hypoactive Sexual Desire Disorder, Sexual Distress and Quality Of Life among Surgical Post-Menopausal Women and Natural Post-Menopausal Women
Sara Latif & Aasma Yousaf
Centre for Clinical Psychology, University of the Punjab, Lahore
Email: imaginative_sara@yahoo.com

5 Perceived Expressed Emotions with Dysfunctional Attitudes and Self Esteem in Patients with Depressive Illness
Sehresh Manzoor & *Tanveer Nasr, PhD
Centre for Clinical Psychology, University of the Punjab, Lahore
*Mayo Hospital, Lahore
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<td>Developing Unconditional Positive Regard: A Clinical Psychologist’s Perspective</td>
<td>Shafaq Saeed, Aiman Javed, &amp; *Iram Z. Bokharey, PhD</td>
<td>Centre for Clinical Psychology, University of the Punjab, Lahore *Punjab Institute of Mental Health, Lahore</td>
<td><a href="mailto:aiman.javed@yahoo.com">aiman.javed@yahoo.com</a></td>
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<td>7</td>
<td>Managing Meltdowns in Children with Autistic Disorder: Mothers Perspective</td>
<td>Sara Asad, Samara Liaqat, &amp; *Iram Z. Bokharey, PhD</td>
<td>Centre for Clinical Psychology, University of the Punjab, Lahore *Punjab Institute of Mental Health, Lahore</td>
<td><a href="mailto:bismillah_7862@yahoo.com">bismillah_7862@yahoo.com</a></td>
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<td>8</td>
<td>Intolerance of Uncertainty and Pathological Worry as Cognitive Predictors of Symptoms of Anxiety and Depression in University Student</td>
<td>Wadiat Batool &amp; Aisha Sitwat, PhD</td>
<td>Centre for Clinical Psychology, University of the Punjab, Lahore</td>
<td><a href="mailto:Wadiyat.19@gmail.com">Wadiyat.19@gmail.com</a></td>
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<td>9</td>
<td>Anger Rumination and its' Effects: A Systematic Review</td>
<td>*Saima Majeed &amp; Naumana Amjad, PhD *Punjab Institute of Mental Health, Lahore Institute of Applied Psychology, University of the Punjab, Lahore</td>
<td>Email: <a href="mailto:saimamajeed57@yahoo.com">saimamajeed57@yahoo.com</a></td>
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<td>10</td>
<td>Temperament and School Readiness in Kindergarten Students</td>
<td>Zainab Raza &amp; Omama Tariq</td>
<td>Institute of Applied Psychology, University of the Punjab, Lahore</td>
<td>Email: <a href="mailto:omama-tariq22@hotmail.com">omama-tariq22@hotmail.com</a></td>
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<td>11</td>
<td>Psychological Counseling and Human Nature</td>
<td>Naeem Aslam</td>
<td>National Institute of Psychology, Quaid-i-Azam University, Islamabad</td>
<td><a href="mailto:naeem.aslam@nip.edu.pk">naeem.aslam@nip.edu.pk</a></td>
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<td>12</td>
<td>Academic Self-Concept and Academic Emotions</td>
<td>Sumaira Khalil &amp; Tehreem Arshad</td>
<td>Centre for Clinical Psychology, University of the Punjab, Lahore</td>
<td><a href="mailto:sumairakhalil@vmail.com">sumairakhalil@vmail.com</a></td>
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<td>13</td>
<td>Spiritual Intelligence, Work-Family Conflict and Psychological Distress among University Teachers</td>
<td>Namrah Illyas &amp; Tehreem Arshad</td>
<td>Centre for Clinical Psychology, University of the Punjab, Pakistan</td>
<td><a href="mailto:namrah.sindhu@hotmail.com">namrah.sindhu@hotmail.com</a></td>
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<td>14</td>
<td>Emotional Intelligence, Personality Traits, Stress Coping Styles and Mental Disorders among Adults</td>
<td>Faiza Safdar &amp; Saima Dawood, PhD</td>
<td>Centre for Clinical Psychology, University of the Punjab, Pakistan</td>
<td>Email: <a href="mailto:naeem.aslam@nip.edu.pk">naeem.aslam@nip.edu.pk</a></td>
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</tbody>
</table>
### Symptom Severity, Cognitive Appraisal and Quality of Life of Patients with Obsessive Compulsive Disorder

Anam Ijaz, Humaira Naz, & Rukhsana Kausar, PhD  
Centre for Clinical Psychology, University of the Punjab, Lahore  
Email: aanamijaz@gmail.com

### Psychosocial Functioning of Adolescents Living with Divorced Mothers VS. Those Living with Intact Families

Nida Zafar & Rukhsana Kausar  
Institute of Applied Psychology, University of the Punjab, Lahore  
Email: nida.zafar28@gmail.com

### Psychosocial Predictors of Quality of Life in Renal Transplant Recipients

Fatima Kamran, PhD & Sarah Hampson, PhD  
Institute of Applied Psychology, University of the Punjab,  
*University of Surrey, UK)  
Email: fatimakamran24@yahoo.com

### State of Art Lecture: De-Colonized Mind in the Era of Hyper-Colonialism

Dr. Akhter Ali Syed, Principal Clinical Psychologist, Ireland  
Chair: Dr. Bilal Aslam Sufi  
Moderator: Ms. Omama Tariq

### Panel Discussion: Clinical Psychology Outside Clinic: Need of the Day

Chairs: Prof. Dr. Jahanzeb Khan  
Moderator: Mr. Sajjad Ahmed

### TEA

Prof. Dr. Rukhsana Kausar  
Dr. Nashi Khan  
Dr. Saima Dawood

Director, CCP  
President, PACP  
Gen. Sec. PACP

Email: president.pacp@gmail.com; Phone: 99231145; Cell: Ms. Aasma Yousaf: 0331 4057448; Ms. Rabia Dasti: 0300 4786798

Sponsors & Partners: Genetics Pharmaceutical, Highnoon Laboratories, Route2 Health Shop, Mind, UK, IIA, Ireland. Brothers of Charity, Ireland Republic
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<td><strong>Scientific Session- III</strong></td>
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<td>Chairs: Dr. Sara Shahid; Ms. Mariam Munir</td>
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<td>Moderator: Ms. Wajeeha Zahra</td>
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<td>Venue: Centre for Clinical Psychology, New Building (near Sh. Zayed Isalamic Centre), University of the Punjab, Lahore, Pakistan</td>
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<tr>
<td>1</td>
<td><strong>Life Events and Coping Strategies in Patients with Anxiety and Depression</strong></td>
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<td>Anum Yaqoob &amp; Humaira Naz</td>
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<td>Centre for Clinical Psychology, Punjab University, Lahore</td>
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<td>2</td>
<td><strong>Rejection Sensitivity, Self-Esteem and Depression in Acid Burn Victims</strong></td>
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<td>Maida Arshad &amp; *Farah Malik PhD</td>
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<td>*Institute of Applied Psychology, University of the Punjab, Lahore</td>
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<td>3</td>
<td><strong>Caregiver Burden, Spirituality and Psychological Wellbeing of Parents having Children with Thalassemia</strong></td>
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<td>Jawaria Anum &amp; Rabia Dasti</td>
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<td>Centre for Clinical Psychology, University of the Punjab, Lahore</td>
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<td>4</td>
<td><strong>Alexithymia and Marital Satisfaction in Married Men</strong></td>
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<td>Wajiha Saleem &amp; Shahnala Tariq</td>
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<td>Institute of Applied Psychology, University of the Punjab Lahore</td>
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<td>5</td>
<td><strong>Self-Esteem, Self-Compassion, Narcissism, Depression and Anxiety in University Students</strong></td>
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<td>Rizwana Manzoor &amp; Aisha Sitwat, PhD</td>
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<td>Centre for Clinical Psychology, Punjab University, Lahore</td>
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<td>6</td>
<td><strong>Behavioral Problems in Autistic Children as Predictor of Maternal Depression and Stress</strong></td>
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<td>Shazia RahmDin &amp; *Farah Malik, PhD</td>
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<td>Child Protection and Welfare Bureau, Lahore, Pakistan</td>
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<td>*Institute of Applied Psychology, University of the Punjab, Lahore</td>
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<td>7</td>
<td>Patterns of Spirituality in Anxious and Non-Anxious Groups</td>
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<td>Quality of Life and Death Anxiety in Cancer Patients and Non Cancer Patients</td>
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<td>9</td>
<td>Health Seeking Behaviors of Pakistani Women reporting Vaginal Discharge</td>
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<td>11:00 - 11:30</td>
<td><strong>TEA BREAK</strong></td>
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<td>11:30 - 1:00</td>
<td><strong>Scientific Session- IV</strong></td>
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<td>Perceived Stigmatization and Self-Concept among Transgenders</td>
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<td>Family Accommodation, Functional Impairment and Burden in the Significant Relative of Obsessive Compulsive Patients</td>
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<td>Burden of Care in Mothers of Intellectually Disabled Children</td>
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<td>Patience and Psychological Well-being</td>
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<td>5</td>
<td>Sexual Distress and Coping Strategies Among Widows and Divorced Women</td>
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6  
**Internet Addiction, Extroversion and Introversion in University Students**
Arj Ramzan, *Farah Malik PhD, & Madiha Naz,
GC University, Lahore
*Institute of Applied Psychology, University of the Punjab, Lahore
Email: arj.ramzan@live.com

7  
**Childhood Abuse and Psychological Wellbeing among Participants of Borderline Personality Disorder**
Rabia Farooq & Faiza Safdar
Centre for Clinical Psychology, University of the Punjab, Lahore
Email: rabiafarooq51@yahoo.com

8  
**Self Harm in Women Prisoners**
Hina Javed & Nashi Khan, PhD
Centre for Clinical Psychology, University of the Punjab, Lahore
Email: hmairana@hotmail.com

9  
**Demographic Characteristics, Drug Use and Depression in Young Drug Users**
Saira Batool & Rukhsana Kausar, PhD
Institute of Applied Psychology, University of the Punjab, Lahore
Email: sairakhalid09@gmail.com

1:00 - 01:30  
**CONCLUDING SESSION** : Stage Secretary: Ms. Rabia Dasti, Joint Secretary, PACP

12:30 - 01:15  
Certificate Distribution by the Special Guest: **Prof. Dr. Rafia Hasan**, Founder Director, CCP.

01:15 - 01:25  
Words of Appreciation : **Ms. Aasma Yousaf**, Finance Secretary, PACP

01:30  
**LUNCH**
Day 1: Wednesday, April 2, 2014

Keynote Address: Inaugural Session

Cat on a Hot Tin Roof*: Role of a Clinical Psychologist in General Medicine

Mowadat H. Rana (Sitara-e-Imtiaz)
Special Advisor on Mental Health, Govt. of Pakistan. Islamabad
University of Health Sciences, Lahore
Email: mhrana786@gmail.com

In line with the theme of the conference ‘Clinical Psychology Outside Clinic’ the lecture will identify the potential influence that clinical psychology have in general medicine clinics beyond mental health that it has confined itself to so far. The role of clinical psychologists as essential team members in clinical medicine will be highlighted in light of current evidence on the subject. Drawing a symbolic parallel from Tennessee William’s famous play with the same title, the speaker will highlight the deficiencies and challenges that the ‘Big Daddy’ of medicine currently faces, and the solution that clinical psychology can offer as ‘Maggie, the cat’ to meet those challenges.

State of the Art Lecture 1

Overview of Hypnosis and NLP: The Modern Day Psychology

Oskan Mehmedagi
Hypnotherapist, London, UK
Email: info@mindfielduk.com

The human nervous system is an exquisite device for reproducing behaviour. NLP has been described as software manual for the brain. Using the techniques and methods of NLP and Hypnosis allows us to make changes at the unconscious level towards a desired outcome improving the way we think, feel and behave.
State of the Art Lecture 2

From Symbiosis to Individuation: Where is the Future of Clinical Psychology Today?

Salma Siddiqui, PhD
Chairperson, Department of Behavioral Sciences
National University of Sciences & Technology, Islamabad
Email: salmasidd@hotmail.com

Clinical psychology as a field emerged in the 80's in Pakistan and since then it has become the very visible face of Psychology. Alluding to Mahler's concept of psychological growth, the presentation would review the progress made by the discipline of Clinical Psychology in attaining competence based autonomy both in academics and service. This reflection intends to provide much needed feedback to assess the present status and future direction to emerge as mature discipline among other Mental Health Systems.

State of the Art Lecture 3

De-Colonisation of Mind in the Era of Hyper-Colonialism

Akhtar A. Syed
Principal Clinical Psychologist,
Brothers of Charity Services, Waterford, Ireland Republic
Email: akhtaralisyed@gmail.com

Colonialism is an experience that people from different regions have passed through differently, with varying psychological aftermaths. The colonial experience has culminated into multiple and multi-layered psychological effects. Psychoanalysis has been dominating the psychological discourse to ascertain the nature and dynamics of colonized-colonizer relationship. Despite its known limitations and flaws, no other school has replaced it. It has been argued that the post-colonial is the total sum of colonized-colonizer relationship in the era of decolonization, a relationship that is neither unilaterally determined, nor static, and not only pathological but pathogenic, as well. Since its onset, the pathological relationship has been evolving its shapes, in that both colonized and colonizers are subjugated by an insalubrious obsession with each other. Colonial rule embarked on the Indian subcontinent in somewhat a different manner and left a different psychological legacy of suffering. Muslims, around the world, have suffered from colonialism and its corollaries differently than people of other religions. At one stage, an estimated 90 percent of Muslims around the globe had directly experienced it. It is argued that this difference has been translated into a different version of the post-colonial, in the era of globalization, cyber technology and modern warfare. This colonized-colonizer conflict ridden relationship has taken different forms by the people of different regions. Pakistan is the meeting point of all the crossroads of this melancholic relationship.
ABSTRACTS ORAL PRESENTATIONS

Assessment of Callous Unemotional Traits in children with Disruptive Behaviour Disorders

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In the present research, assessment of Callous Unemotional Traits was done on children with childhood behaviour disorders through Inventory of Callous Unemotional Traits (ICU-P) (Urdu Version; Loona & Kamal, 2013). Moreover, gender wise and grade wise differences on Callous Unemotional Traits were explored in children with childhood behaviour disorders. Disruptive Behaviour Disorder Rating Scale (DBD Urdu Version; Loona & Kamal, 2011) was used to assess behavioural disorders. Sample comprised of 245 academically low performing children including 75 girls (mean age = 9.32; SD = 1.25) and 170 boys (mean age = 9.84; SD = 1.65) falling in the age range of 7 to 13 years of age (mean age = 9.68; SD = 1.56) from 3rd to 5th grades. ICU-P (Urdu Version; Loona & Kamal, 2013) was presented to 245 mothers of the respective children who were selected through School administration. Findings indicated significant group differences on Callous, and Unemotional subscale. However, on unemotional subscale there were non-significant group differences.

Keyword: Callous unemotional traits, children, disruptive behaviour disorders, gender, grade

Aggression as Risk Factor for Development of Delinquency and Drug Abuse in Adolescents

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The explored the role of aggression (i.e., physical aggression, verbal aggression, anger and hostility) in the development of delinquency and drug abuse in adolescents. It was hypothesized; Delinquent adolescents would score high on Physical Aggression, Anger, and Aggression as compared to their non-delinquents counterparts. Total sample comprised of 200 adolescents; 100 were juvenile delinquents and 100 non-delinquents of age from 12 to 18 years (mean age =15) belonging to low socioeconomic status. The delinquents were selected from Central Jail of Karachi and non- delinquents from various public sector schools of Karachi. The measures were Personal Information Form and Aggression Questionnaire (AQ; Bryant & Smith, 2001). Independent sample t-test was used to determine the differences of aggression (physical aggression, verbal aggression, anger and hostility) between juvenile delinquents and non-delinquent (control) group as well as to determine difference of aggression between drug-users and non-users. The results showed significant differences on variable of aggression between delinquent and non-delinquent adolescents. Delinquents were found to exhibit high level of aggression as depicted by their mean scores on aggression questionnaire. When subtypes of aggression were analysed delinquents were found to score high on physical aggression, verbal
aggression and hostility. However, no significant difference was found between delinquents and non-delinquents on anger subtype. Similarly, results suggest that those who use drugs have a higher level of aggression than those who do not use drugs. Prospects for future research have also been recommended on the basis of limitations drawn from study.

**Keyword:** Aggression, delinquents, drug abuse, adolescents, non-delinquents

**Self-Criticism and Fear of Negative Evaluation among Obese and Non-Obese University Students**

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The present research examined the difference in Self-Criticism and Fear of Negative Evaluation among obese and non-obese university students. A purposive sample of obese (n=109) and non-obese (n=141) was taken with age ranging from 18 to 25 years (M=22, SD=1.63). The instrument of Levels of Self-Criticism (LOSC) Scale (Thompson & Zuroff, 2004) and of Brief Fear of Negative Evaluation – Straightforward (BFNE-S) Scale (Carleton, McCreary, Norton, & Asmundson, 2006) was used. The results of the research confirmed a positive association between the levels of Self-Criticism and Fear of Negative Evaluation in both obese and non-obese university students. Each level of Self-Criticism significantly predicted the existence of Fear of Negative Evaluation in both groups. Obese students had a higher level of Internalized Self-Criticism as compared to the non-obese students. Girls were reported to have higher Internalized Self-Criticism as compared to boys in both groups. Neither levels of self-criticism nor the fear of negative evaluation was found to differ across the levels of education for both the groups. Moreover, hostel residing obese students had a higher Internalized Self-Criticism as compared to their day scholar obese counter parts. The findings of the present study have sound implications in the fields of medical health profession and education psychology and might help in intervention planning to reduce weight-based stigmatization in the Pakistani cultural context.

**Keywords:** Self-criticism, negative evaluation, obese, level of self-criticism

**Interpersonal Values and Interpersonal Problems in the Patients with Conversion Disorder**

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The current study investigated the interpersonal problems and interpersonal values in the patients with conversion disorder. It also studied the interpersonal expectations and interpersonal values association with conversion psychopathology. Patients diagnosed with conversion disorder would experience more expectations and interpersonal problems as compared to patients diagnosed with general medical conditions. Between group research design and probability sampling technique was used. Fifty patients with conversion disorder and fifty patients with minor general medical conditions were recruited from different government hospitals of Lahore.
The results revealed that patients with conversion disorder experienced more interpersonal values as compared to the patients with general medical condition. Conversion patients were more agentic, separate, submissive and communal as compared to patients of the general medical conditions. It was also indicated that the patients with conversion disorder were more non-assertive, overly accommodating, self-sacrificing and domineering. Interpersonal values such as unagentic and communal had strong relations with almost all interpersonal problems in the present research. It was also seen that Agentic and communal had the strong relation with all subscales of interpersonal problems.

**Keywords:** Interpersonal values, interpersonal problems, conversion disorder

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**Effect of Computer Use on Physical, Social, Emotional, and Psychological Adjustment of Adolescents**

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This research aimed to explore the effect of computer use on physical, social, emotional, and psychological functioning of adolescents. A sample of 292 adolescents (120 male and 172 female participants) with age range of 12-18 years was selected. The questionnaire that were used were Demographic Sheet for parents and students, Urdu translated Social Adjustment Scale-Self-Report (Mushtaq, 2005; Shaheen, 2006), Emotional Regulation Scale modified (2013), and General Health Questionnaire (Sanam, 2001). Results revealed that extensive computer use significantly correlated with maladjustment at school, social and leisure activities, and spending less time with family. Moreover, excessive computer use also associated positively with lower emotional regulation and more somatic complaints, anxiety / insomnia, social dysfunction, and depression. With regard to nature of computer use, adolescents who used computer for entertainment (videos) exhibited problems in emotional regulation as assumed. Using computer for socialization purpose was associated with increased conflicts with parents. The effect of demographic variables revealed that adolescents using computer in their bedroom were more depressed as compared to those who used it in the living room. The results could help the parents and school administration in making clear cut policies regarding the duration and purpose of computer use.

**Keywords:** Computer use, adolescents, functioning, psychological adjustment
Psychopathology, Clinical Symptoms, and their Demographic Correlates in Female Adolescents Flood Affectees of District Muzaffargarh

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The aim of the present study was to estimate the prevalence of psychopathology, clinical symptoms, and their demographic correlates among female adolescent flood affectees of district Muzaffargarh, Pakistan. The retrospective ex post facto research design was used. A total sample of 205 female adolescents flood victims was recruited through purposive sampling, falling in the age range of 13-19 years ($M=15.78$ years; $SD=2.12$). First, Screening Questionnaire for Psychiatric Disorders was administered to screen out flood affected female adolescents with any psychopathology and then Diagnostic Interview based on DSM IV TR was conducted to confirm the diagnosis. Demographic information was also obtained regarding nature of personal and financial damage to participants due to flood. Results showed that Posttraumatic Stress Disorder (PTSD) was the common diagnosed disorder (2%) followed by Generalized Anxiety Disorder (1%) and Major Depressive Disorder (1%). Clinical symptoms of PTSD and Generalized Anxiety Disorder were reported most by the screened out participants whereas participants who witnessed their house being damaged during flood, stayed in personal tents, and received late arrival of any kind of aid reported more psychopathological symptoms. Results have implications for need of improved mental health services for this population.

Keywords: Adolescents, psychopathology, clinical symptoms, post traumatic stress disorder

Modification, Revision and Norm Development of Child Abuse Scale

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The study was carried out to revise, standardize and develop norms for the Child Abuse Scale (Malik & Shah, 2007) for Pakistani population. Based on the researchers’ experience using the scale on different samples and the available new literature, one item for the emotional abuse category and 16 items related to child sexual abuse were included in the scale with the intention of retaining the category of sexual abuse that could not be retained in the original scale. Sample of the study included 700 children of 8-12 years ($M=10.31$, $SD=1.14$), both boys ($n=356$) and girls ($n=344$) drawn from five major cities in Punjab. Sample included clinical (NGOs, $n=100$) and non-clinical (schools, $n=600$) groups. Confirmatory factor analysis revealed three factors structure for CAS-R comprising 38 items, with factor loadings $\geq 3.50$ which were labelled as Physical and Emotional Abuse, Physical and Emotional Neglect and Sexual Abuse. Child Abuse Scale-Revised was divided into Mother and Father Forms; both showed significantly high reliability on overall as well as three subscales. Item analysis for the scale was also computed; three subscales showed highly significant inter-correlations with each other and total scale scores. Percentile analysis was carried out to determine cut off scores for the mild, moderate and
severe level of abuse for the total sample and clinical and non-clinical sample separately. Cut off scores for the clinical sample was higher than the general population. Age and gender norms were computed for CAS-R.

**Keywords:** CAS-R, child abuse, physical and emotional abuse, physical and emotional neglect, sexual abuse

**School Based Interventions for Preschool Behavioral Problems: Impact of PATHS Program**

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The study presents the finding of effectiveness trial of PATHS (Promoting Alternative Thinking Strategies) curriculum developed by Domitrovich, Greenberg, Cortes, & Kusche, 2005 to reduce behavioral problems in preschool children. The curriculum was culturally adapted for use in Pakistani schools. A quasi-experimental non equivalent control group design was used. One hundred and one school children of two school systems of the private sector from Islamabad and Rawalpindi were selected. The sample was further divided in group; intervention and control. Pretesting was done for both intervention and control groups using preschool version of Child Behavior Checklist (Achenbach, & Rescorla, 2000). Preschool teachers were trained for implementation of PATHS curriculum. Intervention group was taught PATHS curriculum in preschool while control group didn’t receive any intervention. Findings revealed that children in intervention group exhibited lesser behavioral problems at post assessment compared to control group. However, no significant difference was observed for internalizing problems. Gender differences were seen to have a significant impact on intervention reflecting that behavioral problems in boys decreased significantly then girls at post assessment. Implications of the study have been viewed in the light of usefulness of evidence based prevention programs for mental health of preschool children in developing countries like Pakistan.

**Keywords:** School based intervention, preschool behavioural problems, Pakistan

**Development of an Indigenous Cognitive Distortion Scale: A Cultural Perspective**

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An indigenous Cognitive Distortion Scale (CDS) was developed for adults with major depressive disorder (MDD) following Beck’s cognitive distortions model. In Phase-I of the study, a pool of 122 items was generated. Total 78 items were finalized on the basis of expert ratings, which were tried out on 10 patients with MDD. In Phase-II, Dysfunctional Attitude Scale (DAS, Weissman & Beck, 1978) was translated into Urdu with permission to determine concurrent validity of the indigenously developed scale. In Phase-III, both scales were administered on 60 patients diagnosed with MDD and 60 with Anxiety Disorders (AD). The CDS showed high internal
consistency ($\alpha = 0.90$) total as well as across groups ($\alpha = .88$ for MDD; .85 for AD). Item analysis showed significant results for all 78 items. Three subscales of Self View, World View and Future View ranged from .60-.82 with significant correlation among themselves. The CDS showed significant concurrent validity with DAS ($r = .50$, $p<.01$) and test-retest reliability of 0.83. The t-test showed significant differences between Cognitive Distortion Scale scores for both groups. The percentiles and cut off scores for Major Depressive Disorder (MDD) were determined for MDD group. Results were discussed in the cross-cultural context.

**Keywords:** Cognitive distortion, major depressive disorder, CDS, self-view, world view, future view

### Psychological problems of Children of Broken and Intact Families in Gilgit

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Psychological effects on children of broken family are an important topic in literature of the family dynamics. This research was conducted to compare the psychological problems of children from broken families with children from intact families. A total of 54 children, 27 from broken family backgrounds and 27 with intact family backgrounds participated in this study. Depression, anxiety, and stress scale was used to measure children’s psychological problems. According to findings children with broken family background have higher level of stress as compared to children with intact family background. There were no differences in depression and anxiety in children of intact and broken family background. Additionally, analysis was also performed to check any possible gender differences in psychological problems but results were not significant. The results of the present study revealed that children with broken family background experienced higher level of stress as compared to children with intact family background regardless of their gender.

**Keywords:** Broken families, intact families, psychological problems, Gilgit-Baltistan

### An Analytical Study about the Confusing Letters of English Alphabet at Nursery Level

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The purpose of the study was to identify letters at which students of Nursery class have confusion in one way or the other and provide a base to bring about subtle changes in the font style to minimize the confusion. Twenty teachers of private schools of Miana Pura, Sialkot were selected as sample through random sampling. The questionnaire comprised of twenty questions – 19 were close ended and teachers had to respond on a 5 points Likert scale ranging from “No” (1
score) to “Often” (5 score) about how much confusion students experience. Last question was an open ended question asking, “Are there some other letters that create confusion?” The findings of the study revealed that b-d cause maximum confusion in the minds of the students at Nursery level. Pair of q-p was at the second number, w-v at the third number, u-v at the fourth and n-m was at the next position in the descending order in causing confusion in the minds. All these pairs got a score more than 50. Findings of the study also reflect that experienced teachers know more about confusion and less experienced know less. Recommendations include bringing changes in the font style of letters b-d, q-p, w-v, u-v, n-m so that they should look distinct and cause minimum confusion.

**Keyword:** English alphabets, nursery level, analytical study, confusion

**Attitudes and Barriers towards Seeking Professional Help for Mental Health Issues in Pakistan: A Cultural Perspective**

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The present study aimed to explore the attitudes of people towards seeking professional help for mental health issues and to find out the barriers that they face. The sample of 360 participants was collected through stratified random sampling. The Attitude towards Seeking Professional Psychological Help Scale (Turner & Fisher, 1970), The Barriers to Assess Care Evaluation (Clement, Brohan, Jeffery, Henderson, Hatch & Thornicroft, 2012) and Mental Health Inventory (Veit & Ware, 1998) were used to assess attitudes, barriers and mental health among general population. Descriptive and inferential statistics were used to analyze the data. The results indicated that women had more positive attitudes about seeking professional help as compared to men. Moreover young adults revealed more stigma related barriers than middle and late adulthood. Stigma related barriers in consulting a professional for their mental health issues were greater in number among men and young adults. It was also found out that non-stigma related barriers significantly predicts psychological distress among general population. Further, mental health of women was revealed to be poor than men.

**Keywords:** Attitudes, seeking psychological help, barriers, mental health

**Personality Traits and Distress Tolerance among Hypertensive Patients and Non Hypertensive Individuals**

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This study was designed to determine the relationship between personality traits (Neuroticism, Extraversion, Openness, Agreeableness, and Conscientiousness) and distress tolerance among hypertensive and non-hypertensive individuals. It was also aimed to investigate the role of various demographics affecting distress tolerance among hypertensive patients and non-
hypertensive individuals. Hypertensive patients \( (n = 100) \) were taken from hospitals while non-hypertensive individuals \( (n = 100) \) from normal population. Inclusion criteria for hypertensive patients included patients who were already diagnosed with hypertension and who were visiting outpatient department for the last one year. To measure the personality traits, short form of NEO-FFI (Costa & McCrea, 1992) was used. The reliability of NEO-FFI ranged from .70 to .82. To measure distress tolerance, Distress Tolerance Scale (Gaher & Simon, 2005) was used. Reliability of Distress Tolerance Scale in this current study was found to be .71. Results showed that distress tolerance was negatively correlated to neuroticism and positively correlated to extraversion, openness, agreeableness and conscientiousness. Neuroticism was found as significant predictor of distress tolerance. No significant difference was found in distinct age groups whereas gender and employment status indicated significant differences in relation to personality traits and distress tolerance. Comparative analysis between hypertensive and non-hypertensive groups also showed significant difference.

**Keywords:** Personality traits, distress tolerance, hypertensive patients, non-hypertensive

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**Perceived Stigma and Treatment Compliance in Patients diagnosed with Schizophrenia**

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The present research was conducted to investigate the relationship between perceived stigma and treatment compliance in patients with schizophrenia. It was hypothesized that perceived stigma would likely predict treatment compliance in patients diagnosed with schizophrenia. Furthermore, men would perceive more stigma associated with schizophrenia as compared to women; men would report lesser treatment compliance as compared to women. A sample of 100 patients diagnosed with schizophrenia (50 men, 50 women) was taken from Fountain House, Lahore, Pakistan. Stigma scale by King (2007) and drug attitude inventory by Hogan, Awad, and Eastwood (1983) were used for assessment. Binary logistic regression analysis and independent samples t-test were used for analyses. Results divulged perceived stigma as a significant predictor of treatment compliance. Results confirmed that men perceived greater stigma than women. Results further showed that men are less compliant with treatment as compared to women. Findings of the present research demand clinicians to guide their patients to fight against the stigma problem and develop adherence to medication. Furthermore, the research findings can also help to spread awareness at societal level regarding not to stigmatized patients diagnosed with schizophrenia and to improve compliance to their treatment. Further implications along with suggestions are being discussed in Pakistani context.

**Keywords:** Perceived stigma, treatment compliance, Schizophrenia
Prevalence of Autism and Respective Knowledge of Teachers in Special Education Schools of Islamabad

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The present research aimed at studying the prevalence of Autism in special education schools of Islamabad and the respective knowledge of teachers serving in these institutes. Sample comprised of 580 students admitted in 6 special education schools (government and non-government) of Islamabad with age range of 3-22 years. On the basis of observation and teacher’s recommendations 50 students were suspected to have symptoms of Autism subsequent to the DSM-IV-TR criteria. A standardized assessment tool Gilliam Autism Rating Scale – Second Edition (GARS-2) (Gilliam, 2006) was used. Inter-rater agreement between two clinical professionals was found to be 100% on the assessment done by the researcher. The results of the present study revealed that out of 50 screened students, finally 45 (7.75%) were found to be on the Autism spectrum with predominance among boys (75.56% boys and 24.44% girls). Social interaction was found to be the most affected area of impairment in the present sample. A large percentage (71.11%) of the diagnosed individuals was found to be on the moderate severity level of Autism index in GARS-2. For assessing knowledge of teachers the inclusion criteria required them to be employees of these institutes whilst directly working with these special children for at least one week-onwards. Knowledge about Childhood Autism among Special Educators (KCASE) (Bakare, Ebigbo, Agomoh, & Menkiti, 2008) was used for acquiring accurate knowledge of special education teachers. Findings revealed that most of the teachers scored highest on the social interaction domain of Autism and showed accurate knowledge about most of the frequently occurring behaviors of children with Autism; however, they held mixed perceptions regarding the etiology of Autism. Moreover, it was seen that special educators lacked confidence in their abilities to provide services to children with Autism; therefore, it is necessary to offer specialized training to teachers about Autism.

Keywords: Autism, prevalence, special education schools

Psychopathological Characteristics and Cognitive Functioning in Bipolar Disorders

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The study examined cognitive impairment in sixty patients with bipolar I (n =30), bipolar II (n = 30) and a group of healthy controls (n = 30). Forty seven men and 43 women diagnosed with bipolar disorders presenting for treatment during their first acute phase of illness, were purposely drawn from both in and out patient psychiatry departments of two hospitals in Faisalabad. Cognitive functioning was assessed by using: Mini Mental State Examination (MMSE), Wisconsin Card Sorting Test (WCST) and Spatial Working Memory subtest of Wechsler.
Memory Scale III. Psychopathology was evaluated by using Positive and Negative Syndrome Scale (PANSS) and Global Assessment of Functioning (GAF) Scale. Results from Multivariate Analysis of Variance showed significant differences between patients with Bipolar I and Bipolar II for psychopathology, executive function, spatial working memory, and mental precision. Group of healthy controls performed significantly better on cognitive function indices compared to bipolar patient groups. According to the results from regression analysis executive functioning was significantly predicted by GAF, while clinical symptoms contributed to impaired spatial working memory. Both groups of bipolar patients showed similarity in patterns of premorbid adjustment assessed by Premorbid Adjustment Scale (PAS), whereas men overall demonstrated significantly poorer premorbid adjustment as compared to women. Longer duration of illness accounted for poorer global assessment of functioning among patients. Conclusively, cognitive impairment waxes and wanes in association with the clinical symptoms of bipolar disorder.

Keywords: Psychopathological characteristics, bipolar I, bipolar II, cognitive functioning

Life Events and Coping Strategies in Patients with Anxiety and Depression

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This study was aimed to investigate the relationship of Major and Minor Life Events and Coping Strategies among Anxiety and Depression patients. Mixed group research design and non-probability purposive sampling strategy was used for data collection. Hundred patients (n Anxiety = 50, n Depression = 50) were selected from different government hospitals of Lahore of age 20 and above (M=37.8 years; SD=9.77). It was hypothesized that there would be a relationship between Life Events experienced by patients with Anxiety and Depression and their Coping Strategies. Correlation analysis revealed that majority of patients with Anxiety and Depression employed active distractive and avoidant focused coping strategies. Major Events related to finances and personal and social life predicted Anxiety symptom severity. For Depressive symptom severity, minor events related to work were significant predictors. Independent sample t test was employed and no significant group differences were found in reporting life events, coping strategies and symptoms of Anxiety and Depression. An early identification of individuals experiencing major and minor life events in their life and targeting treatment interventions in them can help prevent their upcoming illnesses. Moreover, counseling guidelines can help them improve their coping strategies and prevent from them perpetuating the clinical symptoms.

Keywords: Major life events, minor life events, coping strategies, depression, anxiety
Rejection Sensitivity, Self-esteem and Depression in Acid Burn Victims

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This study aimed to explore the relationship among rejection sensitivity, self-esteem and depression in acid burn victims. Purposive sampling strategy was used and 25 acid burn victims of 17-40 years ($M = 28, SD = 7.9$) were taken from 2 NGOs working with Acid Survivors (Foundation Pakistan, Islamabad and Smile again Foundation Lahore). Adult-Rejection Sensitivity Questionnaire (Downey, Berenson, & Kang, 2006) was translated in Urdu with high reliability ($\alpha = .90$), Self-esteem Scale (Rifai, 1999) and Siddiqui Shah Depression Scale (1997) were used as measures. The major reason for incident was refusal of proposal (40%) and perpetrator in 40% of cases was husband. It was found that 52% of acid burn victims had high level of rejection sensitivity and depression but 44% had lower self-esteem. Rejection sensitivity was found to be the main predictor of self-esteem but not of depression. Moreover self-esteem was also the predictor of rejection sensitivity. Other predictors of self-esteem were depression and age at the time of incident. Those acid burn victims who were in late adulthood had lower self-esteem than those in early adulthood. It was also probed that those who had higher levels of rejection sensitivity avoided social interaction with others.

**Keywords:** Rejection sensitivity, self-esteem, depression, acid burn

Caregiver Burden, Spirituality, and Psychological-Wellbeing of Parents of Children with Thalassemia

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A cross-sectional research was designed, aimed to determine the care giving burden, spirituality and psychological wellbeing of parents of Thalassemic patients. Socio-demographic form, Montgomery-Borgotta Burden Measure (Montgomery, & Borgotta, 2000), Islamic Refulgence Scale (Dasti, & Sitwat, 2010) and Ryff Scale of Psychological Well-Being (Ryff, 1989) were administered on a sample of 80 parents (32 fathers and 48 mothers) from different Thalassemic Centers of Lahore city. The data was analyzed through correlation and meditational analysis. Results indicated that caregiver burden was negatively related with psychological wellbeing and domains of spirituality while psychological wellbeing and spirituality were positively related. Results also implied that caregiver burden has direct effect on psychological wellbeing of parents and it also influences psychological wellbeing through the pathway of two domains of spirituality, i.e. self-discipline and meanness-generosity. These results provide advancement in the field of research on Clinical Psychology, Positive Psychology and Islamic Psychology.

**Keywords:** Caregiver burden, spirituality, psychological wellbeing, thalassemia
Alexithymia and Marital Satisfaction in Married Men

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The present research was conducted to investigate the relationship between Alexithymia and marital satisfaction in married men. It was hypothesized that there would likely be a relationship between Alexithymia and marital satisfaction in married men. Correlation research design was used. Convenient sampling technique was used. The sample comprised of married men (N=100), who were graduate, and the maximum duration of marriage was 5 years. Self developed scale of Alexithymia (based on Taylor (1994) Toronto Alexithymia Scale) and Marital Satisfaction Scale (MSS) (Ayub, 2010) were used to collect the data. Pearson Product Moment Correlation and Independent sample t-test was used for the analysis of data. The results showed a significant negative relationship between alexithymia and marital satisfaction. Results further revealed no significant difference in the scores of nuclear and joint family system on Alexithymia and marital satisfaction. Results were discussed and compared with the researches from the west and Pakistan.

Keywords: Alexithymia, marital satisfaction, married men, nuclear and joint family

Self-esteem, Self-compassion, Narcissism, Depression and Anxiety in University Students

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The present study was conducted to investigate the association of Self-Esteem, Self-Compassion and Narcissism with Depression and Anxiety in university students. Total sample of 500 students, 250 men and 250 women graduate and post graduate were randomly selected from different universities of Lahore through purposive Sampling with mean age of 21.27 (SD = 2.10). Index of Self-esteem (ISE), Narcissistic Personality Inventory (NPI), Self-Compassion Scale (SCS) and Depression Anxiety Scales of (DASS) were used as measures. Results indicated that self-esteem and self-compassion were significant negative predictors of depression and anxiety whereas narcissism was a significant positive predictor of depression and anxiety among university students. Self-esteem was a significant positive predictor of narcissism and self-compassion. Thus the present study concluded that high self-esteem and high self-compassion protected against depression and anxiety and high narcissism developed high depression and anxiety. However high self-esteem significantly predicted narcissism but high self-compassion did not predicted narcissism which means that high self-esteem increased the chances of narcissism. So the study reflects that self-compassion could prove a robust predictor of low levels of depression and anxiety as compared to self-esteem and self-compassion strategies can be beneficial to be used in intervention plans.

Keywords: Self-esteem, self-comparison, narcissism, depression, anxiety
Behavioral Problems in Autistic Children as Predictors of Maternal Depression and Stress

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The present study aimed at determining the relationship of behavioral problems of autistic children with maternal depression with the assumption of both having a positive relationship with each other and severity of behavioral problems in children. A sample of 45 autistic children (36 boys & 9 girls) from 9 Special Education Schools in Lahore along with their mothers participated in the study. Children’s age ranged from 3-18 years (M =10.12) and for mothers was 30-48 (M = 35.58). Childhood Autism Rating Scale (CARS, 1988) was used as screening device to confirm the diagnosis of children referred by teachers and psychiatrists. Mothers’ of autistic children rated their behaviors on Autism Behavior Checklist (Krug, Arick, & Almond, 1978) which was translated with permission; also they filled Urdu versions of Beck’s Depression Inventory (Beck, Steer, Ball, & Ranieri, 1996) and Parenting Stress Index (Abidin, 1995) for themselves. Reliability of all measures was determined; inter-correlations among variables indicated a highly significant positive correlation maternal domain of PSI with BDI scores, significant relationship between stress and depression but non-significant relationship of stress and depression with behavioral problems in autistic children. The series of hierarchical regression indicated child’s age was the only predictor of behavioral problems in children; whereas child’s and mothers’ age, maternal depression were predictors of maternal stress which was the only predictor of maternal depression ultimately. Behavioral problems in children didn’t predict either stress or depression in their mothers. MANOVA indicated significant differences across child’s gender, age for maternal stress but SES for behavioral problems in autistic children. Findings are discussed in the light of existing evidences and Pakistani socio-cultural context for autistic children as well as mental health of such mothers.

Keywords: Autistic children, maternal stress, maternal depression, mothers of autistic children.

Pattern of Spirituality in Anxious and Non-Anxious Groups

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The study was aimed to find difference in patterns of spirituality between anxious and non-anxious participants. Matched group research design was used. Using purposive sampling strategy, Anxious group (n = 45) was taken from psychiatry ward, while non-anxious group (n = 45) was taken from ENT ward of different government hospitals. It was hypothesized that patterns of spirituality was different in anxious and non-anxious groups. It was also hypothesized that there was inverse relationships between anxiety and spirituality. An Indigenous Multidimensional Measure of Spirituality (Dasti, 2010), State trait anxiety inventory and bio data sheet were used. Pearson product moment correlation, binary logistic regression and independent
Sample t test was used. Results indicated self-discipline, feeling of connectedness with Allah, meanness and generosity were significant negative predictors of anxiety in both anxious and non-anxious groups. Non anxious group scored significantly higher in self-discipline, quest and search for divinity, feeling of connectedness with Allah, meanness and generosity and tolerance and intolerance than anxious group. Inverse relation of anxiety with spirituality was found with subscales of self-discipline, tolerance intolerance and Islamic rituals in anxious group. In non-anxious group inverse relationship of anxiety was found with subscale of self discipline.

**Keywords:** Spirituality, anxious, non-anxious, meanness and generosity

### Quality of Life and Death Anxiety in Cancer Patients and Non-Cancer Participants

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The present study aims to compare the Level of Death Anxiety among Cancer Patients and Non-Cancer Participants with reference to Quality of Life. The present research is conducted in Lahore on 100 cancer patients and 100 non-cancer people. Data of cancer patients was collected from the out-door as well as indoor departments of Oncology of 3 teaching hospitals and from 2 private hospitals and three private clinics. The patient’s population was taken after complete diagnosis by respective doctors while the non-cancer participants were taken from the community. Death anxiety was measured through the Leming fear of Death Anxiety Scale and Quality of Life was assessed with the help of Quality of Life Scale developed by World Health Organization (WHO:QoL BREF). The results showed that cancer patients have greater level of death anxiety as compared to non-cancer participants. Moreover it was also assessed that non-cancer participants have better level of Quality of Life as compared to cancer patients.

**Keywords:** Quality of life, death anxiety, cancer patients, non-cancer patients

### Health Seeking Behaviors of Pakistani Women Reporting with Vaginal Discharge

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The most common complaint in sexually active women of South Asian countries is vaginal discharge. The aim of the present study was to explore the health seeking behaviors of those women who reported with vaginal discharge. Seven women were interviewed (in-depth semi structured interview) from both government and private hospitals of Lahore, Pakistan. Married women of 22 - 50 years of age were included in the study. Themes were elicited through interpretative phenomenological data analysis. The results revealed that most of the women preferred to take treatment from allopathic doctors and herbal modes of treatment for this complaint. Many economic factors and environmental factors also contributed in making choice of seeking treatment. The study highlighted many factors which need to be catered in order to
improve psychological and physical health of Pakistani women. It is also important to devise counseling sessions and educational programs for these women for improving women gynecological and associated psychological issues.

Keywords: Health seeking behaviors, Pakistani women, Vaginal Discharge

Perceived Stigmatization and Self-Concept among Transgenders

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The study aimed to investigate relationship between perceived stigmatization and self-concept among transgenders. To evaluate this relationship a within group design was employed. It was hypothesized that there would be a relationship between Perceived Stigmatization and Self-Concept. Furthermore it was also hypothesized that Perceived Stigmatization would predict Self-Concept among Trans genders. The sample of 50 hermaphrodites (transgenders) of 20-65 years of age was drawn through snowball sampling technique, from different areas of Lahore. The demographic questionnaire, Genderism and Transphobia Scale (Hill and Willoughby, 2005) and Six Factor Concept Scale (Stake, 1994) were administered. The correlation analysis revealed an inverse relationship between perceived stigmatization and self-concept. While regression analysis revealed that perceived stigmatization was not significant predictor of the self-concept among Trans Genders. The research implied for introducing and spreading awareness about the Trans genders how they are stigmatized in the society and how they are affected. It helped to understand the issues related to Trans gender community and facilitated to deal with their emotional, social and economic tribulations.

Keywords: Perceived stigmatization, self-concept, hermaphrodites, transgenders

Family Accommodation, Functional Impairment and Burden in the Significant Relative of Obsessive Compulsive Patients

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The present study was aimed to find out relationship between family accommodation, functional impairment and burden in significant relative of patients of Obsessive Compulsive Disorder (OCD). The sample comprised of 50 significant relatives of patients diagnosed with OCD, non-probability purposive sampling was used. It was hypothesized that there would be a positive relationship between family accommodation, functional impairment and burden in significant relatives of OCD patients. Family accommodation Scale for Obsessive-Compulsive Disorder Self-Rated Version (FAS-SR; Calvocoressi et al.,1995), Work and Social Adjustment Scale (WSAS ; Isaac Marks,1986) and Family Burden Interview Schedule (FBIS; Pal & Kapur, 1981, translated by Tanveer & Kausa, 2008) were used to assess the family accommodation, functional
impairment and burden experienced by the significant relatives of obsessive compulsive patients respectively. Results revealed significant positive relationship between family accommodation, functional impairment and burden. Regression analysis revealed family accommodation as a significant predictor for burden in the significant relative of OCD patients. The research findings can be implied to teach coping strategies and family support to the family members of OCD patients in order to deal with the burden and impairment experienced by them.

**Keywords:** Family accommodation, functional impairment, burden, significant relatives

### Burden of Care on Mothers of Intellectually Disabled Children

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The present study investigated the effect of the severity of the intellectual disability on the level of burden of mothers of intellectually disabled children in joint and nuclear family systems. A total 100 participants, (100 intellectually disabled children and 100 their mothers) from different private and Govt. special education institutes of Lahore, Pakistan were randomized. Family Burden Interview Schedule (FBIS) by (Pai & Kapur’s, 1981) was used to measure mothers’ burden and Salasos Intelligence Test (SIT) in 1990 was used to assess the intelligence level of the children. Independent sample t-test was carried out. Results revealed that there was a statistically significant difference in the level of burden among mothers. As mothers living nuclear family system suffering more burden as compared to mothers living joint family system. It was concluded that burden in mothers’ is vividly different in both family systems.

**Keywords:** Intellectual disability, mothers’ burden, joint family system, nuclear family system

### Patience and Psychological Well-being

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Present research was conducted to find out the relationship between patience and psychological well-being in university students. Phase I, explored the meaning of patience and manifestation of patience in one’s behaviour. Ten students with age ranging from 18 to 25 years (M= 20, SD=1.43) were interviewed. Interpretation suggested five aspects related to patience: Self-control, persistence, delay of gratification, faith in Allah, and satisfaction. Phase II was conducted to develop the scale of patience, and to assess its discriminant and concurrent validity. It was hypothesized that patience would be negatively related to frustration intolerance and positively related to psychological well-being. Through convenient sampling 400 students (200 men & 200 women) within age range of 18 to 25 year (M=20, SD=1.58) were recruited from different private and public universities of Lahore. Items for patience scale were generated from interview conducted in study I, Scale of Psychological Well-being (Ryff, 1989) and Frustration Discomfort Scale (Harrington, 2005). Principal component analysis resulted in three factors i.e.
delay of gratification, forbearance, and even-tempered. Discomfort intolerance was most consistent negative predictors of psychological well-being among the dimensions of frustration intolerance. While among the aspects of patience delay of gratification was the most consistent predictor of psychological well-being. Relationship of patience with psychological well-being was similar in men and women.

**Keywords:** Patience, psychological well-being, frustration intolerance, discomfort

**Sexual Distress and Coping Strategies of Widows and Divorced Women**

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The present study explored sexual distress and coping strategies among widows and divorced women. It was hypothesized that there would be difference in the sexual distress and coping strategies among widows and divorced women. Secondly, it was hypothesized that there would be difference in religious inclination of widows and divorced women before and after the spouse loss. Between group design was used in the present study. Snow ball purposive sampling was used to collect data. The participants were 50 widows and 50 divorced women with the age limit of 50 years. The participants were screened by symptom checklist-R. The assessment measures used in the present study were Female sexual distress Scale (FSDS' Derogatis, 2005), coping strategies questionnaire (CSQ' Kausar, 2004) and demographic questionnaire. The results of independent sample t test revealed significant differences in sexual distress of widows and divorced women but there were no significant differences in coping strategies between the two groups. The results also revealed that widows use active practical coping and religious coping whereas the divorced use active practical coping followed by the religious coping. Paired sample t test supported the results of second hypothesis and significant differences were seen in the religious inclination of the participants before and after spouse loss.

**Keywords:** Sexual distress, coping strategies, widows, divorced

**Internet Addiction, Extroversion and Introversion among University Students**

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The present study investigated internet addiction and its impact on social life and relation with personality among 300 university students with age ranging from 18 - 29 years ($M = 22.43, SD = 2.46$) recruited from public, semi-government and private universities in Lahore. Students were divided into three categories on the basis of their educational level i.e. BA/BS (Hons.), MS/MPhil and PhD. Measures included were Internet addiction test (IAT), HEXACO personality inventory to screen out students personality type (extroversion–introversion) and social disconnectedness scale and as well perceived isolation scale to measure social aspects of internet.
addiction among university students. The results of within-between ANOVA indicated significant mean difference exists between educational level and internet addiction as students of BA/BS (Hons.) were more internet addicted as compared to MS/MPhil and PhD. There was no significant relationship between personality type and internet addiction scores of the participants; also there were no significant differences between student’s social isolation and no isolation regarding their internet usage. While there was significant differences between students social connectedness and disconnectedness as internet addicted university students were high on social connectedness scores. MANOVA revealed significant effect of purpose of using internet and interaction of gender and university on internet addiction; and social media was used more by university students (as well high on internet addict students).

**Keywords:** Internet addiction, extroversion, introversion, university students

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**Childhood Abuse and Psychological Wellbeing of Patients with Borderline Personality Disorder**

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The present study was aimed to seek relationship between reported childhood abuse history and symptoms of Borderline Personality Disorder. Data comprised of 60 participants (men=43, women=17) taken from different teaching hospitals of Lahore; Mayo Hospital Lahore, Ganga Ram Hospital Lahore, Punjab Institute of Mental Health and Fountain House. The data was collected with the help of Demographic Questionnaire, Childhood Relation of Abuse Questionnaire (Bifulco, Brown et al., 1994), Wellbeing Affectometer-2 (Kamman & Flett, 1983) and Comprehensive Diagnostic Instrument for Personality Disorder (CDIP) (Dawood & Khan, 2010). Pearson Product Moment was used to find the correlation between childhood abuse, Psychological Wellbeing and symptoms of Borderline Personality Disorder. Results showed significant positive relationship between symptoms of Borderline Personality Disorder and history of Childhood Abuse; with Punishment and Father Antipathy. There was a significant negative relationship with the scales of Childhood Abuse; Sexual Abuse, Father Antipathy and Wellbeing Affectometer-2 Scale-I. The scales of Father Neglect and Father Antipathy had significant negative relationship with the Wellbeing Affectometer-2 Scale-II. The symptoms of Borderline Personality Disorder had significant positive correlation with Wellbeing Affectometer-2 Scale-II.

**Keywords:** Childhood abuse, borderline personality disorder, psychological wellbeing

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**Self-Harm in Women Prisoners**

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In the past few years many researches have been carried out on self-harm among men and women prisoners. Literature indicates that the occurrence of self-harm in prison setting has underlying psychological reasons and lack of material resources. The current study aimed to explore the phenomena of self-harm in women prisoners. Qualitative research design was employed in this study and collective case studies were done for having detailed information of women prisoners, their perception about self-harm, their reasons behind the act of self-harm, and effects of self-harm on their lives. Both participants were selected from Kot Lakhpat Central Jail, Lahore on the basis of inclusion and exclusion criteria. Semi-structured interview and demographic information sheet were devised by the research. Major themes derived through semi-structured interview were: expression of pain; environmental and psychological reasons; and environmental and psychological effects of self-harming behaviors. The results of this study can be used by future researchers to develop effective management plan for reducing self-harming behavior in Pakistani women prisoners which would be helpful in improve their mental health status.

**Keywords:** Self harm, women prisoners, psychological, environmental, factors

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Demographic Characteristics, Drug Use and Depression in Young Drug Users

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The present study aimed to investigate the demographic characteristics, drug use and depression in young drug users. It was hypothesized that there will be a positive relationship between drug use and depression in young drug users. Sample comprised of 200 drug users recruited from different hospitals and clinics of Lahore. The age range of sample was 18 to 25 years (M= 23.20, SD= 1.99). Drug Abuse Questionnaire (Kvist, Archer, & Mousavi, 2012) and Depression Scale (Jessor, Turbin & Costa, 1998) were used for assessment. Data was analyzed using descriptive statistics and Pearson product moment correlation analysis. The analysis of demographic information revealed that 52.5% drug users were unmarried followed by 42% married while 5% were divorced. Among married 34% had 2 children, 25% having one child and 19% with 3 children. The mean of their education (in years) was 9.73. It was also found that most of the drug users belonged to big cities (74%) followed by small cities (16%) and villages (10%). 63.5% drug users were employed while 36.5% didn’t have any kind of job. A significant positive relationship between drug use and depression was found. The findings have important implications for drug rehabilitation services, drug users, and their families.

**Keywords:** Demographic characteristics, drug use, depression
Abstracts Poster Presentation

Role of Gender and Narcissism in Life Partner Selection among University Students

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The present study aimed at exploring the preferences for potential life partner and examining the role of narcissism on life partner selection among university students. It also aimed to develop a profile of preferred characteristics for life partner rated most desirable by men, women, narcissists, and non-narcissists. Factors in Choosing Mate (Buss, 1989), Preferences Concerning Potential Mate Scale (Buss, 1989), and Narcissistic Personality Inventory-40 (Raskin & Terry, 1988), were used to collect the information from participations. Four Focus Group discussions were conducted. In first part of the research, questionnaires were modified and for the purpose of generation of item pool focus group were conducted on a sample of 29 university students. In second part of research, pilot study was carried out to test the modified instruments on sample of 200 university students. T-tests and Chi-Square were applied to test the hypotheses. The findings indicated that narcissists and non-narcissists differed in their preferences for life partner. Narcissists preferred romantic partner, mutual attraction and love. Gender differences were also found on certain characteristic like women preferred life partners with good financial prospect and higher social status. They preferred loyal, ambitious, educated and intelligent and older life partners. Men preferred physically attractive, romantic, loyal, healthy, loving and compromising life partner.

Keywords: Gender, narcissism, life partner, university, focus group

Alexithymia and Psychosomatic Complaints in Patients with Anxiety and Depression

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The present study aimed to investigate the relationship between Alexithymia and Psychosomatic severity in the patients with Anxiety and Depression. Purposive sampling was used. 110 patients (55 each disorder) both men and women with age range of 20-50, (M= 29.62, S.D = 8.58 for anxiety patients & M= 30.94, S.D = 0.51 for Depression patients) were selected from different government hospitals of Lahore city. Bermond-Vost Alexithymia Questionnaire (BVAQ; Bermond & Vorst, 2001), and Patient Health questionnaire (PHQ; Spitzer, Kroenke & William, 1999) were used for the assessment of Alexithymia dimensions and Psychosomatic severity, respectively. The results of independent samples t-test indicated that there was no significant mean difference on dimensions of Alexithymia. Psychosomatic severity was reported to be high in patients with Depression. Women with Depressive disorder perceived more difficulty in identifying emotions than men. Furthermore, women with Anxiety and Depression reported more somatic symptoms than men. Correlation analysis revealed that the Dimension of Alexithymia i.e., verbalizing emotions, identifying emotions and analysing and psychosomatic severity, had
significant positive correlation among patients with anxiety and depression. Significant negative correlation was found between Emotionalizing and Psychosomatic severity in the patients with Anxiety. Analysing and emotionalizing were found to be the best predictors of psychosomatic severity in the patients’ anxiety and analysing was found as the best predictors of psychosomatic severity in the patients with Depression. The findings of this research study would be of etiological importance and could be useful in the formulation of management plan of patients with anxiety and depression having psychosomatic symptoms.

**Keywords:** Dimensions of alexithymia, severity of psychosomatic symptoms, depression, Anxiety.

**Development of a Family Counselling Program for the Caregivers of Patients Suffering from Schizophrenia**

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Family counselling and psycho-education is recognized as a valuable, evidence-based practice for improving the outcome of severe mental illness (Dixon et al., 2001). It is suggested that patients with schizophrenia have families where there are high levels of criticism, hostility, and over involvement thus they have more frequent relapses (Droogan & Bannigan, 1997). The basic aim of developing family counselling program for psychotic patients was to involve the family members in the rehabilitation and relapse prevention of patients with Schizophrenia, to normalize the experience of having patient with mental disorder and to work on psychological problems of family members. This program can also provide an opportunity to develop a small social group, where families could relate with each other and provide social and emotional support to each other. The program consisted of psycho education of family members about the illness, managing problematic behaviors of the patients. It also included components like helping family members cope with caregiver burden and manage their expressed emotions. Furthermore, strategies of how family members can help in relapse prevention of the patient were also addressed in the program.

**Keywords:** Family counselling, caregiver burden, psycho-education, expressed emotions, relapse

**Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of Life Among Surgical Post-Menopausal Women and Natural Post-Menopausal Women**

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The present study aimed to investigate and compare Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of life among Surgical and Natural post-menopausal women. Between
group design was used. Sample size of 100 post-menopausal women (50 surgical and 50 natural) was selected with age ranging from 40-65 years for natural post-menopausal women ($M = 50.28$ years, $SD = 6.94$) and surgical post-menopausal women ($M = 45.46$ years, $SD = 4.56$). It aimed to find whether there was difference between the two groups in terms of hypoactive sexual desire disorder, sexual distress and quality of life. Desire Screener was used for screening the postmenopausal women with Hypoactive Sexual Desire Disorder. Female Sexual Distress Scale-Revised was used to assess the sexual distress. Utian Quality of life scale measured the quality of life and its four domains: Health, occupational, emotional and sexual quality of life. The t-test analysis showed that there was significant difference in hypoactive sexual desire disorder, sexual distress and two domains of quality of life i.e. sexual and emotional quality of life. This research will be helpful in providing awareness regarding women specific problem, and will help the patients and physicians to effectively communicate and manage the problem.

**Keywords:** Hypoactive sexual desire, post-menopausal, distress, quality of life.

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**Perceived Expressed Emotions, Dysfunctional Attitudes and Self Esteem of Patients with Depressive Illness**

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The current study aimed to investigate the relationship of Perceived Expressed Emotions with Dysfunctional Attitudes and Self Esteem in Patient with Depressive Illness. A purposive sample was taken from the government hospitals of Lahore City. The sample comprised of 50 participants, (women n=35 and men n=15) who were patients with a primary diagnosis of depressive illness. Perceived Expressed Emotions Scale (Mirza & Kausar, 2010), Dysfunctional Attitude Scale (Beck & Weissman, 1978) and Self Esteem Scale (Rosenberg, 1965) measures were used in the study. Hierarchical regression analysis showed that the perceived expressed emotions were significant predictors of dysfunctional attitudes, low self-esteem and relapse in depressive illness among both gender. Results were discussed in the light of currently available literature.

**Keywords:** Perceived expressed emotions, dysfunctional attitudes, depressive.
Developing Unconditional Positive Regard: Clinical Psychologists’ Perspective

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The present qualitative study was conducted to get the perspective of clinical psychologists on the development of unconditional positive regard. The paradigm used was constructivism, while the design employed was collective case study design. The criterion type of purposive sampling was employed to sample two clinical psychologists matched on age, gender, marital status, qualification, years of experience in clinical setting and type of job. Data was collected through semi structured interviews which were audio taped and transcribed. Later, the transcripts were analyzed through within as well as cross case analyses to extract the common themes. Finally, categories were established and naturalistic assertions were put forward. Data was verified through clarifying researcher’s bias and rich thick description. The main themes came out to be the significance of unconditional positive regard (in giving acceptance to the client and bringing therapeutic change); the hurdles that make it difficult for the therapist to provide unconditional positive regard (like the nature of the client’s problem, his attitude towards therapists, culture and religion of the therapist); and the ways it can be developed (which includes the concept that human beings and their behavior are separate entities; bracketing off our biases, feelings, schemas; and experience in the clinical settings). These findings are beneficial for the novices in the field of Clinical Psychology as it might help them to develop unconditional positive regard and practice it in their dealings with the client.

Keywords: Unconditional positive regard, constructivism, clinical psychologist clinical psychology

Managing Meltdowns in Children with Autistic Disorder: Mothers’ Perspective

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This qualitative study aimed to understand the perspective of mothers around management of meltdowns in children with Autistic disorder and how meltdowns affect mother's personal, social, and emotional lives. The paradigm and methodology used was constructivism and case study respectively. Through purposive sampling, two mothers living with the clinically diagnosed child with autistic disorder having meltdowns were selected. In-depth semi-structured interviews were conducted with mothers which were audio taped and transcribed. First, common themes were generated after detailed within and cross case analyses of interview transcripts. Afterwards, categories and naturalistic generalizations were made. Data verification procedure was done through clarifying researcher bias and rich thick description. Three main themes identified were (1) successful strategies for meltdowns (2) unsuccessful strategies and (3) maternal burden. Findings revealed that distress in mothers was independent of successful or
unsuccessful management strategies for meltdowns as they had to compromise their social, emotional, and personal gains to successfully control meltdowns. These findings can be helpful for mental health professionals in devising parenting programs to improve mothers' quality of life as well as management plan for children with autistic disorder.

**Keywords:** Autism spectrum disorders, meltdowns, mothers ‘perspective.

**Intolerance of Uncertainty and Pathological Worry as Cognitive Predictors of Symptoms of Anxiety and Depression in University Student**

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Study aimed to find out the relationship between intolerance of uncertainty, pathological worry and symptoms of anxiety and depression in university students as well as to examine predictive relationship of these variables with symptoms of anxiety and depression. Further aim was to see mediational effect of pathological worry between intolerance of uncertainty and symptoms of anxiety and depression. Data was collected from 204 students from 7 universities of Lahore. The instruments used were Intolerance of Uncertainty Scale (IUS), Penn State Worry Questionnaire (PSWQ) and Depression Anxiety and Stress Scale (DASS). The correlation analysis showed significant relationship in all study variables. Pathological worry came out to be most significant predictor of symptoms of depression and intolerance of uncertainty (factor 1) and gender was also surfaced out as its predictors as revealed from regression analysis. Whereas, for symptoms of anxiety, intolerance of uncertainty (factor 1) came out to be most significant predictor and gender and pathological worry were also found as its significant predictor. Mediational analysis showed that pathological worry partially mediated the relationship between intolerance of uncertainty and depression. Study helps understanding the core thinking patterns of students and figure out the preventive psychotherapeutic measures for them by professionals.

**Keywords:** Intolerance of uncertainty, pathological worry, anxiety, depression.

**Anger Rumination and its Effects: A Systematic Review**

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A systematic review of the literature on anger rumination and its effects was carried out in order to explore the anger rumination in detail i.e. either it is a maintaining factor for anger or leads to verbal or physical aggression. Negative harmful effects of anger rumination, both physical and psychological as well as gender differences in anger rumination were included in the main objectives of the review. Thirty four studies meeting the inclusion criteria were included. Data synthesis revealed that whether negative interpersonal events or one’s own affective state
prolongs and exacerbates psychological and interpersonal distress. When people ruminate about their depressive symptoms or anger, they get more depressed or angry and stay that way longer. Moreover, when people ruminate about someone who has harmed them, they become more aggressive than when they distract themselves. Rumination has been linked to physiological indicators of negative emotion, including increased and/or prolonged amygdale activation and increased cortisol levels after a stressor with higher SBP (systolic blood pressure), DBP (diastolic blood pressure), and HR (heart rate). Gender differences still need to be explored, considering inconsistent results. In sum, findings suggest that rumination can take different forms with distinct affective and behavioral consequences. Thus, research on rumination should provide greater insight into the antecedents and correlates of specific forms of rumination, and their effects on one’s development, mental health, and consequent aggression throughout the lifespan.

**Keywords:** Rumination, anger, aggressive, gender

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**Temperament and School Readiness in Kindergarten Students**

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The present study was conducted to find out relationship between temperament and school readiness in kindergarten students. It was hypothesized that there will be relationship between temperament and its dimensions (surgency, negative affectivity, effortful control) and school readiness and that there will be gender differences in school readiness and temperament in kindergarten students. Furthermore, it aimed to find the predictive relationship between the variables. Correlation research design was used. The sample comprised of (N=150) kindergarten students drawn from five private schools of Lahore through purposive sampling. Kindergarten Readiness Checklist (Lyons, 2009) was used to assess school readiness in kindergarten students while Children Behavior Questionnaire Very Short Form Teacher Version (Rothbart, 1996) was used to assess temperament of kindergarten students. Pearson Product Moment Correlation, Regression Analysis, and t-test were used to assess relationship of temperament and school readiness, temperament as predictor of school readiness, and gender difference in school readiness and temperament respectively. Analyses revealed that there was relationship between temperament and school readiness. Effortful control and negative affectivity were found to be strong predictors of school readiness. There was no gender difference found in school readiness and temperament in kindergarten students. The research has implications in increasing awareness regarding views of people about different temperament styles in children and about the importance of checking school readiness of children before giving admission in schools.

**Keywords:** Temperament, school readiness, gender, kindergarten
Psychological Counseling and Human Nature: Is it Mean to End or End in itself

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Humans have the potentials and natural tendency to explore, meaning making and problem solving. The counselling facilitates the client in exploration, realization, meaning making, and better understanding the problem. Each step in the process of counselling is not only means to an end but also end in itself. Besides active listening, the counselor summaries, paraphrase, reflect back or clarify what the clients say. The expression can be verbal and it can be physical or in the form of writing, playing, coloring, painting, scribbling, playing, laughing, crying, or in the form of screaming, yelling, shouting, and banging etc. These expressions have the cathartic effects too. The more the client express, the more he gets the clarification. Attending helps, the client relax and feel comfortable, express his ideas and feelings freely in their own way. Attending helps the clients in developing trust on the counsellor, and he take a more active role in their own sessions. Paraphrasing facilitates the clients to, clarify their remarks, focus on what is important and relevant. Reflection enables the client to the increase awareness of their feelings. Moreover, they learn that their feelings and behaviour are connected. Summarising is putting together a group of reflections, it helps the client clarify what he means, and he realise sense of movement and progress.

**Keywords:** Counselling, human nature, counsellor, client

Academic Self-Concept and Academic Emotions as Predictors of Depression in University Students

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The present study's aim was to see academic self-concept and academic emotions as predictors of depression in university students. The relationship between academic self-concept, academic emotions and depression was investigated. Furthermore, it was hypothesized that academic self-concept and academic emotions will predict depression in university students. Gender differences were also investigated. A sample of 200 university students was selected from universities of Lahore: Punjab University (N= 100, n= 50 science students, n= 50 arts students) and Government College University (N= 100, n=50 science students, n= 50 arts students). Academic Self-Concept Scale, Academic Emotions Questionnaire, and Symptom Checklist Revised were administered to assess student's academic self-concept, academic emotions and depression respectively. The results revealed a significant relationship between the variables. Academic self-concept and academic emotions (specifically anger & hopelessness) were found to be strong predictors of depression in university students. There were gender differences only in negative academic emotions. In addition, science students scored higher on academic self-concept and academic emotions while no differences were found in depression. This study will
help in regulating student’s academic emotions and improving academic self-concept as academic emotions play a crucial role in student’s general well-being, cognitive abilities and personality development.

*Keywords*: Academic self-concept, academic emotions, depression, university students.

**Spiritual Intelligence, Work-Family Conflict and Psychological Distress in University Teachers**

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The purpose of present study was to assess the relationship of spiritual intelligence, work-family conflict and psychological distress among university teachers. Correlational research design was employed for the present study and a sample of 100 university teachers (50 males, 50 females) was recruited from Punjab University within the age range of 30 to 50 years. It was hypothesized that there would be a relationship between spiritual intelligence, work-family conflict and psychological distress among university teachers. Spiritual Intelligence Self-Report Inventory (SISRI-24; King & DeCicco, 2009) was used to measure spiritual intelligence, different dimensions of work-family conflict was assessed by Work-Family Conflict Scale (WFCS; Carlson, Kacmar, & Williams, 2000) and psychological distress was assessed by Depression Anxiety Stress Scale (DASS 21; Lovibond & Lovibond, 1995). Pearson Product Moment Correlation (PPMC) revealed that there is a significant negative relationship between personal meaning production (a component of spiritual intelligence) and psychological distress and between personal meaning production (component of spiritual intelligence) and time based family interference with work (a component of work-family conflict). Work-family conflict is positively correlated to psychological distress. It was concluded from the study that increased spiritual intelligence certainly decrease the probability for university teachers to experience work-family conflict and psychological distress. So, it is suggestive to incorporate spiritual intelligence fostering programs in the teachers training to reduce conflict between work and family settings and resulting psychological distress.

*Keywords*: Spiritual intelligence, work-family conflict, psychological distress, university teachers

**Emotional Intelligence, Personality Traits and Stress Coping Styles and Mental Disorders among Adults**

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The present research was conducted to explore the relationship between Emotional Intelligence, Mental Disorders and Coping Strategies espoused by adults. The research further aimed to identify the relationship between personality traits and emotional intelligence. The research was...
conducted in two phases. In first phase, Survey Research design was used and a sample of thousand participants (500 men & 500 women, 25-60 years) was collected through Proportionate Stratified Sampling from Data Gunj Bukhsh Town of Lahore City. In phase-II Correlational Research Design was followed and a sample of 341 individuals (167 men & 177 women) was collected through Purposive Sampling from the individuals who were screened for mental disorders (i.e. Anxiety, Depression & Personality Disorders). The results indicate that among 1000 cases 41.1% were screened for Personality Disorder with highest occurrence of Cluster-B Personality Disorders (16%) followed by Cluster-C (10%) and Cluster-A (8%). Amongst these 21% received a confirmed diagnosis of at least one Personality Disorder with the highest prevalence rate in Cluster-B (8%) followed by Cluster-A (5%), Personality Disorder NOS (5%) and Cluster-C (4%). Depression has high prevalent rate (40%) as compared to Anxiety (39%). Correlation Analysis revealed that Borderline Personality Disorder has significant negative correlation with all scales of Emotional Intelligence. Neuroticism has significant negative association with all scales of Emotional Intelligence. Paranoid Personality Disorder has significant negative relationship with Scale-IV: Empathy and Scale-V: Social Skills. Depression has significant negative relationship with Scale-I: Self Awareness and Scale-III: Motivation. The Scale-I: Self Awareness has significant negative relationship with Religious/Denial Coping. Scale-II: Self Regulation has significant positive correlation with Schizoid Personality Disorder and Anxiety. Scale-IV: Empathy and Scale-V: Social Skills have significant positive association with Anxiety

Keywords: Personality disorders, emotional intelligence, paranoid, depression

Symptom Severity, Cognitive Appraisal and Quality of life of Patients with Obsessive-Compulsive Disorder

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The current research was aimed to study quality of life of Obsessive Compulsive Disorder patients in relation to Severity of the symptoms and Cognitive Appraisal. The study explored the predictors of quality of life of patients from variables of Symptom Severity dimensions and Cognitive Appraisal. A sample of 90 patients (M age = 30, SD = 8.9) of Obsessive Compulsive Disorder (OCD) were taken. Obsessive Compulsive Disorder Symptom Checklist (OCDCS), Stress Appraisal Measure (SAM), and WHOQOL-BREF were used for assessment. Correlation analysis found a significant positive relation between the subscales of Cognitive Appraisal and symptom Severity of OCD. Significant negative relationship was found between physical, psychological, environment related QOL and Symptom Severity of OCD. A significant negative correlation was also found between subscales of Cognitive Appraisal and domains of QOL. Moreover, Hierarchical Regression Analysis revealed Symptom severity and Control by self appraisal predicted Physical related QOL. Symptom severity and threat appraisal were significant predictors of psychological related QOL. Symptom severity and Control by others appraisal were found to be predictors of Environment domain of QOL. It is concluded that Quality of life gets impaired with severity of symptoms and negative cognitive appraisal of the symptoms perceived by the patients. Patients felt more incapacitated in maintaining physical and
psychological health, interpersonal relationship and interaction with environment. It is implicated from research that emphasis has to be given for modifying cognitive appraisals of obsessions and compulsions in the CBT protocols. In addition, QOL need to be focused in the treatment along with symptomatic treatment.

**Keywords:** Symptom severity, cognitive appraisal, quality of life, OCD

**Psychosocial Functioning of Adolescents Living with Divorced Mothers and those Living with Intact Families**

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The present research investigated psychological functioning of adolescents living with divorced mothers and those with intact families. The sample comprised of 80 adolescents with equal number of those living with divorced mothers and those living with intact families. Depression, Anxiety and Stress Scale (DASS), Attachment style Questionnaire (ASQ), Self-image Profile (SIP), Social Competence Questionnaire (SCQ), Brief fear of negative evaluation (BFNE), Aggression Questionnaire (AQ), and Brief Self Control Scale (BSCS) were used for assessment. Analyses showed that adolescents living with divorced mothers were experiencing more depression, anxiety and stress, fear of negative evaluation and aggression and poor social competence as compared to adolescents living with intact families. Findings highlight importance of presence of father for healthy development of adolescents.

**Keywords:** Psychological functioning, adolescents, divorced mothers

**Psychosocial Predictors of Quality of Life in Renal Transplant Recipients**

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The present study aimed to investigate the psychosocial predictors of perceived health related quality of life (QOL) among renal transplant recipients (RTRs) after a successful kidney transplant with a healthy graft functioning. RTRs on regular follow-up post-transplant were assessed using the Beck Depression Inventory (B.D.I-II), Life Orientation Test-Revised (LOT-R), Consciousness Scale of Personality (BIG 5 test) and symptom severity questionnaire reflecting their Perceived Health Status (PHS) and medication compliance. Post-transplant Quality of Life (QoL) as an outcome was measured by Ferrens & Powers (1998) QoL Index Kidney Transplant Version III, reflective of recipients’ satisfaction with four major domains of life, including: Physical Health Functioning, Psychological & Spiritual, Social & Economic and Family subscales. The results indicated that most RTRs reported satisfaction with their QoL. An
optimistic attitude, being married, perceived health status & consciousness are significant predictors of improved QoL and psychological well-being.

**Keywords:** Psychosocial, quality of life, transplant