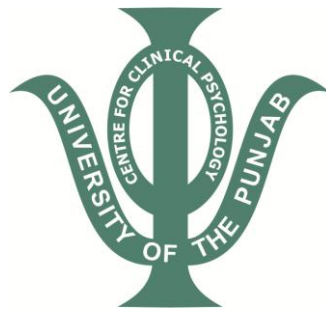# Psychological

Abstracts

2015-2016

Centre for Clinical Psychology

University of the Punjab, Lahore

Pakistan

Psychological

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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 the fourth 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 appreciate the efforts of Prof. Dr. Rukhsana Kausar (Ex-Director) for taking this initiative and Research Scholars, Ms. Sakina Gulzar and Ms. Sumaira Ayub for compiling these abstracts. Some of the abstracts were photocopied from the theses, followed by their scanning, and proof reading. Cooperation of the assisting staff is also worth mentioning. Any success is primarily teamwork and this publication also reflects the spirit of this 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. Farah Malik
Director
Centre for Clinical Psychology
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Lahore

Table of Contents

BS- 4 Years

MS Clinical Psychology

CORRELATES OF DYSFUNCTIONAL EATING IN YOUNGER ADULTS

Amina Sadia (MS 2014-2016)
Supervisor: Rukhsana Kausar, PhD

The Purpose of present study was to investigate the correlates of dysfunctional eating in postgraduate students. It was hypothesized that: parental bonding, metacognitions, meta-emotions and core-beliefs are likely to be correlated with dysfunctional eating behaviors and dysfunctional eating attitude; core beliefs meta-cognitions and meta-emotions are likely to mediate the relationship between parental bonding and dysfunctional eating behaviors and dysfunctional eating attitudes; and that there are likely to be gender differences in dysfunctional eating behaviors and dysfunctional eating attitudes. Sample of 214 postgraduate students aged 20-30 years; men *(M = 25.33, SD = 5.35)* and women (*M = 23.9, SD = 3.49)* were selected from different departments of three public and private sector universities of Lahore, through convenient sampling technique. Three factor eating questionnaire (Karlsson, Persson, Sjostron, & Sullivan, 2004), Eating disorder inventory (Garner, Olmsted, & Polivy, 1983), Beliefs about emotions questionnaire (Menser, Cooper, & Trefusis, 2012), Meta-cognitions questionnaire (Wells & Cartwright-Hatton, 2004) and Parental bonding inventory (Parker, Tupling, & Brown, 1979) were used for assessment. Data were analyzed using Pearson product moment correlation, *t*-test, PROCESS and one way ANOVA analyses. Results revealed that drive for thinness, bulimia, body dissatisfaction; uncontrolled eating cognitive restraint and emotional eating were significantly positively correlated with parental overprotection, metacognitions, met emotions, core-beliefs except high standard for self and parental care. Meta-emotions partially mediated relationship of mother care with uncontrolled eating, drive for thinness and bulimia. Metacognitions partially mediated relationship between mother care and uncontrolled eating. There were significant gender differences in drive for thinness and body dissatisfaction. Results are discussed in terms of their implications and theoretical significance.

Keywords: Parental Bonding, Metacognitions, Meta-emotions, Core-Beliefs, Dysfunctional Eating, Postgraduates

PSYCHOLOGICAL CONSTRUCTS AND DYSFUNCTIONAL EATING IN UNIVERSITY STUDENTS

Maryam Hussain (MS 2014-2016)
Supervisor: Rukhsana Kausar, PhD

The present study aims to test a model that seeks to explain how parental bonding and loneliness may be responsible in the development of dysfunctional eating patterns such as cognitive restraint, emotional eating, uncontrolled eating, drive toward thinness, bulimia and body dissatisfaction with body image. It was further hypothesized that metacognitions, core-beliefs and meta-emotions would mediate between loneliness, parental bonding and the aforementioned dysfunctional eating patterns. Correlational research design was used. A sample of 210 university students was selected from government and private universities. Urdu translated version of UCLA loneliness scale-3, Three factor eating questionnaire-R-18, Eating disorders belief questionnaire and Metacognitions questionnaire were used for assessment purposes. Correlational analysis and multiple hierarchical regression were used to analyze the data. Almost all dimensions of parental boning showed significant relationship with some patterns of dysfunctional eating. Loneliness did not show any significant correlation with dysfunctional eating. None of the hypothesized mediators (metacognitions, meta-emotions and core-beliefs) mediated the relationship between loneliness, parental bonding dimensions and patterns of dysfunctional eating. The findings of this research can help in understanding the possible causal model of dysfunctional eating patterns in university students. It can further aid in designing effective prevention and intervention strategies to treat dysfunctional eating attitudes for the at-risk university students.

Keywords: Parental Bonding, Loneliness, Metacognitions, Meta-emotions, Core-Beliefs, Dysfunctional Eating

ATTACHMENT STYLES, DARK TRIAD TRAITS, THREATENED EGOTISM AND AGGRESSION IN ADOLESCENTS

Bareera Shahid (MS 2014-2016)
Supervisor: Aisha Sitwat, PhD

The present study aimed to investigate the relationship between attachment styles, dark triad traits, threatened egotism and aggression in adolescents. It was hypothesized that insecure attachment styles, dark triad traits (machiavellianism, narcissism and psychopathy) and threatened egotism are likely to predict aggression. Threatened egotism was likely to mediate the relationship between dark triad trait and aggression. In addition, there would be gender differences between attachment styles, dark triad traits, threatened egotism and aggression in adolescents. A correlation study was used and 220 adolescents with equal representation of gender with age range 13-16 years ($M = 14.09$, $SD = 0.94$) were selected with the help of teachers from nineteen schools of Lahore through 2 stage non probability purposive sampling. Urdu versions of Attachment style classification questionnaire (Finzi, Cohen, Sapir, & Weizman, 2000), Dirty dozen questionnaire (Jonason & Webster, 2010), Perceived ego threat questionnaire (Cale & Lilienfeld, 2006), Self-esteem Scale (Heatherton & Polivy, 1991) and Direct and indirect aggression scale (Bjorkqvist, Lagerspetz, & Osterman, 1992) were used for assessment. The results revealed significant positive relationship between anxious attachment style, avoidant attachment style, dark triad traits, threatened egotism, self-esteem and aggression. Regression analysis revealed that subscales of dark triad traits i.e. machiavellianism, psychopathy and narcissism and threatened egotism predicted aggression. Results also revealed that threatened egotism partially mediated the relationship between narcissism and aggression where as threatened egotism partially mediated the relationship between psychopathy and aggression. Moreover results also showed significant gender differences between attachment styles, dark triad traits, threatened egotism and aggression. This study helps to understand the pathway between dark triad traits, threatened egotism and aggression.

Keywords: Attachment Styles, Dark Triad Traits, Narcissism, Machiavellianism, Psychopathy, Threatened Egotism, Aggression, Adolescents

POLY-VICTIMIZATION, MORAL DISENGAGEMENT AND HIGH RISK BEHAVIORS IN ADOLESCENTS

Wadiat Batul (MS 2013-2015)
Supervisor: Aisha Sitwat, PhD

The current study aims to investigate the relationship between poly-victimization, moral disengagement, pro-social and high-risk behaviors in two at-risk groups of adolescents' including homeless and adolescent laborers. Another objective was to see the meditational effect of moral disengagement between poly-victimization and high risk behaviors. The study also aimed to find the differences in these two groups of adolescents regarding the concerned variables. Purposive sampling strategy was employed to collect a sample of 150 adolescents in which 75 participants were from homeless group (M = 14.87, SD = 0.94) and 75 from labor group (M = 16.07, SD = 1.46) as well. Juvenile victimization questionnaire (Hamby, Finkelhor, Ormrod, & Turner, 2005), Moral disengagement scale (Bandura, Barbaranelli, Caparara, & Pastorelli, 1996) and Adolescent behavior questionnaire (Ma, 1988) were used for assessment. Findings suggested that poly-victimization and moral disengagement positively predicted high risk behaviors. Homeless adolescents were more poly-victimized; more morally disengaged and were involved in more high-risk and less pro-social behaviors as compared to laborer adolescents. Moral disengagement mechanisms (diffusion of responsibility and distorting consequences) mediated the relationship between poly-victimization and high risk behaviors. This study adds to the existing body of knowledge and has very important implications for practitioners, concerned authorities and policy makers to collaborate, intervene and take radical steps for prevention and early intervention of these gruesome psychosocial problems faced by at-risk adolescents.

Keywords: Poly-Victimization, Moral Disengagement, High-Risk Behaviors, Adolescents

INTERNALIZED TRANSPHOBIA, SOCIAL SUPPORT, COPING STRETAGIES AND COMMON MENTAL DISORDERS IN TRANSGENDERS

Rakia Ashraf (MS 2014-2016)
Supervisor: Nashi Khan, PhD

The present study was conducted to find the relationship between internalized transphobia, coping strategies, perceived social support and common mental disorders in transgender. It also determined the role of coping strategies and perceived social support in mediating the relationship between internalized transphobia and common mental disorders in transgender. The study used correlational research design with purposive sampling technique for sample collection of patients with age 19-55 years and from organizations. Transgender identity scale (Bockting, Miner, Robinson, Rosser, & Coleman, 2005), Multidimensional scale of perceived social support (Zimet, Dahlem, Zimet, & Farley, 1988), Coping strategies questionnaire (Kausar & Munir, 2004) and Symptom checklist revised (Rahman, Dawood, Rehman, Mansoor, & Ali, 2009) were used for assessment. Pearson product moment correlation and PROCESS were used for data analyses in order to find the correlation and mediation. Internalized transphobia was negatively correlated with active practical coping, religious focused coping and perceived social support while it was significantly positively correlated with active distractive coping, avoidance focused coping and common mental disorders. Avoidance focused coping was found to mediate the relationship between internalized transphobia and level of frustration tolerance. The research found the role of coping strategies and perceived social support in reducing the internalized stigmatized attitude. On the basis of this information, future interventions and awareness through different modes can be planned and executed.

Keywords: Internalized Transphobia, Coping Strategies, Perceived Social Support, Common Mental Disorders, Transgender

INTIMATE PARTNER HOMICIDE: PERCEPTION & EXPERIENCE OF FEMALE OFFENDERS
Ayesha Kamran (MS 2014-2016)
Supervisor: Nashi Khan, PhD

The present study was conducted to investigate the indigenous perspective of female offenders regarding intimate partner homicide. Qualitative study based on in-depth semi-structured interviews, were conducted to gather lived experiences of the female offenders regarding intimate partner homicide. Data gathered through this detailed interview was transcribed to derive the important themes. Interpretative phenomenological analysis (IPA) was used to derive main themes out of the data. Sample of 5 female offenders were recruited from central jail Kotlkhpat, Lahore. The major themes emerged from the data were emotional consequences of murder, altered personality, early life adversities, marital conflicts and nature of homicide. This research has wider applications for professionals of clinical psychology, forensic psychology and social psychology. Furthermore, it would be of great value for the general public in developing insights regarding factors responsible for spousal homicide.

Keywords: Intimate Partner Homicide, Interpretative Phenomenological Analysis, Altered Personality

CHILD ABUSE, COPING STRATEGIES, EMOTIONAL AND BEHAVIORAL PROBLEMS IN RUNAWAY ADOLESCENTS

Samina Kausar (MS 2014-2016)
Supervisor: Nashi Khan, PhD

The present study was conducted to examine gender differences and the relationship between child abuse (sexual, physical, psychological abuse, physical and psychological neglect), coping strategies (active practical coping, active distractive coping, avoidance focused coping and religious focused coping) and emotional and behavioral functioning in runaway adolescents living in institute and also to determine coping strategies as potential mediating variables between child abuse by father/ male guardian and mother/ female guardian and emotional and behavioral dysfunctioning. The study was based on correlational research design and sample was selected through Purposive sampling from Child Protection

& Welfare Bureau. It included 190 adolescents (Boys = 95, Girls = 95) falling in the age range of 14-17 years. The questionnaires included in the study were Child abuse scale, Coping strategies questionnaire and Pediatric symptom checklist. Results of Independent sample *t*-test revealed significant gender differences in sexual abuse by father/ male guardian, physical and psychological abuse by mother/ female guardian, in the use of active distractive coping, avoidance focused coping and in behavioral problems. Moreover, the correlation analysis showed child abuse by father /male guardian had significant negative relationship with active focused coping and positive correlation with active distractive coping, avoidance focused and religious focused coping while child abuse by mother/ female guardian was significantly positively correlated with avoidance focused coping. Result also revealed that child abuse by father/ male guardian decreased the level emotional and behavioral functioning whereas child abuse by mother/ female guardian increased emotional problems. The hypothesized structural equation modeling (sem) fit the data well and indicated that the relationship between child abuse and emotional and behavioral dysfunctioning appeared to be strongly mediated by coping strategies.

Keywords: Child Abuse, Coping Strategies, Emotional and Behavioral Functioning

PERSONALITY, RESILIANCE, COPING STRATEGIES AND QUALITY OF LIFE IN THE PATIENTS WITH HAPTITUS B AND C

Farwa Chaudhary (MS 2014-2016)
Supervisor: Saima Dawood, PhD

The present research aimed to explore the relationships among personality, resilience, coping strategies and quality of life in patients with hepatitis B and C. A sample of 132 hepatitis B and C patients (men = 55, women = 77) with age ranges of 20-65 ($M = 45$, $SD = 10.79$) correlational research design and purposive sampling technique. Big five inventory (John et al., 1991), State-trait resilience scale (Hiew et al., 1998), Coping strategies questionnaire (Kausar & Munir, 2004) and Quality of life-BREF (WHO, 1997) were used to assess personality traits, resilience, coping strategies and quality of life, respectively. Extraversion was positively related to trait resilience, state resilience, active focused

coping, active distractive coping, religious focused coping and with all domains of quality of life. Agreeableness had significant positive relationship with trait resilience and negative relationship with avoidance focused coping. Conscientiousness was found to have significant positive relationship with trait resilience, state resilience, active focused coping and psychological health and negative relationship with avoidance focused coping. Neuroticism had significant negative relationship with trait resilience, state resilience and psychological health. Openness to experience was found to be significantly positively related to trait resilience, state resilience, active focused coping, avoidance focused coping, active distractive coping, religious focused coping, physical health, psychological health and environment. Neuroticism negatively predicted psychological health, whereas, trait resilience positively predicted physical health and environment. Active focused coping positively predicted psychological health and social relationships. Avoidance focused coping negatively predicted physical health and psychological health. Active focused coping mediated the relationship between state resilience and social relationships as well as between trait resilience and psychological health.

Keyword: Personality, Resilience, Coping Strategies, Quality of Life, Hepatitis B & C

OBSESSIVE BELIEFS, PROBLEM ORIENTATION AND THOUGHT CONTROL STRATEGIES IN PATIENTS WITH OBSESSIVE COMPULSIVE DISORDER

Syeda Afnan Saqib (MS 2014-2016)
Supervisor: Tehreem Arshad

The present study aimed to investigate the relationship between obsessive beliefs, problem orientation and thought control strategies. Moreover the predictive effect of obsessive beliefs and problem orientation was also investigated. One hundred patients with obsessive compulsive disorders including 51men and 49 women (*M* age = 34.06 years, *SD* = 10.14) were recruited from different teaching hospitals of Lahore and Centre for Clinical Psychology, University of the Punjab, Lahore. Obsessive beliefs questionnaire (Obsessive Compulsive Cognitions Working Group, 2005), Social problem-solving inventory - revised (D'Zurilla, Nezu, & Olivares, 2010) and Thought control questionnaire (Wells & Davies, 1994) were

employed to assess the study variables. The findings revealed significant correlations between scales of obsessive beliefs, problem orientation and thought control strategies. Among obsessive beliefs; perfectionism/ certainty scale had significant positive correlation with distraction, social control and appraisals. Significant positive correlation was also found between positive, rationale and avoidant styles scales of problem orientation and distraction, social control and reappraisals scales of thought control strategies. Furthermore, among the three obsessive beliefs; responsibility/ threat and perfectionism/ certainty turned out to be positive predictors of reappraisal and distraction thought control strategies and among problem orientation styles; positive problem solving and rationale problem solving predicted the use of distraction and social control respectively. It was also found that men have more impulsive/ careless style of problem orientation and they also have escalated use of distraction as thought control strategy in contrast to women. The results of the study have implication for mental health practitioners as it will help them in devising more effective management plans in reference to OCD.

Keywords: Obsessive Beliefs, Problem Orientation, Thought Control Strategies, Obsessive Compulsive Disorder

EFFICACY OF TRANSGENDER AFFIRMATIVE CBT (TA-CBT) TO REDUCE MINORITY STRESS IN TRANSGENDER

Syeda Aleena Rubab Zaidi (MS 2014-2016)
Supervisor: Faiza Safdar

The current research was conducted to find out the efficacy of transgender affirmative cognitive behavior therapy (TA-CBT) in reducing minority stress in transgender. This therapy is an adaptation of cognitive behavior therapy (CBT) and is based on the minority stress theory (Meyers, 2003). The sample was collected from Gulshan Ravi and Samanabad and comprised of 8 participants. The mean age of the participants was 38 years. They were assessed on the Gender minority stress and resilience measure (Testa, Habarth, Peta, Balsam, & Bockting, 2014), Perceived stress scale (Tahira & Kausar, 2013) and Coping strategies questionnaire (Kausar & Munir, 2004) on pre assessment and post assessment level. The group sessions were conducted at the house of the guru by keeping in mind the comfort of the participants and the safety

of the researcher. Total 7 group sessions with the mean duration of 45 minutes were conducted following the treatment protocol (Craig & Austin, 2014). The results of Wilcoxon signed ranks test indicated that TA-CBT was effective in reducing the minority stress and improved the coping strategies used by the participants.

Keywords: Transgender Affirmative Cognitive Behavior Therapy, Transgender, Minority Stress, Coping Strategies

APPEARANCE IMPRESSION MOTIVATION, BODY DISSATISFACTION, APPEARANCE FOCUSED COGNITIVE DISTORTIONS, SOCIAL APPEARANCE ANXIETY AND EATING BEHAVIORS IN YOUNG ADULTS

Ayesha Yousaf (MS 2014-2016)
Supervisor: Faiza Safdar

The present research was conducted to examine the relationship between appearance impression motivation, body dissatisfaction, appearance focused cognitive distortions, social appearance anxiety and eating behaviors; to study the role of appearance impression motivation, body dissatisfaction and appearance focused cognitive distortions as predictors of social appearance anxiety and eating behaviors and to study the mediating role of appearance focused cognitive distortions in the relationship between body dissatisfaction and social appearance anxiety. The sample was composed of 400 including 200 men and 200 women university students aged between 18-25 years ($M = 21.40$, $SD = 1.87$). Correlational research design was used. Sample was drawn by using convenience sampling technique from different government and private universities of Lahore. Appearance impression motivation scale (Amorose & Hollembeak, 2013), Body shape questionnaire (Cooper, Taylor, Cooper, & Fairburn, 1987), The assessment of body image cognitive distortions (Jakatdar, Cash, & Engle, 2006), Social appearance anxiety scale (Hart et al., 2008) and Eating behavior scale (Horiguchi, Tanaka, Ogasawara, & Maruyama, 2014) were used for assessment. Pearson product moment correlation revealed significant relationship among variables. Multiple regression analysis showed that appearance impression motivation significantly predicted social appearance anxiety, eating behaviors and strong taste; body dissatisfaction significantly predicted social appearance anxiety, eating behaviors and eating quickly

and appearance focused cognitive distortions significantly predicted social appearance anxiety and extrinsic eating. Moreover, the result of the mediation analysis showed that appearance focused cognitive distortions was partially mediating the relationship between body dissatisfaction and social appearance anxiety. The results were discussed in the context of Pakistani society and culture.

Keywords: Appearance Impression Motivation, Body Dissatisfaction, Cognitive Distortions, Social Appearance Anxiety, Eating Behaviors

BS-4 Years

BODY IMAGE CONCERNS, SELF ESTEEM AND QUALITY OF LIFE IN MEN WITH ANDROGENETIC ALOPECIA

Marwah Badar Qureshi (BS 2012-2016)
Supervisor: Saima Dawood, PhD

The present study was conducted to investigate the relationship between body image concerns, self-esteem, social interaction anxiety and fear of negative evaluation in men with androgenetic alopecia who have taken the treatment (treatment group: (n = 60, M Age = 36.80, SD = 7.83) and who did not take any treatment (Control group: n = 60, M Age = 36.65, SD = 8.41) so far. Correlational research design and comparison method was used. A sample of 120 men with an age range of 25-50 years was selected through purposive sampling. Treatment group was recruited from five private hair transplant centers. Control group was selected from two shopping malls, two cafes and one bank of the same areas with matched age, education and socioeconomic status of men of treatment group. Body image concerns inventory (Littleton, Axsom, & Pury, 2005), Brief self-esteem inventory (Williams, 2000), Social interaction anxiety scale (Mattick & Clarke, 1998) and Brief fear of negative evaluation (Leary, 1983) were used for assessment. Data were analyzed through SPSS. Descriptive statistics, Pearson product moment correlation, independent sample t-test and multiple regression analysis with backward method were done on all variables. The results revealed a non-significant relationship between body image concerns, self-esteem and social interaction anxiety, and a significant positive relationship between body image concerns and fear of negative evaluation in the treatment group. Whereas, a significant positive correlation between body image concerns, social interaction anxiety and fear of negative evaluation and a significant negative correlation between body image concerns and self-esteem was found in non-treatment group. Furthermore, non-treatment group had lower self-esteem and greater body image concerns, social interaction anxiety and fear of negative evaluation as compared to the treatment group.

Keywords: Body Image Concerns, Self Esteem, Quality Of Life, Androgenetic Alopecia

CHRONIC PAIN, HEALTH LOCUS OF CONTROL, PAIN SELF-EFFICACY AND DEPRESSION IN ELDERLY

Mamoona Bokhari (BS 2012-2016)
Supervisor: Saima Dawood, PhD

The present research was conducted to examine the relationships between chronic pain related variables, health locus of control, pain self-efficacy and depression in chronic pain patients. Cross-sectional survey research design was employed and data was collected through purposive sampling. The sample, consisting of 186 chronic pain patients (M age = 46.92 years, SD = 13.92) including patients of sciatica, migraine, osteoarthritis, rheumatoid arthritis, fibromyalgia, trigeminal neuralgia, chronic cholecystitis, spinal stenosis, cervical radiculopathy, myofascial pain syndrome and injuries, was taken from six hospitals of Lahore City. A personal history questionnaire to collect basic information and the West Haven-Yale multidimensional pain inventory (WHYMPI) to assess chronic pain related variables (interference, support, pain severity, life control, affective distress, significant other's responses to participant's pain and general activity) were administered on the participants. Multidimensional health locus of control scale to assess health locus of control orientations; Pain self-efficacy questionnaire to assess pain self-efficacy; and the Depression subscale of symptom checklist-revised were also administered. The results were attained by employing descriptive analysis, Pearson product moment correlation coefficient, independent samples t-test and stepwise regression with backward elimination method. The results indicated that all chronic pain related variables were significantly related with depressive symptoms and internal health locus of control and pain self-efficacy was negatively related with depressive symptoms. Moreover, the pain related variables interference, life-control, affective distress, significant other's negative responses to participant's pain, significant other's solicitous responses to participant's pain, as well as doctor's health locus of control and pain self-efficacy emerged as the predictors of depressive symptoms. The results also revealed that women reported more depressive symptoms than men. Among the personal history variables like relationship problems with mother, spouse and other family members were revealed to be predictors of depressive symptoms. The present research emphasized the significance of psychological variables involved in the depressive symptoms related to chronic pain patients and also highlighted the importance of

psychological intervention for chronic pain patients who experience psychological distress.

HARASSMENT, COPING RESPONSES, SELF-OBJECTIFICATION AND PSYCHOLOGICAL DISTRESS IN WOMEN USING PUBLIC TRANSPORT

Sana Zaheer (BS 2012-2016)
Supervisor: Humaira Naz

The present research was conducted to find out the relationship between harassment, coping responses, self-objectification and psychological distress in women using public transport. It was hypothesized that there would likely to be a relationship between harassment, coping responses, self-objectification and psychological distress in women using public transport. It was also hypothesized that harassment, coping responses, self-objectification would likely to predict psychological distress (depression, anxiety and stress). Correlation research design was used. A total of 200 women (*M* age = 20.21 years, *SD* = 1.45) using public transport were recruited for the research using purposive sampling technique. The sample was drawn from two private and two public universities and one government women college. Experience of harassment scale (Gull & Kausar, 2013), Brief COPE (Carver, 1997), Objectified body consciousness scale (McKinley & Hyde, 1996) and Depression anxiety stress scale (Lovibond & Lovibond,1995) were administered to examine their reported harassment, coping responses, self-objectification and psychological distress (depression, anxiety and stress). Correlation analysis showed significant positive relationship between the harassment and psychological distress. The findings also revealed significant negative relationship between problem-focused coping and depression. Active avoidance coping had significant positive relationship with psychological distress. There was also significant positive relationship between self-objectification and psychological distress. Stepwise regression analysis revealed problem focused coping, active avoidance coping and body shame as predictors of depression. Physical harassment and body shame emerged as the significant predictors of anxiety. Stress was significantly predicted by verbal passive

harassment, active avoidance coping and body shame. Results were discussed in the light of previous literature and implicated in policy making to provide equal rights and end the discrimination against women.

Keywords: Harassment, Coping Responses, Self-Objectification, Psychological Distress

ACADEMIC STRESS, SELF-REGULATION, LEISURE SATISFACTION AND ACADEMIC PROCRASTINATION IN STUDENTS

Ammara Waheed (BS 2012-2016)
Supervisor: Humaira Naz

The present study intended to explore the relationship between academic stress, self-regulation, leisure satisfaction and academic procrastination in college students. It was hypothesized that there would likely to be a relationship between academic stress, self-regulation, leisure satisfaction and academic procrastination in college students. It was also hypothesized that academic stress, self-regulation and leisure satisfaction will likely to predict academic procrastination in college students. Correlational research design was used. A sample comprised of 300 college students including 150 male and 150 female (M age = 17.30 years, SD = 1.17) enrolled in FSc program. The data were collected from five colleges of Lahore. Questionnaire used in the study were Educational stress scale for adolescents (Sun, Dunne, Hou, & Xu, 2011), Academic motivation scale (Vallerand et al., 1993), Leisure satisfaction measurement (Beard & Ragheb, 1980) and Tuckman procrastination scale (Tukman, 1991). Findings revealed a positive significant relationship between academic stress and academic procrastination. Positive significant relationship of extrinsic motivation, extrinsic motivation-external regulation and a motivation was also found with academic procrastination. There was a positive significant correlation between social satisfaction and academic procrastination. The results of Regression revealed that study despondency (academic stressor), extrinsic motivation-external regulation and social satisfaction significantly predicted academic procrastination in college students. Moreover, the results also showed that male college students experience more stress due to pressure of studies and study despondency whereas

female college students experience more stress due to self-expectations from study. It was also found that female college students regulate their behaviors on the basis of interjected motivation and indulged more in aesthetic and relaxing leisure activities. However both reported to have similar pattern of procrastination. The present study highlighted that students facing academic stressors including pressure from study and study despondency tend to indulge in academic procrastination. Similarly when they have extrinsic motivation, their vulnerability to academic procrastination is increased. Moreover, students who indulge more in social activities during their leisure time also procrastinated more. Research would help education specialists and academic counselors to devise appropriate intervention strategies to reduce the level of procrastination and academic stress in college students by emphasizing on developing healthy pattern of leisure satisfaction and self-regulation.

Keywords: Academic Stress, Self-Regulation, Leisure Satisfaction, Academic Procrastination

PERCEPTION OF AGING, SOCIAL GENERATIVITY, SOCIAL SUPPORT AND PSYCHOLOGICAL WELL-BEING IN MIDDLE AGE

Maheen Fatima Khan (BS 2012-2016)
Supervisor: Humaira Naz

The present study aimed to investigate the relationship between perception of aging, social generativity, social support and psychological well-being in middle age. It was hypothesized that there would likely be a relationship between perception of aging, social generativity social support and psychological well-being in middle age. It was also hypothesized that there would likely be a predictive relationship of perception of aging, social generativity and social support with psychological well-being. The data was collected from the sample of 200 middle aged participants including 100 men and 100 women with the age-range of 40-55 years ($M = 49.75$, $SD = 3.92$) from community through convenient sampling. The tools used in the present study were Demographic information form, Perception of aging questionnaire (Barker et al., 2007), Loyala generativity scale (McAdams & Aubin, 1992), Multidimensional scale of perceived social support (Zimet *et*.al, 1988) and Psychological well-being scale (Ryff, 1989). The results of

Pearson product moment correlation indicated significant relationship between perception of aging, social generativity, social support and psychological well-being. Positive perception of aging (control positive), negative perception of aging (control negative, consequence negative), social generativity and social support (support of significant others) were found to be significant predictors of psychological well-being in middle age. The middle aged individuals who view aging positively, participate in generative acts and have social support tend to experience high psychological well-being. Community counseling centers for middle aged individuals can be held in society where they can be taught many ways to perceive aging positively and indulge in more generative acts. Effective coping strategies can be taught to the middle aged individuals to deal with the stress due to problems faced in middle age.

Keywords: Perception of Aging, Social Generativity, Social Support, Psychological Well-Being

PERSONALITY TRAITS, COMPULSIVE USE OF SMARTPHONE AND SOCIAL FUNCTIONING IN YOUNG ADULTS

Ruqayyah Maalik (BS 2012-2016)
Supervisor: Aasma Yousaf

The aim of the current study was to examine personality traits, compulsive use of smartphone and social functioning in young adults. This was a correlational research design. Hypotheses were (1) there is likely to be a relationship in personality traits, compulsive use of smartphone and social functioning in young adults, (2) personality traits are likely to predict compulsive use of smartphone and social functioning in young adults. Total 300 participants (men = 149; women= 151) within the age range of 18-35 years ($M = 21.48$, $SD = 2.32$) were selected through g-power analysis. Multistage sampling strategy was used. Obsessive compulsive inventory-R (Foa et al., 1998), Big five inventory-K (Rammstedt, 2013), Smartphone addiction scale (Kwon et al., 2013), Social functioning questionnaire (Tyre et al., 2005), Barratt impulsiveness scale (Spinella et al., 2007) and The materialism scale (Trinh & Phau, 2011) were administered respectively. Pearson product moment correlation revealed that extraversion has negative relationship with compulsive use of smartphone and positive correlation with social

functioning, agreeableness and conscientiousness have positive correlation with compulsive use of smartphone and social functioning, a negative correlation of neuroticism and openness with compulsive use of smartphone was found while there was a negative correlation in neuroticism and social functioning and positive correlation In openness and social functioning, positive correlation was found between compulsive use of smartphone and social functioning. The results of Multiple Hierarchal Regression revealed that openness was the strongest negative predictor of compulsive use of smartphone after controlling the effect of covariates. The study will be helpful to understand the personality influence on increasing trend of compulsive use of smartphone and its effects on social functioning.

Keywords: Personality Traits, Compulsive Use, Smartphone, Social Functioning

PERCEIVED REFLECTIVE FUNCTION, ATTACHMENT STYLE, PARENTING STYLE AND EMOTION REGULATION OF CHILDREN

Shafaq Pervaiz (BS 2012-2016)
Supervisor: Aasma Yousaf

The present study aimed to study perceived reflective function, attachment style, parenting style and emotion regulation of adolescents. The hypotheses were (1) perceived reflective function is likely to have positive relationship with perceived secure attachment style, authoritative parenting style and reappraisal emotion regulation of adolescents (2) there is likely to have negative relationship in perceived reflective function, secure attachment style, authoritative parenting style and suppression emotion regulation of adolescents (3) perceived reflective function will likely to predict perceived attachment style, parenting style and emotion regulation of adolescents (4) perceived attachment style will likely to predict perceived parenting style and emotion regulation of adolescents (5) demographic variables will likely to predict perceived attachment style, parenting style and emotion regulation of adolescents. This was a co-relational study. Non probability purposive sampling was used to recruit sample. 300 participants including 151 boys and149 girls with age ($M = 19.0$, $SD = 1.61$) were selected from government colleges and universities of Lahore. Reflective function questionnaire for youth

(Sharp & Ha, 2009), Revised adult attachment scale (Collins, 1996), Parental authority questionnaire (Alkharusi et al., 1991), Emotion regulation questionnaire (Gross, 1998) and demographic information sheet were administered. Pearson product correlation revealed positive correlation between perceived high reflective function, secure attachment style, authoritative parenting style and reappraisal emotion regulation. A negative correlation was found between secure attachment style and reappraisal emotion regulation. Hierarchal multiple regression revealed reflective function as predictor of attachment style, parenting style and emotion regulation. Findings of this research can be helpful in understanding parental factors that affect adolescent's emotion regulation, hence developing better relationship between parents and adolescents.

Keywords: Perceived Reflective Function, Attachment Style, Parenting Style, Emotion Regulation

PROVIDER ROLE CONSISTENCY, PSYCHOLOGICAL WELL-BEING AND MARITAL SATISFACTION IN WORKING COUPLES

Maryam Sabir (BS 2012-2016)
Supervisor: Aasma Yousaf

The present study aimed to examine the differences among three provider-role types (main/ secondary, co-provider and ambivalent co-provider) on psychological well-being and marital satisfaction in working couples. It was hypothesized that 1) Working couples with main/ secondary provider roles are likely to have high psychological well-being and high marital satisfaction, 2) Working couples with co-provider provider roles are also likely to have high psychological well-being and high marital satisfaction and 3) Working couples with ambivalent co-provider provider roles are likely to have low psychological well-being and low marital satisfaction. The study was between group research designs by using convenient sampling strategy. The sample comprised 100 working couples, including 100 husbands and 100 wives from schools, colleges, hospitals, banks and Law Bar Association of Lahore. Provider role inventory (Perry-Jenkins & Crouter, 1990), Psychological well-being scale (Ryff, 1989), Depression, anxiety and stress scale-21 (Lovibond & Lovibond, 1995), Revised Dyadic Adjustment Scale

(Bubsy, 1995) and demographic information sheet were administered respectively. The results of one way ANOVA revealed a significant difference among three provider- role types (main/ secondary, co-provider and ambivalent co-provider) on psychological well-being and its two subscales (positive relations and self-acceptance) and a non-significant difference on psychological distress (depression, anxiety and stress) as well as on marital satisfaction (consensus, satisfaction and cohesion) for husbands. However, in wives a significant difference was found among three provider-role types (main/ secondary, co-provider and ambivalent co-provider) on psychological well-being and its two subscales (personal growth and self-acceptance), on two subscales of psychological distress (depression and stress), and on one subscale of marital satisfaction (satisfaction). This study is helpful for the mental health professional to develop a psycho-education plan to educate the couples to divide their roles with mutual consensus to avoid any type of psychological distress.

Keywords: Provider Role Consistency, Psychological Well-Being, Marital Satisfaction

SELF PERCEPTION OF AGING, REJECTION SENSITIVITY, PERCEIVED SOCIAL SUPPORT AND PSYCHOLOGICAL WELL BEING IN OLDER ADULTS

Sadia Naz (BS 2012-2016)
Supervisor: Tehreem Arshad

The present study aimed to explore the relationship between self-perception of aging, rejection sensitivity, perceived social support and psychological wellbeing in older adults. The correlational research design was used. Sample of 154 older adults including 77 men and 77 women of age range 55-87 years ($M = 58.87$, $SD = 5.18$) were recruited through convenient sampling technique from different areas of Lahore. Aging perception questionnaire (Barker, Hanlon, McGee, Hickey, & Conrey, 2007) Age based rejection sensitivity questionnaire (Kang & Chesteen, 2009) Multidimensional scale of perceived social support (Zimet, Dahlem, Zimet, & Farley, 1988) and Psychological well-being scale (Ryff, 1995) were administered. Findings revealed negative dimensions of self-perception of aging (timeline acute, timeline cyclical, emotional representations, control negative and consequences negative) had a

negative relationship with psychological wellbeing and whereas positive dimensions of self-perception of aging (control positive and consequences) had significant positive relationship with psychological wellbeing. Rejection sensitivity showed negative significant relationship with psychological wellbeing. However, perceived social support showed significant positive relationship with psychological wellbeing. Self-perception of aging (control positive and consequence negative) and perceived social support (family and friends) emerged as predictors of psychological wellbeing. Gender differences revealed women have high mean scores on subscales of self-perception of aging (timeline acute and emotional representations and friends subscale of perceived social support as compared to men. The findings of the study can be used to acknowledge the positive attribution toward aging in order to adjust with the old age.

Keywords: Self-Perception, Aging, Rejection Sensitivity, Perceived Social Support, Psychological Well Being

STRESS VULNERABILITY, APPEARANCE SCHEMAS, COPING STRATEGIES AND PSYCHOLOGICAL DISTRESS IN INDIVIDUALS WITH ACNE

Ayesha Durrani (BS 2012-2016)
Supervisor: Tehreem Arshad

The present study aimed to investigate the relationship between stress vulnerability, appearance schemas, coping strategies and psychological distress in individuals with acne. It was hypothesized that stress vulnerability, appearance schemas, coping strategies would likely to have a relation with psychological distress. A correlational study was conducted on a sample of 126 acne patients including 56 men and 70 women from government and private hospitals. The sample was recruited through purposive sampling from government and private hospitals. Demographic questionnaire, Acne severity specific demographic form, Stress vulnerability scale (Miller & Smith, 1989), Appearance schemas inventory (Cash & LaBarge, 1996), Brief COPE (Carver, 1997), Depression anxiety and stress scale (Lovibond & Lovibond, 1995) were individually administered to study variables. The results of Pearson product moment correlation revealed that the stress vulnerability, appearance schemas (self-evaluative and motivational salience) and

coping strategies (active avoidance) had a positive relation with psychological distress (depression and stress). The results of step wise regression analysis revealed that stress vulnerability, appearance schemas, use of coping (active avoidance) and acne severity emerged as significant predictors of depression (distress), whereas stress vulnerability, appearance schemas (self-evaluative salience), use of coping (active avoidance) and acne severity emerged as significant predictors of stress (distress). The *t*-test analysis showed gender differences indicating that men are more vulnerable to stress and tend to experience more depression than women, whereas women, on the other hand, utilize problem-focused and religious denial coping more than men. The present research implicate the significance of vulnerability to stress, appearance related schemas and certain coping strategies in relation to distress that would be helpful for health professionals and dermatologists.

Keywords: Stress Vulnerability, Appearance Schemas, Coping Strategies, Psychological Distress

ATTACHMENT STYLES, SPOUSAL COMMUNICATION AND MARITAL ADJUSTMENT IN MARRIED INDIVIDUALS

Ayesha Sarwar (BS 2012-2016)
Supervisor: Tehreem Arshad

The present study examined the relationship between attachment styles, spousal communication and marital adjustment in married individuals. It was hypothesized that 1) there would likely to be a negative relationship between attachment styles and marital adjustment 2) there would likely to be positive relationship between spousal communication and marital adjustment 3) Attachment styles, spousal communication and socio demographic characteristics would likely to predict marital adjustment in married individuals. It was correlational research design. Sample consisted of 140 participants recruited through convenience sampling strategy from different areas of Lahore city. Demographic information sheet, Experiences in close relationship questionnaire (Fraley, 1989), Dutch marital satisfaction and communication scale (Troost & Gerris, 2005) and Locke Wallace & marital adjustment test (Locke & Wallace, 1959) were administered. The research data was analyzed using pearson product moment correlation and regression analysis. Findings revealed that attachment styles (avoidant, anxiety) had significant negative

correlation with marital adjustment. Moreover, spousal communication (open communication) had significant positive correlation with marital adjustment and negative communication (subscale of spousal communication) had significant negative correlation with marital adjustment. Attachment styles (avoidance, anxiety) and spousal communication (negative communication) emerged as significant predictors of marital adjustment. Present findings implicate the significance of attachment styles and spousal communication in relation to marital adjustment that would be helpful for marital therapists in counseling of married couples.

Keywords: Attachment Styles, Spousal Communication, Marital Adjustment

IMPRESSION MANAGEMENT, BRAND CONSCIOUSNESS AND COMPULSIVE BUYING IN YOUNG ADULTS

Hafiza Muzammal Shafiq (BS 2012-2016)
Supervisor: Faiza Safdar

The present research aimed to find out the relationship between impression management, brand consciousness and compulsive buying in young adults. It was hypothesized that 1) there is likely to be a relationship between impression management, brand consciousness and compulsive buying in young adults, 2) there is likely to be gender differences in impression management, brand consciousness, and compulsive buying in young adults and 3) impression management and brand consciousness are likely to predict compulsive buying behavior in young adults. It was correlational study and sample was comprised of 300 young adults with age range 18- 29 years. The data was collected from two sites including universities and shopping malls. The universities included University of Engineering and Technology, Bahauddin Zakariya University, University of the Punjab, and shopping malls included Fortress Square Mall, Mall of Lahore, Liberty Market, HKB Mall, and Xinhua Mall. The measures Self-monitoring scale (Snyder, 1974), Consumer style inventory (Sproles & Kendall, 1986), Yale- Brown obsessive compulsive scale- shopping version (Leite, 2014) and Hoarding assessment rating scale (Tolin, Frost, Steketee, Gray, & Fitch, 2008) were used. All measures were translated by using MAPI guidelines. The pearson product moment analysis showed significant positive relationship

between impression management, brand consciousness and compulsive buying. The independent sample *t*-test analysis revealed significant gender differences in impression management and brand consciousness but no gender differences were found in compulsive buying behavior. Backward regression analysis showed that impression management and brand consciousness are significant predictors of compulsive buying.

Keywords: Impression Management, Brand Consciousness, Compulsive Buying

DARK TRIAD, RISKY BEHAVIOR AND ALEXITHYMIA IN YOUNG ADULTS

Muniba Saeed (BS 2012-2016)
Supervisor: Faiza Safdar

The present study aimed to investigate the relationship between dark triad personality traits, risky behavior and alexithymia. It was hypothesized that 1) there is likely to be a positive relationship between dark triad traits and risky behavior, 2) there is likely to be a positive relationship between dark triad personality traits and alexithymia, 3) dark triad personality are likely to predict risky behavior and alexithymia and 4) there is likelihood of men score higher than women on dark triad personality traits. A sample comprised of 300 students including 149 men and 151 women with age range of 18-27 years ($M = 20.79$, $SD = 1.63$). Short dark triad (Jones & Paulhus, 2014), Abbreviated impulsiveness scale (Coutlee, Politzer, Hoyle & Huettel, 2014), Brief sensation seeking scale (Hoyle, Stephenson, Palmgreen, Lorch, & Donohew, 2002) and Bermond-Vorst alexithymia questionnaire (Bermond & Vorst, 1993) were used in the present study. Pearson product moment correlation analysis revealed significant positive relationship between dark triad traits and sensation seeking behaviors and dark triad traits such as narcissism and machiavellianism is negatively significantly correlated with the impulsivity. Narcissism had negative correlation with verbalizing and analyzing emotions, while psychopathy is positively correlated with analyzing emotions. Regression analysis showed that dark triad traits are significant predictors of sensation seeking, while psychopathy is a strong predictor of impulsive behavior and alexithymia. Machiavellianism and narcissism are strong negative predictors of impulsive behavior, while narcissism is a strong negative predictor of alexithymia. The gender

difference on dark triad traits was also found. The results were discussed in the light of previous literature and theoretical background.

Keywords: Dark Triad Personality Traits, Risky Behavior, Alexithymia

SOCIAL NETWORKING, SOCIAL COMPARISON AND ACADEMIC PERFORMANCE IN HIGH SCHOOL STUDENTS

Rabail Saeed (BS 2012-2016)
Supervisor: Faiza Safdar

The research was aimed to find the relationship between social networking, social comparison and academic performance in high school students. It was hypothesized that 1) there would be negative relationship between social networking and academic performance; 2) there would be positive relationship between social networking and social comparison; 3) there would be positive relationship between weekly usage of social networking sites and academic performance and 4) social networking and social comparison are significant predictors of academic performance and 5) social networking is likely to have significant difference on academic performance. The sample comprised of 250 high school students from private schools including 150 girls and 100 boys aged 13-16 years ($M = 14.08$, $SD = 1.06$) were included in the present research. Young internet addiction test (Young, 1996), Social comparison questionnaire (Schupp & Schneider, 2011) and Academic performance rating scale (DuPaul, Rapport, & Periello, 1990) were used in the present study. Pearson product moment correlation analysis revealed significant negative relationship social networking and academic performance. Backward regression showed that social networking is a significant predictor of academic performance. The results were discussed in the light of previous literature and theoretical background.

Keywords: Social Networking, Social Comparison, Academic Performance

VICARIOUS TRAUMATIZATION, EMOTIONAL INTELLIGENCE AND PSYCHOLOGICAL DISTRESS AMONG ONCOLOGY NURSES AND SPECIALISTS

Fiza Tariq (BS 2012-2016)
Supervisor: Rabia Dasti

The present study was a correlational research conducted to examine the relationship of vicarious traumatization, emotional intelligence and psychological distress in oncology nurses and specialists. It was hypothesized that there is likely to be a negative relationship between emotional intelligence, psychological distress and vicarious traumatization. It was also hypothesized that there is likely to be a positive relationship between vicarious traumatization and psychological distress. Also, vicarious traumatization, emotional intelligence, work hours and work experience are likely to predict psychological distress. Through purposive sampling strategy 110 oncology nurses and specialists were recruited from different hospitals of Lahore. The total number of doctors was 55 of age range 24–60 years ($M = 39.05$, $SD = 10.69$) whereas, total number of nurses was 55 age ranged 20-46 years ($M = 29.78$, $SD = 5.94$). Socio-demographic questionnaire, Secondary trauma stress scale, Emotional intelligence scale and General health questionnaire were administered to assess participants' socio-demographic characteristics, vicarious traumatization, emotional intelligence and psychological distress respectively. The results showed that vicarious traumatization was positively related with psychological distress while emotional intelligence was negatively correlated with vicarious traumatization and psychological distress. Moreover, vicarious traumatization, emotional intelligence and work hours were found to be the predictors of psychological distress. It was also found that emotional intelligence was higher in doctors in comparison to nurses and nurses scored higher on the sub-scales of psychological distress including anxiety, depression, somatic symptoms, social dysfunction and also on vicarious traumatization than doctors. The findings of the present study highlights the important role of emotional intelligence in minimizing the effect of vicarious traumatization on psychological distress of nurses and doctors.

Keywords: vicarious traumatization, emotional intelligence, psychological distress

SOCIAL COMPARISON, REJECTION SENSITIVITY AND SOCIAL ADJUSTMENT IN FIRST YEAR UNIVERSITY STUDENTS

Amara Zareen (BS 2012-2016)
Supervisor: Rabia Dasti

The present study was conducted to examine the relationship of social comparison, rejection sensitivity and social adjustment in first year university students. It was hypothesized that there is likely to be a positive relationship between social comparison, rejection sensitivity and social adjustment and negative relationship of rejection sensitivity with social adjustment. Social comparison is likely to be a positive predictor of social adjustment while rejection sensitivity is likely to be negative predictor of social adjustment in first year university students. Correlational research design was used. Convenience sampling strategy was used for the selection of 300 first year university students from government and private universities of Lahore with mean age of 18-22 years ($M = 19.53$, $SD = 1.12$). Demographic questionnaire, Iowa-Netherlands comparison orientation measure (Gibbons & Buunk, 1999), Rejection sensitivity RS-adult questionnaire (Berenson et al., 2009) and The social connectedness scale-revised (Lee & Ribbins, 1995) were administered. The research data was analyzed by using Pearson product moment correlations and multiple regression analysis. The results showed that social comparison was positively related with rejection sensitivity and social adjustment while rejection sensitivity was negatively related with social adjustment. The results of multiple regression analysis showed that social comparison was positive predictor and rejection sensitivity was negative predictors of social adjustment. This research has important implication of detection of social adjustment problems of first year university students and addressing them through proper counseling services.

Keywords: Social Comparison, Rejection Sensitivity, Social Adjustment

PERCEIVED STRESS, EGO DEPLETION AND SUBJECTIVE FATIGUE IN MEDICAL INTERNEES

Urwa Naseer (BS 2012-2016)
Supervisor: Rabia Dasti

The present study was a correlational research aimed at finding the relationship of perceived stress, ego depletion (low self-control) and subjective fatigue. The sample was collected through purposive sampling and consisted of 157 medical internees from surgery department ($n =78$) and pediatrics department ($n =79$) with age range of 23 to 27 years ($M = 24.82$, $SD = 1.012$). It was hypothesized that there would be a positive relationship between perceived stress and subjective fatigue and these variables would be negatively related to self-control. It was also hypothesized that self-control would mediate the relationship between perceived stress and subjective fatigue. The assessment measures including Demographic questionnaire, Perceived stress scale developed (Cohen, 1986), Self-control scale (Tangney, Baumeister, & Boone, 2004) and Fatigue assessment scale (Michielsen et al., 2004) were administered. The research data was analyzed by using Pearson product moment correlation and mediation analysis. Correlation analysis found significant positive correlations between perceived stress and subjective fatigue however both these variables are found to be negatively related to ego depletion (low self-control). The results of mediation analysis concluded that the ego depletion (low self-control) partially mediates the relationship between perceived stress and subjective fatigue. It was concluded that the medical internees experiencing high stress experience fatigue but if they have high self-control their subjective fatigue lowers. The results of the present study will help for the possible implications of the measures that will help in reducing stress and fatigue in internees and also increase their affectivity.

Keywords: Perceived Stress, Self-Regulation, Self Control, Ego Depletion, Subjective Fatigue.

APPEARANCE ANXIETY, SOCIAL INTERACTION ANXIETY AND SELF ESTEEM IN FEMALES WITH FACIAL HAIR GROWTH

Wajeeha Khalid (BS 2012-2016)
Supervisor: Hidna Iqbal

The purpose of the current study was to investigate the relationships between appearance anxiety, social interaction anxiety and self-esteem in women with facial hair growth. It was hypothesized that there will be a relationship between appearance anxiety, social interaction anxiety and self-esteem in women with facial hair growth. Another proposition made was that appearance anxiety will predict low self-esteem. Demographic questionnaire, Appearance anxiety inventory (Veal, et al., 2014), Social interaction anxiety scale (Mattick, 1998) and Rosenberg self-esteem scale (Rosenberg, 1997) were used to assess the variables. The sample comprised of 100 females, recruited from different Private and Government hospitals, clinics and beauty salons of Lahore. Appearance anxiety and social interaction anxiety were found to be negatively correlated with self-esteem in women with facial hair growth as identified by the Pearson product moment correlation. Also, appearance anxiety did not predict self-esteem. On the other hand results of regression analysis showed that threat monitoring (subscale of appearance anxiety) and poor relationship with mother predicted low self-esteem. The results were then discussed in the light of previous literature, theoretical framework and cultural context.

Keywords: Appearance Anxiety, Social Interaction Anxiety, Self Esteem, Facial Hair Growth

SEX-ROLE ORIENTATION, CREATIVITY AND MENTAL HEALTH IN FEMALES FROM TRADITIONAL AND NON-TRADITIONAL FIELDS OF STUDY

Tehreem Fatima Naqvi (BS 2012-2016)
Supervisor: Hidna Iqbal

The aim of the present study was to examine differences between sex-role orientation, creativity and mental health in women from traditional and non-traditional fields of study and to find relationship between

creativity and mental health. It was hypothesized that there would likely to be differences in sex-role orientation, creativity and mental health between women from traditional and non-traditional fields of study. It was also hypothesized that a relationship would exist between creativity and mental health in women from traditional and non-traditional fields of study. The total sample size of the present study was 300 women, 150 (M = 23.35, SD = 3.39) from traditional fields and 150 (M = 21.70, SD =1.31) from non-traditional fields. Demographic sheet, Singapore androgyny inventory (Ward, 2000), Kaufman domains of creativity scale (Kaufman, 2012) and Mental health inventory (Veit & Ware, 1983) were administered to study variables. Independent sample t-test, chi-square, Pearson correlation, linear regression using stepwise backward method and ANOVA were employed. Results revealed no differences on mental health but significant differences on creativity between the groups. Masculine sex-role was found more prevalent in women from non-traditional fields of study. Creativity and mental health were found to be correlated in both the groups. Also, age and creativity came out to be predictors of mental health in women from traditional fields of study. On the other hand birth order and creativity were identified as strong predictors of mental health in women from non-traditional fields of study. Androgynous women were identified as more creative and mentally healthy in both the groups. The results were then discussed in the light of previous literature, theoretical framework and cultural context.

Keywords: Sex-role Orientation, Creativity, Mental Health, Traditional Fields, Non-Traditional Fields

TELEVISED MEDIA EXPOSURE, TERROR THREAT PERCEPTION AND RESILIENCE AGAINST TERRORISM AMONG UNIVERSITY STUDENTS

Aimen Zafar Butt (BS 2012-2016)
Supervisor: Sakina Gulzar

The study was conducted to identify the relationship between televised media exposure, terror threat perception and resilience against terrorism. It was hypothesized that there would be relationship between televised media exposure, perceptions of terrorism and resilience against terrorism. It was also hypothesized that perceived threat would mediate the relationship between televised media exposure and resilience against

terrorism. A sample of 200 university student including 100 men and 100 women were recruited through convenient sampling technique. Demographic questionnaire, Televised news media exposure instrument (Safdar, Shabnam, & Bokhari), Perception of terrorism questionnaire-short form (Sinclair & LoCicero, 2006) and Resilience against terrorism scale (Ilyas & Malik, 2015) were used. Results showed that there was significant correlation among televised media exposure, various domains of perceptions of terrorism and resilience against terrorism. It was also identified that perceived threat did not mediate the relationship between televised media exposure and resilience against terrorism. Results also showed that fear and anger related to terrorism negatively predicted self-efficacy and fear/impact of terrorism negatively predicted optimism. Significant gender differences were found in perceptions of terrorism and resilience against terrorism. The research may help in raising awareness regarding the role of media in spreading terror and its effect on resilience of youth.

Keywords: Televised Media Exposure, Terror Threat Perception, Resilience, Terrorism

SELF-EFFICACY AND CAREER INDECISION IN MATRIC AND O'LEVEL STUDENTS

Maryam Irfan (BS 2012-2016)
Supervisor: Sakina Gulzar

The present study was a comparative research conducted to examine career indecision in three levels of self-efficacy (lower, medium and higher) among matric and O' Level students. It was hypothesized that career indecision and its dimensions are likely to be significantly different among three levels of self-efficacy (lower, medium and higher) as well as career indecision and its dimensions are likely to be significantly different among Matric and O' Level students. Also, the level of self-efficacy (lower, medium and higher) and educational level (Matric and O' Levels) interaction will likely to have significant effect on career indecision. Through purposive sampling strategy 200 students including 100 Matric (M age = 14.98, SD = .71 years) and 100 O' Levels ($M\ age$ = 15.16, SD = .72 years) were recruited from different private schools. Socio-demographic questionnaire, Generalized self-efficacy and Career decision making questionnaire were administered to assess the participants. The results of two way ANOVA indicated that three levels

of self-efficacy (lower, medium and higher) had significant main effect on career decision making and its dimensions. The educational level had not significant main effect on career decision making and its dimensions. Moreover, the self-efficacy and educational level had no significant interactive effect on career indecision.

Keywords: Self-Efficacy, Career Indecision, Matric, O' Level Students

LONELINESS, SOCIAL SUPPORT AND CHILD-REARING PROBLEMS AMONG WIVES OF EXPATRIATE HUSBANDS

Zunaira Shafique (BS 2012-2016)
Supervisor: Sakina Gulzar

The present research was conducted to find out the relationship between loneliness, social support and child rearing beliefs among wives of expatriate husbands. Correlation research design was used. The sample consisted of 112 women including 56 women living in joint family system and 56 women living in nuclear family system whose husbands had been living abroad for minimum one year to maximum five years. UCLA-Loneliness scale (Russell, Peplau & Ferguson, 1978), Multidimensional scale of perceived social support (Zimet, Dehlem, Zimet, & Farely, 1988) and Child rearing belief questionnaire (Kanwal, Arshad, & Kausar, 2014) were administered. The results showed significant positive relationship between loneliness and beliefs of mothers about attachment, while negative relationship was found between social support and beliefs of mothers about attachment living in joint family system. Results also showed negative relationship between loneliness and beliefs of mothers about control living in nuclear family system and positive relationship between loneliness and beliefs of mothers about responsibility shift. However, positive relationship was found between social support and beliefs of mothers about autonomy and beliefs of mothers about attachment living in nuclear family system. The implications of the study were also listed so it would help in child developmental and parenting studies as well as in marital issues.

Keywords: Loneliness, Social Support, Child Rearing Beliefs, Expatriate Husbands

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