Psychological

Abstracts

2012-2014

Centre for Clinical Psychology

University of the Punjab, Lahore. Pakistan

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Editor's Note

It is indeed heartening for me to share yet another copy of the psychological abstracts of Centre for Clinical Psychology, University of the, Punjab, Lahore. With deep sense of pride and ownership, I would like to acknowledge the advancement of the scientific enterprise and the scholarly work that has been undertaken by my students and colleagues.

I hope that this third issue of the psychological abstracts will enlighten and uphold the tradition of CCP in publishing evidence based culturally sensitive scientific enquiries and will further inspire other researchers to build upon the rudiments of knowledge.

I would here also like to thank the faculty members for demonstrating limitless patience and for timely provision of the abstracts and students to undertake researches as their course work. I am grateful to Ms Rabia Dasti who rendered her services and helped in proof reading and arranging abstracts according to the area of specialization. I appreciate the efforts of our research scholar, Ms. Zunaira Rashid, who worked mutinously in compiling these abstracts. Some of the abstracts were photocopied from the thesis, followed by their scanning, and proof reading. The abstracts are organized according to the area of specialization Cooperation of the assisting staff is also worth mentioning. Any success is primarily teamwork and this publication also reflects the spirit of collaboration.

I would like to add that this is just a beginning, and endeavor to revive the scientific urge and spark at CCP. 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, Pakistan.

I will like to conclude by emphasizing that research and its development is one of the best ways to progress human development and welfare and guide policymakers by demonstrating empirical evidence based research.

Enjoy Reading!

Prof. Dr. Rukhsana Kausar
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Clinical Psychology

Risk Factors and Depression in Young Drug Users

Salma Batool (MS Top Up: Session 2012-2013)
Supervisors: Rukhsana Kausar, PhD

This study was conducted to examine the risk factors and depression in the young drug users as the drug use is associated with high risk behaviors as well as disorders. The objectives of the study were to examine the association of adolescent drug use and depressive symptoms in drug users, to find out risk factors as predictor of drug use/abuse and to find out the relationship between risk factors and depression in young drug users. The mediating role of drug use between risk factors and depression was also studied. Sample consisted of200 participants ranging in age from 8-25 years (M=23.20, SD= .99). Data were collected from drug addict centers and hospitals in Lahore. The first questionnaires gathered information on socio demographic characteristics, drug use and depressive symptoms. Risk factors were measured by Community that Cares: Youth Survey developed by Arthur (2002). Impulsivity was measured by Barratt Impulsiveness Scale (BIS II, 1995). The data were analyzed using correlation analyses to examine the relationship between risk factors, drug use and depression. An AMOS mediation analysis was used to find out the mediating role of drug use between risk factors and depression and also to find out whether different risk factors predict drug use and depression. The results showed that there was a positive relationship between risk factors: Individual/peer-domain/impulsivity, family domain, and community domain, drug use and depression. Mediation path analysis showed that drug use was a significant mediator between risk factors: Individual/peer domain/impulsivity, family domain, community domain and depression. In the community domain, drug use served as a partial mediator between community neighborhood and depression. It also served as a partial mediator between poor family management, parental attitude favourable towards antisocial behaviour and depression in the family domain risk factors. Drug use was also serving as a partial mediator between friend's delinquent behaviour, friends use of drugs and depression. This study has implications and strength in that further research in this area will serve to strengthen these findings already established and it also focus on the point that if risk factors are controlled in earlier ages, chances of drug addiction are reduced. Thus it can be concluded that risk factors have a predictive function regarding drug use and abuse.

Keywords: Risk Factors, Depression

Symptom severity, Cognitive appraisal and Quality of life of patients having Obsessive, Compulsive disorder

Anum Ijaz (MS: Session 2011-2013)
Supervisors: Rukhsana Kausar, PhD & Humaira Naz

The current research was aimed to study quality of life of Obsessive Compulsive Disorder patients in relation to Severity of the symptoms and Cognitive Appraisal. The study explored the predictors of quality of life of patients from variables of Symptom Severity dimensions and Cognitive Appraisal. It was hypothesized that there would be a positive relationship between Symptom Severity and Cognitive Appraisal, positive relationship between Symptom Severity and QOL, a positive relationship between Cognitive Appraisal and QOL of patients having OCD

and Symptom severity and Cognitive Appraisal are likely to predict QOL of patients with OCD. Correlational study, within group research design and purposive sampling was used. A sample of 90 patients (*M* age = 30, *SD* = 8.9) of Obsessive Compulsive Disorder (OCD) were taken. Obsessive Compulsive Disorder Symptom Checklist (OCDSC; Jabeen & Kausar, 2008), Stress Appraisal Measure (SAM, Wong & Peacok, 1995; Kausar, 2001), and WHOQOL-BREF (WHOQOL Group, 1998) were used for assessment. Correlation analysis found a significant positive relation between the subscales of Cognitive Appraisal and Symptom Severity of OCD. Also, a significant negative relation was found between physical, psychological, environment related QOL and Symptom Severity of OCD. A significant negative correlation was also found between subscales of Cognitive Appraisal and domains of QOL. Moreover, Hierarchical Regression Analysis revealed Symptom severity and Control by self- appraisal predicted Physical related QOL. Symptom severity and Threat appraisal was significant predictor of Psychological related QOL. Symptom severity and Control by others appraisal were found to be predictors of Environment domain of QOL. It is concluded that Quality of life gets impaired with severity of symptoms and negative cognitive appraisal of the symptoms perceived by the patients with Obsessive, compulsive disorder. Patients feel more incapacitated in maintaining physical and psychological health, interpersonal relationship and interaction with environment. It is implicated form research that emphasis has to be given for modifying cognitive appraisals of obsessions and compulsions in the CBT protocols. In addition, QOL need to be focused in the treatment along with symptomatic treatment.

Keywords: Symptom Severity, Obsessive Compulsive Disorder, Cognitive Appraisal, Quality of life

Parental Training with the Mothers of Children having Mental Retardation

Ume Habiba (MS: Session 2011-2013)
Supervisors: Rukhsana Kausar, PhD & Nazia Bashir

The aim of the study was to develop a parental training program centered on the principles of behavior modification and to evaluate its efficacy on mothers having children with mild to moderate mental retardation. Experimental research method with ABA design was used. Six parents with age ranges from 26 to 50 years having mentally retarded children age ranges from 3 to 15 years (M=8.5 years) recruited from three institutions for special children. Pre assessment of participants was done by the administration of Parent Motivation Inventory (PMI), Parenting Stress Scale (PSS), Parenting Sense of Competence (PSOC) and a self-constructed Questionnaire for assessing Parent's knowledge. The parent training program consisted of 12 therapeutic sessions each lasting for 2 hours was delivered by a researcher trainee Clinical psychologist. Post assessment of the participants was done after 12 sessions using the same instruments. Paired sample t test, and Wilcoxson Sign Rank test analysis was employed to compare the difference of the, two conditions (pre and post training assessment) within the group. Correlation was done to find the nature of relationship among the variables. The results revealed that" participants had higher level of motivation for treatment, increased parenting sense of competence, lower level of stress and increased level of knowledge about behavioral modification which reflected the efficacy of the training program for the mothers having children with mental retardation.

Inappropriate Sexual Behaviors in Adolescents with Autism and Mental Retardation and Distress in Mothers

Saira Jabeen (MS: Session 2011-2013)
Supervisors: Rukhsana Kausar, PhD & Aasma Yousaf

The current study was aimed to investigate the inappropriate sexual behaviors exhibited by adolescents with autism and mental retardation and distress in their mothers. It was hypothesized that (a) adolescents with autism and mental retardation will likely to differ in inappropriate sexual behaviors, (b) mothers of adolescents with autism and mental retardation will likely to differ in distress (c) there will likely to be relationship between inappropriate sexual behaviors of adolescents with autism and mental retardation and distress in their mothers, (d) inappropriate sexual behaviors will likely to predict distress in mothers of adolescents with autism and mental retardation. Between group research design was used. Sample was selected through non-probability purposive sampling strategy that was consisted of two groups, 40 mothers and teachers of adolescents with autism and 50 mothers and teachers of adolescents with mental retardation from different institutes of children with special needs. Teachers and mothers were included in the study because adolescents also spent sufficient time in school settings as well as in home settings. Childhood Autism Rating Scale (Schopler, Reichier & Rennerin, 1988), Solosson Intelligence Test (Solosson, 1963), Sexual Behaviors Scale (Stokes & Kaur, 2005), and Parental Stress Scale (Berry &Jones, 1995) were administered respectively. Independent sample t- test indicate that adolescents with autism showed more inappropriate sexual behaviors, have low knowledge of privacy, and low socialization in comparison to adolescents with mental retardation. No significant differences were found in distress experienced by mothers of adolescents with autism and mental retardation Pearson product moment correlation identified significant positive relationship between inappropriate sexual behaviors and maternal distress (p< .01). Hierarchical multiple regression analyses identified privacy behaviors as significant predictors of distress in mothers. The findings of the present study will be helpful for teachers working in special schools and also for mothers to understand the sexual behaviors of adolescents with mental disabilities.

Psychosocial Demographical Effect and Common Mental Disorders among Patients in Health Care Settings in Lahore

Amira Amjad (MS Top-Up: Session 2012-2013)
Supervisor: Nashi Khan, PhD

The current study was conducted to find out the relationship between Poverty and Common Mental Disorders among patients who were seeking treatment from GP clinics. Purposive sampling was done using within group research design. Data was collected from 219 (M=35,F=184) participants experiencing mild and transitory medical conditions. Semi-structured interview was administered for the purpose of initial screening and obtaining socio-demographic information. Symptom Checklist-R and GHQ-28 were also administered on them to identify

Common Mental Disorders. The findings revealed that CMD's were present in the samples; Psychological Distress (76%), Depression (52%), Anxiety (44 %), Low Frustration Tolerance (42%) and Somatoform (40%). The current study showed that women experience more Common Mental Disorders than men. The results also revealed positive correlation between poverty, marital status and Common Mental Disorders whereas negative correlation between education and Common Mental Disorders was found. Logistic Regression revealed that poverty and marital status were two significant predictors of Common Mental Disorders. Married people showed more depressive symptoms, somatic complaints and Low frustration tolerance than unmarried. However anxiety was higher among unmarried as compared to married. Overall this research signified a need of General Practitioners to realize and understand that Common Mental Disorders are common in individuals presenting in primary health care set ups. Also there is need for timely identification of such at risk individuals so that interventions could be implemented accordingly.

Keywords: Demographical Effect, Common Mental Disorders

Narcissism, Striving to Avoid Inferiority and Anger Expression

Maria Muhammad Din (MS: Session 2011-2013)
Supervisor: Aisha Sitwat, PhD

The aim of the present study was to investigate the relationship among two forms of narcissism (overt and covert) and striving to avoid inferiority (secure and insecure) with anger expression. It was hypothesized that narcissism (overt and covert) and striving to avoid inferiority would be predictors of anger expression. Further it was proposed that striving to avoid inferiority would mediate the relationship between narcissism (overt and covert) and anger expression. A sample of 267 engineering and medical students lying in age ranges 18 to 26 (Mean= 22.5, S.D= 2.53) were recruited for the study from Medical colleges and Engineering universities. Narcissistic Personality Inventory- 40 (Raskin & Terry, 1988), Hypersensitive Narcissism Scale (Hendin & Cheek, 1997), Striving to avoid inferiority scales (Gilbert et al, 2007) and State Trait Anger Expression Inventory (Spielberger, 1998) were used as measures of overt narcissism, covert narcissism, insecure striving and secure non striving and anger expression respectively. Results of the study showed that out of the two forms of narcissism, covert narcissism was associated with insecure striving and predicted both inward and outward expressions of anger whereas overt narcissism was associated with only outward expression of anger. Further in relation to striving to avoid inferiority, the dimension of secure non-striving was related to lower degrees of anger expression and greater anger control. Moreover no significant mediating relationship of striving to avoid inferiority was found between narcissism (overt and covert) and anger expression. Overall the study highlights rising rates of narcissism and increased competitive behavior as causes of elevated levels of anger and aggression among students of medical and engineering colleges. Further, it focuses on the needs to develop a healthy environment in medical and engineering colleges which emphasizes more on personal development of students rather than winning against others.

Keywords: Narcissism, Inferiority, Anger Expression

Attachment Patterns, Maladaptive Schemas and Psychosocial Dysfunctions among Female Adolescents with Conversion Disorder

Sumaira Kausar (MS: Session 2011-2013)
Supervisor: Aisha Sitwat, PhD

The objective of the present study was to investigate the relationship among attachment patterns, maladaptive schemas and psychosocial dysfunctions among female adolescents with conversion disorder. It was hypothesized that attachment patterns will predict maladaptive schemas. Attachment pattern and maladaptive schemas will predict the psychosocial dysfunctions in female adolescents with conversion disorder. In addition Maladaptive Schemas will mediate the relationship between attachment patterns and psychosocial dysfunctions. Correlational study and within subject research design was used and 89 female adolescents diagnosed with conversion disorder, with age range 13-19 years ($M = 16.8$, $SD = 2.05$) were recruited from five government hospitals of Lahore through purposive sampling. Urdu versions of Revised Adult Attachment Questionnaire, Brief Core Schema Scale, and RAND 36- item Health Survey were used for assessment. The results revealed a significant relationship between attachment patterns and schemas except anxious attachment style. Regression analyses revealed that close, dependent and anxious attachment styles predicted negative self, positive self and negative others schemas but positive others schemas has only dependent attachment style as predictor. Overall, negative self-schema prominently came out as the significant predictor of five out of eight subscales of psychosocial dysfunctions. Moreover, negative self-schemas predominately mediate the relationship between secure attachment styles and some subscales of psychosocial dysfunctions. For future implications psychotherapists may include negative self-schema focusing guidelines in the treatment of conversion disorder.

Keywords: Attachment Patterns, Maladaptive Schemas, Psychosocial Dysfunctions, Conversion Disorder

Perceived Parenting Styles, Personality Patterns and Symptom Dimensions in Patients with Obsessive Compulsive Disorder

Anam Ali (MS: Session 2011-2013)
Supervisor: Aisha Sitwat, PhD

The present study aimed to explore the relationship of perceived parenting styles, personality patterns in relation to symptom dimensions in obsessive compulsive disorder. It was hypothesized that perceived parenting styles and personality patterns are likely to predict symptom dimensions in OCD. Furthermore, personality patterns are likely to mediate between perceived parenting styles and symptom dimensions in OCD. A purposive sample of 89 participants, already diagnosed with OCD, with age range 18-57, were drawn from five hospitals and one consultancy service. Urdu version of Parental Authority Questionnaire (Buri, 1991), NEO-PI-3 (McCare & Costa, 2010) and Obsessive Compulsive Disorder Symptom Checklist (Jabeen & Kausar, 2008) were used to assess perceived parenting styles, personality patterns and symptom dimensions in OCD respectively. Results showed that there was significant negative association between authoritarian style of mothers and conscientiousness. It was also revealed that authoritarian parenting style was found to be significant negative predictor of

conscientiousness which in turn was significant negative correlated with blasphemous thoughts and negative predictor of checking compulsion. Permissive parenting style has significant negative association with contamination obsessions and compulsions and also predicted them. Neuroticism was significantly correlated with checking obsession and compulsion, blasphemous thoughts and orderliness compulsion. Neuroticism also predicted these variables. It was also found that agreeableness was negatively correlated with checking and harm obsession and also significant predictor of harm obsession. Openness was found to be significantly correlated with and predictors of checking obsession and compulsion. It was also found that domains of personality did not statistically significantly mediate between perceived parenting styles and symptom dimensions in OCD. Thus, it showed that more demanding and less responsive parenting was related to carelessness in children which in turn can have chance to cause obsessions or compulsions. The study adds to the body of knowledge as well as it has implications for developing effective parent training program as a preventive measure against OCD.

Keywords: OCD, symptom dimensions, parenting, personality.

Self-schemas and Marital Schemas in relation to Marital Satisfaction among Depressed Women

Anum Younas (MS: Session 2011-2013)
Supervisor: Saima Dawood, PhD

The study intended to find the relationship among self-schemas, marital schemas and marital satisfaction among depressed women and also explored the predictors of marital satisfaction. Ex post-facto research design was used and a sample of 84 depressed married women was gathered through purposive sampling from different teaching hospitals. The research instruments used in the study were Symptom Checklist- Revised (SCL-R, Depression subscale); Evaluative Belief Scale (EBS); Relationship Belief Inventory (RBI) and Marital Adjustment Scale (MAS). Data analyses were done by using Pearson Product Moment Correlation Coefficient and Hierarchical Multiple Regression. Findings of the study showed that women believing that others evaluate them in negative way experience less mutual understanding, martial satisfaction and poor relationship with her in-laws. Moreover, women evaluating themselves negatively also experience less marital satisfaction. Besides, women holding dysfunctional marital schemas: Disagreement is destructive and partners cannot change have low level of mutual understanding and marital satisfaction and poor relationship with her in-laws. Significant predictors of marital satisfaction were home environment, choice of marriage, disagreement is destructive and partners cannot change.

Keywords: Self-schemas, Marital Schemas, Marital Satisfaction, Depression

Perception about Mental Illness in Mental Health Professionals, Families and Patients Suffering from Psychiatric Illnesses

Zunaira Rashid (MS: Session 2012-2014)
Supervisor: Nashi Khan, PhD

The study was conducted to fulfill multiple purposes: Firstly, to explore the perception about major mental illnesses (i.e., mood disorders, schizophrenia & other psychotic disorders) in mental health professionals, families of patients and patients suffering from different psychiatric illnesses; secondly, to explore the mental illness perception of patients. A total sample of 225 participants ranging in age from 18 to 71 years was selected (75 participants in each group) by purposive sampling technique. Research measures employed were: semi-structured interview constructed by the researcher, Illness Perception Questionnaire Mental Health (IPQ-MH; Witteman, Bolks, & Hutschemaekers, 2011), and Mental Health Problem Perception Questionnaire (MHPPQ; Lauder, Reynolds, Reilly, & Angus, 2000). Descriptive Analysis, Independent Sample t test, Repeated Measure ANOVA and Multivariate ANOVA were employed to analyze the data. Results revealed that patients with schizophrenia perceive mental illness more negatively than patients with mood disorders. Findings of the MANOVA were statistically significant difference according to Pillai's trace V (.99), F (6, 217) = 2372.57, p = .000, and it indicated that there was statistically significant difference among three groups about the perception of the psychiatric illness. Further, the most prevalent mental health problem perception among mental health professionals was therapeutic commitment, followed by role support to role competency. Moreover, the most prevalent illness perception among patients was structure of the illness, followed by identity of the illness to the cause of the illness. These outcomes have insinuations for dealing and management of the patients and these also recommend future research.

Keywords: Perception, Mental Illness, Mental Health Professionals

Frustration Intolerance Beliefs and Anger Expression in Obsessive-Compulsive Symptoms

Shafaq Saeed (MS: Session 2012-2014)
Supervisor: Aisha Sitwat, PhD

The present work aimed to study frustration intolerance beliefs, anger expression and symptoms of obsessive-compulsive disorder (OCD). It was hypothesized that the frustration intolerance beliefs) anger expression and OCD symptoms will have a positive relationship and frustration intolerance beliefs (emotional intolerance and achievement and control) and anger expressions (anger and hostility) will likely to differentially predict OCD symptoms. In addition, prediction between frustration intolerance beliefs and anger expressions was also considered. A sample of adult patients (N = 100) diagnosed with OCD with mean age of 28.3 years (SD = 8.41) was recruited from both indoor and outdoor psychiatric units of government hospitals of Lahore city, Pakistan. Measures used were Urdu versions of Frustration Discomfort Scale (Harrington, 2005), Aggression Questionnaire (Buss & Perry, 1992), and Obsessive Compulsive Disorder Symptom Checklist (Jabeen & Kausar, 2008). Anger was found to be the predictor of controlling compulsions while anger and discomfort intolerance predicted compulsions of harm avoidance. Furthermore, there was found to be prediction between frustration intolerance beliefs and anger

expressions where entitlement predicted physical aggression. The study has implications for the better understanding and management of obsessive compulsive disorder with reference to its different symptoms.

Perceived Parenting Styles, Self-esteem and Resilience in Patients with Conversion Disorder

Anza Javed Butt (MS: Session 2012-2014)
Supervisor: Aisha Sitwat, PhD

The present study was carried out to investigate the perceived parenting styles, self-esteem and resilience in patients with conversion disorder. It was hypothesized that there is likely to be a correlation among perceived parenting styles, self-esteem and resilience; perceived parenting styles and self-esteem are likely to predict resilience; perceived parenting style is likely to predict self-esteem and lastly, self-esteem is likely to mediate the relationship between perceived parenting styles and resilience in patients with conversion disorder. A sample of 120 female participants (mean age= 25.25 years, SD= 5.95) already diagnosed with conversion disorder was taken purposively from psychiatry departments of government teaching hospitals. The participants completed Parental Authority Questionnaire (Buri, 1991), Rosenberg Self-esteem Scale (Rosenberg, 1965) and State-Trait Resilience Inventory (Hiew, Mori, Shimizu, & Tominaga, 2000). Results of Pearson correlation analysis revealed authoritativeness and permissiveness of both parents significantly positively correlated with self-esteem and both state and trait resilience. Moreover, father's authoritarianism related negatively with both state and trait resilience. The findings of hierarchical regression analyses revealed that mother's authoritarianism and permissiveness and participant's self-esteem were significant predictors of state resilience whereas trait resilience was significantly predicted by self-esteem, mother's permissiveness and father's authoritarianism. Mediational analysis revealed that self-esteem partially mediated the relationship between mother's permissiveness and state resilience. The study enhances our knowledge about role of parenting in self-esteem and resilience in relation to conversion disorder.

Childhood Abuse, Percieved Social Support, Cogntive Appraisal and Coping Strategies in Patients with Conversion Disorder and Normal Individuals

Samarah Liaquat (MS: Session 2012-2014)
Supervisor: Aisha Sitwat, PhD

The present research was conducted to investigate the childhood abuse, perceived social support, cognitive appraisal and coping strategies in patients with conversion disorder and normal individuals. It was hypothesized that different types of childhood abuse and neglect would likely to be more prevalent and at severe level in clinical group as compared to the non-clinical individuals; both groups would likely to differ on childhood abuse, perceived social support,

cognitive appraisal, coping strategies and all the variables would differentially predict conversion disorder in comparison to non- clinical group. A sample 200 of participants with 100 in clinical group, i.e. patients already diagnosed with conversion disorder (mean age=27.00 years, SD= 5.27) and 100 non-clinical participants (mean age=27.01 years, SD= 5.23) was recruited from government hospitals and community respectively, using correlational research between subject design. Demographic information questionnaire, Screening and Diagnostic Questionnaire for Psychiatric Disorders (Rahman, Sitwat, Dawood & Khawar, 2008), Child Abuse and Neglect scale (Yousif & Sitwat, 2010), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988), and Brief COPE (Carver, 1997) were used. Urdu version of all research instruments were administered to research participants. The data were analyzed using SPSS 21. The results of chi- square analysis revealed that participants of clinical group reported moderate to severe emotional, physical and sexual abuse significantly more as compared to the other group whereas the non-clinical participants reported mild emotional and physical abuse more than the clinical group. Results of the t-test revealed that participants of clinical group were significantly higher on childhood abuse and neglect, perception of threat, centrality, uncontrollability and avoidance emotional coping whereas non-clinical individuals were higher on perceived social support, cognitive appraisal of challenge, controllability and problem focused coping. Moreover, logistic regression revealed that among all the study variables, appraisal of uncontrollability, stressfulness and avoidant emotional coping emerged as significant predictors of group with conversion disorder. However, odd ratios suggested that all types of childhood abuse and neglect, lack of perceived social support, perception of stressors as less challenging and more uncontrollable and use of avoidant focused coping strategies increase the likelihood of having conversion.

Keywords: Childhood Abuse, Social Support, Cogntive Appraisal, Coping , Conversion Disorder

Attachment Orientation, Obsessive Beliefs, and Symptom Severity in Patients with Obsessive Compulsive Disorder

Sara Asad (MS: Session 2012-2014)
Supervisor: Saima Dawood, PhD

The present study aimed to identify nature of relationship among attachment styles, obsessive belief, and severity of obsession and compulsion symptom dimensions. It was hypothesized that attachment styles (anxiety; avoidance) and obsessive beliefs are likely to predict OCD symptom dimensions and that obsessive beliefs might mediate the association between attachment styles (anxiety; avoidance) and OCD symptom dimensions. Following cross sectional research design, a sample of 90 patients (Men = 43; Women = 47) was taken with the age range of 18-50 years (*M* = 28.56; *SD* = 8.48). The assessment measures included two subscales of Obsessive Compulsive Disorder Symptom Checklist (Jabeen & Kausar, 2008), and Screening Questionnaire for Psychiatric Disorders (Kausar & Dawood, 2013), whereas, Urdu version of Revised Adult Attachment Scale (Collins & Reed, 1990) and Obsessive Belief Questionnaire-44 (OCCWG, 2005) were also administered on patients with OCD. Results revealed that attachment anxiety and avoidance did not have significant relationship with OCD symptom dimensions. Moreover, obsessive belief of over importance/need to control thought (ICT) and over responsibility/overestimation of threat (RT belief) had significant positive relationship with

sexual and blasphemous obsessions as well as control compulsions. Obsessive beliefs did not mediate the association between attachment styles and OCD symptom dimensions. Blasphemous obsessions were predicted by ICT belief, whereas, control compulsions were predicted by RT belief. Research findings may help cognitive therapists in identification of specific beliefs underlying specific symptom dimensions of OCD subsequently leading to improved treatment outcomes, whereas, keeping in mind that obsessive beliefs as well as maladaptive attachment styles are not important to all kinds of OCD symptom dimensions paving the stage to search for another cause leading to OCD symptom dimensions.

Keywords: OCD Symptom Dimensions, Attachment Orientation, Obsessive Beliefs

Stress, Level of Frustration Tolerance, Physical Activity and Psychological Wellbeing

Anza Tahir (BS: Session 2009-2013)
Supervisor: Aisha Sitwat, PhD

The present study aimed to firstly find the to find the relation of stress, level of frustration tolerance and psychological wellbeing with physical activity, secondly to find out prediction relationship of physical activity, stress and level of frustration tolerance for psychological wellbeing and to find out prediction of level of physical activity with stress and level of frustration tolerance. Ex post facto research design was used in the study and the convenient sampling was used for data collection. 128 participants (57 women and 71 men) were taken from 5 most visited parks and' from the gyms of the Lahore city from which the permission was granted. The questionnaires included Perceived Stress Scale (PSS) (Cohen& Williamson, 1988) to measure perceived stress; Level of Frustration Tolerance scale of Symptom Checklist (LFT) (Rahman, Dawood, Rehman, Mansoor & Ali, 2009) to measure Level of frustration tolerance; International Physical Activity Questionnaire (IPAQ) to measure Physical activity and levels of physical activity; Ryff Scale of Psychological Wellbeing (SSW) (Ryff & Keyes 1955) to measure the six aspects of psychological wellbeing. It was hypothesized that there physical activity will be negatively associated with level of frustration tolerance and stress and positively associated with psychological wellbeing. Correlational analysis revealed that there was no association of physical activity with stress and level of frustration tolerance and psychological wellbeing. But stress was positively and significantly related to level of frustration tolerance and significantly and negatively related with autonomy, positive relation with others, environmental mastery and self-acceptance. Level of frustration tolerance is negatively and significantly related to autonomy, positive relation with others, environmental mastery and self-acceptance. Linear multiple regression results showed that no level of physical activity with any level of psychological wellbeing, stress and level of frustration tolerance whereas, stress significantly and negatively predicted autonomy, environmental mastery, personal relation, and self-acceptance. Level of frustration tolerance significantly and negatively predicted autonomy and self-acceptance and negatively and slightly predicted personal relations. Sitting positively predicted purpose of life. Sedentary life style was a predictor of low level of frustration tolerance. The results have implication for those who have sedentary life style.

Keywords: Stress, Level of Frustration Tolerance, Physical Activity, Psychological Wellbeing.

Perfectionism, Unconditional Self-Acceptance and Debilitating Emotions among Students

Amina Javed (BS: Session 2009-2013)
Supervisor: Saima Dawood, PhD

The present study examined the relationship between perfectionism, unconditional self-acceptance and debilitating emotions: anger, anxiety and depression among students. The present research identified whether those who give themselves unconditional self-acceptance were better adjusted and have lesser debilitating emotions or those who do not give themselves unconditional self-acceptance have more debilitating emotions (anger, anxiety and depression). Correlational research design was used and data was collected through purposive sampling. Sample was 200 students of schools and colleges, with age range of 16-19 years *(M=16.92, SD=1.09)*. A battery of questionnaires including Multidimensional Perfectionism Scale (MPS), Unconditional Self-Acceptance Questionnaire (USAQ), State Trait Anxiety Inventory (STAI-I), depression subscale of Symptoms Checklist Revised (SCL-R), and State-Trait Anger Expression Inventory-II (STAXI-II) was used to assess perfectionism, unconditional self-acceptance, anxiety, depression and anger respectively. Bio data sheet was used for the demographic information of the participants. The results were designed by using Statistical Package for Social Sciences (SPSS) to find correlation among variables and mediation analysis was conducted on AMOS. Significant association was found between all the measures used and results showed that when perfectionism has positive correlation with unconditional self-acceptance, then experiencing of debilitating emotions decreases. Mediation analysis showed that unconditional self-acceptance mediates the effect of certain dimensions of perfectionism on debilitating emotion. The results were designed by using Statistical Package for Social Sciences (SPSS) to find correlation among variables and mediation analysis was conducted on AMOS.

Keywords: Perfectionism, Unconditional Self-Acceptance, Debilitating Emotions

Psychological Well Being, Emotional Intelligence and Anxiety Disorder Symptoms among Adolescents

Riffat Rafiq (BS: Session 2009-2013)
Supervisor: Saima Dawood, PhD

The present study aimed to explore the relationship of psychological well-being and prevalence of anxiety symptoms among adolescence and their relationship with emotional intelligence. Survey research design was used. Data Ganj-Bakhsh Town was selected through purposive sampling and a sample of 200 students (age 16-19 years) were selected from different schools and colleges through Disproportionate Stratified Sampling. Demographic questionnaire was used for demographic variables, Scale for Emotional Intelligence, Ryff Scales or Psychological Well-being (RPWB) and Screen for Child Anxiety Related Emotional Disorder Revised (SCARED-R) were used to measure emotional intelligence, psychological well-being and symptoms of anxiety respectively. Data was analyzed through Statistical Package for Social Sciences (SPSS) and descriptive statistics were run for demographic variables. Pearson Product Moment Correlation was employed to assess the relationship between psychological well-being, symptoms of anxiety emotional intelligence and Independent Sample T -test was run to investigate gender differences for all three variables. The implication of present study will provide information to'

psychologists, counselors in clinical and academic institutions about adolescents' emotional intelligence, psychological well-being and anxiety symptoms.

Keywords: Psychological Well Being, Emotional Intelligence, Anxiety Disorder

Parental Acceptance-Rejection, Anxiety Disorder Symptoms and Emotional Intelligence among Adolescents

Maryam Habib (BS: Session 2009-2013)
Supervisor: Saima Dawood, PhD

The present study's aim was to see the role of parental acceptance-rejection and anxiety disorders symptoms in relation with emotional intelligence among adolescents. A sample of 200 adolescents (105 boys, 95 girls) was taken from the schools and colleges. Parental Acceptance-Rejection Questionnaire, Screen for Child Anxiety Related Emotional Disorders-Revised, Level of Frustration Tolerance and Scale for Emotional Intelligence were administered to assess adolescent's parental acceptance-rejection, anxiety disorder symptoms, level of frustration tolerance and emotional intelligence. The statistical procedures used were Pearson Product Moment Correlation and t-test. The correlation analysis showed a significant relationship between parental acceptance rejection, anxiety disorder symptoms and emotional intelligence. The results of t-test showed that there were gender differences for parental acceptance-rejection, anxiety disorder symptoms, level of frustration tolerance and emotional intelligence.

Keywords: Parental Acceptance-Rejection, Anxiety Disorder Symptoms, Emotional Intelligence

Positivity Expressivity, Perceived Social Support and Optimism as Predictors of Psychological Well-Being

Rohma Mehak (BS: Session 2009-2013)
Supervisor: Saima Dawood, PhD

The present study investigated positive expressivity, perceived social support, optimism and psychological wellbeing among institutionalized and non-institutionalized elderly. A correlational research design was used and 80 older adults (40 institutionalized & 40 non-institutionalized, age range ≥60 years) were taken as sample. Berkeley Expressivity Questionnaire (Gross & John, 1977) to assess positive expressivity; the Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) to estimate perceived social support, the Life Orientation Test –Revised (LOT-R) (Scheier, Carver & Bridges, 1994) to assess optimism and Ryff Scale of Psychological Well-being (Ryff, 1989) for estimating psychological well-being were used. The results showed that institutionalized participants were having low level of optimism and perceived social support; were less autonomous and could not control their negative emotions from showing up in comparison to non-institutionalized elderly. Positive expressivity and overall emotional expressivity had negative relation with psychological well-being but perceived social support and optimism showed significant positive relationship in both groups. Overall, lesser perceived family support and personal growth predicted institutionalization among elderly participants. The findings could be used for (i) counseling,

family therapy, psychological management of elderly at old homes (ii) charity / welfare work by non-governmental organizations; and (iii) elderly care policy making by government officials.

Keywords: Institutionalization, Elderly, Expressivity, Social Support, Optimism, Psychological Wellbeing

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

Sadia Abbas (BS: Session 2009-2013)
Supervisor: Humaira Naz

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

Keywords: Family Accommodation, Functional Impairment, Burden.

Dimensions of Alexithymia and Psychosomatic Severity in the patients with Anxiety and Depression

Hafiza Hafsa Mahmood (BS: Session 2009-2013)
Supervisor: Humaira Naz

The present study was aimed to investigate the relationship between Alexithymia and Psychosomatic severity in the patients with Anxiety and Depression. It was hypothesized that there would be difference of patients with Anxiety and Depression on Dimension of Alexithymia and Psychosomatic severity. Moreover, it was also hypothesized that there would be relationship between Dimensions of Alexithymia and Psychosomatic Severity in the patients with Anxiety and Depression. Mixed group research design was used in this study and convenient sampling was used for data collection. 110 patients (55 each disorder) both men and women with age range of 20-50, ($M= 29.62$, $S.D = 8.58$ for anxiety patients $\&M= 30.94$, $S.D = 0.51$ for

Depression patients) were selected from different government hospitals of Lahore city after taking consent from hospital authorities. Bermond-Vost Alexithymia Questionnaire (BVAQ; Bermond & Vorst, 2001), and Patient Health questionnaire (PHQ; Spitzer, Kroenke & William, 1999) were used for the assessment of Alexithymia dimensions and Psychosomatic severity, respectively. The results of independent samples *t*-test indicated that there was no significant mean difference on dimensions of Alexithymia. Psychosomatic severity was reported to be high by patients with Depression. Additionally, gender difference showed that the women with Depressive disorder perceived more difficulty in identifying emotions than men. Furthermore, women with Anxiety and Depression reported more somatic symptoms that men. Correlation analysis revealed that the Dimension of Alexithymia i.e. verbalizing Emotions, Identifying Emotions and Analyzing and Psychosomatic severity had significant positive correlation among patients with anxiety and depression. But significant negative correlation was found between Emotionalizing and Psychosomatic severity in the patients with Anxiety. Furthermore, Analyzing and Emotionalizing were found the best predictors of Psychosomatic severity in the patients Anxiety. Whereas the Analyzing was found as the best predictors of Psychosomatic severity in the patients with Depression. The findings of this research study would be of etiological importance and could be useful in the formulation of management plan of patients with Anxiety and Depression having Somatic and Psychosomatic symptoms.

Keywords: Dimensions of Alexithymia, Severity of Psychosomatic symptoms, Depression, Anxiety.

Life events and coping strategies in patients with anxiety and depression

Anum Yaqoob (BS: Session 2009-2013)
Supervisor: Humaira Naz

The present study was aimed to investigate the relationship of Life Events and Coping Strategies in patients with Anxiety and Depression. Mixed group research design was used in this study and non-probability purposive sampling was used for data collection. 100 patients (50 patients with Anxiety and 50 with Depression) were selected from different government hospitals of Lahore city (*M=37.8 years; SD=9.77*) of age 20 and above. The questionnaires included Recent Life Change Questionnaire (RLCQ; Rahe, 1975) for measuring major Life events; Survey of Recent Life experiences for measuring minor Life Events (SRLE, Kohn & MacDonald, 1992); Coping Strategies Questionnaire (CSQ; Kausar & Munir, 2004) for measuring Coping strategies; Patient Health questionnaire (PHQ; Spitzer, Kroenke & Williams, 1999) for measuring Anxiety and Depression symptoms. It was hypothesized that there would be a relationship between Life Events experienced by patients with Anxiety and Depression and their Coping Strategies. Correlational analysis revealed that majority of the patients with Anxiety and Depression employed Active Distractive Coping Strategies and Avoidant Focused Coping Strategies. Major Events related to Finances and Personal and Social Life predicted Anxiety symptom severity. For Depressive symptom severity, Minor Events related to Work were significant predictors. Independent sample t test was employed and no significant group differences were found in reporting Life Events, Coping Strategies and symptoms of Anxiety and Depression. An early identification of individuals experiencing Major and Minor Life Events in their life and targeting treatment interventions in them can help prevent their upcoming illnesses. Moreover, counseling

guidelines can help them improve their Coping Strategies and prevent from them perpetuating the clinical symptoms.

Keywords: Major Life Events, Minor Life Events, Coping Strategies, Depression, Anxiety.

Parental Stress and Marital Adjustment among the Parents of Mentally challenged Children

Mehrunisa Khanzada (BS: Session 2009-2013)
Supervisor: Nazia Bashir

The present study aimed to investigate the parental stress and marital adjustment among the parents of mentally challenged children such as Down Syndrome and Attention-Deficit Hyperactivity Disorder. A sample of 84 participants which were the parents of mentally challenged children between ages 3-16 years. This included 21 fathers (M=45.81, SD=6.13) and 21 mothers (M=39.55, SD=5.15) who had children with Attention/Deficit Hyperactivity Disorder and 21 fathers (M=43.86; SD=7.09) and 21 mothers (M=38.33, SD=7.63) who had children with Down Syndrome. It was hypothesized that firstly; there would be a relation of parental stress and marital adjustment, secondly, there would be a difference in parental stress in parents having mentally challenged child according to child's disability and thirdly, there would be a difference in marital adjustment in parents having mentally challenged child according to the type of child's disability. The two groups were matched on the inclusion and exclusion criteria. The Parental Stress Scale and Locke and Wallace Marital Adjustment Test were used as instruments in the present study. The results highlighted a significant negative correlation between the parental stress and marital adjustment among the parents of mentally challenged children. Other results also supported the hypotheses. The implications of the study included guiding the health care professionals in devising suitable intervention programs for the parents of mentally challenged children keeping in view the findings of the present study.

Keywords: Parental Stress, Marital Adjustment, Mentally Challenged Children, Down syndrome, Attention-deficit Hyperactive Disorder.

Level of Frustration Tolerance and Coping Strategies Used By Parents of Children with Autism

Sana Mubashir (BS: Session 2009-2014)
Supervisor: Nazia Bashir

The present study examined the level of frustration tolerance and coping strategies used by mothers and fathers of children with Autism. Firstly, it was hypothesized that there is significant difference on levels of frustration tolerance between mothers and fathers of the Autistic children. Secondly, there is significant difference on the use of coping strategies between mothers and fathers of the Autistic children. Thirdly, there is significant relationship between coping strategies and level of frustration tolerance of parents of children with Autism. A sample of 80 parents included 40 mothers and 40 fathers of children with Autism collected from Amin Maktab, Rising Sun, Living Institute for Slow Learner, Autistic Institute of Pakistan and Zubaida

Shareef Institute, through non- probability Purposive sampling. For this purposes Low Frustration Tolerance Scale (LFTS) and Coping Strategies Questionnaire (CSQ-R) were used. Inclusion criteria of the present study were parents of children with autism and having no physical/psychological problem with minimum education up to matriculation level. Data was analyzed using Statistical Package of Social Sciences (SPSS) 17 version. Descriptive analysis revealed that most of the mothers were house wives, and majority of the parents were having disruptions in their life. Moreover, their child's problem was causing frustration in them. Independent sample t-test was used. It revealed significant gender difference on the level of frustration tolerance and coping strategies used by the parents of autistic children. Furthermore, Pearson's Product Moment Correlation was applied. It depicts significant relationship of low level of frustration tolerance with Avoidance Focused and Active Distractive coping strategies.

Keywords: Level of Frustration Tolerance, Coping Strategies, Autism

Extent of Information, Stigmatization and Parental Stress in Mothers of Children with Mental Retardation

Abdul Fattah (BS: Session 2009-2013)
Supervisor: Nazia Bashir

The present study was designed to investigate the Extent of Information, Stigmatization and Parental Stress in Mothers of Children with Mental Retardation. Within Groups research design was used for this purpose. A total of 50 mothers of children with mental retardation were taken from institution of slow learners as sample for the study. It was hypothesized that there would be relationship in Extent of Information and Parental Stress in Mothers of Children with Mental Retardation. Moreover there would be relationship in Stigmatization and Parental Stress in Mothers of Mental Retardation. Furthermore, Extent of Information and Stigmatization would be the predictor for Parental Stress. Two Self Constructed questionnaires were used i.e. Extent of Information and Stigmatization along with the translated version of Parental Stress Scale was used to find out Parental Stress. The analysis revealed an inverse relationship of Extent of information with Stigmatization and Parental Stress separately while Stigmatization showed positive relationship with Parental Stress. Furthermore the analysis revealed Stigmatization to be the predictor of Parental Stress. Findings of the present study can be used to spread awareness in mothers of children with special needs. Workshops, seminars etc. can be conducted and training sessions of mothers can be initiated in order to help mothers cope better with stigmatization and parental stress, moreover they can be advised to gain as much information about their child's problem as they can because that is also helpful in decreasing their stress, to cope up with stigmatization and to manage their children.

Keywords: Extent of Information, Stigmatization, Parental Stress, Mental Retardation

Childhood Trauma and Alexithymia among Patients with Conversion Disorder

Anum Farooq (BS: Session 2009-2013)
Supervisor: Aasma Yousaf

The present study aims to ascertain the relationship between childhood trauma and alexithymia among patients with conversion disorder. It was hypothesized that there would be a relationship between childhood trauma (physical, sexual, emotional abuse and neglect) and alexithymia subscales (verbalizing emotions, identifying emotions, fantasizing, emotionalizing and analyzing emotions). Moreover, childhood trauma and its domains (physical, sexual, emotional abuse and neglect) would be the predictors of alexithymia among patients with conversion disorder. Sample comprised of 80 women with conversion disorder, within the age range of 18 to 40 years, were recruited from Government hospitals of Lahore through purposive sampling technique. DSM IV-TR diagnostic criteria for Conversion disorder, Childhood Abuse Interview(CAI: physical, sexual, emotional abuse and neglect) and Bermond Vorst Alexithymia Questionnaire (BVAQ: difficulty in identifying emotions, difficulty in verbalizing emotions, difficulty in emotionalizing, difficulty in fantasizing, difficulty in analyzing emotions) were administered respectively. Pearson Product Moment Correlation Coefficient revealed that childhood trauma (physical, emotional, sexual abuse and neglect) had a significant positive relationship with alexithymia ($r = .27$, $p < .05$), while difficulty in identifying emotions and difficulty in fantasizing were found to be significantly positively related with childhood trauma. On the other hand, regression analysis revealed childhood neglect as a predictor of alexithymia in patients with conversion disorder ($r = .23$, $p < .05$). The study contributes to therapists' understanding of the abuse and development of alexithymia, which further contribute to management planning. Clinicians should be sensitive to the costs and benefits of abuse and neglect and shower parental awareness regarding child rearing practices.

Keywords: Childhood Trauma, Alexithymia, Conversion Disorder

Impulsivity, Anger, and Attitudes towards Suicide in Adolescents

Zainab Jafri (BS: Session 2009-2013)
Supervisor: Aasma Yousaf

The aim of the present study was to examine the relationship between Impulsivity, Anger and attitudes towards suicide among adolescents and to examine gender differences on Impulsivity, Anger and Attitudes towards suicide among adolescents. The hypothesis of the study was that there would be a relationship between Impulsivity, Anger and Attitudes towards suicide among adolescents and there would be gender differences on Impulsivity, Anger and Attitudes towards suicide among adolescents. For the present correlational study, within group research design was used. The sample was comprised of264 adolescents: (15- 19 years), 129 boys and 13 5 girls selected through stratified disproportionate random sampling. The population included adolescents with age range (15-19) years. The data was collected form the government schools and colleges of four towns of Lahore. Demographic questionnaire, Barrat's Impulsiveness Scale-BIS (Patton, Stanford & Barrat 1995), Multidimensional anger inventory-MAl (Siegel 1986) and Attitudes towards suicide-A'ITS (Renberg & Jacobson 2003) were administered. Correlational Analysis revealed significant positive relationship between impulsivity and anger. Regression

analysis revealed that among the subscales of anger i.e. anger-out is the best predictor of attitudes towards suicide. Independent Samples t-test revealed no gender differences on impulsivity, anger and attitudes towards suicide. Dangerously aggressive and impulsive students could be identified by the teachers, family and parents. The future implications of the study include raising awareness of the increasing anger and impulsivity in adolescents and helping them to control it. Clinical and health professionals can timely identify the students with high impulsivity help to reduce suicidal ideation. The literature suggests that impulsivity and anger are the indicators of suicidal ideation so both of these psychological factors should be studied with attitudes towards suicide in Pakistani culture.

Keywords: Impulsivity, Anger, Attitudes towards Suicide

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

Sumaira Khalil (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The present study's aim was to see academic self-concept and academic emotions as predictors of depression in university students. In the present study three hypotheses were made. First, it was hypothesized that there will be relationship between academic self-concept, academic emotions and depression. Secondly, it was hypothesized that academic self-concept and academic emotions will predict depression in university students. Thirdly, it was hypothesized that there will be gender differences in academic self-concept, academic emotions and depression. The relationship between academic self-concept, academic emotions and depression was also investigated. A sample of 200 university students (100 from science departments and J100 from arts departments), 100 male and female was selected from Punjab and Government College University. Academic self- concept Scale (Reynolds, 1988), Academic Emotions Questionnaire (Pekrun et al, 2000), and Symptom Checklist Revised (Dawood et al, 2000) was administered to assess student's academic self-concept, academic emotions and depression. The correlation analysis showed a significant relationship between academic self-concept, academic emotions and depression. The findings of regression analysis predicted academic self-concept and academic emotions (specifically anger &hopelessness) as strong predictors of depression in university students. The results showed that there were gender differences only in scores of negative academic emotions while no gender differences were found in academic self-concept and depression scores. The current study findings also revealed that science students scored higher on academic self-concept and academic emotions while no differences were found in scores of depression.

Keywords: Academic Self-concept, Academic Emotions, Depression, University Students

Relationship of Personality Traits with Social Support and Psychological Adjustment

Rabia Qasim (BS: Session 2009-2013)
Supervisor: Afshi Yahya Khan

The current study was planned to find impact of social support and personality traits on psychological adjustment of Pakistani widow women. It was hypothesized that personality traits and social support will predict psychological adjustment of widows' research applied a correlational design with convenient sampling strategy. Sample of 100 women, within the age range of 35-60 years, was drawn from the population of widow women of Lahore. Data was collected through demographic questionnaire, Multidimensional perceived social support scale (Zimet et al., 1988), Psychological adjustment scale and neuroticism, extroversion, openness-personal inventory 3 (Costa & McCrea, 1988),and Psychological adjustment scale (Sabir, 2000). Correlation was carried out to find relation between personality traits, social support and psychological adjustment, which has shown relationship between the variables. Regression analysis was also carried out to see the predictive relation between variables, which revealed that personality is a predictor of psychological adjustment while social support was not a predictor for psychological adjustment. Correlational hypothesis was accepted while regression hypothesis for social support and psychological adjustment was not accepted. Results were found consistent with the previous researches. Findings of the study can be helpful for better psychological adjustment of widows.

Keywords: Personality Traits, Social Support, Psychological Adjustment

Self-criticism, Self-silencing, Loneliness and Depressive Symptoms between Adolescents and Young Adults

Asnea Tariq Bashir (BS: Session 2010-2014)
Supervisor: Asma Yousaf

The present study aimed at examining the difference between adolescents and young adults in terms of experiencing self-criticism, self-silencing, loneliness and depressive symptoms. It was hypothesized that (a) adolescents will likely to report higher self-criticism, self-silencing, loneliness and depressive symptoms as compared to young adults, (b) there will likely to be gender differences on self-criticism, self-silencing, loneliness and depressive symptoms, (c) adolescents, young adults and gender will likely to differ in relation self-criticism, self-silencing, loneliness and depressive symptoms. Between group research design was used in the study. A sample of 241 adolescents boys (n=61) and girl (n=60) of mean age 17.95 (SD= 1.09) and young adult boys (n= 42) and girls (n=78) of mean age 21.11 (SD= 1.42) were selected through Non-probability purposive sampling strategy from different government sector universities and colleges. English version of Depressive experience questionnaire (Blatt, D'Affliti & Quinlan, 1995), Silencing the self-scale (Jack & Dill, 1992), UCLA loneliness scale-version 3 (Russell, Peplau & Cutrona, 1996) and Centre for epidemiological studies depression-Revision (Eaton et. al., 2004) were administered on the participant. Two way analysis of variance (ANOVA) showed significant main effects of self-criticism ($p < .001$) and self-silencing ($p < .001$) while significant interaction effects of loneliness ($p < .001$) and depressive symptoms ($p < .001$) on adolescents, young adults and gender. Pearson product moment correlation showed a significant positive

relationship among self-criticism, self-silencing, loneliness and depressive symptoms. Regression analysis depicts that self-criticism and loneliness were significant predictors of depressive symptoms. The findings of the present study will be helpful for mental health professionals, student counselors and parents to understand the issues of adolescents and young adults.

Keywords: Self-criticism, Self-silencing, Loneliness, Depressive Symptoms

Distress Tolerance, Experiential Avoidance, and Anxiety Sensitivity in Patients with Substance Use

Habiba Ilyas Bashir (BS: Session 2010-2014)
Supervisor: Asma Yousaf

The aim of the present study was to investigate Distress Tolerance, Experiential Avoidance, and Anxiety Sensitivity in patients with substance use. It was a correlational study employing within group design. A sample size of 63 substance use (heroin) patients were recruited through non probability purposive sampling with age range from 20 to 45 years (M_{age} =26.3 years, SD=4.02). There were three hypotheses: 1) There will be relationship between distress tolerance, experiential avoidance, and anxiety sensitivity, 2) Distress tolerance and experiential avoidance is likely to predict anxiety sensitivity, and 3) Distress tolerance is likely to predict experiential avoidance. The distress tolerance scale, acceptance and action questionnaire-substance abuse, and 21-item anxiety sensitivity index were used to measure distress tolerance, experiential avoidance and anxiety sensitivity respectively in patients with substance use. The correlation analysis showed that there was significant inverse relation between distress tolerance and experiential avoidance, significant inverse relationship between experiential avoidance and anxiety sensitivity. It also revealed positive relation between distress tolerance and respiratory symptoms. The Cronbach's alpha value for present study for distress tolerance scale was .67, for acceptance and action questionnaire was .92, and for anxiety sensitivity index it came out to be .92. The research will be helpful in using the effective therapeutic interventions for substance use.

Keywords: Distress Tolerance, Experiential Avoidance, Anxiety Sensitivity

Parental Acceptance/Rejection, Self-Perception and Coping Styles of Patients with Depression

Maha Azhar (BS: Session 2010-2014)
Supervisor: Tehreem Arshad

The present study employed the correlational research design to investigate parental acceptance-rejection, self - perception and coping styles of patients with depression. It was hypothesized that there will likely to be relationship between parental rejection, self-perception, coping styles and depression. Moreover, parental rejection, self-perception and coping styles are likely to predict depression. One hundred patients of age range 19 - 45 years (M = 32.27, SD = 8.64) with depression (mild and moderate severity) were recruited from psychiatric departments of five different hospitals of Lahore, Pakistan. Short form of Parental Acceptance - Rejection

Questionnaire (P ARQ - Adult; Rolmer, 2004), Personality Assessment Questionnaire (PAQ - Adult; Rohner, 2004), Brief COPE (Carver, 1997) and Centre for Epidemiological Studies Depression Scale (CES-D; Radloff, 1977) was used to assess parental rejection, self-perception, coping styles and severity of depression respectively. Results revealed that maternal rejection, paternal rejection, self-perception (hostility/aggression, negative self-esteem and negative self-adequacy) and coping styles (active coping, use of emotional support and planning) had significant positive correlation with depression. Maternal rejection, paternal rejection, self-perception (negative self-adequacy, negative worldview) and use of coping styles (use of emotional support, positive reframing, planning) emerged as significant predictor of depression in clinical population. Significant gender differences were also found for maternal rejection. Females perceive their mothers to be more rejecting as compared to males. Present findings implicate the significance of parental rejection, inadequate self-perception and certain coping styles in relation to depression that would be helpful for health professionals and parents.

Keywords: Parental Acceptance/Rejection, Self-Perception, Coping Styles, Depression

Stigmatization, Self Compassion and Parental Stress in Mothers of Children with Down Syndrome

Unaiza Iqbal (BS: Session 2010-2014)
Supervisor: Nazia Bashir

The present study was aimed at studying the relationship among stigmatization, self- compassion and parental stress. It was also aimed at studying stigmatization and self- compassion as the predictors of parental stress. The research was based on within group correlation research design. It was hypothesized that there will likely be a positive relationship between stigmatization and parental stress, negative relationship between stigmatization and self-compassion and a negative relationship between self-compassion and parental stress. It was also hypothesized that stigmatization and self-compassion are likely to act as the predictors of parental stress. The sample comprised of 70 mothers having children with Down Syndrome, was selected by non-probability purposive sampling. The instruments used for the research were Stigmatization Questionnaire (Fatah & Bashir, 2013), Self- Compassion Scale (Neff, 2003) and Parental Stress Scale (Berry & Jones, 1995) along with demographic form. The results of Pearson Moment Correlation indicated that there was a significant positive relationship between stigmatization and parental stress ($p< .01$). However there was a significant negative relationship ($p< .01$) between stigmatization and self-compassion. A significant negative relationship ($p< .01$) was also found between self-compassion and parental stress. The regression analysis showed that stigmatization and self-compassion were significant predictors of parental stress.

Keywords: Stigmatization, Self Compassion, Parental, Down Syndrome

Social Isolation and Suicidal Attitude in Young Adults

Syeda Namrah Mahmood (BS: Session 2010-2014)
Supervisor: Nazia Bashir

The aim of the present study was to examine the relationship between social isolation and suicidal attitude among young adults and to examine the gender differences on social isolation, and suicidal attitude among young adults. The hypotheses of the present study were that there would likely to be a relationship between social isolation and suicidal attitude among young adults; other hypothesis for regression and there would likely to exist a gender differences in relation to social isolation, and suicidal attitudes among young adults. For the present co relational study within group research design was used. The sample was comprised of 216 young adults among whom 109 were women and 107 were men with mean age of 21 years. The sample was selected through purposive sampling from hostels of government and private universities. The tools measuring social isolation and suicidal attitude among young adults included Social Network Index (SNI) by Berkman et al., (2003) and Attitude Towards Suicide (ATTS) by Renberg (2003), respectively. Demographic form included information about participant's age, gender, birth order, siblings, education, home environment, relationship with family members and with peers, hostile environment, participation in extracurricular activities and satisfaction with one's own life. Statistical Package for Social Sciences (SPSS- 21) was used for the statistical analysis. The result showed that, there exists a significant gender difference among suicide attempters. Of all 216 participants 15 reported that they have made suicide attempts among which 3 were females while 12 were males. The results show a significant negative correlation between social integration and suicidal attitude on .01 level and social isolation negatively predicts suicidal attitude among young adults (R^2=.61, F (216) =336.12). The current study presents evidence to address the chronic impact of feelings of social isolation among residents of hostels. However, future research on adolescents who experience chronic social isolation is needed. The study suggests a number of avenues for further research by focusing on causes of and solutions to social isolation.

Keywords: Social Isolation, Suicidal Attitude

Alexithymia, Loneliness and Interpersonal Problems in Young Adults

Hira Liaqat (BS: Session 2010-2014)
Supervisor: Nazia Bashir

The purpose of the study was to investigate the relationship among Alexithymia, loneliness and interpersonal problems in young adults. A sample of 240 students was taken from different government and private universities of Lahore city. Purposive sampling strategy was used for data collection. Sample included both males (n = 120) and females (n = 120) with in the age range of 18 to 25 years (*M*=21.38, *SD*=1.88) who have been enrolled in academic institutions. Alexithymia referring to difficulties in identifying and verbally describing feelings was assessed using Toronto Alexithymia Scale (TAS-20). University of California-Los Angeles Loneliness Scale – Version 3 (UCLA) and Inventory of Interpersonal Problems-Short Circumplex (IIP-SC) was used to assess loneliness and interpersonal problems respectively. It was hypothesized that there would be a relationship among alexithymia, loneliness and interpersonal problems and

alexithymia would predict loneliness and interpersonal problems. The results indicated that there was a significant positive correlation among the three variables and alexithymia predict loneliness and interpersonal problems. The results are discussed in the light of the previous literature relating to alexithymia, loneliness and interpersonal problems.

Keywords: Alexithymia, Loneliness, Interpersonal Problems

Poly-Victimization and Mental Health of the Street Children in Lahore City

Zohaib Bashir (BS: Session 2010-2014)
Supervisor: Rabia Dasti

The purpose of the study was to examine the predictive relationship between poly-victimization and mental health in street children of Lahore city. Through purposive sampling a sample of 77 street boys was collected from Lahore city, with the help of 3 government and private organizations working with street children. Sample included only boys within the age range of 9 to 13 years (M=10.66, SD=1.26) who have been residing on streets for at least a month. Sociodemographic form, Juvenile Victimization Questionnaire (Hamby & Finkelhor, 2004) and Mental Health Inventory (Veit & Ware, 1983) were used for assessment of demographic characteristics, poly-victimization and mental health respectively. The results indicated that Poly-Victimization positively predicted the Psychological Distress and negatively Predicted Psychological Wellbeing in Street Children. The most common type of victimization was Conventional Crime which negatively predicted Mental Health of Street Children. The results have important implications for the policy makers to develop improved services for this vulnerable group.

Keywords: Poly-Victimization, Mental Health

Health Psychology

Psychiatric Morbidity and Low Sexual Satisfaction among Women with Polycystic Ovarian Syndrome

Amina Khalid (MS: Session 2011-2013)
Supervisor: Nashi Khan, PhD

The purpose of this research was to find the Psychiatric Morbidity and Level of Sexual Satisfaction among women with Polycystic Ovarian Syndrome as compared to women presenting with general medical conditions and to examine the correlation between Psychiatric Morbidity and Sexual Satisfaction among these women. The present study was Correlational in nature with cross-sectional (between groups) survey design. The sample comprises of 176 (M age = 30, SD = 5.83) participants among which 88 (50%) were diagnosed with Polycystic Ovarian Syndrome (cases), while other 50% belonged to control group. Fifty eight percent of them were taken from private hospitals and 51.7% were taken from public hospitals of Lahore, Pakistan. Only women diagnosed and referred by gynecologists were recruited for the cases. Data were collected using Semi Structured Interview, Sexual Satisfaction Scale for Women (SSS-W) (Meston & Trapnell, 2005) was administered to measure Sexual Satisfaction level and Psychiatric Morbidity was assessed by Symptom Checklist Revised (Dawood, Rehman, Mansoor & Ali, 2009). Results show that participant's Depression and Anxiety level has significant negative correlation with their Sexual Satisfaction level. While Anxiety and Depression share a significant positive correlation. There was a significant difference in the scores for Sexual Satisfaction, Depression and Anxiety for both cases and controls. These results suggest that women suffering from Polycystic Ovarian Syndrome have significant lower sexual satisfaction and significant high Depression and Anxiety than the controls. The study shows there is a significant difference in the Sexual Satisfaction level of women suffering from Polycystic Ovarian Syndrome, they tend to be less sexually satisfied and experienced relatively more symptoms of Depression and Anxiety as compared to individuals having no serious medical and psychological problem. Therefore psychological and sexual interventions should be provided to them alongside the treatment of the physiological symptoms of this disorder.

Keywords: Psychiatric Morbidity, Low Sexual Satisfaction, Polycystic Ovarian Syndrome

Social Support, Coping, Psychological Distress and Burden in Caregivers of Stroke Patients

Nayab Ali (MS: Session, 2012-2014)
Supervisors: Rukhsana Kausar, PhD

Caregiving is demanding and exhaustive job and caregivers are expected to fulfill their increased responsibilities towards patients. The present study aimed to examine the relationship of social support and coping with psychological distress and burden in caregivers of stroke patients. Cross-sectional research design was used in the present study. The sample consisted of 90 caregivers of stroke patients (14 men and 76 women) with a mean age of 25 years (*SD*= 8.3). The data was collected using purposive sampling strategy from medical units of different teaching government hospitals of Lahore. After selecting the stroke patient, the primary caregiver was selected who was performing the activities of daily living of patient for at least last 2 months.

Assessment measures included Incapacity Status Scale (Kurtzke, 1981), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988), Coping Strategies Questionnaire (Kausar&Munir, 2004), Depression Anxiety Stress Scale 42 (Lovibond & Lovibond, 1995) and Family Burden Interview Schedule (Pai & Kapur, 1981). Correlational analyses showed negative relationship of social support with depression and burden, positive relationship of emotion focused coping with burden, and negative relationship of problem focused coping with burden in caregivers. Multiple regression analyses (Stepwise) showed that psychological distress was predicted by caregivers' education and social support. The predictors of caregiving burden came out to be social support, emotion focused coping strategy, and family monthly income. It is concluded that caregivers' education and social support plays an important role in psychological distress experienced by caregivers. Moreover, less social support, less family monthly income, and the use of emotion focused coping strategies contribute to greater burden experienced by caregivers. Interventions designed at enhancing social support and assist caregivers in using problem focused coping strategies may be beneficial.

Keywords: Social Support, Coping, Psychological Distress, Burden, Stroke Patients

Sexual Functioning, Body Image and Quality of Life after Hysterectomy and Other Gynecological Problems in Women

Khadeeja Munawar (MS: Session 2012-2014)
Supervisor: Nashi Khan, PhD

The study aimed at exploring the sexual functioning, and quality of life after hysterectomy and other gynecological problems in women, highlighting different factors such as living situations of a woman, family matters, relations with husband, various social issues and job which may have immense role in how the hysterectomy resulted and other gynecological problems too (i.e. menstrual irregularity, menopausal symptoms, genital tract infections, sub-fertility, benign genital tract tumors, genital tract injuries, vaginal discharge and pelvic inflammatory disease). Sample comprised of 200 participants. The participants ranged in age from 30 to 55 years and their mean age was 43.23 years. Purposive sampling technique was employed to collect 100 participants in each group (i.e. hysterectomy and other gynecological problems). Semi-Structured interview, World Health Organization Quality of Life Scale –Bref (WHO, 1998), Female Sexual Function Index (FSFI; Rosen et al., 2000) and Body Image Concern Inventory (BICI; Littleton, Axsom & Pury, 2005) were the research measures. Descriptive Analyses, Independent t-test, Correlational analyses, Multiple Hierarchical Regression Analyses and Moderation were used for statistical analysis. Results revealed that except desire, relationship with environment, arousal and pain, there were no significant differences in rest of the variables across the two conditions. Findings of Multiple Hierarchical Regression Analysis revealed that participant's age was significant predictor of physical health, environment, body image, desire and arousal. Similarly, Satisfaction with social support was significant predictor of physical health, psychological health, social interaction, environment, arousal, lubrication and satisfaction. Participant's education was the predictor of psychological health, social interaction, environment and satisfaction. Stressor was significant predictor of body image, arousal and satisfaction. Relations with husband were significant predictor of arousal and satisfaction, moreover, Relations with In-laws was significant predictor of lubrication. Moderation revealed that interaction between Psychological Problem in Family and Condition and Relations with In

Laws and Condition was significant. Findings have implications in guiding future studies at devising the management plans in order to improve the sexual lives of women.

Keywords: Sexual Functioning, Body Image, Quality of Life, Hysterectomy, Gynecological Problems

Psychosocial Correlates of Posttraumatic Growth after Myocardial Infarction

Aimen Javed (MS: Session 2012-2014)
Supervisor: Saima Dawood, PhD

The present research was conducted to investigate the psychosocial correlates of posttraumatic growth in patients after myocardial infarction. A sample of 90 patients (Men = 53; Women = 37) were recruited with an age range of 45-65 years (M = 53.52; SD = 06.60) using cross-sectional research design and purposive sampling technique. Big Five Inventory (John & Srivastava, 1999), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988), Brief COPE (Carver, 1997) and Posttraumatic Growth Inventory (Tedeschi & Calhoun, 1996) were used to assess personality traits, perceived social support, coping strategies and post traumatic growth, respectively. Posttraumatic Growth was found to be positively related with personality traits of extraversion, agreeableness, conscientiousness and openness to experience and negatively related with neuroticism. Posttraumatic growth and perceived social support were positively correlated with each other. Posttraumatic growth was also found to be positively related with problem focused and active emotional coping and negatively related with avoidant emotional coping. Moreover, conscientiousness, openness to experience, perceived social support from family, perceived social support from friends, problem focused coping and active emotional coping predicted high posttraumatic growth; and neuroticism and avoidant emotional coping predicted low posttraumatic growth. Furthermore, relationship between conscientiousness and posttraumatic growth was mediated by problem focused coping; the relationship between neuroticism and posttraumatic growth was mediated by active emotional coping and avoidant emotional coping; and the relationship between openness to experience and posttraumatic growth was partially mediated by all three types of coping strategies including problem focused coping, active emotional coping and avoidant emotional coping. In addition, the relationship between perceived social support from family and posttraumatic growth was mediated by problem.

Keywords: Posttraumatic Growth, Myocardial Infarction

Sexual Dysfunction and Psychological Distress among Women Presenting at Gynecological Clinics in Lahore, Pakistan

Mariam Lodhi (BS: Session 2009-2013)
Supervisor: Nashi Khan, PhD & Hira Fatima

The present study was aimed to find the relationship between gynecological problems, sexual dysfunction and psychological distress among women and to determine whether women from different background responded in a different manner. Purposive sampling strategy was used and the sample size was 110 (55 from government hospitals and 55 from private hospitals). It hypothesized that there would be relationship between sexual dysfunction and gynecological

problems. Second hypothesis was that there would be a relationship between sexual dysfunction and psychological distress. The third hypothesis was that there would be a relationship between gynecological problems and psychological distress. Moreover it was also hypothesized that the participants from government and private hospitals would respond differently. The instruments used were Sexual Functioning Questionnaire (Urdu version) (Syrjala, 1998, 2004) and Symptom Checklist-Revised (Rahman, Dawood, Jagir, Mansoor & Rehman, 2009). The correlation analysis showed a significant negative relationship between gynecological problems and orgasm. Significant positive correlation between gynecological problem and depression was also found. Moreover depression, somatoform and LFT were found to correlate negatively with sexual functioning. Positive correlation was found between OCD and sexual interest. Moreover, independent sample t – test revealed significant differences in the responses of women from government and private hospitals. Therefore, it can be further implied from the study that steps should be taken for health promotion. Furthermore, steps should be taken to increase the literacy rate among women along with health promotion to spread awareness. Moreover, people should be encouraged to share their problems and get help for their problems.

Keywords: Sexual Dysfunction, Psychological Distress

Illness perception, Depression, Anxiety and Stress in patients with Myocardial infarction

Qandeel Asif (BS: Session, 2009-2013)
Supervisor: Humaira Naz

The present study was aimed to investigate the relationship between Illness perception, Depression, Anxiety and Stress in patients with Myocardial infarction (MI). It was hypothesized that patients with negative illness perception would report high symptoms of Depression, Anxiety and Stress. Secondly, Depression, Anxiety and Stress are predictors of Illness perception in MI and lastly, men and women scored differently on illness perception, Depression, Anxiety and Stress. The purposive sampling strategy was conducted on 100 MI patients (66 men and 34 women) age ranged between 25 – 65 years (M = 48.75, SD = 12.89) were approached on admission to two hospitals. Revised Illness Perception Questionnaire (IPQ–R: Moss-Moris, Morris, Petrie & Weinman, 2002) and Depression Anxiety Stress Scale (DASS: Lovibond & Lovibond, 1995) were administrated on the participants to assess their illness beliefs and symptoms of Depression, Anxiety and Stress, respectively. Correlation analysis showed significant relationship between Illness perception, Depression, Anxiety and Stress in MI. Step wise regression analysis showed that Consequences, Personal control, Emotional representation components of Illness Perception were strong predictors of Depression, Anxiety and Stress in MI patients. It was also found that women perceived more negative illness perception and scored high on Depression and Anxiety while men scored high on positive illness perception. It was implicated management plan can be tailored made while focusing on the improvement of negative illness beliefs in order to help patient alleviate their illness related distress.

Keywords: Illness perception, Depression, Anxiety, Stress, Myocardial Infarction

Illness perception, Diabetes distress and Quality of life of patients with Diabetes

Safa Alamgir (BS Session, 2009-2013)
Supervisor: Humaira Naz

The present study was aimed to investigate the relationship between Illness perception, Diabetes distress and Quality of life of patients with Diabetes. A sample of hundred diabetic patients including 47 men (*M*=55.49, *SD*= 8.46) and 53 were women (*M*= 52, *SD*= 1.28). The sample included both type I and type II diabetic patients (20 men and 20 women). Main Hypothesis of the study was: Firstly there would be a relationship between Illness perception and Diabetes distress. Secondly, there would be a relationship between Illness perception and Quality of life. And lastly there would be a negative relationship between Diabetes distress and Quality of life. Three questionnaires were used in the study, Illness Perception Questionnaire- Revised (IPQ-R, Moss-Morris, Petrie & Weinman, 2002), Diabetes Distress Scale (DDS, Polonsky et al. 2000) and World Health Organization Quality of Life (WHOQOL-BREF, WHOQOL Group, 1995). Correlation analysis showed significant negative correlation was found between Illness perception (Timeline, Consequences and Emotional representation) and positive correlation (Personal control, Treatment control and Illness coherence) with quality of life of diabetic patients in all domains. There was found negative correlation between Diabetes distress and Quality of life in all domains. Stepwise Regression analysis showed that Personal control, Emotional representation and Regimen distress, components of Illness Perception and Diabetes Distress were strong predictors of Quality of life of diabetic patients. It was further found that there was significant difference between type I and type II diabetic patient's diabetes distress. Type I diabetes patients showed higher diabetes distress. It was also found that Type I diabetic patients had better quality of life than Type II diabetic patients. It is implicated through this research that early interventional steps and awareness would prove beneficial in decreasing the high risk illness perception of this disease, distress of diabetes and thus improving the quality of life. The adaptive health behaviors of patients can be enhanced by counseling of regarding the positive illness perception.

Keywords: Illness perception, Diabetes Distress and Quality of Life.

Alexithymia and Cognitive Emotion Regulation among Hypertensive Patients and Non-Hypertensive Control

Sidra Qamar (BS Session, 2009-2013)
Supervisor: Humaira Naz

The present study was designed to investigate the differences of Alexithymia and Cognitive Emotion Regulation among hypertensive and non-hypertensive control. Between Groups research design was used for this purpose. A total of 140 adults (70 hypertensive & 70 non-hypertensive, age range = 35-60 years) was taken as sample for the study. It was hypothesized that there would be a difference on Alexithymia and its dimensions among hypertensive and non-hypertensive control. Furthermore it was also hypothesized that the two groups would differ on various Cognitive Emotion Regulation Strategies. The tools used for assessment were Bermond–Vorst Alexithymia questionnaire (BVAQ); (Bermond & Vorst) and Cognitive Emotion Regulation Questionnaire (CERQ); (Garnefski & Kraaij). The findings showed that Alexithymia

and its dimensions were high in hypertensive patients than non-hypertensive control. Furthermore, it was seen that hypertensive's made more use of Rumination, Catastrophizing, and Other blame strategies when faced with negative life events. Whereas they focus less on Positive Refocusing, Refocus on planning, Positive reappraisal and Putting into perspective coping strategies as compared to the normal control group. The correlation results revealed that Alexithymia had positive associations with Rumination, Catastrophizing and Other blame. However, it was negatively correlated with Positive Refocusing and Refocus on planning strategies of Cognitive Emotion Regulation. The present study findings could be used for the control and prevention of emotional problems and its maladaptive regulation associated with various psychophysiological disorders like hypertension.

Keywords: Hypertension, Alexithymia, Cognitive Emotion Regulation

Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of Life among Surgical Postmenopausal Women and Natural Postmenopausal Women

Sara Latif (BS: Session 2009-2013)
Supervisor: Aasma Yousaf

The aim of the present study was to investigate Hypoactive Sexual Desire Disorder, Sexual Distress and Quality of life among surgical postmenopausal women and natural postmenopausal women. A Sample size of 100 postmenopausal women (50 surgical postmenopausal women and 50 natural postmenopausal women) was selected through non- probability purposive sampling with age ranging from 40-65 years (mean age of natural postmenopausal women= 50.28 years, SD= 6.94) and (mean age of surgical postmenopausal women= 45.46 years, SD=4.56). In the present study between group design was used to compare the surgical and natural postmenopausal women. There were three hypotheses: 1) There would be significant difference in hypoactive sexual desire disorder, among surgical postmenopausal women and natural postmenopausal women. 2) There would be significant difference in sexual distress, among surgical postmenopausal women and natural postmenopausal women. 3) There would be significant difference in quality of life, among surgical postmenopausal women and natural postmenopausal women. Decreased Sexual Desire Screener, Female Sexual Distress Scale-Revised and Utian Quality of life scale was used for screening the surgical postmenopausal women and natural postmenopausal women with Hypoactive Sexual Desire Disorder, to assess the sexual distress and to measure quality of life respectively. 4 domains of quality of life were measured i.e. health, occupational, emotional and sexual quality of life. The statistical analysis t-test showed that there was significant difference in hypoactive sexual desire disorder, sexual distress and 2 domains of quality of life i.e. sexual and emotional quality of life. This research will be helpful in providing awareness regarding this women specific problem, and will help the patients and physicians to effectively communicate, access and manage the problem.

Keywords: Hypoactive Sexual Desire Disorder, Sexual Distress, Quality of Life, Surgical Postmenopausal, Natural Postmenopausal

Self-efficacy, Perceived Social Support and Marital Adjustment amongst women with Antenatal Depressive Symptoms

Nida Zafar (BS: Session 2009-2013)
Supervisor: AasmaYousaf

The aim of the present study was to explore the relationship between self-efficacy, perceived social support and marital adjustment and symptoms of depression during pregnancy. To evaluate this relationship a within group research design was employed. Women in their third trimester of pregnancy (N- 120) between the ages of 20 to 40 years were taken from public, private and trust hospitals by employing purposive sampling. The study hypothesized that there is a relationship between antenatal depressive symptoms, self-efficacy, perceived social support and marital adjustment. Furthermore it was also hypothesized that self-efficacy, perceived social support and marital adjustment will predict antenatal depressive symptoms. The women were administered Edinburgh Postnatal Depressive Scale (Cox, Holden, & Sagovsky, 1987) to screen them for depression and other instruments, which included General Self-efficacy Scale (Schwarzer, & Jerusalem, 1995), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet& Farley, 1988) and Locke and Wallace Marital-Adjustment Test (Locke & Wallace, 1959). An inverse significant correlation was found between antenatal depressive symptoms and general self-efficacy using Pearson product moment correlation. While on the other hand, regression analysis revealed self-efficacy, perceived social support and marital adjustment to be significant predictors of antenatal depressive symptoms. The results of the research imply an inclusion policy in hospitals where each pregnant woman is screened for depression especially in their third trimester and the intervention provided to them include family therapy with the woman`s husband and family.

Keywords: Self-efficacy, Perceived Social Support, Marital Adjustment, Antenatal Depressive Symptoms

Locus of Control, Illness Perception and Quality of Life among the Patients with Migraine

Nimra Naseem (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The aim of the present study was to study the relationship of locus of control, illness perception and quality of life among the patients with migraine. The sample of 110 migraine patients including 55 were men (*M* =27.36, *SD* =8.84) and 55 were women (*M* =26.02, *SD* =8.52). A correlational research design was employed to assess this relationship. Migraine patients (N=110) were taken from government and private hospitals using purposive sampling. The study hypothesized that there will be a relationship between locus of control, illness perception and quality of life. It was further hypothesized that locus of control and illness perception will predict quality of life among the patients with migraine. Moreover it was hypothesized that there will be gender difference in locus of control, illness perception and quality of life among the patients with migraine. The migraine patients were administered with Headache specific Locus of Control (HSLOC), Brief-Illness Perception questionnaire (IPQ-BREF) and World Health Organization Quality of Life (WHOQOL). Correlation analysis showed an inverse significant relationship between illness perception and quality of life while illness perception had a

significant positive with locus of control. Total score of locus of control have a significant inverse relationship with quality of life. Step wise regression analysis showed that health care professionals, internal and chance sub-scales of locus of control and illness perception were strong predictors of quality of life. However, there were no significant mean difference was found between the men and women with migraine. It is implicated through this research that it will help in identifying the seriousness of the disability caused by migraine as well as the techniques used by people to minimize the bio-psychosocial effects of migraine.

Keywords: Headache Specific Locus of Control, Brief-Illness Perception, Quality of Life

Coping Strategies, Locus of Control and Psychological Adjustment in Patients with Chronic Illnesses

Kinza Zahid (BS: Session 2009-2013)
Supervisor: Afshi Yayha Khan

The purpose of the present study was to investigate the relationship between coping strategies, locus of control and psychological adjustment in patients with chronic illnesses. It was hypothesized that there would a relationship between coping strategies, locus of control and psychological adjustment in patients with chronic illnesses i.e. Diabetes and Angina. Another hypothesis was that coping strategies and locus of control will predict psychological adjustment in patients. A sample of 100 patients was included age ranges between 18-65 years with mean age of 44 years. . Purposive sampling was used to get the data. Indigenous developed tool Coping Strategies questionnaire (CSQ) was used to access the coping strategies of patients. Multidimensional health locus of control scale was administered to find out the dimensions of locus of control. Psychological adjustment was accessed through indigenous developed tool Psychological Adjustment Scale. Correlation, t-test and regression analysis were carried out for statistics computations of study. Results revealed that there was a significant relationship between variables. Regression analysis carried out the predictors of psychological adjustment i.e. coping strategies and locus of control. T-test revealed difference in coping strategies in patients with diabetes and angina. The implication of the present study will provide the awareness regarding chronic illnesses in health psychology field especially to doctors and health psychologist, in order to make the psychological adjustment better via improving their coping processes and locus of control.

Keywords: Coping Strategies, Locus of Control, Psychological Adjustment, Chronic Illnesses

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

Jawaria Anum (BS: Session 2009-2013)
Supervisor: Rabia Dasti

Abstract: A cross-sectional research was designed, aimed to determine the caregiving burden, spirituality and psychological wellbeing of parents of thalassemic patients. Socio-demographic form, Montgomery-Borgotta Burden Measure (Montgomery & Borgotta, 2000), Islamic

Refulgence Scale (Dasti & Sitwat, 2010) and Ryff Scale of Psychological Well-Being (Ryff, 1989) was administered on a sample of 80 parents (32 fathers and 48 mothers) from different Thalassemic Centers of Lahore city. The data was analyzed through t-test, correlation and meditational analysis. Results indicated that no gender differences were found on caregiver burden, domains of spirituality and psychological wellbeing of mothers and fathers of thalassemic patients. Caregiver burden was negatively related with psychological wellbeing and domains of spirituality while psychological wellbeing and spirituality were positively related. Results also implied that caregiver burden has direct effect on psychological wellbeing of parents and it also influences psychological wellbeing through the pathway of two domains of spirituality, i.e. self-discipline and meanness-generosity. These results provide advancement in the field of research on Clinical Psychology, Positive Psychology and Islamic Psychology.

Keywords: Caregiver Burden, Spirituality and Psychological Wellbeing, Thalassemia

Stress Appraisal, Anger and Psychological Distress in Hypertensive and Non-Hypertensive Individuals

Iqra Saeed (BS: Session 2010-2014)
Supervisor: Humaira Naz

The study was conducted to assess the difference between stress appraisal, anger and psychological distress in hypertensive and non-hypertensive individuals. First hypothesis stated that hypertensive individuals would score high on stress appraisal, anger and psychological distress than non-hypertensive individuals. It was also hypothesized that there would likely be an interaction between hypertensive, non-hypertensive individuals and gender in on stress appraisal, anger and psychological distress. I t was also proposed was that there would likely be a predictive relationship between stress appraisal, anger and psychological distress in hypertensive individuals. Between group design and purposive sampling was employed as sampling strategy. Total sample was 176 included hypertensive (n=88) with age ranges 44-60 (*M*=51, *SD*=4.2). The non-hypertensive (n=88) were with age ranges 44-60 (*M*=50, *SD*=4.1). There were 100 women and 76 men selected from various hospitals in Lahore. Stress appraisal Measure, developed by Wong and Peacock (1990) and adapted by Kausar (2001), Clinical Anger scale (Snell, 1995; Sadaf & Dawood, 2013 Urdu Version) and DASS 21 (Lovibond, 1995) were used for the purpose of assessment. Two Way ANOVA revealed that hypertensive individuals showed significant differences from non-hypertensive at all subscales of stress appraisal except challenge appraisal. No gender difference and interaction between hypertension vs. non hypertension and gender was found on all variables. Primary (threat, challenge and centrality) and secondary (controllable by self, controllable by others, uncontrollability and overall stressfulness) stress appraisals and Clinical anger scale had significant positive relationship with depression, anxiety and stress. Clinical anger, uncontrollability and threat were emerged as predictors of depression. Predictors of anxiety were clinical anger, stressfulness and threat whereas clinical anger and uncontrollability predicted stress. Hence it was concluded that hypertensive individuals are prone towards stress, feeling anger and psychological distress when they negatively appraise stressors. The study can be further implicated on hypertensive population for the better understanding of etiological significance stress appraisal; anger linked with psychological distress and to further formulates counseling strategies.

Illness Perception, Intolerance of Uncertainty and Quality Of Life in Women with Polycystic Ovarian Syndrome

Jannat Fazal (BS Session, 2010-2014)
Supervisor: Humaira Naz

The current study was conducted to investigate the relationship among illness perception, intolerance of uncertainty and quality of life in women with polycystic ovarian syndrome (PCOS). Further aim was to assess the difference in illness perception, intolerance of uncertainty and quality of life between married and unmarried women. It was hypothesized that there would likely be a relationship between illness perception, intolerance of uncertainty and quality of life, there would likely be a predictive relationship between illness perception, intolerance of uncertainty and quality of life and that there would likely be a difference in married and unmarried women in their perception of illness, intolerance of uncertainty and quality of life. Data were collected from 100 diagnosed PCOS women with an age (M= 24.72, SD=5.99), including married (n= 45, M= 28.96, SD= 5.68) and unmarried (n= 53$,$ M= 21.32, SD= 3.52) from government and private hospitals in Lahore. Purposive sampling strategy was used with correlation research study method. The instruments used included Illness Perception Questionnaire-Revised (IPQ-R; Morris, Petrie & Weinman, 2002), Intolerance of Uncertainty Scale-short (IUS-12; Carleton, Norton & Asmundson, 2007), and WHO Quality of Life (WHOQOL-BREF; WHOQOL Group, 1995). The correlation analyses showed a significant negative relation of timeline, consequences, timeline cyclical and emotional representation with the domains of quality of life. Positive Illness perception had significant positive relationship between treatment control, illness coherence and the domains of quality of life. Intolerance of uncertainty subscales had significant negative correlation with the domains of quality of life. Timeline and timeline cyclical (IPQ-R) came out as strongest predictors of physical health related quality of life. Treatment control, illness coherence and emotional representation related illness perceptions were the strongest predictors of psychological health related quality of life. Emotional representation illness perception, Prospective anxiety and Inhibitory anxiety type of uncertainty emerged as strongest predictors of Social relationships related quality of life. Timeline, Illness coherence, and Emotional representation appeared as strongest predictors of environment related quality of life. Independent sample t-test revealed that unmarried women had better quality of life as compared to married women. Research findings have etiological significance in understanding the beliefs of women regarding their illness, uncertainty and quality of life. Findings will help the mental health professionals to extend psychological counseling to PCOS women regarding their illness and its collateral effects and to devise interventions to reduce uncertainty and negative beliefs related to their problem.

Keywords: Illness perception, Intolerance of Uncertainty, Quality of life, Poly Cystic Ovarian Syndrome

Quality Of Life and Psychological Well Being of Women Consulting Gynecologist, With and Without Menopausal Complications

Zunaira Aziz (Session: BS 2010-2014)

Supervisor: Humaira Naz

The aim of present study was to investigate the difference between quality of life and psychological well-being of women consulting gynecologist, with and without menopausal complications. It was hypothesized that women with menopausal complications would likely to have high scores on quality of life and psychological wellbeing. Secondly, women with peri menopausal complications would likely to have high scores on quality of life and psychological wellbeing. Thirdly, there would likely to be a significant interaction of complication category and menopause type on quality of life and psychological wellbeing of women with menopausal complications. Between group research design was used. Purposive sampling strategy was employed for the selection of sample. Sample consisted of 70 menopausal women from the gynecological out departments of hospitals with age range of 40-65 (M= 50.7, SD= .50). Women with menopausal complications had age (M= 45 years, SD=.23) and women without menopausal complication with mean age of 57.5 years (SD=.28).Quality of life and psychological well-being was assessed through Menopause Specific Quality of Life Questionnaire by Hilditch, et al., (1996) and Trait Wellbeing Inventory by Delbart, (1992). Results showed that women with menopausal complication reported impairments in vasomotor and physical related quality of life. Similarly, they reported less psychological wellbeing on mood level and general life satisfaction. Women with peri and post menopause complications reported similar scores on quality of life and psychological wellbeing. It was concluded that women with subsequent menopausal complication manifests impairment in physical and vasomotor domain of quality of life. They are also prone to experience emotional changes and less satisfaction with present, past and future life as they scored high on trait wellbeing inventory.

Keywords: Menopausal Complication, Pre and Post Menopause, Quality of Life, Psychological Well-being

Diabetes Self Care and Diabetic Distress In Patients with Type 2 Diabetes

Saleha Rehan (BS Session, 2010-2014)

Supervisor: Humaira Naz

The present study was conducted to investigate relation of the diabetes self-care and diabetic distress in patients with type 2 diabetes. Another aim of the study was related to determine the gender differences on diabetes self-care and diabetes distress in patients with type 2 diabetes. It was hypothesized that there would likely to be relationship between diabetes self-care and diabetes distress, there would likely to be relation of demographics with diabetes self-care and diabetes distress and there would likely to be gender difference on self-care and diabetes distress. The co relational research method was used. Purposive sampling was used to collect data from 3 hospitals of Lahore. The sample size for this study was 100, included 38 men with age ($M = 58.03$, $SD= 7.99$) and 62 women, age ($M = 55.38$, $SD = 7.05$). The instruments used for data collection include Summary of Diabetes Self Care Activities (SDSCA; Toobert Hampson

&Glasgow, 2000) and Diabetes Distress Scale (DDS; Polonsky et al. 2000). The results showed that a significant negative relationship of general diet with regimen related distress, interpersonal distress and total distress. Specific diet had significant negative relationship with regimen related distress. Independent t test, men revealed that high mean scores on exercise. Women reported emotional burden and regimen (illness) related distress more than men. It was concluded that patients of diabetes type 2 who engage in diabetes care by diet intake experience less diabetic distress specifically related to illness, interpersonal and feel less emotional burden. Moreover women are more prone to experience diabetes distress; findings can be implemented to devise counseling program to teach them self-care activities, and their diabetes related distress.

Keywords: Diabetes Self Care, Diabetes Distress, Type 2 Diabetes

Body Image Concerns, Self-compassion, Psychological and Sexual Distress in Patients with Mastectomy

Rabiya Amer Bashir (BS: Session 2010-2014)
Supervisor: Asma Yousaf

The present study was conducted to determine the body image concerns, self-compassion, psychological and sexual distress in patients with mastectomy. It was hypothesized that there will likely to be a relationship in body image, self-compassion, psychological and sexual distress in patients with mastectomy. It was also hypothesized that body image and self-compassion will likely to predict psychological and sexual distress in patients with mastectomy. The correlational research design and purposive sampling technique was used in the current study. The sample size for this study were 74 women patients with age range of 25-50 years with (M= 37, SD= 7.25). Patients were recruited from three government and one private hospitals of Lahore. Demographic questionnaire, Body Image Scale (Hopwood, Fletcher, Lee & AlGhazal, 2001), Self-compassion Scale (Neff, 2003), Kessler Distress Scale (Kessler, Andrew & Colpe, 2002) and Female Sexual Distress Scale (Derogatis et al. 2008) were administered as measuring instruments. The descriptive statistics for demographic characteristics revealed that most of the patients were illiterate and mastectomy has adverse effects on their marital, psychological, social and physical life. The Pearson product moment correlation revealed that there was a significant inverse relationship in body image and self-compassion ($p<.01$) and there was a significant positive relationship in body image and psychological and sexual distress ($p<.01$). Stepwise regression analysis showed that body image is the significant predictor of psychological distress ($p<.001$) while both body image and self-compassion were significant predictors of sexual distress ($p<.001$). The findings of the study could be used to design intervention programs to foster the level of self-compassion in patients to help them cope with the illness.

Keywords: Body Image Concerns, Self-compassion, Psychological and Sexual

Sense of coherence, Pain Severity and Presenteeism in Individuals with Migraine

Hina Ayesha Bashir (BS: Session 2010-2014)
Supervisor: AsmaYousaf

This study aimed to assess the relationship in sense of coherence, pain severity and presenteeism in individuals with migraine. It was hypothesized that there will likely to be relationship in sense of coherence (comprehensibility, manageability and meaningfulness), pain severity and presenteeism in individuals with migraine. Second hypothesis was that sense of coherence will likely to predict pain severity in individuals with migraine. Correlational research design was used to conduct this research. Sample size was selected through g-power analysis, total 111 participants, 30 men with age range 19-45 years (M= 30, SD=7.87) and 81 women (M= 29, SD=7.05), from neurology ward of 3 different government hospitals were selected through non-probability purposive sampling strategy. Demographic Questionnaire, Antonovsky's Sense of Coherence Scale SOC-13 (Antonovsky, 1987), The McGill Pain Questionnaire (Melzack, 1971) and Stanford Presenteeism Scale (Coopman, 2002) was administered respectively to collect data. Ethical considerations were held in reserve while carrying out this research. Pearson product moment correlation established inverse relationship between sense of coherence and pain severity (p<.001) and significant relationship between pain severity and presenteeism (p<.001). Stepwise regression analysis identified sense of coherence as a predictor of pain severity. This research will give an idea that how sense of coherence will be supervised to avoid the corresponding problems. The results of this research, future researchers can devise several management techniques to minimize presenteeism due to severity of pain.

Keywords: Sense of coherence, Pain Severity, Presenteeism

Illness Perception, Resilience, and Quality of Life in Patients Receiving Hemodialysis

Mishal Naveed Khan (BS: Session 2010-2014)
Supervisor: Tehreem Arshad

Present research aimed at exploring illness perception, resilience and quality of life of patients receiving hemodialysis. It was hypothesized that there would likely to be a negative relationship between illness perception, resilience and quality of life in patients receiving hemodialysis. It was also hypothesized that there would likely to be a positive relationship between resilience and quality of life. It was further hypothesized that illness perception and resilience will likely to predict quality of life in patients receiving hemodialysis. Moreover, it was hypothesized that there would likely to be differences in illness perception, resilience and quality of life of patients receiving hemodialysis from government hospitals and from private hospitals. A sample of 200 participants (M=50.18, SD=13.46) was recruited from various government (n=100) and private hospitals (n= 1 00) of Lahore. Brief Illness Perception Questionnaire (BIPQ; Broadbent, 2006), State Trait Resilience Inventory (STRI; Hiew, 2002) and Quality of Life Index_Dialysis version (QLI; Ferrans& Powers, 1985) were employed. Results revealed a significant negative relationship between illness perception, state resilience, trait resilience and overall quality of life in patients receiving hemodialysis. Furthermore, a significant positive relationship was found between state resilience, trait resilience and quality of life and its four domains. Illness perception and trait resilience were found to be significant predictors of quality of life in patients

receiving hemodialysis. Significant differences were found in illness perception, resilience and quality of life between patients in government hospitals than the patients in private hospitals where patients from government hospitals found to have more compromised overall functioning. Findings of the present study implicates that by altering threatening perceptions of patients and by increasing resilience, quality of life of renal failure patients can be enhanced.

Keywords: Illness Perception, Resilience, Quality of Life, Hemodialysis

Sexual Satisfaction, Social Support and Psychological Distress in Patients with Diabetes

Afnan Saqib (BS: Session 2010-2014)
Supervisor: Faiza Safdar

The present study intended to investigate the relationship between Sexual Satisfaction, Social Support and Psychological Distress in patients with Diabetes. It was hypothesized that there would likely be a significant correlation between sexual satisfaction, social support and psychological distress in patients with diabetes. The data consisted of 92 females with diabetes (mean age = 35.84) selected by from different teaching and public hospitals of Lahore. The scale used in present study to assess sexual satisfaction was Sexual Satisfaction Scale for Women (Menston & Trapnell, 2005), social support was assessed by Social Provision Scale (Cutrona & Russell, 1987) and psychological distress was assessed by Depression Anxiety Stress Scale (Lovibond & Lovibond, 1995). The translated versions of these scales were used. The results were obtained using Pearson Moment Correlation to explore correlation between the variables. The results showed that there is significant positive (p< .01) correlation between sexual satisfaction and social support. A significant negative (p< .05) correlation between sexual satisfaction and psychological distress, moreover a significant negative correlation (p< .05) was found between social support and psychological distress. It was concluded that patients with diabetes who had greater sexual satisfaction and social support will have less psychological distress.

Keywords: Sexual Satisfaction, Social Support, Psychological Distress, Diabetes

Adjustment Problems and Psychological Distress of Students with Visual Impairments

Zehra Mohsin (BS: Session 2010-2014)
Supervisor: Adeela Khalid

The aim of the present study was to study relationship between adjustment problems and psychological distress of students with visual impairments. It was hypothesized that (a) there would be a relationship between adjustment issues and psychological distress in visually impaired students, (b) gender, family support and education were likely to predict less academic adjustment, (c) students with acquired visual impairments would likely to have higher number of adjustment problems and level of psychological distress than visually impaired students by birth and (d) visually impaired females would have higher number of adjustment problems than their counterparts. In this study cross-sectional research design was used. Purposive sampling was done. A sample of 53 visually impaired students (M=22.43, SD=2.57) was selected from four universities of Lahore. For this purpose self-constructed structured interview and Depression,

Anxiety and Stress Scale (DASS-42) (Lovibond & Lovibond, 1995) was administered. The results revealed that visually impaired students had academic adjustment problems and faced different levels of depression, anxiety and stress due to their condition. It was also seen that students who had acquired visual impairments had higher level of adjustment problems and psychological distress as compared to students who were visually impaired by birth. Moreover, visually impaired females had higher number of adjustment problems than their counterparts, whereas, males had higher level of depression, anxiety and stress as compared to visually impaired females.

Keywords: Adjustment Problems, Psychological Distress, Visual Impairments

Sexual Dysfunction, Emotional Distress and Marital Adjustment in Women with Endogenous Reproductive Tract Infections

Amna Batool (BS: Session 2010-2014)
Supervisor: Hira Fatima

The aim of present study was to investigate the relationship between female sexual dysfunction, emotional distress and marital adjustment in women with endogenous reproductive tract infections. It was hypothesized that sexual functioning is likely to be negatively correlated with emotional distress. Also, that it is likely to be a positive relationship between sexual functioning and marital adjustment and a negative relationship between marital adjustment and emotional distress. It was hypothesized that women using birth control methods will respond differently as compared to women not using them. The sample was selected by purposive sampling and comprised of 111 women attending the government and private hospitals for treatment of endogenous reproductive tract infections. A structured interview was devised to gather information regarding demographic variables of participants. The Urdu translated versions of Female Sexual Function Index (FSFI) (Rehman & Sheikh, 2013), Self-Reporting Questionnaire (SRQ)-20 (Rahman, Iqbal; Waheed & Husain 2003) and Locke and Wallace Marital Adjustment Test (MAT) (Qadir, Khalid, Haqqani & Medhin, 2013) were used to assess sexual dysfunction, emotional distress and marital adjustment. The results illustrated a negative relationship between female sexual functioning and emotional distress and a positive relationship between female sexual functioning and marital adjustment. Furthermore, it was demonstrated that the responses of women using birth control differed from those who did not. A multiple regression analysis showed that among subscales of Female Sexual Function Index, orgasm was a predictor of marital adjustment. Further results revealed that among subscales of Female Sexual Function Index sexual satisfaction was a strong predictor of emotional distress. The research implications included that there is a dire need to create awareness regarding women sexual health to induce health seeking behaviors in women. Also, that sex education is needed to change society's perspective regarding sexual dysfunctions and their treatment. Moreover, training of health professionals is needed so they can provide counseling services to patients on time, who need that.

Keywords: Sexual Dysfunction, Emotional Distress, Marital Adjustment, Endogenous Reproductive Tract Infections

Sexual Dysfunction and Psychiatric Morbidity in the Patients with Arthritis

Momna Saeed (BS: Session 2010-2014)
Supervisor: Hina Javed Rana

The aim of the present study was to find the relationship between severity of arthritis, psychiatric morbidity (depression and anxiety) and sexual dysfunction in the patients with arthritis. It was hypothesized that there is likely to be a relationship between severity of arthritis, psychiatric morbidity and sexual dysfunction in the women with arthritis. Moreover, psychiatric morbidity is likely to mediate between severity of arthritis and sexual dysfunction. Correlational research design with purposive sampling strategy was used. Arthritis women with age range 30-50 years (*M*=38.98, *SD*=6.9) were included in the sample. The data were collected from different public and private hospitals of Lahore. Assessment measures used in the current research were Depression Anxiety Stress Scale (DASS) and Sexual Functioning Questionnaire (SFQ). Results of the study showed significant positive correlation between severity of arthritis and psychiatric morbidity (depression and anxiety). It was also found that severity of arthritis and sexual dysfunction significantly positively correlate with each other. Significant positive correlation was found between psychiatric morbidity and sexual dysfunction. Moreover, regression analysis revealed that severity of arthritis, depression and anxiety are the predictors of sexual dysfunction. Through mediation analysis it was also found that psychiatric morbidity act as a mediator between severity of arthritis and sexual dysfunction in the women with arthritis.

Keywords: Sexual Dysfunction, Psychiatric Morbidity

Self Esteem, Appearance Distress and Social Anxiety in Individuals with Acne Problem

Lamae Zulfiqar (BS: Session 2010-2014)
Supervisor: Hina Javed Rana

The aim of the study was to evaluate the relationship between self-esteem, appearance distress, social anxiety, and severity of acne. The current study hypothesized that there will be gender differences in acne patients for appearance distress and social anxiety. It was also hypothesized that there will be an inverse relationship between severity of acne and self-esteem. It was hypothesized that severity of acne will likely to predict appearance distress and social anxiety. It was hypothesized that self-esteem is likely to predict appearance distress and social anxiety in acne sufferers. Another hypothesis was that appearance distress will likely to predict social anxiety. The study sample comprised of 111 participants, with 88 women (*M*= 22.88; *SD*= 4.93) and 23 men (*M*= 19.39; *SD*= 3.12), having age range of 15 to 40 years. Data were collected from different public and private hospitals of Lahore. The correlational research design and purposive sampling was employed in the current study. Rosenberg Self Esteem Scale (Rosenberg, 1965; Ghafoor, 2010), Body Image Disturbance Questionnaire (Cash, Phillips, Santos & Hrabosky, 2004), and Social Interaction Anxiety Questionnaire (Mattick & Clarke, 1998) were used to assess self-esteem, appearance distress, and social anxiety. Structured interview was devised by the researcher in order to explore related information of acne problem. The results revealed that the prevalence of acne is high in women as compared to men. The results revealed that self-esteem predicts appearance distress and social anxiety. While, appearance distress also predicts social anxiety. Further results also indicated that severity of acne also predicts appearance

distress in both genders. The implication of this study will highlight the importance of psychological treatment along with medical treatment for the acne sufferers. The results of this research will help the psychologists to suggest effective management plan for acne patients.

Keywords: Self Esteem, Appearance Distress, Social Anxiety

Social Psychology

Cyber bullying: Lived experience, Impact of Victimization and Coping

Madiha Qayyum (MS: Session 2011-2013)
Supervisor: Aisha Sitwat, PhD

The current study was carried out to explore the lived experience of cyber bully victims its impact on them and how did they cope with this bullying. For this purpose I had selected 4 female participants whose commonality was their lived experience of cyber bullying. Data were analyzed through Interpretive Phenomenological analysis (IPA). Through particular steps of IPA certain themes emerged. It was reviewed that participants were cyber bullied through cell phone and internet medium. Content of cyber bullying was harassment through sexual messages. Factors unique about their experience were repetition, anonymity, excessive usage of technology, and perpetrator perceived as more powerful and emotionally disturbed. All these factors were relevant to traditional bullying as well as cyber bullying. Themes emerged regarding the impact of cyber bullying were Psychological, educational, Social and Physiological. Psychologically participant felt insecurity, fear, anger, and helpless. They were suspicious about people and have conflict about self and others. Their social interaction was reduced; they felt difficulty in concentrating in studies. There was decline in sleep, diet and weight of the victims. Coping style were categories in emotion focused coping (religious coping, helpless coping) and problem focused coping (technical coping, social coping, and cognitive coping). Themes elicited from transcriptions were significantly related to the literature. This research will spread awareness and explain about the nature of cyber bullying.

Keywords: Cyber bullying, Lived experience, Impact of Victimization, Coping

Perceived Stigmatization and Self Concept among Trans Genders

Aimen Zahra Shah (BS: Session 2009-2013)
Supervisor: Aasma Yousaf

The study aimed to investigate the relationship between perceived stigmatization and self-concept among Trans-genders. It was hypothesized that there would be a relationship between the Perceived Stigmatization and Self-Concept and Perceived stigmatization would likely to predict self-concept among Trans-genders. The sample of 50 Trans-genders, age ranging from 20-65 years was drawn through non probability snowball sampling, from different areas of Lahore. The demographic questionnaire, Genderism and Transphobia Scale (Hill and Willoughby, 2005)and Six Factor Concept Scale (Stake, 1994) were administered respectively. Correlation analysis revealed that there is inverse relationship between perceived stigmatization and self-concept. However, Regression analysis revealed that perceived stigmatization is not the significant predictor of the self-concept among Trans Genders. The study has future implications for introducing and spreading awareness about the Trans genders how they are stigmatized in the society and how they are affected. It will help to understand the issues related to the Trans gender community and to deal with their emotional, social and economic tribulations. Further, it will help to develop the strategies which can be done such as setting educational programs to minimize the discrimination and prejudice against them and treat them as humans.

Keywords: Perceived Stigmatization, Self Concept

Sexual Distress and Coping Strategies among Widows and Divorced Women

Amna Nisar (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The objective of the present study was to explore the sexual distress and coping strategies among widows and divorced women. In the present study it was hypothesized that there will be a difference in the sexual distress and coping strategies among widows and divorced women. The second hypothesis of the study was that there will be a difference in the religious inclination of widows and divorced women before and after the spouse loss. Between group design was used in the present study. Snow ball purposive sampling was used to collect data from community. The participants were widows (N=50) and divorced (N=50) with the age limit of 50 years. The participants were screened by symptom checklist-R. The assessment measures used in the present study were Female sexual distress Scale (FSDS' Derogatis, 2005), coping strategies questionnaire (CSQ' Kausar, 2004) and demographic questionnaire. Oral individual administration was done for filling the questionnaires. The results of independent sample t test revealed that significant differences were seen in sexual distress of widows and divorced women but there were no significant differences in coping strategies between the two groups. The results also revealed that widows use active practical coping and religious coping whereas the divorced use active practical coping followed by the religious coping. Paired sample t test supported the results of second hypothesis and significant differences were seen in the religious inclination of the participants before and after spouse loss. Clinical interventions can be taken to help them out in exploring the significant healthy coping strategies for the stressors of life especially sexual distress.

Keywords: Sexual Distress, Coping Strategies, Widows, Divorced

Personality Dimensions and Functional Impairment among Massively Multiplayer Online Players (MMOs)

Verda Zahid (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The present study was conducted to investigate the various dimensions of personality and functional impairment among Massively Multiplayer Online Players and Non Massively Multiplayer Online Players. For this purpose sample of 100 was taken from various gaming zones in Lahore. A between group, research design was employed and it was hypothesized that current study will there will be difference in Personality dimensions and functional impairment among MMOs and non-MMOs. Young Diagnostic Questionnaire for Internet addiction was used as a screening tool. Eysenck Personality Inventory and Work and Social Adjustment Scale were used to access which personality dimension will lead to functional impairment. Results depict no difference in personality dimension and functional impairment among MMOs and non-MMOs. Implications for further studies will be assessed.

Key words: Personality Dimensions, Functional Impairment, Online gamers, MMO Players, Non-MMO Players.

Perceived Stress, Coping Strategies and Psychological Distress among Homeless Women

Hira Jamil (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The aim of the present study was to find out the relationship between perceived stress, coping strategies and psychological distress among homeless women. In the present study four hypotheses were made. Firstly, it was hypothesized that there will be a relationship between perceived stress and coping strategies among homeless women. Secondly, it was hypothesized that there will be a relationship between coping strategies and psychological distress among homeless women. Thirdly, it was hypothesized that there will be a relationship between perceived stress and psychological distress among homeless women. Lastly, it was hypothesized that there will be a predictive relationship between perceived stress, coping strategies and psychological distress. A sample of 100 homeless women with age range 25-50 (*M age*= 37.5) was selected from Homeless Institutes as Darul Aman, Shaheed Benazir Bhutto Center, Dastak, Jannat-ul-Firdous and Social Welfare Complex (Dar ul Falah). Perceived Stress Scale (Cohen, 1988), Coping Strategies Questionnaire (Kausar & Munir, 2004), and Kessler Psychological Distress scale (Kessler, 2002) were administered in order to assess homeless woman's perceived stress, coping strategies and psychological distress respectively. The correlation analysis showed a significant relationship between perceived stress, coping strategies (avoidance focused coping and active distractive coping) and psychological distress. Furthermore, regression analysis suggested perceived stress and coping strategies (avoidance focused coping and active distractive coping) as strong predictors of psychological distress among homeless women. The current research would recommend the policy makers to look into social issue and provide better long term care to homeless women residing in homeless institutes.

Keywords: Perceived Stress, Coping Strategies, Psychological Distress, Homeless Women.

Spiritual intelligence, Work-Family Conflict and Psychological Distress among University Teachers

Namrah Ilyas (BS: Session 2009-2013)
Supervisor: Tehreem Arshad

The present study aimed to investigate the relationship between spiritual intelligence, work-family conflict and psychological distress among university teachers. A sample of 100 university teachers (50 males, 50 females) was recruited from Punjab University within the age range of 30 to 50 years (M = 40.76). It was hypothesized that there would be a relationship between spiritual intelligence, work-family conflict and psychological distress among university teachers. Spiritual Intelligence Self-Report Inventory (SISRI-24; King & DeCicco, 2009) was used to measure spiritual intelligence, different dimensions of work-family conflict was assessed by Work-Family Conflict Scale (WFCS; Carlson, Kacmar, & Williams, 2000) and Depression Anxiety Stress Scale (DASS 21; Lovibond & Lovibond, 1995) was used to assess psychological distress. Pearson Product Moment Correlation (PPMC) revealed that spiritual intelligence is not significantly related with work-family conflict and psychological distress, however, there is a significant negative correlation between personal meaning production (a component of spiritual

intelligence) and psychological distress. Also there is a significant negative correlation between personal meaning production (component of spiritual intelligence) and time based family interference with work (a component of work-family conflict). Work-family conflict is positively correlated to psychological distress. Also no significant gender differences were revealed in independent samples t-test. So, spiritual intelligence fostering programs should be introduced in the universities for teachers to enhance their personal meaning production capacity and thus reducing their psychological distress and work-family conflict.

Keywords: Spiritual Intelligence, Work-Family Conflict, Psychological Distress, University Teachers

Personality Traits and Pathological Love among Young Adults

Azka Safdar Bashir (BS: Session 2010-2014)
Supervisor: Rabia Dasti

The present research was a correlational study aimed at investigating the relationship of personality and pathological love among young adults. It was hypothesized that: (a) there is likely to be a relationship between personality and pathological love among young adults; (b) personality traits and socio-demographic variables are likely to predict pathological love among young adults. The sample comprised of 120 males (M=20.50, SD=1.60) and 227 females (M=20.50, SD=1.60) from six different universities (three public, three private) with age range from 18 to 24 years. The participants were selected through convenience sampling. Urdu translated version of Big five personality Inventory (BFI) (John & Srivastava, 1999), translated by Dawood (2012) and Pathological Love Scale (Safdar & Dasti, 2014) were used to collect the data. Results indicated that extraversion, conscientiousness and neuroticism positively while, agreeableness negatively correlated with pathological love. Furthermore, extraversion, conscientiousness and neuroticism positively predicted pathological love whereas; intimate relationship in the past negatively predicted pathological love. The present research implicates that serious steps should be taken at societal level to address the rising problem of love pathology among the youngsters and at clinical level to develop sensitive indigenous interventions for the victim of pathological love.

Keyword: Personality, Pathological Love, Young Adults

Use of Social Networking Sites and Its Effects on Psychological and Social Functioning of University Students

Umar Fayyaz (BS: Session 2010-2014)
Supervisor: Adeela Khalid

The purpose of the current study was to determine the relationship between Social Networking sites and its effect on Psychological and Social Functioning in university students. Hypotheses of the study were that use of social networking sites will likely to be negatively correlated with the Psychological Functioning of the University Students, Use of Social Networking Sites will likely to be negatively correlated with Social Functioning of the University Students, There is likely to be a relationship present between GPA and time spent on Social Networking Sites and Gender

Difference are likely to be present in use of Social Networking Sites, Psychological and Social Functioning. The sample consisted of 174 participant's age ranging from 19 to 24 years with mean age of male students as 20.90 and mean age of female students as 20.64. The sample was gathered from different private and government sector universities of Lahore. Cross sectional research design with purposive sampling was used in the research- The tools that were used in research were Depression Anxiety Stress Scale-21 (Antony, 1998) Social Functioning Scale by Birchwood (MacMillan, 1990) and Social Networking Questionnaire which was developed by the researcher on the basis of relevant literature about domain specific areas. Independent sample t-test was used to see differences among males and females on Depression, Anxiety and Independence Competence. Correlation Analysis was run to see the relationship between time given to social networking sites, GPA in the last semester and domains of Psychological and Social Functioning. It was revealed that Depression and Anxiety were more prevalent in males as compared to females. Use of Social Networking sites and GPA in the last semester were negatively correlated with Depression and Anxiety where as Social Activities were positively correlated with recreational activities. Independence competence was also positively correlated with independence performance.

Keywords: Social Networking Sites, Psychological and Social Functioning

Emotional Intelligence, Pathological use of Internet and Psychological Wellbeing in University Students

Kainat Naeem (BS: Session 2010-2014)
Supervisor: Hira Fatima

The present study aimed to evaluate the relationship between emotional intelligence, pathological use of internet and psychological wellbeing in university students. Correlation research strategy was used to serve this purpose. It was hypothesized that there would likely be a negative relationship between emotional intelligence and pathological use of internet, a positive relationship between emotional intelligence and psychological wellbeing and a negative relationship between pathological use of internet and psychological wellbeing. Moreover it was also hypothesized that males would be: more pathological user of internets as compared to females and will have low levels of emotional intelligence and psychological wellbeing. Furthermore, it was hypothesized that emotional intelligence would predict pathological use of internet and psychological wellbeing. Through purposive sampling, 109 students (age 18-25 years) from private and government universities were selected. The structured interview was devised for getting the information regarding demographic variables and translated versions of Schutte Self Report Emotional Intelligence Test (SSEIT), Internet Addiction Test (IA T) and Ryff's Scale of Psychological Well-being (RPWB) were used to measure emotional intelligence, internet use and psychological wellbeing respectively. The results of the study revealed a negative correlation between emotional intelligence and pathological use of internet, positive correlation between emotional intelligence and psychological wellbeing. Moreover, a negative correlation was found between pathological use of internet and psychological wellbeing. The findings of the study showed that males scored high on internet addiction test and scale of psychological wellbeing as compared to females. Analysis further showed that emotional intelligence is a strong predictor of pathological use of internet and psychological wellbeing. This study highlights the importance of emotional intelligence, pathological use of internet and

psychological wellbeing of university students and their consequences on the student's life. Awareness campaigns would be held in order to put adolescents and young adult's attention towards emotional intelligence, pathological use of internet and its effects on psychological wellbeing. Psycho-education could be provided to the parents regarding their children's use of internet and its consequences.

Keywords: Emotional Intelligence, Psychological Wellbeing

Educational Psychology

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

Wadiat Batul (BS: Session 2009-2013)
Supervisor: Aisha Sitwat, PhD

The aim of the present study was to find out the relationship between intolerance of uncertainty, pathological worry and symptoms of anxiety and depression in university students as well as to examine predictive relationship of these variables with symptoms of anxiety and depression. Further aim was to see mediational effect of pathological between intolerance of uncertainty and symptoms of anxiety and depression. Data was collected from 204 students from 7 universities of Lahore. The instruments used were Intolerance of Uncertainty Scale (IUS), Penn State Worry Questionnaire (PSWQ) and Depression Anxiety and Stress Scale (DASS). The correlation analysis showed a significant relationship all study variables. Pathological worry came out to be most significant predictor of symptoms of depression and intolerance of uncertainty (factor 1) and gender was also surfaced out as its predictors as revealed from regression analysis. Whereas, for symptoms of anxiety, intolerance of uncertainty (factor 1) came out to be most significant predictor and gender and pathological worry were also found as its significant predictor. Mediational analysis showed that pathological worry partially mediated the relationship between intolerance of uncertainty and depression whereas mediation effect was not present for anxiety. Study has implications of understanding the core thinking patterns of students. Gaining knowledge about the nature and mechanisms of these cognitive predictors of depression and anxiety will be helpful for clinical psychologists and other mental health practitioners to find out preventive psychotherapeutic measures for dealing with them.

Keywords: Intolerance of Uncertainty, Pathological Worry, Anxiety, Depression.

Perceived Stress, Emotional Intelligence and Psychological Wellbeing in Medical and Mental Health Internees

Sidra Ashiq (BS: Session 2009-2013)
Supervisor: Rabia Dasti

The present study aimed to investigate the relationship of perceived stress, emotional intelligence and psychological wellbeing in medical and mental health internees. It was hypothesized that tee would be a positive relationship between emotional intelligence and psychological wellbeing and emotional intelligence act as a mediator between emotional intelligence and psychological wellbeing. Furthermore, it was hypothesized that there would be differences between trainee clinical psychologists and medical internees on perceived stress, emotional intelligence and psychological wellbeing. The data was collected from 160 participants (100 medical students and 60 mental health internees) through purposive sampling strategy. The socio demographic questionnaire, Scale of Emotional Intelligence (Batool, 2009), Perceived Stress Scale (Cohen, 1986) and Ryff Scale of Psychological Wcllbeing (Ryff, 1989) were administered. The Independent t-test revealed that there were significant group differences between trainee clinical psychologists and medical students on perceived stress and emotional intelligence but not on psychological wellbeing. Mediation analysis revealed that emotional intelligence mediates between stress and psychological wellbeing. Correlation analysis found that there is a negative

relationship between perceived stress and emotional intelligence as well as with emotional intelligence. Moreover, a positive relationship was found between emotional intelligence and psychological wellbeing. The future implication of the study showed that emotional intelligence can help to lower down Ac perceived stress of internees being trained in health related subjects. In this regard counseling services can be offered programs, seminars; can be arranged counselors in health training centers.

Keywords: Perceived Stress, Emotional Intelligence, Psychological Wellbeing

Level of Frustration Tolerance, Resilience and Psychological Well-being in Special Schools' Teachers

Madeha Liaqat (BS: Session 2010-2014)
Supervisor: Nazia Bashir

The present study was aimed to examine the relationship of level of frustration tolerance (LFT), resilience and psychological well-being among special school teachers. It was hypothesized that 1) there is a relationship between level of frustration, resilience and psychological well-being; 2) LFT would likely to be the predictor of psychological well-being; 3) there would be a difference between teachers working in different setups of special schools on psychological wellbeing. A sample of 100 teachers was taken from four different special schools of disabilities i.e. slow learners, intellectual disability, hearing disability and visual disability. For this purpose Low Frustration Tolerance Scale (LFTS) developed by Mubashr and Bashir (2013), Strait-Trait Resilience Inventory (STRI) developed by Hiew (2002) and translated in Urdu by Kausar and Jabeen (2009) and Ryff's Scale of Psychological Well-being developed by Ryff (1989) and translated in Urdu by Jabreen and Khalid (2012) were used. Descriptive analysis revealed that most of the teachers were married and they were satisfied with their job and as well as their life. Pearson Product Moment Correlation analysis revealed that there is a relationship between level of frustration tolerance, resilience and psychological well-being among the special school teachers. Frustration tolerance is a predictor of psychological well-being. In the end one way ANOVA revealed significant difference between teachers working in different setups of special schools. This study will help the clinicians to develop some counseling programs for the special school teachers to increase their well-being and resilience.

Keywords: Level of Frustration Tolerance, Resilience, Psychological Well-being

Attachment Style, Resilience, and Acculturation Stress in National and International Female Hostel Based University Students

Saher Batool Naqvi (MS: Session, 2012-2014)
Supervisors: Rukhsana Kausar, PhD & Humaira Naz

National and international students are two types of hostel based university students that go through the process of adjustment in host cultural settings. Current study aimed to investigate predictive ability of attachment styles and resilience towards acculturative stress in national and international hostel based university students and to explore the difference in national and international hostel based female university students in attachment styles, resilience and

acculturative stress. Between group research design was used and purposive sampling was done. A total of 100 students, nationals (n=59, M=22.68 years, SD=1.68years)) and international (n=38, M=22.52 years, SD=1.68 years) were recruited from 11 girls hostels of University of the Punjab, Lahore. Attachment Style Questionnaire - ASQ (Hofstra & Oudenhoven, 2004), State Trait Resilience Inventory - STRI (Hiew, 2002) and Acculturative Stress Scale for International Students - ASSIS (Sandhu & Asarabadi, 1994) were administered on the sample. Results revealed that international hostel based university students have secure attachment, trait and state resilience than national hostel based university students. National and international students did not differ on acculturative stress experienced. International students had more secure attachment style and had better trait and state resilience relative to national students. Acculturative stress was positively related to fearful and preoccupied attachment style and trait resilience was negatively related to acculturative stress. Fearful and preoccupied attachments were predictive of higher acculturative stress and trait resilience emerged as a predictor of low acculturative stress.Possible explanations of findings, limitations and implications of the study are also discussed in the Pakistani context.

Keywords: Attachment Styles, Resilience, Acculturation Stress

Family Functioning, Personal Growth Initiative and Psychological Well-being of Postgraduate Students

Tabinda Masood (BS: Session 2010-2014)
Supervisor: Tehreem Arshad

The present study employed tile correlational research design to explore the relationship among family functioning, personal growth initiative and psychological wellbeing in postgraduate students. It was hypothesized that there will likely to be a positive relationship between family functioning, personal growth initiative and psychological wellbeing in postgraduate students. In addition, it was also hypothesized that family functioning and personal growth initiative will likely to predict psychological wellbeing in postgraduate students. Furthermore, it was also hypothesized that there will likely to be a gender difference in family functioning, personal growth initiative and psychological wellbeing in postgraduate students. A sample of 198 postgraduate students (M=24, SD=2.74) was recruited from four HEC recognized universities (Government=117, Private=83) by employing proportionate random stratified sampling. Family Assessment Device (FAD; Epstein et al., 1983), Personal Growth Initiative Scale-II (PGIS-II; Robitschek et al., 20 12) and Ryff s Psychological wellbeing Scale (PWB; Ryff, 1989) were administered on the participants. The results revealed significant positive relationship among family functioning, personal growth initiative and psychological wellbeing. Also, Affective Involvement, General Family Functioning subscale of FAD and Readiness for Change subscale of PGI was emerged as strong predictors of Psychological Wellbeing. Furthermore, significant gender differences were found: women were found to have high score on "affective responsiveness" subscale of FAD. The present study highlighted the importance of family functioning and personal growth initiative in postgraduate students to promote psychological wellbeing.

Keywords: Family Functioning, Personal Growth Initiative, Psychological Well-being

Organizational Psychology

Psychological Correlates of Distress in Rescue 1122 Workers and Consumers' Perception Regarding Rescue 1122 Services

Sahrish Ahmad (MS: Session 2011-2013)
Supervisors: Rukhsana Kausar, PhD & Tehreem Arshad

The present research aimed to explore the psychological correlates of distress in Rescue 1122 workers, and consumer's perception regarding this service. Therefore, mixed research design was used that is both quantitative and qualitative modes of inquiry were employed. In study 1 (quantitative paradigm), it was hypothesized that there would be a relationship between emotional empathy, coping strategies, compassion fatigue arid psychological distress. In addition to the above, it was hypothesized that emotional empathy, coping strategies and compassion fatigue would predict psychological distress in Rescue 1122. By employing purposive sampling, 150 participants were selected from four Rescue 1122 stations in Lahore. Emotional Empathy Scale (Ashraf, 2004), Coping Strategies Questionnaire (Kausar & Munir, 2004), Compassion Fatigue Short Form (Adam, Figley & Boscarino, 2006) and Depression, Anxiety and Stress Scales (DASS: P. F. Lovibond & Lovibond, 1993) were used for assessment of the variables. More than one-third of the participants were found to be suffering from compassion fatigue and psychological distress. Exposure to traumatic events before joining service, high level of perceived support from workmates, low tendency to be moved by other people emotional experiences and use of avoidant focused coping were found to predict depression, anxiety and stress. Less utilization of active focused coping was also found to be a predictor of anxiety while high level of burnout emerged as a predictor of stress. For study 2 (qualitative paradigm), five individuals, who had sought help from Rescue 1122, were recruited through snowball sampling. An interview schedule devised by the researcher was employed to conduct the interviews for collecting data. Thematic analysis revealed that people held Rescue 1122 workers as professional, empathetic, dedicated and calm. In addition, Rescue 1122 was stated by the participants to have better infrastructure in comparison to other emergency services present in Lahore. Overall, level of satisfaction with its performance was high. In addition, it highlighted that Rescue 1122 services and workers were held in high esteem by its consumers. However, participants felt that there is a need to improve response-time and expand its services. On the whole, the research highlighted the need for working on the psychological mental health of the Rescue 1122 workers as high proportion of participants were found to' be experiencing psychological distress; and also a need for government to step up for the further development of this service was noted.

Keywords: Psychological Correlates, Emotional Empathy, Coping Strategies, Compassion Fatigue, Psychological Distress

Emotional Intelligence, Self-esteem and Psychological Distress in Traffic Wardens

Hira Khawar (BS: Session 2009-2013)
Supervisor: Aasma Yousaf

The present study examined the emotional intelligence, self-esteem and psychological distress in traffic wardens. The hypotheses were that there is a significant relationship between Emotional Intelligence, Self Esteem and Psychological Distress in Traffic Wardens. A second hypothesis

was that Emotional intelligence is likely to predict self-esteem as well as self-esteem is likely to predict psychological distress in traffic wardens. Thirdly, the hypothesis was that there is a difference in scores of Married and Unmarried Traffic Wardens on the scales of Emotional Intelligence, Self Esteem and Psychological Distress. For this study, a sample of 150 Traffic Wardens included 75 married and 75 unmarried traffic wardens were recruited with the age range of 25-50 years, who paid duty on signals. Data was collected through non probability convenient sampling strategy and research design was within group design. For this purpose the Schutte Self-Report Emotional Intelligence Test (SSEIT), Rosenberg Self Esteem Scale (RSES) and K-10 psychological distress scale. Data was analyzed using Statistical Package of Social Sciences (SPSS) 17 version. The correlational analysis revealed that there was negative correlation between emotional intelligence and self-esteem and there was no correlation between self-esteem and psychological distress. The regression analysis revealed that there is no significant predictive relationship between emotional intelligence and self-esteem. Furthermore, the independent sample T. test revealed that there were no differences between married and unmarried traffic wardens regarding emotional intelligence, self-esteem and psychological distress. This study helped to understand the complexities of emotions. It will also help to make stress management plan for traffic wardens.

Keywords: Emotional Intelligence, Conflict, Psychological Distress

Work Place Stressors and Psychological Distress in Police Personnel

Syma Akram (BS: Session 2010-2014)
Supervisor: Tehreem Arshad

The present study aimed to explore the relationship between work place stressors and psychological distress in police personnel. It was hypothesized that there would likely to be a positive relationship between work place stressors and psychological distress. Moreover, it was hypothesized that there would likely to be a positive relationship between operational police stress and organizational police stress. It was also hypothesized, operational police stress and organizational police stress will likely to predict psychological distress (depression, anxiety and stress). Sample of 150 police personnel of age 22-52 (M= 32.06, SD = 5.80) from Constable to Station House Officer (SHO) were collected from Capital City Police Office (CCPO=75) and Police Line Qilla Gujjar Singh (QGS=75) of Lahore. Police Stress Questionnaire (PSQ; McCreary & Thompson, 2006) & Depression Anxiety Stress Scale (DASS; Lovibond & Lovibond, 1995) were administered on the police personnel. Preliminary analysis indicated moderate depression in 60 % police personnel. Severe and extreme severe anxiety was found in 41.3% and 43.3 % in police personnel respectively. Severe stress was found in 71.3 % participants. Pearson correlation analysis revealed significant positive correlation between work place stressors and psychological distress. There was also found significant positive correlation between operational police stress and organizational police stress. Regression analysis depicted operational police stress as predictor of depression, anxiety and stress. While organizational police stress was not found as predictor of depression, anxiety and stress. Overall, findings of the present research highlighted the dire need to enhance the wellbeing of police personnel.

Keywords: Work Place Stressors, Psychological Distress, Police Personnel

Resilience and Quality of Life in Rescue Personnel

Arooj Mughal (BS: Session 2010-2014)
Supervisor: Adeela Khalid

The aim of the present study was to find out the relationship between resilience and quality of life in rescue personnel. For this purpose several hypothesis were made based on the past studies. It was hypothesized that there will likely be a relationship between resilience, quality of life, burnout, and compassion fatigue. It was also hypothesized that there will likely be a relationship between job experience, resilience and burnout. Another hypothesis was that quality of life is likely to predict resilience. This study was carried out using cross sectional research design and purposive sampling was used for data collection. For this purpose 117 rescue workers were selected from three departments namely Rescue 1122, Rescue 15 and Edhi emergency service with the age range of 22 - 62. The mean age of participants was 35 and standard deviation was 9. Resilience of rescue personnel was measured through Indigenous Resilience Scale for Rescue 1122 (Naz, Saleem, & Mahmood, 2010) and quality of life was measured through Professional Quality of life Scale (Stamm, 2005). Results revealed significant correlations between resilience and quality of life i.e. compassion satisfaction, compassion fatigue and burnout. Moreover, experience of job was significantly negatively related with resilience while significantly positive related with burnout, the subscale of quality of life. Furthermore, forward regression analysis was carried out with resilience as an outcome while job satisfaction, vulnerability and subscales of quality of life i.e. compassion satisfaction, compassion fatigue and burnout as predictor variable. Results of forward analysis revealed compassion satisfaction as the strong predictor of resilience. This research has future implications for introducing quality of life enhancement skills for rescue workers and providing them the psychological services to manage their compassion fatigue and burnout.

Keywords: Resilience, Quality of Life, Rescue Personnel

Forensic Psychology

Self-Harm and Psychiatric Morbidity in Women Prisoners

Hina Javed Rana (MS Top-Up: Session 2012-2013)
Supervisor: Nashi Khan, PhD

The current study aimed to assess Self-Harm and Psychiatric Morbidity in Women Prisoners. The current study also aimed to explore the phenomena of self-harm in women prisoners. It was hypothesized that more traumatic life experiences increase the risk of self-harm in women prisoners and incidence of psychiatric morbidity i.e., depression, somatoform, anxiety, and low frustration tolerance increases the risk of self-harm among women prisoners. Mixed methodology design was employed and current study was conducted in two phases. In Phase I, the sample comprised of 38 women prisoners selected on the basis of inclusion and exclusion criteria from Kot Lakhpat Central Jail Lahore, Pakistan. Symptom Checklist- Revised and Deliberate Self-Harm Inventory was used to assess Psychiatric Morbidity and Self-Harm in women prisoners. A performa of Structured Interview was devised by the researcher to assess traumatic life experiences of women prisoners who indulged in self-harming behaviors. Results of phase I revealed that mental distress, unsatisfactory relations with husband, physical abuse, low family support, and distance from children during imprisonment were reasons of self-harm in women prisoners. Women prisoners were experiencing depression, anxiety, and somatization. In Phase II, collective case studies were done for having detailed information of women prisoners, their perception about self-harm, their reasons behind the act of self-harm, and effects of self-harm on their lives. Both participants of Phase II also participated in Phase I of the current study. Major themes derived in Phase II study were the expression of pain, environmental, and psychological factors which includes: escape behavior, physical abuse, aggression, mental distress, anger, helplessness, and relief from pain. The results of both Phase I and Phase II support each other. Implications of the findings for psychologists and policy makers are discussed in the context of Pakistani culture and prison settings of Pakistan.

Keywords: Self-Harm, Psychiatric Morbidity

Parental Acceptance- Rejection, Victimization and Personality Disorders among Prison Inmates

Tanzeela Abbas (MS: Session 2009-2013)
Supervisor: Saima Dawood, PhD

The present study aims at finding out the role of Parental Acceptance- Rejection and Victimization in the development of Personality Disorders among prison inmates. A sample of 93 prison inmates (men and women), was collected through purposive sampling, from Kot Lakhpat Jail, Lahore. Prison inmates under eighteen years of age and those who were under trial were not included in the sample. Research tools used were Demographic Questionnaire; Parental Acceptance-Rejection/Control Questionnaire (PARQ/ Control) and Juvenile Victimization Questionnaire, Second Revision, Adult Retrospective, (Screen Sum Version, JVQ-R2) and Comprehensive Diagnostic Instrument for Personality Disorders. Linear multiple regression analysis was used to predict the role of Parental Acceptance- Rejection and Victimization in the development of Personality Disorders. The major findings of the study were that Parental Acceptance- Rejection was strong predictors of Paranoid Personality Disorders; Victimization

was a strong predictor of Borderline, Histrionic and Narcissistic Personality Disorder. Parental Acceptance -Rejection and Victimization both were predictors of Avoidant and Obsessive Compulsive Personality Disorder.

Clinical Geriatric Psychology

Psychosocial Stress, Resilience and Psychological Wellbeing In Older Adults

Hiba Naeem Bashir (BS: Session 2010-2014)
Supervisor: Rabia Dasti

The present study aimed to investigating the relationship of psychosocial stress, resilience and depression among older adults. It was hypothesized that: there is likely to be a negative relationship between psychosocial stress and resilience in older adults; there is likely to be negative relationship between resilience and depression among older adults. Another hypothesized was that various age, gender, religious inclination, physical condition, psychosocial stress and resilience are likely to predict depression among the elderly. There is likely to be gender differences regarding stress and resilience among older adults. It was correlation study. The sample consisted of both men and women older adults who are 65 years and above men (M= 69.94, SD= 5.10) women (M= 68.56, SD= 2.90). Sample was collected through purposive sampling strategy. Elder Life Stress Inventory developed by Aldwin (1990), Resilience State Trait Inventory developed by Hiew (2002) translated by Kausar and Jabeen (2009) and Geriatric Depression Scale was developed by Yesavage (1996) were used to measure psychosocial stress, resilience and depression respectively. The first hypothesis was ported and results revealed that there is negative relationship between psychosocial stress and resilience. Results also supported second hypothesis that there is negative relationship between resilience and depression. Furthermore it was found that perceived stress and resilience were found to be predictors of depression among older adults. The results have implications of designing effective clinical interventions for enhancing the resilience of older adults.

Keywords: Psychosocial Stress, Resilience, Psychological Wellbeing

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