# Psychological Abstracts

## 1999 - 2011

Centre For Clinical Psychology
University of the Punjab, Lahore. 54590
Pakistan

# Editor's Note

It gives me immense pleasure to share this first copy of the Psychological Abstracts of Centre for Clinical Psychology. Research is a journey marked by many challenges and illuminations and when it comes to research associated with human behavior, attitude, psychological problems and their treatment then the challenges become even more demanding. The first copy of the CCP Psychological Abstracts is an endeavor to publish abstracts of research completed by the students under the supervision of the faculty in the last 13 years.

Here I would like to appreciate Ms. Rabia Dasti, Research Associate who worked hard in compiling, editing and proof reading of these abstracts. It involved compiling the abstracts, and then getting them photocopied followed by their scanning. Proof reading of the abstracts was then done and in some cases rewriting was also required. The abstracts were organized according to the area of specialization and include work of MS, M.Phil and Ph. D scholars and faculty members. It was a challenging task to organize and publish the research abstracts of the last 13 years but the hard work and determination has paid off. I am thankful to the faculty of CCP for providing some of the missing abstracts of the students. My special thanks are also due to Dr. Nashi Khan, for designing this document and Mr. Fahad Riaz for help in final printing logistics.

I would like to add that this is just a beginning, an endeavor to revive the scientific urge and spark. It is an effort to highlight the indigenous psychological research work being carried out in Pakistan with special reference to Clinical Psychology and its associated disciplines. It will benefit student body across the globe in getting acquainted with the quality of research work being conducted in University of the Punjab.

I will like to conclude by emphasizing that research and its development is one of the best ways to progress human development and welfare. Empirical data and evidence based research can help guide the policy makers in developing and implementing effective policies and thus promote human wellbeing. I hope our little effort will contribute and open doors to new vistas of empirical research in the field of clinical psychology.

Editor
Prof. Dr. Rukhsana Kausar
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# Faculty's Ph. D. Abstracts

# Minor Psychiatric Symptomatology, Life Events, Social Support, Religion and Coping: A Study of Pakistani Muslim Women Immigrants in Britain

**Dr. Aisha Sitwat (2005)**
**Assistant Professor**
**Supervisor: Dr. Kate Loewenthal**
**Royal Holloway College, University of London, U.K**

The present work is based on the growing need to understand variation in the presentation and prevalence of mental illness in different ethnic groups. It has been pointed out in the literature that the prevalence, nature and manifestation of psychological disorders are strongly affected by cultural and religious background, by differences in socialization experience, personality characteristics, and the nature and quality of coping in the ethnic groups. Many studies have been conducted on different ethnic groups in the UK, but relatively little work has been carried out on the Pakistani Muslim women immigrant population. The goals of the present study were, firstly, to investigate the nature and prevalence of psychological symptoms and disorders (anxiety and depression) in this group. Secondly, to examine generational differences in the type and experience of stress, this may indicate the effects of integration and assimilation. Thirdly, to investigate causal, risk and maintenance factors for minor psychopathology in this group using Brown and Harris's (1978) model. Fourthly, to examine some factors mentioned in the literature to be protective against mental illnesses, other than Brown and Hams', such as social support, religious activity, spiritual support and coping styles. Finally, the study also aimed to examine the somatisation hypothesis. The present study is the first one to examine the role of religious activity and spiritual support separately, in anxiety and depression. It also examines the relationship of social support with anxiety and depression.

For this purpose a quasi-random sample of 103 Pakistani Muslim women, 65 first generation, and 38 second generation (age range 16 to 65) was taken from the Woking and South East London areas. All the participants had been residents in England for at least 3 years. Interviews were conducted at the houses of the participants, in their own language.

The measures used were the Structured Clinical Interview Schedule Patient version (SCID-P) of psychiatric disorders, the Symptom Check List (SCL), the Social Support Questionnaire (SSQ), a religious activity scale, the spiritual support scale, the Life Events and Difficulties Schedule (LEDS), the Ways of Coping Questionnaire- Revised form (WOC-Q-R) and demographic information.

Contrary to the few surveys conducted on prevalence, rates of anxiety and depression were found to be similar to other ethnic groups in the UK. However, these rates might still be considered lower as adversity was reported to be higher in the present group compared to other ethnic groups. The first generation reported more anxiety than the second generation. The rates of anxiety and depression were higher from the rates reported for Pakistani women in Pakistan.

The Brown and Harris model was partially supported. The results showed that stress was related to depression and anxiety, and lack of confidant had some effect on the onset of depression and anxiety. Religious activity showed a buffering effect against depression, whereas spiritual support was a buffer against anxiety and depression. Social support emerged as a buffer against depression but not against anxiety. The present work did not support the somatisation hypothesis, which suggests that Asians present their distress in somatic form. The group presented both psychological as well as somatic symptoms.

**Keywords:** Anxiety, Depression, Immigrants, Women, Coping, Religious Activity, Social Support, Spirituality, Life Events.

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**Dhat Syndrome: Physical and Psychological Implications**
**Dr. Nashi Khan (2008)**
**Assistant Professor**
**Supervisor: Dr. Rukhsana Kausar**
**Co-Supervisor: Dr. Haroon Rashid**
**University of Health Sciences, Lahore. Pakistan**

Dhat Syndrome is commonly reported in the Indian Sub-Continent. Previous researches conduced in India and Sri Lanka has employed clinical observations and informal assessment procedures and no formal assessment tool has yet been developed to examine manifestation of Dhat Syndrome. Main objectives of the present research were to develop Dhat Syndrome Symptom Checklist (DSSC) and to examine manifestation and implications of Dhat Syndrome. A series of studies were carried out to develop DSSC and examine manifestation and implications of Dhat Syndrome.

Dhat Syndrome Symptom Checklist (DSSC) was developed through in-depth interviews of health professionals, patients with Dhat Syndrome as well as in consultation with existing literature. Psychometric properties of DSSC were estimated using Inter rater Congruence, Factor Analysis and Reliability Analysis. A final DSSC comprised of 62 symptoms with three subscales i.e. Physical, Psychological and Sexual symptoms (Studies 2 -6).

Main study aimed to examine manifestation and implications of Dhat Syndrome. It was hypothesized that patients with Dhat Syndrome manifest variety of Physical, Psychological and Sexual symptoms. Patients with Dhat Syndrome (N = 318) were recruited from private practice of health professionals. Semi Structured Interview Schedule, DSSC and General Health Questionnaire (GHQ-28) were used for assessment and individual assessment of patients was carried out.

Data was analyzed using Descriptive and Inferential statistics. Descriptive Statistics indicated that majority of the patients were consulting Hakims and Homeopaths and typical profile of Dhat Syndrome patient in Pakistan is a young, single, less educated man with poor socioeconomic status. Dhat Syndrome had adverse implications for patients' health, particularly physical and sexual health, and marital life. Premature Ejaculation and Nocturnal Emissions were main reasons for referral, whereas masturbation and exposure to pornographic material was reported as major causes of Dhat Syndrome.

Inferential statistics revealed that fear of sexual weakness, education, discharge before urine, perceived implications of Dhat Syndrome on Physical and Sexual health, severity of the problem, lack of information and diet were significant predictors of "Physical Symptoms". Sexual Weakness, perceived implications of Dhat Syndrome on patient's life, lack of

information and "emission" emerged as significant predictors of "Psychological Symptoms". Sexual Weakness, perceived implications of Dhat Syndrome on health, "emission" and age were significant predictors of "Sexual Symptoms".

Most patients fell above caseness scores on Somatic complaints and Anxiety. Somatic complaints were experienced the most and depression the least. There was positive relationship between Somatic Complaints, Anxiety, Social Dysfunctioning, Depression and DSSC symptoms. DSSC Physical and Sexual symptoms, perceived implications of Semen Loss for patients' life emerged as significant predictors of Somatic Complaints in patients. Anxiety in patients was predicted by DSSC Physical and Psychological symptoms, perceived implications of Dhat Syndrome for patients' life and "discharge before urine".DSSC Sexual, Psychological and Physical Symptoms, Perceived Psychological effects of Dhat Syndrome, lack of information about sex and "Nocturnal Emission" predicted depression in patients. DSSC Psychological and Physical symptoms emerged as significant predictors of Social Dysfunctioning in patients.

Sex is a tabooed area in Pakistan and this is the first systematic study on Dhat Syndrome in Pakistan. Dhat

Syndrome Symptom Checklist (DSSC) would be a useful tool for diagnosticians, clinicians and researchers. Findings of the study have very important implications for the patients, health professionals and researchers and warrant the need for counselling services as well as sex education. Moreover, further investigations on Sexual Health in general and Dhat Syndrome in particular are also recommended.

**Keywords:** Dhat Syndrome, Dhat Syndrome Symptom Checklist, Manifestation, Implications, Hakims, Homeopaths, General Physicans, General Health Questionnaire, Somatic Complaints, Anxiety, Depression, Social Dysfunctioning, Premature Ejaculation, Nocturnal Emissions, Discharge before Urine.

## Development of an Indigenous Scale for Emotional Intelligence
### Dr. Saima Dawood (2008) Assistant Professor
### Centre for Clinical Psychology University of the Punjab, Lahore.
### Supervisor: Dr. Nosheen. K. Rahman
### Co-Supervisor: Dr. Hamid Sheikh

If EQ is more important than IQ for success in one's life then a valid indigenous scale for emotional intelligence in Urdu language has to be available, to be used with Pakistani population, hence, the present study explicitly focused on developing an indigenous Scale for Emotional Intelligence which could be used reliably and meaningfully for the assessment of EI in Pakistan. Since, four provinces: Punjab; Sindh; North West Frontier Province and Balochislan constitute Pakistan, therefore, in addition to national Norms, separate Norms for each province were also developed. Additionally, scores of emotional intelligence were analyzed across two genders to see if any significant difference could be discerned. The development of Scale for Emotional Intelligence (SEI) was accomplished in two stages while following the model of Goleman (1998), which includes five domains: Self Awareness: Self Regulation; Motivation; Empathy and Social Skills with their sub-domains To generate an item pool for the Part-1 of the Scale, qualified clinical psychologists from all over Pakistan (N =220) were requested through a mail survey, to formulate questions according to Goleman" s model. The master pool of 925 opinions was elicited; only 321 items were finally commissioned by the research team. Later, a title of each sub-domain was also given by the research team. The content validity and construct validity of Part-1 were established based on the ratings on a 1 to 5 Likert scale by 8 judges, who were senior qualified professional clinical psychologists with at least 15 years of experience. The items with a mean value of '3' were commissioned to be included in the final scale. A total of 38 items for Part-11 of SEI was again selected by the research team which represented different life situations. The homogeneity of the construct in Part-1 and Part-11 of SEI was found to be of an adequate level, as determined by Pearson Product Moment Correlation Coefficients, thus indicating homogeneity of the construct of EI in SEI. The reliability of SEI was determined by split half method, and the overall results of reliability revealed that SEI is a reliable measuring instrument for the assessment of EI. For the development of National Norms, a sample of 2000 university students from four representative universities of Pakistan w/as taken through proportionate stratified random sampling which includes 797 men (40%) and 1203 women (60%) with an age range of 18 to 35 years (M= 21.69; SD=1.94). From Punjab 1160 university students including 451 men (39%) and 709 women (61%) were taken. A sample of 460 university students including 161 men (35%) and 299 women (65%) from Sindh; 260 students including 143 men (55%) 117 women (44%) from NWFP: and 120 students with 42 men (35%) and 78 women (65%) from Balochistan were taken. The percentile ranks for each domain and sub-domains of Part-1 and Part- 11 of SEI were developed across two genders and across the four provinces. The t- lest analyses did not reveal any significant difference between genders on any domain of SEI for both Part I and Part-11.

**Keywords:** Emotional Intelligence, Scale, Reliability, Validity

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# Ph. D. Abstracts

**Analysis of Etiological Factors in Conversion Disorder**
**Dr. Iram Bokharey (2009)**
**Supervisor: Dr. Nosheen K. Rahman**
**Co-supervisor: Dr. Zahid Mahmood**
**Co-supervisor: Dr. Urusa Fahim**
**Centre for Clinical Psychology University of The Punjab, Lahore.**

The main purpose of this study was to ascertain the etiological factors in Conversion Disorder. The study had three phases and employed the between methods approach drawing on both qualitative and quantitative methods. Thus phase one was situated in quantitative paradigm and employed a survey design. In the first step of this phase, the demographic variables of new patients with Conversion Disorder presenting in five teaching hospitals of Lahore for a period of six months were determined. A case history form was devised for this purpose. The second step consisted of ascertaining the total number of patients with Conversion Disorder and other psychiatric disorders at these hospitals for the same time period. The total number of new patients with Conversion Disorder was 248 (31 men and 217 women). The mean age of the total sample was 23.65 years (SD = 8.68). The most common marital status in the total sample was single 58.9% and the most common educational category was matric 24.6%. Majority of the patients hailed from urban areas 79.4%, and the most common monthly income was reported to be Rs. 5,000 and below 46.8%. The most frequent occupation of the sample was reported to be housewives 34.3%, whereas the most common diagnostic cluster of DSM IV came out to be mixed presentation 62.1%. Marriage related problems were reported to be the most common stress factor overall 19.4%. The percentage of new patients with Conversion Disorder was .66% while the percentage of total number of patients with Conversion Disorder was 1%. Phase two also employed the inductive approach in quantitative paradigm to develop an indigenous symptom checklist for Conversion Disorder. In step one a pool of 127 items was generated from mental health professionals in Lahore. In step two the final list was administered to 635 patients with Conversion Disorder from nine hospitals and five clinics in Lahore. Factor Analysis was run using the Varimax rotation with Kaiser normalization and the first five factors were extracted. The total number of items was reduced to 75. The factors were named mixed depression and anxiety symptoms, motor symptoms, somatic symptoms, mixed symptoms and pseudo seizures. In step three the test retest reliability was significant at p< .01 level. In the fourth step the discriminant validity of the checklist came out to be significant at p< .001 level. The third phase was situated in the qualitative paradigm. An analysis of etiological factors in Conversion Disorder was done with the help of in-depth interviews with 15 patients. The most prominent themes elicited were family relationships, romantic relationships and religiosity. The findings point towards a need to carry out research on the subject in our sociocultural context to develop indigenous models of assessment and intervention.
**Keywords:** Conversion, Etiology, Case History, Symptom Checklist, Indigenous, Symptoms, Reliability, Validity, Relationships, Religiosity

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# Efficacy of Group Behavior Therapy and Group Rational Emotive Behavior Therapy in the Treatment of Shy Behavior in Adolescent Females

**Dr. Humaira Mohsin (2010)**
**Supervisor: Dr. Nosheen. K. Rahman**
**Co-Supervisor: Dr. Hamid Sheikh**
**Centre for Clinical Psychology University of The Punjab, Lahore.**

The present study was carried out to find the effectiveness of Group Behavior Therapy (BT) and Group Rational Emotive Behavior Therapy (REBT) in the treatment of shyness in college women in Lahore, Pakistan.

A survey with purposive sample of 3154 was conducted to screen out college women with the problem of shyness in Phase 1. Shyness Questionnaire (SQ) developed by Bortnik, Henderson & Zimbardo (2002) and Submissive Behavior Scale (SBS) developed by Gilbert and Allan (1997) were used to assess the level of shyness and submissive behaviors. The participants belonged to four colleges of Lahore, which included Govt. Fatima Jinnah College for Women, Kinnaird College for Women, Lahore College for Women, University and Garrison Post Graduate College for Women. Seven demographic variables: college, age, educational level, birth order, numbers of siblings, family system, and family monthly income of the participants were examined too. Results were compiled by using descriptive analysis: frequencies, percentages, means and standard deviations. Almost four percent of the participants scored two standard deviations above the means of SQ and SBS, which was the screening criterion. On the SQ only six percent of the participants scored two standard deviations above the mean, while almost 19% scored two standard deviations above the mean on SBS. A significant correlation of .69 (p <.01) was identified between the two screening tools.

In the second phase, an experimental study was carried out with 70 consenting participants who fulfilled the screening criterion on the two screening tools. The participants were pre assessed on SQ and SBS along with Offer Self-Image Questionnaire (OSIQ) by Offer, Ostrov, Howard and Dolan (1989) to measure self-image., Assertion Inventory (AI) by Gambrill and Richey (1975) to measureassertive behavior and State-Trait Anxiety Inventory (STAI) by Speilberger, Gorsuch and Lushene (1970) to measure the anxiety level.

The participants were then randomly assigned to four experimental conditions: BT, REBT, Attention Control (AC) and Control Group (CG). The first two groups were exposed to 12 sessions each of Behavior Therapy and Rational Emotive Behavior Therapy respectively. The members of AC group were exposed to 12 sessions that comprised of activities that are formally not used for the treatment of shy behavior, for example, painting and art activities. The members of CG group were given only pre and post assessment with no group sessions. Post assessment was conducted after 12 pre-planned therapeutic sessions of one and half hour duration. Sessions were conducted twice a week. Inferential statistics was utilized to analyze the experimental study results: Multivariate Analysis of Variance (MANOVA) with Bonferroni test was used to verify the hypotheses.

The results showed significant differences among the four experimental conditions for shyness and submissive behaviors on the SQ and SBS respectively (p< .01). Significant differences were found on the combined score of OSIQ. Significant difference was identified for Response Probability (p<.01) of AI and Trait Anxiety (p< .05) of STAI. Results were then discussed in the light of its limitations and past research literature. Clinical implications were also recommended for future studies.

**Keywords:** Group Behavior Therapy, Shyness, Treatment, Females, Adolescents, Rational Emotive Behavior Therapy.

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## Role of Treatment Alliance in Treatment Outcome among Psychiatric Patients who are seeking Psychotherapy

**Javeria Ilyas (MS 2008-2010)**
**Supervisor: Dr. Humaira Mohsin**

The present study was conducted to investigate the Role of Treatment Alliance in Treatment Outcome among Psychiatric Patients who are seeking Psychotherapy. The research design was cross sectional. Participants were selected through purposive sampling from the clinical population in hospital settings of Lahore. Out of 165 participants, 91 were females and 74 were male. There were 117 outpatients and 48 inpatients. Three groups of patients were taken in three phases of therapy (initial, middle & final). Sample comprised of neurotic and psychotic patients (n=40 neurotics & n = 15 psychotics) in each phase of therapy. Diagnostic categories included Schizophrenia, Bipolar Disorder, Major Depressive Disorder, Anxiety Disorders, Somatoform Disorders and Adjustment Disorder. They were assessed using Morisky Scale, Working Alliance Inventory (Client & Therapist forms) and Behavior and Symptom Identification Scale. Demographic Variable Questionnaire was given to take background information from them. Data were analyzed using correlation, regression, t-test and ANOVA. The results revealed that there was a significant negative correlation between the predictor and outcome variables.
**Keywords:** Treatment alliance, Schizophrenia, Bipolar disorder, Major Depressive Disorder, Anxiety Disorders, Somatoform Disorders, Adjustment Disorder, Treatment Outcome.

## Perceived Familial Relationship Patterns and Coping in Individuals with Borderline Personality Disorder: A Collective Case Study

**Najma Tauheed (MS 2008-2010)**
**Supervisor: Dr. Iram Bokhery**

There is scarcity of research work on Borderline Personality Disorder (BPD). This study focused three main questions: familial factors leading towards BPD, familial relationship patterns and coping. A collective case study was conducted including four participants. Data was accumulated by conducting in-depth interviews. Combined approach of Creswell (1998) and Wolcott (1994) was used for analysis. Analyses revealed various leading factors: psychodynamic (object relations, negative childhood experiences and defensive functioning), behavioral (reinforcement, vicarious learning and invalidating environment), cognitive (early-maladaptive schemas and cognitive distortions), existential (confluence and retroflection) and dysfunctional family interactions. Participants perceived their family members as rejecting, over-controlling, discriminating and/or neglecting. Avoidant and emotion focused coping was found to be used frequently by the participants. Clinical, research, social and educational implications are discussed.
**Keywords:** Borderline Personality Disorder, Case Study, Coping, Familial Relationships.

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**Relationship of Religiosity, Guilt, and Self-Esteem in Individuals having Obsessive- Compulsive Disorder (OCD)**
**Hina Ghafoor (MS 2008-2010)**
**Supervisor: Dr. Humaira Mohsin**

The present study was conducted to investigate the relationship of religiosity, guilt, and self-esteem in individuals having Obsessive-Compulsive Disorder (OCD). A correlation research design was used. A sample of 200 patients comprising of 100 OCD males and 100 OCD females were selected through purposive sampling from five different government hospitals of Lahore. A set of five psychological tools consisting of Demographic Questionnaire, Clark-Beck Obsessive-Compulsive Inventory (CBOCI), Religious Activity Scale (RAS), Rosenberg Self-esteem Scale (RSE), and Guilt Assessment Scale for Obsessive-Compulsive Disorder (GAS-OCD) were used. Data was analyzed by using descriptive analyses, correlation analysis, and multiple regression analysis. The results indicated inverse relationship of religiosity scores on RAS ($r = -0.201$, $p = 0.01$) and self-esteem scores on RSE ($r = -0.205$, $p = 0.01$) with OCD scores on CBOCI. The results also showed positive relationship between guilt scores on GAS-OCD ($r = 0.592$, $p = 0.01$) and OCD scores on CBOCI. Among the constructs of guilt, Guilt due to Washing Compulsions ($\beta = 0.403$, $p = .000$), Checking Compulsions ($\beta = 0.522$, $p = .000$), and Interpersonal Conflicts ($\beta = 0.727$, $p = .000$) on GAS-OCD were identified as the main predictors of OCD. The present study has implications for better understanding of religiosity, guilt, and self-esteem among OCD individuals.
**Keywords:** Self-esteem, Obsessive- Compulsive Disorder, Religiosity, Guilt.

**Role of Parental Overprotection and Stressful Life Events in Occurrence of Anxiety Disorders**

**Sadaf Mansab (MS 2008-2010)**
**Supervisor: Dr. Humaira Mohsin**

The present study aimed to explore the role of perceived parental overprotection in childhood and experiences of stressful life events, as possible risk factors for the development of anxiety disorders in adulthood. Retrospective Ex post Facto Research Design was used. It was a comparative study with two matched groups; clinical and control groups; matched on age, gender and education. Purposive sampling (Criterion- based sampling) procedure was used to choose the required sample consisting of 400 adults (age range = 18- 53 years), and both clinical and control groups had equal number of participants. Sample consisted of 176 (44 %) males and 224 females (56%). Symptom Checklist-R 's Anxiety subscale (SCL-A) was used to quantify the anxiety level, Parental Bonding Instrument (PBI) was applied to measure parental level of care and overprotection and Social Readjustment Rating Scale (SRRS) was administered to assess the level of stress experienced by stressful life events. All questionnaires were back translated into Urdu. A pilot study was conducted to test the achievability of the research procedure and to evaluate the translated questionnaires. Clinical sample was collected from teaching hospitals and control sample was taken from Punjab University departments, community and markets. Independent sample t-test and Regression analysis was used as statistical analysis procedures. Results showed that clinical group perceived their fathers and mothers as significantly more overprotective than control group and clinical group perceived their fathers and mothers significantly less caring than control group. Clinical group scored significantly higher on the Social Readjustment Rating Scale as compared to control group. Regression analysis on clinical group revealed that mother\s overprotection (positively correlated) and father care (negatively correlated) was the best predictors of anxiety in adult age.
**Keywords:** Anxiety Disorders, Parental Overprotection, Stressful Life Events.

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**Self-esteem, Coping Strategies, and Adjustment: A Comparison between Orphans and Non Orphans**
**Asia Sarfraz (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

The present study aimed at studying self-esteem, coping and adjustment of orphans and non-orphans. Ex-post facto design was employed and a total sample of 300 adolescents (13-17 years) was recruited through purposive sampling. The non-orphans (n=100) and non-institutionalized orphans (n=100) were recruited from the Government schools of Lahore while institutionalized orphans (n=100) were recruited from orphanages. It was hypothesized that the self-esteem of non-orphans will be higher than both institutionalized and non-institutionalized orphans. The adjustment of the non-orphans was also hypothesized to be better than those of the institutionalized and non-institutionalized orphans. It was further hypothesized that non-orphans will be using more active practical coping while orphans will be using more religious coping. The last hypothesis stated that high self-esteem, active practical coping, and religious coping will be the predictors of better adjustment. Self-Esteem Scale (Riffai, 1999), Coping Strategies Questionnaire (Kausar, 1996) and Psychological Adjustment Scale (Sabir, 1999) were used. Data was analyzed using one-way ANOVA and Regression analysis. Results showed that self-esteem of non-orphans was higher than both groups of the orphans however there was no difference in the self-esteem of the two groups of the orphans. Similarly, adjustment of the non-orphans was also better than two groups of the orphans. The institutionalized orphans' adjustment was significantly better than those of the non-institutionalized orphans. Furthermore, non-orphans were using more active practical coping as compared to both institutionalized orphans and non-institutionalized orphans and amongst the orphans, non-institutionalized orphans were using significantly more active practical coping than institutionalized orphans. Avoidance coping and religious coping was used more by the orphans than non-orphans. Results have also suggested that high self-esteem, active practical coping, and avoidance coping were associated with the better adjustment. Results of the study have implications for making plans for the betterment of the orphans.
**Keywords:** Self-esteem, Coping Strategies, Adjustment, Orphans.

**Manifestation of Depression, Anxiety Symptoms & Coping Styles among Early & Late Adolescents**
**Naila Yaqoob (MS 2008-2010)**
**Supervisor: Ms. Masha Maqbool,**

The aim of present study was to determine the manifestation of depression, anxiety and coping styles among early and late adolescents. A purposive sample of 600 students (Boys=300; Girls=300) was divided into two age groups; early adolescents (13-15 years) and late adolescents (16-18 years). Cross Sectional Research Design was used. Participants were administered Beck Anxiety Inventory, Beck Depression Inventory-11 and Coping Strategies Questionnaire. Data was gathered through group administration. Data was analyzed using Independent Sample / test. The overall results of the study indicated that incidence of Anxiety and Depression was high among early adolescents as compare to the late adolescents. Whereas, females were found to be more prone to high anxiety and depression as compare to males. The findings suggest early and late adolescents each attempt to cope with stressors in a variety of ways. Results revealed active practical coping styles were more utilized by late adolescents and males. On the other hand, religious focused and avoidance focused coping styles were mostly used by the early adolescents and females. Moreover, there were no significant group and gender differences on active distractive coping styles. Results also highlight the need for stress management programs to be

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introduced in late childhood and early adolescence.
**Keywords:** Depression, Anxiety, Adolescents, Coping Styles

## Comparison of Coping Strategies, Religiosity and Social Support of Mothers having and not having Disabled Adolescents

**Amna Javed (MS 2008-2010)**
**Supervisor: Dr. Hamid Sheikh**

The present study was conducted to compare the coping strategies, religiosity and social support among the mothers of disabled and non-disabled adolescents. A sample of 204 consisting of two sub groups i.e. the mothers of disabled adolescents (N=102) and mothers of non-disabled adolescents (N=102). The disabilities of the adolescents included in the study were physical disability, blindness, deafness and dumbness. The measures of Ways of Coping Questionnaire (WCQ, Malik, 2007), Religious Activity Scale(RAS, Sitwat ,2005), modified version of Social Support Questionnaire (SSQ, ) and translated version of Social Support Questionnaire (SSQ, Sarasson et al.1983) and translated version of Spiritual Support Scale (SSS, Manton, 1989), were used in study. The statistical analyses of Independent Sample t-tests,Paired Sample t-test Pearson Correlation were used to analyze the data. The findings indicated that there was non-significant difference found in coping strategies i.e. problem focused coping and emotion focused coping across both groups. Similarly findings revealed that there was no difference on Social support among the mothers of disabled adolescents and mothers of non-disabled adolescents. The comparison of religiosity used by both groups yielded significant differences as group of mothers of disabled adolescents scored significantly higher on religiosity as compared to mothers of non-disabled adolescents. While comparison of coping strategies of group of mothers of disabled adolescents showed that they tended to use more emotion focused coping approach as compared to problem focused coping. Correlational analyses showed that there was a positive correlation between problem focused coping approach with religiosity and social support. On the other hand, negative correlation was found between emotion focused coping approaches with social support. However, no relationship was found between the emotion focused coping approaches with religiosity.
**Keywords:** Social Support, Physical Disability. Religiosity, Coping, Spiritual Support.

## A Comparative Study of Stress and Adjustment Problems among Mothers having and not having Children with Pervasive Developmental Disorder

**Nazia Siddique (MS 2008-2010)**
**Supervisor: Ms. Masha Maqbool**

This study examined stress and adjustment problems in mothers of children with Pervasive Developmental Disorder (FDD) and with normal children. A purposive sample of 132 mothers of PDD children (Clinical group, n=66) and mothers of normal children (Normal group, n= 66) were included in study. Mothers of PDD children were recruited from 6 different institutions/ centers/schools for mentally handicapped children. Mothers of normal children were taken from 6 different normal schools. Data was collected by administering a Demographic Questionnaire, Parental Stress Index and Bell's Adjustment Inventory. Cross Sectional Research Design was used. Independent sample t test, repeated measures ANOVA and descriptive statistical procedures were used. Results showed that mothers of PDD children had more emotional adjustment problems, health adjustment problems, social adjustment problems and parental stress as compared to normal group. Conversely, there was no difference in mothers on home

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adjustment between the two groups. Separate repeated measures ANOVA for clinical and normal group revealed that adjustment problems in both groups were significant. Bonferroni analysis revealed that in clinical group emotional adjustment problems and social adjustment problems were reported more by the mothers of PDD children, whereas in normal group mothers reported more home adjustment problems. These findings have clear implications for intervention with mothers of PDD children especially through Cognitive Behavioral Management. Future studies need to focus on parental counseling especially regarding the long term rehabilitation of the child.

**Keywords:** Pervasive Developmental Disorder. Emotional, Social, Adjustment.

## Coping and Perfectionism as Predictors of Life Satisfaction in Adolescents

**Fatima Ali Bokhari (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

The purpose of the present research was to examine Perfectionism and Coping as Predictors of Life Satisfaction in Adolescents. A sample of 414 students studying in grades 9th to 12th in different schools and colleges of Lahore were included in the study. The Demographic Questionnaire, Almost Perfect Scale-Revised, Coping Strategies Questionnaire and Multidimensional Student Life Satisfaction Scale were administered on each participant in a group setting. Regression analysis revealed that standard, order and active practical coping positively predicted life satisfaction whereas discrepancy and avoidance focused coping negatively predicted life satisfaction. Pearson Product Moment Correlation Coefficient revealed that adaptive forms of perfectionism had a positive correlation with active practical coping and religious coping whereas maladaptive form of perfectionism had a positive correlation with avoidance focused coping. The hypothesis that there are gender differences in adolescents' perfectionism, coping and life satisfaction was partially supported.

**Keywords:** Perfectionism. Coping, Life Satisfaction, Adolescents.

## Depression, Anxiety and Ways of Coping in Transgenders: An Exploratory Study

**Mirrat Gul Butt (MS 2008-2010)**
**Supervisor: Dr. Humaira Mohsin**

The present study explored the association of depression, anxiety and ways of coping in transgenders. The participants were contacted through their gurus (bosses in the field) from different places in Lahore. A sample of 100 subjects including 11 representatives from other cities of Pakistan was interviewed. A semi-structured demographic form, Siddique Shah Depression Scale (SSDS), State Trait Anxiety Inventory (STAI) and Ways of Coping Questionnaire-Revised Urdu edition (WCQ-R U), were administered to collect information. The results showed no association between depression and anxiety and depression and ways of coping in transgenders, Furthermore there was a negative correlation found among anxiety and escape avoidance and distancing as well as among anxiety, self-control and accepting responsibility. About 68 cases scored moderate and severe depression while 92 scored high anxiety (>80 on State Trait Anxiety Inventory (STAI)). The coping strategies used by the sample were: RAPS - Rationale and Active Problem Solving (40.0), EAD - Escape Avoidance and Distancing (57.0), SCAR - Self Control and Accepting Responsibility (34 0) and TR - Tension Reduction (17.0).

**Keywords:** Transgenders, Depression, Anxiety, Coping.

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**Relationship between Depression, Death Anxiety and Religiosity among Police Employees exposed to Terrorist Attacks in Lahore.**

**Saliha Sohail (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

The focus of the present study was to find differences in the level of depression, death anxiety and religiosity among three groups highly affected (injured), highly exposed (operations team duties on high threat positions) and indirectly exposed (Investigation team) of police employees made on the basis of level of exposure to terrorists' attacks in Lahore city. Further aim was to explore the relationship of death anxiety, depression and religiosity among these three groups of police employees. Those who met the criteria for the level of exposure to the traumatic events and also gave consent for participating in the research were recruited for the study. A sample of 243 male police employees was collected. 100 participants were taken from investigation team who were considered indirectly exposed to traumatic events, 100 from operations team i.e., from highly exposed group and 43 participants were from injured group i.e., highly affected group were taken. The data was collected through individual administration. The tools used in the study were the Urdu version of Leming's Fear of Death Anxiety Scale, Religious Activity Scale (RAS), Urdu version of Depression Anxiety Stress Scale (DASS) and demographic form. ANOVA was carried out to find the difference in the level of depression, death anxiety and religiosity among three groups with varying degrees of exposure to traumatic events. Results indicate that in death anxiety categories operations team and injured group were significantly different from investigation team on fear of finality (L6) aspect. However, operations and investigation teams were significantly different from injured group on fear of leaving loved ones (L7).Whereas operations team was significantly different from investigation team on fear of fate of the body (L8). There was no effect of participants' level of exposure among all three groups on depression and religiosity. Correlation analysis showed that in operations team depression had significant positive correlation with fear of pain (L2) and fear of finality of death (L6). Religiosity had significant negative correlation with fear of isolation/separation (L4) and fear of leaving loved ones (L6). However, for investigation team there was no correlation between depression, religiosity and any aspect of death anxiety. Though, in injured group depression had significant positive correlation with death anxiety aspects of fear of indignity (L3) and fear of finality of death (L6), whereas religiosity was not correlated with any aspects of death anxiety.
**Keywords:** Depression, Death Anxiety, Trauma. Police.

**Psychological Functioning and Coping Strategies among the Survivors of Childhood Sexual Abuse**

**Mahira Ahmad (MS 2008-2010)**
**Supervisor:  Dr.  Humaira Mohsin**

The goal of the present research was to assess psychological functioning in terms of severity level of anxiety, depression and stress level as well as to ascertain the coping strategies employed by Childhood Sexual Abuse (CSA) adult female survivors. The study was carried out with the sample of 161 adolescents (78 CSA abused and 83 non-abused) age ranging from 18 to 35years (M = 22.49, S.D = 3.69) both groups were recruited from Dar- ul- Aman located in Lahore. Participants completed measures of CSA questionnaire adapted and modified according to the present study (Halperin, 1996), Depression, Anxiety Stress Scales (DASS Urdu version, Zehra, 2009) and Ways of Coping Questionnaire-revised (WCQ-R, Malik, 2007) were used. Results indicated that CSA survivors significantly differ from non-

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abused group on severity levels of DASS scales. Among coping strategies, CSA group reported frequent use of tension reduction to deal with life stressors. Stepwise Regression Analysis predicted that female who had experienced sexual contact form of CSA suffered more from depression and used emotional coping (i.e. self-control and accepting responsibilities) than other types of CSA. The present study also found that CSA survivors are at greater risk for depression because they tend to use unhealthy emotional coping to tackle life stressors. Future research should focus on the development of interventions for adult CSA female keeping in view the Pakistani society.

**Keywords:** Psychological Functioning, Sexual Abuse, Stress, Depression, Anxiety, Coping.

## Relationship of Perceived Expressed Emotion with Symptoms of Anxiety and Depression among students in Selected Universities in Lahore

**Amna Rashid (MS 2008-2010)**
**Supervisor: Dr. Iram Bokharey**

The present study was conducted to investigate the relationship of perceived expressed emotion with symptoms of anxiety and depression in university population. For this purpose, a non- clinical sample of 500 undergraduate students (254 men and 246 women, aged 17-24 years) was recruited from 3 universities of Lahore (Beaconhouse National University, Lahore University of Management Sciences, University of the Punjab). The method of purposive sampling was used. The tools used for assessment were Level of Expressed Emotion Scale (LEE), Beck Anxiety Inventory (BAI), and Beck Depression Inventory (BDI). A Corelational, Cross-sectional Research Design was used. Data was analyzed by using Pearson Product Moment Correlation Co-efficient, Multiple Regression Analysis (backward method) and Independent Sample t-test. The results partially supported the hypotheses, revealing a moderate but statistically significant correlation between the level of perceived expressed emotion and symptoms of anxiety and depression. Men had higher level of perceived expressed emotions as compared to women. The study has implication for better understanding of non-clinical population's symptoms of anxiety and depression in relation to perceived expressed emotion.

**Keywords:** Perceived Expressed Emotion, Anxiety, Depression.

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

**Faiza Safdar (MS 2009-2010)**
**Supervisor: Dr. Saima Dawood**

The present research was conducted to explore the relationship between Emotional Intelligence, Mental Disorder 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 1000 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 341individuals (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 ofCluster-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

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prevalence rate in Cluster -B (8) followed by Cluster-A (5), Personality Disorder NOS (5) and Cluster-C (4). Depression had high prevalent rate (40) as compared to Anxiety (39). Correlation Analysis revealed that Borderline Personality Disorder had significant negative correlation with all scales of Emotional Intelligence. Neuroticism had significant negative association with all scales of Emotional Intelligence. Paranoid Personality Disorder had significant negative relationship with Scale-TV: Empathy and Scale-V: Social Skills. Depression had significant negative relationship with Scale-1: Self Awareness and Scale- Ill: Motivation. The Scale-1: Self Awareness had significant negative relationship with Religious/Denial Coping. Scale-11: Self Regulation had significant positive correlation with Schizoid Personality Disorder and Anxiety. Scale IV: Empathy and Scale V: Social Skills have significant positive association with Anxiety.

**Keywords:** Emotional Intelligence, Coping, Personality Traits, Depression, Anxiety.

## Type of Abuse and Neglect, and Quality of Life among Patients of Anxiety and Depressive Disorders

**Aasma Yousaf (MS 2009-2010)**
**Supervisor: Dr. Aisha Sitwat**

The aim of the present research was to identify the type of abuse, neglect and quality of life among the patients of anxiety and depressive illness. Second aim was to see the relationship among types of abuse, neglect and quality of life among anxiety and depressive patients. Moreover, the aim was also to find out the predictor variables for poor quality of life. A sample of 126 participants, men and women with the age above 18 years was taken through purposive sampling technique from different psychiatry departments of teaching hospitals in Lahore. At first, participants were diagnosed with depression and anxiety disorder according to DSM-IV-TR criteria. In order to screen out the abuse and neglect cases, indigenous tool which was developed by the researcher during the present study was administered. Australian World Health Organization Quality of Life Scale was administered in order to check the disturbance in the four domains of quality of life such as physical health, psychological, social relations and environment related quality of life. 66 patients had diagnosis of depressive disorders and the rest of them were with anxiety disorders. Present study consisted of 40.5% men and 59.5% women; most of the sample was married, belonging to nuclear family system and with low education level. Most of the participants had monthly income between 5000 to 40000 rupees. Most of the females were housewives, whereas in male sample most were students and government employees and still others had small personally owned businesses. Depression had a significant inverse relationship with all the domains of quality of life such as physical health, psychological, social relationship and environment related quality of life. Moreover, there was positive relationship among depression and sexual abuse, emotional abuse and neglect and, physical abuse and neglect. Anxiety had a negative correlation with sexual abuse but positive correlation with emotional abuse and neglect, and physical abuse and neglect. A significant positive correlation was found between sexual abuse, emotional abuse, and physical abuse and neglect but inverse relationship with all areas related to quality of life. Emotional abuse and neglect and physical abuse and neglect had a significant inverse relationship with each other and all the areas of quality of life. Regression analysis revealed that sexual abuse, and physical abuse and neglect were the predictors of physical health related quality of life whereas emotional abuse and neglect was the predictor for the other areas of quality of life.
**Keywords:** Quality of Life, Abuse, Anxiety, Depression, Neglect.

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## The Symptoms of Personality Disorders in Pakistani Society and Prevalence Estimates for Non Clinical Population of Lahore

**Afshi Yahya Khan (MS 2009-2010)**
**Supervisor: Dr. Saima Dawood**

The aim of the present study was to explore the symptoms through which Personality Disorders are manifested in Pakistani culture and also to estimate prevalence of Personality Disorders in non-clinical population of Lahore. Combined method of study was followed in the research which was carried out in two phases. The main focus of phase-I was to identify culture specific symptoms related to Personality Disorders. In the first phase Focused Group Discussion was used as a tool for data collection and 5 Clinical Psychologists holding Post Master's Diploma in Clinical Psychology (ADCP) with at least 5 years of work experience were the participants' of FGD. The main inquiry question was "How does the Symptoms of each Personality Disorder manifest in Pakistan?" A list of questions regarding Personality Disorders was developed after doing interpretation while transcribing the data of FGD. The diagnostic criteria based on DSM-IV-TR for Personality Disorders were also translated to use in the present research. The list of items generated through FGD was then incorporated in translated criteria of DSM-IV-TR and the tool was finalized. Three doctoral level judges then evaluated each item of the translated diagnostic criteria alongwith items developed through FGD on 1-10 scale, items with a mean rating of 7 or more were retained. The tool (Comprehensive .Diagnostic Instrument for Personality Disorders CDIP) consisted of one Screening Questionnaire and 12 subscales. The second phase was related to see the prevalence of Personality Disorders. For this purpose written permission was taken from the town office to collect data from Data Ganj Buksh Town. In Phase-II a survey was done to explore prevalence of Personality Disorders in Lahore. Data was collected from Data Ganj Buksh Town (N=1000; 500 men, 500 women). Proportionate Stratified Random Sampling was employed to select Union Councils (UCs) of lower, middle and upper socioeconomic status. Later, Purposive sampling was used to collect data from each selected UC Data was collected through Demographic questionnaire and CDIP. Response rate was 51. The results showed that the overall prevalence of Personality Disorders was 21 3 with Borderline Personality Disorder as the most prevalent (4.2) and Schizotypal as the least prevalent (.7) .No diagnosis was made for Antisocial Personality Disorder Further analyses according to demographic characteristics revealed that Personality Disorders were more prevalent in men,; lower and middle socioeconomic status and divorcees or separated individuals. The age group m which Personality Disorders were more reported was 25-35
**Keywords:** Personality Disorders, Prevalence, Symptoms, Culture-Specific.

## Experiences of Adolescents Having a Sibling with Autism Spectrum Conditions: A Qualitative Analysis

**Rabia Saleem (MS 2008-2010)**
**Supervisor: Dr. Iram Bokharey**

The present study was a qualitative investigation into the lived experiences of adolescent siblings of children having Autism Spectrum Conditions, using a phenomenological design. Semi-structured face to face interviews were conducted with 10 adolescent siblings (ages 12-19) of already diagnosed children. An interview guide was formulated based on assumptions of the researcher and literature review to give the interview process some structure. Interviews were recorded on a voice recording USB device and transcribed for analysis. Informed consent was sought from all participants and confidentiality was

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ensured throughout. Data was analyzed using Hycner's explicitation process. Internal validity was ensured using three peer reviewers having at least 10 years of clinical experience, as well as outlining researcher bias in detail. External validity was ensured via use of rich, thick descriptions. Reliability was ensured by giving a detailed account of the research methodology. The results revealed eight major themes with their corresponding sub themes and a unique theme. These included Confusion and Denial, Understanding and Acceptance, Protective Relationship, An Autistic -way of life. Social Issues, Unique Emotional Experience, Development of Unique Qualities, Insecurity about Future and With or without you relationship, respectively. These results have practical implications for involvement of siblings in therapeutic process of children with ASC, as it gives them an opportunity to battle their own issues, as well as provide some relief to parents who become over burdened with the care taking process. The study also has implications for future research to focus on positive factors in the experience of families having disabled children.

**Keywords:** Autism, Phenomenological Design, Lived Experiences, Siblings.

## Relationship between Perceived Parental Rearing Behaviors, Attachment Patterns and Anxiety Disorders among Adolescents

**Humaira Naz (MS 2006-2010)**
**Supervisor: Dr. Saima Dawood**

The present study aimed to ascertain the relationship between Perceived Parental Rearing Behaviors, Attachment Patterns and Anxiety Disorders symptoms among Adolescents. Corelational research design was used. The study included a sample of 630 adolescents (336 girls & 294 boys) of age range of 13-19 years. The sample was collected from government and private schools, colleges of Data Gunj Baksh Town, Lahore. Stratified sampling strategy was used to collect sample according to proportions of SES: 350 from Lower SES, 210 from Middle SES and 70 from Upper SES. At second stage, Purposive sampling was used for the selection of institutes from where participants were recruited. The research instruments included Personal History Questionnaire; Egna Minnen Bteraffande Uppfostran Questionnaire – Modified (EMBU-C); Inventory of Parent and Peer Attachment (IPPA-R); Attachment Style Classification Questionnaire (ASCQ) and Screen for Child Anxiety Related Emotional Disorders (SCARED-R). For data analysis, Pearson Product Moment CorrelationCoefficient, Regression Analyses and t test were employed. Result showed that parental rearing behaviors of Overprotection/Control, Anxious Rearing and Rejection (Father and Mother), Alienation, Ambivalent and Avoidant attachment style were correlates of anxiety among adolescents. The identified predictors were maternal Overprotection/ Control, Anxious Rearing, Emotional Warmth, Alienated attachment to father and mother and Ambivalent and Avoidant Attachment styles in total sample. Gender differences revealed high scores on Avoidant Attachment Style and Anxiety disorder symptoms among girls. Boys reported high scores on mother trust, mother and father's Anxious Rearing, father's Overprotection/Control and father's Rejection. It is concluded that adolescents raised by parents with healthy rearing behaviors and attachment patterns are less vulnerable to anxiety symptoms. The study will have social and clinical implication in designing effective Parent training program for raising and dealing with anxiety prone adolescent. It would also helpful in planning intervention strategies for Anxiety Management of adolescents with dysfunctional attachment patterns.

**Keywords:** Rearing Behaviors, Parents, Anxiety, Attachment Patterns.

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# Predictors of Relapse from Patients and Caregivers' Perspective in Chronic Illnesses

**Tayyeba Kiran (MS 2009-2010)**
**Supervisor: Dr. Saima Dawood**

The present study focused on the assessment of predictors of relapse from both patients as well caregivers- perspective in the individuals with Schizophrenia, Bipolar Disorder and Depression. The research consisted of two stages. In stage one Relapse Prediction Questionnaire (RPQ) was developed by the researcher. Suggestions were taken from clinical psychologists regarding the items in different subscales of the questionnaire. The RPQ was administered on both indoor and outdoor patients diagnosed with Schizophrenia (n = 50), Bipolar Disorder (n = 50) and Depression (n = 50) and their caregivers to assess Premorbid Personality Stressful Life Evens; Perceived Criticism; Patients- Negative Appraisal of Illness' Adherence; Patients- Internal Locus of Control; Patients- External Locus of Control' Expressed Emotions; Caregivers- Internal Locus of Control and Caregivers External Locus of Control. The sample included/ men and women patients in equal proportion (50% men & 50% women). Content validity was established by taking ratings from qualified clinical psychologists (n = 15) regarding the appropriateness of items. Reliability of the RPQ was determined on a sample of 30 patients, on whom the questionnaire was re-administered after a period of one week. Pearson Product Moment Correlations between test and retest scores of all the subscales of RPQ were significant (p= 0.01).

In second stage, the focus was to see the differences between three psychiatric groups on different subscales of RPQ. ANOVA was conducted to determine the differences between three psychiatric groups: Schizophrenia, Bipolar Disorder and Depression t-test was run to see gender differences of patients and caregivers. Results of ANOVA indicated that three groups differed significantly on different subscales of RPQ: Scale for Stressful Life Event, Scale for Patients' Negative Appraisal of Illness (PNAOI) Critical Comment (CC) subscale of EE, Hostility (HOS) subscale of EE, Scale for Caregivers' Internal Locus of Control (ILC-C) Scale for Caregivers' External Locus of Control (ELC-C), respectively. Results of t-test indicated significant differences between men and women patients on Scale for Perceived Criticism and Scale for Expressed Emotions and significant differences were obtained for men and women caregivers on Scale for Caregivers' Internal Locus of Control and Scale for Caregivers' External Locus of Control. Furthermore, comparison was also made between caregivers who were hopeful and those who were hopeless towards treatment which indicated that both groups have significant differences [t (148) = 3.728*, 2.677*, 4014* 3704*] on Scale for Expressed Emotions (EE), Scale for Perceived Criticism, Scale for Caregivers' Internal Locus of Control and Scale for Caregivers' External Locus of Control. Regression Analysis showed that duration of psychiatric illness and duration of providing care by the caregivers were significant predictors of Expressed Emotion. Furthermore, Patients' Negative Appraisal of Illness, Patients' External Locus of Control and Expressed Emotion were significant predictors of Perceived Criticism.

**Keywords:** Relapse, Expressed Emotions, Locus of Control, Caregivers, Reliability, Validity.

## Exploration of the Factors Affecting Anger among Adolescents

**Saira Nasrullah (M.Phil. 2005-2007)**
**Supervisor: Dr. Nosheen K. Rahman**
**Co-supervisor: Dr. Iram Bokharey**

The aim of the present research is to explore causal factors of anger as a problem among adolescents. It is a two-phase design approach; in phase I a quantitative study was conducted using a survey research

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design. Door-to-door survey was conducted on 200 individuals including 100 adolescents with an age of 18 to 20 years and 100 adults of age 20 and above, from Data Ganj Bukhsh Town, Lahore. Their views and perceptions about anger problem with adolescents were investigated. In phase II a qualitative study was conducted. A constructivist paradigm and interpretive phenomenplogical analysis were used as methods of inquiry with 12 adolescents with anger problem (who scored at and above 75th percentile on State Trait Anger Expression Inventory) including six males and six females falling in the age range of18 to 20 years were interviewed. Adolescents with anger problem were in-depth interviewed to get information related to the factors causing anger. Both Survey Questionnaire and m-depth interview guide were developed after thorough review of researches conducted in this area. Results of survey showed 9 factors which were unjust treatment by parents, effect of extended family, lesser communication between parents and adolescents, low frustration tolerance, feelings of revenge, frustration, gender-related issues, effect of religion and community violence were reported to be the causes of anger. However, the qualitative analyses showed emergence of three primary themes, which were modeling, interpersonal communication and intrinsic factors. A comparison of the two phases showed few common factors and few differences in exploring the phenomena of anger.

**Keywords:** Anger, Perception, Adolescents, Interpersonal Communication, Intrinsic Factors.

## Role of Family Functioning in the Development of Obsessive Compulsive Disorder

**Sadia(M.Phil. 2005-2007)**
**Supervisor: Dr. Aisha Sitwat**

The objective of my qualitative study was to explore the role of the perceived family functioning in the development of Obsessive Compulsive Disorder (OCD) and to find out differences in family functioning between clinical and non-clinical participants. It also aimed to identify dysfunctional as well as healthy patterns of family functioning responsible for the development of OCD. Although there were many researches carried out in the West on the role of familial factors in the development of OCD, yet it seems a neglected area in Pakistan. A Questionnaire was constructed based on McMaster Theory of family functioning and literature review to serve as an Interview Guide. The Constructivist paradigm and phenomenological approach were employed to explore perceived family functioning. Sample included five OCD patients and five non-clinical participants. Purposive sampling was used for selection of the participants. Minimum age for selection of the participants was 18 years. The clinical participants of OCD, already diagnosed by their respective psychiatrist/clinical psychologist, were included in the study. Their diagnosis was further verified with the help of detailed case history interview and Symptom Checklist-R. Clinical sample was taken from teaching hospitals of Lahore whereas the non-clinical participants were taken from local community. The non-clinical participants were matched with the clinical participants on the variables such as age, gender, education, socioeconomic status, marital status and type of family i.e. nuclear or extended. The participants were screened with the help of Symptom Checklist-Revised to rule out OCD and other psychopathologies. Initially, a pilot study was conducted on one OCD patient and one non-clinical participant. All the participants were interviewed and their in-depth semi-structured interviews were tape-recorded, which were transcribed into Urdu language. Interpretative Phenomenological Analysis was used to analyze transcribed data. All the transcriptions were read and re-read to identify themes: exploratory, recurrent and then major themes were identified. Numerical coding was used to sort out and specify different themes. These were tabulated and sketched into a diagram to make the view of the perceived family functioning of clinical and non-clinical participants clearer. Colour coding was used to specify participants' verbatim statements. Relevant verbatim statements of the participants were incorporated into analysis. Differences between the family

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functioning of both groups of participants in form of 'contrasting themes' and similarities in form of 'common themes' were analyzed and interpreted further in relation to the existing evidence and literature. My interpretation of data and emergent themes would provide an insight into Pakistani socio-cultural milieu within families. Findings have been discussed in the context of family functioning theory grounded in Pakistani's culture, family therapy and interventions.

**Keywords:** Obsessive Compulsive Disorder, Family Functioning, Patient, Non Clinical Population.

## Relationship of Parenting Styles and Self-efficacy with Depression and Anxiety in Late Adolescents

**Laila Ashraf (M.Phil. 2005-2007)**
**Supervisor: Dr. Aisha Sitwat**

The aim of the present research was to find out the relationship of parenting styles and self- efficacy with depression and anxiety in late adolescents. It was hypothesized that there would be an inverse association of authoritative parenting style and self-efficacy and direct association of authoritarian and permissive parenting style with depression and anxiety among boys and girls of late adolescents. A sample of 689 boys and girls with age range of 16 to 19 years was collected through purposive sampling from the different colleges and universities of Lahore. In order to assess perceived parenting styles, self-efficacy, depression and anxiety. Parental Authority Questionnaire, General Self-efficacy Scale and Depression and Anxiety scales of Symptom checklist were administered. Results partially supported the hypothesis. Correlation analyses showed a significant inverse relationship of authoritative parenting style and general self-efficacy, and direct relationship of authoritarian parenting with depression and anxiety. However permissive parenting style was not significantly related with the depression and anxiety in boys and girls. Regression Analyses however indicated that gender differences exist in the pattern of association of parenting styles with depression and anxiety. In girls, authoritative parenting showed an inverse relationship and authoritarian parenting showed direct association with depression and anxiety respectively.

However for boys, none of the three parenting styles predicted depression and only authoritative parenting showed inverse association with anxiety. Generalized self-efficacy equally contributed the prediction of depression and anxiety in boys and girls.

**Keywords:** Self-efficacy, Depression, anxiety, Parenting Style, Gender Differences.

## The Relationship of Imaginal processes, Coping Behavior and Mental Health

**Maryam Farooq (M.Phil. 2003-2005)**
**Supervisor: Dr. Nosheen K. Rahman**

The aim of the present research project was to study the relationship of Imaginal Processes, Coping Behaviour and Mental Health. Three measuring instruments were chosen for this purpose. Short Imaginal Processes Inventory (SIPI): for measuring imaginal processes. Coping Orientation to Problems Experienced (COPE): for measuring coping behaviour in stressful situations and Symptom Checklist -R (SCL-R): for measuring mental health. SIPI and COPE were translated into Urdu through the standard procedure of toward translation and back translation. A pilot study was conducted on 30 students: 10 from F.A, 10 from B.A and 10 from M.A. All the students participating filled a consent form and the three measuring instruments. Latter a verbal feedback was taken from each participant. The suggestions gathered from the pilot study were incorporated in the main study. The data of the main study was

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collected form 1000 students: 376 F.A/F.Sc, 268 B.A/B.Sc, and 356 M.A/ M.Sc with an age range of 16 to 23 years. The results indicated that the students scoring higher on Positive Constructive Daydreaming (PCD) scored higher on Problem Focused Coping (PFC) and Emotion Focused Coping (EFC). Students scoring higher on PCD scored lower on the scales of SCL-R. The students scoring higher on Guilt and Fear of Failure (GFF) scored higher on Less Useful Coping (LUC) and scales of SCL-R. Those who scored higher on Poor Attentional Control (PAC) scored higher on LUC and the scales of SCL-R. Male students scored significantly higher than the female students on GFF. There was no significant gender difference on the scale of COPE and SCL-R. The three education levels: F.A/F.Sc, B.A/B.Sc and M.A/M.Sc were compared on the three measuring instruments. The students of F.A/F.Sc scored significantly higher than the students of M.A/M.Sc on the scale of PAC. There was no significant difference on the scales of COPE based on the level of education however the students of F.A/F.Sc scored significantly higher than the students ofM.A/M.Sc on the scale of Somatoform, Anxiety and Obsessive Compulsive Disorder (OCD). The students of F.A/F.Sc and B.A/B.Sc scored significantly higher than the students of M.A/M.Sc on the scales of Schizophrenia. The findings of the study may be helpful since the habitual coping styles are associated with significant health outcomes so the clinician can rely on habitual coping styles and imaginal processes as indicators of potential health problems, in screening nonclinical samples. Further research in the area is required to establish the findings of the present research.

**Keywords:** Imaginal Processes, Coping, Mental Health.

**Efficacy of "You Can Do It" Programme With Under-Achieving Students of Class 8**

**Abdul Waheed Tabish (M.Phil. 2003-2005)**
**Supervisor: Dr. Nosheen K. Rahman**

The present study aimed to see the efficacy of "You Can Do It" (YCDI) Programme with under-achieving male students of class 8. 180 male students of class 8 were screened out as under- achievers through SPM from six government high school of Lahore: Government. High School township. Govt, Model High School, Model Town, Govt. Pilot High School Whadat Colony, Govt. High school Whadat Colony, Govt. High School Chuberjji Gardan, Govt. Islamia High School Icchra and Govt. High School Iqbal Town. Sampling was Purposive and Experimental Research Design was used. Assessment tools were The Idea Inventory and Obstacle Checklist ofYCDA. 180 male students were randomly assigned into treatment, attention control and control group, each comprising of 10 participants. Ten translated group sessions from YCDI Programme of 2 hours with 15 minutes break were conducted with the Treatment Group. YCDI programme was conducted with the Treatment Group and the Attention Control group was involved in different activities, drawing, coloring games etc. Control group was not given any treatment or attention. Post assessment of the three groups was carried out after completion of the programme. One Way Analysis of Variance (ANOVA) indicated significant differences, P < .01 in Treatment Group at post assessment level as compared to the Attention Control Group and Control Group. The results indicated that YCDI Programme is an effective programme which can be used in schools for academic achievement motivational and social emotional wellbeing, so that the maximum potential of student's elementary level can be utilized.

**Keywords:** Treatment Group, Emotional Wellbeing. Underachieving, Academic Achievement.

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# Prevalence of Anxiety and Depression in General Population of Data Ganj Bukhsh Town, Lahore

**Saadia Sheikh (M.Phil. 2001-2003)**
**Supervisor: Dr. Nosheen K. Rahman**

The aim of the present study was to find the prevalence of anxiety and depression in general population of Data Ganj Bakhsh Town, Lahore and to see the demographic correlates of anxiety and depression. For this purpose survey research design was used. To draw a more representative sample, Complex Multi-stage Probability Sampling techniques including Stratified Sampling, random sampling, systematic sampling and proportionate sampling techniques were used at different stages of the research. The whole town was divided into three stratas according to lower, middle and upper socio economic status (SES). The sample of 1041 individuals including men and women were recruited for the present study. Data of educated and uneducated, married and unmarried individuals was collected from these stratas in proportion to the whole population of the town. 52% of the sample was collected from lower SES, 33% from the middle and 15% from the upper SES. The instruments used were Hospital Anxiety and Depression Scale (HADS) for screening mid Symptom Checklist-Revised (SCL-R) Anxiety and Depression Scales for diagnostic purposes. A Demographic Form was used to obtain information regarding different demographic characteristics of the sample. Frequencies, Percentages and Chi-Square Analysis were calculated for the whole sample. The results showed that though HADS, 9.3% and 17.8% of the sample was screened out as anxious and depressed respectively. The results further showed that 2.3% of the sample was diagnosed as anxious and 3.4 was as depressed through SCL-R.
**Keywords:** Anxiety, Depression, Prevalence.

# Demographic Characteristics of Obsessive Compulsive Disorder and Comorbidity of Obsessive Compulsive Disorder with Depression and Schizophrenia

**Khadija Chaudhry (M.Phil. 2000-2002)**
**Supervisor: Dr. Nosheen K. Rahman**

OCD is widely studied in the West but little systematic work has been carried out in Pakistan. The present study aimed to investigate: firstly, the demographic characteristics of Obsessive Compulsive Disorder (OCD), and secondly to examine comorbidity of OCD with depression and schizophrenia. The present research was conducted in Lahore on 350 OCD patients taken from indoor and outdoor departments of five teaching hospitals and three private clinics, already diagnosed on the ICD-10 (International Classification of Diseases - tenth revision) criteria by the respective psychiatrists and psychologists. The total duration of the study was one year. Demographic data was collected through a semistructured interview on a specially constructed demographic questionnaire. Comorbidity of depression and schizophrenia with OCD was assessed using the Symptom Checklist-Revised (SCL-R). The results showed no gender differences, as there were an almost equal number of males and females suffering from OCD. The phenomenon of OCD patients being first born was also not found. Males had a significantly earlier age at onset as compared to the females. There was a greater incidence of OCD in relatives of the OCD patients than any other psychopathology. Comorbidity of OCD with depression was more than the comorbidity of OCD with schizophrenia. The results related to demographic variables are somewhat different from those previously reported in the Western literature, which may well be due to cultural differences. The patterns of comorbidity were similar to those reported in the previous studies.
**Keywords:** Obsessive Compulsive Disorder, Depression, Schizophrenia, Comorbidity.

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**Effectiveness of Rational Emotive Behavior Therapy in Females with Schizophrenia and 4-Months Follow Up**

**Nadia Arshad (M.Phil. 2000-2002)**
**Supervisor: Dr. Nosheen K.Rahman**

The present study aimed to see the efficacy of Rational Emotive Behaviour Therapy (REBT) in female with schizophrenia. Ninety participants, stable on medication were taken from Punjab Institute of Mental Health and Psychiatry Department, Services Hospital, Lahore. The participants were already diagnosed on ICD- 10 criteria by the psychiatrists and counter diagnosed on DSM-IV by the researcher. Sampling was Purposive and Classic Experimental Design was used. Assessment tools used were: Positive and Negative Syndrome Scale for Schizophrenia (PANSS), Behaviour Checklist and Dysfunctional Attitude Scale (DAS) at pre, post and follow up levels. The 90 participants were randomly assigned into Treatment, Attention Control and Control Groups, each comprising of 30 participants. Twelve structured group sessions of 90 minutes each, spread during three months were conducted with Treatment and Attention Control Groups. REBT was given to the Treatment Group and the Attention Control Group was exposed to different activities: Coloring, making paper bags and shapes with plasticine for half an hour each. Control Group was neither given treatment nor attention. Post assessment of the three groups was carried out after three months and follow up after four months duration. One Way Analysis of Variance (ANOVA) and Paired Sample t test indicated significant differences, $p < .05$ in Treatment Group at post and follow up assessments as compared to the Attention Control Group and the Control Group. The Results indicate that REBT is an effective intervention and can successfully be used along with medication for the treatment of females with schizophrenia in Pakistan.
**Keywords:** Rational Emotive Behavior Therapy, Schizophrenia, Diagnosis.

**Irrational Beliefs and Self Esteem as Predictors of Depressive Symptoms among Adolescents of Pakistan**

**Masha Maqbool Ahmed (M.Phil. 2000-2002)**
**Supervisor: Dr. Nosheen K. Rahman**

The present study was conducted to investigate the role of irrational beliefs and self-esteem in the prediction of depressive symptoms among the male and female adolescents of Pakistan. For this purpose a sample of 1000 adolescent (males and females; aged 13-19 years) from non-clinical population was recruited from the English medium educational institutions of Lahore. The method of purposive sampling was used. Tools used for assessment were Irrational Belief Test (IBT), Offer's Self Image Questionnaire (OSIQ), Beck Depression Inventory-11 (BDI-II), Demographic Form and Self Report Questionnaire. The Correlational research design was used. Data was analyzed by using Pearson Product Moment Coefficient of Correlation and Multiple Regression Analysis. The results supported the hypotheses that irrational beliefs and self-esteem play a vital role in the prediction of depressive symptoms. This study has implication for better understanding of adolescent's depression in taking preventive measures for reduction in depressive symptoms.
**Keywords:** Irrational Beliefs, Self-Esteem, Depressive Symptoms, Adolescents.

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# Efficacy of Rational Emotive Behavior Therapy with Drug Addicts

**Bushra Ramzan (M.Phil. 2000-2002)**
**Supervisor: Dr. Nosheen K. Rahman**

Drug addiction is a major problem in Pakistan and is increasing day by day. The aim of the study was to see the efficacy of Rational Emotive Behaviour Therapy (REBT) with drug addicts in Pakistan. A total of 90 detoxified male polydrug dependents were taken from Sadaqat Clinic, Lahore. Classic Experimental Design was used. Irrational Belief Test (IBT), Low Frustration Tolerance (LFT) Inventory and Behaviour Checklist were administered with participants at pre, post and at three months follow up assessment level. The sample was further divided into three groups: Treatment Group, Attention Control Group and Control Group. Twelve structured group sessions of 90 minutes duration spread over 14 weeks were conducted with Treatment and Attention Control Groups. REBT was given to the Treatment Group and the Attention Control Group was exposed to different activities: Chart making, bookmarks and group discussion. Control Group was neither given treatment nor attention. For statistical analyses Means (M), Standard Deviations (SD), One Way Analysis of Variance (ANOVA) and Paired Sample t test was carried out. Results indicated that Treatment Group showed significantly higher reduction in ffis i.e. improvement in frustration tolerance level, personal hygiene, social skills and vocational skills as compared to the Attention Control and the Control Groups. It was concluded that REBT is highly effective with drug addicts in Pakistan and can successfully be used to solve drug related problems.
**Keywords:** Addiction, Rational Emotive Behavior Therapy, Irrational Belief, Low Frustration Tolerance.

# Risk Factors and Personality Profile of Runway Females

**Tahira Jabeen (M.Phil. 2000-2002)**
**Supervisor : Ms. Naima Hassan**

The present study explored the risk factors and personality profile of runaway females from homes. The risk factors were explored at structural and functional level that included the situations that they faced before and after running away from homes. Fifteen females from three shelter homes of Lahore Metropolitan City including Darul Aman, Destak, and Edhi Home were interviewed. Narrative analyses of this qualitative study revealed that broken homes, faulty parental practices, physical and sexual abuse and economic strain were the major contributing factors for these runaway females. The participants also frequently reported wider range of emotional and behavioral problems regarding their personality characteristics. The emotional problems included low self-esteem, suicidal ideation, suicidal attempts, tension and post-traumatic symptoms and behavioral problems such as disobedience and school problems.
**Keywords:** Sexual abuse, low self-esteem, suicidal ideation, suicidal attempts, post-traumatic symptoms. Risk Factors, Personality Profile, Runaway Females.

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## Attributinal Style of Unipolor Depressed Relapse Patients

**Kanawal Qayyum (M.Phil. 1999-2001)**
**Supervisor: Dr. Hamid Sheikh**

In the present study Unipolar Depressed Relapse (UD-R) and Unipolar Depressed Non-Relapse (UD-NR) were compared on their Attributional style. The total sample consisted of 47 (N=47), comprising of 16 males, and 31 females, falling within the age range of 16 to 67 years. The mean nterval between previous and present conditions varied from 21 to 24 months. The Sample was assessed by following the Diagnostic and Statistical Manual for Mental Disorders (DSM-IV) criteria, Siddiqui Shah Depression Scale (SSDS), a Bio-data Questionnaire were administered and Content Analysis of Verbatim Explanation (CAVE) was done. The results indicated that composite and stable dimension for unpleasant events are significantly different whereas UD-R depression positively correlated with composite dimension. However, Attributional style for pleasant events was same between both groups.
The results highlight that understanding that causal mechanism may provide a marker for the efficacy of Cognitive Therapy, and subsequently minimize the risk for relapse among the subjects.
**Keywords:** Unipolar Depression, Relapse, Attributional Style.

## Demographic Characteristics of Patients Suffering from Depression in Lahore

**Razia Bano (M.Phil. 1999-2001)**
**Supervisor: Dr. Nosheen K.Rahman**

The goal of the present study was firstly to investigate the demographic variables in relation to depression. Secondly, gender differences were also explored in these variables. Many studies have been conducted on different dimensions of depression. But relatively little work has been carried out especially with reference to demographic variables in depression such as gender, age, education, occupational status, marital status, type of marriage, family system, birth order, mode of treatment and history of psychiatric illness in family.
For this purpose Survey-research design was used. One thousand depressed patients were taken from four teaching hospitals i.e. Mayo Hospital. Sir Ganga Ram Hospital, Services Hospital, and Jinnah Hospital. All interviews were conducted in hospital settings.
The measures used were Siddiqui Shah Depression Scale (SSDS), Symptom Checklist Depression Scale-Revised (SCLD-R) and Demographic Questionnaire. Percentages and Chi-square was calculated for statistical analysis. The results showed significant difference in variables under study i.e. gender, age, education, occupation status, marital status, type of marriage, family system, and birth order, mode of treatment and history of psychiatric illness in family.
The present work also supported the hypotheses related to gender differences as significant gender differences were also found in demographic variables suggesting that gender plays an important role in depressive disorder.
**Keywords:** Depression, Psychiatric Illness. Gender Differences.

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**Psychopathology, Clinical Symptoms and their Demographic Correlates for Female Adult Flood Affectees of Muzzafargarh**

**Ayesha Shahid (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**

The aim of the present study was to study the presence of psychopathology, Severity of symptoms and their demographic correlates in female adult flood victims of Muzzafargarh. The Ex Post Facto Research Design was used in this study. The sample size was of 208 participants with the age range of 20 to 75 years, (Mean=36.9). Demographic Questionnaire, Screening and Diagnostic tools were used for data collection. The results revealed that Generalized Anxiety Disorder (GAD) was the most commonly diagnosed disorder while Dysthymic Disorder and Major Depressive Disorder were also present. Severity of symptoms was seen. In Post Traumatic Stress Disorder (PTSD) and Generalized Anxiety Disorder (GAD). Death of a relative due to flood was strongly associated with psychopathology. Monetary losses were related to both psychopathology and severity of symptoms.
**Keywords:** Psychopathology, Adults, Flood victims, Post Traumatic Stress Disorder, Depression, Generalized Anxiety Disorder, Dysthymic, Adults, Females.

**Psychopathology, Clinical Symptoms and their Demographic Correlates in Male Adults Flood Affectees of District Muzzafargarh**

**Umaiza Bashir (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**

The purpose of the present study was to investigate psychopathology, clinical symptoms, and their demographic correlates among 2010's flood affectees of Muzaffargarh. The Ex Post Facto Research Design was used and a sample of 224 adults male flood affectees was purposively taken. The age range was between 20-65 years. Screening and Diagnostic Tool, (Rahman, Sitwat, Dawood, and Khan et al., 2008) and Demographic Questionnaire were used to collect the data. The results showed that 4.5 % of the participants met the entire diagnostic criteria of Posttraumatic Stress Disorder (PTSD) and 4.0 % GAD. MDD and Panic Disorder were each 0.9% in the sample. The unclassified diagnosis (disorders with intact functionality) was also given to the screened participants, MDD 6.7%, pain 3.6%, PTSD 3.1%, and GAD was 8.4% among the sample. Clinical symptoms of PTSD, GAD, Panic, and MDD were reported by 7%-12% of the sample. The demographic variables such as house, crops, cattle, land damages, death of the family member, arrival of aid, stay in camps and family system were reported by those having Psychological disorders.
**Keywords:** Psychopathology, Clinical symptoms. Flood Victims, Adults, Males.

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**Relationship of Resilience and Coping with Post Traumatic Stress among Flood Victims of Muzzafargarh**

**Rafia Amna (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**
**Co-Supervisor: Ms. Faiza Safdar**

The aim of the present study was to assess the effect of Resilience and Coping on Post Traumatic Stress among the victims of flood in Muzzafargarh. Correlational Research Design was used. Purposive sampling was used to collect a sample of 100 males and 100 females. The sample age ranged from 20-75 years, with the mean age of 37.25 years (SD = 12.51). Demographic Questionnaire, Resilience Scale, Brief Cope and Post Traumatic Disorder Checklist were administered to acquire required information. Analyses were carried out using the Statistical Package for the Social Sciences version 17. Results revealed a significant positive correlation between all Post Traumatic Stress symptoms (i.e. Re-experiencing, Avoidance and Hyper-arousal) and Active Avoidance Coping, Problem Focused Coping and Positive Coping.  However with Religious Coping two of the Symptoms of Post Traumatic Stress i.e. Hyper-arousal and Re-experiencing showed non-significant positive correlation. While Avoidance Symptom of Post Traumatic Stress showed non-significant negative correlation with Religious/Denial Coping. Results further revealed a significant negative association between the Post Traumatic Symptoms (i.e. Re-experiencing, Avoidance and Hyperarousal) and Resilience.
**Keywords:**  Psychopathology, Resilience. Flood Victims, Coping.

**Psychopathology, Clinical Symptoms, and their Demographic Correlates in Female Adolescents Flood Affectees of District Muzzafargarh**

**Sara Asad (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**
**Co-Supervisor: Ms. Aasma Yousaf**

The aim of the research was to estimate the rate of psychopathology clinical symptoms and their demographic correlates among female adolescent flood affectees of district  MuzzafargarhThe Retrospective Ex Post Facto Research Design was used. The sample Participants were selected through Purposive sampling technique, falling in the age range of 13-19 years with M =15.78 years. Screening, Diagnostic and Demographic Questionnaires were used to collect the data. Descriptive statistics were used to calculate the Percentages and Frequencies. The results showed that Posttraumatic Stress Disorder (PTSD) was the most common diagnosed disorder followed by Generalized Anxiety Disorder and Major Depressive Disorder. Clinical symptoms of PTSD and Generalized Anxiety Disorder were demonstrated most by the screened out participants. The variables such as damage to the house, residence in personal tents, and late arrival of any kind of aid might have led the participants to develop psychopathology.
**Keywords:**  Psychopathology, Clinical Symptoms. Flood Victims, Adolescents, Females.

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## Effects of Coping and Social Support on Post Traumatic Stress Disorder among Flood Victims of Muzzafargrah

**Sana Qaiser (BS 2007-2011)**
**Supervisor: Dr. Saima Dawood,**
**Co-Supervisor: Ms. Tehreem Arshad**

The aim of the present study was to examine the effects of coping and social support on Post Traumatic Stress Disorder among trauma victims of Muzzafargarh. The correlational research design was used in the study. Through Purposive sampling a sample of 100 men and 100 women was selected from different tehsils of Muzzafargarh district. Sample fall within the age of 16-20 years (mean age=17.52 years; SD 1 .472). Demographic Questionnaire, Screening and Diagnostic tool Questionnaire, Brief Cope and Social Support Questionnaire was administered to collect data. Descriptive Statistics, Pearson Product Moment Correlation and t-test analysis were carried out to analyze results. Results showed that that there was a relationship between Social Support and Coping styles indicating that participants with high coping skills had high Social Support as well. Social Support system of people showing the symptoms of PTSD was considerably high. Similarly Coping Styles of a person showing the symptoms of PTSD was considerably high. Lastly results showed that there was no gender difference between the Coping Styles and Social Support among Trauma victims.
**Keywords:** Coping, Social Support, Trauma, Victims, Post Traumatic Stress Disorder.

## Role of Social Support in Predicting Psychological Wellbeing and Quality of Life among Flood Victims

**Amina Tahira (BS 2007-2011)**
**Supervisor: Dr. Saima Dawood**

The aim of the present study was to investigate the role of Social Support in predicting Psychological Wellbeing and Quality of Life among Flood Victims. Survey was conducted in different regions of District Muzzaffargarh, using Purposive sampling technique. A total number of 180 individuals from both genders in three age categories adolescent (16-20), young adults (21-40), and middle aged adults (41-65) were assessed using World Health Organization Quality of Life Scale, Oxford Happiness Questionnaire and Social Support Questionnaire. Pearson Product Moment Correlation and Regression Analysis were used to see the relationship and predict relationship. Results revealed that Social Support had an impact on Quality of Life and Psychological Wellbeing. Men in comparison to women and adolescent group in comparison to young and middle aged adults revealed better SS, QOL and PWB.
**Keywords:** Social Support, Psychological Wellbeing, Quality of Life, Flood.

## Psychopathology, Clinical Symptoms and their Demographic Correlates in Male Adolescents Flood Affectees of District Muzzafargarh

**Anum Amanullah (BS 2007-2011)**
**Supervisor: Dr. Saima Dawood**

The aim of the present research was to assess psychopathology, clinical symptoms and their demographic correlates among adolescent boys flood affectees of District Muzzaffargarh. The retrospective Ex-Post Facto Research Design and Purposive sampling were used to select the sample. The sample consisted of

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adolescent boys victims of flood between age range of 13-19 years (M=16.03 years; SD=2.08). Data was collected using Screening, Diagnostic (Rahman, Sitwat & Dawood, and Khan et al, 2008) and Demographic Questionnaire. Descriptive Statistics were used and data was analyzed through SPSS 17th version. The results showed that 9 of the total participants met complete diagnostic criteria for Generalized Anxiety Disorder and 4 met the complete criteria for Post Traumatic Stress Disorder. Major Depressive Disorder, Panic Disorder and Adjustment Disorder were each found in 2 participants. Clinical symptoms of GAD and PTSD were most common among participants and the demographic variables such as house and crops damage and death of participant's relative predicted psychopathologies among research participants.

**Keywords:** Psychopathology, Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Adjustment, Symptoms, Adolescents, Depression.

## Association between Personality Disorder Traits, Substance Dependence and Relapse

**Tanzeela Abbas (BS 2007-2011)**
**Supervisor: Dr. Saima Dawood**

The aim of the present study was to see the relationship between AXIS I disorder: Substance Dependence and AXIS TI disorder: Personality disorders and Relapse. For this purpose, the data was collected using the Purposive sampling. Sample consisted of 60 patients of addiction admitted in the Addiction Ward of Mayo Hospital, Lahore. Tools used were Demographic Questionnaire; Relapse Prediction questionnaire and Comprehensive Diagnostic Instrument for Personality Disorders. Results were computed using the descriptive analysis to find out the co-morbidity between Personality Disorders and Substance Dependence and Pearson Product Moment Correlation was computed to find out the relationship between Personality Disorders and Relapse. Results showed that almost 67 patients met diagnostic criteria of more than one Personality Disorders, 20 were diagnosed for single Personality Disorder and only 13 patients received 'no diagnosis'. Results provide support for the existence of relationship between Personality Disorders and Relapse but could not clearly define which Personality Disorder contributes more to relapse and patients with which Personality Disorder were at minimal risk of relapse.

**Keywords:** Substance Disorder, Personality Disorder, Personality Traits, Relapse.

## Relationship of Resilience with Level of Stress and Anxiety among High School Teachers of Targeted and Non-targeted Schools in Lahore

**Nida Mehmood (BS 2006-2010)**
**Supervisor: Dr. Aisha Sitwat**

The basic aim of the research was to find out the relationship of resilience with anxiety and depression in high stress conditions in schools which were targeted and non -targeted by terrorist attacks. It also aims to ascertain the gender difference in the level of resilience, anxiety and depression. Ex Post Facto Research Design and Purposive sampling technique was used in this research. Demographic Variable Questionnaire, State Trait Resilience Inventory (STRI) and Depression Anxiety Stress Scale (DASS) were used. A total sample of 200 teachers were included 100 teachers from targeted schools in which 50 were male and 50 were female teachers and 100 from non-targeted schools in which 50 were male and 50 were female teachers. The age range of the male and female teachers was from 24 to 60 years. Regression analysis was carried out that reflected the predicting factors of depression and anxiety. Independent sample t-test was carried out to find out if there is any difference of stress, anxiety and depression between

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targeted and non-targeted schools and also the difference among gender. Obtained results showed that there was no difference in stress, anxiety and depression in targeted and non-targeted schools however some difference was found in targeted and non-targeted schools when they were separately analyzed for males and females.

**Keywords:** Resilience, Stress, Anxiety.

## Relationship of Emotional Intelligence with Psychopathologies and Coping Strategies among Different Professionals

**Asma Javaid  (BS 2006-2010)**
**Supervisor: Dr. Saima Dawood**

The aim of the present research was to assess the relationship of emotional intelligence to different psychopathologies and coping strategies among different professionals. The study followed the Quasi Experimental Design. A Purposive sample of 135 professionals was drawn from nine different professions belonging to differentorganizations of the Lahore city. The age range of the sample was between 25 and 68 years with a minimum professional experience of three years. The professions were further divided into three clusters i.e. Cluster I (n=45), Cluster II (n=45) and Cluster III (n=45). Three instruments were used. Scale for Emotional Intelligence (SEI) devised by Dawood, Rahman and Sheikh in 2007 was used to measure emotional intelligence; translation of Brief COPE by Akhtar (2005) was used to measure coping strategies and Symptom Checklist-R (SCL-R) by Rahman, Dawood, Jagir, Mansoor and Rehman in 2009 was used to measure psychopathology. Pearson Product Moment Correlation was used for statistical analysis. The results indicated a positive relationship between emotional intelligence and adaptive coping strategies and a negative relationship between emotional intelligence and maladaptive coping strategies. Furthermore, there was a negative relationship between emotional intelligence and different psychopathologies among different professionals. Therefore, high emotional intelligence was related to lower levels of psychopathologies and more use of adaptive coping strategies while low emotional intelligence was related to higher levels of psychopathologies and less use of adaptive coping strategies.

**Keywords:** Emotional intelligence, Coping, Psychopathologies, Professions.

## The Relationship of the Frustration Tolerance and Impulsivity with Driving Anger

**Sehrish Manzoor (BS 2005-2009)**
**Supervisor: Dr. Aisha Sitwat**

The current study aimed to investigate the relationship of frustration tolerance and impulsivity with driving anger. A Purposive sample of 279 participants was taken from University of the Punjab, Lahore which included 179 students, 50 teachers and 50 employees. The mean age of the sample was 27 years. Measures used in the study included Driving Anger Scale, new self-report measure of Impulsivity and Frustration Tolerance Scale of Symptom Checklist-R. After taking consent from the participants' data was collected. Regression analysis showed that impulsivity was a significant predictor of driving anger in students whereas in employees' frustration tolerance was a significant predictor of driving anger. None of the variables predicted driving anger in teachers' group. Results were discussed in the light of currently available literature.

**Keywords:** Frustration Tolerance, Impulsivity, Driving Anger.

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## Neurological Differences among patients of Schizophrenia Associated with Long-Term Use of Antipsychotic Drugs

**Sundas Ijaz (BS 2005-2009)**
**Supervisor: Ms. Afshi Yahya Khan**

The aim of the present study was to investigate whether the patients of Schizophrenic with long term use of antipsychotic drugs have greater neurological differences as compared to those patients who have used antipsychotic drugs for a shorter period of time. A total sample of 70 indoor and outdoor patients was taken 35 males and 35 females from Punjab Institute of Mental Health and Fountain House Lahore. Quasi Experimental Design was used. The instruments consisted of Demographic VariableQuestionnaire, Diagnostic Questionnaire for Psychological Disorders, Bender Gestal Test, (Pascal & Suttell, 1951) and Benton Visual Retention Test (Sivan. 1992). Theresults revealed that the group with long term uses of antipsychotic drugs showed marked deficits in both tests. Moreover, the participants did make the common errors which are made by psychotic adults as described in Bender Gestalt Test.
**Keywords:** Schizophrenia, Antipsychotic Drugs, Neurological Differences.

## Depression among Runaway Adolescence

**Ayesha Latif (BS 2005-2009)**
**Supervisor: Ms. Afshi Yahya Khan**

Objective of the present study was to assess Depression and Depressive symptoms, which were Negative Mood, Interpersonal Problems, Ineffectiveness, Anhedonia, and Negative Self-Esteem, among runaway adolescents. In the present research a sample of 100 runaway adolescents (86 males, 14 females) were taken from three youth agencies. The age range of the sample was 13 to 17 years. Current research was Cross-sectional in design. Purposive sampling was used to approach youth agencies whereas Convenience sampling was used to approach the participants. Demographic Questionnaire was administered in order to gather personal information of participants and demographic characteristics of runaway adolescents. Urdu version of Children's Depression Inventory (Manzoor & Dawood, 2005), comprising of 27 items, was used to have a complete picture needed of runaway adolescents' Depressive symptomatology Frequencies and percentages of Depression and Depressive symptoms were calculated by Descriptive analysis. According to the results 10 of adolescents had very much above average depressive symptoms, 8 of the participants scored much above average, and 11 of youth scored above average. It was also found in the study that 25 of the subjects of sample suffered from very much above average Negative Mood, 20 of the subjects suffered from much above average Interpersonal Problems, 14 of the subjects experienced slightly above average Ineffectiveness, 17 of the subjects had much above average Anhedonia and 14 of the subjects suffered from very much above average Negative Self-Esteem. Thus, it was concluded that runaway adolescents suffered from Depressive symptoms.
**Keywords:** Depression, Anhedonia ,Negative Mood, Runaway, Adolescents.

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## Comparison of Childhood Neglect and Abuse in Addicts and Non-Addicts

**Farina Moaz (BS 2005-2009)**
**Supervisor: Ms. Mujeeba Ashraf**

The study was conducted to compare the experience of childhood neglect and abuse in addicts and non-addicts as well as to see the association between childhood neglect and abuse with substance dependence. A sample of 100 males was taken including addicts (n=50) and non-addicts (n=50). Addicts were taken from different rehabilitation centers of Lahore. Childhood Trauma Questionnaire (Bemstien & Fink, 1998) was administered on the sample. It was found that addicts undergo profound experiences of abuse and neglect, such as, 10 of the addicts reported severe physical abuse, 1 reported severe emotional abuse and 11 reported sexual abuse. On the contrary 7 addicts reported severe physical abuse, 1 reported extreme emotional abuse an3 of non-addict sample reported the history of physical neglect. However the non-addicts shown higher scoring on denial scale as compared to addicts, such as 23 non-addicts denied presence of history of any kind of abuse or neglect, whereas only 5 of addicts denied the information. Chi-square showed the significant association between childhood neglect and abuse and substance dependence.
**Keywords:** Abuse, Substance Dependence, Emotional Abuse, Sexual Abuse.

## Relationship of Social Support with Self-Esteem with Adjustment in Stutterers

**Ana Majeed (BS 2005-2009)**
**Supervisor: Ms. Fatima Ali Bokhari**

The purpose of the present research was to investigate the relationship of Social Support and Self Esteem with Adjustment in Stutterers. Participants in the study consisted of 40 stutterers (38 males & 2 females). Stuttering Severity Instrument, Social Support Questionnaire, Rosenberg Self-Esteem Scale & Bell's Adjustment Inventory was administered on them individually. Multiple Regression Analysis was run to predict the relationship of social support and self-esteem with adjustment and Pearson Product Moment Correlation Coefficient was used to find out the relationship between self-esteem and social support. It was hypothesized that social support and self-esteem are predictors of adjustment and that there will be a positive relationship between social support and self-esteem. The results revealed that self-esteem was a significant predictor ($\beta$= -.568, p < .001) of adjustment. It also revealed that total social satisfaction level ($\beta$ = -.185, p>.05) was a non-significant predictor of adjustment. The results of Pearson Product Moment Correlation Coefficient revealed that there was a non-significant positive relationship between Total Social Satisfaction Level and Total Self Esteem.
**Keywords:** Social Support, Self-Esteem, Stutterers.

## Impact of Fear of Terrorism, Televised News Media Exposure and Religious Belief on Mental Health of University Students

**Adeela Shabnam (BS 2005-2009)**
**Supervisor: Ms. Fatima Ali Bokhari**

The present study aimed to investigate the Impact of Fear of Terrorism, Televised News Media Exposure, and Religious Belief on Mental Health of University Students. For this purpose a sample of 150 students was taken from Punjab University which included 78 males and 72 females. Age range of the sample was 17 to 28 years. Purposive sampling was used to collect the data. Measures used in the study included

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Terrorism Catasrophizing Scale, Televised News Media Exposure Instrument, Religious Belief Scale and three subscales of Symptom Checklist-R including Depression, Anxiety, and LFT. Pearson Product Moment Correlation Coefficient was used to analyze the data. The result findings suggested that first hypothesis was confirmed as findings revealed that there was a positive relationships between Fear of Terrorism and Mental Health on threesubscales of Depression ($\chi2=,349^{**}$) Anxiety ($\chi2 =.369^{**}$) and LFT ($\chi2=336^{**}$). Second hypothesis was rejected as it was evident from the results that there was a negative relationship between Televised News Media Exposure and Mental Health. The results were significant only on the subscale of LFT ($\chi2=-.190^*$). The third hypothesis was accepted that suggested a negative relationship between religious belief and mental health however the results were only significant on the subscale of Depression ($\chi2= -.190^*$).

**Keywords:** Depression, Mental Health, Anxiety.

## A Comparative Study of Drug Addicts and Non-Drug Addicts on Religiosity and Personality
### Ayesha Sarwar  (BS 2005-2009)
### Supervisor: Dr. Aisha Sitwat

The present study was conducted to compare of religiosity and personality factors of drug addicts and non-drug addicts. A purposive sample of 50 drug addicts age ranges 20-60 years were taken from different rehabilitation centers of Lahore and 50 non drug addictsmatched with drug addicts on age, education, gender, and socioeconomic status were taken from general population of Lahore. The tool for assessment of personality was NEO-PI-R while religiosity was accessed by Religious Belief Scale and Religious Activity Scale. The t-test comparison indicated that drug addicts were significantly different onpersonality domain of neuroticism and on religiosity from non-drug addicts. This study provides a better understanding regarding to devising management programs for drug addicts by using religion such as concepts of higher power (Allah) for Muslim society.

**Keywords:** Religiosity, Drug Addicts, Personality.

## Comparison of the "Typology" of the Patients of Depression and Non-depressed Individuals
### Uzma Mahmood (BS 2005-2009)
### Supervisor: Ms. Mujeeba Ashraf

The present study aimed to investigate different typology based on Jung theory in patients of depression and normal individuals. The total sample was 100 consisting of 50 depressive patients and 50 normal individuals. Both group comprised of 25 females and 25 males. The instruments used in this study were Personal Style Inventory (Champagne and Hongan, 1979) which was translated into Urdu and the Urdu version of DSM-IV-TR criteria of Major Depression (Rahman, Sitwat, Dawood, Ashraf ,Khan et al., 2008). The questionnaires were administered individually. The results were obtained through descriptive statistics and Independent Sample t-test. The results indicated significant mean difference between the patients of depression and the normal individuals. The depressive patients tended to be more introvert, intuitive, sensing, thinker, feeler, perceiver and judger. The gender differences in depressive patients revealed significant differences on intuitive, sensing, thinker, feeler, perceiver and judger types. The gender difference in normal individuals revealed significant difference on introvert, extrovert, intuitive, sensing, thinker, feeler, and perceiver and judger types. The four factor personality type of depressive patients and normal individuals were also identified. The personality type of depressive patients was IIFP and of normal was ESTP.

**Keywords:** Depression, Introvert, Typology, Non-Depressed.

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# Prevalence of Psychiatric Disorders among Adults and Adolescents in Lahore City

## BS. (2004-2008)

The present research followed a cross sectional research design to estimate the prevalence of psychological disorders among adults (19-onwards) and adolescents (13-18 years) of Lahore city. A total sample of 2,496 including 1248 adults (624 men and 624 women) and 1248 adolescents (624 boys and 624 girls) was recruited from different areas of Lahore city for which Lahore was divided into 30 zones. Later, each zone was further divided into 25 sections and a sample of 4 participants, 2 adults and 2 adolescents,was collected from each section through- purposive sampling. In face-to-face interviews, a detailed comprehensive questionnaire was administered to each participant. The detailed comprehensive questionnaire consisted of three sections: Demographic Questionnaire, Screening Questionnaire and Diagnostic Questionnaire for Psychiatric Disorders- Adults and Adolescents. The questionnaire was developed by a group of students with four research supervisors. In this context, different criteria of psychopathologies based on DSM-IV-TR were translated in Urdu language and then questions were formulated accordingly. The results were derived by using descriptive statistics such as frequencies and percentages. The results show an overall prevalence for psychological disorders in Lahore city is 12 among adults and 4.08 among adolescents. In adult population, the most frequently occurring psychological disorder was reported to be Adjustment Disorder(6) followed by Anxiety Disorders (2.56), Mood Disorder (1.36), Somatoform Disorder (1.20) and Schizophrenia (0.88). While for adolescents, Adjustment Disorder (1.68) was seen as the most prevalent psychopathology followed by Anxiety Disorders (0.88), Mood Disorders (0.72), Schizophrenia (0.56) and finally Somatoform Disorder (0.24). In men the most common disorder was found to be the Adjustment Disorders (6.57) followed by Anxiety Disorder (1.12) while women experienced four times more Anxiety Disorders than men. They were also twice more likely to experience Mood Disorder than men. Conversion disorder was also seen as 3 times more prevalent in women as in men. For boys the most common disorder was Mood Disorders (0.40) and for girls it was Anxiety Disorders (0.56). Adjustment Disorders, Anxiety disorders and Somatoform Disorder were seen more common in girls than in boys.

**Keywords:** Prevalence, Psychological Disorders, Adolescents, Adults, Anxiety, Depression, Somatoform, Adjustment, Schizophrenia.

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# Psychometrics

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# Development of an Indigenous Multidimensional Measure of Spirituality

**Rabia Dasti (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

Recent literature has suggested the role of spirituality in coping and mental health. However there is a dearth of research on impact of spirituality on the mental health of Muslim population. One of the reasons for this is the unavailability of a scale to measure spirituality grounded in the Islamic perspective. The aim of the present study was therefore to develop an indigenous multidimensional measure of spirituality according to the Islamic perspective. The present study is undertaken as a first phase in the long-term project of establishing a relationship between mental health and spirituality. This research was conducted in three phases. Phase one comprised of identification and operationalization of domains of spirituality and item generation based on Islamic perspective. The second phase included evaluation of the questionnaire from religious/spiritual and mental health experts. Out of an item pool of 200, 157 items were approved by the experts. After the approval from the experts, a pilot study was conducted during the third phase and the feedback derived from it was incorporated in the questionnaire for the main study. The main study was conducted on 813 students, who reported no psychological ailment. Corrected Item-to-total correlation analysis was done on each domain of the questionnaire. After excluding items with low corrected item to total correlation in each domain (<.30), a Principal Component Analysis with Oblique (Promax) rotation was conducted on the remaining 75 items. The scree plot also revealed the emergence of eight clear factors which were extracted and named as (1) Self-Discipline, (2) Quest and Search for Divinity. (3) Anger and Expansive Behavior, (4) Self Aggrandizement, (5) Feeling of Connectedness with Allah Ta'ala, (6) Meanness-Generosity, (7) Tolerance-Intolerance, and (8) Islamic Rituals. Moderate to high internal reliability was found for each factor of the scale. Moreover the questionnaire showed good construct, content and face validity. This questionnaire can be used in research to find out the relationship between mental health and spirituality and in clinical settings. Furthermore, it can help in the development of culturally sensitive, indigenous interventions.
**Keywords:** Spirituality, mental health. Validity, reliability.

# Translation, Adaptation & Development of Local Norms of Beck's Youth Inventories

**Shehla Pervaiz (MS 2008-2010)**
**Supervisor: Dr. Hamid Sheikh**

The current research was conducted to Translate and Adapt the English version of "Beck Youth Inventories (BYI) of Emotional and Social Impairment", developed by Beck (2005), and also to develop its local norms. First of all BYI was translated into Urdu. A sample of 500 students (250 boys and 250 girls) age range 10-14 years, were selected from various Government and Private schools of Lahore metropolitan area. The translated Urdu version was administered on the participants. A subgroup of the sample was also retested on original English version of BYI to evaluate the correlation or difference between the results of Urdu and English administrations. Descriptive statistics was applied to analyze the results and make use of the data in a concise form. To develop norms Means, Standard Deviations, and T-Scores were calculated. Correlation was employed by using Pearson Product Moment Correlation Coefficient which showed positive correlation of BYI Urdu and English versions. It was concluded that the adapted Urdu version of BYI yielded more reliable results as compared to the original English version.
**Keywords:** Social Impairment, emotional impairment, Beck Youth Inventories, Norms.

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# Development of an Indigenous Achievement Test of Urdu for Children (6-8) Years

**Nazia Bashir (MS 2009-2010)**
**Supervisor: Dr. Saima Dawood**

The present study was conducted to develop an Achievement Test of Urdu for the children studying in Class I, II & III of 6-8 years. The main purpose of the study was to develop a test to judge or evaluate the performance of a child in his /her mother language (Urdu) by using standardized test of his / her age group. Moreover, previously no comprehensive test was available for this age range of children. Therefore, efforts were made to develop such test in Urdu language that could cover both elements of the Urdu subject: Reading and Writing.

The present test with 389 items consisted of seven subtests of Urdu Reading which include Identification of Words (63 items); Nonsense Words (14 items); Reading Comprehension, Part a (9 items) & Part b (12 items); Receptive Coding, Part a (14 items), Part b (15 items) & Part c (13 items); Syllable (13 items); Phonemes, Part a (10 items) & Part b (12 items); Quick Reading, Part a (1 passage of 52 letters), Part b (1 passage of 40 words) & Part c (1 passage of 36 words) and three subtests of Urdu Writing which include Writing Alphabets (38 items); Dictation (26 items)and Proofing, Part a (12 items) & Part b (10 items). Scoring was based on 1 and 0 point.

For the development of test items, an item pool was generated from the curriculum of Class I, II & III. Urdu books for Class I, II & III by Punjab Text Book Board were used to construct the items of each subtest. There was total 434 items. Later, the test was sent for its review to 15 senior subject teachers, having experience of at least 3 years in teaching Urdu as a subject and was working in different Government Schools. No significant error or revision was reported. Only 8 items were discarded as having Low mean value of 5. Total 426 items were administered on sample.

Initially, newly developed test was administered on 2 students of each class (1 boy & 1 girl) to see any other ambiguity according to child understanding. No significant error or problem was reported by the children. Therefore, no changes were made in the try out version of the test.

Data was collected through convenient sampling. Govt. Junior Model Girls High School, Wahdat Road, Lahore was selected to collect data. From each class 60 students (30 boys & 30 girls) were selected to administer the Urdu Achievement Test individually. After administration, item analysis was conducted manually to determined Difficulty and Discriminating level of each item. Then 389 items out of total 426 items (91 of total items) were selected for final version of the test where both levels: Difficulty and Discrimination were within desired range (0.8 - 0.2) and (0.2 - 0.8) respectively. Later, the items of each subtest were arranged in order of increasing difficultly.

The reliability of the test was determined by two methods: Split Half Reliability which was (r =.97, p< .01) and Kuder Richardson Coefficient which was r =.98). The validity of the test was established by three procedures: Content Validity, Construct Validity and Concurrent Validity. Content Validity was determined by designing the test content on the basis of curriculum taught in specific classes. After developing the test, it was sent for its review to 15 experienced teachers who- had been working in school as senior subject (Urdu) teachers from at least 3 years. Only those items were selected that obtained mean value above or at 5. Thus, 426 out of 434 items (98 of total items) were retained. To determine Construct Validity, the test along with each item's Discrimination and Difficulty indices was sent to expert who had fair knowledge about test development as well as Urdu language at the end. Internal consistency method was also used to establish reliability and strengthen the construct validity. Correlation matrix revealed significantly high correlation between scores of subtests and total test. Concurrent Validity was established by correlating marks obtained by the students in class exams in the subject of Urdu with their marks obtained on the test (r = .83, .90 & M,p<.01) for Class I, II & III, respectively.

In order to determine time limit, time was recorded for each administration. The average time taken was

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calculated to have an exact idea about the time limits for each subtest as well as for complete test. The average time required to complete the test was 45 minutes.

**Keywords:** Achievement Test, Reliability, Validity, Children.

## Development of a General Comprehension Test of Achievement

**Mahmood Sadiq (M.Phil. 1999-2001)**
**Supervisor: Dr. Nosheen K. Rahman**

The purpose of the present study was to develop a General Comprehension Test of Achievement as a screening tool for Intermediate level students in English language, particularly for students who want to apply for commission in Pakistan Navy as previously no comprehensive screening instrument was available.

Another important consideration was. that with the help of a locally built achievement test such students stand better chances of performing to their true potential compared to when they are being tested through other foreign tests, not developed keeping in view cultural differences,

This test comprises of four subtests; Vocabulary Test. Numerical Reasoning Test, Verbal Reasoning Test and Verbal Comprehension Test. The items of the subtests were selected from the core curriculum of classes of 11 to 12, because all the students are exposed to maximum common pool of vocabulary in this source. Items of all the subtests were selected with a criterion of high loading on general ability factor of Spearman. The effectiveness of the items was judged after administering them on a sample of 200 college students, by applying indices of difficulty and discrimination. All the items were arranged with reference to minimum difficulty level to maximum discrimination power.

Final data was collected to develop norms from 343 bilingual male students of F.Sc pre-engineering group having age range of 16 to 21 years from different colleges of Lahore city. Rationale for selecting intermediate level was that students of such educational background are most suitable lot for getting commission in Pakistan Navy as compare to students with other qualifications.The reliability of GCTA was determined by Kuder Richardson method and split-half method. The results suggested high reliability of the test both in terms of internal consistency and temporal stability of the items.The validity of the test was determined by two procedures i.e. the concurrent validity and the construct validity. The concurrent validity was determined by correlating it with the college marks of the students in their last annual examination. The construct validity was studied by examining the internal consistency of GCTA and its subtests. Results reflected high concurrent validity and internal consistency.

**Keywords:** Achievement, bilingual, concurrent validity, Construct validity. Comprehension, Vocabulary.

## Adaptation of the Frustration Discomfort Scale

**Nazia Zafar (BS 2005-2009)**
**Supervisor: Dr. Aisha Sitwat**

The present study was carried out to adapt 'the frustration discomfort scale' on general population of Pakistan. In this research a sample of 276 adult participants (200 clinical, 76 non-clinical) was taken from different hospitals (for clinical sample) and universities (for non-clinical sample) of Lahore. To take clinical sample with moderate to severe illness symptom checklist-R was used. After translating Frustration Discomfort Scale (FDS) into Urdu with standard translation methods i.e. forward and back translation, it was administered to the sample. Level of Frustration Tolerance (LFT) scale of Symptom

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Checklist-Revised (SCL-R) was used to find out validity of FDS. After taking consent from the participants, data was collected from both clinical and non-clinical groups. Exploratory factor analysis with principle component analysis was carried out to find the factors for the local population. The four factors emerged were Discomfort Intolerance, Achievement and Control, Emotional Intolerance, and Entitlement. These factors were different from original scale as different items gathered together to form factors and hence were given different names. Cut off points were calculated for each factor separately for clinical and non-clinical groups. Percentile ranks for these two groups were also calculated to find relative position of each individual on every factor of FDS.

**Keywords:** Frustration Tolerance, Discomfort, Adaptation.


## Translation and Adaptation of Parenting Stress Index

**Qarina Pervaiz (BS 2005-2009)**
**Supervisor: Ms. Rizwana Arif**

The current study was conducted to adapt the Parenting Stress Index (3rded.) on Pakistan population. The sample collected was 298 parents (61 fathers and 237 mothers) of children who were between 7-12 years of age range and were diagnosed as Down's syndrome, Attention Deficit Hyperactivity Disorder, Pervasive Developmental Disorders, Cerebral Palsy, Learning Disability and Mental Retardation. Data was collected through purposive sampling. Consent was taken from the participants to participate in current study from different schools and hospitals of Lahore. Exploratory Factor Analysis was run to analyze the data. Results showed that total 15 items were deleted from 101 items and 6 factors emerged from Child Domain and 7 from Parent Domain. Factor structure remained the same as the original Parenting Stress Index 3rd edition. Reliability (Inter Item Consistency) of Child Domain was calculated as .79, Parent Domain was .88 and Total Stress reliability was calculated as .90.

**Keywords:** Stress, Hyperactivity Disorder, Pervasive Developmental Disorders, Cerebral Palsy, Learning Disability and Mental Retardation, Parenting, Adaptation.

## Construct Validity of a Trait Based Scale for Emotional Intelligence (SEI)

**Hira Nadeem (BS 2005-2009)**
**Supervisor: Dr. Saima Dawood**

The present research was conducted to determine construct validity of an indigenously developed tool of emotional intelligence (Dawood, Rahman & Sheikh, 2008) which is based on Goleman's model (1998). Quasi-research Design was employed to conduct the study by recruiting 275 undergraduate university students through Purposive sampling. Sample was taken from 11 faculties of University of the Punjab, Lahore. From each faculty, a sample of 25 students was taken. The construct validity of SEI was assessed through Bar-On EQ-i (Bar-On, 1997). First of all, Bar-On was translated into native language, i.e. Urdu to determine its lexicon Equivalence. Then permission from the respective Deans of each faculty and Heads of the Department were sought to collect the data. After taking permission, the concerned teachers were contacted to set some suitable time for the administration of questionnaires. The subjects were administered two questionnaires along with a Personal History Questionnaire form in two settings. In the first setting Personal History Questionnaire form and the first four scales of the SEI were administered; however, rest of SEI, and Bar-On EQ-i was administered in the second sitting. Results were analyzed

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through descriptive statistics and Pearson Product Moment Correlation Coefficient was employed to see the relationship between the scores of SEI and Bar-On, which showed significant high correlation between two scales indicating that, both instruments: SEI and Bar-On are assessing the same construct, i.e. trait-based emotional intelligence.

**Keywords:** Emotional Intelligence, construct validity.

## Translation and Adaptation of Parenting Stress Index

### Gul-i-Zehra (BS 2005-2009)
### Supervisor: Ms. Rizwana Arif

The present study was conducted to adapt the Parenting Stress Index (3rd- ed.) on Pakistani population. For this purpose 298 parents (61 fathers and 237 mothers) of special children ranging 7-12 years who were diagnosed as having Down syndrome, Attention Deficit Hyperactive Disorder, Mental Retardation, Pervasive Developmental Disorders, Cerebral Palsy, and Learning Disability were selected through Purposive sampling to participate in the present study from different schools and hospitals. Exploratory factor analysis was run to analyze the data. Results showed that VI factors of Child Domain (Distractibility/Hyperactivity, Adaptability, Reinforces Parent, Demandingness, Mood, and Acceptability) and VII factors of Parent Domain (Competence, Isolation, Attachment, Health, Role Restriction Depression, and Spouse) emerged. The number of factors originated was same as it was in the original PSI developed by Abidin (1995). Total 15 items out of 101 were deleted as they did not load on any of the factors. . Inter Item Reliability of Child Domain was calculated as .79, Parent Domain was .88 and Total Stress reliability was calculated as .90. This study will help to locate factors causing stress among parents and to develop prevention programs for the reduction of stress.

**Keywords:** Stress, Distractibility, Hyperactivity, Isolation, Depression.

## Development of an Indigenous Islamic Belief Questionnaire

### Amira Amjad (BS 2005-2009)
### Supervisor: Ms. Mujeeba Ashraf

The present study was carried out for the development of an Indigenous Islamic Belief Questionnaire (IIBQ). In this research a random sample of 370 adults (both male and female) was taken from three different socio-economic status groups of Data Gunj Baksh Town, Lahore. The IIBQ was used along with demographic variables. The results brought out eight factors whereas the researcher had initially identified seven factors. Items were retained on the basis of their factor loadings. Consequently seven factors were retained and relabeled according to their emerging themes while one factor was dropped because it was perceived to fall outside the ambit of our investigations. The inter-scale correlation ranged between (r= .729-.961) and alpha co-efficient had showed high reliability that is .937. The KMO's and Bartletts were $\chi2.928$; p.<,=.000; the factor loadings ranged between .302-.890.

**Keywords:** Indigenous, Islamic Belief. Questionnaire.

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# Adaptation of Parenting Stress Index

**Tahira Hassan (BS 2005-2009)**
**Supervisor: Ms. Afshi Yahya Khan**

The aim of the present study was to adapt the tool Parenting Stress Index 3rd Edition (PSI) developed by Richard R. Abidin (1995). A sample of 298 parents (61 fathers and 237 mothers) was collected through purposive sampling technique from different Schools for special education and hospitals. The translated (Urdu) version of the Parenting Stress Index (PSI) was individually administered. Exploratory Factor Analysis and Cronbach's alpha was used to assess factor structure and reliability of the adapted PSI. Results revealed that there was no difference in factor structure of the adapted. PSI Urdu version as factor analysis yield 6 factors for child domain such as Distractibility/ Hyperactivity (DI), Reinforces Parent (RE), Mood (MO), Acceptability (AC), Adaptability (AD) and Demandingness (DE) and 7 factors for the parent domain such as Competence (CO), Attachment (AT), Role Restriction (RO), Depression (DP), Spouse (SP) Isolation (IS) and Health (HE). The reliability coefficient of the PSI child domain and parent domain were .79 and .87 respectively. Furthermore, Factor Analysis showed that 15 items were discarded.
**Keywords:** Stress, Depression, Isolation, Parenting stress.

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# Health Psychology

## Relationship of Social Support and Coping with Psychosocial Adjustment in People Living With HIV

**Aqeela Jabeen (M.Phil. 2000-2002)**
**Supervisor: Ms. Naima Hassan**

Purpose of the present research project was to study social support, coping and psychosocial adjustment variables as a function of HIV stages and then to explore the relationship among these variables. A total sample of 21 was taken consisting of three groups: symptomatic group (n=7), asymptomatic group (n=7) and comparison group (n=7). Social Support Questionnaire (SSQ) and Measure of Coping Strategies (MCS) were administered to assess the level of social support and preferences for coping strategies. Bell's Adjustment Inventory and Symptom Checklist Revised (SCL-R) were employed to measure the levels of psychosocial adjustment and psychological distress. Results of One Way Analysis of Variance (ANOVA) showed significant differences among the three groups on social support, coping strategies, psychological distress and psychosocial adjustment. Furthermore it was revealed that the preferences for emotion-focused coping strategies increased and levels of social support and coping decreased with the severity of HIV illness. Pearson Product Moment Correlation Analysis revealed positive associations of social support and coping with psychosocial adjustment variables and negative associations with psychological distress variables. Significant positive correlations of problem-focused coping strategies and negative correlations of emotion-focused coping strategies with psychosocial adjustment variables determined the adaptive nature of problem- focused coping strategies in HIV illness. Quantitative-qualitative research design was employed under the complementary needs motivation. Categorical analysis revealed that experiences of stigma and discrimination had increased psychological distress level and decreased adjustment level in people living with HIV.
**Keywords:** Coping, Psychosocial Adjustment, HIV AIDS, Psychological Distress, Coping.

## Effects of Autoimmune Thyroid Disorder during Pregnancy on Infants Development and Mother's Psychiatric Health

**Toseef Imtiaz (M.Phil. 2000-2002)**
**Supervisor: Dr. Nosheen K. Rahman**

Women with Thyroid Peroxidase Antibodies (TPO-Ab) positive during pregnancy have the chance of Postpartum Thyroiditis as well as Postpartum Mood Disorder. The TPO-Ab positive in mothers during pregnancy may also effect motor and mental development of infants. In this retrospective and prospective study 83 women, who had already gone through the test of T4, TSH and TPO-Ab during the second trimester of their pregnancy, were selected from the record of department of National Health and Research Center, Sheikh Zayed Hospital. The intelligence level and mental and motor development of the infants between the ages of 2 months to 30 months, was assessed by using Slosson Intelligence Test (SIT) and Bayley Scale of Infant Development (BSID). Infants of the women with TPO-Ab positive (n=40) had significantly lower IQ than those of the normal mothers (n=43) on SIT. Similarly there was a significant difference between the mean score on mental ($t = 2.22^*$, df= 81, $p<0.05$) and on motor ($t = 2.90^*$, df= 81, $p<0.05$) scales of BSID as well as on SIT ($t= 2.08^*$, df= 81, $p<0.05$). Psychiatric disorders in mothers were assessed by the use of Hospital Anxiety and Depression Scale (HADS) and Minnesota Multiphasic Personality Inventory (MMPI). There was a significant difference between the two groups ($t =5.70^*$, df= 81, $p<0.05$) for depression only on HADS. The same level of difference was yielded by the scores on Depression Scale of MMPI ($t=5.47^*$, df= 81, $p<0.05$). However the same was not the case on rest of the

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scales. The study also suggests that infants of women who had elevated liters of TPO-Ab but normal thyroid function during pregnancy are at risk of impaired motor and mental development.
**Keywords:** Thyroid Peroxidase Antibodies, Postpartum Thyroiditis, Postpartum Mood Disorder, Motor and Mental Development, Anxiety, Depression.

## The Relationship of Occupational Stress and Burnout among Practicing Psychologists of Lahore

**Anum Younas (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**

The present study aimed at finding the relationship between occupational stress and burnout among practicing psychologists in Lahore. Furthermore, it also aimed to find the relationship of specific demographic variables with occupational stress and burnout. Ex Post Facto Research Design was used and a sample of 48 psychologists was gathered through Purposive sampling. Occupational Stress Scale (Mubashir, 2005) and Copenhagen Burnout Inventory (Kristensen, Borritz, Villadsen, & Christensen, 2005) were used. Data was analyzed using Pearson Product Moment Correlation and regression analysis. Results showed that there was a significant positive relationship between occupational stress and personal, work and client burnout. Thetotal occupational stress was found to be significantly predictingall the three burnout types in a positive direction but none of the nine facets of the occupational stress significantly predicted any burnout. Number of clients seen per day significantly predicted client burnout in a positive direction while years of work experience significantly predicted client burnout in negative direction. It was revealed that 40% of the practicing psychologists of Lahore were facing high occupational stress and 27.08% were suffering from burnout in one or in multiple dimensions of their lives while, among the participants with high occupational stress, 68.42% had experienced burnout. Demographic correlates showed that participants facing client burnout were mostly dealing with psychotic clients and majority of the burned out participants had thoughts about leaving the job. Besides, more than half of the participants with client burnout thought of consulting another psychologist for their own wellbeing. Results of the study have implications for making plans for betterment of the psychologists.
**Keywords:** Occupational Stress, Psychologists, Burnout.

## Relationship between Caregiver Burden and Quality of Life among Caregivers of Alzheimer's Disease Patients and Caregivers of Kidney Disease Patients

**Maria Mohammad Din (BS 2007-2011)**
**Supervisor: Dr. Saima Dawood**

The present study was aimed to explore the relationship between Caregiver Burden and ' ^Quality of Life among Caregivers of Alzheimer's disease Patients (n=30) and Caregivers of Kidney Disease Patients (n=30). Mixed Design approach was used in the study in which both Quantitative and Qualitative methods were used to assess relationship between Caregiver |Burden and Quality of Life among Caregivers. In the Quantitative Phase Zarit Burden |Interview was used to asses Caregiver Burden and Quality of Life was assessed by using WHO-QOL Scale whereas in the Qualitative Phase In depth interviews were conducted to know the views and perceptions of Caregivers about their Caregiving experiences. Pearson Product Moment Correlation was used to assess relationship between Caregiver Burden and Equality of Life whereas t-test was employed to compare Burden and Quality of Life among

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Alzheimer's disease Caregivers and Kidney Disease Caregivers. Content Analysis was usedto find common themes related to Caregiver Burden and Quality of Life among Caregivers. Results of the study reveal that an overall weak negative relationship exists between Caregiver Burden and Quality of Life .Further it was found that the Caregivers of Alzheimer's Disease Patients experience greater degree of Burden and an overall better Quality of Life as compared to Caregivers of Kidney Disease Patients. Significant themes |that emerged due to Caregiving experiences were: changes in lifestyle, feelings of satisfaction, feelings of both Reward and Burden, changes in Religious Activities, inability to care for self and enjoy pleasant moments of life.

**Keywords:** Caregiver Burden, Quality of Life, Alzheimers', Kidney Disease.

## Level of Anxiety and Depression among Caregivers of Leukemia and Breast Cancer Patients

**Qadar Basharat(BS 2006-2010)**
**Supervisor: Ms. Aasma Yousaf**

The present study aimed to explore the level of Anxiety and Depression among Caregivers of Leukemia and Breast Cancer patients .The sample consisted of 50 caregivers of Leukemia and 50 caregivers of Breast Cancer patients, which included 47 males and 53 females. Age range of the sample was 16 to 64 years. Purposive sampling was used to collect the data. Measures used in the study included two subscales of Symptom Checklist-R i.e. Depression and Anxiety. Independent Sample t-test was used to analyze the results. The result findings suggested that there was gender difference between Anxiety and Depression among Caregivers of Leukemia and Breast Cancer patients. There was no difference between the level of Anxiety and Depression among caregivers of Leukemia and Breast Cancer patients.

**Keywords:** Caregivers, Anxiety, Depression, Leukemia, Breast Cancer.

## Relationship between Psychological Wellbeing and Social Support among Young and Middle Aged Breast Cancer Patients

**Ayesha Tariq(BS 2006-2010)**
**Supervisor: Ms.Aasma Yousaf**

The present study was aimed to investigate the relationship between Psychological Wellbeing and Social Support among middle aged and young aged breast cancer patients. The purposive sampling technique was used. Ex-Post Facto Research Design was used to include 100 participants (50 middle aged and 50 young aged breast cancer patients). Sample was collected from the oncology departments of Sir Ganga Ram Hospital, Mayo Hospital and Immol Hospital. Demographic Information Questionnaire, Psychological Well-Being scale for cancer patients and Social Support Questionnaire were used to measure psychological wellbeing and social support of the participants respectively.  Results indicated strong positive correlation among Psychological Well-Being and Social Support among young and middle aged breast cancer patients. Psychological well- being among middle aged breast cancer patient was higher than that of young aged breast cancer patients. Similarly, social support of middle breast cancer patient was higher than that of young aged breast cancer patients. These findings suggest that there is a need to improve the psychological wellbeing of young aged breast cancer patients as well as to counsel the family and caregivers of the patients to improve the communication and support which can help to improve their mental health.

**Keywords:** Wellbeing, Breast Cancer, Age, Social Support.

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## Level of Stress, Humor and Mental Health among Nurses

**Fariha Tariq (BS 2006-2010)**
**Supervisor: Ms. Faiza Safdar**

It has long been known that humor has positive effects on mental health and also lowers stress in one's life. The present research aimed to find the relationship between humor, mental health and level of stress among staff nurses of different departments and units. The present research was conducted on 150 staff nurses of different departments of different private and government hospitals of Lahore. Humor was measured through Multidimensional Sense of Humor Scale MSHS (Thorson, Powell & Bargar, 1997). Mental health was measured through Mental Health Questionnaire (Bargar, 1996) while level of stress was measured through two areas of Life Events and Difficulties Schedule Including Life Events and Difficulties (Brown & Hams, 1978). A demographic form was also used. The translated versions of these tools were used. For analyzing the data means (M), Standard Deviations (SD), Frequencies (f). Percentages (%) and Regression Analysis were carried out. Results indicated that humor is non-significant negative predictor of the higher mental health difficulty (i.e. B=-.149,P<.005). This shows that as the score on humor increases, the scores on the Mental Health Questionnaire (with high score indicating lower mental health) decreases. Thus the more the person uses humor the better is the mental health. The results showed that humor is non-significant predictor of the level of stress i.e. (B=-.120,P<.005).
**Keywords:** Stress, Humor, Mental Health, Nurses.

## Relationship of Quality of Life and Caregiver Burden among Caregivers of Stroke and Kidney Dialysis Patients

**Nazia Parveen (BS 2006-2010)**
**Supervisor: Ms. Aasma Yousaf**

The present study was conducted to investigate the relationship of Caregiver Burden and Quality of Life among the caregivers of stroke and hemodialysis patients. To explore these phenomenon 50 caregivers of stroke patient and 50 caregivers of dialysis patients were approached. Their age of the participants was between 18-68 years. Word Health Organization quality of life BREF (WHO QOL BREF) was used to assess Quality of Life .The Zarit Burden interview was used to assess burden of caregivers that they experienced by caring for close one. Pearson Product Moment Correlation was used to find out relationship between Caregiver Burden and Quality of Life. It was concluded that there was significant negative relationship ($\chi 2$ =-.535**) between Quality of Life and Caregiver Burden. Regression analysis was used to make prediction and it was concluded that caregiver burden was negative predictor (B = -.535) of Quality of Life. Furthermore, it was that there was no significant difference in level of burden of care givers of stroke and hemodialysis patients but care givers of stroke patient have more disturbed social relationship.
**Keywords:** Caregiver, Burden, Quality of Life, Stroke, Kidney, Dialysis.

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### Mental Health and Quality of Life of Eczema, Psoriasis and Acne Patients
### Beenish Shamas (BS 2005-2009)
### Supervisor: Ms. Mujeeba Ashraf

The study was conducted to evaluate the psychiatric co-morbidity in patients with eczema, psoriasis and acne and effects of skin diseases on quality of life of these patients. Sample of 150 patients (including50 eczema, 50 psoriasis and 50 acne) was taken. Diagnostic Questionnaire for Mental Health and Dermatology Life Quality Index DLQI was administered. Psychiatric co-morbidity was present in every group of skin diseases i.e. eczema, psoriasis and acne. The most common psychiatric co- morbidity was Major Depression in all 3 groups. Co morbidity ofsomatoform disorder, hypochondriasis, conversion disorder, pain disorder, body dysmorphic disorder, schizophrenia and adjustment disorder were present. Most eczema and acne patients had very large effect and most psoriasis patients with Generalized Anxiety Disorder, Post Traumatic Stress Disorder, Obsessive Compulsive Disorder, Social Phobia, Specific Phobia, Panic Disorder, Agoraphobia, Dysthymia, Mania, had moderate effect on their quality of life. Most eczema patient's rate of co-morbidity of psychological disorders was higher than psoriasis and acne patients although psoriasis and acne patients also had significant psychiatric co morbidity. It was also concluded that male patients had more psychiatric co-morbidity than female patients.
**Keywords:** Mental Health, Quality of Life, Eczema, Psoriasis, Acne, Somatoform Disorder, Hyphochondriasis, Conversion Disorder, Pain Disorder, Body Dysmorphic, Schizophrenia Adjustment Disorder, Generalized Anxiety Disorder.

### Death Anxiety and Attitude of Nurses towards Care of Terminally Ill Patients

### Saima Farooq (BS 2005-2009)
### Supervisor: Ms. Afshi Yahya Khan

The present study was conducted to explore nurses' level of death anxiety and their attitude towards care of terminally ill patients and to explore whether an association exists between death anxiety and their attitudes towards care of terminally HIV patients. It was hypothesized that there will be a relationship between death anxiety in nurses and their attitude towards care of terminally ill patients. The research design was Descriptive Correlational Design. The data was collected through Purposive sampling. The sample consisted of 100 staff nurses working in the oncology, cardiac and neurosurgery units, Laming Fear of Death Anxiety Scale (Laming, 1980) was used to measure the death anxiety. Frommelt Attitude toward Care of the Dying (FATCOD) Scale, Form B (Frommelt, 1991), Japanese version, was used to assess the attitude of nurses towards care of the terminally ill patients. Pearson Product Moment Correlation was used to determine the correlation between death anxiety and their attitudes towards care of terminally ill patients. The results indicated that nurses working with terminal illnesses scored high on six out of eight sub scales of Death Anxiety Scales. There was a small positive correlation between the nurses' fear and fear of pain and their attitude towards care of terminally ill patients.There was a small negative correlation between nurses' fear of leaving loved ones andtheir attitude towards care of terminally ill patients. The results were consistent withprevious findings. It was concluded that the nurses were facing death anxiety and theattitude of the majority was positive towards the dying patients but they were unlikely totalk with them or even educate them about death.
**Keywords:** Death Anxiety, Nurses, Terminally Ill, Care.

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## Gender Differences in Coping Strategies among Coronary Heart Disease Patients

**Bassitt Marie (BS 2005-2009)**
**Supervisor: Ms. Fatima Ali Bokhari**

The purpose of the present research was to investigate the gender difference in Coping Strategies among Coronary Heart Patients. A total sample of 150 patients (75 males and 75 females) was selected from different hospitals of Lahore. The Demographic Questionnaire and Brief Cope Questionnaires were administered. It was hypothesized that there were gender differences in the use of coping strategies among males and females coronary heart patients. The results indicated that there was a significant mean difference on the coping strategies of males and females patients. Results further revealed that significant gender differences were found on the use of denial, emotional support and behavior disengagement coping subscales among coronary heart patients and non-significant gender differences were found on the self-distraction, active coping, substance use, instrumental support, venting, positive reframing, planning, humor, acceptance, religion and self-blaming coping subscales.
**Keywords:** Coping, Coronary Heart Patients, Substance Use, Positive Reframing.

## Quality of Life and Mental Health of Patients with Diabetes Type II

**Qandeel Ilyas (BS 2005-2009)**
**Supervisor: Dr. Aisha Sitwat**

Quality of life is a multidimensional construct which depicts an individual's physical, psychological, emotional and social functioning in life. The patients of diabetes type II have been reported in different researches to have poor quality of life due to long term hyperglycemia which is highly prevalent in Pakistan. An extensive item pool for quality of life related to diabetes based on themes of research carried out by Arshad (2007) on diabetes and previous scales was generated. This item pool was examined by specialist doctors in different diabetes centers for their evaluation and suggestions. After incorporating their suggestions, this list was administered on a sample of 451 patients of diabetes type II. Along with it, the scales of Depression and Anxiety from Symptom Checklist - R (SCL- R.) were also administered to assess the mental health of the patients. Factor Analysis was directed on the data which provided seven factors namely; Psychological Symptoms, General Physical Symptoms, Stress Related to Diabetes, Diabetes Specific Symptoms, Effects on Functioning in Life, Social Support, and Positive Frame of Mind. Cronbach alpha reliability of all the factors ranged from .94 to .80. Percentiles were also calculated to find out relative position of individual in his/her group regarding Quality of Life. The results depicted high prevalence of diabetes and its complications in women more than men. Moreover, there was less practice of diet control and exercise and less glycemic control in women than men. Present tool has implication for providing comprehensive assessment of patients of diabetes type II in the above mentioned areas which can be readily addressed to improve quality of life.
**Keywords:** Mental Health, Hyperglycemia, Psychological Symptoms.

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## Relationship of Death Anxiety with Religiosity, Social and Spiritual Support among Caregivers of Cancer Patients and Normal Population

**Hafiza Saba Aslam (BS 2005-2009)**
**Supervisor: Ms.Aasma Yousaf**

The present study was conducted to investigate the relationship ofDeath Anxiety with Religiosity, Social and Spiritual Support among caregivers of cancer patients and normal population. Sample consisted of 100 participants (50 caregivers of cancer patients and 50 normal individuals) .The Purposive sampling technique was used in Ex Post Facto Research Design. Both groups were matched on age ranging from 20-65, education and socioeconomic status. Tools used in the study were Demographic Variable Form, Religious Activity Scale, Spiritual Support Scale and Social Support Scale. Regression Analysis and t-test were used for the analysis of results. Results showed that religiosity was negative predictor of death anxiety in both groups, spiritual support was positive predictor of death anxiety in normal individuals and social support was negative predictor of death anxiety in caregivers of cancer patients. Significant difference was found on death anxiety between both groups. Caregivers showed significant results on spiritual support and normal individual showed significant results on religiosity.
**Keywords:** Death Anxiety, Religiosity, Cancer, Social Support, Spiritual Support, Cancer, Caregivers.

## Religiosity, Social Support and Coping Styles among Infertile Women

**Fiza Waseem (BS 2005-2009)**
**Supervisor: Ms. Tehreem Arshad**

The present study aimed to explore the relationship of religiosity, social support and coping styles among infertile-women. A sample of 50 infertile women was taken from government hospital and private hospitals of Lahore city through Purposive sampling. For comparison, match group was added and the data for match group was taken from the community. Data was matched on age, education and monthly income. The instruments used in the study were Religious Activity Scale, to measure the religiosity factor; Spiritual Support Scale, to measure the level of spirituality; Multidimensional Scale of Perceived Social Support (MSPSS), to measure the social support; and Ways of Coping Questionnaire (WCQ), to measure whether the women were using problem focus coping or emotional focus coping styles. Pearson Product Moment Correlation was used for the Statistical analysis; t-test was run to find the differences between the coping styles of both groups. Frequencies and Percentages of demographics were computed. Results showed that there was no difference between the coping styles of fertile and infertile women. Those infertile women who are more religious tend to engage more in problem focus coping. Women with high level of perceived social support scored high on problem focus coping than emotional focus coping.
**Keywords:** Infertile, Women, Social Support, Coping, Religiosity.

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# Religiosity, Social Support and the Level of the Distress in Miscarriage

**Nayab Hafeez (BS 2005-2009)**
**Supervisor: Ms. Tehreem Arshad**

The aim of the study was to investigate the difference of level of distress between women having miscarriage and women having no miscarriage and its relationship with religious practices, spiritual support and social support. Ex Post Facto Research Design was used and sample was collected through Purposive sampling. Two groups, each containing 50 participants, were matched on age, education, income, occupation, family system the factor of having children and having no children. Sample was collected from two hospitals and one clinic. Tools used were Demographic Questionnaire, Religious Activity Scale, Spiritual Support Scale, Multidimensional Scale of Perceived Social Support and Centre for Epidemiologic Studies-Depression Scale. Results were deduced by using t-test, Pearson Product Moment Correlation and Chi-square. Results indicated that there was a significant difference in distress of women having miscarriage and women having no miscarriage. The relationship of religiosity and spiritual support was not significant with the level of distress while social support was significantly related with level of distress. It means that social support should be enhanced in order to reduce level of distress in miscarrying women.
**Keywords:** Distress. Social support, Miscarriage.

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# Psycho-Social Correlates of Wellbeing among Adolescents in the Era of Terrorism

**Humana Yousaf: (MS 2008-2010)**
**Supervisor: Dr. Saima Dawood**

The present study was conducted to investigate the psycho-social correlates: spirituality, religiosity, social support and coping of psychological wellbeing among Pakistani adolescents in the era of terrorism. For this purpose Cross Sectional Survey Research Design was used. A sample of 672 adolescents (336 girls & 336 boys) with an age range from 13 to 19 years was collected through Purposive sampling from selected schools and colleges of Aziz Bhatti town Lahore. Five instruments: Oxford Happiness Questionnaire (OHQ); Siddiqui Shah Depression Scale (SSDS); Spiritual Well Being Scale (SWBS); Social Support Questionnaire (SSQ) and Coping Strategies Questionnaire (CSQ) were administered on the sample in group settings along with a Demographic Questionnaire devised by the researcher. The Oxford Happiness Questionnaire [(OHQ) Argyle & Hills, 2002)] consisted of 29 items and Siddiqui Shah Depression Scale [(SSDS) Siddiqui & Shah, 2009] consisted of 36 items were used to assess the Psychological Well Being of adolescents. The Spiritual Well Being Scale [(SWBS) Paloutizian & Ellisions, 1982] was administered to assess the two dimensions of Spiritual Well Being: Religious Well Being (RWB) and Existential Well Being (EBW). Religiosity was measured through 5 questions which were added in demographic questionnaire. The Social Support Questionnaire [(SSQ) Sarason, Sarason, Shearin, & Pierce, 1987] consisted of 7 items, was administered to assess the two dimensions of Social Support: Number of Supportive Relations (SS-N) and Level of Satisfaction with the Provided Support (SS-S). The Coping Strategies Questionnaire [(CSQ) Kausar & Munir, 2004] comprising of 62 items with four scales: Active Practical Coping (CSQ-AP); Active Distractive Coping (CSQ-AD); Avoidance Focused Coping (CSQ-AF) and Religious Coping (CSQ-R) were used to assess the coping styles being used by the adolescents. The data was analyzed through Pearson Product Moment Correlation Coefficient, Regression Analysis and t-test. Significant Psycho-social correlates of Psychological Wellbeing for adolescents were spirituality; satisfaction with the provided social support; coping: high active practical, active distractive & religious coping and poor avoidance focused coping Study about religion (Quran, Hadith and Fiqha books, Bible) and regularity in offering the Prayers. Lower levels of existential wellbeing, less religious coping and higher levels of avoidance focused coping strategies predicted vulnerability towards depression in adolescents, whereas regularity in offering prayer, higher existential wellbeing and level of satisfaction to provided social support, higher level of active practical and lower levels of avoidance focused coping strategies predicted psychological wellbeing for the adolescents. Girls were significantly happier than boys with no differences on Spiritual Well Being Scale in Terms of gender. CSQ-R strategies were most frequently used and CSQ-AF were least used. Girl reported a significantly high level of satisfaction by the provided support of relatives and used more CSQ-AD and CSQ-AF coping strategies in comparison to boys. It showed spirituality religiosity, social support and coping plays a pivotal role in promoting wellbeing of adolescents and could be targeted as part of prevention and intervention program to promote wellbeing and resilience among adolescents to face difficult circumstances and challenges of life.
**Keywords:** Spirituality. Wellbeing, Adolescents, Coping, Social Support, Terrorism.

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**Personality Dimension, Coping and Positive Emotions in the Caregivers of Patients with HIV/AID**

**Mujeeba Ashraf (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

The present research aimed at to studying the relationship of personality dimensions with positive emotions and coping of the caregivers of HIV/AIDS patients. The sample comprised of caregivers (N=56) of adult patients was collected from Special Clinics of HIV/AIDS of different teaching hospitals of Lahore. All ethical considerations were taken into account along with need based provision of counseling to the participants. Neuroticism, Extroversion, Openness-Personality Inventory -Revised (NEO-PI-R) Positive and Negative Affect Schedule - Expanded Form (PANAX-R), Ways of Coping Questionnaire and Religious Activity Scale were used to measure personality dimensions, emotions and coping respectively. In most cases wives were identified as caregivers who belonged to low socio economic status and only few reported as facing stigma. Results revealed that individuals with both high and low extroversion used problem focused coping and self-control and accepting responsibility but low extroversion used more escape avoidance coping and had negative association with negative emotions. Those high on neuroticism experienced less positive emotions and used more tension reduction coping than problem focused coping. It was found that meaningful coping had no association with either type of personality. The Regression Analysis revealed neuroticism as a significant predictor of negative emotions while emotion focused coping and extroversion only significantly predicted the negative emotions. Moreover, five in-depth interviews were conducted with two professionals and three caregivers for getting the personality profile of ideal caregiver. Interviewees reported various characteristics including, courage, patience, optimism etc.
**Keywords:** Coping, Personality, HIV AIDS, Caregivers, Positive Emotions.

**Relationship of Psychological Wellbeing with Social Support & Self-Efficacy in Adolescents of Religious and Non-Religious Schools in Lahore**

**Zubia Bano (MS 2008-2010)**
**Supervisor: Dr. Aisha Sitwat**

This study compared a sample of resident adolescents with a non-resident sample from the same religious schools and non-resident sample with another non-resident sample from non-religious schools on social support, psychological wellbeing and self-efficacy. Moreover, this study investigated the relationship of social support with psychological wellbeing and self-efficacy in these three groups and also explored important demographic variables of the resident students who have been argued to suffer extremely stressful environment with limited sources of social support available to them. The extent to which the lack of social support affects their psychological wellbeing and self-efficacy in relation to crucial demographic characteristics of these resident students were investigated for the first time. The study followed Ex Post Facto Research Design. Sixty residents, sixty non-residents from religious schools and 65 non-residents from non-religious schools with age range of 16-19 years, completed assessments. Subjective Happiness Scale, Satisfaction with Life Scale, Well Being Affectometer-2 Scale, Social Support Questionnaire and Generalized Self Efficacy Scale were used. Resident and non-resident groups did not differ in terms of the three measures. Non-resident students from non-religious schools differed from religious group in terms of higher self-efficacy, lower satisfaction with life and lower number of supporting people. Number of supporting people and satisfaction with that support both predicted psychological wellbeing in both religious groups but only the first one predicted wellbeing in non-religious group. Predictive relationship was observed between satisfaction with social support and self-efficacy only in groups from religious schools.
**Keywords:** Psychological Wellbeing, Social Support, Self-Efficacy, Adolescents, Religious Schools.

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# Social & Personality Psychology

## Relationship of Quality of Life with Religiosity, Social Support and Marital Status among Elderly People

**Lubna Mahnaz (2008-2010)**
**Supervisor: Dr. Iram Bokharey**

It was a Corelational study that examined contribution of social support, religiosity and marital status to quality of life in a sample of 300 elderly persons, who were community residents. Men and women were given equal representation in the data. The data was collected through purposive sampling strategy. The tools used in the study were Demographic Form,Urdu translated versions of World Health Organization Quality of Life Questionnaire (WHOQOL-BREF), Religious Activity Questionnaire (Sitwat, 2005) and Social Support Questionnaire (Sitwat, 2005). Individual administration of questionnaires was done. Multiple Regression Analyses were run to find out relationship of quality of life with social support, religiosity and marital status of the elderly people. One Way Analysis of Variance (ANOVA) was employed to compare quality of life among elderly with different marital status and socioeconomic classes. To see difference related to quality of life across gender, as well as presence of psychological and physical illness, Independent Samples t-test was used. Multiple regression analyses indicated that among criterion variables satisfaction with social support was the strongest predictor of quality of life of the elderly people. Results of independent samples t- test revealed that physical illness negatively affected quality of life; however results were not significant in case of psychological illness. Furthermore, elderly men were found to be better at quality of life as compared to elderly women.
**Keywords:** Quality of Life, Social Support, Religiosity, Elderly, Marital Status.

## Terror Threat Perception and Coping Styles in the Community Struck by Terrorism

**Tehreem Arshad (MS 2009-2010)**
**Supervisor: Dr. Aisha Sitwat**

The aim of the present study was to explore terror threat perception and coping strategies among survivors of terrorist attacks in Lahore city. A Sample of 100 men recruited from commercial areas  and 181 individuals from residential areas (men = 97, women = 87) was selected through Purposive sampling from the immediate adjacent commercial / residential areas (including FIA, Rescue 15 and Moon market) that were hit by terrorist attack. Age range of the sample was between 18- 70 years (mean age =34.5). In order to assess terror threat perception and coping styles, Perception of Terrorism .Questionnaire- Short form (PTQ-SF), Terror Catastrophyzing Scale (TCS) and Ways of Coping Questionnaire- Revised (WCQ-R) were orally and individually administered on the sample. The results revealed that the residential participants perceived more terror threat as compared to commercial participants. Furthermore there were no significant differences among residential and commercial participants with respect to either terror catastrophyzing or in use of coping strategy. Women reported significantly higher levels of perceived threat and terror catastrophysing. In addition it was found that men were using significantly more emotion -focused coping strategies as compared to women. Analyses of variance showed that both problem and emotion focused coping strategies were used significantly more by very high threat group as compared to low and moderate level of threat group. Gender was found to be a significant predictor of threat perception.
**Keywords:** Threat, Terror, Coping, Terrorist Attacks.

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**Domestic Violence: Causes, Effects and Coping Mechanisms in Pakistani Women**

**Samra Zubair Lodhi (M.Phil. 2003-2005)**
**Supervisor: Dr. Nosheen K. Rahman**

The present research focused on studying the causes, effects and coping of domestic violence in Pakistani female. To explore this phenomena data was collected from both victim females of domestic violence and non-victim females to get information about their perception related to this domestic violence, so that perceptions of victims and non-victims can be compared and contrasted. The research was divided into two phases. In phase I, 15 females with an age range of 18 years and above were selected from shelter homes of Data Gunj Bakhsh Town Lahore through Purposive sampling. In depth interviews were conducted to get information from the female victim about the causes, effects and coping of domestic violence in Pakistani female. In phase II, door-to-door survey was conducted with 100 females (age= 18 and above) of general population of Data Gunj Bakhsh Town Lahore. The instruments used in this research were in depth interview and survey questionnaire which were developed through review of researches conducted on domestic violence. Constructivist paradigm was used in which concept of domestic violence was built during the process of research. Content analysis was used to analyze the data. The primary themes deducted from in depth interviews of victims were mistrust, role of husband, addiction, suicide and religion. While survey from non-victims indicated a number of variables e.g., role of husbands and in-laws, mistrust of males on females, poverty, illiteracy, lack of dowry as precipitating factors of domestic violence. The effect of domestic violence was found to be revenge, feelings of insecurity, loss of interest in life and inferiority complex, negativity and suicidal thoughts in females. While reviewing the results it was found that some commonalities as well as some differences also exist in the perception of female victims and non-victims about the causes, effects and coping of domestic violence.
**Keywords:** Domestic Violence, Female Victims, Coping Mechanisms.

**Relationship between Social Support, Self Esteem and Psychological Wellbeing among Adolescents**

**Sumaira Kausar (BS 2007-2011)**
**Supervisor: Ms. Humaira Naz**

The present study examined the relationships between Social support, Self-efficacy and Psychological Well-being among adolescents of Data Gunj Baksh, town, Lahore. Purposive sampling was employed to included sample of 420 (Boys=210, Girls=210) with an age range of 13-19 years studying in different government and pinnate schools. Upper, middle, and lower socio-economic areas were represented. Participants completed the Multidimensional Scale of Perceived Social Support (MSPSS), Self- Efficacy Questionnaire for Children (SEQ-C) and the Oxford Happiness Questionnaire (OHQ) measuring Psychological wellbeing. Results showed positive correlation of perceived social support and self-efficacy with psychological well-being. Furthermore, Multiple Regression Analysis showed family support, friend support, and emotional self-efficacy was strong predictors of psychological well-being. More precisely, family support and friends support were stronger predictors of psychological wellbeing among male adolescents. While among female adolescents friends support and emotional self-efficacy were found out to be stronger predictors of psychological well-being. Overall, findings highlighted the significance of Social support and Self efficacy for the adolescents along with perception of Psychological Well-being. Present study will be helpful to counselors, psychologists and family in facilitating the adolescents' emotional, social and academic functioning. Furthermore, adolescents can be

counseled to learn more adaptive coping mechanisms so as to achieve an optimal state of psychological well-being.

**Keywords:** Social Support, Psychological Wellbeing, Adolescents, Self-Efficacy.

## Coping with University Adjustment Problems and its Relationship with Self Esteem

**Faiza Murtaza (BS 2007-2011)**
**Supervisor: Ms. Afshi Yahya Khan**

The aim of the study was to discover the relationship between students' coping with university adjustment problems and Self Esteem. The sample consisted of 330 students (150 boys and 180 girls) of two major Universities of Lahore; University of the Punjab and Govt. College University. It was a Corelational Research and Purposive sampling strategy was used to collect data. Data was collected through Demographic Questionnaire, Ways of Coping Scale (Sitwat, & Jahangir, 2005) and Self Esteem Scale (Rifai, & Tariq, 1999). All the tools were self-administered in group settings. Data was analyzed applying Pearson Product Moment Correlation and Independent sample t-test. The results of the study showed that there was a strong relation between coping and self-esteem of students. One type of coping; emotion-focused coping had significant negative relation with self-esteem. There were no significant differences with regard to gender in self-esteem. It was found that students used both types of coping but male adolescents used problem-focused coping more than female adolescents in stressful situations. This study will provide help in identification of students' problems in university and for teacher in arranging structure tutorials, where students can share their problems and find out the solutions for those problems.

**Keywords:** Coping, Adjustment, Self-Esteem. University, Adjustment Problem.

## Bullying and Psychological Wellbeing in School Adolescents

**Anum Zaheer (BS 2007-2011)**
**Supervisor: Dr. Aisha Sitwat**

The present research aimed to study the impact of bullying on psychological wellbeing of school adolescents. The study followed Ex Post Facto Research Design. Purposive sampling strategy was used to select Union councils of Lahore and then data was collected from randomly selected schools of these union councils. Sample comprised of 227 participant (boys=120, girls=107) with the age range of 13-16 (mean 14.5 years). Oxford Happiness Questionnaire was used to measure psychological wellbeing of adolescents. Bullying Behavior Questionnaire was constructed during the present research by the researcher to measure bullying behaviors. Correlation Analysis revealed a significant negative correlation between psychological wellbeing and bullying. It is also evident from results that there was no significant gender difference in the experiences of three types of bullying. Research has implications for further research and for developing preventive strategies as well as remedial measures for affectees.

**Keywords:** Bullying, Psychological Wellbeing, School Adolescents.

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# Anger, Level of Frustration Tolerance and Religious Beliefs in University Students

**Maheen Abid (BS 2006-2010)**
**Supervisor: Dr. Aisha Sitwat**

The present research aimed to assess the impact of religious practices, spirituality and level of frustration

tolerance on State Anger, Trait Anger and Anger experience and expression. The study followed Ex-Post Facto Research Design. Purposive sampling strategy was used to select universities of Lahore from a list of HEC recognized universities and then data was collected from their randomly selected departments. A total number of 370 participants took part in the study. Participants selected were students of Bachelor's, Master's and Doctoral level while the mean age of students was 21 years. State Trait Anger Expression Inventory was used to measure the construct of anger, Religious Activity Scale and Spiritual Support Scale were used to measure Religiosity and Spirituality respectively and LFT Inventory was used to assess low frustration tolerance. Regression Analysis revealed that religiosity, spirituality and LFT were significantly related with State anger, Trait anger as well as with Anger experience and expression. It was also evident from the results that low frustration tolerance, religiosity and spirituality were predictors of anger.
**Keywords:** Anger, State, Trait, Level of Frustration Tolerance, Religious Beliefs, Spirituality.

# Impact of Marital Conflict and Parenting Styles on Self-Esteem of Adolescents

**Rafia Rehman (BS 2006-2010)**
**Supervisor: Dr. Saima Dawood**

The present research was conducted to see how self-esteem of adolescent is affected by the marital conflict between parents and also to child rearing practices adopted by the parents during the upbringing process. For this purpose, a sample of 254 boys and 246 girls of 13 to 17 years of age were collected from different schools of Lahore city. Three instruments were used for the collection of the data: Parent Authority Questionnaire (Buri, 1991, translated and adapted in Urdu language by Babree. 1997) to assess the parenting styles adopted by the parents during the upbringing process, Self Esteem Scale developed by Raifi & Tariq (1999) to assess self-esteem of the adolescents, Marital Conflict Scale (Lopez, 1991, translated and adapted in Urdu language by Azam, 2006) to assess adolescents' perception of marital conflict between the parents. Results obtained from Pearson Product Moment Correlation showed a negative relationship between marital conflict and self-esteem suggesting that an increase in the conflict between the parents results in poor self-esteem of their offspring. Furthermore, significant and positive relationship was found between Authoritative parenting styles used by the parents and Self-esteem of adolescents. The present findings are consistent with the previous researches suggesting that adolescents from families with high marital conflict developed a lower level of self-esteem and exhibited more problematic behaviors (Ozen, 2004). Moreover, findings do suggest that conflict between parents is intrusive to children's internal processes and predictive of invasive and unproductive parenting (Bradford & Barber, 2005). Therefore, the findings of the study can be utilized as the etiological factor in clinical setting for their problems.
**Keywords:** Self-Esteem, Marital Conflict, Adolescents, Parenting Styles.

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# Impact of Parenting Styles and Attachment Patterns on Sibling Relationships

## Hidna Iqbal Shah (BS 2006-2010)
### Supervisor: Dr. Saima Dawood

In the present study, Correlational Research Design was used to assess the impact of Parenting Styles and Attachment Patterns for both mothers and fathers in relational problems with siblings. A sample of 300 adolescents (148 boys & 152 girls) in the age range of 13-16 years was recruited according to the inclusion criteria which was a) they must be living with both their biological parents b) the minimum

number of siblings apart from the subject himself/herself should be 3. Purposive sampling technique was used to select participants from different schools based on SES from the allocated UCS of Data Ganj Baksh Town Lahore.  Information regarding Parenting Styles, Attachment Patterns and Problems in Sibling Relationships was taken by respondents using Parental Authority Questionnaire (PAQ), Relationship Questionnaire (RQ), Index of Peer Relations (IPR) along with the Demographic Form. The findings of the present study suggested that siblings reported fewer problems in their relationships when their parents were practicing an Authoritative Parenting Style. Furthermore an adolescent who was securely attached to his/her parents indicated less degree of conflicts with his/her siblings.
**Keywords:** Attachment Patterns, Adolescents, Siblings, Parenting Styles.

# Parenting Styles, Parental Acceptance Rejection and Vulnerability of Adolescents towards Depression

## Misbah Liaqat (BS 2006-2010)
### Supervisor: Dr. Saima Dawood

This study examined the relationship of parenting style, parental attachment and vulnerability among adolescents towards depression. A Correlation Research Design was used. The sample consisted of 250 participants of 13-17 years of age. The data was collected from government and private schools through Purposive sampling. Three measuring instruments were administered: Children's Depression Inventory (Kovacs, 1981) translated and adapted by Manzoor and Dawood (2005) to assess the vulnerability of the adolescents towards depression. Parental Acceptance Rejection Questionnaire (Rohner. 1975 as cited in Rohner, 2002) translated and adapted byHaque (1981) was used to assess perceived acceptance rejection of father and mother and translated version of Parental Authority Questionnaire (Buri, 1989) to assess the parenting style used by parent during child rearing process. Descriptive statistics such as frequency and Percentages were used and Pearson Product Moment Correlation Coefficient was employed to see the relationship between parenting styles, parental acceptance rejection and vulnerability towards depression in adolescents, t-test was run to see gender differences for vulnerability towards depression. The results showed that there were no gender differences on the obtained scores on CDI and the adolescents who perceived their parents as more rejecting and in vulnerability towards depression. The results also revealed that those adolescents whose parents were using "Authoritarian Parenting Style' in their upbringing process were more vulnerable towards depression and majority out of them perceived their parents as rejecting'.
**Keywords:** Parenting Styles, Parental Acceptance-Rejection, Depression, Adolescents.

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# Impact of Fear of Terrorism, Televised News Media Exposure and Religious Belief on Mental Health of Community Population

**Aqsa Safdar (BS 2005-2009)**
**Supervisor: Ms. Fatima Ali Bokhari**

The current study aimed to investigate the Impact of Fear of Terrorism, Televised News Media Exposure, and Religious Belief on Mental Health of Community Population, The sample of 150 participants was taken from different areas of Lahore city that were directly exposed to terrorist attacks in the last two years, which included 114 males and 36 females. Age range of the sample was 19 to 70 years. Purposive sampling was used to collect the data. Measures used in the study were Terrorism Catasrophizing Scale, Televised news Media Exposure Instrument, Religious Belief Scale and three subscales of Symptom

Checklist-Rthat were Depression, Anxiety, and LFT. Pearson Product Moment Correlational Coefficient was used to analyze the data. The result findings indicated that the first hypothesis was confirmed as

findings indicated that there is a significant positive relationships between fear of terrorism and mental health on two subscales of Depression ($\chi2 = .194*$) and Anxiety ($\chi2 = .224**$) and positive relationship on LFT ($\chi2 = -095$). Second hypothesis was also confirmed as it was indicated from the results that there was a positive relationship between televised news media exposure and mental health on subscale of anxiety ($\chi2 = .032$) and LFT ($\chi2 = .059$). There was negative relationship only on the subscale of depression. ($\chi2 = -.069$). A negative relationship between religious belief and mental health was also observed however the results were only significant on the subscale of LFT ($\chi2 = -.171*$).
**Keywords:** Terrorism, Mental Health, Depression, Anxiety. Media Exposure.

# Emotional Intelligence, Psychological Wellbeing and Conflict Resolution among Different Professionals

**Hira Fatima (BS 2005-2009)**
**Supervisor: Dr. Saima Dawood**

The present research aimed to assess the impact of emotional intelligence on one' psychological wellbeing and style of handling interpersonal conflicts among different professionals. The present research followed Quasi- Experimental Design. The researcher contacted different private and government organizations of Lahore to collect the sample of different professionals: Executives and Directors (n=60), College and University Teachers (n=60), and Doctors (n=60). Professionals with an age range of 25-60 years, with educational qualification up to Masters and one year professional experience were purposively selected as research participants. Scale of Emotional Intelligence (SET) was administered to assess level of Emotional Intelligence; Rahim Organizational Conflict Inventory (ROCI-II) was administered to see the style of handling interpersonal conflict and Scale of Psychological Well- Being was used to evaluate the Psychological well-being of the participants. Pearson Product Moment Correlation Coefficient and Independent Sample t-test was run to see the impact and significance of Emotional Intelligence on one's psychological well- being and style of handling interpersonal conflicts among different professionals. The results revealed that there was a significant correlation between Scale of Emotional intelligence, Scale of Psychological Wellbeing and ROCI-II. The results also showed that Directors and Teachers have high emotional intelligence and Psychological Wellbeing than Doctors. It was also revealed that Teachers mostly use Integrating style of interpersonal conflicts.

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### Relationship between Anger and Self-Esteem among School Boys of Lahore City

**Sahar Chughtai  (BS 2005-2009)**
**Supervisor: Ms.Aasma Yousaf**

The aim of the present study was to find out the relationship between Anger and Self-Esteem among school boys and girls of Lahore city. The sample included 200 students (100 males& 100 females) of ages 13-17 belonging to English medium schools. Purposive and Convenient sampling technique was used to recruit sample. The tools administered included State Trait Anger Expression Inventory (STAXI) & Offer Self Image Questionnaire for Adolescents-R (OSIQ-R) to measure anger and self-esteem respectively.

The statistical analysis was done by applying correlation & independent t-test. The results revealed that gender difference in anger and self-esteem. Secondly no significant relationship was found between anger and self-esteem.
**Keywords:** Anger, Self-Esteem. School.

### IQ, Emotional Intelligence and its Impact on Academic Achievement

**Maryam Zulfiqar Butt (BS 2005-2009)**
**Supervisor: Dr. Saima Dawood**

The purpose of the study was to see the relationship between emotional intelligence and academic achievement among college students.  Correlational Research Design was used in the study. A sample of 199 students was collected through Purposive sampling. The sample including 65 boys and 13 girls was taken from 6 different colleges of Lahore: Fatima Jinnah College for Women, Govt. Model Degree College for Women, Govt, Degree College for Women, APWA College for Women, Forman Christian College and KIPS Boys College. Two scales were administered on the participants. Scale for Emotional Intelligence (Dawood, Rahman & Sheikh, 2008) consisting of five scales: Self Awareness, Self Regulation, Motivation, Empathy and Social Skills were administered to assess the level of emotional intelligence of the participants. Otis Mental Ability Test was administered to obtain an IQ score of the participants. Academic achievement was measured by obtaining the previous academic records including obtained marks in matric and intermediate. The results showed that there existed a positive correlation between emotional intelligence and the academic achievement of participants.
**Keywords:** Emotional Intelligence, Academic Achievement, IQ.

### Approach and Avoidance Goals in Relation to Anxiety and Depression among Undergraduates

**Ayesha Jabeen (BS 2005-2009)**
**Supervisor: Ms. Faiza Safdar**

The present research aimed to find the approach and avoidance goals in relation to anxiety and depression among students belonging to colleges and universities. In this study student's achievement goals with underlying approach and avoidance motivation were measured through Achievement Goals Questionnaire which consisted of 12 items. Anxiety and depression among students was measured through two scales (Anxiety, Depression) taken from Symptom checklist -R. Sample of the study consisted of 200 undergraduate students; males (N=97) and females (N=103). Regression Analysis was used to obtain results. The overall results indicated that student's levels of anxiety and depression (i.e. high and low) were the predictors of approach and avoidance goals. Students with high anxiety showed fewer approach goals and more avoidance goals, however those with low depression revealed fewer approach as well as avoidance goals.

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**The Effect of Parental Acceptance and Rejection on the Personality of Adolescents**

**Saba Siddique (BS 2005-2009)**
**Supervisor: Ms. Rizwana Arif**

The present study was conducted to investigate the effects of Parental Acceptance Rejection on

personality of the adolescents. The total sample taken in the study was of 300 adolescents 150 males and 150 females between age ranges of 14 to 16 years. Purposive sampling was done for the selection of sample from different English and Urdu medium schools of Lahore City. 75 males and 75 females were taken from English Medium schools and 75 males and 75 females were taken from Urdu Medium schools. The measuring tools in the study were Demographic Variable to take the basic information about the sample, ParentalAcceptance Rejection Questionnaire to measure the way the children perceive their parents and Personality Assessment Questionnaire to measure different aspects of personality of the adolescents. Pearson Product Moment Correlation coefficient and t-test was used to analyze the results. The results showed significant positive correlation between the Parental Acceptance Rejection and Personality of the adolescents. There was a significant positive correlation between Hostility/ Aggression, Negative Self Esteem, Negative Self Adequacy, Emotional Unresponsiveness, Emotional Instability, Negative World View and Parental Acceptance Rejection. There was non-significant positive correlation between Parental Acceptance Rejection and Dependency. There was no significant difference between male and female on Dependency, Negative Self Esteem, Negative World View and Negative Self Adequacy of Personality Assessment subscales. There was significant difference between male and females on Hostility/ Aggression, Emotional Unresponsiveness and Emotional Instability. There was significant difference between male and females and Parental Acceptance Rejection Subscales.
**Keywords:** Negative Self Esteem, Hostility, Aggression, Emotional Unresponsiveness. Parental Acceptance - Rejection.

**Self-Esteem, Religiosity and Psychological Adjustment among Male and Female University Students**

**Zunairah Uzair (BS 2005-2009)**
**Supervisor: Ms. Tehreem Arshad**

The aim of the present study was to find the relationship of self-esteem and religiosity with psychological adjustment with respect to gender differences as well as to find the predictors of psychological adjustment. Three hundred Muslim students: 150 males and 150 females of age range 20-22 years were taken from 2 government universities of Lahore. 'Demographic questionnaire, Self Esteem Scale, Religious Activity Scale, Religious Belief Scale and Psychological Adjustment Scale were administered. Results found that self-esteem and religious activity were significantly positively related to psychological adjustment. Religious beliefs were not significantly related with psychological adjustment. No significant gender differences were found in self-esteem and religious belief but significant gender differences were found on religious activity. Overall, self-esteem was the strongest predictor of psychological adjustment.
**Keywords:** Self-Esteem, Psychological Adjustment, Religiosity.

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**Death Anxiety, Religiosity and Perception of Terrorism in Different Professions**

**Afifa Khan (BS 2006-2010)**
**Supervisor: Dr. Aisha Sitwat**

The current study aimed to explore the relationship between Death Anxiety and Religiosity and fear of Terrorism in individuals belong to different professions. The study followed Ex-post Facto Retrospective Research Design. The researcher approached different hospitals, schools and universities to collect the sample of different professions (n=150) including Doctors (n=30), Nurses (n=30), Teachers (n=30), Librarians (n=30) and professors (n=30). Professionals who were Muslims and lying within age range of 25 to 64 years were recruited. Majority of the sample belongs to middle and upper socioeconomic status class. Scale of Leming fear of Death Anxiety Scale was used to measure death anxiety; Religious Activity Scale was used to measure the level of religiosity; Indigenous Islamic Belief Questionnaire was used to assess the level of beliefs regarding religion and finally Terrorism Catastrophing Scale was used to measure the fear of terrorism among the participants. Descriptive analysis was run for the demographic variables test to find out the comparison between the middle and upper socioeconomic status class and finally Pearson Product Momentary Correlation Coefficient was run to find out the relationship between death anxiety and religiosity regarding terrorism among participants with different socioeconomic class.
**Keywords:** Death anxiety, Religiosity, Terrorism, Professionals.

**Death Anxiety, Religiosity and Perception of Terrorism in Professions**

**Moazzama Farooq (BS 2006-2010)**
**Supervisor: Dr. Aisha Sitwat**

This study examined the relationship between death anxiety and religiosity as consequences of terrorism among people with different professions. The social significance and the major aim of this research project was to ascertain if terrorist attacks induces fear and death anxiety in people with different professions belonging to lower and middle socio economic status and whether religion provide them coping against it. Purposive sampling was used to collect the sample. The inclusion criteria set by the researcher was that the participant should be between the ages of 25-60 and belonged to one of the selected professions (rickshaw driver, laborer, lawyer and banker) and must be Muslim. Tool used were Demographic Form, Lemming Fear of Death Anxiety Scale, Religious Activity Scale, Spiritual Support and Terrorism Catastrophizing Scale (TCS). t- test was applied on the data to see whether the participants from lower and middle socio economic status were significantly different from each other with respect to religiosity, spirituality, fear of terrorism and death anxiety. Results of t test showed that only religiosity was found to be different among lower and middle socio economic status. The Pearson Product Moment Correlation was used for the analysis of the results. Three of the hypotheses were supported. Results showed that religiosity wasa negative predictor of death anxiety and fear of terrorism. Fear of terrorism was a positive predictor of death anxiety. The relationship of religiosity, spirituality and fear of terrorism was different with different scales of death anxiety in people belonging to lower and middle socio economic status.
**Keywords:** Death anxiety, Religiosity, Terrorism, Fear.

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## Organizational Stress and Coping Strategies among Different Professions

**Maleeha Tanveer (BS 2006-2010)**
**Supervisor: Dr. Saima Dawood**

The present study aimed to assess the occupational stress and coping strategies among different professions by following Quasi-experimental Design. The researcher contacted different government and private institutions and organizations of Lahore to collect the data of Doctors (n=40); Teachers (n=40); Bank employees (n=40). The professionals were recruited through Purposive sampling falling between the age ranges of 24-70 years with a minimum educational qualification of Bachelors. Three instruments were administered on the research participants. The Stress Scale devised by Khalid and Yousaf (1996) was administered to assess the occupational stress. Two subscales of Symptom Checklist-R (Rahman et al., 2008) were used to assess the vulnerability of professionals towards anxiety and depression. Brief COPE devised by Carver (1997) was administered to assess the coping strategies used by different professionals. Pearson Product Moment Correlation Coefficient, ANOVA and LSD Priori Test were run to assess the level of occupational stress, anxiety, depression and coping strategies used by different professions. The results revealed that there was significant correlation between stress, active-avoidance coping and religious/denial coping. Also it showed that there was a positive significant correlation between occupational stress, anxiety and depression. The results also indicated significant differences between Teachers and Bankers in the use of coping strategies as they mostly used problem-focused coping to deal with their stress. Further implications can be given for the present research that, it can provide guidance for professionals about what kind of coping strategies they should apply at their workplace in order to deal with heir stress.
**Keywords:** Stress, Anxiety, Depression, Coping, Professionals, Organization.

## Relationship between Emotional Intelligence and Effective Leadership

**Madhia Saeed Nagra: (BS 2006-2010)**
**Supervisor: Dr. Saima Dawood**

This study aimed to ascertain the relationship between emotional intelligence and elective leadership. The data was collected from heads and faculty members of 8 departments falling under different faculties of University of the Punjab. Emotional intelligence was assessed by using Scale of Emotional Intelligence (Dawood, Rahman & Sheikh, 2008) and effective leadership was assessed by using Rahim Organizational Conflict Inventory - II (Rahim. 1983). The department heads gave their self-ratings and their peer-ratings were also obtained by asking their faculty members to rate their respective heads on the same tools. The data was analyzed by using SPSS and Correlation was employed to study the relationship between 5 scales of SEI and 5 conflict resolution styles of ROCI-IL The findings supported the hypotheses. The results revealed that the self-ratings by the directors highly correlated with their peer ratings. Moreover, the leaders who scored high on conflict resolution styles of Integrating, Compromising and Obliging also scored higher on emotional intelligence.
**Keywords:** Emotional Intelligence, Leadership, Conflict Resolution.

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# Adjustment and Personal Styles of Working and Non-working Women

**Anna Sharif (BS 2006-2010)**
**Supervisor: Ms. Rizwana Arif**

The present study was conducted to investigate the Adjustment and Personal Styles in working and Non-working Women. The total sample taken in the study was of 200 comprising of 100 working and 100 non-working females between the ages of 26 to 50 years, the data was collected through Purposive sampling from different hospitals, banks, schools, and community of Lahore City. The inclusion criteria for the sample were females falling in the age range of 26 to 50 years with at least educational experience of Intermediate. Those subjects were included who were married, living in nuclear family system, and belonged to middle socioeconomic class. 33 female Doctors, 33 female Banker and 34 female teachers were approached in different institutions of Lahore city. The sample of 100 non-working females was collected from the community of Lahore. Pearson's Product Moment Correlation Coefficient and t-test was used to analyze the results. The results showed that there was no significant difference between the home, emotional, and social adjustment, but there was significant difference between health adjustments of working and non-working females. There was no significant difference between working and non-working females on personal styles. The results also indicated a significant positive correlation between the Adjustment and non-working women who were feeler. There was no significant positive correlation between Extrovert-Introvert, Intuitions/ Sensing, Perceiver/Judger, and adjustment. The most common personal styles in women with best adjustment scores were to be Extrovert, Sensing, Feeling, and Perceiving.
**Keywords:** Adjustment, Personal Styles, Working Women, Non-Working Women.

# Work Stress and Coping Styles: a Comparison between Government and Private School Teachers

**Ayesha Zafar (BS 2005-2009)**
**Supervisor: Ms. Tehreem Arshad**

The major aim of the present research was to compare work stress and coping styles between government and private female school teachers. Independent Sample Research Design was followed. Purposive sampling was used to collect sample of 100 women school teachers (n=50 from government and n=50 from private schools). Demographic Questionnaire, Teacher Stress Inventory (TSI), Ways of Coping Questionnaire (WCQ-U) was used to assess work stress and coping styles, t-test, Pearson Product and Chi-square were run to compare, correlate and to assess the association between variables. Results revealed that government and private schools were not different with respect to work stress and coping styles. Significant difference was found between married and unmarried female school teachers with respect to work stress. Results indicated positive correlation between moderate level of work stress and emotion focused coping style whereas negative relationship existed between high level of work stress and both emotions focused coping style & problem focused coping style.
**Keywords:** Stress, Emotion Focused Coping, Problem Focused Coping, School Teachers.

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