

Research Abstracts

2016-2017



Centre for Clinical Psychology

University of the Punjab, Lahore

Pakistan

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2016-2017



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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 however this year the name has been changed to Research Abstract due to the reason that now abstracts of researches in the field of Speech and Language Pathology has also been added. 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 this fifth issue of the research 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 Syeda Afnan Saqib for the compilation and Ms Hidna Iqbal and Ms Sakina Gulzar for proof reading the abstracts. Some of the abstracts were photocopied from the thesis, 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 collaboration.

I would like to add that this is just a beginning, and an endeavor to revive the scientific urge and spark at CCP. It is an effort to highlight the indigenous research work being carried out at the Centre for Clinical Psychology. 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
Director,
Centre for Clinical Psychology,
University of the Punjab,
Lahore.

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**MS
(Clinical
Psychology)**

**FEAR OF TERRORISM, COPING STRATEGIES AND
PSYCHOLOGICAL DISTRESS AMONG STAFF
MEMBERS OF PUBLIC PARKS OF LAHORE**

Iqra Sahar (MS Session 2015-2017)
Supervisor: Rukhsana Kausar PhD

The current study aimed to find out the relationship between Fear of Terrorism, Coping Strategies and Psychological Distress among Staff Members of Public Parks of Lahore, Pakistan. It was hypothesized that coping strategies are likely to moderate the relationship between fear of terrorism and psychological distress among staff members of Public Park in Lahore. The sample was collected through purposive sampling strategies. Age range of the sample was between 18-70 years ($M = 38$, $SD = 13.38$). Fear of Terrorism (Diab, 2011), Coping Strategies Questionnaire (Kausar & Munir, 2004) and Kessler Psychological Distress Scale (Kessler, 2002) were used for assessment. Results revealed that fear of terrorism and coping predict the psychological distress. Process analysis revealed that active distractive focused coping negatively moderate the relationship between personal perceived threats of terrorism and psychological distress while avoidance focused coping positively moderated the relationship between personal perceived threat of terrorism and psychological distress. Active practical coping negatively moderated the relationship between personal perceived risk of terrorism and psychological distress whereas other coping strategies did not moderate the relationship of fear of terrorism subscales and psychological distress.

Keywords. Fear of Terrorism, Coping Strategies, Psychological Distress, Public Parks.

**PERCEIVED EXPRESSED EMOTIONS, RELATIONSHIP
QUALITY AND CAREGIVER BURDEN IN THE FAMILY
MEMBERS OF PATIENTS WITH CONVERSION
DISORDER**

Sana Asif (MS Session 2015-2017)
Supervisor: Rukhsana Kausar PhD

The present study examined the effects of Perceived Expressed Emotions on Relationship Quality and Caregiver Burden in the Family Members of Patients with Conversion Disorder in Pakistan. Non probability purposive sampling was used for selecting a sample of 120 participants, from psychiatry wards of government and private hospitals. The assessment measures included demographic sheet, Perceived Expressed Emotion Scale (PEES; Mirza & Kausar, 2010), Family Burden Interview Schedule (FBIS; Pai & Kapoor, 1981, translated by Nasar & Kausar, 2008) and Caregiver Reciprocity Scale (Carruth, 1996, translated by Asif & Kausar, 2017). The results of Pearson Product Moment Correlation showed that there is a highly significant relationship between perceived expressed emotions and caregiver burden and there is a negative relationship between counter and relationship quality. The findings of Hierarchial Regression analysis showed that relationship quality act as a moderator between perceived expressed emotions and caregiver burden. More considerations have to be paid to the needs of the caregivers and interventions should be planned to lighten their burden.

Keywords. Caregiver Burden, Conversion Disorder, Perceived Expressed Emotions, Relationship Quality.

**MEANING IN LIFE, GERO-TRANSCENDENCE AND
MENTAL HEALTH OF INSTITUTIONALIZED ELDERLY
AND ELDERLY LIVING WITH FAMILIES**

Nuzhat-ul-Ain (MS Session 2015-2017)
Supervisor: Rukhsana Kausar PhD

The present correlational study was aimed to examine the relationship between Meaning in Life, Gerotranscendence and

Mental Health of Institutionalized elderly and elderly living with families. It was hypothesized that Gerotranscendence is likely to mediate the relationship between Meaning in Life and Mental Health of Elderly. A sample of 200 elderly including 100 ($M_{age}=69.66$, $SD= 6.63$) from old homes of Lahore through non-purposive sampling and 100 elderly living with their family ($M_{age}=65.89$, $SD= 5.79$) in Lahore through snowball sampling were recruited. Assessment was done using Urdu versions of Meaning in Life Questionnaire (Steger, Frazier, Oishi & Kaler, 2006), Gerotranscendence Scale (Tornstam, 1997) and Mental Health Continuum-Short Form (Lamers, Westerhof, Bohlmeier, Klooster & Keyes, 2011). Through Pearson Moment Correlation significant positive relationship between meaning in life, gero-transcendence and mental health was found. Overall analysis reported meaning in life to be the significant direct predictor of gero-transcendence and mental health while presence of meaning in life significantly predicted mental health while keeping gero-transcendence as mediator. In both groups, presence of meaning in life and gero-transcendence predicted mental health. Presence of meaning in life directly and indirectly predicted mental health among elderly living with families. Both presence and Search for meaning in life were significant direct and indirect predictors of mental health in elderly living in old homes. The results were discussed in the light of previous literature and theoretical background.

Keywords. Gero-transcendence, Institutionalized Elderly, Meaning in Life, Mental Health.

FAMILY ACCOMODATION, CAREGIVER BURDEN AND PSYCHOLOGICAL DISTRESS IN FAMILY MEMBERS OF PATIENTS WITH OBSESSIVE COMPULSIVE DISORDER

Maria Zaheer (MS Session 2015-2017)
Supervisor: Rukhsana Kausar PhD

The study aimed to investigate the relationship of Family Accommodation, Caregiver Burden and Psychological Distress in Family Members of Patients with Obsessive Compulsive

Disorder. A non-probability purposive sampling strategy was used to draw the sample of 120 family members of patients with OCD (42men and 78 women), within the age range of 18-58 years ($M= 37.19$, $SD=10.34$). Family Accommodation Scale for OCD Self-Rated Version (FAS- SR; Pinto et. al., 2012, translated by Abbas & Naz, 2013), Family Burden Interview Schedule (FBIS; Pai & Kapoor, 1981, translated by Nasar & Kausar, 2008) and Kessler Psychological Distress Scale (K10; Kessler, Andrews & Colpe, et. al, 2002, translated by Ghafoor, Sitwat & Kausar, 2010) were used to assess the respective variables. The sample was collected from government and private hospitals of Lahore. Mediation analysis was done using PROCESS and the results revealed that family interventions regarding accommodation by family members can be provided in order to improve the patient treatment and research findings can also be implied to teach coping strategies to family members in order to deal with the burden they experienced.

Keywords. Caregiver Burden, Family Accommodation, , Obsessive Compulsive Disorder, Psychological Distress,.

ASSOCIATIVE STIGMA OF MENTAL HEALTH PROFESSIONALS, BURNOUT AND STIGMATIZATION OF PATIENTS BY MENTAL HEALTH PROFESSIONALS

Isra Tahseen MS Session 2015-2017)

Supervisor: Nashi Khan PhD

The present study focused on Associative Stigma of Mental Health Professionals, Burnout and Stigmatization of patients by mental health professionals. The hypotheses were: 1) There is likely to be a relationship between associative stigma of mental health professionals, burnout and stigmatization of patients by mental health professionals. 2) Associative stigma of mental health professionals is likely to predict burnout and stigmatization of patients by mental health professionals. 3) Burnout is likely to mediate relationship between associative stigma of mental health professionals and stigmatization of patients. The participants were selected through purposive sampling and sample consisted of mental health professionals including 55 psychiatrists and 45

psychologists practicing in both private and public sector hospitals/institutes. The measuring instruments included Mental Health Professionals Secondary Stigma Scale (Jesse, 2015), Oldenburg Burnout Inventory (Demerouti, 2003) and Mental Illness: Clinician's Attitudes Scale (MICA v4) (Kassam, Glozier, Leese, Henderson, & Thornicroft, 2010). The results of Pearson Product Moment Correlation revealed that there was a significant positive relationship between associative stigma, burnout, exhaustion, disengagement and stigmatization of patients by mental health professionals. PROCESS analysis' results showed that associative stigma predicted burnout and stigmatization of patients by mental health professionals. Mediation analysis revealed significant mediating effect of burnout between associative stigma and Stigmatization of patients. The study has significant implications to manage and understand the problems faced by mental health professionals and to provide them with counseling for improving their attitude towards their patients.

Keywords. Associative Stigma, Mental Health Professionals, Burnout, Stigmatization of Patients.

SEXUAL FUNCTIONING, BODY IMAGE, AND MARITAL INTIMACY IN WOMEN WITH BREAST CANCER

Khola Tahir (MS Session 2015-2017)
Supervisor: Nashi Khan PhD

The current study aimed to explore the relationship between Sexual Functioning, Body Image and Marital Intimacy in Women with Breast Cancer. Hypotheses formulated were that there would likely be a relationship between sexual functioning, body image and marital intimacy in women with breast cancer; body image would play a mediating role between sexual functioning and marital intimacy; and there would be differences among women on sexual functioning, body image and marital intimacy at different stages of diagnosis as well the modes of treatment. A sample of 118 women suffering from breast cancer with age ($M = 39.58$, $SD = 11.06$) were taken from both teaching and private hospitals of Lahore, Pakistan. For this purpose the participants were asked to fill out a set of questionnaires which included

demographic questionnaire, Female Sexual Function Index (FSFI; Rosen et al., 2000), Body Image Scale (BIS; Hopwood, 2001), and Marital Intimacy Questionnaire (MIQ; Broucke, Vertommen, and Vendereycken, 1995). There was a significant positive relationship between sexual functioning and marital intimacy. Body image dissatisfaction had negative relationship with marital intimacy and positive relationship with intimacy problems. Sexual functioning was a positive predictor of marital intimacy dimensions including consensus, openness and affection, whereas, body image dissatisfaction came out to be a negative predictor of positive dimensions of marital intimacy. There was a mediational role of body image dissatisfaction between sexual functioning and all dimensions of marital Intimacy. It was also found that women who are receiving chemotherapy only had better sexual functioning, body image satisfaction, and higher marital intimacy than women receiving both chemotherapy and mastectomy.

Keywords. Sexual Functioning, Body Image, Marital Intimacy, Breast Cancer

WEIGHT TEASING, BODY ESTEEM, EMOTIONAL DYSREGULATION AND DISORDERED EATING BEHAVIORS IN OVERWEIGHT ADOLESCENTS

Mubeena Munir (MS Session 2015-2017)

Supervisor: Saima Dawood PhD

The present study investigated the relationship between Weight Teasing, Body Esteem, Emotion Dysregulation and Disordered Eating Behaviors in Overweight Adolescents. It was hypothesized that there is likely to be a relationship between weight teasing (verbal and physical), body esteem, emotion dysregulation and disordered eating behavior. Further, it was also hypothesized that weight teasing is likely to predict disordered eating behavior in overweight adolescents. It was also hypothesized that body esteem is likely to mediate the relationship between weight teasing and disordered eating behaviors. Lastly, it was hypothesized that emotion dysregulation is likely to moderate the relationship between body esteem and disordered eating behaviors. Through cross-sectional research design and purposive

sampling technique, a sample of ($N=200$) overweight adolescents was recruited. The Weight-Related Abuse Questionnaire [WRAQ; (Salwen & Hymowitz, 2015)], Body-Esteem Scale for Adolescents and Adults [BESAA; (Mendelson, Mendelson & White, 2001)], Difficulties in Emotion Regulation Scale [DERS; (Gratz & Roemer, 2004)] and Disordered Eating Behavior Scale [DEBS; (Muazzam & Khalid, 2011)] were used to assess study variables respectively. Results showed that weight teasing was positively correlated to emotional dysregulation and disordered eating behaviors and negatively correlated to body esteem. Body esteem was negatively correlated to emotional dysregulation and disordered eating behaviors. Further, emotional dysregulation was positively correlated to disordered eating behaviors. Body esteem was significantly mediating the relationship between weight teasing and disordered eating behaviors. Emotional dysregulation was negatively moderating the relationship between body esteem and disordered eating behaviors i.e., eating withdrawal, eating habits, social pressure and overeating. Lastly, moderated mediation analysis showed that weight teasing was indirectly predicting disordered eating behaviors through body esteem however emotional dysregulation was intensifying this negative relationship between body esteem and predicting disordered eating behaviors. The findings of this study showed a significant role of emotions in the development and maintenance of disordered eating behaviors.

Keywords. Weight Teasing, Body Esteem, Emotional Dysregulation, Disordered Eating Behaviors, Overweight Adolescents

CALLOUS UNEMOTIONAL TRAITS, EMOTIONAL DYSREGULATION, PEER CONFLICTS AND PSYCHOLOGICAL MALADJUSTMENT IN ADOLESCENTS FROM ORPHANAGES

Shama Mazahir (MS Session 2015-2017)
Supervisor: Saima Dawood PhD

The study explored the relationship of Callous Unemotional Traits, Emotional Dysregulation, Peer Conflicts and

Psychological Maladjustment (social alienation and somatic complaints) in adolescents from orphanages. It was hypothesized that; (i) there is likely to be a positive relationship between callous unemotional traits (callousness, uncaring and unemotional) and emotional dysregulation (nonaccept, goals, impulse, awareness, strategies and clarity), peer conflicts (proactive and reactive overt aggression; proactive and reactive relational aggression) and psychological maladjustment (social alienation and somatic complaints) in adolescents from orphanages; (ii) peer conflicts are likely to mediate the relationship of callous unemotional traits and emotional dysregulation with psychological maladjustment (social alienation and somatic complaints) in adolescents from orphanages. A sample of N= 200 adolescents of age 12-18 years were recruited through purposive sampling technique from Child Protection and Welfare Bureau and Edhi Homes. Variables were assessed using Peer Conflict Scale ([PCS]; Marsee & Frick, 2007); Inventory of Callous Unemotional Traits (Essau, Sasagawa & Frick, 2006); Difficulties in Emotional Regulation Scale ([DERS]; Gratz & Roemer, 2004); Social Alienation Scale (Jessor & Jessor, 1977) and Somatic Complaints List ([SCL]; Jellesma, Rieffe & Terwogt, 2007). Results showed that there is positive relationship among callous unemotional traits, emotional dysregulation, peer conflict and social alienation. However, social alienation is related with somatic complaints. Structural Equation Model indicated that peer conflicts mediate relationship of callous unemotional traits and emotional dysregulation with social alienation. There were significant gender differences on uncaring traits, emotional dysregulation, reactive overt aggression, proactive overt aggression, reactive relational aggression and proactive relational aggression. Significant gender differences were also found across various reasons of fights identified by adolescents while living in orphanages. These findings indicate important implications for clinical settings.

Keywords. Callous Unemotional Traits, Emotional Dysregulation, Peer Conflicts, Psychological Maladjustment, Adolescents, Orphanages

OVER-IDEALIZATION, RELATIONAL UNCERTAINTY, CONNECTEDNESS AND MARITAL SATISFACTION

Sadaf Saleem (MS Session 2015-2017)
Supervisor: Aisha Sitwat PhD

The current research aimed to find out the relationship between Over-Idealization, Relational Uncertainty, Connectedness and Marital Satisfaction. It was hypothesized that marital satisfaction will be predicted by over-Idealization, relational un-certainty and connectedness of participants; there is likely to be a mediating role of relational uncertainty between over-idealization and marital satisfaction; and moderating role of connectedness between relational uncertainty and marital satisfaction. Correlational Research Design was used and data were collected through Purposive Sampling. The data was comprised of $N = 150$ (72 men, 78 women) newly married men and women, of age-range of 20-36 years ($M = 27.59$, $SD = 3.56$), and duration of their marriage was 3 months to 3 years ($M = 22.57$, $SD = 10.83$). Interpersonal Qualities Scale (Murray et al., 1996) was used to measure over-idealization. Relational Uncertainty Scale (Knobloch & Solomon, 1999) was used to measure the relational un-certainty of participants. Autonomy-Connectedness Scale (Bekker & Assen, 2006) to determine the connectedness of newly married participants. Marital Satisfaction Scale (Ayub, 2010) was used to measure Marital Satisfaction. Results of the study showed that perception about partner, idealization discrepancy, relational uncertainty and connectedness were correlated significantly with marital satisfaction, and were the significant predictors of marital satisfaction. Relational uncertainty significantly mediated the relationship between Perception about partner and marital satisfaction, and between idealization discrepancy and marital satisfaction. Connectedness was the significant moderator between relational uncertainty and marital satisfaction. It was also revealed by the analysis of moderated-mediation that connectedness of newly married men and women tend to have significant conditional effects on the indirect pathway of over-idealization (Perception about partner and idealization discrepancy) to marital satisfaction through relational uncertainty.

The study has significant implications for couple counseling and marital therapy, it can be used to increase the understating and connectedness of married partners in the initial years of their marriage, and to protect their relationship from the harmful effects of idealization discrepancy and relational uncertainty.

Keywords. Over-Idealization, Relational Uncertainty, Connectedness, Marital Satisfaction

PERFECTIONISM, SELF-CONCEPT CLARITY AND INTERPERSONAL DIFFICULTIES IN UNIVERSITY STUDENTS WITH NON-SUICIDAL SELF –INJURY

Fatima Aftab (MS Session 2015-2017)
Supervisor: Aisha Sitwat PhD

The current study aimed to investigate relationship of Perfectionism, Self -concept Clarity, Interpersonal Difficulties in Individuals with Non-Suicidal Self- Injury, and also explored differential prediction of perfectionism, self-concept clarity and interpersonal difficulties for the NSSI and non-injurer university students. The Snowball and Convenient sampling strategies were used for recruitment of sample. The sample comprised of 161 young adults with non-suicidal self -injury including both hostelites and day scholar students. Total sample of NSSI group was 89(Men=69, Women=20) whereas for Non-NSSI (Men=42, Women=30). Age for NSSI was ($M=22.48$, $SD= 3.20$) and for Non-NSSI was ($M= 22.22$, $SD= 1.89$). Data was collected from students of six different universities. Measures included, Almost Perfect Scale (Slaney, Mobley, Trippi, Ashby, & Johnson, 1996), Inventory of Interpersonal Problems (IDS) (Saleem, Ihsan & Mahmood, 2014), and Self Concept Clarity (Campbell, et. al., 1996). The results showed significant positive relationship between perfectionism and interpersonal difficulties and negative relationship between self- concept clarity, with maladaptive perfectionism and interpersonal difficulties in non- suicidal self-injurers. Moreover relationship with father, adaptive perfectionism, maladaptive perfectionism, low confidence and mistrust predicted non-suicidal self -injury. Non-suicidal self-injurers and non-injurers were significantly different on

perfectionism, self -concept clarity and interpersonal difficulties. Day scholars and hostel residents were found to be significantly different on perfectionism, self -concept clarity and interpersonal difficulties. Findings should be considered by university authorities and they should realize the importance of counseling students for their interpersonal difficulties and perfectionistic attitude.

Keywords. Perfectionism, Self-concept, interpersonal difficulties, non-suicidal, self –injury

SEXUAL FUNCTIONING, MARITAL ADJUSTMENT AND PSYCHOLOGICAL DISTRESS IN WOMEN WITH MENOPAUSE

Abeer Fatima (MS Session 2015-2017)
Supervior: Aasma Yousaf

The present study aimed to find out the relationship between Sexual Functioning, Marital Adjustment and Psychological Distress in Women with Menopause. It was hypothesized. (1) There is likely to be a positive relationship in sexual functioning and marital adjustment in women with natural menopause and surgical menopause. (2) There is likely to be a negative relationship in sexual functioning and psychological distress in women with natural menopause and surgical menopause. (3) Marital adjustment is likely to mediate between sexual functioning and psychological distress in women with natural menopause and surgical menopause. (4) Women with natural menopause will likely to have better sexual functioning than the women with surgical menopause. 5) Women with natural menopause will likely to have high martial adjustment and low psychological distress than the women with surgical menopause. This was a Correlational study with Between Group Research designs. Through Purposive Sampling technique, a sample of 106 participants (women with surgical menopause, $n= 54$, $M=50.0$, $SD=2.48$ and with natural menopause $n=54$, $M=51.4$, $SD=2.59$) were recruited from the gynecological wards of 4 different hospitals in Lahore. The measures that were used in the present study were Mental Health Screening Questionnaire, Female

Sexual Functioning Index Scale ([FSFI], Rosen et al., 2000), Dyadic Adjustment Scale ([DAS], Spanier., 1976) Depression, Anxiety and Stress Scale ([DASS 21], Lovibond & Lovibond, 1995). Result indicated a positive relationship between sexual functioning and marital adjustment; the results also indicated a negative relationship in sexual functioning and psychological distress in women with surgical and natural menopause. Moreover, marital adjustment mediated the relationship between sexual functioning and psychological distress in women with surgical and natural menopause. A significant difference was observed in sexual functioning, marital adjustment and psychological distress among women with surgical and natural menopause. The mean difference indicated that women with natural menopause had better sexual functioning, marital adjustment than the women with surgical menopause. Furthermore, these women were low on psychological distress as compared to women with surgical menopause.

Keywords. Sexual Functioning, Marital Adjustment, Psychological Distress, Menopause

**PERCEIVED THREAT OF TERRORISM, STRESS
APPRAISAL, RESILIENCE AND PSYCHOLOGICAL
DISTRESS IN COLLEGE AND UNIVERSITY STUDENTS**

Nighat Yasmeen (MS Session 2015-2016)
Supervisor: Rukhsana Kausar PhD

The aimed to investigate the moderating effect of Stress Appraisal, and Resilience on Perceived Threat of Terrorism and Psychological Distress in College and University Students. It was hypothesized that there will be a positive relationship between Perceived Threat of Terrorism and appraisals of threat, centrality, uncontrollability, stressfulness, psychological distress, negative relationship between perceived threat of terrorism and appraisal of challenge, controllability by self, controllability by other and resilience. Moreover, it was hypothesized that psychological distress will be predicted by perceived threat of terrorism, stress appraisal and resilience. Furthermore, it was hypothesized that relationship between perceived threat of terrorism and psychological distress will be moderated by stress appraisal and resilience. The sample of four hundred students (200 men and 200) of age 18-23 years were recruited from different colleges and universities of lahore, Punab. The research protocole consists of Terrorism Catastrophizing Scale (Sinclair & Lociero, 2007), Stess Appraisal Scale (Peacock & Wong, 1990), The State Traut Resilience Checklist (Hiew, 2002) and Impact of Event Scale-Revised (Horowitz, Wilner & Alvarez, 1979). The findings revealed significant relationships among study variables. The results showed that threat, centrality, rumination and trait resilience were significant positive predictor of psychological distress. Moreover, significant differences were found in psychological distress on the basis of type of institute students are attending. Furthermore, significant gender differences were found in psychological distress in college and university students.

Keywords. Stress Appraisal, Resilience, Perceived Threat, Terrorism, Psychological Distress, College Students, University Students

SEXUAL FUNCTIONING, COMMON MENTAL DISORDERS (CMDs) AND QUALITY OF LIFE (QOL) OF INDIVIDUALS WITH TYPE II DIABETES

Saba Shabbir Sheikh (MS Session 2015-2016)

Supervisors: Rukhsana Kausar PhD, Nashi Khan PhD

The study investigated the relationship between Sexual Functioning, Common Mental Disorders (CMDs) And Quality Of Life (QOL) in both men and women with Type II Diabetes. Another aim was to explore the relationship of duration of illness and socioeconomic status with common mental disorders (CMDs), quality of life (QOL) and sexual dysfunction. Gender differences in having common mental disorders and in overall quality of life areas was also explored in this study. Purposive sampling strategy was used and 112 participants were taken from public and private hospitals Diabetic Clinics in Lahore. A Brief Sexual Functioning Inventory (BSFI; Michael & Leary, 1995) for men sexual functioning assessment and Female Sexual Functioning Index (FFSFI; Rosen et. al., 2000) for female sexual functioning assessment, Symptoms Checklist-R for common mental disorders assessment, and Quality of Life Scale (Burkhardt, et. al.) was used to collect data. The results revealed that there was a strong relationship between sexual dysfunctioning, common mental disorders and quality of life of both men and women with type II diabetes. Men showed more sexual health issues and women showed more common mental disorders after type II diabetes.

Keywords. Diabetes Mellitus, Common Mental Disorders, Female Sexual Dysfunctioning, Male Sexual Dysfunctioning, Quality Of Life

FEMALE SEXUAL DYSFUNCTIONS AND COMMON MENTAL DISORDERS AMONG PRIMIPAROUS WOMEN

Sara Latif (MS Session 2015-2016)

Supervisor: Nashi Khan PhD

The present study aimed to examine the differences in the occurrence of Female Sexual Dysfunctions and Common Mental Disorders (Depression, Anxiety and Somatoform) among Primiparous Women with Normal Spontaneous Vaginal Delivery (NSVD), Operative Vaginal Delivery (OVD) and Caesarean Section (CS). In this study, Non-Probability Purposive Sampling Strategy was employed to recruit participants. A total sample of 180 was taken ($M_{age}=25.6$, $SD=3.62$) with each group comprised of 60 participants. Female Sexual Functioning Index (Rosen et al., 2000; translated by Rehman, Mahmood, Sheikh, Sultan, & Khan, 2015) and Symptom Checklist-Revised (Rahman, Dawood, Jagir, Mansoor, & Rehman, 2009) were the questionnaires employed in the study. One-way ANOVA revealed that the occurrences of Female Sexual Dysfunctions were high in Primiparous Women with CS as compared to Women with NSVD. Nevertheless, no significant differences were found in the occurrence of Female Sexual Dysfunctions in Primiparous Women with CS and OVD. Moreover, one-way MANOVA revealed that the occurrence of Common Mental Disorders (Depression, Anxiety and Somatoform) were high in the CS group as compared to OVD and NSVD group. The findings of the present study implies that Psychologists, Gynecologists, Social Workers, Policy Makers and other authorities should work in collaboration with aims to identify the risk factors associated with the mode of delivery, and to take radical steps to avoid unnecessary surgeries and eradicate the associated morbidity by formulating comprehensive management plan.

Key words. Female Sexual Dysfunctions, Common Mental Disorders, Normal Spontaneous Vaginal Delivery, Operative Vaginal Delivery, and Caesarean Section.

LIVED EXPERIENCES OF UNMARRIED WOMEN WITH DELAY IN MARRIAGE

Madiha Azmat (MS Session 2015-2016)

Supervisor: Aisha Sitwat PhD

The current explored the lived experiences of unmarried women by investigating the reasons, impact and their coping with delay in marriage. A qualitative research design and phenomenology research tradition was used to explore this phenomenon. By using purposive sampling strategy, sample of four unmarried women was recruited. The age range of the participants was 31-38 years. In-depth interviews were conducted. After transcription, data was analyzed through interpretative phenomenological analysis. The common superordinate themes for the reasons for delay in marriage were unavailability of suitable marriage proposal for participants, boy's family requirements for proposals, familial factors, social and cultural factors, cognitive factors and religious factor. The superordinate themes for impact of delay in marriage showed delay in marriage has impacted the psychological well-being of participants and they experienced anger towards people, fear of loneliness, and fear of marriage responsibilities with growing age. Moreover, they feel upset due to repetitive questioning and suggestions from people. The participants made flexibility in their proposal requirements as a result of delay in marriage and few of them became advocates for marriage of girls in younger age. Women mostly used avoidance coping, distraction coping and religious coping to deal with stress of delay in marriage. They started avoiding discussing marriage topic and also decreased socializing. Distraction coping was used by them to deal with their sexual urges. Furthermore, all the four participants used religious coping by considering it Allah's will and also making supplications to Allah for their marriage. The participants also used positive reframing, few sought social support from their families and friends and few started active efforts to do volunteer work for others to deal with delay in marriage. This study is helpful in understanding the dynamics of delay in marriage of unmarried women in Pakistan.

Keywords. Delay in Marriage, Reasons, Impact, Coping

**MS
(Speech and
Language
Pathology)**

SOCIAL COMMUNICATION EMOTIONAL REGULATION TRANSACTIONAL SUPPORT (SCERTS) WITH FUNCTIONAL ASDS

Maryam Kamran (MS Session 2014-2016)

Supervisors: Saima Dawood PhD, Sharmeen Aslam Tarar,

The present study investigated the implementation of Social Communication Emotional Regulation Transactional Support with functional ASDs and comparison of their performance with children having same level of pathology. It was hypothesized that (a) there will be a significant improvement in the scores of SCERTS group as compared to TAU in Preschool Language Scale-5 (PLS-5) scores in auditory comprehension and expressive language (b) SCERTS will bring significant reduction in scores of emotional regulation and social communication impairment related to ASD on CARS in SCERTS group as compared to TAU. Quasi Experimental research design was used. Sample was collected through Purposive Sampling strategy. Sample was consisted of 6 children diagnosed with mild ASD, along with their parents (mothers) and teachers which were assigned into two groups: SCERTS group (n=3) and control group (n=3). Both groups (SCERTS & TAU) were compared on performance outcome using Childhood Autism Rating Scale (CARS) and Preschool Language Scale-5 (PLS-5). Both groups were assessed at the time of recruitment and after, 13 weeks. The measures trial of SCERTS group consisted of 13 weeks sessions lasting approximately 3 hours in week a by following SCERTS model guideline for individual therapy. SCERTS intervention group offers parent and teacher training which helped them in the implementation of the targets at home and school. The results of the study indicated that SCERTS is an effective and efficient therapy to reduce the symptoms of ASD and improve the functionality of children with ASD. This research would be helpful in task making, tracking and monitoring progress of children with ASD in schools as well as in clinical settings.

Keywords. Social Communication, Emotional Regulation, Transactional Support, Autism Spectrum Disorder.

URDU ORAL NARRATIVE SKILLS DEVELOPMENT IN SCHOOL AGE CHILDREN

Anam Yousaf (MS Session 2014-2016)

Supervisor: Aisha Sitwat PhD, Sharmeen Aslam Tarar

This research aimed to find out the age (6 and 7 years) and gender differences in microstructure and macrostructure level of Urdu Oral Narrative skills development in school age children as well as to find out the relationship between microstructure and macrostructure level of narrative development. Using Convenient Sampling strategy a sample of 73 school going children (6 years n=36, 7 years n=37) was recruited from three private schools of Raiwind. Initially, the participants were screened using Slosson Intelligence Test by Nicholson and Hibpshman (2002) and Test of Narrative Retell (TNR) by Spencer and Petersen (2012). Children of an average and above average IQ and with normal language abilities were included. Conversational Maps Elicitation Procedure (McCabe & Rollins, 1994) was used to elicit personal narrative. Sample of three narratives were collected from each child. High Point Analysis (Peterson & McCabe, 1983) was used to analyze macrostructure of narrative. While microstructure level of narrative was analyzed on the basis of cohesions (Norbury & Bishop, 2003). Result revealed that there was no difference in narrative skills development of school age children on the basis of age and gender. In addition, a positive relationship was revealed between the macrostructural and microstructural levels, which show both the levels of narrative develop simultaneously. Furthermore, significant positive relationship has been found between macrostructure level of narrative development and habit of story-telling. Significant positive relationship between microstructure level of narrative development and family system, number of family members and mother level of education were also found. The identified narrative patterns will be helpful in discriminating between deviated and normal patterns of children between the age of 6 and 7 years.

Keywords. Urdu Oral Narrative Skills, Macrostructural, Microstructural

SPEECH SOUND ERRORS AND LITCY SKILLS IN CHILDREN WITH OROFACIAL CLEFTS

Arooj Karim (MS Session 2014-2016)

Supervisors: Aasma Yousaf, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

The current study investigated the speech sound errors and litcy skills in children with Orofacial Clefts i.e., cleft lip and palate and cleft palate. It was hypothesized that (a) Children with cleft lip and palate are likely to have more speech sound errors as compare to children with cleft palate, (b) Children with cleft palate are likely to have poor reading skills as compare to children with cleft lip and palate, (c) There are likely to be differences in writing skills in children with cleft palate and cleft lip and palate, (d) Speech sound errors are likely to have negative relationship with reading skills in children with orofacial clefts i.e., cleft lip and palate and cleft palate, (e) Speech sound errors are likely to have relationship with writing skills in children with Orofacial Clefts (f) Speech sound errors and demographic characteristics are likely to predict reading skills in children with orofacial clefts (g) Speech sound errors and demographic characteristics are likely to predict writing skills in children with Orofacial Clefts. Sample was selected through purposive sampling strategy that was consisted of two groups i.e., cleft lip and palate (n=18) with age range of 8-15 years and cleft palate (n= 24) with age range from 8-16 years. Checklist of Orofacial Clefts (Cleft lip, palate, cleft palate), Slosson Intelligence Test Revised (SIT-R=3) (Slosson, Nicholson & Hibshpman, 2002) and Diagnostic Statistical Manual-V Checklist (Naz, et al., 2015) were administered respectively to screen out the children according to inclusion and exclusion criteria. After that Demographic Informational Questionnaire, The Annual Status of Education Report (Urdu Literacy Assessment) (ASER, 2015), Curriculum Based Measurement - Written Expression (Wright, 1992), Word list for articulation and phonological processes (Shabbir & Zahra, 2016) and Community Developed VPI Screener (Langman, 2010) were administered respectively. Independent Sample t-test indicate no significant differences in speech sound errors, reading and writing

skills between children with cleft lip and palate and cleft palate. Correlation analysis revealed significant negative relationship between speech sound errors and reading skills in children with cleft palate. However no relationship was found between speech sound errors and reading skills in children with cleft lip and palate. Significant negative correlation was also found between speech sound errors and writing skills in both groups i.e., cleft lip and palate and cleft palate. Age, father's education, learning problems and speech sound errors were the identified predictors for reading skills however predictors of writing skills were age, generalized anxiety problems and learning problem in children with Orofacial Clefts i.e., cleft lip and palate and cleft palate. This research would be helpful for speech therapists to educate the parents of children with Orofacial Clefts in constructive way related to the importance of speech therapy for the betterment of literacy skills.

Keywords. Speech Sound Errors, Litçy Skills, Orofacial clefts

URDU ORAL NARRATIVE SKILLS DEVELOPMENT IN PRESCHOOLERS

Saboor Hamdani (MS Session 2014-2016)
Supervisors: Tehreem Arshad, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

The present study aimed to identify the developmental pattern of Urdu Oral Narrative Skills in Preschoolers aged between 4 and 5 years: The developmental patterns were examined on the basis of age. The Between Group Cross-sectional Research Design was used and 79 preschoolers were recruited using two stage sampling (Convenience and Purposive) from three private middle SES schools of Rahim Yar Khan, Pakistan. Initially, the participants whose mothers were available and provided permission were included. Then they were screened for their intellectual functioning, and language abilities, and then from the participants who passed the screening, sample of three personal narratives using Conversational Maps Technique were collected. The narrative data was analyzed on both macro-structural and

microstructural levels by using High Point Analysis and use of Cohesions (conjunctive and referential), respectively. The results of independent samples t-test revealed that there were no differences in narrative skills development of preschoolers on the basis of age, gender, family system, and habit of storytelling/shared reading in homes. In addition, the result of Pearson-product moment correlation revealed a positive relationship between the macro-structural and microstructural levels, meaning that both the levels of narrative develop simultaneously. This was the first indigenous research study targeting narrative skills development in Urdu language, hence, the patterns identified, might help in extending the theory and research in this field. Further the data collected might serve as a baseline for constructing assessment measures in the domain of speech and language.

Keywords. Narrative Skills Development, Oral Narratives

COMPARISON OF PERSONAL AND FICTIONAL NARRATIVE SKILLS OF SCHOOL AGE CHILDREN

Huma Khalid (MS Session 2014-2016)

Supervisors: Faiza Safdar, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

The present research investigated age and gender differences in Comparison Personal and Fictional Narrative skills of school age children. A Between Group Research Design was used. A sample of 47 children was selected from 3 private middle SES schools. Children of age 7-10 years were included. Children were screened for their IQ and Language. Personal Narrative sample was elicited using the Conversation at Map Procedure (Peterson & McCabe, 1983) and Fictional Narrative sample was elicited using the wordless picture book. Both personal and fictional narrative samples were analyzed using the procedure of Stein and Glenn (1979). Paired samples t-test was used to find out the differences in personal and fictional macro narrative skills on the basis of age. Independent samples t-test was used to find out the differences in personal and fictional macro narrative skills on the basis of gender. The results showed that there were significant differences

between personal and fictional narrative skills of school age children on the basis of age. However, there were no significant differences between personal and fictional narrative skills of school age children on the basis of gender.

Keywords. Personal, Fictional Narrative Skills

UTTERANCE LENGTH, SENTENCE STRUCTURE COMPLEXITY AND DYSFLUENCIES AMONG SCHOOL- AGE CHILDREN WHO (CWS) AND CHILDREN WHO DO NOT STUTTER (CWNS)

Rohma Mehak (MS Session 2014-2016)

Supervisors: Rabia Dasti, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

The present study investigated differences between Urdu speaking school- age children who (CWS) and children who do not stutter (CWNS) on utterance length, sentence structure complexity and dysfluencies. A Cross-sectional (Between Groups) research design was used for this purpose. A total number of 24 school-age children (12 CWS & 12 CWNS, age range 6-12 years) were taken as sample for the study. Data was gathered using Conversational Maps Elicitation Procedures and speech samples were recorded using an audio- recorder. The Fluency Charting Grid was used to mark types and frequencies of dysfluencies in speech samples and also to estimate percentage dysfluency (dysfluency index) for each participant. Mean length of utterances and types and frequencies of sentence structures were marked by the researcher manually. The findings showed significant differences between participants who stutter and who do not stutter. The CWS had shorter mean length of utterances, used more simple and complex forms of sentences and made more dysfluencies of repetitions, part-word repetitions, phrase repetitions, sound prolongations and word interjections. They also had higher dysfluency indexes than CWNS. Although, no significant positive associations could be found between utterance length, sentence structure complexity and severity of stuttering, the latter was found to be negatively associated with complex structure of sentences. However, the results did highlight significant associations between certain types

of dysfluencies, mean length of utterance and sentence categories. The study findings could be used for assessment and management of children who stutter. They could also be utilized by researchers interested in broadening their study on effects and relationships of other linguistic variables with each other and with relevance to stuttering behaviors.

Keywords. Utterance Length, Sentence Structure Complexity, Dysfluencies, Stuttering.

ACQUISITION OF URDU CONSONANTS IN TYPICALLY DEVELOPING CHILDREN

Nayab Zahra (MS Session 2014-2016)

Supervisors: Hidna Iqbal, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

Present Cross-sectional research was designed to provide data on age of acquisition of Urdu Consonants in typically developing children aged 3;1 to 4;12 years. It also investigated the age and gender difference in speech sound accuracy in terms of Percentage Consonant Correct (PCC) and Percentage Phoneme Correct (PPC). Sample comprised of 120 children with gender distribution in four age groups (3.1-3.6 years, 3.7-3.12 years, 4.1-4.6 years and 4.7-4.12 years) was recruited from a single city Daska, Pakistan. Present study comprised of two phases. In the initial phase, Wordlist for Articulation and Phonological Assessment was devised as no articulation test or wordlist was available to use for data elicitation. Wordlist comprised of 95 words encompassing 38 Urdu consonants at all four syllable positions ranging from mono-syllabic to poly-syllabic word structures. Picture booklet of those 95 words was developed in order to elicit data either spontaneously or with prompts. In the second phase, data was elicited using single word picture naming task. All the data obtained was transcribed then analyzed in terms of speech sound acquisition and PCC and PPC. Results suggested that the age of acquisition of Urdu consonants was across the board (ranging 3.1 to 4.12 years or older). Children between 3.1-4.12 years of age exhibited the customary production of total 33 Urdu consonants and mastery production of total 17 Urdu

consonants. In addition, age of acquisition of Urdu consonants also differed according to syllable positions. Moreover, significant differences in PCC and PPC of 3.1-3.6 years, 3.7-3.12 years, 4.1-4.6 years and 4.7-4.12 years old children were found. However no significant gender difference in the PCC and PPC of children across all four age groups was found. Present study provides indigenous data on Urdu phonological development that will be helpful for SLTs in clinical decision making.

Keywords. Urdu Consonants, Percentage Consonant Correct (PCC), Percentage Phonemes Correct (PPC).

ACOUSTIC ANALYSIS OF NORMAL VOICE PATTERNS IN ADULTS

Saira Ambreen (MS Session 2014-2016)

Supervisors: Nazia Bashir, Sharmeen Aslam Tara,
Rukhsana Kausar PhD

This study was designed to find Normative Acoustic Measures of adults in Pakistan. Age and gender differences in these parameters were also studied. The study variables included: FO, Absolute Jitter, Relative Jitter, RAP, PPQ5, Jitter DDP, Shimmer local, Shimmer DB, APQ3, APQ5, DDA, HNR and MPT. The sample comprised of 71 participants (men 34; women=37), was recruited through two-stage sampling; initially Convenience Sampling followed by Purposive Sampling. Participants were selected from the students, staff and faculty of University of the Punjab, caretakers of clients coming for clinical services and researcher's friends, family and acquaintances. They were further divided into three subgroups based on following age bands: 21-30 years, 31-40 years and 41-50 years. After screening for health issues, voice samples were recorded in a sound-proof acoustic lab, under comfortable phonation, by using standheld PL-24 entry level microphone and Praat software. Voice analyses were done through Praat. Means and Standard Deviations were found for the participants. Age and gender differences were investigated by using two-way ANOVA. Normative values were also found for the men and women between the ages of 21-50 years, No significant age differences were found on any of the study

variables. Gender differences were seen to be significant in FO, Absolute Jitter, Relative Jitter, Jitter PPQ5, Shimmer APQ5 and HNR. The interaction between age and gender was significant on all jitter measures. The interaction showed an increase in all these measures between the ages of 31-40 years and decrease between the ages of 41-50 years in women. A reverse effect was noted in men, where the values were found to be declined between the ages of 31-40 years and rising between 41-50 years. Current findings can be used in clinical settings for voice assessment and for monitoring the treatment progress and can also be used as comparison data in future researches.

Keywords. Acoustic Analysis, Normal Voice Patterns, Jitter

SOCIAL PREDICTORS OF PRAGMATIC SKILLS AND CONVERSATIONAL MAXIMS IN CHILDREN

Iqra Saeed (MS Session 2014-2016)

Supervisors: Hina Javed Rana, Sharmeen Aslam Tarar,
Rukhsana Kausar PhD

The present study investigated the relationship among Social Predictors (gender, birth order, parental education, family system, languages spoken at home and types of schooling) and Pragmatic Skills and Conversational Maxims in children age range 5.1-5.12 years ($M=1.50$, $SD=.50$) and 6.1-6.12 years ($M=1.50$, $SD=.50$). The aims were to assess the difference between gender, age and types of schooling on pragmatic skills and conversational maxims, to find out the relationship among social predictors and pragmatic skills and conversational maxims in children, and to find the prediction among social predictors and outcomes (Pragmatic Skills & Conversational Maxims). The sample size comprised of ($N=66$) individuals (men= 33 & women= 33). Data was collected from four private schools of Jhang Sadar. Purposive Sampling was employed as a sampling strategy for this study. Slosson Intelligence Test Revised 3rd edition for screening of children, Social Communication Skills-The Pragmatic Checklist was employed with parents for assessing Pragmatic Skills of children, Conversational Maxims Checklist and Pictures

Elicitation Techniques were used with children to find out their Conversational Maxims Skills. Results of the study demonstrated that there was no significant difference between gender, age, and types of schooling on Pragmatic Skills of children. However, only age had a significant difference on Conversational Maxims. Family system had a significant relationship with Conversational Maxims total. The last hypothesis of prediction among social predictors and outcome has been rejected as the social predictors did not predict the outcomes. The study provides base roots for the upcoming clinicians to study Conversational Maxims of Pakistani children. It will also help parents as well as teachers to assess pragmatics of children according to a specific measuring criteria devised by researcher.

Keywords. Social Predictors, Pragmatic Skills, Conversational Maxims.

URDU FICTIONAL NARRATIVE AND WRITING SKILLS IN SCHOOL CHILDREN

Amber Gizaal Roshan (MS Session 2015-2017)
Supervisors: Aisha Sitwat PhD, Sharmin Aslam Tarar,

Present study explored relationship between Urdu Fictional Narrative and Writing Skills in School Children. It was hypothesized that Urdu fictional narrative is likely to be positively related with writing skills of children. Urdu fictional narrative and demographic variables are predictors of writing skills in school children. There are likely to be age differences in fictional narrative. Moreover, there are likely to be differences in fictional narrative on the basis of demographic variables. Cross-Sectional Research design was used in the study. Sample consisted of 60 school going children of ages seven, eight and nine of grade one, two and three respectively, taken from different private schools of Lahore. Purposive Sampling strategy was used for collection of sample. Urdu Fictional narrative was elicited using wordless story picture book "Mouse and the Lion" by following procedure of McConnel's (2011) and scored by following Stein and Glenn (1979) method of scoring. Writing skills of school children were assessed using Curriculum Based Measurement Assessment (CBM-WE) procedure by Wright (1992). Results showed that Urdu fictional narrative was not significantly related with writing skills of school children. No significant age differences were found between three age groups. Urdu fictional narrative did not predict writing skills of school children. Among demographic variables only first birth order of child significantly predicted writing skills. There were differences in Urdu fictional narrative on the basis of story listening habit at home and through electronic means, self-story reading habits and family system and school going age of children. The study highlights the relationship of Urdu fictional narrative and writing skills, therefore it sets a ground for future researchers to study variables related to them.

Keywords. Urdu Fictional Narrative, Writing Skills

URDU FICTIONAL NARRATIVE AND READING SKILLS IN SCHOOL CHILDREN

Farah Bashir (MS Session 2015-2017)

Supervisors: Aisha Sitwat PhD, Sharmeen Tarar

The present study explored the relationship between Urdu fictional narrative and reading skills in school age children. It was hypothesized that there is likely to be a positive relationship between fictional narrative and reading skills. The relative contribution of demographics variables and fictional narrative in predicting reading skills of the students was also assessed. Sample was selected through two stage sampling. The sample consisted of sixty children i.e. $N = 60$ (Girls = 30; Boys = 30) taken from six English Medium private schools of Muslim Town, Lahore, Pakistan. Children of age 7-9 years were included in sample. Twenty children were selected from each grade (first, second and third grade). Solosson Intelligence Test and Personal Narrative were used to screen out children for average or above average intelligence and normal language respectively. Fictional narrative was elicited through wordless story book and analyzed through Story Grammar Analysis. Annual Status of Education Report (Urdu literacy assessment) (ASER, 2015) was used to assess reading skills. There was no significant correlation between fictional narrative and reading skills. In addition, reading skills showed a significant negative correlation with last birth order and significant positive correlation with age. The results of Hierarchal Regression suggested that neither demographic variables nor fictional narrative significantly predicted reading skills. No significant gender differences were found in narrative and reading skills. Results of independent sample t-test indicated that children who used to watch stories on tablet, computer or on other electronic devices, listen stories at home and read stories by themselves scored more on fictional narrative than children who did not practice aforementioned activities.

Keywords. Urdu Fictional Narrative, Reading Skills in school children

PHONOLOGICAL PROCESSES OF URDU LANGUAGE IN TYPICALLY DEVELOPING CHILDREN AGED 5.1 TO 6.12 YEARS

Khadija Abbasi (MS Session 2015-2017)

Supervisors: Humaira Naz, Sharmeen Aslam Tarar,
Farah Malik PhD

Present research study was designed to investigate the Phonological Processes of Urdu Language in Typically Developing Children aged 5.1 to 6.12 years having Urdu as a first language. It was hypothesized that older children would likely to use fewer phonological processes as compared to younger children. It was also hypothesized that girls would likely to have fewer phonological error patterns as compared to boys. The participants comprised of 120 children with equal gender distribution (boys = 60 and girls = 60 girls) in four age groups (5.1-5.6 years, 5.7-5.12 years, 6.1-6.6 years and 6.7-6.12 years), were selected from different schools of Lahore. Indigenous Wordlist for Articulation and Phonological Assessment (Shabbir, et. al., 2016) was used in order to elicit data either spontaneously or with prompts to assess error patterns of phonological processes in typically developing children aged 5.1 to 6.12 years. Each child's speech was audio-recorded and phonetically transcribed using Urdu IPA chart. Results revealed that nine error patterns of phonological processes were observed in children, among these Syllable Structure Processes was the highest occurrence than other processes. Among these, four phonological processes were suppressed before the age of 6.12 years. However, five processes were found to be persistent in the age of 6.12 years. It was also shown that the phonological processes suppressed gradually with an increasing age. Significant age differences revealed that children of age range (5.1- 5.6) and (5.7- 5.12) years had high mean scores on all error patterns as compared to the children of age range (6.1- 6.6) and (6.7- 6.12) years respectively. Significant gender differences were found on one syllable structure process, Anaptyxis. Findings of the present study has provided an indigenous data on Urdu phonological development that will be helpful for speech and language pathologists in

clinical decision making in diagnosis, assessment and speech therapy of articulation disorder.

Keywords. Phonology processes, Indigenous tool, Urdu, Typically developing children.

ACQUISITION OF URDU CONSONANTS IN TYPICALLY DEVELOPING 2-3 YEARS OLD CHILDREN

Rabia Mumtaz (MS Session 2015-2017)

Supervisors: Humaira Naz, Sharmeen Aslam Tarar,
Farah Malik PhD

The present study investigated the acquisition of Urdu Consonants in Typically Developing 2-3 years old children. It also aimed to find emerging consonants in typically developing children (age range 2-3 years old). In present study, age and gender differences on consonant accuracy in terms of consonant correct (PCC) were also investigated. The sample of the present study comprised of 24 typically developing 2-3 years old children and was divided into two age groups (24-30 months; 31-36 months). Speech sample data was collected through Purposive Sampling from a single city Sialkot, Pakistan. A picture booklet consisted of wordlist for articulation and phonological assessment was used to elicit speech data from children. The data was transcribed and analyzed by the researcher for speech analyses. Speech analyses revealed that 16 Urdu consonants emerged in 2-3 years old children. Children in the age range (2-3 years old) also produced 8 Urdu consonant at customary level and 1 Urdu consonant at acquired level. The age difference on consonant accuracy (PCC) was significant. However, the gender difference was not found on PCC. The present study provides indigenous data on Urdu consonant acquisition in typically developing 2-3 years old children which will help Speech Language Pathologists working in Pakistan to early diagnose and prepare therapy goals for young children with articulation difficulties and delay.

Keywords. Urdu Consonants, Typically Developing Children

ACQUISITION OF URDU PRONOUNS IN TYPICALLY DEVELOPING CHILDREN

Javaria Altaf (MS Session 2015-17)

Supervisors: Aasma Yousaf, Sharmeen Aslam Tarar,
Farah Malik PhD

The present study aimed to identify the Acquisition of types of Urdu Pronouns in 3 to 6 years old Typically Developing Children and to find out the relationship in acquisition of types of Urdu pronouns in children. The Cross-sectional Within Group Research Design was used and N=60 children (30 girls & 30 boys) with age 3-6 years ($M= 4.14$ & $SD=.84$) were recruited using Convenient Sampling. The sample was collected from home environment in different areas of Lahore. The data was collected through 4 set of games designed by researcher. Data was transcribed and analyzed by the researcher and types of pronouns were evaluated from 150 utterances. Frequencies of words were tabulated and analyzed in frequency tabulation sheet. The frequencies are counted in numerical forms for statistical analysis. There were no significant differences among all age bands and gender with reference to acquisition of pronouns. It was revealed that age, gender, education of child, family system, parents education, the habit of storytelling and played with others have positive relationship with acquisition of Urdu pronouns. Patterns that identified might help in extending the theory and research in the field of speech and language pathology. The current sample might serve as a baseline for assessment measures in the domain of speech and language pathology.

Keywords. Urdu pronouns, Typically Developing Children.

ACQUISITION OF URDU NOUNS IN TYPICALLY DEVELOPING CHILDREN

Hiba Maqsood (MS Session 2015-2017)

Supervisors: Aasma Yousaf, Sharmeen Aslam, Farah Malik PhD

The current study investigated the developmental pattern of Urdu Nouns in 3-6 years old typically developing children. It was

hypothesized that older age children are likely to have better acquisition of grammatical categories and types of noun as compare to younger age children. The Between Group Cross-sectional Research Design was used. Total participants (N= 60) boys (n=30) and girls (n=30) with 3-6 years of age ($M=4.14$ & $SD=.84$) living in Lahore, Pakistan were selected, using two stage sampling (Convenience and Purposive). Participants were selected through (a) children with normal development (b) who are fluent in Urdu language. Data was elicited through semi structure elicitation technique. The elicited data was transcribed in Urdu language, 150 utterances were selected from each child data. Language analysis was done for transcribed data and frequencies of grammatical categories and types of nouns were identified. Scoring obtained from the language analysis was then calculated to identify the significance of the results. The results of ANOVA indicate the significant differences in the acquisition of grammatical categories and types of noun in typically developing children. Result of independent sample *t*-test revealed no gender differences in acquisition of grammatical categories and types of noun in typically developing children. Regression analysis indicates that demographic characteristics significantly predict development of grammatical categories and types of nouns in typically developing children. This was the first preliminary research targeting the acquisition of Urdu nouns in 3-6 years old typically developing children. The developmental trend of grammatical categories and types of nouns identified in this study might help both as a baseline for future research and as a foundation for diagnosis in clinical population.

Keywords. Urdu pronouns, Typically Developing Children

ACQUISITION OF URDU VERBS AMONG TYPICALLY DEVELOPING CHILDREN

Tahira Sarwar (MS Session 2015-2017)

Supervisors: Tehreem Arshad, Sharmin Aslam Tarar,
Farah Malik PhD

The present study aimed to identify the acquisition of grammatical forms of Urdu Verbs in Typically Developing

Children aged from 3 to 6 years. Verbs are the significant part of every spoken language. They are one of the important grammatical and syntactic structures. Urdu language has a variety of grammatical forms of verbs. These grammatical forms include Verb Root, Imperfective Participles, Perfective Participle, Verb Infinitives, Transitive Compound Verbs, Intransitive Compound Verbs, Tense Auxiliaries and Aspect Auxiliaries. These forms highlight actions, states, mood, aspect and tense of these tenses in daily usage. The developmental patterns of verbs were investigated on the basis of age and gender. The Cross Sectional Research Design was used. Sixty children residing in Lahore city participated in the research. The self-constructed detailed parent report form was used for initial screening of the participants. The data was collected in the home environment after the screening. Form focused semi structured elicitation technique involving co-player tasks through imitative role play was used for the data elicitation. All the games were played using this technique. The elicited data was transcribed for both language and statistical analyses. Statistical results showed no significant differences in the acquisition of grammatical forms of Urdu verbs on the bases gender. There was no significant correlation of age with acquisition of grammatical forms of Urdu verbs. The identified acquisition patterns of Urdu Verbs might assist both in the theory and research in the fields of applied linguistics, clinical linguistics, speech and language pathology, special education and mainstream education. These findings can serve as a basic layout to develop assessment and treatment measure in the domain of speech and language studies.

Keywords. Urdu Verbs, Verb Root, Imperfective Participles, Perfective Participle, Verb Infinitives, Transitive Compound Verbs, Intransitive Compound Verbs, Tense Auxiliaries, Aspect Auxiliaries.

ACQUISITION OF URDU POSTPOSITIONS AMONG TYPICALLY DEVELOPING CHILDREN

Humaira Nazir (MS Session 2015-2017)

Supervisors: Rabia Dasti, Sharmin Aslam Tarar, Farah Malik PhD

The present study aimed to identify the developmental pattern of Urdu Postposition in Typically Developing Children aged between 3 and 6 years. The developmental patterns were examined on the basis of age. The Between Group Cross-sectional Research Design was used and 60 typically developing children age range (i.e. 3.0 to 3.6, 3.7 to 3.12, 4.0 to 4.6, 4.7 to 4.12. 5.0 to 5.6 & 5.7 to 5.12) were selected, using two stage sampling (Convenience and Purposive) living in Lahore, Pakistan. Initially, convenient sampling procedure was used to collect data. The participants initially fulfilled the inclusion criteria were recruited for the present study. Data was elicited by using four games; which were included zoo animal, cooking, play vehicles and doctor game. The elicited data was transcribed in Urdu, 150 utterances were selected from each child's data. The elicited data was analyzed on language analysis. By using this analysis the syntax or grammatical categories of postpositions were categorized and their frequencies were extracted. After language analysis, the data was transformed to SPSS for further statistical analysis t-test and ANOVA was run to find out gender differences and age differences respectively. The results of independent sample t test revealed that there were no differences in acquisition of postpositions on the basis of gender. The results of present study partially support the hypothesis of age difference in some complex categories of postpositions.

Keywords. Urdu Postpositions, utterances.

ACQUISITION OF CONJUNCTIONS IN TYPICALLY DEVELOPING CHILDREN

Sumbal Zafar (MS Session 2015-2017)

Supervisors: Rabia Dasti, Sharmin Aslam Tarar,
Farah Malik PhD

The present study investigated the acquisition of conjunctions in typically developing children between the ages of three to six years. It was hypothesized that girls are likely to acquire more grammatical categories of conjunctions in younger age than boys. In addition to that, it was also hypothesized that there is likely to be a positive correlation between age and types of conjunctions acquired. The sample of the present study comprised of 60 children. Twelve children from each age group were included in the sample. The age groups were 3.0 to 3.6, 3.7 to 3.12, 4.0 to 4.6, and 4.7 to 4.12, 5.0 to 5.6 and 5.7 to 5.12 (six boys and six girls in each group). Semi-structured elicitation technique; form focused with co-player task through imitative role play (Eisenbeiv, 1994) was used to screen out participants for data elicitation. Data was collected in two days from each child. Results of the *t*-test showed no gender differences in the acquisition of different types of conjunctions. There were significant age differences in the acquisition of different types of conjunctions. Moreover, there was positive correlation between age and types of conjunctions acquired. Results also revealed positive correlation between acquisitions of different types of conjunctions. Regression analysis revealed that age strongly predicts acquisition of types of conjunctions. The study will help to identify and diagnose semantic language disorder or expressive language delay depending on the age. The present study will help to provide the rudimentary data for the typically development of conjunctions, which can further facilitate the identification and screening of the typical development of conjunctions in children.

Keywords. Conjunctions, Semantic Language, Expressive Language

MEASURING THE MEAN LENGTH OF UTTERANCES IN TYPICALLY DEVELOPING CHILDREN OF 4.7-6.0 YEARS

Maira Farooq (MS Session 2015-2017)

Supervisors: Nazia Bashir, Sharmin Aslam Tarar,
Farah Malik PhD

The present study investigated age and gender differences in mean length of utterances of children. The sample for the study was 18 typically developing children of age 4.7-6.0. This was a group study with an overall sample of 36 children of age range 3.1-6.0. The overall sample was divided into 6 age bands with a 6 month interval for each of them (i.e. 3.1-3.6, 3.7-4.0, 4.1-4.6, 4.7-5.0, 5.1-5.6 and 5.7-6.0). The total number of age bands was divided into 2 equal parts. The present study covered the upper 3 bands i.e. 4.7-5.0, 5.1-5.6 and 5.7-6.0. Cross-sectional research design was used. The data was collected in the home environment using semi-structured elicitation techniques. The data was transcribed and analyzed for 150 medial utterances. Both MLUm and MLUw were used to calculate the mean length of utterances of children. The results for the present study showed that there was no statistically significant difference of MLU across age. However, the results for the group study showed highly significant differences of MLU across ages. There were no statistically significant gender differences of MLU. The relationship between MLUm and MLUw was highly significant for both present and group study.

Keywords. Utterances, Children of 4.7-6.0years.

MEASURING THE MEAN LENGTH OF UTTERANCES IN TYPICALLY DEVELOPING CHILDREN OF 3.0-4.6 YEARS

Faiqa Emran (MS Session 2015-2017)

Supervisors: Nazia Bashir, Sharmin Aslam Tarar,
Farah Malik PhD

The aim was to find the differences between age and MLU-m and MLU-w, and to identify the difference in MLU-m and MLU-w on the basis of gender. The relationship between MLU-m and MLU-w was also studied. The sample size was 18 participants (9 girls, 9 boys) of 3 age bands 3.0-3.6, 3.7-4.0 and 4.1-4.6 with 6 months of interval. The participants were selected from the family, friends and neighbors. The data was collected in the home environment. A sample of 150 utterances was selected. The data was transcribed and then analyzed manually. The results showed that there was no significant difference between age, MLU(m & w) and in gender. Relationship between MLU (m & w) was significantly positive. The study was divided into two parts, where total number of sample was 36 participants (18 girls, 18 boys) of 6 age bands with 6 months interval from age 3.0-6.0 years and further divided into two groups for the sake of manual analysis. 1st researcher studied 18 children and 2nd researcher studied remaining 18. In the end the data was combined and statistical analysis was performed, where it showed that there is a highly significant difference between age and MLU (m & w). There were no significant difference found between gender and MLU (m & w). The relationship between MLU-m and MLU-w was highly significant. The current findings are useful in studying the language development in Urdu speaking children. The study is also useful for the clinicians to compare the scores of typically developing children and the children with impaired speech.

Keywords. Mean Length of Utterances, Typically
Developing Children of 3.0-4.6 years

LEXICAL DIVERSITY IN TYPICALLY DEVELOPING CHILDREN

Zunaira Zulqarnain (MS Session 2015-2017)
Supervisors: Hina Javed Rana, Sharmin Aslam Tarar,
Farah Malik PhD

The current study assessed lexical diversity in typically developing children between the age ranges of 3-6 years. The present study also examined the relationship among total number of words, number of different words, type token ratio (lexical diversity), age, storytelling and play. Study also investigated age and storytelling as a predictor of lexical diversity. It also investigated the gender and age difference in lexical diversity. It was hypothesized; that there is likely to be positive relationship among age and lexical diversity (number total words, number of different words, type token ratio), play and storytelling in 3 to 6 years old. Factors such as age and storytelling are likely to predict lexical diversity (number total words, number of different words, type token ratio) in typically developing children in 3 to 6 years old. It was also hypothesized that girls has higher lexical diversity than boys in 3 to 6 years old age, difference among all age group in lexical diversity (number total words, number of different words, type token ratio) was also assessed. The sample size comprised of 60 children that included 30 boys and 30 girls. Participant was divided into 6 age bands on the basis of 6 months interval (i.e., 3.1-3.6, 3.7-4.0, 4.1-4.6, 4.7-5.0, 5.1-5.6, 5.7-6.0). Data was collected through Convenient Sampling by using Cross-sectional Research Design. Semi structured elicitation techniques using co-player task through imitative role play was used for data collection. Semi- structured parental report was also devised by the research in order to gather important study related information. The result showed that there was positive relationship between age, number of total words, number of different words and storytelling. The result also showed that age is strong predictor of number of total and different words while storytelling is only the predictor of total number of words. The result of ANOVA showed that there are differences among all age groups in total and different number of words but not on type token ratio. The study have clinical and educational implications,

in clinical setting it can be used for diagnosing different type of speech and language disorders and in educational setting it can be used in enhancing students' vocabulary.

Keywords. Lexical Diversity, Typically Developing Children of 3-6 years

MEAN LENGTH OF UTTERANCE OF TYPICALLY DEVELOPING CHILDREN OF AGE 6.01-7.12 YEARS

Munnazzah Akhtar (MS Session 2015-2017)
Supervisors: Hina Javed Rana, Sharmin Aslam Tarar,
Farah Malik PhD

The current study was aimed to assess the age and gender differences in mean length of utterances morphemes and words to investigate the validity of Mean Length of Utterance words. A sample of 48 typically developing children was selected from schools of middle socio-economic areas. Children of age 6.1 to 7.12 years were included, after screening. Language samples were elicited by General Conversational Technique. The results showed that there were significant differences between age and MLU, MLUm, MLUw. However, no significance difference was found between the MLUw and MLUm on the basis of gender.

Keywords. Mean Length of Utterance, Typically Developing Children.

**BS
(Clinical
Psychology)**

PARENTING STYLES, MORAL IDENTITY AND PROSOCIAL BEHAVIORS IN ADOLESCENTS

Samer Fatima (BS Session 2013-2017)

Supervisor: Saima Dawood PhD

The present study examined the relationship between Parenting Styles, Moral Identity and Prosocial Behaviors in Adolescents. It was hypothesized that there is likely to be a relationship between parenting styles, moral identity and prosocial behaviors in adolescents. It was also hypothesized that moral identity is likely to mediate the relationship between parenting styles and prosocial behaviors. Through Purposive Sampling technique, a sample of 236 participants with age ($M=15.28$, $SD= 1.92$) were recruited from different schools and academies of Lahore city. The Parental Authority Questionnaire-Revised (PAQ-R), The Self-Importance of Moral Identity Scale and Prosocial Tendencies Measure Revised (PTM-R) were employed for data collection. The results demonstrated significant positive relationship between authoritative parenting style, moral identity and prosocial behaviors. While permissive parenting style had negative relationship with moral identity and prosocial behaviors. Father authoritarian style had positive relationship with moral identity, while mother authoritarian style had negative relationship with moral identity. Moreover, analysis revealed that moral identity was significantly mediating the relationship between parenting styles and prosocial behaviors. The results also revealed significant gender difference in terms of moral identity-internalization and prosocial behaviors i.e. public, emotional, dire and anonymous. The present research suggested that parenting style is a significant factor in developing prosocial behaviors in children. It is very important that parents should have some insight about their parenting style and they should have some guidance that how they can improve their parenting styles in order to provide healthy upbringing style to their children.

Keyword. Parenting Styles, Moral Identity, Prosocial Behaviors, Adolescents

COMPETITIVE ANXIETY, MENTAL TOUGHNESS AND PSYCHOLOGICAL WELL-BEING IN SPORTS STUDENTS

Amna Ayaz (BS Session 2013-2017)
Supervisor: Saima Dawood PhD

The present study investigated the relationship between Competitive Anxiety, Mental Toughness and Psychological Well-being in sports students. It was hypothesized that there is likely to be relationship between competitive anxiety, mental toughness and psychological well-being in sports students. It was also hypothesized that competitive anxiety and mental toughness will predict psychological well-being in sports students. The total sample size for the present study was 300 sports students, 150 men ($M_{age}=21.67$ & $SD=1.93$) and 150 women ($M_{age}=21.45$ & $SD=1.72$). Demographic sheet, Competitive State Anxiety Inventory (Martens et al., 1990), Mental Toughness Questionnaire (Clough et al., 2001) and Ryff's Psychological Well-being Scales (Ryff, 1989) were administered. The results demonstrated significant positive relationship between mental toughness and psychological well-being. Competitive anxiety showed significant negative correlation with mental toughness and psychological well-being. Moreover analysis revealed that competitive anxiety and mental toughness were significant predictors of psychological well-being. This study provided insight into how competitive anxiety and mental toughness are contributing to psychological well-being in athletes.

Keywords. Competitive Anxiety, Mental Toughness, Psychological Well-being, Sports, Students

PERSONALITY IMPULSIVITY, SELF-REGULATION AND IMPULSIVE BUYING IN YOUNG ADULTS

Sidra Zahid (Bs Session 2013-2017)
Supervisor: Saima Dawood PhD

The present aimed to find out the relationship between Personality Impulsivity, Self-Regulation and Impulsive Buying in Young Adults. It was also hypothesized that there would be a relationship

between personality impulsiveness, impulsive buying and self-regulation. Moreover, it was also hypothesized that personality impulsiveness and self-regulations would be the predictors of impulsive buying. Through purposive sampling technique, a sample of 300 participants ($M= 23$, $SD= 2.8$) was recruited from different shopping malls of Lahore. To measure the study variables Barrett Impulsiveness Scale (Barrett, 1995), Short Self-Regulation Questionnaire (Carey & Neal, 2004) and Impulsive Buying Tendency Scale (Verplanken, 2001) was administered after taking the permissions from the authors. Pearson Product Moment Correlation showed that there is a significant negative correlation between self-regulation and personality impulsiveness. Moreover, regression analysis revealed that personality impulsiveness, self-regulation are predictors of impulsive buying that could be used at preventive level for adults in order to face any difficulty regarding finance.

Keywords. Impulsivity, Self-Regulation, Impulsive Buying, Young Adults.

RELATIONSHIP BETWEEN FAMILY FUNCTIONING, DARK TRIAD TRAITS AND MORAL DISENGAGEMENT IN ADOLESCENTS

Shifa Abdul Majeed (BS Session 2013-2017)

Supervisor: Humaira Naz

Present study investigated relationship between Family Functioning, Dark Triad Traits and Moral Disengagement in Adolescents. It was hypothesized that there was likely to be relationship between family functioning, dark triad traits and moral disengagement. It was also hypothesized that there would likely to be a predictive relationship between dark triad traits and moral disengagement. The sample comprised of 135 adolescents including boys= 76 and girls= 59 with ($M_{age}= 16.64$, $SD= 1.83$) recruited from schools and colleges. The measures used were Family Functioning Style Scale (Deal et al, 1988), Short SD3 (Jones & Paulhus, 2014) and The Moral Disengagement (Bandura et al, 1995). Findings revealed a significant negative relationship of interactional patterns and family commitment (domains of family functioning) with moral disengagement and its

mechanisms. Dark triad traits (Machiavillism, Narcissism, Psychopathy) had positive relationship with moral disengagement and its mechanisms. Dark traits also emerged as strong positive predictor of moral disengagement. The results depicted that with tendency of dark personality traits, vulnerability increases to accept immoral beliefs and also disengage morally. Adolescents who have greater cynical regard for morality, grandiose sense of self importance and lack of empathy express greater moral disengagement. Research findings will help in arranging educational programs to aware parents about healthy family functioning characterized as open communication, family commitment and values and emphasis on the development of positive personality traits and moral engagement.

Keywords. Family Functioning, Dark Triad Traits, Moral Disengagement, Adolescents.

ILLNESS PERCEPTION, APPEARANCE ANXIETY AND QUALITY OF LIFE IN PATIENTS WITH DERMATOLOGICAL CONDITIONS

Komal Amir (BS Session 2013-2017)
Supervisor: Ms. Humaira Naz

The study was conducted to investigate the relationship between Illness Perception, Appearance Anxiety and Quality of Life in patients with Dermatological Conditions. Further aim was to assess the predictive relationship between illness perception, appearance anxiety and quality of life in patients with dermatological conditions. It was hypothesized that appearance anxiety would likely to mediate between illness perception and quality of life. Data was collected from 100 diagnosed patients comprising: patients with acne=50, eczema=30 and psoriasis=20 within age ($M=24.51$, $SD= 5.34$) including men ($n = 21$) and women ($n=79$) from government hospitals and private clinics. The instruments included Illness Perception Questionnaire-Revised (IPQ-R; Morris, Petrie & Weinmen, 2002), Appearance Anxiety Inventory (Veale, 2104) and WHO Quality of Life (WHOQOL-BREF; WHOQOL Group, 1996). The correlation analysis revealed a significant negative relation of negative illness perception (illness coherence) and appearance anxiety with

domains of quality of life. However, positive illness perception (personal control, timeline cyclical and emotional representation) had a significant positive relation with all domains of quality of life. Mediation analysis depicted indirect effect of appearance anxiety in predicting relationship between illness perception (illness coherence and emotional representation) and all domains of quality of life. The independent sample *t*-test revealed that significant differences were found on appearance anxiety. Women were more concerned about their appearance and men were more satisfied about their social and environmental quality of life. It is inferred that illness perception along with appearance anxiety effect overall quality of life determining positive and negative views of illness.

Keywords. Illness Perception, Appearance Anxiety and Quality of Life, Dermatological Conditions

AUTOTELIC PERSONALITY, WORK FLOW, WORK RESOURCES AND BURNOUT IN LAWYERS

Rabbia Ashraf (Session 2013-2017)
Supervisor: Humaira Naz

The present study investigated Autotelic Personality, Work Flow, Work Resources as determinants of Burnout in Lawyers. It was hypothesized that there is likely to be relationship between Autotelic personality, work flow, work resources and burnout. It was also hypothesized that there will be a predictive relationship between Autotelic personality, work flow, work resources and burnout. It was also hypothesized that lawyers working in public and private sector will differ on autotelic personality, work flow, work resources and burnout. The sample was selected through Purposive Sampling technique and was comprised of 132 (men=102, women =30) lawyers with average age range of 20-30 years ($M_{age}=32$, $SD=9.53$). Participants were approached from both government and private organizations and firms. Questioner used were Big Five Inventory (Rammstedt & John, 2005), Work Related Flow (Baker, 2008), General Self-efficacy Scale (Schwarzer & Jerusalem, 1992), Questioner on Experience and Evaluation of Work (Veldhoven & Meijman, 1994) and Copenhagen Burnout Inventory (Kristensen et al., 2005). The

correlational analysis showed significant negative relation of autotelic personality, work flow, work resources with all burnout subscales. Hierarchical Multiple Regression found out that Agreeableness emerged as negative predictor of personal and work related burnout. Neuroticism was emerged as positive predictor of personal, client related and burnout total. Work Absorption (Work Flow) strongly predicted client related burnout. Independent sample *t* test revealed that public sector lawyers experience more intrinsic work motivation (work flow), whereas private sector lawyers have more colleague, social support and experience more burnout. Additional analyses show that prosecutor had more work flow and autotelic personality traits of consciousness and openness. Criminal lawyers were found to have more agreeableness traits. It is concluded that lawyers with Autotelic personality traits tend to have greater work flow and work resources serve as buffer agent against work burnout. Research findings suggest ways to decrease burnout and increase employee's engagement in work by enhancing their autotelic personality, general self-efficacy, acceptance of their role and recognition for their work.

Keywords. Autotelic Personality, Work Flow, Work Resources, Burnout

SOCIAL DISCRIMINATION, INFERIORITY FEELINGS AND PSYCHOLOGICAL ADJUSTMENT IN EXPATRIATES

Aqsa Kanwal (Session 2013-2017)
Supervisor: Aasma Yousaf

The present research intended to see the relationship in Social Discrimination, Inferiorty Feelings and Psychological Adjustment in Expatriates. It was hypothesized that, 1) There is likely to be a positive relationship in social discrimination and inferiority feelings in expatriates, 2) There is likely to be a negative relationship in social discrimination and psychological adjustment in expatriates, 3) Social discrimination and inferiority feelings is likely to predict psychological adjustment in expatriates. In the present study data was collected through Snowball Sampling technique. Sample consisted of N=75

expatriates with age range 18- 40 years, including men ($n=37$), ($M=28.92$, $SD=7.93$) and women ($n=38$), ($M=24.84$, $SD=4.33$). Data was collected from expatriates who are currently residing in Pakistan. Measuring instruments used were Experiences of Discrimination Scale (EOD; Krieger, Smith, Naishadham, Hartman & Barbeau, 2005), Striving to Avoid Inferiority (SAIS; Gilbert, et. al., 2007), and Personality Assessment Questionnaire (PAQ; Rohner & Khaleque, 2004). Pearson product moment correlation revealed a significant positive relationship in social discrimination and inferiority feelings whereas negative relationship was found in social discrimination and psychological adjustment. Multiple Hierarchical Regression revealed social discrimination and inferiority feelings as predictors of psychological adjustment. Independent sample t -test revealed no significant mean differences between men and women with reference to social discrimination, inferiority feelings and psychological adjustment in expatriates. The present research study will be helpful in understanding the impacts of discrimination, minimizing the negative consequences and adapting in a better manner as an expatriate.

Keywords. Social Discrimination, Inferiority, Psychological Adjustment, Expatriates

SOCIAL STIGMATIZATION AND POST ABORTION SYNDROME IN WOMEN AFTER ABORTION

Maria Rafique (Session 2013-2017)
Supervisor: Aasma Yousaf

The present study examined relationship between Social Stigmatization and Post Abortion Syndrome in Women after Abortion. It was hypothesized that (1) there would likely to be a positive relationship of social stigmatization (abortion stigma) and post abortion syndrome in women after abortion (2) Social stigmatization will likely to predict post abortion syndrome in women after abortion. This was Correlational study, Within Group Design and data was collected through Convenient Sampling strategy. The total sample size of the present study was 107 women ($M=28.48$ & $S.D=2.68$). Individual Level Abortion Stigma Scale (Cockrill & Nack, 2013), Symptom Checklist-

Revised for Depression and Anxiety (Rahman, Dawood, Rehman, Mansoor & Ali, 2001) and Duke University Religious Index (Keonig & Bussing, 2010) were administered respectively. Pearson product moment correlation revealed positive correlations between social stigmatization of isolation, worries about judgment, community condemnation and self-judgment with depression and anxiety. Multiple Hierarchal Regression showed social stigmatization as strong predictor of post abortion syndrome (anxiety & depression) in women after abortion. The results were then discussed in the light of previous literature, theoretical framework and cultural context. This study on abortion stigma allows the understanding of the problem as matter of women health, which requires special care and special attention to minimize the physical, emotional and social complication arising from it.

Keywords. Stigmatization, Post Abortion Syndrome, Abortion

SOCIAL COMPARISON, SELF-COMPASSION AND READINESS FOR PERSONAL IMPROVEMENT IN INDIVIDUALS WITH PHYSICAL DISABILITY

Mobeen Akhtar (Session 2013-2017)
Supervisor: Aasma Yousaf

The aim of the present study was to examine the Social Comparison, Self-Compassion and Readiness for Personal Improvement in Individuals with By-birth and Acquired Physical Disability. It was hypothesized that (1) there is likely to be a relationship in social comparison, self-compassion and readiness for personal improvement in individuals with by-birth and acquired physical disability (2) Social comparison and self-compassion will likely to predict readiness for personal improvement in individuals with by-birth and acquired physical disability (3) there would likely to be differences in social comparison, self-compassion and readiness for personal improvement between by-birth and acquired physical disability in men and women. Total hundred individuals (N=100) with by-birth physical disability (n= 54) and acquired physical disability (n= 46) with age (Men=53, $M_{age}=27.74$ & $S.D=4.06$) and

(Women=47, $M_{age}=27.39$ & $S.D=4.13$) were taken. Social Comparison Scale (Allen & Gilbert, 1995), Self-compassion Scale (Neff, 2011), Scale of Readiness for Self-improvement (Zawadzka, 2014) and Duke University Religion Index (Koenig & Bussing, 2010) were administered. Pearson product moment correlation analysis revealed negative correlation in social comparison and readiness for personal improvement while, positive correlation in self-compassion and readiness for personal improvement in both groups. Multiple Hierarchical Regression identified social comparison and self-compassion as significant predictors of readiness for personal improvement in both groups. Two-way ANOVA showed women with acquired physical disability as compared to men had more readiness for personal improvement. This study would be helpful for creating awareness about self-improvement in individuals with physical disability.

Keywords. Social Comparison, Self-compassion, Personal Improvement, Physical Disability

BODY CATHEXIS, SEXUAL FUNCTIONING AND MARITAL ADJUSTMENT IN WOMEN WITH POLYCYSTIC OVARY SYNDROME (PCOS)

Sadia A. Hakeem (Session 2013-2017)

Supervisor: Aasma Yousaf

The present study examined the relationship of Body Cathexis, Sexual Functioning and Marital Adjustment. It was hypothesized that (1) There would likely be a positive relationship between body cathexis, sexual functioning and marital adjustment in women with polycystic ovary syndrome. (2) Body cathexis is likely to predict sexual functioning and marital adjustment in women with polycystic ovary syndrome. The total sample size of the present study was 70 women with age range of 20-40 years ($M=28.1$, $SD=4.47$) was selected through Purposive Sampling strategy. Body Esteem Scale (Franzoi & Shields, 1984), Female Sexual Function Index (Rosen et al., 2000), Lock-Wallace Marital Adjustment Test (Lock & Wallace, 1959) and Duke University Religious Index (Koenig & Bussing, 2010) were administered. Results revealed body esteem i.e. sexual attractiveness has a

significant positive correlation with sexual functioning i.e. desire, arousal, lubrication, orgasm and satisfaction. Body esteem i.e. physical condition has a significant positive correlation with sexual functioning i.e. arousal, orgasm and satisfaction. Body esteem i.e. sexual attractiveness, weight concern and physical condition have a significant positive correlation with marital adjustment. Hierarchical multiple regression revealed body cathexis i.e. sexual attractiveness and weight concern as predictor of sexual functioning and marital adjustment. This study on PCOS allows for the understanding of the problem as matter of women health, which requires special care and special attention to minimize the physical, emotional and social complications arising from it.

Keywords. Body Cathexis, Sexual Functioning Marital Adjustment, Polycystic Ovary syndrome

HELICOPTER PARENTING, SELF- SILENCING AND DISTRESS TOLERANCE IN MEDICAL STUDENTS

Kanza Irfan (Session 2013-2017)
Supervisor: Tehreem Arshad

The present study aimed to find out the relationship between Helicopter Parenting, Self-Silencing and Distress Tolerance in Medical Students. It was hypothesized that there would be relationship between Helicopter Parenting, Self-Silencing and Distress Tolerance. Moreover, helicopter parenting and self-silencing were hypothesized as predictors of distress tolerance. Two hundred and thirty medical students (115 male, 115 female) with age range of 18-22 years ($M_{age}= 20.23$, $SD=1.11$) were recruited from different medical colleges of Lahore, Pakistan. Helicopter Parenting and Behaviors scale (Schriffrin, 2013), Self-Silencing: Silencing the Self Scale (STSS; Dana, 1991) and Distress Tolerance Scale (Simons & Gaher, 2005) were self-administered to assess helicopter parenting, self-silencing and distress tolerance respectively. Findings revealed that helicopter parenting was significantly positively correlated with self-silencing while self-silencing was significantly negatively

correlated with distress tolerance. Moreover, helicopter parenting was negatively correlated with distress tolerance. Autonomy support for mother and silencing the self-scale emerged as predictors of distress tolerance. The present study implicated that major life decisions of children need to be taken under mutual consent of parents and their children.

Keywords. Helicopter parenting, Self-Silencing, Distress Tolerance, Medical students

PSYCHOLOGICAL NEEDS, FEAR OF MISSING OUT AND PHUBBING IN SMARTPHONE ADDICT UNIVERSITY STUDENTS

Ayesha Khawar Butt (Session 2013-2017)

Supervisor: Tehreem Arshad

The present study aimed to find out the relationship between Psychological Needs, Fear of Missing Out and Phubbing in Smartphone Addict University Students. It was hypothesized that there would be a relationship between psychological need satisfaction and frustration, fear of missing out and phubbing in smartphone addict university students. It was hypothesized that psychological needs and fear of missing out would likely to predict phubbing. Moreover, it was also hypothesized fear of missing out would likely to mediate the relationship between psychological needs and phubbing. Through Purposive Sampling technique, a sample of 240 participants (Men $M_{age}=20.93$, $SD=1.07$; Women $M_{age}=20.76$, $SD=.89$) was recruited from two private and two government universities of Lahore. Initially to assess the presence of smartphone addiction, Smart Phone Addiction Scale ([SAS-SV] Kwon, 2013) was employed to make sure that the participants fulfilled the criteria of inclusion in the study. Then, to measure psychological needs Basic Psychological Need Satisfaction and Frustration Scale ([BPNSF] Deci & Ryan, 2015), to find out fear of missing out Fear of Missing Out Scale ([FoMO] Przybylski et al, 2013) and to assess phubbing, Phubbing Scale (Karadag et al., 2015) was administered after taking the permission from the authors. Results indicated that there was relationship between psychological needs, fear of

missing out and phubbing in Smartphone addict university students. Psychological needs and fear of missing out emerged as predictors of phubbing. Furthermore, it was supported that fear of missing out acted as mediator between psychological needs and phubbing. Results revealed significant differences in students enrolled in different subject domain.

Keywords. Basic Psychological Needs, Fear of Missing Out, Phubbing, Impulsivity

BODY CONSCIOUSNESS, MENSTRUAL ATTITUDES, PERCEIVED STRESS AND QUALITY OF LIFE IN WOMEN WITH PREMENSTRUAL SYNDROME

Asma Hameed (Session 2013-2017)
Supervisor: Tehreem Arshad

The present study aimed to identify the relationship between Body Consciousness, Menstrual Attitudes, Perceived Stress and Quality of Life in women with Premenstrual Syndrome. It was hypothesized that there is likely to be relationship in Body Consciousness, Menstrual Attitudes, Perceived Stress and Quality of Life. Furthermore, Body Consciousness, Menstrual Attitudes, Perceived Stress are likely to predict Quality of Life. Sample was comprised of 111 unmarried women with the age range of 18-35 years ($M_{age} = 23.21$, $SD = 3.54$). Participants were selected after diagnosis of Premenstrual Syndrome (PMS) by the doctors. Body Objectified Consciousness Scale ([BOCS] McKinley & Hyde, 1996), Menstrual Attitudes Questionnaire (Brooks-Gunn, 1980), Perceived Stress Scale ([PSS] Cohen, 1983) and Quality of Life scale-BREF (WHOQOL, 1997) were individually administered to assess the participants. Pearson Moment Correlation and Multiple Hierarchal Regression were used to analyze the data. Research findings revealed that body shame (sub-scale of BOC), perceived stress, menstrual attitudes i.e. debilitating, bothersome, predictable and denial were significantly negatively related with all domains of quality of life (physical, psychological, social and environmental). While appearance control beliefs (sub scale of BOC), was found to have significant positive relationship with all domains of quality of life. Furthermore, body shame, appearance

control beliefs (subscales of BOC), perceived stress and menstrual attitudes i.e. debilitating, bothersome and predictable were emerged as strong predictor of Quality of Life. These findings would help to identify the associated problems of premenstrual syndrome and to device intervention for it.

Keywords. Premenstrual syndrome, Body Objectified Consciousness, Menstrual Attitudes, Perceived Stress, Quality of Life

SOCIAL COMPARISON, COGNITIONS AND SUBMISSIVE BEHAVIORS IN PATIENT WITH SOCIAL ANXIETY DISORDER

Warisha Zaffar (Session 2013-2017)
Supervisor: Tehreem Arshad

The present study aimed to explore the relationship between Social Comparison, Paranoid Social Cognitions and Submissive Behaviors in patients with Social Anxiety Disorder. Moreover, the predictive relationship of social comparison and paranoid social cognitions was also assessed. Correlational research design was employed in present study. One hundred female patients diagnosed with social anxiety (Mean age = 25.21 years, $SD=10.41$) were recruited from different government and private teaching hospitals of Lahore through Purposive Sampling. Social Comparison Scale (Allan & Gilbert, 1995), Paranoia Scale (Fenigstein & Vanable, 1992) and Submissive Behavior Scale (Gilbert & Allan, 1994) were used to assess study variables. The findings of the study revealed significant correlations between scales of social comparison, paranoid social cognitions and submissive behaviors. All the three subscales of social comparison, rank, group fit and attractiveness had significant negative correlations with paranoid social cognitions and submissive behaviors. There was significant positive correlation found between paranoid social cognitions and submissive behaviors. Furthermore among all the three subscales of social comparison, rank subscale turned out to be significant negative and paranoid social cognitions as significant positive predictor for submissive behaviors in patient with social anxiety disorder.

Additionally it was found that paranoid social cognitions mediate the relationship between social comparison and submissive behaviors in socially anxious individuals. The results of the present study have implications for mental health professionals as it will help them to better understand the etiological factors of social anxiety and to devise more effective management plans in treating these patients.

Keywords. Social Anxiety disorder, Social Comparison, Cognitions, Submissive Behaviors

SELF-EFFICACY, IDENTITY STYLES AND PERSONAL GROWTH INITIATIVE IN UNIVERSITY STUDENTS

Manal Aftab Butt (BS 2013-2017)
Supervisor: Faiza Safdar

The present study was conducted to examine the relationship between Self-efficacy, Identity Styles, Risk Taking Behavior and Personal Growth Initiative in University Students. It was hypothesized that personal growth initiative would be significantly correlated with self-efficacy, identity styles and risk taking behavior among university students. The Convenient Sampling strategy was used to collect a sample of 300 university students with age ranging from 20-25 years. General Self-Efficacy Scale (Jerusalem & Schwarzer), Identity Style Inventory (Berzonsky, 1992) Brief Sensation Seeking Scale (Hoyle, 2003) and Personal Growth Initiative Scale (Robitschek, 1998) were used in the present study to assess, self-efficacy, identity styles and personal growth initiative respectively. Results revealed significant positive correlation between risk taking behavior, self-efficacy, identity styles and personal growth initiative. It was also evident from the result that self-efficacy, identity styles and risk taking behavior significantly predicted personal growth initiative.

Keywords. Personal Growth Initiative, Self-efficacy, Identity Processing Orientation, Identity style, Risk Taking Behavior

MEDIA INFLUENCE, MATERIALISM AND COMPULSIVE BUYING IN YOUNG ADULTS

Naima Nadeem (Session 2013-2017)

Supervisor: Faiza Safdar

The study investigated the relationship between Media Influence, Materialism and Compulsive Buying in Young Adults. It was hypothesized that there would likely to be a relationship between media influence, materialism and compulsive buying in young adults. Further, it was hypothesized that media influence, and materialism would like to predict compulsive buying in young adults. Data was collected form 370 adults comprising men = 146 and women= 224 with age range of 18-35 years, from different shopping malls and private and government universities. The instrument used included Materialism Scale (Richins & Dawson, 1990), Media Influence Questionnaire (Archita, 2000), Yale-brown Obsessive Compulsive Scale- Shopping Version ([YBOCS-SV] Faber & Guinn, 1996), Consumer Style Inventory ([CSI] Sporles & Kendall, 1996) and Persuasion Knowledge Scale (Bearden et al., 2001). The Correlation Analysis revealed a significant positive relationship between media influence, materialism compulsive buying, brand consciousness and persuasion knowledge. A significant negative relationship was found between compulsive buying and materialism. Regression analysis revealed that materialism, persuasion knowledge, brand consciousness and media influence were significant predictors of compulsive buying. It is inferred that the adults who use more media and influenced by the advertisements are more materialistic and brand conscious which results in compulsive buying, the study will help to develop educational programs for adults.

Keywords. Media influence, Materialism, Compulsive buying Young Adults

PARENTAL PSYCHOLOGICAL CONTROL, EMOTIONAL DYSREGULATION AND AGGRESSION IN ADOLESCENCE

Nashva Khan (Session 2013-2017)

Supervisor: Faiza safdar

The present research was conducted to examine the relationship between Parental Psychological Control, Emotional Dysregulation and Aggression in Adolescents; to investigate the role of parental psychological control as predictors of aggression and to investigate the mediating role of emotional dysregulation between parental psychological control and aggression. It was hypothesized that there is likely to be a relationship between parental psychological control, emotional dysregulation and aggression in adolescents. Secondly, there is likely to be a predictive relationship between parental psychological control and aggression. Thirdly, emotional dysregulation is likely to mediate the relationship parental psychological control and aggression. Lastly, boys are likely to show more proactive overt and reative overt aggression than girls, also girls are likely to show more proactive relational and reactive relational aggression than boys. The sample was comprised of 350 ($n= 176$ girls, $n=174$ boys) school and college students aged between 13-18 years ($M_{age}= 15.77$ & $SD= 1.37$). Sample was drawn by using Purposive Sampling strategy from different government and private schools and colleges. Dependency Oriented and Achievement Oriented Psychological Control Scales (Soenens, Vansteenkiste & Luyten, 2010), Peer Conflict Scale-Youth Version (Marsee & Frick, 2007), Difficulties in Emotional Regulation Scale (Gratz & Roemer, 2013) and State Self Esteem Scale (Heatherton & Polivy, 1991) were administered to measure psychological control, aggression, emotional dysregulation and self-esteem, respectively. Pearson product moment correlation revealed significant relationship among variables. Hierarchical Regression analysis showed that parental psychological control significantly predicted aggression. Moreover, the result of mediation analysis showed that emotional dysregulation mediated the relationship between parental psychological control and emotional dysregulation. The

results were discussed in the context of previous literature and of Pakistani society and culture.

Keywords. Aggression, Adolescents, Parental Psychological Control, Emotional Dysregulation.

INTIMATE PARTNER AGGRESSION, SELF SILENCING AND PSYCHOLOGICAL DISTRESS IN MARRIED WORKING AND NON-WORKING WOMEN

Saleha Naeem (Session 2013-2017)
Supervisor: Faiza Safdar

The aim of the present study was to examine to the relationship between Intimate Partner Aggression, Self-silencing and Psychological Distress in Married Working and Non-working Women. The aims of the study were to find the relationship between intimate partner aggression, self-silencing and psychological distress in married working and non-working women; to find a negative relationship of social support with intimate partner aggression, self-silencing and psychological distress and to find the predictive role of intimate partner aggression, and self-silencing on psychological distress; The total sample size of the present study was 150 women, 75 working and 75 non-working women with an age range of 25-40 ($M = 32.29$, $SD = 5.44$; $M = 32.97$, $SD = 4.00$ respectively). Scale of Psychological Abuse in Intimate Partner Violence (Porrúa-García, et al., 2016), Silencing the Self Scale (Jack & Dill, 1992), Kessler Psychological Distress Scale (Kessler, Andrews, & Colpe, 2002) and Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988) were administered to study the variables. Findings depicted a significant positive relationship between intimate partner aggression, self-silencing and psychological distress in married working and non-working women. Social support has a significant negative relationship with psychological distress in both working and non-working women. Regression analysis showed that intimate partner aggression and self-silencing are significant predictors of psychological distress. Additionally, independent sample *t*-test suggested differences in responses of

working and non-working women reporting to be more in non-working women. The results were discussed in the light of previous literature, theoretical background and cultural context.

Keywords. Intimate Partner Aggression, Self-Silencing, Psychological Distress.

KNOWLEDGE AND MISCONCEPTIONS, ILLNESS IDENTITY AND DIABETES DISTRESS IN ADOLESCENTS AND YOUNG ADULTS WITH TYPE 1 DIABETES

Aimen Saleem (BS 2013-2017)
Supervisor: Rabia Dasti

The present research was aimed to develop a culturally sensitive measure of knowledge and misconceptions related to diabetes. Furthermore to investigate the relationship between Knowledge and Misconceptions, Illness Identity and Type 1 Diabetes Distress in Adolescents and Young Adults with Type 1 Diabetes. It was hypothesized that there would likely be a relationship between knowledge and misconceptions, illness identity and type 1 diabetes distress. It was also hypothesized that knowledge and misconception and illness identity predicts diabetes distress. Purposive Sampling strategy was used to collect data from a sample of 70 individuals (n=37 men, n=33 women). The sample was collected from various diabetes management centers of government and private hospitals. It was a multistage research project. During the first stage diabetes knowledge and misconception scale was developed by conducting focus group which was used to assess knowledge and misconception related to diabetes. Thematic Analysis was used to extract the relevant themes and subthemes. Item pool was generated and evaluated during the second stage The third stage of the study examined the relationship of knowledge and misconception, illness identity and diabetes related distress by administering Illness Identity Questionnaire (Oris et.al, 2016) and type 1 diabetes distress scale (Fisher et al., 2015). The results indicated that knowledge was positively related to acceptance and enrichment while negatively related to rejection, engulfment and type 1 diabetes distress. Misconception was negatively related to acceptance and

enrichment while positively related to rejection, engulfment and type 1 diabetes distress. Engulfment positively predict type 1 diabetes distress and enrichment negatively predict type 1 diabetes distress. Illness Identity partially mediates the relationship between knowledge and misconceptions and diabetes distress. The findings of the study will be helpful to create awareness among diabetic and non-diabetic regarding the scientific based information about diabetes its causes, life-style changes, treatment and precautions.

Keywords. Knowledge, Misconception, Illness Identity, Diabetes Distress, Adolescents, Young Adults

HUMOR STYLES, EMOTION REGULATION AND SUBJECTIVE WELL-BEING IN YOUNG ADULTS

Arooba Amjad (BS 2013-2017)
Supervisor: Rabia Dasti

The present study was conducted to investigate the relationship of Humor Styles, Emotion Regulation and Subjective Well-being in Young Adults. It was hypothesized that adaptive humor styles were likely to have positive relationship with adaptive emotion regulation and subjective well-being. However, maladaptive humor styles were likely to have a positive relationship with maladaptive emotion regulation and negative relationship with subjective well-being in young adults. It was also hypothesized that adaptive and maladaptive emotional regulation strategies will mediate the relationship between humor styles (adaptive and maladaptive) and subjective well-being. Convenience sampling used to collect a sample of 350 university students, in which 175 were men ($M_{age} = 20.89$, $SD = .98$) and 175 were women ($M_{age} = 20.79$, $SD = 1.25$) with age ranging from 18-24 years. Humor Styles Questionnaire (Martin, Puhlik-Doris, Larsen, Gray & Weir, 2003), Cognitive Emotion Regulation Questionnaire (Garnefski, Kraaij & Spinhoven, 2001), Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985), and Positive and Negative Affect Schedule (Watson, Clark & Tellegen, 1988) were administered to assess humor styles, emotion regulation and subjective well-being respectively. Results revealed that adaptive humor styles had significant positive relationship with adaptive

emotion regulation and subjective well-being, whereas maladaptive humor styles were positively related with maladaptive emotion regulation and negatively related with subjective well-being. Emotion regulation (adaptive and maladaptive) was found to be mediating the link between humor styles (adaptive and maladaptive) and subjective well-being in young adults. Moreover, participants' socio-demographics such as self-concept, monthly family income and current GPA were significant predictors of subjective well-being. The implication of the present study is that it will provide an understanding about the role of humor styles in emotion regulation and subjective well-being, so clinicians can include the use of humor styles as a technique in management of emotional problems.

Keywords. Humor styles, emotion regulation, life satisfaction, positive affect, negative affect, subjective well-being.

PARENTAL BONDING, MORAL VALUES AND ATTITUDE TOWARDS DELINQUENT BEHAVIORS IN COLLEGE BOYS

Maria Hussain (BS 2013-2017)
Supervisor: Rabia Dasti

The present research was aimed to investigate the relationship of Parental Bonding, Moral Values and Attitude towards Delinquent Behavior in College Boys. It was hypothesized that (I) Affectionate and optimal parenting is likely to have positive relationship with moral values and negative relationship with attitude towards delinquent behavior, (II) affectionless control and neglectful parenting is likely to have positive relationship with attitude towards delinquent behavior. The total sample size of the present study was 334 ($M_{age}=17.6$, $SD=.93$) boys selected through convenient sampling from both government and private colleges of Lahore. Parental Bonding Instrument (PBI; Brown, Parker & Tupling, 1979), Multidimensional Measure of Spirituality (Dasti & Sitwat, 2014) and Attitudes towards Delinquency Scale (Loeber, Farrington, Stouthamer & Kammen, 1998) were administered in the study to collect data. The results showed that 80% of participants reported affectionless control (parenting). Pearson Product Moment Correlation revealed

positive relationship of affectionate, optimal and neglectful parenting with moral values while negative relationship of affectionless control with moral values. There was a significant positive correlation of affectionless control (parenting) with attitude towards delinquent behavior while negative relationship of affectionate, optimal and neglectful parenting with attitude towards delinquent behavior. Mediation analysis revealed that moral values did not mediate the relationship between Parental Bonding and Attitude towards Delinquent Behavior. This study will expand the understanding of the effects of parental bonding on adolescents and helps in designing family based intervention program for parents and adolescents to develop the skills that strengthen family relationship, enhance moral values and prevent unacceptable behavioral and emotional outcomes.

Keywords. Parental Bonding, Moral Values, Delinquent Behavior.

DOMESTIC MIGRANT STRESS, RESILIENCE AND PSYCHOLOGICAL WELL-BEING IN BALUCHISTAN STUDENTS ENROLLED IN UNIVERSITIES OF LAHORE

Muhammad Hussain (BS 2013-2017)

Supervisor: Rabia Dasti

The present research aimed to investigate the relationship of Domestic Migrant Stress, Social Support, Resilience, and Psychological Well-being of Baluchistan's Students Enrolled in Universities of Lahore. It is hypothesized that: there would likely to be a negative relationship between domestic migrant stress and resilience as well as between social support and domestic migrant stress in Balochistan students enrolled in universities of Lahore. Furthermore it's also hypothesized that there is positive relation between social support, resilience and psychological wellbeing in Baluchistan students enrolled in universities of Lahore. Furthermore it is also hypothesized that domestic migrant stress, social support, and resilience are predictors of psychological wellbeing of Baluchistan's students studying in government and private universities of Lahore. The sample collected through Purposive sampling which consists of Baluchistan's students with the age range of 18-28 years. Domestic Migration Stress

Questionnaire (DMSQ), Social Support, Resilience State Trait Inventory (Hiew, 2002), and Ryff Psychological Wellbeing Questionnaire, were used to measure Domestic Migrant Stress, Social Support, Resilience and Psychological Wellbeing respectively. Migrant related stress, (Separation, Rejection, lack of self-confidence, and maladaptation) depicted negative relationship with psychological wellbeing (Positive relation, Autonomy, Environmental, Personal growth, Purpose in life, and Self-acceptance), social support (social support satisfaction) and resilience (Inter trait, Intra trait, Inter State, and Intra state). On the other hand resilience showed positive relationship with social support and psychological wellbeing (Positive relation, Autonomy, Environmental, Personal growth, Purpose in life, and Self-acceptance). While social support also showed positive relationship with psychological wellbeing and its subscales. The present study will help to create awareness that how social support, resilience can help the domestic migrant students to cope domestic migrant stress, and enhance psychological wellbeing.

Keywords. Psychological Wellbeing, Migrant Stress, Resilience, Social Support.

IMPULSIVITY, BINGE-WATCHING AND ACADEMIC PROCRASTINATION IN UNIVERSITY STUDENTS

Faiza (Session 2013-2017)
Supervisor: Hidna Iqbal

The present study was conducted to identify the relationship between Impulsivity, Binge Watching and Academic Procrastination in University Students. It was hypothesized that there would likely to be a positive relationship between impulsivity and binge watching, there would likely to be a positive relationship between impulsivity and academic procrastination, there would likely to be a positive relationship between binge watching and academic procrastination and it was also hypothesized that impulsivity and binge watching would likely to predict academic procrastination. Sample included 312 ($M_{age}=20.31$, $SD=1.36$) university students, 156 men and 156 women enrolled in BS (Hons) program recruited from different

private and public universities of Lahore. Personal Information Sheet, UPPS Impulsive Behavior Scale (Whiteside & Lyman, 2001), Binge Watching Television Shows Scale (Merikivi, Mantymaki, Salovaara, & Zhang, 2016), and Procrastination Assessment Scale-Students (Solomon & Rothblum, 1984) were administered. Pearson product moment correlation and regression analysis using Multiple Heirarchical Regression was used to analyze the data. The results revealed that there was a significant positive relationship between impulsivity, binge-watching and academic procrastination. Impulsivity and binge-watching were found out to be the significant predictors of academic procrastination.

Keywords. Impulsivity, Binge-watching, Academic Procrastination

PERCEIVED STIGMA, SOCIAL SUPPORT AND SELF-MANAGEMENT IN PATIENTS WITH EPILEPSY

Ayesha Liaqat (Session 2013-2017)
Supervisor: Hidna Iqbal

The aim of the present study was to examine the relationship between Perceived Stigma, Social Support and Self-management in patients with Epilepsy. The hypotheses were: There would be a relationship in perceived stigma and social support in patients with epilepsy. It was also hypothesized that a correlation would exist between social support self-management. It was also hypothesized that there will be relationship between perceived stigma and self-management. The total sample size of the present study was 100 epilepsy patients, ($M_{age}=34.09$ & $SD=10.54$). Epilepsy Stigma Scale (Austin, 1998), Social Support Questionnaire short form (Sarason & Pierce, 1987) and Epilepsy Self-efficacy Scale (Dilorio, 1992) were administered to study variables. Results revealed that the epilepsy patients who have strong social support were better in performing self-management behaviors. Also their negative perceptions about illness stigma were less. On the other hand the epilepsy patients who have weaker social network or support were poor in performing self-management behaviors. Their perceived stigmas were also

stronger and have influence on their illness management. Social support came out to be the predictor of self-management. Monthly income and education also came out to be predictors of self-management in patients with epilepsy. The results were then discussed in the light of previous literature, theoretical framework and cultural context.

Keywords. Perceived Stigma, Social Support, Self-management, Epilepsy.

PERFECTIONISM, MATTERING AND LONELINESS IN YOUNG ADULTS

Bushra Shafique (Session 2013-2017)
Supervisor: Hidna Iqbal

The aim of the present study was to examine the relationship between Perfectionism, Mattering and Loneliness in young adults. It was hypothesized that there would likely to be a negative relationship between perfectionism and mattering, there would likely to be an negative relationship between mattering and loneliness and there would likely to be a positive relationship between perfectionism and loneliness. It was also hypothesized that perfectionism and mattering will likely to predict loneliness. The sample of 320 students comprising of 160 men ($M_{age}= 21.14$, $SD= 1.63$) and 160 women ($M_{age}= 20.39$, $SD= 1.40$) was taken through convenience sampling with age ranging from 18-24 years. Multidimensional Perfectionism Scale (Hewit & Flett, 2004), The Mattering Scale (Elliott, Kao, & Grant, 2004), and UCLA Loneliness Scale Version-3 (Russell, Peplau, & Cutrona, 2004) were used in the study. Pearson Correlation, Hierarchical Multiple Regression and Independent sample *t*-test were employed. Results revealed a significant negative relationship between perfectionism and mattering as well as between mattering and loneliness. Moreover, a significant positive relationship was found between perfectionism and loneliness. Perfectionism, mattering and age (demographic variable) emerged as predictors of loneliness.

Keywords. Perfectionism, Mattering, Loneliness, Young Adults

PARENTAL DIFFERENTIAL TREATMENT, DARK TRIAD AND SIBLING RELATIONSHIPS IN ADOLESCENT

Sahar Yaqoob (Session 2013-2017)

Supervisor: Hidna Iqbal

The aim of the present study was to examine the relationship between parental differential Treatment, Dark Triad and Sibling Relationships. It was hypothesized that a) There would be a relationship between parental differential treatment, dark triad personality traits and sibling relationship. b) Parental differential treatment and Dark Triad are the predictors of siblings' conflict. c) There will be a positive relationship between dark triad personality traits and sibling conflict/rivalry. d) There will be a positive relationship between parental differential treatment and sibling conflict/rivalry. e) There will be a negative relationship between dark triad personality traits and sibling warmth. f) There will be a negative relationship between parental differential treatment and sibling warmth. g) There will be a positive relationship between dark triad personality traits and parental differential treatment. The sample was taken from different government and public sector schools and colleges of Data Ganj Baksh Town who were enrolled in matriculation and intermediate. One hundred and seventy six boys $M_{age}=16.19$ and one hundred and seventy six girls $M_{age}=16.36$ with the age range of 13-17 were included in the study. Short Dark Triad (Jones & Paulhus, 2014), Parental Behavior Today Questionnaire (Boll et. al., 2003) and Sibling Relationship Questionnaire (Furman, & Buhrmester, 1985) were administered to study variables. Results supported all hypotheses. Moreover home environment was identified as strong predictor of sibling warmth, sibling conflict and sibling rivalry.

Keywords. Parental Differential Treatment, Dark Triad, Adolescent

SENSE OF COMPETENCE, RELIGIOUS COPING AND POST TRAUMATIC GROWTH IN MOTHERS OF CHILDREN WITH CEREBRAL PALSY

Noor Ul Ain (2013-2017)

Supervisor: Nazia Bashir

Aim was to study the relation between Sense of Competence, Religious Coping and Post-traumatic Growth in Mothers of Children with Cerebral Palsy. It was hypothesized that there is likely to be a positive relation between sense of competence, positive religious coping and post-traumatic growth and there is likely to be a negative relation between negative religious coping and PTG. Furthermore it was also hypothesized that sense of competence and religious coping will predict PTG. Sample of the study consisted to 74 mothers ($M_{age}= 30.23$ & $SD=5.65$). Parenting Sense of Competence Scale (Gibaud-Wallston & Wandersman, 1978), Brief RCOPE (Pargament, Smith, Koenig, & Perez, 2011) and Post-Traumatic Growth Inventory (Tedeschi, & Calhoun, 1996) were administered to the participants to obtain concerned information. Pearson Correlation and Multiple Hierarchal Linear Regression were employed to analyze the data. Demographic variables such as effective coping, social support and perceived efficacy of mothers were found to be positively related with post-traumatic growth. Results of the study revealed that there exists a positive correlation between sense of competence, positive religious coping and post-traumatic growth and a negative correlation between negative religious coping and post-traumatic growth. Results also highlighted the role of sense of competence and religious coping as predictors of post-traumatic growth. Result of the study will be helpful to use as a base to counsel the mothers about stress and challenges faced by disability of the child and related post traumatic growth. Furthermore it will be helpful in training the parents to enhance their competence that will resultantly increase post-traumatic growth.

Keywords. Sense of Competence, Religious Coping, Post-traumatic Growth, Cerebral Palsy.

FAMILY FUNCTIONING, EMOTIONAL INTELLIGENCE AND EXTERNALIZING PROBLEMS IN ADOLESCENTS

Rafia Riaz (BS 2013-2017)

Supervisor: Nazia Bashir

Present study was carried to find out the relationship between Family Functioning, Emotional Intelligence and Externalizing Problems in Adolescent. It was hypothesized that there is likely to be a positive relationship between family functioning and emotional intelligence and there is likely to be a negative relationship between family functioning and externalizing problems. It was also hypothesized that emotional intelligence is likely to have a negative relationship with externalizing problems in adolescents. Data was collected from different schools and colleges of Lahore and a sample of 300 students (age 13-17 years) was approached through non probability convenience sampling technique. Family Functioning Style Scale (Dunst, Trivette & Deal, 1988), Trait Emotional Intelligence Questionnaire Adolescent Short form (Petrides, Sangareau, Furnham & Frederickson, 2006) and Child Problems Checklist (Tariq & Hanif, 2007) were used to assess family functioning, emotional intelligence and externalizing problems respectively. Results revealed a significant positive relationship between family functioning and emotional intelligence, while a negative relationship between emotional intelligence and externalizing problems was found. Family functioning was also found to have negative correlation with externalizing problems. Among the demographic variables age was found to be a significant predictor of externalizing problems in adolescents. Although, the regression model was significant but none of the variables predicted externalizing problems. Results of independent sample *t*-test revealed that girls and boys differed in the perception of family functioning. Results also showed that significant gender differences existed on the construct of externalizing problems as boys reported more externalizing problems in comparison to girls. No gender differences were found between school and college students on study variables. Findings of this research are helpful

to educate the families about ways to enhance positive family functioning.

Keywords. Family Functioning, Emotional Intelligence, Externalizing Problems in Adolescents

SENSITIVITY, FATIGUE, SLEEP DISTURBANCE AND QUALITY OF LIFE IN MIGRAINE SUFFERERS

Ayesha Farooq (Session 2013-2017)

Supervisor: Hina Javed Rana

The present aimed to determine the relationship between Sensitivity, Fatigue, Sleep Disturbance, Psychological Distress and Quality of Life in Migraine Sufferers. In the current study, the hypotheses were: women and men are likely to differ in migraine severity, quality of life and psychological distress (depression, anxiety, stress). It was also hypothesized that there is likely to be a positive relationship among migraine triggers (sensitivity, fatigue, sleep disturbance), migraine severity and psychological distress and poor quality of life (depression, anxiety, stress) in migraine sufferers. The present study also hypothesized the role of psychological distress as mediator between the migraine triggers and migraine severity. Correlational research design was used by employing purposive and snowball sampling in the current study. The data was collected from community, private and government hospitals. Study sample comprised of 115 participants with women ($n= 67$) and men ($n= 48$) having age range of 20-35 years. Assessment measures including Migraine Severity Scale (MIGSEV), Highly Sensitive Person Scale (HSP), Pittsburgh Sleep Quality Index (PSQI), Depression Anxiety Stress Scale (DASS) and Headache Impact Test (HIT-6) were used. Demographic information sheet and semi-structured interview devised by the researcher were also used to assess the fatigue in migraine sufferers. The results showed that significant differences in migraine severity are present in men and women. Moreover the significant gender differences are found in level of stress whereas no differences are present in both genders on basis level of anxiety and quality of life. The results also showed that a significant positive relationship is present among the migraine

triggerers (sensitivity, sleep disturbance, fatigue), migraine severity, psychological distress (anxiety, stress) and poor quality of life in migraine sufferers. It was also revealed that psychological distress (anxiety, stress) partially mediates the relationship of migraine triggers (sensitivity, fatigue, sleep disturbance) with the migraine severity. Current study results are useful in identifying potential triggerers for migraine, devising strategies for enhancing skills in migraine sufferers to manage their problem in an effective manner and to aware the migraine sufferers about the psychosocial aspects of migraine and effectiveness of psychological treatment for migraine.

Keywords. Sensitivity, Fatigue, Sleep Disturbance, Quality of Life, Migraine

PERFECTIONISM, FAMILY SUPPORT, AND FATIGUE IN SURGICAL RESIDENTS

Rasheeqa Tahir (Session 2013-2017)
Supervisor: Ayesha Aziz

The present study aimed to assess the relationship between Perfectionism, Family Support, and Fatigue in Surgical Residents. A sample of 150 surgical residents (75 men, 75 women, $M_{age}=26.23$ years, $SD=0.88$) was selected from surgical departments from Pakistan Medical and Dental Council (PMDC) recognized government and private teaching hospitals through convenience sampling. It was hypothesized that there would likely be a positive relationship between perfectionism and fatigue, and a negative relationship of family support with perfectionism and fatigue. It was also hypothesized that family support will be likely to have mediating effect on perfectionism and fatigue. The measures included Multidimensional Perfectionism Scale (Hweitt & Flett, 1991), Social Provisions Scale (Cutrona & Russel, 1987), and Chalder Fatigue Questionnaire (Cella & Chalder, 2009). The results revealed perfectionism to be positively correlated with fatigue in surgical residents. Moreover, family support was found to be negatively correlated with fatigue and perfectionism was found to be negatively correlated with family support. Family

support was also found to partially mediate the relationship between perfectionism and fatigue in surgical residents.

Keywords. Perfectionism, Family Support, Fatigue, Surgical Residents.

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