

Psychological Abstracts

1994—2004



**Department of Psychology & Applied psychology
University of the Punjab, Lahore, Pakistan.**

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Editorial

The Department of Psychology and Applied Psychology is publishing the second issue of Psychological Abstracts. Effort is made to compile empirical research work undertaken by the M.Sc, M.Phil and Ph.D students and faculty members of the department. It involved practical efforts of a team to compile, organize, rewriting in some cases, Scanning in most of the cases, final formatting of the material and designing the title page.

The team included Rukhsana Kausar (Editor), Ms. Umneea khan (Research Associate), Ms. Ayesha Naeem (Honorary Teaching Assistant) and Mrs. Tahira Jabeen (Stenographer). Ms. Nashi Khan (Chartered Clinical Psychologist) offered her invaluable technical assistance to design and prepare the cover page and from time to time computer assistance. Mrs. Naumana Amjad (Assistant Professor) offered informal time to time assistance. No doubt it was a challenging task for the team members to compile abstracts of research work done over several years and give them the final shape. The credit goes to the whole team and researchers (students and teachers) whose work is being published.

The aim of publishing psychological abstracts is to update students and researchers with indigenous research conducted in the department. We aspire that in future publishing Psychological Abstracts become a regular feature. It would enable us to share the research finding with fellow researchers both at home and abroad. In consensus with the first issue, format and arrangement of authors' names are kept the same. The student name is given as the first author and his/her respective supervisor's name given as the second author.

Editor

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**ABSTRACTS OF FACULTY MEMBER'S
Ph. D PROJECTS**

Direction of the Conditioned Response in Classical Conditioning

Dr. Seemen Alam

Supervisor: Dr. R.A. Boakes (1979)
(Sussex University, U.K)

The behaviour conditioned to an appetitive conditioned stimulus (CS) can be directed to at least two different aspects of the animal's environment: towards the CS (Sign-tracking") and towards the site of food delivery (goal tracking). The experiments reported in this thesis studied both types of responses, using pigeons subjected to auto shaping procedures either in a long box, with the CS located at a distance from the US-site, or in a conventional pigeon chamber.

Although only those studies who have used dogs and rates have reported goal tracking, this research demonstrates that both goal tracking and sign tracking can be produced in pigeons. The dominance of one response over the other was found to depend on various procedural and experimental variables.

The experiments reported in Chapter 5 show that if, during the CS, there is a signal indicating that food is not available, goal-tracking is reduced and sign-tracking is increased. The use of tray light, which acts as such a signal, is shown to be a crucial factor preventing the detection of goal tracking in previous studies using pigeons as subjects. In the conventional chamber the presence of a signal for food availability increases the rate of pecking to the CS in both auto shaping and omission training (Chapter 6). The level of general illumination also affects the two responses differently (Chapter 7). A high level increases signal-directed activity, whereas a low level biases the situation towards goal-tracking.

The effect of partial reinforcement was investigated both with (Chapter 8) and without (Chapter 4) the use of a tray light. In either case, 50% reinforcement affected goal-tracking adversely but facilitated sign-tracking. A similar effect was found by using a CS of variable duration, which interfered more with goal tracking than sign tracking (Chapter 8).

The results obtained in these experiments provide support for the distinction between consummatory and preparatory conditioning made by Konorski. They also show that goal tracking and sign tracking are not simply a part of a unified conditioned response, since they are found to be differentially affected by various experimental factors.

A Study of the Effects of Early Postnatal Exposure to Opiate Agonists and Antagonists on Motor and Social Behaviours of the Young Rat

Dr. Najma Najam (1980)
(Bowling Green University, USA)

Abstract

The present investigation studied the effects of chronic opiate agonist and antagonist treatment on the motor and social behaviours of rat young. Motor coordination was evaluated using tests of motor coordination such as grasping, forelimb hop, and locomotion (administered every alternate day from day 4-14 post partum). Swimming (daily from day 10-22) and spontaneous alternation tests were also administered. In addition to tests of motor abilities, tests of social competence were also conducted. These tests consisted of clinging (days 10-21), huddling (every alternate day from day 5-19), homing (daily from day 21 onwards) and play (between days 20-43). Physical development was monitored via the eye and vaginal opening times and body weights. Rectal temperatures and catalepsy tests were used as indices of tolerance to morphine. Morphine animals lagged on all tests of motor development except forelimb hop and locomotion, whereas the naloxone animals appeared slightly precocious, thus suggesting the treatments altered the normal development differentially. These treatments also affected social abilities such as homing and play in the same manner, i.e., morphine animals lagged behind the controls and naloxone treated subjects.

A Comparative Study of the Self-Esteem of the Pakistani Minority and the Indigenous Children in Scotland

Dr. Ruhi Khalid (1985)
(Glasgow University, Scotland, U.K.)

Summary

This is a comparative study of the self-esteem of Pakistani (minority) and indigenous children in Scotland. The study examines: (1) whether there is any difference in the level of self-esteem of the Pakistani minority and the indigenous children; (2) what is the relationship between the self-esteem of these children and their (a) ethnic identity and preference (b) parents' child-rearing behaviour (viz., support, control, protection and methods of control) and (c) academic achievement; (3) how these relationships vary with sex and cultural background of the children; and (4) what is the most important social determinant of their self-esteem.

The study is based on a sample of 160 children aged 10-11 (80 Pakistani minority and 80 indigenous). The two groups were equally divided by sex and culture, so that cross-sex and cross-cultural comparisons could be carried out. Furthermore, the mothers and class teachers of these children were interviewed in the study.

The level of self-esteem of the children was assessed by the 'Pier Harris Snort Form', the 'Semantic Differential Scales' and the class teachers' subjective evaluations of the children's self-esteem. The ethnic identity and preference was measured by the 'Family Picture Test', specially prepared for the project. The parental child-rearing behaviour was measured by the 'Cornell Parental Behaviour Inventory' and by the structured interview conducted independently with the mother and child. Academic achievement was obtained from the respective class teachers on teachers' assessment forms for each child.

Following are the main results of the study:

- (1) The Pakistani minority and the indigenous children have similar levels of self-esteem.
- (2) In both cultural groups ethnic identity and preference of the children did not show a significant relationship with their self-esteem.
- (3) In both cultural groups there is a positive relationship between the children's self-esteem and parental support and use of inductive methods of control. On the other hand, there is a negative relationship between the children's self-esteem and parental love withdrawal methods of control. The relationship between the child's self-esteem and parental control, protection and use of power assertion vary with the sex and cultural background of the child.
- (4) In both cultural groups there is a positive relationship between academic achievement and the self-esteem of the children.
- (5) The most important determinant for the self-esteem of the children in both cultural groups is their parents' child-rearing behaviour.

Cognitive Appraisal, Coping and Psychological Adjustment of those who Care for People with Physical Disability

Dr. Rukhsana Kausar
Supervisor: Dr. Graham Powell (1994)
(Surrey University, U.K)

Abstract

Care giving is an exhausting job, and carers are reported to experience very significant strain. This research examined burden, cognitive appraisal, coping, and psychological adjustment of carers of physically disabled people with specific reference to post-onset personality and physical changes. Two studies were conducted.

Study one examined subjective burden in carers in relation to post-onset personality changes, severity of disability, and other objective symptoms in disabled people (objective burden). The carers rated both the current and pre-morbid personality of disabled people, and they were interviewed to assess subjective and objective burden 4-9 months and 12-18 months post-onset. Physically disabled people were frequently reported as showing personality changes, and these changes were reported in a negative direction on both occasions. Personality changes and severity of

disability showed a positive relationship with carers' subjective burden at both assessment times. Their carers' subjective burden was also associated with objective burden categories, and the number of objective symptoms which related to carers' burden was related to both personality changes, behavioral problems, emotional disturbances and subjective symptoms.

Study two investigated carers' cognitive appraisal of post-onset personality and physical changes, coping, and psychological adjustment to these changes. In addition to examining the relationships between different variables, Lazarus' cognitive model of coping was also tested. Carers completed a series of self-report measures 4-18 months post-disability. It was confirmed that carers experienced an immense amount of subjective burden and psychological distress, and that carers' subjective burden was determined by both personality and physical changes in patients. However, compared with physical changes, the personality changes of patients were perceived as more stressful, more threatening, as of greater centrality and they elicited more concerns. Physical changes, on the other hand, were perceived as more manageable compared to personality changes. A variety of strategies were employed to cope with post-onset changes. A variety of strategies were employed to cope with post-onset changes. However, a greater number of strategies were used to cope with personality changes as compared to physical changes. Carers depended more on emotion-focused strategies when coping with personality changes, whereas more problem-focused strategies were utilized to cope with physical changes. As far as the relationship between cognitive appraisal and coping is concerned, findings showed a general consensus with Lazarus' cognitive model of coping. Cognitive appraisal of threat, centrality, and levels of concerns showed a positive relationship with carers' subjective burden and psychological distress. The appraisal of manageability and controllability had a negative association with subjective burden and psychological distress. Those carers who used a greater number of coping strategies and those who employed more emotion-focused strategies were more subjectively burdened as well as psychologically distressed. Looking at the predictability of subjective burden and psychological distress by cognitive appraisal and coping, cognitive appraisal emerged as a strong predictor of subjective burden and psychological distress. It was concluded that cognitive factors, in particular cognitive appraisal plays an important role in predicting carers' adjustment to post-onset changes in physically disabled people.

A Comparative Study of Socialization Process of Parents of Physically Disabled Children

Dr. Mian Aftab Ahmad

Supervisor: Azhar Ali Rizvi (2000)

(University of the Punjab, Pakistan)

The present study explored the socialization practices of the parents of physically disabled children. A self-tailored Likert type five points scale, namely Socialization Questionnaire (SQ), was used for data collection. The SQ consisted of fifty eight items and yielded quantitative measures on eleven dimensions of socialization and overall socialization. The data were collected through face to face questionnaire based individual interview with four hundred volunteer single parents (257 mothers and 143 fathers) of special school going physically disabled children aged 8-18 years. Statistical Packages for Social Sciences was used for Computer analysis of the data. The difference between mean facet socialization scores of different groups of respondents were evaluated in terms of t-values and f values. The results showed significant mean score differences on some of the dimensions of socialization and overall socialization for different groups of participants. Age, monthly income, gender, and place of residence contributed to statistically significant mean score differences on some of the dimensions of socialization and overall socialization. Number of special children in the family did not contribute to any such significant differences. Age and education of the participant correlated positively with some of the socialization scores. Overall socialization scores and some of the facet socialization scores correlated negatively with the monthly income of the respondents. On all the eleven dimensions of socialization and overall socialization the obtained mean scores were higher than the potential mean scores. Discussion includes implications of the current findings.

STUDENT PROJECTS
(M.sc, M.Phil, Ph.D 1994-2004)
ABNORMAL AND CLINICAL PSYCHOLOGY

Characteristics of Heroin Addicts

Muhammad Imtiaz Ch.

Supervisor: Dr. Najma Najam (1992-1994)

The present study was conducted to find the characteristics of Heroin Addicts. For the purpose of data collection Pittsburgh Drug Use Screening Inventory (DUSI) was used. The DUSI was originally formulated in U.S.A. and now here in Pakistan, this is for the first time being introduced. For this purpose it was translated into Urdu. Comparison was made between Heroin Addicts and non users. The comparison between Heroin Addicts and other substance addicts was also made. It was found that Heroin addicts differ significantly from non users and other substance users. The DUSI was found effective in Pakistan.

Depression in Caregiver Spouses of the Cancer Patients

Uzma Ali Akber

Supervisor: Dr. Yasmeen Farooqi (1993-1995)

The present research investigated manifestation of depression in caregiver-spouses of hospitalized cancer patients. A sample of 80 caregiver-spouses of cancer patients was selected by contacting the Oncology units of six hospitals of Lahore, Rawalpindi and Islamabad. The age range of caregiver-spouses was 17-67 years. Beck Depression Inventory (BDI - Urdu version) was administered to determine the degree of depression expressed by the caregiver-spouses of cancer patients. An interview schedule was devised by the researcher to determine the psychosocial and economic problems like household problems, financial problems, degree of hopelessness/helplessness, faith in spiritual healing and their interpersonal relationships.

The results ($F = 17.37$; $df = 1.78$; $p < .01$) indicate that female caregiver-spouses manifested more depression ($X = 28.72$) when their male partner is the victim than the male caregiver-spouses ($X = 17.2$). Moreover, there is significant difference between the male and (the female caregiver-spouses on degree of hopelessness/helplessness ($F = 20.48$; $df = 1.7$; $p < .01$) and faith in spiritual healing ($F = 7.25$; $df = 1.78$; $p < .01$) which indicates that female caregiver-spouses would feel more hopeless/helpless when their male partners are afflicted with cancer and more inclined to seek for spiritual help.

Study of Personality Differences between Stutterers in Relation to Varying Degree of Stuttering

Aisha Yusuf (Ph.D)

Supervisor: Dr. Najma Najam (1995)

Stuttering is primarily a disorder of the temporal aspects of speech, not of articulatory, phonatory or symbolic process. The present study is the first attempt in Pakistan to study differences in personalities of stutterers with different degrees of stuttering. It was hypothesized that, "No personality differences would be found among the subjects with a varying degree of stuttering". A purposive sample of three hundred (300) subjects was taken, 50 rated in each of the six groups according to the severity of stuttering, assessed on the Stuttering Severity Instrument for Children and Adults. The categorization of groups was done as non-stutterers, very mild stutterers, mild stutterers, moderate stutterers, severe stutterers and very severe stutterers. The factors controlled while collecting the data were: Age, Sex, Education, No previous psychiatric consultation, No previous speech therapy, No other speech problem and no exams within the next three months.

After the assessment of severity of stuttering, Minnesota Multiphasic Personality Inventory was administered to assess the personality traits of the subjects. On obtaining the raw scores, they were converted into t-scores from the conversion table in the MMPI manual. One-way analysis of variance (ANOVA) was applied to analyze the results. The results supported the Null Hypothesis that no personality differences would be found among the subjects with a varying degree of stuttering. Where differences were observed on adding up the individual scores of the groups, post-hoc tests were run. This revealed significant differences between the non-stutterers and very mild stutterers on the masculinity-femininity scale; Non-stutterers and very mild stutterers and Non-stutterers and moderate stutterers on the schizophrenia scale.

Comparative Study of Perception of God among Depressives and Normal Adults

Faisal Mahmood

Supervisor: Dr. Yasmin Farooqi (1995-1997)

The present research was a comparative study of Perception of God among Depressives and Normal Adults. The sample consisted of 100 subjects, 50 depressives and 50 normal adults within the age range of 25-45 years. The depressives were selected from outdoor units of the department of Psychiatry of three hospitals: Jinnah Hospital, Services Hospital and Sir Ganga Ram Hospital, Lahore. Whereas, the normal adults were taken from outdoor units of General Medicine of the same hospitals as the comparative group, so that both the depressives and the normal adults are exposed to the same hospital settings. The Urdu

version of Hospital Anxiety Depression Scale (Mumford, Tareen, Bajwa, Bhatti & Karim; 1991) and Questionnaire of Perception of God (Farooqi & Mahmood, 1997) were administered to each subject, individually.

The results ($t = 9.13$; $df = 98$; $p < 0.05$) indicate that there is a significant difference between the depressives and the normal adults on their perception of God. The research findings ($t = 8.37$; $df = 98$; $p < 0.05$ and $t = 8.63$; $df = 98$; $p < 0.05$) reveal that the depressives manifest significantly more negative perception of God as compared to the normal adults. The results further indicate ($t = 2.00$; $df = 98$; $p < 0.05$) that the normal adults' perception of God is more neutral and less negative than that of the depressives. Furthermore, results ($t = 6.66$; $df = 98$; $p < 0.05$) show that the normal adults manifest more positive perception of God as compared to the depressives. The results ($t = 0.47$; $df = 23$; $p < 0.05$) show that there is no significant difference between the male and female depressives on their negative perception of God. Whereas, the results ($t = 3.44$; $df = 23$; $p < 0.05$) ($t = 2.21$; $df = 23$; $p < 0.05$) indicate that there is a significant difference between the male and female normal adults on their negative and positive perception of God regarding positive events of their daily lives.

Effectiveness of Brief Cognitive Behavior Therapy for Anxiety Cases

By: Sadia Saleem

Supervisor: Dr. Yasmeen Farooqi (1995-1997)

The current research used pre-post research design to study effectiveness of Cognitive-Behavioral Therapy (CBT) for anxiety cases. The sample consisted of 20 out-door adult anxiety cases drawn from Government Hospital and a private clinic. Ten clients were given CBT and the others were on pharmacotherapy (PT). Of the 10 clients given CBT, 7 continued with their medications, as the patients were reluctant to give up pharmacological treatment for a new modality, while 1 voluntarily entered CBT, exclusively. All the 10 clients were given individual CBT in 12 sessions of 50-minute duration each over a span of 2 1/2 months. Anxiety Checklist constructed by Saleem and Farooqi (1998) and Beck Depression Inventory (Urdu BDI, 1995) were administered individually to the whole sample ($N = 20$) in the pre-treatment and post-treatment phases. The significant differences in the pre-post scores on these two measures indicated the effectiveness of CBT on these two measures ($t = 2.81$; $df = 18$; $p < .05$ and $t = 2$; $df = 18$; $p < .05$, respectively) as compared to those of PT. The significant F ratio ($F(2, 17) = 7.4.1$, $**p < .01$) suggests that CBT was the most effective treatment in reducing anxiety level of clients. Further descriptive analysis of the results indicates that those receiving CBT exclusively showed maximum decrease in their level of anxiety as compared to those receiving : CBT with medication and PT Group.

Effectiveness of Brief Cognitive Therapy for Depressives

Sonia Syed

Supervisor: Dr. Yasmeen Farooqi (1995-1997)

The researcher used quasi experimental research design with pre-post treatment strategy to study the effectiveness of Cognitive Therapy (CT) for Pakistani out-door adult depressives. The sample consisted of twenty out-door adult depressives drawn from a govt. hospital and a private clinic. All of them had already been diagnosed and referred by the same psychiatrist. Ten patients were given CT of which 7 continued with their medications while the other 3 volunteered to receive CT, exclusively. The other ten patients received pharmacotherapy (PT). Each subject was given twelve individual sessions (50 min. each) over a time span of 2 1/2 months, using Beck's research protocol of CT (1978, 1995). The Post-therapy scores on BDI (Urdu version) (1995) and Depression Checklist constructed by Syed and Farooqi (1998) showed significant decrease in the depression level of patients ($t = 3.87$; $df = 18$; $*p < .05$ and $t = 4.60$; $df = 18$; $*p < .05$, respectively) as compared to those of PT. The significant F-ratio (2, 17) -13.47; $*p < .01$) further suggests that CT more effective treatment modality for depressives than pharmacotherapy.

Comparative Study of Perception of God among Schizophrenics and Depressives (Unipolar and Bipolar Depressives)

Mobushra Rehman

Supervisor: Yasmeen Farooqi (1995-1997)

The present research was a comparative study of perception of God as reported by schizophrenics, unipolar and bipolar depressives. A sample of 75 hospitalized male psychiatric patients, consisting of 30 schizophrenics, 15 unipolar depressives and 30 bipolar depressives with an age range of 25-40 years was drawn from Jinnah Hospital, Mental Hospital, Services Hospital, Sir Ganga Ram Hospital and Mayo Hospital, Lahore. A multiple-choice questionnaire with three options was constructed by the researcher to measure the positive and negative perception of God of schizophrenics, unipolar depressives and bipolar depressives in the context of their negative and positive life events. The results ($t = 3.59$; $df = 58$; $p < 0.05$) indicate that schizophrenics manifest more negative perception of God than unipolar depressives. Research findings ($t = 2.14$; $df = 43$; $p < 0.05$) further suggest that bipolar depressives seem to have more negative perception of God than unipolar depressives. Whereas insignificant difference ($t = 1.35$; $df = 58$; $p < 0.5$) between schizophrenics and bipolar depressives in terms of their negative perception of God is found.

Perception of God and Degree of Depression among Male and Female Psychiatric Patients

Marium Haider

Supervisor: Dr. Yasmin N. Farooqi (1996-1998)

The present research investigated type of perception of God and degree of depression among male and female psychiatric patients. A quasi-experimental research design was used. The sample consisted of 100 adult subjects: 50 male and 50 female psychiatric patients, who were selected from the outdoor as well as indoor psychiatric units of the departments of Psychiatry of four government hospitals of Lahore. Each subject was individually administered the Urdu Version of the Beck Depression Inventory: Second Edition (Farooqi, 1999) and the Perception of God Questionnaire, whose rationale was derived from Bowlby's attachment theory as discussed by Kirkpatrick (1997). Statistical analysis ($r = -.295, *p < .05$) reveals that positive perception of God is negatively and significantly correlated to degree of depression, whereas negative perception of God ($r = .544, *p < .05$) is positively and significantly related to degree of depression. Furthermore, results indicate that there are significant gender differences in positive perception of God ($t = -.241; df = 98; *p < .05$), however no significant gender differences in negative perception of God ($t = 0.702; df = 98; p > .05$) among psychiatric patients were observed.

Comparative Study of Suicidal Potential among Psychiatric and Non-Clinical Adults

Sadaf Hussain

Supervisor: Dr. Yasmeen Farooqi (1996-1998)

The present research investigated the degree of suicidal potential among psychiatric patients and non-clinical adults. The sample of 50 psychiatric patients (Depressives, Anxiety cases, Schizophrenics and Substance abuse cases) was drawn from psychiatric inpatient and outpatient departments of different government hospitals and private institutions in Lahore city. A sample of 50 non-clinical adults was drawn from five departments of the University of the Punjab. The researcher translated and adapted the Firestone Assessment of Self-Destructive Thoughts (Firestone & Firestone, 1996) to determine the suicidal potential in the Pakistani population. Interview schedule and medical records were used to collect demographic information about the subjects.

Analysis of data ($t = 10.07; df = 98, p < 0.05$) suggests that psychiatric patients seem to have more suicidal potential than non-clinical adults. Further analysis of data revealed that psychiatric patients have significantly higher scores on the Self-defeating ($t = 5.1; df = 98, p < 0.05$), Addictions ($t = 3.3; df = 98, p < 0.05$) and Self-annihilating composites ($t = 9.49; df = 98, p < 0.05$), than non-clinical adults. Significant positive correlations were found between suicidal potential and history of suicide attempt ($r = 0.559$), and with age ($r = 0.557$) of the subjects. Both socio-

economic and education levels of all the subjects seem to be negatively related to their suicidal potential ($r = -0.392$, $r = -0.636$, respectively) and their self-destructiveness ($r = -0.352$, $r = -0.542$, respectively). Interestingly enough, the substance abuse cases showed the highest scores on all eleven (Self-Depreciation, Self-Denial, Cynical Attitudes, Isolation, Self-Contempt, Addictions, Hopelessness, Giving Up, Self-harm, Suicide Plans, and Suicide Injunctions) FAST levels.

Relationship between Reported Core Conflicts with Parental Figures and the Degree of Suicidal Potential

Farva Ishfaq

Supervisor: Dr. Yasmeen Farooqi (1996-1998)

The present research was conducted to investigate the relationship between reported core conflicts with parental figures in formative years and the degree of suicidal potential among Pakistani Psychiatric patients and non clinical adults. Retrospective Ex Post Facto research design was used. Sample consisted of 100 adult subjects (50 Psychiatric patients and 50 non Clinical adults). The Psychiatric Patients were selected from the indoor and outdoor Psychiatric Units of seven different Hospitals of Lahore. Sir Ganga Ram Hospital, Jinnah Hospital, Services Hospital, Mayo Hospital, Mental Hospital, CMH and Fountain House. The non Clinical adult subjects were selected from five different departments of Punjab University. Each subject was individually administered the Core Conflict questionnaires based on the rationale of Firestone's (1997) theoretical frame work for voice therapy. The subject's suicide intent composite score on Urdu version of Firestone assessment for self destructive thought process (FAST) was obtained to determine the suicidal potential for each subject.

The result of current research ($r = 0.749$; $p < 0.05$) indicate a significant positive relationship between the core conflicts and the suicidal potential reported by psychiatric patients and non clinical adults. Further analysis of data ($t = 9.35$; $df = 98$; $p < 0.05$) reveals that psychiatric patients reported significantly higher Core Conflict as compared to non clinical adults. Analysis of the subject's response on the Core Conflict questioners revealed that psychiatric patients reported being pressured by the family's expectation ($M = 2.18$) and felt more rejected and left out of important matters at home ($M = 1.98$) non clinical adults reported lack of expression of parental affection ($M = 1.74$) and respect on part of their parents for their boundaries ($M = 1.82$). Moreover results ($t = 10.07$ $df = 98$ * $p < 0.05$) indicate that psychiatric patients have significantly higher suicidal potential as compare to non clinical adults. Furthermore among psychiatric patients drug addicts reported greater core conflicts as well as higher suicidal potential scores ($M = 75$ & $M = 73$) as compare to depressive ($M = 70.65$ and 59.65) anxiety cases ($M = 68.4$ & 53.2) and schizophrenics ($M = 67.9$ & 53.8).

Effect of Music on Dreams

Bushra Raza

Supervisor: Dr. Najma Najam (1996-1998)

The present study was conducted to see the effect of music on dreams content. Further it aimed to assess, if there was any mean difference between the 4 groups of music (no music, exciting music, noise, calming music). Total sample of 25 female hostilities with the age range 20-25 years, having 15 years of maximum education were given pre sleep music of a 4 types and dream diary for consecutive 4 days in a week. Results were consistent with the hypothesis that music has an effect on dream contents.

A Comparative Study of the Behaviour Characteristics of Attention Deficit Hyperactivity Disorder Children and Non- Attention Deficit Hyperactivity Disorder Children Using the Hand Test.

Hina Rafique Sheikh

Supervisor: Dr. Rukhsana Knusar (1997-1999)

The present study investigated the differences in the personality and behavior characteristics of ADHD and non-ADHD children. The sample consisted of an equal number of ADHD and non-ADHD children from various schools of Lahore (N=37 each). The ADHD and non-ADHD children were matched on age (10 to 14 years) and classes (5th to 8th). It was hypothesized that the ADHD children will differ in the personality characteristics as compared to non-ADHD children. ADHD rating checklist (Urdu Translation) was used to identify ADHD and non-ADHD children and the Hand Test was administered to them for the assessment of their personality characteristics. Independent sample t-test analysis was carried out to compare both groups of children on various personality characteristics. Results indicated that ADHD children were significantly more impulsive, tense and exhibitionistic with a greater tendency to act out than the non-ADHD children. However, insignificant differences were found between the two groups on the measures of aggression, direction, affection, action and communication. ADHD and non-ADHD children differ in their personality and behavior characteristics as revealed by the results of this study. It can be implicated that the presence of ADHD is likely to have an impact on the personality and behavior characteristics of an individual or children and that the Hand Test can differentiate between ADHD and non-ADHD children.

Optimism, Self- Mastery and Depression

Rabia Ashraf

Supervisor: Dr. Ruhi Khalid (1999-2001)

The current research was conducted to investigate relationships among optimism, self-mastery and symptoms of depression. Retrospective Ex-Post Facto Research Design was used. A sample of 60 college teachers (30 male and 30 female) was drawn from different colleges of Lahore by using Non-Probability Purposive Sampling Technique. All participants were married, between 30-50 years of age, with at least one child. Questionnaires assessing optimism, self-mastery and depression were administered to each subject individually. Statistical analysis showed that both optimism ($r = -.683, p < 0.01$) and self-mastery ($r = .674, p < 0.01$) were significantly and negatively correlated with depression. Optimism was found to be positively correlated ($r = .523, p < 0.01$) with self-mastery. Furthermore, results of the research indicated a significant difference between male and female in their reported scores of depression ($t = 3.925, df = 58, p < 0.05$) and self-mastery ($t = 3.277, df = 58, p < 0.05$). However, no significant difference was found between male and female in their reported scores of optimism ($t = -1.377, df = 58, p < 0.05$).

A Comparative Study of Coping Strategies of Patients with GAD, Bipolar Disorder and Conversion Disorder

Ayesha Maqbool

Supervisor: Dr. Rukhsana Kausar (2001-2003)

The present study was conducted to examine differences between coping strategies of patients with Generalized Anxiety Disorder (GAD), Bipolar disorder and Conversion disorder. The sample included patients with GAD (N=25), Bipolar disorder (N=25) and Conversion disorder (N=25). For assessment Coping Strategies Questionnaire (CSQ, Kausar, 1996) was used. Paired Samples t-test, One Way Analysis of Variance (ANOVA) and Regression analysis were used to analyze data. Paired Sample t-test revealed that patients most commonly used avoidance coping and active distractive coping was the least used strategy. Findings indicated significant differences between coping strategies used by patients. Bipolar disorder and Conversion disorder significantly differed in their use of active practical coping whereas patients with GAD and Bipolar disorder significantly differed in their use of avoidance coping. However, there was no significant difference between the coping strategies used by patients with GAD and Conversion disorder. Moreover, One Way Analysis of Variance showed no significant difference in coping in relation to life stressors. Regression analysis showed duration of diagnosis and education as significant predictors of active practical and religious coping. The findings of the study can be implicated to provide psychological services to the patients and to train them to use healthier ways (active practical) to cope with their life stressors.

Gender Differences in Non-Fatal Suicide Attempts among Psychiatric and Medical Patients in Pakistan

Safia Mahr

Supervisor: Prof. Dr. Yasmin N. Farooqi (2002-2004)

The current research investigates gender differences in the number of non-fatal suicidal attempts, nature of suicide precipitants and methods of suicide among psychiatric and medical emergency patients, in Pakistan. Furthermore, role of demographic variables in non-fatal suicide attempts, such as, age, education, marital status, socio-economic status and education were compared across genders. The sample was composed of 50 already diagnosed psychiatric and medical emergency patients (25 males and 25 females). 30 patients were drawn from Psychiatry and 20 patients from Emergency Medical wards of Jinnah, Services, Mayo and Ganga Ram hospitals. A questionnaire and psychiatric / medical records were used to gather information regarding non-fatal suicide attempts from psychiatric and medical emergency patients, t-test ($t = 2.13$; $df = 48$, $p < 0.05$) indicates female patients have a higher rate of non-fatal suicide attempts as compared to male patients. Chi square indicates there are significant gender differences in the reported suicide precipitants ($\chi^2 = 17.93$; $df = 3$, $p < 0.05$) and suicide methods ($\chi^2 = 7.4$; $df = 2$, $p < 0.05$). Factor analysis reveals 3 factors: Self-annihilating thoughts, Self-defeating thoughts and Suicide intent. The findings of this research can be used by the helping professionals for the screening of the patients at risk for suicide; and for treatment and management of suicide cases.

DEVELOPMENTAL PSYCHOLOGY

A Cross-Cultural Study of Adolescents and Their Adjustment Problems

Iffat Yaqoob Chaudhary (Ph.D)
Supervisor: Dr. Ruhi Khalid (1993)

The research study is comparative in nature and focuses on adjustment problems of adolescent girls of immigrant Pakistani families settled in Bradford (United Kingdom) and their counterparts in Mirpur (Azad Kashmir). Emphasis in the study is on the adjustment problems of adolescent girls with reference to the home-environment, parent-adolescent interaction, traditionalism and adolescents attitude towards marriage, career and religion. Peer-group interaction has also been examined. The adolescents use and abuse of substance including drugs, alcohol and smoking have also been investigated.

For a comparative study, an equal number of random samples was obtained from both groups, the total sample was 200. Structured interviews were designed to obtain demographic data, and study the home-environment, parent-adolescent interaction and impact of religion. A series of Questionnaires were designed to obtain data regarding sex-education, attitude towards marriage and career. A Likert-type scale was devised to measure peer-group interaction. Use and abuse of substance was also included in the study. The IPAT Anxiety scale was used to measure free-floating anxiety. The Chi-Square test, Student's t-test, Fisher Exact Probability test, and Regression Analysis were the statistical measures used for analysis of data. Level of significance was taken at 5%. The study of Bradford and Mirpur adolescents reveals that the family and parent-adolescent communication play a very vital role in adolescent adjustment. Where such interaction is lacking, it has resulted in adjustment problems. The traditional pattern has been maintained in both groups with special reference to marriage, religion and dress, though it is more prominent among the Mirpur adolescents. Both groups of adolescents have normal mean anxiety. Interesting observations have been made regarding anxiety and several other variables.

Psychological Effects of Pubertal Changes in Adolescent Girls

Sonia Zuberi
Supervisor: Dr. Najma Najam (1996)

The purpose of the present research was to investigate the psychological effects of puberty changes in girls. The sample consisted of 135 students taken from three English medium schools. Girls of ages 11-12 years (N=45), 13-14 years (N=45) and 15-16 years (N=45) were taken to see the difference in the level of stress due to puberty changes at the three age levels. For this purpose a questionnaire was devised to measure stress due to menstruation, breast formation and the related self-image. Self concept was measured using a self- concept scale (Burns, 1986).

The results showed that stress due to breast formation was significantly affected by age. There was also a negative correlation ($r = -0.15$, $p < 0.03$) between self concept and breast formation as well as self concept and self image ($r = -0.25$, $p < 0.002$). Breast formation and self-image contributed significantly to prediction of the scores on the self-concept scale.

A Comparative Study of Effects of Parental Death and Gender on Psychosocial Problems of Children

By: Shagufta Jamila

Supervisors: Dr. Seemeen Alam & Dr. Rukhsana Kausar (1995-1997)

The present research was conducted to investigate the effects of parental death and gender on psychosocial problems of children. The sample included father-less, mother-less children and those having their both parents alive (N = 40 each). Equal number of male and female participants was included. It was hypothesized that there would be differences among father-less, mother-less children and those having their both parents alive in psychosocial problems. It was also hypothesized that there would be gender differences among children in psychosocial problems. Mooney Problem Checklist: Junior High School Form (1950) (translated into Urdu) was administered on the children to assess psychosocial problems. One-way analysis of variance (ANOVA), t-test analyses, Chi-square analyses and Multivariate Analysis of Variance (MANOVA) were used to analyze data. Findings indicated significant differences between children of single parent (by death) and those having their both parents alive on psycho-social adjustment. Significant gender differences were found in psychosocial problems in children. Results also revealed interactive effect of parental death and gender on psychosocial problems of children. It can be implicated that death of either of the parents as well as gender of the child are likely to be contributing factors in psychosocial problems of children.

Comparative Study of Psychological Effects of Pubertal Changes among High and Low Socio-Economic Adolescent Girls.

Faryal Sultan

Supervisor: Dr. Najma Najam (1996-1998)

The purpose of the present research was to investigate the psychological effects of pubertal changes faced by adolescent girls of upper and lower socio-economic status. Non-Probability Purposive sampling technique was used. The total sample consisted of 120 adolescent girls with ages ranging from 10-16 years. 15 students from class 7, 8, 9 and 10 were selected, belonging to Lahore Grammar School and Dar-un-Niswan School, which were chosen on the basis of the monthly fees. A questionnaire was devised to measure stress due to menstruation, breast development, social attitude and the related self-concept. Self-concept was measured using a self-concept scale (Burns, 1986). The results indicate that there exists a significant difference in stress in menstruation, breast development, self-image, social attitude and self-concept between the upper and lower socio-economic class adolescent school girls.

Effect of Parental Loss and Gender on Adolescent's Coping With Stress

Rukhsana Munir

Supervisor: Dr. Rukhsana Kausar (1997-1999)

The present study was conducted to examine the effect of parental loss and gender on adolescents coping with stress. The sample included fatherless (N=20), motherless adolescents (N=20) and those having both parents alive (N=40). It was hypothesized that adolescents with single parent would differ in the way they cope with stress as compared to those with both parent alive. It was also hypothesized that there would be gender differences, as well as interactive effect of parental loss and gender on coping strategies used by adolescents. For assessment Coping Strategies Questionnaire (CSQ) was used. One-way Analysis of Variance (ANOVA), t-test analysis and Multivariate analysis of variance (MANOVA) were used to analyze the data. Findings indicated significant differences between adolescents of single parent (by death) and those having their both parents alive in use of religious-focused coping and active distractive coping. Significant gender differences were found on active practical coping and avoidance coping strategies in adolescents. Results also revealed interactive effect of parental loss and gender on coping strategies used by adolescents. Overall, it was revealed that avoidance coping was used most frequently and active distractive coping was used least frequently by adolescents.

EDUCATIONAL PSYCHOLOGY

Effectiveness Factors of Some Primary Schools in the Rural Areas of District Lahore

Fouzia Rasul

Supervisor: Dr. Ruhi Khalid (1992-1994)

The present research was undertaken to find out 4 effectiveness factors of some primary schools in rural areas of district Lahore. The data was collected from six schools. The schools were identified by the education department. The criteria for selection of the school were high enrollment and achievement of the students. Effectiveness factors were measured by structured interview based on self made questionnaire and general evaluation of physical facilities based on semantic differential scale.

In the light of case studies and results, it was found that orderly school environment/ long job experience of administrator, high motivational level of parents, teachers and administrator play important role in high achievement and enrollment of students. It was also found that effectiveness factors identified by the western educationists are applicable in developing countries like Pakistan. Besides this it was seen that motivational level of parents, teachers and the administrator is more important than physical facilities, because without appropriate physical facilities these schools are showing high enrollment and achievement.

A Comparative Study of Achievement Motivation of Pre Medical and Pre Engineering Female Students

Noreen Fatima

Supervisor: Dr. Najma Najam (1993-1995)

The study was conducted to identify the difference in intrinsic or extrinsic factors as related to achievement motivation of female F.Sc. pre-medical (N = 20) and pre-Engineering (N = 20) students. For this purpose a questionnaire and T.A.T. cards (1, 2, 7, 8) were administered and scored. Results indicated that self esteem, effect of success, tendency to hard work and media were significant and positively related to the achievement motivation of pre-engineering students. Whereas effect of success, media, parental attitude and mother's education were significant and positively related to the achievement motivation of pre-medical students. The difference in relation to the tendency to hard work, effect of success, reinforcing effect of failure, self esteem, self directed goals, media, socio economic status, parental reinforcement and parental education with achievement motivation was not significant but there was a significant difference on parental attitude between the two groups (Pre-Medical and Pre-Engineering).

A Comparative Study of Study Habits & Academic Performance of Pakistani British Students and White British Students of High Schools of England

Shabbir Ahmad Rana (M.Phil)

Supervisor: Dr. Rukhsana Kausar (1999-2001)

United Kingdom has the best educational system in the world. But in spite of the best and continuous efforts by the government to maintain and uplift the standard of education in the country, academic performance of students of high school has fallen down over the past years. British media while highlighting this serious national issue, also projects that academic performance of the Asian British students have fallen down even more rapidly and at present is much below than the indigenous White British students.

The aim of the present study was: a) to find out interactive effect of country of origin & gender on study habits and academic performance of students of high schools (in particular the Pakistani British students), b) to find out difference in study habits and academic performance of Pakistani British students and White British students, and c) to find out gender difference in study habits and academic performance of students.

Sample consisted of two hundred science students of the 10th class, selected through stratified sampling technique from four multi-ethnic schools of England. Among the participants there were 100 Pakistani British students (50 boys & 50 girls) and 100 White British students (50 boys & 50 girls). 'Survey of study habits & attitudes by Brown and Holtzman was used for assessing the study habits of students and their last year grades (academic performance) were noted down. Scoring was done with the help of two keys Right Key and Elimination Key to calculate their percentiles scores on study habits.

Analysis revealed that country of origin & gender does not have significant interactive effect on study habits and academic performance of students. Country of origin had significant effect on study habits but no effect on academic performance of the students. Whereas gender had significant effect on academic performance but no effect on study habits of students.

PSYCHOLOGY OF GENDER

A Comparative Study of the Male and Female Child on the Street

Marriam Saeed

Supervisor: Dr. Seemeen Alam (1992-1994)

The present study was undertaken to present a comparative picture of the male and female children on the street. A matched sample of children ($N = 50$) and their parents ($N = 25$) was taken from different areas of Lahore city. Two structured questionnaires with questions concerning work conditions, nutrition, health, education, recreation, domestic labor, child labor, and registration and child abuse were used to collect data. The data was then graphically arranged and differences between the two sexes were tested by applying the t-test. It was found that the female child on the street was given lesser rights specified in the 1990 Convention on the Rights of the Child (CRC) as compared to her male counterpart. The results showed that even though she worked and earned as much as her brother, the female child on the street was given less as pocket money ($t = 2.77$, d.f. = 48, $p < 0.05$). She also worked at home while her brother did not ($t = 10.63$, d.f. = 48, $p < 0.05$) and had lesser time to play ($t = 3.53$, d.f. = 48, $p < 0.05$). She was also less content with her present situation than her brother ($t = 2.55$, d.f. = 48, $p < 0.025$). Awareness needs to be created among the parents and children on the street that large families, poverty, child labor and discrimination are points on a never-ending circle in which they will stay trapped forever unless they change their present ways.

A Comparative Study of Male and Female Attitude towards the Khula and Divorce of Conservative and Non-Conservative Cities

Farhat Perveen

Supervisor: Dr. Ruhi Khalid (1993-1995)

The present research was conducted to study the "attitude of males and females towards the khula and divorce of conservative and conservative cities". The aim of the present research was to investigate the attitude towards khula and divorce of educated and uneducated males and females of two areas. Sample of educated and uneducated (females of two areas ($N=240$), and educated and uneducated males ($N=240$) was included. Questionnaire was administered to the subjects from various parts of conservative area of D. G. Khan and various parts of the conservative city of Islamabad. For the analysis of data, technique of t-test was applied to find out the attitude of males and females of two different areas.

Depression And Psychological Adjustment Of Male And Female Children Of The Single Parents (By Death)

Shazia Hameed

Supervisor: Dr. Yasmeen Farooqi (1994-1996)

The present research was conducted to investigate the manifestation of depression and psychological adjustment of the male and female children of the single parents (by death). A sample of 120 (60 male and 60 female) children of the single parents was selected from six different educational institutions of Lahore city. A personal History Questionnaire, Beck Depression Inventory (BDI- Urdu Version) and student form of the Bell's Adjustment Inventory (BAI- Urdu Version) were administered to each subject. The research findings ($X=3.70$, $N=20$, $p<.05$) indicate that both male and female children who have experienced their mother's death manifest more depression ($X=7.56$ and $X=0.30$, respectively) and psychological adjustment problems ($X=61.78$ and $X=46.98$, respectively) as compared to the children who have experienced their father's death. Furthermore, females with father as single parent manifested more depression ($X=22.70$ and $X=8.87$, respectively) and appeared to be less adjusted ($X=46.06$ and $X=46.20$ respectively) than the females with mother as the single parent. Moreover, females manifested more depression ($X=22.70$ and $X=12.43$, respectively) than males when they have experienced their mother's death. Males had more depression ($X=1.73$ and $X=8.87$, respectively) than females in case of their father's death. An average positive relationship ($r = 0.46$) was found between depression and psychological adjustment problems of the children of single parents (either mother or father alive). Moreover, female children of the single parents showed a positively high relationship ($r=0.71$) between depression and psychological adjustment problems.

Psychological Implications of Infertility: Gender Differences in Psychological Health and Marital Relationships

Ambreen Iqbal

Supervisor Dr. Rukhsana Kausar (1995 - 1997)

This study investigated the gender differences in psychological health and marital relationships of infertiles. Sample consisted of 50 diagnosed infertile males & females, who had a minimum duration of marriage of 3 years and were under the treatment till that time. General Health Questionnaire (G.H.Q) and Marital Relationship Questionnaire (M.R.Q) were used to assess psychological health and marital relationships. It was assumed that infertile females would score high on General Health Questionnaire (G.H.Q.) and Marital Relationship Questionnaire (M.R.Q) than their male counterparts. It was also assumed that there will be a relationship between psychological health and marital relationships of infertile participants. Correlation, t-tests, and Regression analyses were used to analyze the data. Findings revealed that about half of the participants had been experiencing psychological health complaints. Infertile females reported significantly more anxi-

ety and had been experiencing more somatic complaints as compared to infertile males. However, no significant gender differences were found in marital relationships. A positive relationship was found between psychological health and marital relationships. Conflicts with in-laws emerged as a strong predictor of anxiety & depression in infertile people. Findings have important implications on psychological health and impact of infertility on marital relationships.

Gender Differences in the Expression of Aggression among University Students

Humara Tashfeen

Supervisor Dr. Najma Najam (1995-1997)

The purpose of present research was to investigate whether there are any gender differences in the expression of aggression (physical and verbal). The aggression questionnaire, derived from aggression inventory (Buss and Durkee, 1957) and aggression questionnaire, (Buss and Perry, 1994) was used in this study. The sample consisted of 120 (60 = Male and 60 = Female) students of M.A/M.Sc. II of Punjab University, Lahore. Results of this study indicate significant gender difference in the expression of aggression ($t = 2.042, P < 0.05$). There was significant gender difference in the expression of physical aggression ($t = 3.013, P < 0.05$). It was found that male and female students of science faculty are different on physical aggression ($t = 4.278, P < 0.05$). Researcher also found that male students of Science and Arts faculties have different patterns of expression of physical aggression ($t = 3.039, P < 0.05$). Male students of science faculty are more physically aggressive.

Gender Difference in Life Plans with Special Reference to Job Affiliation and Job Description among the Students of Punjab University

Salma Khurshid

Supervisor: Dr. Najma Najam (1996-1998)

The present study was conducted to compare the level of job affiliation and job description among the students of Punjab University. The sample consisted of 200 students 100 males and 100 females from Punjab University. All participants were of M.A/MSc students Part I & II. The researcher adopted the questionnaire (from the study of Frieze, 1998) for measuring job affiliation and job description in English following pre-determined conditions. It was hypothesized that there would be significant gender differences in their score on questionnaire. The analysis (correlation, t-test and F-test) of the data, indicated no significant gender difference in their need for affiliation and job description. The results further show that there is a positive significant relationship between Affiliation Need & Job Motivation & Job Description. However, the comparison of department represents that Arts & Sciences students are scoring high on job motivation, while Social Sciences on affiliation and intimacy.

Gender Differences in Interpersonal Conflict Resolution and Its Relationship to Stress

Afshan Gauhar

Supervisor: Mrs. Naumana Amjad (1996-1998)

The present research is a study of gender differences in terms of conflict resolution at workplace. It focuses on both overall conflict resolution and the preference for its strategies. In addition, the relationship between conflict resolution and stress is examined. The sample (N=84) was selected from five educational institutions of Lahore namely, Govt. College, Kinnaird College, ICMA, LUMS and Punjab University. Purposive sampling strategy was used to select the 42 men and 42 women teaching at the postgraduate level in all these institutions. Each individual was administered the Conflict Resolution Questionnaire and the Stress inventory. T-tests were applied to see how significant were the differences between males and females in terms of overall conflict resolution as well as its strategies. Pearson's Correlation was applied to establish the relationship between conflict resolution and stress. Results indicate that there is no significant gender difference for overall conflict resolution. However, significant differences were found for four strategies. Males scored significantly higher on 'view conflict as natural and positive' than females; females showed a greater preference for 'note needs not wants' than males; the strategy 'produce positive partnership power' was significantly preferred by females than males; and females preferred 'focus on the future first then learn from the past' significantly more than males. Correlational analysis revealed that there is a significant inverse relationship between stress and conflict resolution. The results have strong implications for the working and educated class for both the sexes. It is suggested that more objective measures of conflict resolution behaviors be obtained to supplement self-report measures and that personality disposition be studied with reference to conflict resolution.

Sharing of Home Responsibilities between Professionally Employed Women and Their Husbands

Nosheen Gul

Supervisor: Dr. Ruhi Khalid (1996-1998)

A sample of 30 married couples with young children and with relatively equal status careers filled the questionnaire about work and home life. Considerable, traditional inequity in the distribution of child-care tasks and household chore responsibility was noted and wives were not satisfied with their husband's home involvement. It was also observed that although husbands rated their wives role performance as satisfactory, the same was not reported for the husbands by the wives. Sharing in child care and household chores was determined by couples income and job working hours.

Gender Differences in Self-Esteem and Attitude toward Women among Punjab University Students

Sidra Saeeda

Supervisor: Dr. Najma Najam (1996-1998)

The present research investigated gender differences in self-esteem and attitude toward women. The sample consisted of 200 subjects, 100 males and 100 females from different departments of University of the Punjab, Lahore. All participants were students Part I and II MA, MSc. It was hypothesized that males and females would differ on self-esteem and attitude towards women. The researchers used the standardized questionnaire, measuring the self-esteem and attitude toward women.

T-test, F-test and correlation was used to assess the difference between gender and relationship between variables on the (QMEST, ATW). Analysis of the data showed that there is no significant difference on self-esteem. There is significant gender difference on attitude toward women and its further categories, MACHO Scale, Neosexism also have significant difference respectively. Abortion and Modern Sexism have no significant gender differences. Attitude toward women have significant relationship with self-esteem, Modern Sexism, Neosexism, MACHO Scale, respectively. Self-esteem is also significantly related to MACHO Scale, Modern Sexism, Neosexism. Department of Arts significantly differs with Social Sciences on some categories of QMEST and ATW. But other departments have not significant differences among them on QMEST, ATW.

Gender Differences in Achievement Motivation and Work Difficulty in University Students

Huma Shafique

Supervisor Dr. Najma Najam (1996-1998)

The purpose of the present research was to investigate whether there are any gender differences in achievement motivation and work difficulty. A set of standardized questionnaire of achievement motivation (Spence and Helmreich) and work difficulty was adopted from the study of Irene Freize (1998). The sample consisted of 200 subjects of M.A, M.Sc I, II (100 males and 100 females) from different departments of the Punjab University Lahore. ANOVA, t-test, F- test, Beta and Correlation were used to assess the difference between the gender (combined) and relationship with all variables. Analysis of the data showed there is no significant gender difference in achievement motivation and work difficulty. Further, results showed that achievement motivation is significantly negative related to high school success and father's education but positively related to work difficulty. Results showed that work difficulty is significantly related to urban vs. rural area of living. The comparison of department students of arts faculty is more achiever than the students of sciences, social sciences and business.

Gender Differences in Dual Role and Power Motivation in University Students.

Ruhma Faiz Ansari

Supervisor: Dr. Najma Najam (1996-1998)

The present research investigated the differences in the level of difficulty in double burden (dual role) and power motivation. The sample consisted of 200 subjects, 100 males and 100 females, students from different departments of the Punjab University, Lahore. All participants were students (I & II M.A, M.Sc.). The researcher used the standardized questionnaire measuring the level of double burden (dual role) and power motivation from the study of Irene Frieze, (1998). It was hypothesized that males and females would differ on the level of power motivation and difficulty faced in dual role. The appropriate analysis of the data (t-test, F-test and Correlations) was applied which indicated no significant gender differences in power motivation. But the results partially support that they differ significantly in double burden (dual role) and additional gender role. The results further indicate that power motivation is significantly related to work after marriage, mother's work before 5 years old and mother's work after. Double burden was significantly related to additional gender role, work family, work centrality, family centrality, mother's work and work after marriage. In the comparison of departments, Arts & Science students differ significantly on work centrality. Students from Arts & Social Sciences and Business Administration differed significantly on power motivation. Students of Social Sciences & Business Administration differ significantly on work centrality & family centrality.

A Study of Gender Differences, Socio-Economic Status and Birth Order on Raven's Standard Progressive Matrices.

Rabia Ikram

Supervisor Dr. Ruhi Khalid (1999-2000)

The purpose of the present study was to measure the effects of gender difference, birth order and socio-economic status on Raven's Standard Progressive matrices. The sample consisted of 72 boys and girls (N=72). An equal number of boys & girls i.e., 36 boys and 36 girls -were selected from different schools of Islamabad and Rawalpindi. Raven's Standard Progressive Matrices was used to test the hypotheses of the study. For the analyses of data, t-test, ANOVA and z-tests -were computed. The results showed that there is no significant difference between the intellectual performance of boys and girls on the RSPM. However, significant difference exists between intellectual performance of the three socio-economic classes and the three ordinal positions. The findings of present study also indicated that the first born children have a better level of intellectual performance as compared to the other siblings in the descending order.

HEALTH PSYCHOLOGY

Achievement Motivation in Working Medical Doctors and M.A./M.Sc and Non Working Medical Doctors M.A./M.Sc Women

Ayesha Haroon

Supervisor: Dr. Najma Najam (1993-1995)

The relationship of intrinsic and extrinsic variable with the achievement motivation of working and non-working women (married M.B.B.S, M.A./M.Sc & Unmarried M.B.B.S., M.A./M.Sc.) was investigated in the present study. The sample consisted of 42 educated women (21 working and 21 non-working, aged 25 to 45 years). The achievement motivation was determined through T.A.T. (4 cards) and intrinsic, extrinsic variables were measured through questionnaire. The difference of correlation between working and non working women, married working doctors and married working lecturers/professors, unmarried working doctors and unmarried working lecturers/professors, non working married M.B.B.S. and non working married M.A./M.Sc. women and non-working unmarried M.B.B.S. & non working unmarried M.A./M.Sc women was computed. Results indicated that working women differ from non-working women at two intrinsic variables (reinforcing effect of failure and self directed goals), and at one extrinsic variable (media), working unmarried doctors differ from working unmarried lecturers/professors only at one intrinsic variable (reinforcement effect of success), working married doctors differ from working married lecturers/professors only at one extrinsic variable (socioeconomic status), non working married M.B.B.S. differ from non-working M.A./M.Sc only at one intrinsic variable (reinforcing effect of failure), while non-working unmarried M.B.B.S. did not differ from non-working M.A./M.Sc at any intrinsic & extrinsic variable.

Social Stress and Coping in Relation to Psychological Distress

Humaira Innam Wattoo

Supervisor: Dr. Rukhsana Kausar (1993-1995)

The present research investigated psychological distress and coping of divorced, separated and widowed people. Sample consisted of equal number of males and females (N - 60 each). It was hypothesized that emotion focused coping will have a positive relationship, and problem focused coping will have negative relationship, with psychological distress. Interview schedule was used as a procedure of data collection. A self designed questionnaire of coping strategies was used in order to measure coping. Data was analyzed using t-test, one way analysis of variance, correlation and regression analysis. Findings of the study partially supported the hypotheses. Anxiety and depression were correlated with the ways of coping. These findings have important implications for those under stress.

A Study of Religious Meditation Effect on Spiritual Attitude and Subjective Well Being and Anxiety Level

Farah Misbah

Supervisor: Naumana Amjad (1993-1995)

An empirical study was formulated to find out the effect of religious meditation on spiritual attitude, satisfaction with life, happiness, and anxiety level of muslim students of age 20-25 years. For this purpose, a purposive sample of 18 female volunteers, of mean age 22 years, was taken. Subjects were matched on age, education, religion and on basic beliefs of Islam. Subjects were introduced to religious meditation practice and were left to do this practice for 40 days. Four measures were used at pre and post tests. 1) Spiritual Attitude Questionnaire (for Muslim population); 2) Satisfaction with Life Scale; 3) Fordyce Happiness Scale; 4) Manifest Anxiety Scale. Three open ended questions were asked at posttest only in order to get verbal reports. A checklist was provided to each subject to keep record of practice schedule, t-test for correlated data, and percentages were used as a technique of data analysis. Results showed enhancement in spiritual attitude, and happiness, and decreased anxiety level but satisfaction with life scale did not show any increase after practice of religious meditation.

Impact of Personality Factors on the Recovery Rate of Male Heart Patients after Coronary Artery Bypass Surgery

Saira Bano Sial

Supervisor: Dr. Ruhi Khalid (1993-1995)

The purpose of the present research was to investigate the influence of personality factors on the recovery of heart patients who had undergone coronary artery by pass surgery, the sample consisted of 30 educated male heart patients who had under gone coronary artery by pass surgery at Punjab Institute of Cardiology. These patients were assigned to the group of slow and fast recoverers by their surgeons. The patient's age ranged from 50-65 years. Interview schedule and questionnaires were administered to the subjects individually to measure their type of personality, coping strategies and dispositional optimism. The results showed that the majority of the fast recoverers had Type B personality and exhibited a high level of Dispositional Optimism than slow recoverers. It was also observed that the fast recoverers used significantly more problem-focused and emotional focused coping strategies, and significantly less avoidance coping strategies than slow recoverers.

Cognitive Appraisal and Coping of Patients with Terminal versus Non-Terminal Disease

Muhammad Akram

Supervisor: Dr. Rukhsana Kausar (1994-1996)

The present study examined cognitive appraisal and coping of patients with terminal and non-terminal diseases. It was hypothesized that "the patients with terminal disease will differ in appraisal and coping compared to those with non-terminal disease". It was also hypothesized that "more the patients would appraise their disease as controllable, more problem-focused coping strategies they will use. The sample consisted of 120 patients, 60 with terminal illness (cancer patients) and 60 with non-terminal illness (fever, headaches, orthopedic injuries), each consisted of equal number of males and females. A self constructed questionnaire was used to assess coping strategies. To examine cognitive appraisal "Lazarus Scale for Secondary cognitive appraisal (1980)" was used. Data was collected from different hospitals in Lahore. T-test and correlation were used for the analysis of data. The results revealed that the patients with terminal illness perceived less control on their illness and used less problem-focused coping and more emotion-focused, religion-focused coping strategies and sought more social support as compared to the patients with non-terminal disease. It was also found that the appraisal of acceptance was highly associated with the use of emotion-focused and religious-focused coping. Findings have implications for the patients to change their appraisal of their disease as more controllable so that they may use more problem-focused coping rather than having a pessimistic attitude.

Psychological Health and Coping Strategies Used By Family Carers of Cancer Patients

Sumera Jabeen

Supervisor: Dr. Rukhsana Kausar (1995-1997)

This study investigated psychological health problems and coping of the family carers of cancer patients. Sample consisted of 85 carers who had been providing care to hospitalized patients for at least three months. General Health Questionnaire and Coping Strategies Questionnaire (Kausar, 1996) were used to collect data. It was assumed that carers experience psychological health problems in giving care. Descriptive statistics, t-test, one way analysis of variance (ANOVA), Correlation and Regression analysis were used to analyze the data. Findings revealed that majority of the carers were experiencing high levels of Anxiety, Depression, Somatic Complaints and Social dysfunction. No gender differences were found in total psychological health problems and coping strategies used by the carers. Female Carers reported significantly more somatic problems and experienced more depression compared to male carers. Older carers are more depressed and anxious and had more somatic complaints than younger carers. Younger carers were employing more active distractive coping strategies. A positive relationship was found between avoidance coping and psychological health problems, as higher the use of avoid-

ance coping strategies, higher the psychological health problems whereas negative relationship was found between active practical coping and active distractive coping and psychological health problems as higher the use of active distractive coping, active practical coping, fewer the psychological health problems. Avoidance coping and age of the carer emerged as strong predictors of psychological health problems and depression. Active practical coping and age of the carer predicted anxiety, and somatic complaints were predicted by the active coping. Age of the carer predicted somatic complaints.

Dieting and the Pursuit of Slimness: Gender Differences in Dietary Restraint, Weight and Body Shape Dis-Satisfaction

Samina Taj

Supervisor: Dr. Najma Najam (1995-1997)

The purpose of the present research was to investigate whether there are any gender differences for dietary restraints, eating attitudes, dissatisfaction with body shape and current weight and if so who is more influenced by normative social pressure to be thinner and slim. Ajzen's (1991) theory of planned behavior was used for measuring normative pressure from family, social circle and media variables. The sample consisted of 100 subjects including 50 males and 50 females from different Slimming Clinics, from different departments of Punjab University and from different areas of Lahore. A booklet of questionnaires including eating attitude test, three factor eating questionnaire for dietary attitudes, body shape questionnaire, normative pressure measures and a visual body figure preference test along with reported current and desired body mass index was used. Results indicate significant gender differences in restrained eating, abnormal eating attitudes, and dietary attitudes dissatisfaction with body shape and current weight. Multiple regression analysis and product moment correlation were applied which showed that females were significantly more inclined towards dieting to be slim, and more influenced by societal norms and are highly dissatisfied with their body shape as compared to males. Also females than males were influenced by social and media pressure to be slim males.

Relationship between Age & Emotional Responsivity among Patients and Coronary Heart Disease

Sadia Anwar

Supervisor: Dr. Najma Najam (1995-1997)

The present study investigated relationship between age and emotional responsivity (i.e. anxiety, anger and stress) among out-patients of coronary heart disease from various clinics and hospitals in Lahore. The sample consisted of (N = 57) educated patients (30 males and 27 females) age range 32 - 70 years with the diagnosis of Angina or myocardial infarction < 10 years. Three questionnaires measur

ing stress, anger and anxiety were developed and administered to each subject individually in the same sequence. Results indicated that the levels of anxiety and stress decreased with increase in age for both genders. However, male patients showed high level of anger as compared to female patients.

Pregnancy Related Psychiatric Problems

Shazia Habib

Supervisor: Dr. Ruhi Khalid (1995-1997)

The aim of the present research was to investigate the occurrence of pregnancy related psychiatric problems in Pakistani women. The study also aimed to identify the factors that had affect on the occurrence of such psychiatric problems.

Sample consisted of thirty women, which were collected from the different hospitals of Lahore. A structured interview devised by Brockington (1996 version) was translated into Urdu and then administered to determine the intensity of psychiatric problems. First time women were assessed for maternity blues two and three days after delivery and then women were re-examined four to five weeks later for post-natal depression and puerperal psychosis.

Multiple regressions was applied to analyze the data, the results indicated that 50% of women were suffering from maternity blues. However, significant predictors were identified for maternity blues. Furthermore, it was found that 20% of women were suffering from postnatal depression and 36.6% of women were suffering from postnatal anxiety. However, psycho-socio factors were found to be significant predictors for both postnatal depression and anxiety.

Inter Relation between Life Stress, Smoking and Coronary Heart Disease

Mamoona Ismail

Supervisor: Dr. Najma Najam (1995-1997)

The present study investigated the interrelation between life stresses, smoking and coronary heart disease. The study was based on the Selye's (1956) theory of general adaptation syndrome (GAS) suggesting that stress is the nonspecific response of the body to any demand made upon it. Purposive sample of 120 outdoor patients comprised of coronary heart disease patients (N = 60) and general medicine patients (N = 60) were taken from various hospitals of Lahore including Jinnah Hospital, Mayo Hospital, Sheikh Zayed Hospital and other private clinics. A set of protocols consisting of three parts was used to measure life stress and its effect on the rate of smoking. Results indicated that there is no difference in experiencing lifestress ($t = -.119$, $P < 0.05$) and smoking ($t = -.684$, $P < 0.05$) in coronary heart disease and general medicine patients. However, correlation between different variables shows highly significant correlation in life stress and its effect on the rate of smoking in both groups.

Comparative Study of Dietary Restraint and Anxiety among Adolescent Girls

Shamaila Sabir

Supervisor: Najma Najam (1995-1997)

This is a comparative study of dietary restraint and anxiety among adolescent girls. The sample consisted of 80, with two sub-groups of dieters and non-dieters adolescent girls of different schools and colleges of Lahore. A protocol of questionnaires including eating attitude test, body shape questionnaire, and normative pressures measures along with Manifest Anxiety Scale was used. Pearson correlation and t-test were applied. Results indicated that dieters suffer more anxiety $t = 3.247$, $P < 0.05$) in terms of diet consciousness as compared to non-dieters. Research also found a relationship between dietary restraint and anxiety ($r = 0.422$) which shows that dieters were more inclined towards dietary consciousness and more influenced by societal norms and media and are highly dissatisfied with their body shape as compared to non-dieters.

Comparative Study of Medical Professionals Dealing With Cancer Patients and General Medicine Patients on Burnout and Coping Strategies

Saira Nassar

Supervisor: Dr. Ruksana Kausar (1995 - 1997)

The present research was conducted to investigate burnout and coping of medical professionals caring for cancer patients and patients having general medical problems. The sample consisted of equal number of medical professionals caring for cancer patients and those caring for general medicine patients (e.g. appendicitis, asthma, minor surgery, etc.) It was assumed that medical professionals dealing with cancer patients would differ in burnout and use of coping strategies from those dealing with general medicine patients. A burnout questionnaire and Coping Strategies Questionnaire (CSQ), (Kausar, 1996) were used for the assessment. Median split, t-tests, correlation analyses and multiple regression analyses were carried out to analyze the data. Almost equal number of medical professional were experiencing burnout in both groups. Findings indicated no significant difference in burnout and coping strategies used by professional carers of two types of patients. However, gender and professional designation had significant effect on burnout and the way carers cope. Furthermore, positive correlation was found between burnout and coping. Active-practical coping were found to be more commonly used coping strategy. Avoidance coping emerged as a stronger predictor of burnout in carers. The findings have very important implications from psychological impact of medical profession on professionals.

Relationship of Health Beliefs, Locus of Control and Emotional Control in Women's Susceptibility to Illness

Saima Asghar

Supervisor: Dr. Najma Najam (1996-1998)

The purpose of this study was to investigate relationship of health beliefs, locus of control and emotional control in women's susceptibility to illness. A sample of 80 females (40 healthy and 40 sick) was selected by using non-probability purposive sampling technique. All participants were married, between 25-50 years of age, with at least one child and educated upto matriculation level. Questionnaire used to assess difference among healthy and sick women in terms of their health beliefs, locus of control and emotional control was based on three social psychological models. Results supported the presence of difference in health locus of control and emotional control between healthy and sick women. Furthermore, it was found that healthy women have internal health locus of controls, less emotional control and better social and health status as compared to sick women. Analysis of the sample according to their job status revealed that non-working women have better social and health status, locus of control and extent of emotional control as compared to working women.

Occupational Stress & Family Life: A Comparison of Male & Female Doctors

Saima Yousaf

Supervisor: Dr. Ruhi Khalid (1996-1998)

Characteristics of medical work suggest that doctors are especially vulnerable to stress between work and home. The present study adopted a theoretical approach towards the study of the relationship between occupational stress and home life in doctors, comparing males and females. The relationship between role complexity and occupational stress, workload and domestic stress was examined. Secondly, the theory of asymmetric permeability of occupational and domestic roles was used to compare the impact of work-to-home (WU) and home-to-work (HW) stress. Increased role complexity was related to stress more for female doctors, suggesting an increasing convergence in the occupational and domestic roles. Higher levels of occupational stress were also recorded for WH variable than HW variables for both male and female doctors, confirming the asymmetric permeability of such roles. Overall workload was found more for females, with increased stress. A significant relationship was found between occupational stress and consequences of stress.

Pre-Post Evaluation of Depression and Anxiety in Patients Undergoing Mastectomy and Hysterectomy

Aalia Shah

Supervisor: Dr. Yasmeen Farooqi (1996 -1998)

The present research evaluated pre-post depression and anxiety in patients undergoing mastectomy and hysterectomy. A Pre-Post Testing Design was used. Sample consisted of 100 female patients: 50 mastectomy patients and 50 hysterectomy patients, who were selected from the Surgery and Gynecology Departments of various hospitals of Lahore. Each subject was individually administered Depression Scale and Anxiety Check-List twice: 1-7 days before surgery and 1 -7 days after surgery.

Statistical analysis of the results ($t = -2.17$; $df = 98$; $*p < 0.05$) indicate significant difference in pre-post scores of anxiety of mastectomy and hysterectomy patients on the Anxiety Check-List. Results also indicate significant difference in pre-post scores of depression ($t = -2.55$; $df = 48$; $*p < 0.05$) and anxiety ($t = -5.74$; $df = 48$; $*p < 0.05$) in hysterectomy patients. However results ($t = -0.422$; $df = 98$; $p > 0.05$) indicate no significant difference between pre-post scores of depression in mastectomy and hysterectomy patients on the Depression Scale.

A Study of Relationship Between Life-Styles, Stress and Cardiac Illness

Sumaira Tahir

Supervisor: Dr. Najma Najam (1996-1998)

The present research was carried out to investigate the relationship between life-style, stress and cardiac illness. The sample consisted of 100 adult males (50 cardiac and 50 normals); with an age range of 40-65 years. The indoor cardiac patients already diagnosed as heart patients, were taken from Punjab Institute of Cardiology. The normal adults were matched on age, gender, marital status and occupation with that of cardiac patients, and non cardiac patients. Their life-styles and stresses of 1-3 years were measured. Questionnaire for life-styles and checklist for life-stresses were administered to the patients individually. Questionnaire relating to life-style was divided into three categories, cigarette smoking, dietary habits and miscellaneous life-style. Checklist measuring life-stresses was divided into three categories, family and social stresses, job and financial stresses and miscellaneous stresses. The results of research indicate that there is significant difference in life-style and stress of normal and indoor cardiac patients. The results further indicate that there is significant difference in the cigarette smoking, dietary habits and miscellaneous life-styles. The results further indicate that there is significant difference in normal and indoor cardiac patients in job and financial stress and miscellaneous stress. There is no significant difference in family and social stress in normal and cardiac patients. It can be concluded that there is significant relationship between life-style, stress and cardiac illness.

A Study of Coping Strategies Used By the Mothers of Thalassaemic Children

Aqeela Jabeen

Supervisor: Mrs. Naumana Amjed (1996 - 1998)

The present research was conducted to find out that what type of coping strategies are used more by the mothers of thalassaemic children. Relationship among different kind of coping strategies was also explored. The sample consisted of 50 mothers whose children had already been diagnosed with thalassaemia was taken from Fatmid Foundation Lahore. Questionnaire (QCS) related to four coping strategies (Religious coping, social support-based coping, approach-based coping and avoidance-oriented coping) was administered individually. The research findings indicate that mothers of thalassaemic children use religious coping and approach based coping strategies more than other coping strategies. The results further indicate that there is positive correlation between religious coping strategy and approach based coping strategy, and there is negative correlation between social support-based coping strategy and avoidance oriented coping strategies. The reasons are discussed in relation to previous researches and literature.

Social Support, Self-Esteem and Mental Health of Cancer Patients

Mahrugh Masood (M. Phil)

Supervisor: Dr. Ruhi Khalid

This study examines the effects of social support and self-esteem on mental health of patients suffering from terminal illness. A purposive sample of ninety-nine patients, were selected from three different hospitals of Lahore. The patients were at different stages of illness and were undergoing different modes of treatment for cancer. Three different standardized questionnaires-Medical Outcome Scale, Self-Esteem Scale and Social Support Scale, were used to elicit patient's responses. Personal history questionnaire was employed to get pertinent demographic data and medical history. The result showed that 1) there is a significant positive relationship between social support and self-esteem. 2) Social support decreases stress and enhances physical and mental health.

These findings have important implications for patients, their families, and medical professionals as it highlights the beneficial effects of social support on mental health and self-esteem.

A Longitudinal Study of Anxiety in Cancer Patients before Receiving Chemotherapy

Farzana Ilyas

Supervisor: Dr. Rukhsana Kausar (1997-1999)

The present research was conducted to study anxiety in cancer patients over successive administrations of chemotherapy. It was hypothesized that anxiety would increase over successive administrations of chemotherapy. The sample consisted of 32 cancer patients who were receiving chemotherapy. The State Trait Anxiety Inventory (A-State Scale) was used to assess anxiety prior to the first three consecutive administrations of chemotherapy. Paired t-test and regression analysis were used to analyze the data. Paired t-test analysis showed that anxiety increased significantly over the successive administrations of chemotherapy. Regression analysis indicated that education was the only predictor of anxiety in the third stage of chemotherapy administration. Educated people were less anxious than illiterate subjects. In the light of the findings of the present study, it is suggested that psychological help should be provided to patients receiving chemotherapy.

Delay in Breast Cancer Diagnosis: Delay Stages And Psycho Physiological Comparison Process

Azra Azim

Supervisor: Dr. Ruhi Khalid (1997-1999)

The purpose of the present research was to investigate the delay in Breast cancer diagnosis delay stages and Psychophysiological comparison processes. A Sample of 40 Subjects (female breast cancer patients) were selected by using non probability purposive sampling technique from ANMOL hospital Lahore. Questionnaires were administered to the subjects individually. It was hypothesized that patients of Breast cancer delay in diagnosis due to symptoms interpretation (appraisal delay) and behavioral delay constitute a major portion of total patient delay in breast cancer.

Two analysis of patient delay in seeking medical diagnosis were considered In the first a modal of delay was presented specifically, delay comprised of four stages (appraisal, illness, behavioral and scheduling delay intervals) each governed by a conceptually distinct set of decisional and appraisal processes. The second analysis was social Psychological and was based on the attributions patients made when relating their symptoms to their expectations and knowledge about physiological bodily processes. Regarding the delay model, results indicated that appraisal delay constituted the majority of the total delay. Second major delay was behavioral delay. Hypothesis about delay stages and psycho physiological comparison processes was partially supported.

Posttraumatic Stress Disorder Like Symptoms after Mastectomy

Afsheen Gul

Supervisor: Dr Ruhi Khalid (1997-1999)

This research examined the PTSD like symptoms after mastectomy. 50 women suffering from breast cancer, who had undergone mastectomy, completed measures of PTSD like symptoms. These measures included the PTSD checklist-specific version (PCL-S) and the Impact of Event Scale (IBS). Quality of life was assessed using the 20-item Medical Outcome Study Questionnaire. The results indicated that the women who show more PTSD like symptoms are unmarried ($t=2.967$, $P < 0.05$ level) and received more extensive and aggressive type of cytotoxic treatment ($t= -7.121$, $P < 0.05$). Stage of the disease and quality of life were found to be the predictors of PTSD like symptoms. The implications of the results for the treatment of women after mastectomy are discussed.

A Study of Cognitive Appraisal and Coping Strategies Used By Mothers of Mentally Retarded Children

Mariam Farooq

Supervisor: Dr.Rukhsana Kausar (1997-1999)

The present study examined the impact of mental retardation, stress appraisal and coping strategies used by the mothers of mentally retarded children. Sample consisted of 40 mothers who were providing care to a child with moderate or severe levels of mental retardation. The Stress Appraisal Measure (SAM), Primary Appraisal Questionnaire (PAQ), and Coping Strategies Questionnaire (CSQ, Kausar, 1996) were used to assess primary appraisal and coping. It was assumed that mothers would express various concerns and worries in relation to caring for their mentally retarded child and that there would be a relationship between cognitive appraisal and coping strategies. Findings revealed that majority of the mothers were distressed, threatened and were perceiving the care-giving situation as challenge. Paired t-test, correlation and regression analyses were used to analyze the data. Analyses revealed that avoidance coping was most commonly used by mothers and active distinctive coping was least used by them. Correlation analysis indicated that avoidance coping strategies are related to more worries and concerns of mothers whereas active practical and active distractive coping was related to lower levels of stress. Appraisals of stress and threat emerged as strong predictors of active distractive and avoidance coping. The sense of controllability predicted the active practical and feeling of uncontrollability predicted the active distractive coping strategies. It can be implicated that the presence of a mentally retarded child in the family has impacts on mothers' cognitive appraisal and coping strategies.

Psychological Distress in Children of Female Cancer Patients

Wajeeha Abdul Qadir

Supervisor: Dr. Ruhi Khalid (1997-1999)

The present research investigated the Psychological distress experienced by the adolescents whose mothers have cancer, the coping styles adopted by them to deal with this stressor and anxious-depressed symptoms experienced by them. The total sample consisted of 60 subjects (30 adolescent males & 30 adolescent females) whose mothers were undergoing treatment for cancer. Impact of Event Scale (IBS), COPE and a questionnaire constructed to measure anxious-depressed symptoms, were administered to the subjects. Significant differences were found between girls and boys in the amount of psychological distress and anxious-depressed symptoms experienced by them. Although no significant difference was found out between girls and boys in the coping strategies they adopt to deal the stress of cancer in mothers.

An Exploratory Study Regarding Endogenous and Exogenous Triggering Factors of Par Oxysmal Migraine in Twenty-Eight Female Patients.

Zaira Yousaf (M.Phil)

Supervisor: Dr. Ruhi Khalid (1998-2000)

Migraine is a topic of much interest for researchers, psychologists, doctors and those who are associated with health professions. In the field of Migraines there is not much research, which exists hence this study is aimed at designing patterns to deal with the Migraines. This study could also help the patients to deal and avoid migraine attacks with self-efforts and by how to observe the frequent factors causing migraine in their typical case. Diagnostic Criteria for diagnosing migraine, published by International Headache Society was used. To recruit patients, 28 patients were diagnosed as the patients suffering from migraine. All 28 patients were instructed to respond on the Daily Reporting Forms, designed by keeping in view the potent endogenous and exogenous migraine triggering factors. In this way the record of same and different routines, psychological and physiological conditions that could trigger migraine were kept for each case. By reviewing the responses on Daily Reporting Forms, the selected 28 patients were divided into two groups (group 1 who had migraine with endogenous factors and group 2 who had migraine with exogenous factors). 15 patients were included in the group with endogenous factors and 13 patients were included in the group with exogenous factors. To observe the associated conditions: frequency, duration and intensity of migraine attacks in the case of each patient were observed. It was observed that group with endogenous factors had more frequent attacks of migraine as compared to the group with exogenous factors. Duration of migraine attack was higher in the group with exogenous factors as compared to the group with endogenous factors. It was observed that patients having migraine due to exogenous factors

had high intensity rates for their attacks as compared to the patients with endogenous factors. For checking the levels of depression generally in both groups BDI was used in headache free days. BDI scores obtained by endogenous group were high. Chi-square was applied to see the significant differences in the BDI scores.

A Study of Causal Factors, Cognitive Appraisal and Coping Strategies Used By AIDS Patients

Habiba Fareed

Supervisor: Dr. Rukhsana Kausar (1998-2000)

The present study examined the causal factors of AIDS, cognitive appraisal and coping strategies used by AIDS patients. Sample consisted of 25 HIV patients who were taken through two NGOs. Self constructed questionnaire, Stress Appraisal Measure (SAM) and Coping Strategies Questionnaire (CSQ) were used to assess the patients. Results revealed that the major cause of AIDS patients was having sexual relations with multiple sex partners. It was assumed that more the patients would appraise their disease as stressful, less practical problem focused coping they will use and more the patients would appraise their disease as controllable, less avoidance coping they will use. Findings revealed that majority of the patients were stressed, threatened and appraised their disease as of personal significance that had long term and serious consequences for them. Paired sample t- test and correlation analysis were used to analyze data. Analysis revealed that HIV patients most commonly used active practical coping and they least used avoidance coping. Correlation analysis indicated that active practical coping was negatively related to stress whereas avoidance coping was negatively related to controllability. It can be implied that presence of AIDS in patients has impact on patient's cognitive appraisal and coping strategies.

Coping and Prenatal Distress: A Correlational Study of Pregnant Women

Fozia Iqbal

Supervisor: Dr. Ruhi Khalid (1999-2001)

This study examines the association between coping and pregnancy-specific distress in pregnant women. A purposive sample of sixty patients, was selected from Sheikh Zayed hospital Lahore. A population appropriate coping inventory consisting of eight coping scales, prenatal distress measure and manifest anxiety scale were administered in mid pregnancy. Personal history questionnaire was employed to get pertinent demographic data. The result showed that 1) Preparation for motherhood, seeking social support and self-care were significantly associated with pregnancy-specific distress. 2) Other two ways of coping positive appraisal and prayer were not associated with pregnancy specific distress. 3) Avoidance showed significant association with pregnancy specific distress. 4) Substance use and distraction failed to

show significant association with pregnancy specific distress. 5) None of the coping strategies was associated with global anxiety. 6) The correlation between prenatal distress and global anxiety was not significant 7) The participants experienced moderately high levels of distress about preterm delivery, physical symptoms, labor and delivery, weight gain, and having an unhealthy baby. 8) The participants most frequently coped with the demands and challenges of pregnancy through preparation for motherhood, prayer and positive appraisal

Chronic Stress and Coping Styles

Afifa Anjum

Supervisor Dr. Ruhi Khalid (1999-2001)

The current research was conducted to investigate gender differences in stress level and coping styles. A Retrospective Ex- Post Facto Research Design was used. Stress level was measured by an inventory of 20 chronic stressors. Coping styles were measured by COPE scale and were coded as instrumental and expressive. A sample of 50 subjects (25 male and 25 female) was drawn from different departments of Punjab University. Non-Probability Purposive sampling technique was used. Results of the study indicated that there were significant gender differences in coping behaviors. Men used instrumental coping strategies more frequently than women did ($t = -4.186$, $df = 48$; $p < 0.05$). Stress level of women was significantly higher than men ($t = 3.276$; $df = 48$; $p < 0.05$).

Effect of Gender and Personality Characteristics on Coping with Stressors Encountered During Driving

Mehreen Shahid

Supervisor: Dr. Rukhsana Kausar (2002-2004)

The present study examined gender and personality differences in reported traffic related stressors, coping with such stressors and the effects of the stressors on drivers. The sample consisted of 25 males and 25 females aged 21 to 35 years and they were selected through purposive sampling. A pilot study was conducted and a questionnaire was developed for the stressors, coping strategies and effects of stress specifically for the present study. It was assumed that there would be gender and personality differences in relation to reported traffic related stressors, coping and the effects experienced due to reported traffic related stressors. Independent samples t -test, MANOVA and correlation analyses were used to analyze the data. Findings revealed that for most of the people stress was caused due to other vehicles on the road. Coping strategy most frequently used was Emotion-focused coping, and it was also found that the participants experienced more psychological effects than physiological effects. The results indicated that females experienced more stress due to bad road conditions. Another finding was that those who tended

to respond aggressively to stressors used behavioral coping strategies the most. Furthermore those individuals who were affectionate and communicative were experiencing less psychological and physiological effects due to the stressors encountered during driving.

Parents Distress and Coping in Relation to the Severity of their Thalassemic Child's Illness

Arfa Iqbal

Supervisor: Dr. Ruhi Khalid (2002-2004)

This research is an attempt to explore the relationship between severity of disease in thalassemic children and distress and depression experienced by their parents and the strategies they adopt to cope with these stresses. The technique used for this purpose was non-probability purposive sampling technique. A sample of 60 parents (30 mothers and 30 fathers) whose children were diagnosed as having thalassemia was collected from present thalassemic centers in Lahore i.e. Thalassemic Society of Pakistan, Sir Ganga Ram Hospital and Fatmeed Foundation Lahore using Quasi experimental research design. In order to collect the data the instruments that were used are, Carver scale for measuring coping strategies used by parents, questionnaire measuring distress faced by parents along with Beck Depression Inventory to assess depression among them. Interview schedule to interview parents and a check list measuring severity of child's disease which was evaluated by their doctors was also used. The results ($r = -.180$) shows positive relationship between severity of disease in children and distress experienced by their parents. The results ($t = -1.045$) indicates insignificant gender differences on Cope inventory. The results ($t = -3.560$) indicate significant gender differences on Beck Depression inventory.

Changes in Eating Habits and Life Style Behavior across Four Life Phases in Pakistani Female Osteoporosis Patients

Arooj Jamal

Supervisor: Dr. Rukhsana Kausar (2002-2004)

The research investigates change in eating habits and life style behavior in terms of exercise in 41 female patients of osteoporosis between 45 - 75 years across four different life stages. A closed-ended questionnaire was constructed to study the health-related habits of the patients during childhood, adolescence, adulthood and current life phase after being diagnosed with osteoporosis. The sample was recruited from private clinics and hospitals of Lahore. It was assumed that there would be differences in eating habits and lifestyle behavior after being diagnosed with osteoporosis. Paired samples t test, ANOVA and Chi square test were used to analyze the data. Findings revealed significant changes in patients' eating habits.

Calcium intake increased in current life stage, protein intake decreased in current life stage, exercise habits in the current life phase improved as compared to childhood, but decreased as compared to adulthood. The patients reported to have changed more at a cognitive level than at the behavioral level. The results imply that the research needs to be taken further to obtain more significant results.

MARITAL AND FAMILY STUDIES

Changing Roles of Professional Couples

Azra Jamil

Supervisor: Dr. Ruhi Khalid (1992-1994)

The present research was conducted to study the "Changing Roles of Professional Couples" and perception of wives of their husbands' roles in different domestic affairs. The sample consisted of 60 professional couples. It was hypothesized that: 1. There will be no significant difference in the roles played by husband and wife in household activities; childcare tasks; social activities and decisions about future planning. 2. There will be no significant difference in the perceptions of husbands and wives regarding the husband's participation in household activities; child care task; social activities and future planning.

Self report method was used and questionnaires were administered to the husbands and the wives separately. t - test analysis indicated that there was significant difference in the active role played by the husband and the wife in domestic spheres. However, no significant difference was found between couples role in social activities. The results also indicated that no significant difference was found between wives perceptions of their husband's role in different domestic affairs and the reported role of the husband.

Depression Among Women in Relation to Marital Aggression

Shazia Aslam

Supervisor: Dr. Rukhsana Kausar (1993-1995)

This research has measured depression among women in relation to marital aggression / violence. Sample consisted of women victim of husbands' aggression / violence taken from institutions (N = 38) & from homes (N = 52). To measure husband's aggression/violence a self-constructed questionnaire was used and Beck's Depression Inventory (Urdu version) was used to measure depression in women. Interview-schedule was the main procedure of data collection. Correlation analysis, t-test, regression analysis and one-way analysis of variance were used to analyze the data. The results indicated that there is a significant relationship between marital aggression/violence and depression in women. Working women with high income level experienced less depression as compared to non-working and those with low income level. Education of women showed an effect on depression and education of husband showed an effect on verbal aggression. The findings have very important implications for women's psychological health.

Impact of Females' Education on Their Marital Adjustment

Saima Dawood

Supervisor: Dr. Yasmin Farooqi (1994-1996)

The present research was conducted to see the impact of females' education on their marital adjustment. A sample of 90 married females with an age range of 20-40 years consisting of three groups: (i) highly educated, (ii) educated and (iii) minimally educated females were selected (30 in each subgroup). The sample was drawn from different areas of Lahore city. A comprehensive Marital Adjustment Questionnaire was constructed by the researcher which assessed the respondents' relationship with in-laws, financial adjustment, leisure time being spent with the spouse, mutual understanding between spouses, marital satisfaction and satisfaction with their educational level. The results ($t=11.7$; $df=58$; $*p<.05$) indicate that the highly educated females were more well adjusted in their marital life ($X=129$) as compared to the educated and minimally educated females ($X=113$ and $X=96$, respectively). The results further indicate ($t=5.74$; $df=58$; $*p<.05$) that educated females are better adjusted in their marital life ($X=113$) as compared to minimally educated females. ($X=96$). In addition to this, the results further indicate a high positive relationship ($r=.73$) between the females' satisfaction with their educational level and marital adjustment. Thus, the overall results support that females' education has positive impact on their marital adjustment.

Female Endurance of Spousal Aggression: Helplessness or fear of Social Condemnation

Neelofer Rehman

Supervisor: Dr. Yasmeen Farooqi (1994-1996)

The present research was conducted to investigate the endurance of spousal aggression and feelings of helplessness, as well as, fear of social condemnation among the Pakistani married women. Ex post Facto Research design was used. A sample of 60 educated married females was taken which consisted of 30 working and 30 non-working women, with an average total monthly income of approximately Rs:20,500 and mean age of 35 years. The sample was reached by the researcher through Legal Aid Center, Lahore, Aurat Foundation Lahore, Doctors of UCH, Beachon House School System, Lahore, and Social Welfare Department of the Punjab, Lahore. Each subject was individually administered Personal History Questionnaire, Helplessness Inventory (Farooqi & Rehman, 1996), Symptomatic Anxiety Scale (Farooqi & Rehman, 1996), and Scale for Spousal Aggression (Farooqi & Rehman, 1996).

The results were analyzed by performing t-test and Correlation. It was found that the non-working women scored significantly higher ($t=2.12$; $df=58$; $*p<.05$) on Scale For Spousal Aggression as compared to the working women ($X=12.53$ and $X=6.63$, respectively). The research findings also indicate that the non-working

women scored significantly high ($t=3.58$; $df=58$; $*p<.05$) on Helplessness Inventory as compared to the working women ($X=34.8$ and $X=25.37$, respectively). Furthermore, the results indicate that the non-working women were exposed to psychological and physical spousal aggression ($X=7.96$ and $X=4.2$, respectively) more frequently than the working women ($X=4.16$ and $X=2.26$, respectively).

Further analysis of the data indicate a relatively high positive correlation between endurance of spousal aggression and feelings of helplessness ($y=.52$), fear of social condemnation ($y=.64$), symptomatic anxiety ($y=.66$); and, fear of social condemnation and feeling of helplessness ($y=.66$), among the non-working women. Moreover, the results show a high positive correlation between fear of social condemnation and feelings of helplessness ($y=.58$) among the working women.

Comparative Study of Life Stresses as Reported by Housewives and Married Lady Doctor

Saira Saeed

Supervisor: Dr. Yasmeen Farooqi (1995-1997)

The present research investigated life stresses experienced by housewives and married lady doctors. A sample of 100 married women was drawn. It consisted of 50 lady doctors drawn from different government hospitals and 50 housewives from different residential areas of Lahore, within the age range of 28-35 years. Self-constructed Personal History Questionnaire, a Checklist of Life Stress, and a Marital Stress Inventory (Farooqi & Saeed, 1998) were administered to each subject, individually. The significant differences in the life stress scores ($t = 3$; $df = 98$; $*p < 0.01$) and marital stress scores ($t = 2.86$; $df = 98$; $*p < 0.01$) clearly indicate that married lady doctors reported more life stress and marital stress as compared to the housewives. Further analysis of the data shows that life stress and marital stress are positively correlated for both the samples ($r = 0.62$ and $r = 0.21$, respectively).

Nature and Causes of Domestic Violence against Women

Naima Hassan.

Supervisor: Dr. Ruhi Khalid (1998-2000)

The present research investigates the relationship between perceived causes of domestic violence by victims and perpetrators (husbands). A Sample of 40 married females between the age range of 13-44 were selected from one of the shelter home in Lahore. Sample was selected using purposive sampling technique. The main inquiry question was "are there gender differences in the perceived causes of domestic violence"? In depth interview technique was used with the research participants. Results of narrative analysis of the interview showed for the victims and perpetrators differences in their perceived causes of domestic violence. Causes identified by the participants were, male dominance and power imbalance between

the sexes, gender biases, in-laws friction and aggressive personality of husbands (perpetrators). Emotional and psychological problems like suicidal ideation, lack of trust of parents and elders by victims of domestic violence were observed. It was also found that women experience feelings of helplessness, negative attitude towards religion and God, and suicidal ideation leading to attempted suicide.

Conflict Resolution Strategies and Perceived Marital Adjustment

Rubina Kausar (M.Phil)

Supervisor: Dr. Ruhi Khalid (1999-2001)

The use of conflict resolution strategies is an important variable for the adjustment of individuals. In the present study, the relationship between conflict resolution strategies and perceived marital adjustment was explored. A sample of 50 couples married for 10 to 15 years were given Marital Adjustment Questionnaire to be filled independently. McClellan's (1993) test of Conflict Resolution Strategies was administered to identify the couple's ways of dealing with conflicts, and their preferences for different strategies for resolution of conflicts were observed.

Results show that there is a significant positive relationship between use of conflict resolution strategies and perceived marital adjustment. T-test analyses were used to compare mean differences for gender, and Z-analyses were used to compare differences between husbands and wives. Interesting gender differences are observed for couple's preferences for conflict resolution strategies. The implications of the findings for well-adjusted couples are discussed.

Suicidal Ideation in Female Victims of Domestic Violence

Syed Ali Akbar Naqvi (M.Phil)

Supervisor: Dr. Ruhi Khalid (2004)

This study examines the psychological consequences of domestic violence for women. Cognitive behavior theorists (Beck, Seligman) suggest that feelings of helplessness and hopelessness are a strong predictor of suicide. One of the psychological consequences of domestic abuse is feeling of helplessness and hopelessness, which places the abused at a greater risk of committing suicide. The social norms prevent women from leaving abusive situations; some women feel they have no option but to put an end to their life. For them suicidal ideation and self-mutilation are tools to cope with the emotional pain. A sample of identified female victims of domestic violence was taken with the help of NGOs in Lahore. It was hypothesized that the women who are victims of domestic violence would report suicidal ideation. It was also hypothesized that there is a positive correlation between domestic violence, suicidal ideation and hopelessness for the victims of violence. Questionnaire and Interview Schedule was used to measure the nature,

showed that there is significant relationship between type of violence and level of risk towards children, professionals and direct complaints of violence & professionals and treatment of choice. The results also indicate that there is no relationship between type of violence and socioeconomic status of the victims of domestic violence. severity and frequency of domestic violence, Beck Scale for Suicidal Ideation, Beck Hopelessness Scale, were administered to the participants individually. Results show a significant positive correlation between domestic violence, suicidal ideation, and hopelessness. It was found that 67.6 % of the sample had already attempted suicide at least once in the past. Certain demographic characteristics were identified for the victims of domestic abuse. Implications of the results for women's quality of life and for policy makers and legislature are discussed.

Domestic Violence: A Study of Rural Areas of District Gujrat

Humaira Murtaza

Supervisor: Dr. Ruhi Khalid (2002-2004)

The present research investigated the nature and causes of domestic violence in rural areas of Gujarat district. It also looked into the coping strategies utilized by female victims of domestic violence and the impact of this violence on their children. The sample consisted of 50 married women living in different rural areas of district Gujrat. An interview schedule was administered to the subjects individually to find out the role of different factors in domestic violence. Frequencies and percentages of all the variables were calculated. Chi-square test was performed to see relationship between type of marriage and frequency of violence, family system and frequency of violence, most prominent perceived cause for domestic violence and frequency of violence, and number of miscarriages and frequency of violence. The results showed that there were significant relationships between all of them. However, chi-square test was used to see relationship between education of victims and frequency of violence, history of domestic violence in victims own or in-laws family and frequency of violence, attitude of husband during pregnancy and number of miscarriages, showed no relationship.

Victims of Domestic Violence and Their Treatment by Professionals: A Study of Psychiatrists and Psychologists of Lahore City

Memoona Firdous

Supervisor Dr. Ruhi Khalid (2002-2004)

The present study investigated different factors that contribute to domestic violence, coping strategies utilized by victims as assessed by the professionals. It also examined different modes of treatment and suggestions preferred by the professionals for the betterment of the victims of domestic violence. The sample consisted of 50 mental health professionals (25 Psychologists & 25 Psychiatrists) from dif-

ferent hospitals of the Lahore city. The questionnaire was administered to the subjects individually. Frequencies and percentages of all the variable were calculated. Chi square test was performed to see the relationship between type of violence and level of risk towards children, type of violence and socioeconomic status of the victims, professionals and direct complaints of violence & professionals and treatment of choice. The results also indicate that there is no relationship between type of violence and socioeconomic status of the victims of domestic violence.

NEURO PSYCHOLOGY

Neuropsychological Assessment of Deficits Pre/Post Brain Surgery

Fauzia Naz

Supervisor Dr. Najama Najam (1993-1995)

The aim of the present research was the Neuropsychological assessment of deficits pre/post surgery. A comparison was made between the pre-tests performance scores & post-tests performance scores. 13 male & 13 female brain tumor sufferers were selected from General Hospital, Neuropsychiatry ward. Four types of the tests were used that were MFD, Bender - Gestalt, the Minnesota Test for Differential Diagnoses of Aphasia & WAIS. The scores on the pre/post tests were compared. Findings of the research partially supported the hypothesis.

Comparison of Memory Deficits among Chronic and Non-Chronic Schizophrenics, Drug Addicts and Normal Adults.

Syeda Shamama-Tus-Sabah

Supervisor: Dr. Najma Najam (1995-1997)

Differences of memory deficits among chronic and non-chronic schizophrenics, drug addicts and normals were investigated in the present study. Purposive sample (N = 78) of hospitalized patients, consisting of chronic schizophrenics (N = 25), non-chronic schizophrenics (N = 3), drug addicts (N = 25), and normals (N = 25) was taken from Services Hospital, Mayo Hospital, Fountain House, and Mental Hospital. No matching on gender and type of drug use was done. Six different memory tests, verbal (story memory, words memory, non-sense syllables) and non-verbal (Visual Reproduction - sub test of Wechsler Memory Scale, Memory for Design test, Rey Complex Figure) were administered. Results supported the presence of memory deficits among chronic and non-chronic schizophrenics and drug addicts as compared to normal controls. Further more, chronic schizophrenics performed poorly on Visual Reproduction and words memory test (meaningful) as compared to non-chronic schizophrenics and drug addicts respectively.

Personality Changes and Memory Deficits in Head-Injured Patients

Saadia Humera

Supervisor: Dr. Rukhsana Kausar (1997-1999)

The aim of the present research was to study personality changes and memory deficits in head injured patients. Sample consisted of 30 male and female head injured patients. Age range from 18-62 years. Personality adjective check list was completed by the relatives of the patients twice, first for assessing the personality of the patients before the onset of HI and then assessing it after the onset of HI. A questionnaire related to personality change and memory deficits was also completed by the relatives of the head injured patients. Memory for design test (MFD) was

administered to the patients to see the memory deficits in the patients after acquiring head injury. Independent sample t-test and chi-square were performed to analyze the data. Findings of the study indicate that there are personality changes and memory deficits in head injured patients and that severely head injured patients show more personality changes and memory deficits as compared to those with mild head injury.

PERSONALITY PSYCHOLOGY

A Study of Coping in Relation to Personality

Ms. Lubna

Supervisor: Dr. Rukhsana Kausar (1993-1995)

The present exploratory research was designed to find out the ways, medical students having different personality types, cope with academic stress. Research hypotheses regarding the type of coping strategies in relation to particular type of personality would use, were formulated. Sample consisted of equal number of male and female students (N = 50 for each) and was taken from different medical colleges of Lahore. To assess ways of coping, locus of control and types of personality questionnaires were used. The questionnaires were filled in by medical students in the presence of researcher. For statistical analysis independent sample and paired t-test sample were used. Findings of this study suggest that regardless the type of personality, students used significantly more emotion-focused coping strategies compared to other types of coping. The findings of the study have very important implications regarding stress faced by medical students.

A Study of Achievement Motivation in Relation to Personality of Female College Students of Intermediate and Bachelors

Rukhsana Jabeen

Supervisor: Dr. Najama Najam (1993-1995)

The present study was conducted to identify the difference in achievement motivation (measured by T.A.T. & E.P.P.S) and personality (measured by E.P.P.S) of 40 female students at the F.A. and bachelors level. The comparison of high and low achievers (on basis of their marks in last examination) in achievement motivation and personality of both F.A. and B.A. students was made.

The research indicates that in each case no difference in achievement motivation is present while there are significant patterns in personality. Research also indicates that father, mother's education as well as parental support, encouragement and socio-economic status does not effect the achievement motivation of young female.

Relationship of Birth Order and Personality

Faiza Qadeer

Supervisor: Dr. Najama Najam (1996- 1998)

The present study investigated the differences in some personality variables traits which could be attributed to differences in birth orders. Sample of fifty mothers and fifty children of the same mothers were taken by using non-probability, purposive sampling. The mothers from the sample were administered a questionnaire to obtain information regarding differences in the personalities of their children. Eldest

children of the same mothers 25 boys and 25 girls RISB were administered. The responses of mothers indicated that the first born had higher achievement motivation, obedience, leadership qualities, dominance, assertion, structured, get more social approval and feel more guilty when some thing wrong happens. Second born were found to be extrovert, more creative and autonomous. The above written two characteristics and last written characteristic were hypothesized to be in last and first born respectively, but the results did not support the hypotheses though the results were significant at $P < 0.05$. Second born show more need for affiliation with peers. Last born show more affiliation with parents. Interestingly there was a finding in the study that first born seeks more attention from mothers but mothers have more favorable attitude towards last born. Gender was compared to see if there are any differences between eldest males and females in their personality traits but it was seen that eldest born either its male or female, they act almost in a same way.

A Study of Psychosocial Adjustment Problems and Personality Characteristics of Female Prisoners

Shumaila Sharaf

Supervisor: Dr. Rukhsana Kausar (1998-2000)

The present study investigated personality characteristics and psychosocial problems of the women prisoners in prison. Sample consisted of 50 female prisoners who were taken from the Central Jail Kotlukhpat Lahore. The Mooney Problems Check List (Urdu translated) was used to examine the adjustment problems and the Hand test was used to assess personality characteristics of women prisoners. It was hypothesized that women prisoners would manifest adjustment problems and they would score high on Acting out ratio. AOR findings revealed that majority of the women prisoner manifested high score on Health, Finance and Personal Psychological Problems. Chi-square analysis revealed that women prisoners scored higher on the greater side of the acting out ratio. Correlation analysis (between problems and personality characteristics) indicated high positive correlation of personal psychological problems with aggression, dependence, and acting out ratio. Further a high correlation was found between aggression and problems related to sex and marriage. However, insignificant differences were found between the murderers and non-murderers and property offender vs. person offenders on the Hand test characteristics and Mooney Problems Checklist scales. It can be employed that women prisoners face many adjustment problems in prison and there is a relationship between certain personality characteristics and their adjustment problems.

A Comparative Study of Personality of Male and Female Arts and Science Students

Naheed Amjad (M.Phil)

Supervisor: Dr. Rukhsana Kauser (1999-2001)

The present study examined personality differences in male and female arts and science postgraduate students using Eysenck Personality Questionnaire (EPQ). EPQ comprises of four subscales: Extraversion (E), Neuroticism (N), Psychoticism (P) and Lie scale (L). Two pilot studies and one main study were carried out. First pilot study was conducted to translate the EPQ into Urdu and to examine its readability and validity. EPQ was translated with the help of five experts. After translating, EPQ Urdu & EPQ English were administered to fifty postgraduate bilingual students with the mean age of 21 years ($SD = 1.30$). Correlation analyses revealed that EPQ Urdu's validity was significantly higher for all sub scales i.e., E ($y = 0.89$, $p < 0.001$), N ($r = 0.90$, $p < 0.001$), P ($r = 0.79$, $p < 0.001$) and L ($r = 0.78$, $p < 0.001$). Correlation analysis was also significantly high between each item of EPQ English, which revealed that EPQ Urdu was a valid translation to use in Pakistan.

Second pilot study was carried out to assess psychometric properties of EPQ Urdu i.e. validity and test re-test reliability. This study consisted of two administrations. In first administration twenty postgraduate bilingual students with the mean age of 20 years ($SD = 0.88$) completed both English and Urdu EPQ. After one week interval, thirteen of the same students were requested to complete Urdu EPQ again. Analysis was carried out both on Urdu as well as Eysenck's English scales. Results revealed that EPQ Urdu's validity was significantly higher i.e., for Eysenck's scales E ($r = 0.97$, $p < 0.001$), N ($r = 0.92$, $p < 0.001$), P ($r = 0.70$, $p < 0.001$) and L ($r = 0.85$, $p < 0.001$), for emerged scales E ($r = 0.96$, $p < 0.001$), N ($r = 0.92$, $p < 0.001$), P ($r = 0.49$, $p < 0.05$) and L ($r = 0.79$, $p < 0.001$). Test-retest reliability of EPQ Urdu was determined by correlating two administration's responses on Urdu EPQ on emerged Urdu scales. Results indicated that test-retest reliability was significantly higher for Urdu EPQ i.e., E ($r = 0.89$, $p < 0.001$), N ($r = 0.57$, $p < 0.001$), P ($y = 0.99$, $p < 0.001$) and L ($r = 0.84$, $p < 0.001$). Main study included 620 University postgraduate students with the mean age of 21 years ($SD = 1.33$), including equal number of male and female students from Arts and Science departments who completed EPQ Urdu. Factor analysis was carried out for Urdu EPQ which resulted in four factors identical to that of EPQ English i.e., factor E, N and L = 17 items each, whereas factor P = 8 items. Internal consistency for each scale was also significantly higher i.e., E ($\alpha = 0.81$), N ($\alpha = 0.80$), L ($\alpha = 0.75$) and P ($\alpha = 0.54$). Two way ANOVA was carried out to examine separate as well as interactive effect of gender and subject on personality. Results indicated that female students scored significantly higher on Neuroticism and Lie scales as compared to male students. Whereas, male students scored significantly higher on Psychoticism scale as compared to female students. Science students scored significantly higher on Lie scale than Arts students and Arts students scored significantly higher on Psychoticism scale. No significant interactive effect of gender and choice of sub-

PSYCHOMETRICS

**Adaptation of Snijders Oomen Non-Verbal Intelligence
Test S.O.N - R 5 ½-17 in Pakistan A Study on
Females from 6 -8 Grade At Lahore City**

Shazia Habib

Supervisor Dr. Seemeen Alam & Dr. Najma Najam (1995-1997)

The present research was conducted primarily for adaptation of the Snijder's Oomen Non-verbal intelligence test (SON-R) in Pakistan. A sample of 42 (21 female students on which original SON-R and 21 female students on which adapted SON-R was administered) were selected from two different educational institutions of Lahore city. 30 students were selected randomly from Divisional Public School and 12 students were selected from Unity High School from 6-8 grade. Total seven sub-tests of Snijders Oomen Non-verbal intelligence test were administered to each subject. While the sub-test of "Situation" was adapted by the researcher. T-test and correlation coefficient was used to analyse the data. The research findings ($t = -3.55$, $N = 42$, $**P < 0.001$) indicate that there is a significant difference between the scores on adapted sub-test of "situation" and the original sub-test of "situation" of SON-R. The results also indicate that there is a significant difference between IQ scores of the females of UHS and DPS. While no significant difference was found between the original and the adapted test of SON-R as ($t = -1.59$, $N = 42$, $P > 0.05$).

Development of Students Problem Checklist

Sarosh Haneef (M.Phil)

Supervisor: Dr. Rukhsana Kausar (1999- 2001)

The study aimed at developing an indigenous problem checklist to assess psychosocial problems of Pakistani students. Students Problem Checklist was developed in 4 steps. Sample included both male and female students who ranged in age from 18 to 24 years both boarders and day scholars.

Step I, was conducted to elicit problems faced by students and to prepare a list of problems based on student's responses. Two methods, interview and open-ended questionnaire were used for this purpose and a list of 409 problems was prepared. In step II, list was given to five psychologists for checking its content validity. In step III, a retained list of 291 items was administered on 20 subjects to examine its readability and relevance to the students. At the 4th and last step a final study was conducted with 400 male and female students.

Its psychometric properties such as factor analysis and reliability analysis were checked. Factor analysis resulted in 11 independent factors and total 204 items i.e. Financial Problems ($n=8$) Moral and Religious Problems ($n=19$), Family and Home Related Problems ($n=26$), Personal Adjustment Problems ($n=16$), Economic and Future Problems ($n=23$), Hostel Related Problems ($n=15$), Political Problems

(n=15), Problems Related with Teachers (n=22), Health Problems (n=25), Academic Problems (n=25), and Girls Related Problems (n=9).

A series of t-test analysis were run to examine gender differences on different problems as well as for comparing M.A and B.A level students. Results of t- test indicated that female students significantly experienced more ' Financial' and 'Moral and Religious problems' whereas boys experienced significantly more ' Home and Family related Problems' and 'Political Problems'. Whereas master's level students reported significantly more problems on all areas except for Political Problems. Internal consistency, test - retest reliability and validity is found to be fairly high.

Development of Urdu Vocabulary Test for School Students

Yousaf Jamal (M.Phil)

Supervisor: Dr. Rukhsana Kausar (1999-2001)

Vocabulary is the full-compendium of words that an individual knows and is the unique characteristic of humans through which they can express and communicate. It has been found that vocabulary is very closely related with intelligence. Different intelligence tests use vocabulary as a subtest. The main purpose of this study was to develop a vocabulary test in Urdu for Pakistani school children.

This study was completed in three steps. The first step included the construction of two lists of words: A and B. List A consisted of 63 words and list B consisted of 70 words. List A was constructed for junior school students and list B was constructed for senior school students. The words included in the lists were selected from the Urdu compulsory textbooks for class 1st to 10th each word was given four options, containing one correct response. These lists were administered to 20 students from each class. Later on the responses of the students were taken and lists were arranged in order of increasing difficulty level. Each list was further divided into two lists i.e. A1, A2 and B1, B2. These two comparable lists were prepared by using odd and even method. Split half reliability was worked out on both scales, which was reasonably high.

Second step was to determine validity of the test. It was determined by examining relationship between vocabulary score and student's marks in Urdu subject. Analysis revealed vocabulary as a valid test. Step three was the administration of the 100 students from each class to develop age and grade norms by calculating mean scores on the test. t-test analysis was carried out to compare students on the vocabulary test. Results indicated that there are significant gender differences. Females performed significantly better than males on vocabulary test. Though there is need to collect more data to develop norms and to standardize this test further. This test is the first one of its kind to be developed in Pakistan and can be used for academic and research purposes.

SOCIAL PSYCHOLOGY

Study of Relationship Between Mother's Gender Stereotypical Beliefs and Mothers Perception of Child's Abilities Actual Abilities, of the Child and the Child's Self Perception

Farha Naz Malik

Supervisor: Dr. Ruhi Khalid (1992-1994)

In the present research the aim was to establish a relationship between gender stereotypical beliefs and mother's perception of child's abilities, actual abilities of the child and the child's self-perception. For this purpose we formulated four hypotheses and questionnaires were also constructed. These questionnaires were administered to 66 male & female students of two Govt. High Schools. At the same time, questionnaires were also given to their mothers & teachers. After scoring the questionnaires, the mean scores were calculated and tabulated. For the statistical analysis correlations and regressions analysis were applied. The results showed that there is significant correlations between mother's stereotypical beliefs and mother's perceptions, mother's stereotypical beliefs and child's self perception, and also between mother's perceptions and child's self-perception in the -activity domains i.e. math, sports & social ability. There was not significant relation between teacher's ratings and mother's perceptions.

Type A Behavior And Achievement Motivation

Naila Saadat

Supervisor: Dr. Najma Najam (1996-1998)

The present research was aimed at understanding the relationship of type A behavior pattern and achievement motivation, among the Pakistani population of males (N=50), and females (N=50). Male subjects were matched with female subjects on age (25-64), occupation (university faculties, college professors, medical doctors, lawyers, and bankers), and working status (level of government cadre). Anjum-Khalique Type A Scale (AKTAS), Lynn's Achievement Motivation Questionnaire (AMQ) were administered. Statistical Analysis revealed that Pakistani female's exhibit high level of achievement motivation; type A behavior pattern, aggressiveness/hostility, time urgency, competitiveness, and a high tendency to get higher education than their male counterparts. Correlation computed for the entire sample (N=100) reveal a significant positive relationship between type A behavior pattern, time urgency, and competitiveness with achievement motivation, whereas, aggressiveness/hostility is not found to be significantly related with achievement motivation. Moreover, aggressiveness/hostility, time urgency, competitiveness and gender are found to be positively related with type A behavior pattern. Independent Sample t-test computed for males (N=50), and females (N=50) do not reveal a significant difference between them on achievement motivation, type A behavior, aggressiveness/hostility, time urgency, and competitiveness. ANOVA computed for the entire sample (N=100) indicate a significant difference between five occupational groups

on achievement motivation, and aggressiveness/hostility, among males and females. However, when computed separately, there was a significant difference only for females belonging to five occupations on achievement motivation. Regression Analysis reveals that 16% of the type A behavior pattern is predicted by achievement motivation. Moreover, It also reveals that only 2% of aggressiveness/hostility, 11% of time urgency, 11% of competitiveness is predicted by achievement motivation.

Inter-Group Attribution in Cross Categorized Majority and Minority Groups

Amina Hanif Tarar (M.Phil)

Supervisor: Dr. Ruhi Khalid (1998-2000)

The present study investigated evaluations of the in-groups and out-groups differing in religion and social status by members of religious majority and minority. The participants were four hundred Pakistani Muslims (majority) and Christians (minority). Six hypotheses derived from models of cross categorization and Social Identity Theory investigated the effects of crossed category membership on inter-group evaluations. Our strategy involved respondents to conceive of both their religious and social class identity and then rate either their in-groups or out-groups on positive and negative traits chosen on the basis of an earlier pilot study. Median test was used to analyze the ratings on each trait. The findings revealed that although, as predicted by social identity theory, the in-groups were favored more than the out-groups, the inter-group evaluations did not follow the pattern predicted by models of cross categorization predicting, e.g., the highest negative evaluations for the out-groups. Also, both the categories of religion and social class seem to exert a cumulative influence in inter-group evaluations rather than the dominant or exclusive influence of only one category. Thirdly, inter-group prejudice does not seem to be on an all or none basis. Target groups favored on positive traits were also perceived as possessing negative traits at the same time and this holds for in-groups as well. Implications for self-esteem are discussed.

