

Psychological Abstracts

2010-2012



Department of Applied Psychology
University of the Punjab, Lahore-Pakistan.

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Editorial

The Department of Applied Psychology is publishing the fifth issue of Psychological Abstracts. Fourth issue of abstracts have already been published in year 2010 area of specialization. Effort is made to compile empirical research work undertaken by the BS, M.Sc. M.Phil, Ph.D students and faculty members of the department. It involved practical efforts of a team which compilation, organization, rewriting in some cases, scanning in most of the cases and final formatting of the material. The abstracts have been categorized organized according to different areas of specialization.

The team comprised of the editor, Ms. Maha Khalid (Lecturer), Ms. Asma Khalid (Research Scholar), Ms. Zainab Habib (Research Assistant) and Mr. Abbas Ali Aslam (Network Assistant). No doubt it was a challenging task to compile abstracts of research work carried out over the past years and give them the final shape. The credit goes to the team and researchers (students and teachers) whose work is being published. We are thankful to our faculty members for facilitating provision of missing abstracts of their students' theses. We aspire that in future publishing psychological abstracts becomes a regular feature.

The aim of publishing psychological abstracts is to update students of Applied Psychology and researchers with indigenous research conducted in the department.

It has also been allotted an ISBN (978-969-9559) by the National Library of Pakistan.

Editor
Prof. Dr. Rukhsana Kausar

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**Abstracts of Faculty Member's Ph.D
Theses**

Perceived Quality of Life among Renal Transplant Recipients

Dr. Fatima Kamran (Ph.D 2013)

Supervisor: Prof. Christopher Fife-Shaw and Prof. Jane Ogden,
University of Surrey, UK

This three wave longitudinal study investigated perceived quality of life (QoL) among renal transplant recipients (RTRs) with healthy graft functioning across 15 months. The contribution of demographic, clinical and psychosocial factors in influencing QoL as a subjective construct was measured using QoL index-kidney transplant version. The four domains of QoL included: health functioning, family life, psychological and spiritual well-being and social/economic conditions. Most RTRs were moderately satisfied with their QoL. Being younger, male, married, in work and financially stable was related to higher levels of QoL satisfaction. The clinical factors including renal functions, and general health indicators neither influenced QoL nor any significant associations or causal relationships were found. Psychosocial variables included: depression levels, life orientation (optimism), perceived health status (PHS) and conscientiousness. Significant correlations among depression, PHS and life orientation and QoL were found except conscientiousness which was neither associated with QoL nor compliance as indicated by cyclosporine levels. A cross lagged correlation design (CLC) showed a lack of causal priority among depression, PHS, conscientiousness and QoL. However, a predominant causal flow was found among QoL and life orientation, reflecting that recipients with increased QoL satisfaction tend to be more optimistic. A qualitative study was included to support the quantitative data and compared recipients with highest and lowest scores on QoL index, who described their experiences of health and over all life pre-and post transplant. The themes included: individual differences in the impact of transplant on relationships with significant others, (family, work and social life) self-identity, social comparisons, perceptions of health care and medical professionals, adjustment, acceptance and coping with a transplant. The recipients with a positive perception in these aspects tend to be more satisfied with QoL. Some interesting conceptual issues regarding an overlap among QoL and psychosocial variables, questioned if these are distinct constructs.

Keywords: perceived quality of life, renal transplant recipients

Belief in a Just World and Subjective Well-Being in Mothers of Normal and Down Syndrome Children

Dr. Iram Fatima (Ph.D 2010)

Supervisor: Prof. Dr. Kausar Suhail

Subjective well being has long been studied in relation to a number of personality and demographic variables. A comparatively recently identified correlate of subjective well-being is belief in a just world (BJW). The present study aimed to explore how three dimensions of belief in a just world, personal belief in a just world, belief in ultimate justice, and belief in immanent justice relate to trait well-being dimensions and state well-being dimensions in mothers of normal and Down syndrome children. It further aimed to compare strength of justice beliefs in two groups of mothers. It was hypothesized that personal belief in a just world and ultimate belief in justice will be positively related to trait well-being dimensions and negatively related to state well-being dimensions in mothers of normal and Down syndrome children. Moreover, these relationships would be stronger for mothers of a Down syndrome child compared to mothers of normal children. Finally, the associations would persist after taking into account demographic variables, generalized self efficacy, personal perceived control and perceived social support. Tryout study was conducted to translate Scales of Belief in Immanent and Ultimate Justice (Maes, 1998b), Personal Perceived Control Scale (Hollway, 2003), and Social Support Short Form Questionnaire (Sarason, Sarason, Shearin & Pierce, 1987) into Urdu. Urdu translations of Hospital Anxiety and Depression Scale (Zigmond & Snaith, 1983) by Mumford, Tareen, Bajwa, Bhatti and Karim (1991), Trait Well-Being Inventory (Dalbert, 1992) by Fatima (2004), Personal Belief in a Just World Scale (Dalbert, 1999) by Fatima and Khalid (2007), Generalized Self Efficacy Scale (Schwarzer & Jerusalem, 1995) by Tabbasum, Rehman, Schwarzer, and Jerusalem (2003) were already available. The two versions of all the scales except for Hospital Anxiety and Depression Scale were administered on 35 bilingual females to check the equivalence of Urdu version of the scales with their English version. In main study, mothers of normal and Down syndrome children ($n = 100$) were matched on age of the child, mothers' marital status, education level and monthly family income. Data was collected in one to one administrations using Urdu versions of all the scales. Psychometric properties of the scales were assessed before running the main analysis

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and all the scales were found to be reliable and valid. A set of hierarchical regression analyses revealed that personal belief in a just world was the strongest predictor of all aspects of well-being as expected in the two groups of mothers. Belief in ultimate justice was negatively related to anxiety in mothers of a Down syndrome child while it was positively related to anxiety in mothers of normal children. Contrary to the expectations, belief in immanent justice was positively related to life satisfaction and mood level in the two groups of mothers. These relationships persisted after controlling for demographic and other psychological variables in the study. Moreover, mothers of a Down syndrome child did not differ from mothers of normal children in strength of BJW. The findings support the role of personal BJW as a personal resource to enhance the well-being of both people struggling with difficult conditions of life and those in normal circumstances. The results were discussed in the context of Pakistani socio-cultural scenario. The findings of this work have important implications for mental health professionals and researchers.

Keywords: belief in a just world, subjective well being, mothers, down syndrome children.

Psychological and Behavioral Risk Factors of Early Onset Ischemic Heart Disease

Dr. Rafia Rafique (Ph.D 2012)
Supervisor: Dr. Naumana Amjad

Ischemic Heart Disease (IHD) occurs to a greater extent in developed than developing countries like Pakistan. Our understanding of risk factors leading to this disease thus are largely derived from studies carried out on samples obtained from developed countries. Since prevalence of IHD in Pakistan is growing, it seems pertinent to compare risk factors across nations that have IHD prevalence. The present study therefore investigated psychological, social, behavioral and self-reported family history of IHD, disease history and anthropometric factors for the possible early onset of IHD in Pakistan. The psychological factors explored were stressful life events, perceived stress, depression, anxiety,

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hostility, anger, locus of control and optimism; social factors included monthly family income, education, perceived social support and social dominance; behavioral factors were smoking, number of cigarettes smoked daily and ex-smoking status, alcohol intake, physical activity and dietary patterns; self-reported disease history, included family history of IHD, diabetes and hypertension; and anthropometric variables that included waist circumference, Body Mass Index (BMI) and Waist Hip Ratio (WHR). Case-control research design was employed, with a purpose a sample of 190 cases and 380 age and gender matched community controls who ranged in age from 35 to 55 years were recruited from five hospitals in Lahore city that run a coronary care unit or equivalent cardiology ward. The investigator carried out a preliminary study before the main study to translate, validate and assess reliability of a number of psychometric instruments, which included; Checklist of Stressful Life Events by (Rosengren, 2004); Perceived Stress Scale (PSS) developed by Cohen, Kamarck, and Mermelstein (1983); Radloff (1977) Center for Epidemiological Studies Short Depression Scale (CES-D 10); State-Trait Anxiety Inventory (STAI) (Trait anxiety scale) developed by Spielberger (1983); State-Trait Anger Expression Inventory (STAXI) (Trait anger scale) again developed by Spielberger (1999); Life Orientation Test (LOT-R) by Scheier, Carver, and Bridges (1994); six itemed Percieved Locus of Control Scale (PLCS) by Bobak, Pikhart, Hertzman, Rose, and Marmot (1998 & 2000); Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet, Dahlem, Zimet and Farley (1988); and Personality Deviance Scales (PDS & PDS-R) developed by Bedford and Foulds, (1978). To ensure rigorous process of forward and backward translation and to achieve equivalence between the original version and translated versions of scales, Vallerand's steps (1989) for instrument translation with slight modification were employed to decrease risks of errors and improve the precision of translations. Binary logistic regression analyses models were run according to the proposed hypotheses by taking into account overall data; data of men cases and controls, as well as that of women cases and controls separately. The author also carried out Multivariate Odds Ratios (ORs) and 95% Confidence Intervals (CIs) for psychological, social, behavioral, family history of IHD and self-reported physical health factors (diabetes and

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hypertension) and anthropometric factors. Odd ratios represented the excess risk of exposure to a factor in cases compared with controls, without exposure. Results of the study revealed that psychological factors like stressful life events and hostility are directly associated with risk of IHD; and optimism and locus of control were significantly correlated to protective factors of IHD. Trait anger in women was found to be associated with risk of IHD. Social factors like social support and higher level of education were negatively associated with IHD and were proposed to play a protective role especially with regards to disease onset. Among behavioral factors smoking, smoking 20 or more cigarettes daily, and even ex-smoking, significantly associated with IHD, and so did atherogenic diet rich in (eggs, salt, red meat etc.) and low in (fruits and fish) were found to be significantly associated with IHD. However useful level of 4 or more hours of physical activity per week was associated with reduced risk of IHD in men. Family history of IHD and diabetes were found to be fairly significant risk factors for men. Furthermore 25 or greater BMI was found to be significantly associated with risk of IHD in both men and women. In addition WHR ≥ 0.84 was found to be significantly associated with risk of IHD in women but not in men. Implications for future research and primary and secondary interventions are being proposed. The study highlights two major challenges for future research. Firstly, for carrying out large scale prospective, epidemiological, longitudinal as well as interventional studies to be tailored for indigenous population and secondly development and standardization of self-reported measures to appraise psychosocial and behavioral factors of IHD prevalent within the indigenous population. In the light of present findings the author proposes a model for primary and secondary prevention of IHD. Primary prevention highlights (a) public health community based approach and (b) high risk hospital based strategies, and the secondary prevention approach provides an overview of hospital as well as community based preventive programs.

Keywords: ischemic heart disease, risk factors, prevention, stressful events, diet.

Ph.D Scholars' Theses

Comparison of Employee's Work Attitudes and Mental Health in Private and Privatized Organizations

Muhammad Kashif Fida (Ph.D 2012)

Supervisor: Prof. Dr. Najma Najam

This research aimed to assess and compare the levels of work attitudes (job satisfaction job commitment and job autonomy) with mental health (depression, anxiety and stress) among the employees of private and privatized organizations. This research is conducted in four separate studies. Both work attitudes and mental health were measured through standardized questionnaires except for the job autonomy scale. The job autonomy scale was developed and piloted in Study-I. In Study-II three hundred and forty employees were selected through purposive sampling technique and were equated on the basis of private and privatized organizations. Standardization and psychometric properties of the scale were estimated. Fida and Najam Job Autonomy Scale found with significantly high reliability and factorial analysis yielded six sub scales to measure various aspects of job autonomy (Fida & Najam, 2008). The Fida and Najam Job Autonomy Scale (F&N-JAS), Mayer and Allan Job Satisfaction Scale (JSS) and Three Component Model of Commitment Scale (TCM JC) were used to measure the work attitudes. Depression, Anxiety and Stress Scale (DASS) developed by Lovibond and Lovibond (1995) used to assess the mental health among the participants. Demographic information of the participants was also collected through self constructed questionnaire. Result of the study depicted high job satisfaction and high job autonomy. On the contrary, no significant differences were found on job commitment among the employees of both organizations. On the other hand high scores of depression, anxiety and stress were observed among the participants of privatized organizations. Study-III explored that work attitudes have inverse relation with mental health. Moreover, the employees of privatized organizations have more mental health issues than the employees of private organizations. This finding leads to the development of mental health model tor Pakistani employees. In Study-VI indigenous models of depression, anxiety and stress were developed. Hierarchical multiple regression analysis was utilized to explored the predictors of depression, anxiety and stress. Findings show that job satisfaction, job commitment inversely predicts depression and stress. It is further explored that mental health variables induce the effect of each other. Demographic variable have no influence

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on the prediction of mental health, Moreover, nature of organization found to be a strong and positive predictor of mental health among the employees. Similarly the interaction terms of nature of organization with job satisfaction and job commitment moderated the effect of mental health thus resulting high depression and stress among the employees of privatized organizations. Similarly mental health variable also moderate their effects, in combination with nature of organizations and significantly predicts depression, anxiety or stress among employees. On the basis of studies it is concluded that work attitudes found high among employees of private organizations. On the other hand mental health issues found more in employees of privatized organizations. Study yielded general model of mental health for Pakistani employees. Further, recommendations were presented for the improvement of work attitudes in order to reduce the mental health issues in the Pakistani organizations.

Keywords: attitude, mental health, private organizations, privatized organizations.

Professional Women's Health: Relationship with Personality, Perceived Stress and Coping Strategies

Shamaila Asad (Ph.D 2012)
Supervisor: Prof. Dr. Najma Najam

The present research aimed to identify the stressors of professional women and development of an indigenous tool to measurement of Pakistani working women's stressors and to identify if there was a relationship between health, personality, perceived stress, and coping. This present study comprises of two major studies. In study one, multidimensional Working Women's Stressors Scale (WWSS) was developed and validated: In study two, WWSS was used to assess working women's perceived stress. Study one was based on both quantitative and qualitative research. It was carried out in three phases. Phase one was carried out in two steps: identification of women's stressors through focus group discussions and generation of items. In phase two pilot study, validation, and reliability testing was carried out. In the third phase factor analysis, and assessment of construct validity

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was carried out for the psychometric evaluation of WWSS. It yielded overall significant Cronbach alpha ($\alpha = .95$). Six factors emerged from factor analysis i.e. family stressors ($\alpha = .97$), daily hassles/personal stressors ($\alpha = .89$), social stressors ($\alpha = .86$), work stressors ($\alpha = .85$), life events ($\alpha = .83$), and catastrophic ($\alpha = .75$). In the study two, relationships between health, stress, personality and coping were identified. Group differences between health, stress, personality traits and coping strategies regarding age, education, marital status, work status, work experience were observed. Predictors of stress and health were also identified. Participants were working women ($n = 300$) from banks, hospitals, telecommunication, universities, and companies dealing in pharmaceuticals and textiles, selected by purposive sampling technique. The age range of participants was from 21-59 years with a mean of 31.37. The perceived stress of professional women was measured by WWSS. Personality traits assessed by Five Factors Inventory (NEO-FFI) (Costa & McCrae, 1992), General health Questionnaire *GHQ* 28 (Goldberg & Hillier, 1979) used to assess the general health of subjects. Coping strategies of working women measured by COPE developed by (Carver, Scheier, & Weintraub, 1989). Major findings indicate that personality trait (neuroticism), stressors (daily/personal stressors), coping strategies (venting of emotions, denial, and acceptance) influence professional women's general health. Demographic characteristics (marital status, age group, and job status) were also found associated with health of professional women. Health (social dysfunction), personality trait (neuroticism), coping strategies (suppression of competing abilities, behavioral disengagement) and demographics (middle aged, married, separated/divorced, and widows' professional women) were significant predictors of stress. Findings of this research added to the connections between health, personality traits, perceived stress and coping strategies of Pakistani professional women, in addition to suggesting the need of imparting coping skill trainings to them, in order to overcome stresses, prevent them from exploitation and also emphasized the need of acknowledging them as an earning member of the family.

Keywords: perceived stress, coping strategies, professional women's health, personality.

Positive Thinking, Coping with Daily stressors and Health: a Comparison of Male and Female Faculty Members at University of Education

Zarghuna Naseem (Ph.D 2013)
Supervisor: Prof. Dr. Ruhi Khalid

Present study is an effort to explore relationship between positive thinking, coping with daily stressors and health outcomes. The researcher hypothesized that those who have positive thinking will appraise stressors less threatening, use problem focused coping strategies and will have better health as compared to the negative thinkers. Research was divided into two parts: Study and study II. In Study 1, the researcher developed and validated a Daily Stressor Scale (DSS) for university teachers. In order to develop the scale, countrywide data was collected from the university teachers. To make the data representative, 264 university teachers from the major universities of all provinces of Pakistan, Federal area and Azad Jammu & Kashmir were included in the study. A 27 items Daily Stressor Scale (DSS), having four subscales, was validated by factor analysis. The psychometric property of DSS was established by convergent validity; Separate norms were developed for total scale, subscales and for males and females. In Study II relationships among positive thinking, coping with DSS and health were analyzed in a sample of 182 faculty members, selected randomly, from University of Education. Positive thinking, operationalized as optimism, was measured through Life Orientation Test Revised (LOT-R, Scheier, Carver & Brigades, 1994), coping with Brief Cope (Carver, 1997) and health with General Health Questionnaire (Goldberg, 1972). The results indicated significant relationships between positive thinking, daily stressors, and problem focused coping and health. Positive thinking accounted for 42% of variance in stress reduction, 12% in effective coping and 20% in health and wellbeing. Optimism and gender were the significant predictors of stress, coping and health. The findings were congruent with Fredrickson's Broaden and Build Theory of Positive Emotions and Lazarus Model of Transactional Approach to Stress.

Keywords: positive thinking, coping, daily stressors, gender, optimism

Iron Deficiency Anemia and its Consequences on the Mental Health of Child Bearing Age Women and their Children in a Country like Pakistan

Bilal Aslam Sufi (Ph.D 2012)
Supervisor: Prof. Dr. Ruhi Khalid

This study aims to measure the consequences of iron deficiency anemia (IDA) on mental health of child bearing women and their children in Pakistan. The study was conducted in two phases. In the first phase of the study a Mental Health Assessment Scale (MHAS) was developed in the local language, i.e. Urdu. Samples of 200 childbearing women were taken from different gynecological set ups of Lahore with age ranging between 18-45 years. Face to face interviews were conducted with the help of a questionnaire especially designed for this purpose. Factorial validity of the Mental Health Assessment Scale resulted in five factors, i.e. Depression ($\alpha = 0.72$), Stress ($\alpha = 0.65$), Fatigue ($\alpha = 0.64$), Mood swings ($\alpha = 0.64$), Impaired memory and Concentration ($\alpha = 0.7$). Cronbach alpha for overall scale was 0.90. In the second phase the consequences of iron deficiency anemia (IDA) on mental health of childbearing women and their children (<5years) were assessed taking a sample of 365 women and their children. The samples of mothers were divided into three groups according to their hemoglobin status which are anemic, non-anemic, and borderline. Mental Health Assessment Scale was administered to the women participants and Bayle's scale for Infant Development (BSID) was administered on their children. Hierarchical multiple regression analysis identified the potential predictors of mental health. It was revealed that socioeconomic factors, maternal level of education, hemoglobin level of mothers, age of the husband, monthly family income and husband's education level were the significant predictors of mental health of childbearing women. Results for their children indicated that children of anemic mothers were found shy, less cooperative, showed lack of persistence, hardly any excitability, less attentive, hardly manipulating etc. On the other hand, children of non anemic mothers were found generally happy, smiling it's of line muscle movement (hands) and manipulating test material etc. The implications of these results for policy makers and health professionals are discussed and importance of reducing iron deficiency anemia in women and their children is emphasized. The results also suggest that Mental Health Assessment Scale is for the assessment of maternal mental

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health and IDA, which has serious consequences on mental health of both childbearing and their children in Pakistan.

Keywords: mental health, iron deficiency anemia, child bearing age women.

Well-Being after Natural Disaster: Resources, Coping Strategies and Resilience

Subah Malik (Ph.D 2012)
Supervisor: Prof. Dr. Ruhi Khalid

This study examines the effects of resilience optimist and loss of resources on the psychological well being of the survivors of the 2005 earthquake that occurred in the northern regions of Pakistan. The study was carried out in three phases, in the first phase the measures for the study Psychological Well Being Scale, Life Orientation Test (revised), Resilience Scale, and Impact of Event Scale were adapted and translated in to Urdu by the researcher. A sample of 221 survivors was utilized and the construct validity of the measures was determined through factor analysis. In the second phase the hypothesis that there is a positive relationship between resilience, optimism, loss of resources and psychological well being was tested, and using 100 able bodied survivors who were living in the shelters of Muzafarabad (50 males and 50 females) were taken. Interviews were held individually with each survivor and their responses on the measures were recorded as majority of the sample was illiterate. Hierarchical regression and path analysis was carried out to determine the relationship between the variables and the well-being of the survivors. In the third phase, interviews of 100 survivors were qualitatively analyzed to identify themes and highlight the factors that have contributed directly and indirectly to their well being. The discussion highlights the role of cultural background and the local perspective of the well being of the survivors in this region.

Keywords: coping strategies, resilience, psychological wellbeing.

Health Locus of Control, Health Beliefs, and Health Related Behaviors: A Study of Urban Females

Sara Shahid (Ph.D 2010)

Supervisor: Prof. Dr. Ruhi Khalid

This research aimed to explore the role of health beliefs, knowledge, and education on health related behaviors of urban females. The present research consisted of three studies additionally; this research aimed to generate data that can give a direction for action to health policy maker's concerned with women's health. Study-I examined the impact of health beliefs on health related behaviors. The sample comprised 150 urban, educated and illiterate females. The educated and illiterate respondents were found to be significantly different on internal health locus of control/IHLC, chance health locus of control/CHLC, and self-efficacy. The educated respondents were found to understand health in a more global sense of well being, whereas the illiterate took health to be more of a physical phenomenon. Years of one's education were found to be positively correlated with health knowledge and health behaviors. Health knowledge and health behaviors were significantly positively correlated. Self-efficacy was found to have a significant positive correlation with IHLC. Study II examined the beliefs affecting a person's report for timely or delayed diagnosis, the sample consisted of 60 female patients, timely and delayed diagnosed according to the doctors' ratings. No significant differences were found between the I-ILC and self-efficacy of the two sets of patients. Study III followed a before- after no control group design. The sample consisted of 50 graduate level female students. The impact of exposure to health related information on the participants' health knowledge, health behaviors, and perceived self-efficacy pertaining to breast cancer we examined. Participants' health knowledge and behaviors Related to breast cancer were assessed in the pre exposure phase, followed by an exposure session in which the participants watched a multimedia presentation had a discussion, and were given take-home health education literature about breast cancer. Two weeks: After the Exposure, the participants were assessed on the same measures again, Health knowledge. Behavior and self efficacy were found to have significantly improved. It is recommended that health education be provided to women through school curricula as well as mass Media. Information provision will not only improve health behaviors but health beliefs as well.

Keywords: health locus of control, health beliefs, health related behavior.

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Study of Psychological Determinants of High and Low Academic Achievers

Syeda Salma Hassan (Ph.D 2008)

Supervisor: Prof. Dr. Ruhi Khalid

The study investigated the psychosocial determinants of high and low academic achievers. A small random sample of high and low academic achievers was compared on intelligence to confirm that no significant differences exist in the intellectual ability of high and low academic achievers. Data of the main study was drawn from 187 B.Sc. academic achievers with a distribution of 126 high and 61 low achievers of three successive academic sessions from public university. Results indicated that high academic achievers have more clarity about their future goals and are less likely to attend tuitions than low academic achievers. However, results showed no significant differences in their family variables. *t*-test analysis indicated that high academic achievers have significantly effective study orientation, high achievement motivation, low test anxiety, high self-esteem and were high in internal academic locus of control than low academic achievers. Correlation analysis showed a significant positive correlation between academic achievement, study orientation, achievement motivation, and self-esteem. Step-wise regression analysis indicated study orientation followed by the achievement motivation as the best predictor of academic achievement. Gender differences for high academic achievers were observed in test anxiety and academic locus of control whereas in case of low academic achievers significant gender differences were found in study orientation, achievement motivation and test anxiety, the study has identified the psychosocial determinants of high and low academic achievers. Results of the study have important implications for policy makers and educationists to improve academic achievement.

Keywords: academic achievers, motivation, study orientation self esteem.

Development and Validation of Emotional Intelligence Scale and Emotional Intelligence as a Predictor of Marital Quality

Syeda Shahida Batool (Ph.D 2010)

Supervisor: Prof. Dr. Ruhi Khalid

The role of emotional intelligence in various domains has been supported through scientific studies as contemporary psychologists are working to promote this concept for a better quality of life (Geher & Renstrom, 2004). The main objectives of the present research were to develop an indigenous self-report measure of the trait emotional intelligence, and to see its relationship with marital quality. The objectives of the research were achieved in four independent studies. The Scale of Emotional Intelligence (SEI) was based on Bar-on model of social emotional intelligence (1997, 2000). In study 1 pool of 155 items was generated and 72 items were selected for factor analysis. The factorial validity of the scale was determined on a sample of 1547 individuals (857 males & 690 females) belonging to different cities of Pakistan. The 72 items were subjected to principal component analysis using varimax rotation method. The eigen values and scree plot provided evidence for the factor solution. A total of 56 items defining factors (viz., interpersonal skill, self-regard, assertiveness, emotional self-awareness, empathy, impulse control, flexibility, problem solving, stress tolerance, and optimism), that collectively accounted for 62.7% of variance were selected. The reliability estimate of alpha coefficient ($\alpha = .95$), and item-total correlations ranging from ($r = .139$ to $r = .79$) supported the high internal consistency of the Scale of Emotional Intelligence. The present study also assessed the gender and age differences on the trait emotional intelligence and significant differences were found for gender and 5 age groups. Average gender based age norms were also developed. Convergent validity of the Scale of Emotional intelligence was determined in study 2 by estimating correlation between SEI scores and Bar-On EQ-i scores and significant positive correlation ($r = .686$, $p < .01$) was found. The convergent validity was further supplemented by correlating scores on SEI with peer rating and significant positive correlation ($r = .631$, $p < .01$) was found. The discriminant validity of the scale was determined in study 3 by Ending correlation between scores on the Scale of Emotional Intelligence and Beck Depression Inventory(1993) for 30 diagnosed patients of depression and significant moderate negative correlation ($r = -.50$, $p < .01$) was yielded. In another independent study,

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the role of emotional intelligence as a predictor of marital quality was examined on a sample of 170 married partners. Marital quality was measured with Marital Relationship Questionnaire based on Burgess - Cottrell Marriage Adjustment Schedule (1936) and Conflict Resolution Questionnaire by McClellan (1993). Emotional intelligence explained significant amount of variance for marital relationship and conflict resolution (i.e., $R^2 = .485$, $F = 158.450$, $p < .000$; & $R^2 = .55$, $F = 211.729$, $p < .000$) consecutively. As role of factors of emotional intelligence concerned; assertiveness, empathy, interpersonal skill, optimism, stress tolerance, and impulse control appeared as salient predictors of marital quality. The results uphold SEI as a promising indigenous psychometric measure for emotional intelligence.

Keywords: emotional intelligence, emotional intelligence scale, marital quality.

A Cross-Cultural Study of Adolescents and their Adjustment Problems

Effat Yaqub Choudhry (Ph.D 1993)
Supervisor: Prof. Dr. Ruhi Khalid

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 substance including drugs, alcohol and smoking have also been investigated. For the comparative study, an equal number of random samples were obtained from both groups. The total sample size was 200 individuals. Structured interviews were conducted 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

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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.

Keywords: cross-cultural study, adolescent, adjustment, parent adolescent communication.

Quality of Life as Determined by Psoriasis: Patients' Perspective of Psychological Well Being

Afsheen Gull (Ph.D 2013)

Supervisor: Prof. Dr. Hamid Sheikh

Mental health, undoubtedly occupies a pivotal role in the life of an individual and the society at large. Any disharmony in the maintenance of normal health has been found resulting in the hampered psychosocial functioning leading to highly distressing and devastating situations. In today's world of awareness and self-preservation, "Psoriasis" a skin disease of organic nature which has tremendously attracted the attention of the affecters as well as the Social and Health Scientists and more so the psychologists who feel desperately concerned with the mental health of people. The present study therefore has its main focus on the psychological well being by exploring its prevalence, etiology and its distressing effects leading to a host of psychosocial problems. Tremendous work done in the advanced world inspired the researcher to probe the prevalence and its consequences in Pakistan. A purposive sample consisting of 300 patients of psoriasis was contacted for data collection. All the patients were taken from the government hospitals of Lahore cosmopolitan. The control group was selected and matched with regard to gender, marital status, family system and age (except existence

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of psoriasis) in groups so that the two groups were subjected to the same environmental background and hence results could be reliably compared. The participants were administered in addition to demographic questionnaire, (i) an Urdu u version of Duly Standardized Medical Outcome Study Short Form Health Survey (SF-36), (ii) Standardized Urdu Adaptation of Hospital Anxiety and Depression Scale (HADS) (iii) and Urdu Adapted and Semi Standardized Version of Psoriasis Quality of life Questionnaire (PQLQ) for finding out the general health, anxiety depression and psoriasis related quality of life of the people. Data was analyzed using descriptive and inferential statistics. Descriptive statistics indicate that out of 300 respondents the patients' age ranged from 18-56 years with mean age of 37 years. Further 148 patients belonged to nuclear family system where as 152 patients lived in a joint family system. The lot was further identified as consisting of 110 (37%) married and 190 (63%) unmarried. Necessary and relevant statistical analyses such as Regression analysis, ANOVA and t-test were employed for inferential statistics. The results revealed that patients showed a considerable and significant loss of quality of life due to the disease psoriasis. Additionally the experience of anxiety and depression was observed more in women than men, it was also found that severity of the disease affected the physical, as well emotional well being of the patients. These results provided the answers to the questions about the relationship between 'the degree of severity of psoriasis' and the 'resultant anxiety and depression' as determining factors of quality of life and congenial living. Information gained from this study can be used to demonstrate the importance of physician-patient communication and serve as an adjunct to future research exploring the impact of psoriasis on quality of life. In addition, the reported findings as above may serve as a better guideline for exploring more aggressive treatment options.

Keywords: mental health, psoriasis, quality of life, psychological wellbeing.

Parent Child Relationship and Socioeconomic Status Related to Aggression through Executive Cognitive Functions

Shamim Fatima (Ph.D 2012)

Supervisor: Prof. Dr. M. Hamid Sheikh

The main focus of the current study was to determine the mediating role of executive cognitive functioning in association of parent-child relationship and socioeconomic status with aggression. The moderation effect of parent and adolescent gender between these two variables was also examined in the present study. Parent-child Relationship Scale (PCRS), Aggression Scale (AS) and Delis Kaplan Executive Cognitive Functioning System (DKEFS) were used in the study. To achieve these goals, the study was conducted in two phases. The 1st Phase consisted of two parts. Part I dealt with the development and validation of the scale for the measurement of SES using multitude of indicators. Indigenization of the PCRS and AS was carried out in a parallel way in the second part of the study. Psychometric properties of the two versions of CRS and as were also compared which were found to be reasonably acceptable. In the 2nd phase, these tests were administered to the target sample of 512 students ($n = 255$ boys, $n = 257$ girls) studying in grade 9 - 12. Sample was recruited by stratified random sampling technique based on the list of all schools for boys and girls. Schools were randomly selected and the basic sampling unit was considered the school class. All the scales (i) SHS scale. (ii) PCRS and (iii) AS were administered in group settings except (iv) DKEFS tests which were individually administered. In analysis of the data, correlation coefficients revealed significant negative relationships of PCR and SES with aggression. Regression analysis however revealed that PCR and SES exert influence on aggression by way of executive cognitive functions. No significant "moderation effect" of adolescent gender and parent gender was found in association between parent-child relationship and aggression. As far as the best predictor is concerned symbolic punishment was found to be the best predictor of aggression in adolescence. The study highlights the importance of parent-child relationships during sensitive and critical stage of adolescent development.

Keywords: parent child relationship, socioeconomic status, aggression, executive cognitive functioning.

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Academic Achievement and its Relationship with Social Anxiety and Self-Esteem in Male and Female School Students

Niaz Ahmad (Ph.D 2012)
Supervisor: Prof. Dr. M. Hamid Sheikh

The aim of the present study was to investigate the relationship of academic achievement with social anxiety and self-esteem in male and female school students. Social anxiety and self-esteem are common psychological problems. Research endings show that persons with social anxiety report poor employment performance reduced social interaction and difficulties in school life. Moreover self-esteem has been found to be positively related with academic achievement. So it was hypothesized that educational achievement is negatively correlated with social anxiety and positively correlated with self-esteem. The sample for the study consisted of 551 boys and 449 girls of 9th class. The sample was taken by using stratified random sampling technique from the high schools of city district Lahore. Academic achievement was measured by a valid achievement test, especially developed for this purpose. Smaji Iztrabka Paimana that is an adapted Urdu version of Interaction Anxiousness Scale (Leary, 1983) was used to assess the intensity of social anxiety. Qadr- e- Zaatka Paimana (adapted Urdu version of Rosenberg self-esteem scale) was used to assess the self-esteem of the students. A series of t-tests, Pearson product moment correlation, regression analysis and one way ANOVA were used for statistical analysis of the data. The results show that academic achievement has positive relationship with self-esteem and negative relationship with social anxiety. Self esteem has negative relationship with social anxiety. Female students performed better than male students on academic achievement test. However the boys have higher level of self-esteem and lower level of social anxiety as compared to the female students. Parents' education and monthly income of family has positive relationship with academic achievement and negative relationship with social anxiety Birth order, class size and age were found not to be related with academic achievement, self-esteem or social anxiety. Total number of siblings was related to academic achievement but not related to self-esteem or social anxiety.

Keywords: academic achievement, social anxiety, self-esteem, school students.

Parental Acceptance Rejection and Childhood Abuse in adolescent with Somatoform Disorders

Fauzia Naz (Ph.D 2012)

Supervisor: Prof. Dr. Rukhsana Kausar

Present research investigated parental acceptance-rejection and childhood abuse in adolescents with somatoform disorders. The research focused personality dispositions and comorbidity of anxiety and depression in adolescents with somatoform disorders. It was hypothesized that adolescents with somatoform disorders are likely to report more parental rejection, childhood abuse, anxiety and depression compared to the normal controls, that there is relationship between parental rejection, childhood abuse, personality dispositions and severity of the symptoms of somatoform disorders. Moreover, parental rejection, childhood abuse and personality dispositions are likely to predict somatoform disorders in adolescents. The research was carried out in two parts i.e., study one and study two. Study one was carried out to try out the translated, modified and self-constructed assessment measures which were later used in the main study with 150 adolescents diagnosed with somatoform disorders and 150 those with general medical conditions (normal controls) who were recruited from three major teaching hospitals in Lahore city. Their age ranged from 13 to 18 years. Demographic information of the sample was taken through a demographic information sheet. Parental rejection was assessed using Parental Acceptance-Rejection Questionnaire Child; PARQ, Rohner, 2005). Childhood Abuse Interview (CAI) was developed to assess physical, emotional and sexual abuse experienced during childhood. Screening for Somatoform Symptoms Scale (SOMS-7; Rief and Hiller, 2003) was used to assess the symptom severity of somatoform disorders. Interpersonal Relationship Anxiety Questionnaire (IRAQ; Rohner) and Centre for Epidemiological Studies Depression Scale (CES-D; Radloff 1977) were used to assess comorbidity of anxiety and depression respectively. Personality Assessment Questionnaire (PAQ; Rohner, 1980) was used to assess different dispositions of personality of adolescents. Data were analyzed using descriptive statistics, independent sample t-tests, Pearson Correlational analyses, multiple regression analyses and logistic regression analyses. Results showed that adolescents with somatoform disorders reported more parental rejection, had experienced more childhood abuse, had maladjusted personality and were experiencing more anxiety and depression compared to the normal

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controls. There were positive relationships between severity of somatoform symptoms and parental rejection, childhood abuse and personality dispositions. Mothers' rejection, fathers hostility/aggression, childhood physical and sexual abuse and demographic variables including broken family, family monthly income, nuclear family emerged as significant predictors of maladjusted personality, While for somatoform symptoms, personality maladjustment i.e., hostility, aggression, dependency and negative worldview; parental rejection i.e., hostility, aggression, coldness and lack of affection childhood physical abuse, negligence and demographic variables i.e., nuclear family, discontinued education and broken family emerged as significant predictors. Implications of the findings for parents, health professionals and policy makers are discussed in the context of Pakistani culture.

Keywords: parental acceptance/rejection, child abuse, somatoform disorders, adolescent.

M.Phil Theses

Experiences of Non-Custodial Parents and Predictors of Anger and Psychological Distress

Anam Wajeeha Awan (M.Phil 2012)
Supervisor: Prof. Dr. Rukhsana Kausar

Psychological distress has been extensively studied in relation to a variety of demographic and personality variables including various samples but the non-custodial parents have been unheeded. The current study was carried out in two phases (Study I and Study II). Study I intended to explore the experiences of non-custodial parents using Interpretative Phenomenological Analysis (IPA). Exploratory research design was employed. The sample comprised of 10 non-custodial parents who were referred by an independent organization. The data was collected through a self-constructed questionnaire inquiring about the non-custodial parents' experiences related to judicial system, emotional experiences, and their coping patterns, relationships with their children and other people and suggestions by them. The results revealed negative and bitter experiences with the judicial system, issues in having meaningful visitation, negative emotional experiences, and the use of active practical, distractive, religious coping strategies and social support as a coping measure. The non-custodial parents further reported deteriorated relationships with their children and people around, Study II aimed to investigate cognitive appraisal, belief in just world and coping as predictors of anger and psychological distress. It was hypothesized that belief in just world and cognitive appraisal will predict coping strategies and anger among non-custodial parents. It was further hypothesized that cognitive appraisal, belief in just world, coping and anger will predict psychological distress in non-custodial parents. Within group research design was employed. The sample consisted of 50 non-custodial parents who were approached using snowball and purposive sampling strategy, A demographic questionnaire, Personal Belief in Just World Scale (Delbert, 1999), Stress Appraisal Measure (Peacock & Wong, 1990), Coping Questionnaire (Kausar, 2001), State-Trait Anger Expression Inventory (Spielberger, 1999) and Kessler Psychological Distress Scale (Andrew & Slade, 2001) were used for assessment. The available Urdu versions of the tools were used and their psychometric properties were determined. The data was analyzed using stepwise regression analysis. The results revealed that the appraisal of controllability by self and others significantly predicted the use of active practical coping while

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uncontrollability, stress and threat appraisal had a negative relationship with active practical coping. The uncontrollability, stress and threat appraisals significantly predicted anger (state anger and anger expression) while controllability by self and belief in just world had a negative relationship with state anger). The psychological distress was significantly predicted by anger and belief in just world. The findings hold implications for the policy makers and judicial institutions to revise the custody evaluation process and also for mental health professionals and psychologists to provide counseling services to minimize the anger and distress among non-custodial parents.

Keywords: cognitive appraisal, belief in just world, coping anger, psychological distress, non-custodial parents.

**The Relationship Between Perceived Parental and Teacher
Acceptance-Rejection, and School-Conduct Psychological
Adjustment, and Academic Achievement Among Children and
Adolescents**

Sumbleen Ali (M.Phil 2012)
Supervisor: Prof. Dr. Rukhsana Kausar

This study investigates the relationship between perceived maternal, paternal and teacher acceptance-rejection, and behavioral control, and psychological adjustment school conduct, and academic achievement among school-going children and adolescents. The aim of the present study was: (1) to find whether students' psychological adjustment is likely to be predicted by parental (mother and father) and teacher acceptance-rejection, (2) to find out if perceived teacher acceptance and rejection are likely to be predictors of students' school-conduct, and (3) to investigate perceived parental and teacher acceptance-rejection predicts academic achievement among children and adolescents. The participants comprised of 300 (N = 300) students, 150 girls and 150 boys, from classes 6^m through 10th, and were selected using systematic random sampling strategy. The assessment measures used were: Child version of the Parental Acceptance-Rejection/Control Questionnaire for Mothers (Child PARQ/Control: Mother); Child version of the Parental Acceptance Rejection/Control Questionnaire for Fathers (Child PARQ/ Control:

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Father); Child version of the Personality Assessment Questionnaire (Child PAQ); Child version of the Teacher's Acceptance-Rejection/Control Questionnaire (Child TARQ/Control); and the Teacher's Evaluation of Student's Conduct (TESC). Additionally, students' overall grade point average (GPA) was used for academic achievement. These grades represented teachers overall rating of student performance for the entire year. The instruments were administered to 300 students in six high schools of similar demographics. It was found that on average the adolescents and children perceived themselves to be accepted by their parents (mother and father) and teachers, tended to do quite well at school, did not have serious conduct-problems, and self-reported fair though not excellent psychological adjustment. Moreover, teachers reported students to be generally well-behaved in school. Psychological adjustment of adolescents and Children was predicted by maternal, paternal, and teacher acceptance. Teacher acceptance emerged to be the sole predictor of students' school-conduct. Moreover, the academic achievement was predicted by combination of paternal and teacher hostility as well as teacher indifference. It was revealed that parental (mother and father) education had positive relationship with students' psychological adjustment. Additional analysis revealed that among boys maternal, paternal, and teacher acceptance and psychological adjustment positively correlated with boys' academic achievement, on the other hand, among girls only teacher acceptance was related to their academic achievement. Findings of the present study have important implications for the researchers, policy makers, educational psychologists, and counselors in taking appropriate measures for improving students' school-conduct, psychological adjustments, and academic achievement in more significant ways.

Keywords: maternal acceptance-rejection, paternal acceptance-rejection, teacher acceptance-rejection, behavioral control, psychological adjustment, school-conduct, academic achievement.

Exploring the Schemas and Experiences of People Living in Step-Families

Saira Aslam (M.Phil 2012)
Supervisor: Dr. Naumana Amjad

The purpose of this research was to explore the schemas and experiences of people living in step-families. This research comprised of three studies which utilized qualitative approach. In study I, a content analysis of three stories (Cinderella, Snow White, and Hansel and Gretel) was carried out to explore the depiction of step-mother and step-siblings in children literature. In study II, word association test ($n = 30$) and focus group ($n = 8$) was conducted to explore the associations and perceptions of people regarding step-families. In study III, eight semi-structured interviews were done with the individuals living in step-families (4 step-parents, 4step-children) to understand their life experiences. Results of word association test showed that stimulus word ‘step-mother’ evoked more negative words than ‘step-father.’ Associations were negative, focus group had negative themes and stories had negative schema of step-mother and step-siblings. Many common themes were explored in focus group, content analysis and interviews that were: miserable step-child, cruel/unkind step-mother, ineffective biological father, less bond between child and biological father, less sibling relationships and problematic relationships between step-parent and step-child. The challenges and difficulties that are faced by step-family members were also described by participants in their interviews. The challenges faced by step-children were: marriage issue, property issue, and financial problems. Step-parents faced rejection by step-children, spouse’s high expectation, extended family member’s behavior towards them, and bad schema of step-mother. The findings of this research were utilized for recommending particular service practices to step-families, to suggest different ways by which the social community could provide more support, and the ways to reduce negative societal bias that towards step- families. Finally, recommendations for further research on step-families were made.

Keywords: schemas, experiences, step-families.

Risk Factors of Academic Stress and Health Risk Behaviors in Intermediate Students

Tahera Anwar (M.Phil 2012)

Supervisor: Dr. Iram Fatima

This study aimed to explore how parental bonding, college connectedness, and emotional intelligence were related to academic stress and health risk behaviors (HRB) in intermediate science and arts students and how academic stress mediated the relationship between risk factors (parental bonding, school connectedness, and emotional intelligence) and HRB in students. A sample of 225 intermediate science and arts students with age range of 16 to 19 years ($M = 17.41$, $SD = .95$) was collected from public sector colleges of Lahore. Urdu versions of assessment measures included Parental Bonding Instrument (Pedersen, 1994), College Connectedness Scale (Resnick et al., 1997), Educational Stress Scale for Adolescents (Sun, Dunne, Hou, & Xu, 2011), Emotional intelligence Scale (Batool & Khalid, 2009), Health Risk Behaviors Questionnaire (Anwar, 2012) and a demographic questionnaire. Cronbach alpha for all the scales used in the study was found to be satisfactory. Results of correlational analysis revealed that mother's care and father's care were positively related to emotional intelligence (EI) and negatively related to HRB. Mother's control and father's control were positively related to academic stress, and HRB. EI was negatively related to academic stress and HRB and academic stress was positively related to HRB. However, academic stress did not mediate between risk factors and HRB.

Key words: parental bonding, college connectedness, emotional intelligence, academic stress, health risk behaviors.

Satisfaction with the Hostel Environment and Different Dimensions of Adjustment in Hostel Students

Aneeqa Mazhar (M.Phil 2012)

Supervisor: Dr. Iram Fatima

The current study aimed to find out how satisfaction with the environment in hostel students is related to different dimensions of

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adjustment: health adjustment, social adjustment, academic adjustment, and overall adjustment of hostel students. It was hypothesized that satisfaction with the hostel environment would be positively related to all the adjustment dimensions in hostel students taking into account family relations, emotional maturity, visits to home per month, duration of living in hostel and last GPA scored. Data was collected from 230 female hostel students from two hostels of public sector universities. Family Relations subscale (Bhatia & Chadha, 1983), Emotional Maturity Scale (Singh & Bhargav, 1990) and Adjustment Inventory for College Students (Sinha & Singh, 1971) were translated in Urdu for use in present study. A scale of Satisfaction with the Hostel Environment was developed. Before running the main analysis psychometric properties of the scales were assessed and all the scales were found to be reliable. Principal component analysis was used to assess the factor structure of the newly developed scale. Single factor solution was retained for Satisfaction with the Hostel Environment Scale. Pearson product moment correlation and hierarchical regression analyses were used to test hypotheses of the study. The analyses revealed that satisfaction with the hostel environment strongly predicted social, academic and overall adjustment. However, contrary to the expectations, satisfaction with the hostel environment did not predict health adjustment. Moreover, emotional maturity and family relations consistently predicted all adjustment dimensions as well as overall adjustment. The findings suggest that satisfaction with the hostel environment plays positive role in adjustment of hostel students. The findings of this work have important implications for parents, hostel administrators, students and researchers.

Key words: hostel environment, adjustment, emotional maturity, family relations.

Predictors of Nonviolent Behavior in Young Adults

Rida Ashraf (M.Phil 2012)

Supervisor: Dr. Iram Fatima

The present research was conducted to investigate the role of personality, spirituality, moral development and belief in a just world in nonviolent behavior. Cross-sectional research design was used to conduct the present study. The sample was consisted of 210 students (105 male & 105

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female) enrolled in universities, between age of 18 and 20. The data was collected through standardized questionnaires along with demographic data sheet. First, Teenage Nonviolence Test (TNT; Mayton et al, 1998) was translated into Urdu and Spiritual Attitude Scale (Amjad, 1996) was adapted. Moral Development Interview Inventory (Khanum, 2008) and Belief in Immanent and Ultimate Justice Scale (Maes, 1998b) were already available in Urdu. The English version of Neo Five Factor Inventory (Costa & McCrae, 1992) was used to measure personality. Series of moderated regression analyses were used to find out the predictors of six aspects of nonviolent behavior in males and females. Overall, the results revealed that physical nonviolent behavior was positively predicted by agreeableness, self-control & contentment and moral development in both male and females. In addition, relationship with God and involvement in prayers also positively predicted physical nonviolent behavior in females but not in males. Psychological nonviolent behavior was positively predicted by agreeableness and spaciousness in both male and females. In addition, relationship with God and moral development positively predicted psychological nonviolent behavior in females but not in males. Helping/empathy behavior was positively predicted by extraversion, relationship with God, spaciousness, desirelessness and immanent belief in justice in both male and females. Satyagraha (search for wisdom) behavior was positively predicted by extraversion, relationship with God, spaciousness and negatively predicted by involvement in prayers in both male and females. Tapasya (self-suffering) was positively predicted by desirelessness, immanent belief in justice and moral development in both male and females. In addition, self-control and contentment was positively related to tapasya (self-suffering) in females but not in males. Active value orientation behavior was positively predicted by extraversion, agreeableness, conscientiousness, relationship with God and negatively predicted by involvement in prayers in both male and females. Further independent sample t-test revealed that females were more neurotic, more agreeable and more physically nonviolent than males. In other study variables there were found no gender differences.

Keywords: non violent behavior, belief in a just world, moral development, spiritual attitude, personality.

Marital Satisfaction in Relation to the Types of Marriage

Nadia Arif (M.Phil 2012)
Supervisor: Dr. Iram Fatima

The present research was aimed to explore the marital satisfaction in relation to the different types of marriage. The current research was comprised of three studies. In study I, common marriage types in Pakistani culture were explored. Sample was consisted of 20 married individuals with the age range of 20 to 30 years old (male; $M = 25$, $SD = 2.74$ and female; $M = 22$, $SD = 2.79$). Results of semi structured interview indicated three types of marriages i.e. arranged marriage, marriage of choice with parental acceptance and marriage of choice without parental acceptance. In study II, perception of married and unmarried men and women about the marital satisfaction of other individuals in different types of marriage found in study I were assessed. Results from 2-way MANOVA showed that married individual's perception about marital satisfaction in different marriage types was in accordance with their own marriage type. Moreover, unmarried individuals perceived higher marital satisfaction in marriage of choice with parental acceptance as compared to the other groups. Study III was aimed to assess marital satisfaction of individuals in their own marriage. Results from 2-way ANCOVA showed that marital satisfaction of individuals in marriage of choice with parental acceptance was higher as compared to individuals in arranged and marriage of choice without parental acceptance after controlling for attachment style. The findings are helpful in understanding the dynamics of marital satisfaction in Pakistani culture and for pre marital counseling.

Keywords: marital satisfaction, types of marriage, attachment style.

BS (2008-2012), M.Sc (2010-2012) Theses

Abnormal Psychology and Clinical

Psychology

Post Traumatic Stress Symptoms in Children Exposed to Terror Attack

Aneeza Saeed Qureshi (2009 – 2011)
Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate Post Traumatic Stress Symptoms in children exposed to terror attack. It was hypothesized that: a) Direct exposure to traumatic event such as terrorist attack cause symptoms of Post Traumatic Stress Symptoms in children: b) Girls manifest more post traumatic stress symptoms as compared to boys: c) Younger children manifest of Post Traumatic Stress Symptoms in elder children than younger children. A sample of 50 children (25 girls and 25 boys) was selected. Within subject cross sectional research design was used to assess Post Traumatic Stress Symptoms (PTSS) in children exposed to terror attack. Child PTSD Symptoms Scale (CPSS) was used to detect the presence of (PTSS). The t- test analysis was run to compare the gender differences. The correlation was used to find the relationship between age and post traumatic stress symptoms. Paired sample t-test was used to assess the severity among here subscales. Majority of children experience Post Traumatic Stress Disorder as a consequence of having witnessed terrorist attack. Results also showed that avoidance symptoms of post traumatic stress symptoms are more common in children than other symptoms. Girls showed significantly more post traumatic stress symptoms as compared to the boys. Significant gender differences were found in avoidance. The findings have important implications for the provision of psychological intervention for the children who exposed to trauma events such as attacks.

Keywords: post traumatic stress, terror attacks, children.

Psychological Characteristics of Continuing Addicts and Recovering Addicts

Anum Tanveer (2010-2012)
Supervisor: Dr. Naumana Amjad

The present research is a qualitative exploration to identify the psychological characteristics of continuing substance abusers and

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recovering substance abusers, so that thorough and in-depth information can be analyzed as to what factors are responsible for the maintenance and abstinence for the two categories respectively. By recognizing the themes and rudiments responsible behind drug addiction, we can design effective therapeutic measures and create awareness. The present research is based on detailed individual semi-structured interviews using open ended questions. The selection of the sample was based on the convenient sampling strategy. Ten continuing addicts were interviewed from the slums in the outskirts of Lahore and ten recovering addicts were taken from Narcotics Anonymous, Lahore. Coding techniques were used for the content analysis that included Word Repetition, the Compare and Contrast Technique and Key Word in Context Technique (KWIC). The results depicted obvious differences present between the two categories evident through their verbatim. The continuing addicts have a poor self-concept, low moral values, less spirituality, poor insight about the problem, denial, self pity as compared to the recovering addicts. According to them, there was an initial push that propelled them in the direction of treatment. The results also highlighted the agents that may maintain the recovery of the recovering addicts and also prevent the relapse. The implication of the study is to focus our attention to the psychological aspects rather than the biological aspects of the drug addiction, so that it can be treated in an effective way.

Keywords: drug addiction, self-concept, moral values, insight, spirituality.

Effectiveness of Interventions for Autism in Special Education Institutes in Pakistan

Rabia Mahmood (2010-2012)
Supervisor: Dr. Naumana Amjad

The effectiveness of interventions being employed in various special education institutes was investigated in the research. A sample of 12 autistic children was selected from two special education institutes in Lahore i.e. The Child Guidance School and Center for Clinical Psychology. The research consisted of two studies. The first study involved in depth semi-structured interviews from the teachers of the

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participants. These interviews intended on unraveling the major behavior problems of each child and how their educators managed these behaviors. The results analyzed using content analysis revealed the most common behavior problems in the sample to be ritualistic behavior, throwing tantrums, lighting with other kids, hyperactivity, self injurious behavior, non compliance, verbal repetitions and shyness. The most frequently used techniques to control these problematic behavior used by teachers were reinforcement, shaping, modeling, timeout, verbal reprimand, distraction by using secondary reinforcers, praise other kids, verbal negation, excessive repetition of hyperactive acts, redirect to activity and ignoring. The second study comprised of analysis of archival data. The records of the participants in the sample were explored systematically. For the participants from The Child Guidance School results of teacher's rating scale were compared for three different times i.e. Baseline year 2010 and year 2012. CABS results of the years 2010 and 2012 were compared for the sample from Center for Clinical Psychology. The results of comparison revealed a decrease in the behavioral problems of the participant's overtime. Thus it was concluded that techniques being used by teachers for autistic children in special schools are effective as they decrease the problematic behavior observed in these children.

Keywords: autism, behavioral problems, reinforcement, intervention.

Quality of Life and Treatment Motivation in Heroin Addicts

Khadija Rehman (2009 – 2011)
Supervisor: Dr. Iram Fatima

The objective of the study was to explore the relationship between quality of life and treatment motivation in heroin addicts. It was hypothesized that treatment motivation was likely to be positively related with quality of life in heroin addicts. For this purpose, a sample of 80 heroin addicts was taken from different hospitals of Lahore, i.e. Mayo hospital, Services hospital, Punjab Institute of Mental Health (PIMH) using purposive sampling technique. Quality of Life Scale (QOL) (Long, 2005) and Treatment Motivation Questionnaire (TMQ) (Ryan & Plant, 2004) was used in this research. Formal permission was sought from every hospital's authority and then individual assessment was done by the

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researcher in the premises of the departments. Data was analyzed by using Pearson Product Moment Correlation and Regression analysis. The results indicated that there was significant positive relationship between treatment motivation and quality of life. Moreover, only help seeking aspect of the treatment motivation significantly predicted better quality of life.

Keywords: quality of life, treatment motivation, addicts, help seeking.

Parenting Styles and Levels of Motivation in Down Syndrome Children

Jamila Kausar (2009 – 2011)
Supervisor: Dr. Iram Fatima

The objective of present study was to investigate the relationship between parenting styles and motivations of problematic behavior in Down syndrome children. It was hypothesized that authoritative parenting style would be positively related with tangible motivation; authoritarian parenting style would be positively related with escape motivation and permissive parenting style would be positively related with social attention motivation. Correlation research design was used. Sample was drawn by using non probability purposive sampling strategy. The sample was composed of sixty mothers of Down Syndrome children. PDSQ (Parenting styles and Dimensions questionnaire) and MAS (Motivation Assessment Scale) was administered on mothers of children with Down Syndrome. Results showed that there was a positive relationship between authoritarian parenting style and tangible motivation. Parenting styles were not found to be related with any other motivation.

Keywords: parenting styles, motivation, down syndrome, problematic behavior.

Early Childhood Traumatization and Psychopathy among Convicted Female Criminals

Aneeza Sarwar (2008-2012)
Supervisor: Ms. Shahnila Tariq

The present research aimed to investigate the relationship between early childhood traumatization and psychopathy among convicted female criminals. It was hypothesized that there is likely to be a significant relationship between early childhood traumatization and psychopathy among convicted female criminals. The sample composition depended on the availability of convicted female criminals from Kot Lakhpat Jail Lahore. Childhood Trauma Questionnaire (Bernstein & Fink, 1997) and self- developed Psychopathy Questionnaire, based on the characteristics of Hare's Psychopathy Checklist- Revised were used to collect data. Data was analyzed and measured quantitatively by using Pearson Product Moment Correlation. The results showed that there is a significant relationship between early childhood traumatization and psychopathy among convicted female criminals. Early childhood traumatization was also found as significant predictor of psychopathy among convicted female criminals. The present study can provide ways of identifying and then dealing and remediating the forms of childhood abuse in order to prevent adult psychopathy.

Keywords: early childhood traumatization, psychopathy, female criminals.

Religiosity and Obsessional Content among Patients with Obsessive Compulsive Disorder

Farah Mahmood (2010-2012)
Supervisor: Ms. Omama Tariq

The present study was conducted to explore the relationship between religiosity and obsessional content in patients with Obsessive Compulsive Disorder. It was hypothesized that there is a significant relationship between religiosity and obsessional content. A non probability purposive sampling technique was used. A sample of 70 (35 males and 35 females) patients with Obsessive Compulsive Disorder was

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collected from Punjab Institute of Mental Health, Fountain house, Mayo hospital, and Services Hospital of Lahore. The religious personality scale (Krauss & Hamzah, 2010) and Yale-Brown Symptom Checklist (Goodman et al., 1989a, 1989b) were used for assessment. Pearson Product Moment correlation and Independent Sample t-test were used to analyze data. Positive correlation was found between religiosity and obsessional content in patients with Obsessive Compulsive Disorder. No gender differences were found in the level of religiosity and obsessional content. The findings have important implications for patients with Obsessive Compulsive Disorder who can develop obsessions due to strict religious practices and educational sectors can see the adverse effects of stringent religious teachings.

Keywords: religiosity, obsessive compulsive disorder, obsessional content.

Comparative Study of Disordered Eating Patterns and Body Image Perception Among Athletes and Non-Athletes

Huma Hassan (2009 – 2011)
Supervisor: Ms. Omama Tariq

This research was conducted to find a relationship between body image perception and eating patterns in athletes and non athletes. The research also aimed to see the difference of eating patterns and body image perception between males and females. It was hypothesized that i) There is a difference between the eating patterns and body image perception of athletes and non athletes, ii) There are gender differences between the eating patterns and body image perception of athletes and non athletes, iii) Body image perception affects eating patterns. A sample of 160 individuals (80 athletes and 80 non athletes) was drawn from different universities. Dutch Eating Behavior Questionnaire (DEBQ, Strien, 2002) and Body Shape Questionnaire (BSQ-16, Evans, 1993) were used for assessment. Independent sample t test and Pearson product moment correlation coefficient was used to analyze the data. Significant difference was found between disordered eating patterns and body image perception among athletes and non athletes. Positive correlation was found between disordered eating patterns and body image perception.

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The findings have important implications for athlete and non athlete adults and highlight the importance of counseling of students which in turn may help improve their eating patterns and perception regarding their body.

Keywords: disordered eating patterns, body image, athletes, non-athletes.

Perceived Stigma and Treatment Compliance in Patients Diagnosed with Schizophrenia

Sumera Siddique (2008-2010)
Supervisor: Ms. Tahira Mubashir

The present research was conducted to explore the relationship between perceived stigma and treatment compliance in patients diagnosed with schizophrenia. It was hypothesized (a) that there is an association between perceived stigma and treatment compliance in patients diagnosed with schizophrenia (b) that men are likely to perceive greater stigma associated with schizophrenia as compared to women (c) that men are likely to show lesser treatment compliance as compared to women. A purposive sample of 100 patients diagnosed with schizophrenia ($N = 50$ males $N = 50$ females) was taken from Fountain House, Lahore, Pakistan. Age range of the sample was from 30-60 years. Stigma scale by King (2007) and drug attitude inventory by Hogan, Awad and Eastwood (1983) were used for assessment. Results showed perceived stigma as a significant predictor of treatment compliance. Results revealed significant gender differences in perceived stigma and treatment compliance. Mean scores showed that men perceived greater stigma as compared to women. Mean scores showed that men are less compliant with treatment as compared to women. The present research will give insight to the patients diagnosed with schizophrenia to increase their treatment compliance.

Keywords: perceived stigma, treatment compliance, schizophrenia, gender differences.

Scale Development

Development of School Perception/Experience Scale for Children

Ezza Rubab, (2010-2012)
Supervisor: Ms. Shahnila Tariq

The purpose of the study was to develop a school perception experience scale for children. It began with the clear understanding of the concept of school perception. The content of the initial pool of items collected from the children wide-ranging and item wording, which was in Urdu, was carefully reviewed. The item pool was tested along with other variables that closely assessed school perception on a sample of 150 children (75 male, 75 females) falling in the age range of 6-10 years and in class 2, 3 and 4. Further analyses were run to compare the differences and test the formulated hypothesis, on the basis of demographic characteristics. The results showed that boys perceive school as more threatening than girls and junior class students consider school as more threatening than senior class students. Implications were suggested that this scale should be administered on the students as a tool to measure their anxiety, in order to reduce absenteeism.

Keywords: school perception, absenteeism, gender differences, anxiety.

Developmental Psychology

Phenomenological Experience of Mothers of Mentally Retarded Children

Alina Yousaf Dar (2010-2011)
Supervisor: Dr. Naumana Amjad

The purpose of study is to explore the phenomenological experience of mothers of mentally retarded children. This study attempted to answer that what are the experiences of participants. Being mothers of mentally retarded children, and being a phenomenological study it measures how they experience, what they are experiencing and what they share in common. Sample includes six mothers of mentally retarded children. Open ended questions were asked to the participants in interviews and interpretive Phenomenological analysis (IPA) was applied. The analysis showed that how mothers experience different positive and negative psychological states and how their personal and marital lives are affected and how almost all of them share same concerns and hopes towards their child future. This gives a glimpse into the subjective experience of mothers may suggest strategies for others feeling those psychological problems.

Keywords: subjective experience, mothers of mentally retarded children, concerns, hopes.

Environmental Emotional Intelligence and Interpersonal Relations across Different Age Groups

Amna Rafique (2010-2012)
Supervisor: Ms. Shahnaila Tariq

The present research aimed to investigate the differences in environmental emotional intelligence and interpersonal relations across different age groups. It was hypothesized that there is likely to be a significant difference on environmental emotional intelligence and interpersonal relations. The sample was composed of 150 (males and females, 50 adults, 50 older adults and 50 adolescents) from different departments of University of the Punjab, Lahore, and high schools of Ali Pur Chattha. Environmental emotional intelligence was measured by using self constructed questionnaire. Interpersonal relations were

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measured using Relationship Scale Questionnaire (Scharfe & Bartholomew, 1995). Between group research design was used to analyze the differences. The results showed that there are no significant differences in environmental emotional intelligence and interpersonal relations across different age groups. The results were compared with the existing researches. This research will provide future direction for further researches on ecological intelligence.

Keywords: environmental emotional intelligence, interpersonal relations, age differences.

Social Support and Life Satisfaction among older adults of nuclear and joint Family

Amarah Qureshi (2009 – 2011)
Supervisor: Ms. Shahnila Tariq

The present research was conducted to investigate the relationship of social support and life satisfaction in older adults living in nuclear and joint family. It was hypothesized that older adults of joint family perceive more social support as well as they are more satisfied with their life as compared to those older adults who live in nuclear family. Correlational research design and convenient sampling technique was used. Sample comprised of 100 participants (25 males from joint family, 25 females from joint family, 25 males from nuclear family and 25 females from nuclear family). Multidimensional social support scale by Zimet, Dahlem, Zimet and Farley (1988) and satisfaction with life scale by Deiner (1985) were used for assessment. Pearson product moment correlation and independent sample t-test were used to analyze the data. The results highlighted that older adults of joint family perceive more social support as well as they are more satisfied with their life as compared to those older adults who live in nuclear family. Moreover, there was no gender difference in social support and life satisfaction. The results were compared with the researches from the west and Pakistan.

Keywords: social supports, life satisfaction, joint family, older adults.

Family Environment and Social Adjustment among Early Adolescents

Farhana Ijaz (2010-2012)
Supervisor: Ms. Noor ul Ain

The present research was conducted to investigate the relationship between family environment and social adjustment among early adolescents. Sample was drawn by non probability purposive sampling technique. The sample for this research consisted of 100 adolescents and it was selected from private schools of the city Lahore. Translated version of Adjustment Scale (Santrock & Warshak, 1979) and Family Environment Scale (Bhatia & Chadha, 1993) were administered to each participant. Pearson product moment correlation and independent sample t-test were used for analysis while descriptive analysis was used for demographical data. The findings of this research showed that there is a significant relationship between social adjustment and family environment among early adolescent and there is insignificant gender differences among adjustment of adolescents.

Keywords: family environment, social adjustment, early adolescents, gender differences.

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Study Habits, Intelligence and Academic Performance of Science and Arts Students

Misbah Akram (2009 – 2011)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate study habits, level of intelligence and academic performance of science and arts students of Punjab University. It was hypothesized that science students are likely to have healthier study habits and a higher level of intelligence as compared to Arts students. Between-groups research design was used to conduct the research. A total number of 64 (science, $n = 32$, arts, $n = 32$) students were in the sample. Students were drawn from University of the Punjab Lahore. Study habit inventory (Mukhopandaya & Sansawal, 1971) was used to measure study habits of the students. A standard progressive matrix (Raven 1971) was used to measure intelligence. Academic performance of the students was measured by the marks in previous exam. Descriptive analysis was used to describe demographic characteristics of the sample. Results showed significant differences in level of intelligence of science and arts students. Results demonstrated science students had higher level of intelligence as compare to arts students. Independent sample t-test was used to see the gender differences and to see the differences in hostellite and day scholar students, and to see the differences between annual and semester system students. There were no significant gender differences on study habits and level of intelligence. Results showed no significant difference between annual and semester system students, hostellite and day scholar students on study habits and level of intelligence. Results of present research can be implemented in educational settings.

Keywords: study habits, academic performance, intelligence, gender differences, arts student.

Parents, Peers, Media and Appearance Based Anxiety in College Students

Iqra Akbar (2010-2012)
Supervisor: Dr. Iram Fatima

A study was conducted to assess appearance based anxiety with respect to parental, peers and media influence in graduate students. The sample consisted of 60 male students and 68 female students from public sector colleges. It was assumed that there would be positive relationship in appearance based anxiety and in other factors i.e. parents' valuing and conditional acceptance of appearance, peers' valuing and conditional acceptance of appearance and perceived media attitude towards appearance. It was also expected that female students would have higher level of appearance based anxiety than male students. Appearance based anxiety was assessed with Social Appearance Anxiety Scale (SAAS) (Hart, Flora, Palyo, Fresco, Holle & Heimberg, 2008). For assessing parents' valuing and conditional acceptance of appearance; and peers' valuing and conditional acceptance of appearance, short scales developed by Park, DiRaddo and Calogero (2009) were used (Park, DiRaddo & Calogero, 2009). Sociocultural Attitude Towards Appearance Scale-3 (Van, Roehrig, Guarda & Heinberg, 2004) was used for assessing perceived media attitude towards appearance. Significant positive relationship of appearance based anxiety with parents' valuing and conditional acceptance of appearance; peers' valuing and conditional acceptance of appearance and media attitude towards appearance was observed.

Keywords: appearance based anxiety, college students, media, parents, peers.

Perfectionism, Loneliness and Life Satisfaction in Engineering Students

Syeda Fatima Husnain (2008-2012)
Supervisor: Dr. Iram Fatima

This research intended to explore the relationship of socially-prescribed perfectionism, self-oriented perfectionism and loneliness with students' life satisfaction. The sample comprised of 143 male students (M age =

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21.43, $SD = 1.03$) from the top five departments of University of Engineering and Technology, Lahore which were selected owing to their ranking based on merit. Assessment measures included The Frost Multidimensional Perfectionism Scale Life (Frost, Marten, Lahart, & Rosenblate, 1990), The UCLA Loneliness Scale-Version 3 (Russel, 1996), The Brief Multidimensional Student Life Satisfaction Scale (Huebner, 1997) and a demographic questionnaire. Results of the hierarchical regression analysis showed that more the students were self-oriented perfectionists the more they were satisfied with their life. However, socially-prescribed perfectionism was not related with life satisfaction of students. The results were true for both groups of students who felt more and less lonely.

Keywords: self oriented, socially prescribed perfectionism, loneliness, life satisfaction.

Emotional Intelligence, Academic Procrastination and Anxiety in Intermediate Science Students

Wafa Kamran (2008-2012)

Supervisor: Dr. Iram Fatima

The present study examined the relationship among emotional intelligence, academic procrastination and anxiety in intermediate science students. Data was collected from a sample of 102 female students (M age = 17.41, $SD = 0.73$) from science faculty of randomly selected public sector colleges. It was hypothesized that there would be a negative relationship between emotional intelligence and academic procrastination. It was further hypothesized that there would be a positive relationship between academic procrastination and anxiety. Furthermore, it was expected that anxiety would mediate the relationship between emotional intelligence and academic procrastination. Passive Procrastination Scale by Chu & Choi (2005), Schutte Self-Report Emotional Intelligence Test (Schutte, Malouff & Bhullar, 1998) and State-Trait Anxiety Inventory (Spielberger, Gorsuch & Lushene, 1994) were used to measure the constructs. Results from Pearson Product moment correlation revealed no relationship of emotional intelligence with academic procrastination and anxiety. Therefore, the mediation hypothesis was rejected. However, a positive relationship was found

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between academic procrastination and trait anxiety. Regression analysis revealed that trait anxiety predicted emotional intelligence after taking into account the demographic variables, emotional intelligence, trait and state anxiety.

Keywords: emotional intelligence, academic procrastination, anxiety, science students.

Academic Stress and Attitude towards Suicide: Science and Arts Intermediate Students

Hafiza Maryam Rafique (2010-2012)

Supervisor: Dr. Iram Fatima

A study was conducted to find out the relationship between academic stress and attitude towards suicide in intermediate science and arts students. The sample consisted of 120 male students (60 = Science, pre medical and 60 = Arts) from public sector colleges of Lahore. It was assumed that there would be positive relationship between academic stress and attitude towards suicide. It was also expected that science students would have higher level of academic stress and attitude towards suicide than arts students. Academic stress was assessed with Educational Stress Scale for Adolescents (ESSA) (Dune, Sun, Nguyen, True, Loan & Dixon, 2010). Attitude towards suicide was assessed with Attitude towards Suicide Scale (Renberg & Jacobsson, 2003). No significant relationship between academic stress and attitude towards suicide was observed. Moreover no significant differences in the level of academic stress and attitude towards suicide were found in science and arts students.

Keywords: academic stress, attitude towards suicide, science students.

Conflict Management Styles in University Teachers

Madiha Yasin (2010-2012)

Supervisor: Ms. Shazia Khalid

The present research aimed to investigate conflict management styles in university teachers. The main objective was to examine that which conflict management style was used more by teachers and were there

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different conflict management styles used by the teachers on different designation. It was hypothesized that their gender differences in the conflict management style used by the teachers. Within group (exploratory) research design was used. Sample was drawn through purposive sampling. The sample was consisted of ($N = 100$) university teachers taken from the government Punjab University Lahore. Thomas Kilmann instrument (TKI) developed by Thomas and Kilmann in 1974 were administered to each participant. Descriptive statistics and independent sample t-test were used to data analysis. The result indicated that avoiding style was used more by the teachers. It was also found that the teachers on the different designation used the different conflict management styles. Professors and associate professors used more the compromising conflict management style. But the assistant professor used the accommodating and lecturers used the avoiding conflict management style. There was significant gender difference in the use of avoiding conflict management style. Females were more likely to use the avoiding style than males.

Keywords: conflict management styles, gender differences, university teachers.

Self Efficacy, Academic Satisfaction and Academic Motivation in Students with Reference to Learning Management System

Umm e Kulsoom (2010-2012)
Supervisor: Ms. Afsheen Masood

The present research explored differences in the domain of self-efficacy, academic motivation and academic satisfaction among students those who study in traditional face-to-face learning system (on campus) and those who study in virtual Learning environments (online systems). It was hypothesized that the self efficacy, academic motivation and academic satisfaction of the students would vary due to the adopted learning management system. The sample consisted of three hundred ($N = 300$) students, i.e. 150 from e-learning set up/online learning management systems and 150 from regular mainstream students. In order to collect data, the measure used was The University Students Motivation, Satisfaction, and Learning Self-efficacy Questionnaire v.3

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(Neil, 2008). An indigenous demographic questionnaire was also administered on the respondents. The data was analyzed using SPSS v.16.0. The independent sample t-test analyses was undertaken to find out the differences between two groups of students i.e. those seeking education at campus and those seeking education at home. The findings from the current research delineate that there significant difference in the means of self-efficacy, academic motivation and academic satisfaction of at home versus at campus students. These findings carry strong implications for educationist and practitioners alike.

Keywords: self-efficacy, academic satisfaction, academic motivation, learning management system.

Study Habits, Academic Motivation and Adjustment in University Students

Bushra Sahar (2010-2012)
Supervisor: Ms. Afifa Anjum

The purpose of the study was to investigate the effect of study habits and academic motivation on adjustment of two groups of students, semester II and semester VIII of BS (Hons) at university. The sample consisted of 115 students of semester II ($n = 58$) and VIII ($n = 57$) of BS (hons.) from different departments of the University of the Punjab, Lahore. The sample was taken by using non-probability purposive sampling strategy. Two self-constructed questionnaires. Study Habits Questionnaire and Student Adjustment Questionnaire were used to assess Study Habits and Adjustment of students at university respectively. Academic Motivation Scale, developed by Center of Inquiry, Wabash College (2011), was used to assess Academic Motivation of students. T-test analysis revealed no significant difference between the all variables in two semesters. Hierarchical Multiple Regression analysis was carried out to the find out the effect of study habits and academic motivation on adjustment. Analysis revealed that study habits, gender, GPA and interaction of academic motivation and semester were positive predictor of adjustment of students. Repeated measure ANOVA was carried out to find out the comparison between subscales of adjustment. Results showed that that academic adjustment, social adjustment and personal emotional adjustment of students is better than attachment. Present study is

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important in the Field of Educational Psychology and helps out parents and institutions to make academic environment better and adaptable for the students.

Keywords: academic motivation, adjustment, environment, study habits.

Effects of Change in Medium of Instruction on Academic Achievement of Students: A Qualitative Approach

Tayyaba Shaheen (2009 – 2011)

Supervisor: Ms. Shahnila Tariq

Present research was conducted to investigate the effects of change in medium of instruction on academic achievement of students. A total number of 50 students (25 = males, 25 = females) were recruited from seventeen different departments of University of the Punjab. It was investigated that either change in medium of instruction affect academic achievement of students. Survey method was used as a procedure of data collection. A self- developed structured open ended questionnaire comprising was used in order to get responses of the students regarding change in medium of instruction. Academic achievement was measured by marks obtained in last and recent exams. Content analysis was carried out to analyze the responses. Frequencies showed that change in medium of instruction have an impact on students' academic achievement. Other factors which affect the students' academic achievement are level of satisfaction, role of teachers and less proficiency in English. Many previous studies are consisted with the findings of present research. These findings have implications for educational institutions, so that timely counseling could be provided to the students for effective coping to these problems.

Keywords: academic achievement, level of satisfaction, medium of instruction.

Effect of Parenting Style, Birth Order and Family Size on Academic Performance

Syeda Samra Batool Naqvi, (2010-2012)
Supervised by Ms. Omama Tariq

The present research was conducted to explore the relationship of parenting styles, birth order and family size with academic performance. It was hypothesized that there is likely to be a relationship of parenting styles, birth order and family size with academic performance. A non probability purposive sampling technique was used. A sample of 100 (20 males, 80 females) students was collected from Government College University and University of the Punjab, Lahore, Pakistan. Students of final Semester of Msc and BS (Hons) were included in the sample. Parental Authority Questionnaire (PAQ, Buri, 1991) was used for assessment. Pearson Product Moment correlation was used to analyze data. No correlation was found between parenting styles and academic performance. Family size was negatively correlated with the academic performance. Birth order was also not correlated with academic performance. Authoritarian parenting style of both mother and father was negatively correlated with academic performance while authoritative and permissive parenting styles of both father and mother were not correlated with academic performance. Present research can provide awareness in the future management of family size so that individuals can perform better academically.

Keywords: parenting style, birth order, family size, academic performance.

Achievement Motivation and Life Satisfaction in High and Low Achiever Students

Mahvish Noreen (2010-2012)
Supervisor: Ms. Fauzia Naz

The present research focused on to investigate the relationship between achievement motivation and life satisfaction in low and high achievers students. The research also focused on to find out gender differences regarding achievement motivation and life satisfaction and differences in

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low achievers and high achievers students. A total number of 100 students (50 girls & 50 boys) were recruited from different schools and academies of Lahore. Sample has two levels 80% and above represent high achievers and 60% and below represent low achievers students. Their age range was between 15 to 25 years. Multidimensional Students Life Satisfaction scale (Huebner, 2001) was used to assess life satisfaction in students. Achievement Motivation scale (Ray, 1979) was used to assess the achievement motivational of students. Results show that there is significant correlation between achievement motivation and life satisfaction in students. Results revealed significant differences in achievement motivation and life satisfaction between boys and girls (students). Mean scores showed that boys have more achievement motivation compared to girls. But girls have higher life satisfaction compared to boys, Results showed significant mean differences on achievement motivation boy's (Low achievers 5; high achievers) show higher achievement motivation compared to girls (low achievers & high achievers). Findings also show significant mean differences in life satisfaction of low achievers and high achievers students girls (high achievers and low achievers) show higher life satisfaction compared to boys (high achievers and low achievers).

Keywords: achievement, motivation, life satisfaction, high/low achiever.

Psychology of Gender

Relational Identity Orientation, Trust and Marital Satisfaction in Professional Women

Salma Nasreen (2009 – 2011)

Supervisor: Dr. Iram Fatima

The objective of the study was to find the relationship of relational identity orientation with trust and marital satisfaction of professional women. It was hypothesized that relational identity orientation and trust were positively related with marital satisfaction. A sample of 102 female professionals was taken from two cities of the Sahiwal division i.e. Okara and Pakpattan. The relational identity was assessed with Aspects of Identity Questionnaire (AIQ-IV) (Cheek, Smith & Troop, 2002). Trust was assessed by using Trust Scale (Trust within close interpersonal relationships) (Rempel, Holmes & Zana, 1985) and marital satisfaction was assessed with ENRICH Marital Satisfaction Scale (EMS) (Fowers & Oloson, 1993). Significant positive relationship between trust and marital satisfaction as well as between relational identity orientation and marital satisfaction was observed. However, trust was found to be better predictor of marital satisfaction than relational identity.

Keywords: relational identity orientation, trust, marital satisfaction, professional women.

Psychological and Spiritual Injuries in Residents of Dar-ul-Aman

Afia Shabbir (2010-2012)

Supervisor: Dr. Rafia Rafique

The present research aimed to investigate spiritual and psychological injuries among younger and older women. It was hypothesized that there is a difference in psychological and spiritual injuries between younger and older women residents of Dar-ul-Aman. Between group research design was employed. Sample was drawn by using non probability purposive sampling strategy. The sample comprised of (60 younger and 40 older) women residents of Dar-ul-Aman. Brief Symptoms Inventory (Derogatis, 1975) and Spiritual Injury scale (Berg, 1986) were administered to the participants of Dar-ul-Aman. Descriptive and inferential statistics were employed for data analysis. Results of the study point towards a significant difference in psychological and spiritual

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injuries between younger and older women. The study points toward assessment and interventional strategies for psychological and spiritual injuries in women residents of Dar-ul-Aman.

Keywords: psychological and spiritual injuries, young and old women, Dar-ul-aman.

Perception of Creativity in Pakistani Society

Muhammad Khubaib Kayani (2009 – 2011)

Supervisor: Ms. Afifa Anjum

This research intended to explore implicit theories of Pakistani society about creativity and creative individuals. First hypothesis was “Innovators are likely to be considered as more creative than adaptors” The second hypothesis was “There are likely to be gender differences in the adaptor innovator rating”. Furthermore, three questions were formulated: 1) “What are the key components of creativity definition in Pakistani society”? 2) “Who are the top ranked creative individuals in Pakistani society”? and 3) “Which field is being perceived as most creative in Pakistani society”? Data was collected through a survey. For required information purposive sampling was done and a sample of $N = 155$ (81 males and 74 females) participated from seven different fields (artists, doctors, engineers, lawyers, teachers, students and bankers). The participants were of different educational backgrounds ranging from Intermediate to M.Phil. Following questionnaires were used: Puccio, Chimento and González (2003) Survey Questionnaire for perception of creativity and Self constructed questionnaire for most creative individual and most creative field of work. Paired samples t test revealed that Pakistanis rate innovators as more creative than adaptors and there were no gender differences in this rating. Different, original, new, intelligent, best and expert were the key words most frequently associated with creativity. Dr. Abdul Qadeer Khan, Ustad Nusrat Fateh Ali Khan and Abdul Sattar Edhi were rated as most creative and singing as the most creative field of work.

Keywords: creativity, innovators, Pakistani society.

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Gender Differences in Religious Involvement and Social Adjustment among Punjab University Students

Ayesha Suhail (2009 – 2011)

Supervisor: Mr. Faiz Younas Butt

The present research was designed to investigate gender differences in religious involvement and social adjustment among Punjab University students. Cross sectional research design was used with a sample of ($N = 100$) including ($n = 50$) boys and ($n = 50$) girls. The age range of participants was 18-19. Data was collected from various departments of University of the Punjab. It was hypothesized that there are significant gender differences in religious involvement and social adjustment. The Religious Involvement Scale by Perkins (2006) and Reynolds Adolescents Adjustment Screening Inventory by Reynolds (2001) were used for assessment. It was concluded that there is no significant gender differences in religious involvement in students but there were significant gender differences in social adjustment in students. This research can be helpful in educational, crime and clinical settings.

Keywords: religious involvement, social adjustment, university students, gender differences.

Psychology for Aging

Spirituality, Type of Relationship and Positive Mood in Older Adults

Hafiza Neelam Younas (2010-2012)

Supervisor: Ms. Afifa Anjum

The present study was conducted to investigate the role of spirituality and type of relationship in the positive mood of the older adults. The sample consisted of 60 older adults (Males = 47 and $w = 13$ Females) ample was taken from different regions of Okara and Lahore, consisting of those who were retired from their jobs. Demographic Information Questionnaire, State-Trait- Cheerfulness Inventory (STCI) by Ruch, Kohler, & Thriel (1997), Spiritual Assessment inventory (SA1) by Hall and Edwards (1996) and Relationship Questionnaire (RQ) by Bartholomew and Horowitz (1991) were used to assess demographic information, positive mood, spirituality and type of relationship. The findings indicated that spirituality had the highest mean value. Spirituality was found to be the significant predictor of positive mood in the older adults. Results showed the presence of more positive mood in the older adults having spirituality. Secure type of relationship was found to be significantly correlated with the positive mood. Demographic variables were not found to be the significant predictors or` the positive mood. The study will help the older adults in having more positive mood by improving their relationships. This study will helps the older adults in experiencing more positive mood by increasing the level of their spirituality, This study will help enabling them to enjoy better and healthy life by experiencing positive mood and positive mood will enable the older adults in having good and secure relationships with others.

Keywords: spirituality, positive mood, type of relationship, older adults.

Intimacy, Trust, and Spousal Relationship in Older Adults

Nadia Shafique (2010-2012)

Supervisor: Ms. Shahnaila Tariq

The aim of study was to investigate the relationship between intimacy, trust and spousal relationship in older adults. It was hypothesized that there is likely to be a significant relationship between spousal

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relationship, intimacy, and trust. Sample was drawn by using non-probability sampling strategy. The sample comprised of 50 couples (50 husbands and 50 wives) living together, age range was 40 to onwards and with minimum duration of marriage, 15 years. Quantitative data was collected with the help of three scales; Relationship Assessment Scale by Hendrick (1988), Trust Scale by Rempel, Holmes, and Zanna (1986) and Intimacy Scale of Walker and Thompson (1983). Results revealed that trust is significantly correlated with spousal relationship. Results were discussed with reference to researches from the west. The findings of the present research can be helpful in building the trust and developing intimacy among older adults. The current research will prove to be effective for those who are interested in investigating the relationship of trust, intimacy and spousal relationship among older adults.

Keywords: intimacy, trust, spousal relationship, older adults.

Self-Esteem and Life Satisfaction among Old Age People Living in Old Age Home and those with Intact Families

Fatima Kazmi (2009 – 2011)
Supervisor: Ms. Tahira Mubashir

The purpose of the research was to find out the relationship between self esteem and life satisfaction among old age people living in old age homes and with intact family. It was hypothesized that there is a relationship between self esteem and life satisfaction. There is significant difference in self esteem of old age people living in the old age homes and with intact families. That there is a significant difference in life satisfaction of old age people those living in old homes and with intact families. For required criteria purposive sampling technique was used and a sample of ($N = 100$) was taken ($n = 50$) from two old age homes and ($n = 50$) old age people from different intact families of Lahore. Rosenberg Self Esteem Scale (SES, Rosenberg, 1965) for self esteem and Satisfaction with Life Scale (SWLW, Denier, 1985) for life satisfaction were used. Pearson Product Moment Correlation and independent sample t-tests were used for data analysis. The result showed that there was significant negative relationship between self esteem and life satisfaction. Results also showed that there is a significant difference in self esteem and life satisfaction of old age people living in old age homes with intact families.

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On gender differences results are not significant on self esteem and significant on life satisfaction. The research findings can serve as a base for future researchers, to explore interventions and social institution that can be helpful for old age people who are living in old age homes to feel internally secure.

Keywords: self-esteem, life satisfaction, old people, old homes.

Perceived Social Support and Quality of Life among Older People Living in Old Homes

Aihada Afreen (2010-2012)
Supervisor: Ms. Zainab Habib

The present study was conducted to investigate the relationship of perceived social support and quality of life among older people living in old homes. It was hypothesized that perceived social support is likely to have a positive correlation with quality of life; Correlation research design and convenient sampling technique were used to analyze the data. Sample of 60 participants (30 males and 30 females) was taken from old homes; Multidimensional Scale of Perceived Social Support Scale (MSPSS) by Zimet, Dahlem, Zimet and Farley (1988) and World Health Organization of Quality of Life (WHOQOL) questionnaire were used for the assessment. Pearson product moment correlation and independent samples t-test were used to analyze the data. The results highlighted that there is a significant relationship between social support and quality of life among older people. Moreover, no gender differences were found on social support and quality of life. Findings can help in enhancing their quality of life of elderly in order to make them more satisfied with their lives. Also the results can be utilized to explore the respective field in detail and to provide important contribution in this field as it needs more and more exploration for the better tomorrow of old people living in old homes.

Keywords: quality of life, social support, older people, old homes.

Health Psychology

Depression, Anxiety and Stress in Patients with Renal Failure Receiving Hemodialysis versus those Receiving Peritoneal Dialysis

Sadia Ashraf (2009 – 2011)
Supervisor: Prof. Dr. Rukhsana Kausar

The objective of the study was to examine the differences in depression, anxiety and stress between peritoneal dialysis patients and hemodialysis patients. It was hypothesized that (a) Patients receiving peritoneal dialysis are likely to experience higher depressive symptoms as compared to patients receiving hemodialysis, (b) Patients receiving peritoneal dialysis are likely to experience higher anxiety as compared to patients receiving hemodialysis, (c) Patients receiving peritoneal dialysis are likely to experience higher levels of stress as compared to patients receiving hemodialysis. A between-group research design was used. A sample of eighty participants, fifty patients were receiving hemodialysis and thirty patients were receiving peritoneal dialysis were taken from the different hospitals of Lahore. The Depression, Anxiety and Stress Scale (DASS) were used to measure depression, anxiety and stress in dialysis patients. Independent sample *t-tests* were performed to compare hemodialysis and peritoneal dialysis patients with depression, anxiety and stress. The results showed that there was no significant difference in the level of depression, anxiety and stress in patients of hemodialysis and peritoneal dialysis. There was a significant positive correlation between depression anxiety and stress. There was no relationship between age, depression, anxiety and stress. Training programs and seminars should be organized to educate patients about psychological aspects besides the medical aspects of their illness.

Keywords: depression, anxiety, hemodialysis, peritoneal dialysis, stress.

Level of Information and Precautionary Practices among Dengue Survivors and Non Affected Individuals: A Case Control Study

Shakeela Anwar (2010-2012)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research examined the level of information and precautionary practices among dengue survivors and non-affected individuals. It was

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hypothesized that there is difference in the extent of information and precautionary practices among dengue survivors and non-affected individuals. The sample consisted of 50 dengue survivors and 49 non-affected individuals. The sample was selected from different areas of Lahore through snowball sampling strategy. A self constructed questionnaire was used to assess participant's level of information regarding symptoms, mode of transmission, treatment and precautionary practices. The results indicated significant differences in dengue survivor and general population in the extent of knowledge about symptoms of dengue fever. However, two groups did not differ in the knowledge of transmission, bite timings of mosquito, treatment and in taking precautionary measures. The findings of the present research revealed positive relationship between level of information and precautionary practices. Negative relationship was found between age of the respondents and knowledge of transmission, mosquito bite timings and treatment. Television was considered as the most important and useful source of information about dengue fever. It can be concluded that survivors of dengue have more knowledge about symptoms compared to their normal counterparts and that younger participants had more knowledge than their elder counterparts. Findings have important implications for follow up of the dengue survivors.

Keywords: dengue survivors, level of information, precautionary practices.

Acute Stress Disorder, Symptoms Severity and Satisfaction with Treatment in Dengue Fever Patients in Relation to Empathy and Altruism in Paramedic Staff

Sidra Wahid (2010-2012)

Supervisor: Prof. Dr. Rukhsana Kausar

The aim of the current research was to examine treatment outcome of dengue in relation to empathy and altruism in paramedic staff engaged in the management of dengue fever patients in public sector hospitals. The sample comprised of 70 dengue fever patients and 30 paramedics. The sample was selected from three major teaching public sector hospitals in Lahore. Acute Stress Disorder Scale (ASDS), self designed questionnaire

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for treatment satisfaction and Dengue Fever symptoms rating (developed after the WHO symptoms indication of dengue fever) were used to assess the treatment outcome. Empathy Quotient (EQ) and Helping Behavior (HB) scale were used to assess empathy and altruism in paramedical staff. The data were analyzed using descriptive and inferential statistics. One third of the patients were experiencing acute stress disorder symptoms (72%). Paramedic staff from different hospitals differed in empathy and altruism. There was significant positive relationship between empathy and altruism in paramedic staff. Significant positive relationship was found between acute stress symptoms and current symptom severity of dengue. No significant relationship was revealed between empathy and altruism in paramedics and treatment outcome. However, qualitative data revealed that significant numbers of the patients were satisfied with the treatment as well as the service provided by the paramedic staff but patients felt the need for improvement in terms of increase in number beds for dengue patients; better medical facilities, financial assistance, increased number of staff, and reduced duty hours for the staff. Findings highlight the importance of paramedic staff in provision of quality care to patients. Findings also highlight the need for provision of psychological interventions to deal with dengue fever patients' stress.

Keywords: acute stress, satisfaction with treatment in dengue patients, empathy, altruism.

Psychological Impact of Dissemination of Dengue Related Information through Media on Patients and General Population

Sana Naz (2010-2012)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research aimed to investigate the psychological impact of dissemination of dengue related information through media on patients and general masses. It was hypothesized that two groups of participants are likely to differ in the extent of information; and that there is a likely to be relationship between the dissemination of information by the media and anxiety. Sample was drawn by using non probability purposive sampling. The sample consisted of 30 dengue fever patients and 30 individuals from the general masses ($N = 60$). The participants ranged in

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ages between 18-50 years. Self designed Role of Media Questionnaire (RMQ) and DSM IV (TR) anxiety criteria was used for assessment. Independent sample t- test analysis was used to examine differences in anxiety between patients and general masses. Results showed that media affects dengue patients negatively and general masses positively and level of anxiety were higher in patients than in general masses. This research will be helpful for the social researchers, psychologists and media persons to realize the importance of media in dissemination of information about any epidemic.

Keywords: dengue related information, media, anxiety.

Level of Awareness and Precautionary Practices regarding Dengue Fever among Nomads

Aalyia Bibi (2010-2012)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study examined level of awareness, precautionary practices and the satisfaction regarding steps taken by the government to control dengue fever in nomadic people. Qualitative research design was used and sample comprised of 50 household heads (27 Males and 23 Females) Data was gathered through individual interviews. Participants ranged in ages between 18-65 years. Indigenous self-structured tool was used for data collection. Word Repetitions Technique and Key Word in Context Technique were used to analyze qualitative data. The findings indicated that all participants were aware of dengue fever, fever was the most commonly reported symptom, majority considered plants/vegetation as the common breeding site for the dengue mosquito; and they considered night time was the most frequent dengue bite time. The nomads had been using mosquito coil and dhoni as mosquito repellents. Majority had TV and it was reported as the major source of information. Dengue fever had changed half of the respondents' lives. Public hospitals and camp facility had been utilized by the majority in case of a relative had dengue fever. Half of the nomadic people were satisfied with the treatment facilities provided at the hospitals though they also had complaints about the government. Significant relationship was found between extent of knowledge about preventive measures and common preventive practices.

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The findings revealed that gender and employment status had significant association with preventive practices against dengue. It can be concluded that nomads are comparable with common public with regards to information about symptoms, precautionary practices and treatment of dengue fever.

Keywords: awareness, nomads, precautionary practices, dengue fever.

Symptom Severity, Self-Efficacy and Psycho-Education for Dengue Fever Patients: A Case Control Study

Bakhtawar Mukhtar (2010-2012)
Supervisor: Prof. Dr. Rukhsana Kausar

The present case control study examined effects of self efficacy and psycho-education on symptoms severity in patients suffering from dengue fever. It was hypothesized that: there are significant differences in self efficacy and symptom severity of patients who do receive and who do not receive psycho-education sessions; there are gender differences in self efficacy of dengue patients. The sample consisted of forty dengue fever patients with equal number in each group. The sample was selected from one teaching hospital of Lahore through purposive sampling strategy. General self efficacy scale (GSE) and a self constructed symptoms rating scale were used for assessment. The severity and frequency of dengue symptoms record was maintained in follow-ups of the patients. Psycho-education booklet was prepared in consultation with existing related literature and medical professionals dealing with dengue patients. Patients with comparable demographic and disease related characteristics were randomly assigned to two groups. Pre-assessment on symptom severity and frequency for all recruited patients was carried out and psycho-education sessions were conducted at the premises of the hospital. The data were analyzed using independent sample t-test and thematic analysis (for qualitative analysis). The results indicated that patients receiving psycho-education showed better treatment outcome expectancy than non psycho-education group. The findings of the present research revealed that dengue fever had psychological implications for the patients suffering from dengue fever.

Keywords: symptom severity, self-efficacy, psycho education, dengue fever.

Psychological Distress and Quality of Life of Survivors of Dengue Fever

Beenish Waris (2008-2012)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research aimed to investigate psychological distress and quality of life of dengue survivors. It was hypothesized that there is likely to be a relationship between psychological distress and quality of life. It was also hypothesized that there are gender differences in psychological distress and quality of life. The sample comprised of ($N = 50$) participants with age range 19 to 55 years ($M = 30.72$, $SD = 7.89$). The data was collected from different towns of Lahore with non probability purposive sampling technique and participants were reached by Snow ball sampling procedure. Psychological distress scale (Kessler, 1992) and Quality of life scale (Flanagan, 1970) were administered to each participant. Urdu versions of these scales were used. Pearson Product Moment correlation was conducted to assess the relationship of psychological distress with quality of life. Independent samples t-test was used for comparing men and women on the level of psychological distress and quality of life. No significant relationship was found between psychological distress and quality of life. Findings highlight psychological implications of dengue fever for quality of life of the patients.

Keywords: psychological distress, survivors of dengue, quality of life.

Health Related Behaviors and Medication Adherence in Patients with Hepatitis C

Saira btaool (2009-2011)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to assess the health related behaviors and medication adherence in male and female patients with hepatitis C. It was hypothesized that: a. there is a significant change in the pre-post health related behaviors of patients with hepatitis C; b. the patients with hepatitis C are likely to show high adherence with the treatment; c, patients with hepatitis C are likely to have low level of information. A total number of hundred patients with hepatitis C were taken from two different hospitals of Lahore. Age range of the patients was 20 years to 65 years ($M = 35.02$, $SD = 9.51$). A self constructed health related behavior questionnaire was used to assess the pre and post health related behaviors of the patients. Morisky Medication Adherence Scale was used to assess the medication adherence of the patients. Results indicate that there was a significant change in the health related behaviors of the patients with hepatitis C after their diagnosis. They were exercising better health related behaviors alter their diagnosis. The results also indicate that patients with hepatitis C showed medium to high adherence with treatment. The results also revealed that patients with hepatitis C show high level of information.

Keywords: medication adherence, hepatitis c, health related behaviors.

Acute Stress Disorder Symptoms, Anxiety and Extent of Information among Patients Suffering from Dengue

Andleeb Zahra, (2009-2011)
Supervisor: Prof. Dr. Rukhsana Kausar

The aim of current research was to examine acute stress disorder symptoms, level of anxiety and extent of information among the patients with dengue fever. It was hypothesized that, (a) acute stress disorder symptoms are likely to be higher in the patients suffering from dengue fever, (b) anxiety is likely to be higher in the patients suffering from dengue fever, and (c) patients suffering from dengue fever are likely to have low extent of information about dengue fever. The sample consisted of 100 dengue fever patients. The sample was selected from Mayo Hospital Lahore and public community through purposive sampling strategy. The age range of patients was 18 years to 60 years ($M = 32.12$, $SD = 10.28$). Acute Stress Disorder Scale (ASDS) and Beck Anxiety Inventory (BAI) were used to assess acute stress disorder symptoms and the level of anxiety among patients suffering from dengue fever. A self constructed disease related questionnaire was used asses patient's extent of information. Within subject research design was used. The data was analyzed using frequency analysis. The results indicated that a significant number of patients were stressed and anxious because of dengue fever. Moreover, the extent of information of the patients was also low. The findings of the present research revealed that dengue fever had strong psychological impact on the patients suffering from this disease.

Keywords: acute stress disorder, anxiety, patients suffering from dengue, extent of information, psychological impact.

Emotional Distress and Risk Perception in Patients with Diabetes

Bushra Awan (2009-2011)
Supervisor: Prof. Dr. Rukhsana Kausar

The present research aimed to investigate the risk perception related to diabetes and its complications and to assess the degree of emotional distress in potential problematic areas of the diabetic patient. It was

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hypothesized that: a) There is a relationship between the level of emotional distress and risk perception of patients with diabetes; b) There are gender differences in the level of emotional distress of patients with diabetes. c) There are gender differences in the risk perception of patients with diabetes. Within group research design was used. Purposive sampling strategy was used. The sample was composed of 100 patients with diabetes from Mayo Hospital Lahore. Risk Perception Survey-Diabetes Mellitus (RPS-DM) Scale and Diabetes Distress Scale were administered to each patient suffering from diabetes. Data was analyzed by using Pearson Product Moment Correlation and independent sample t-test. The results indicated that there is a significant correlation between emotional distress and risk perception of patients with diabetes. It was also found that there were significant gender differences in the level of emotional distress. Female patients with diabetes suffer more from emotional distress as compared to male patients with diabetes.

Keywords: emotional distress, risk perception, diabetes, gender differences.

Perception of Societal Attitude and Moods of the Parents of Children with Special Needs

Nimra Bhatti (2009 -2011)
Supervisor: Dr. Naumana Amjad

This study was conducted to explore the perception of societal attitude by the parents of special children and relationship of their perception with their moods. It was hypothesized that there is relationship between societal attitude with parent's moods either positive or negative. Sample included 35 parents 10 fathers and 25 mothers from different schools of special children. Interview method was used to explore the perception of societal attitude by the parents of children with special needs. Open ended questions were asked to participants. Positive and negative affect (PANAS) scale was used to explore the parents moods. It consisted of 20 items and rating was on Five point Likert scale. To analyze difference between positive and negative moods of parents paired sample t test was used. Content analysis was used to analyze societal perception by parents. The results showed that parents perception about societal attitude negative which affect their moods negatively. The result also showed that

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parent's education level do not influence their moods but there was the limitation of study that sample was short not equal on all demographic variables which make difference in results.

Keyword: perception of societal attitude, mood of parents, children with special needs.

Cognitive Coping Strategies used by Paramedics

Sabiha Tahir (2009 – 2011)
Supervisor: Dr. Iram Fatima

The objective of the study was to assess the cognitive coping strategies used by paramedics. It was hypothesized that coping strategies used by paramedics were likely to differ in different types of paramedics. Secondly, male paramedics were likely to be different from females in their cognitive coping strategies. Thirdly, married paramedics were likely to use different coping strategies as compared to unmarried. Fourth, paramedics with more age were likely to use different coping strategies as compared to the paramedics with lesser age. Fifth, working experience was likely to be related with use of different coping strategies. A sample of 90 paramedics was taken from the different hospitals of Lahore (Services Hospital, Punjab Institute of Mental Health and Sheikh Zaid Hospital) using purposive sampling technique. The Cognitive Emotion Regulation Questionnaire (CERQ) (Granefski & Kraaij, 1999) was used to check the cognitive coping strategies, paramedics use after experiencing stressful life event. The results showed that lab assistants used more of “putting into perspective” and “blaming others” as compared to nurses and operation theatre assistants. Male paramedics blamed others more than female paramedics. Married used more of “putting into perspective” than unmarried paramedics. With more age and experience paramedics focused more on thought. On all other coping strategies there were no difference found among the paramedics with reference to gender, marital status and nature of job.

Keywords: cognitive, coping strategies, paramedics, stressful life events.

Anger as a Risk Factor of Coronary Heart Disease

Zunera Ahmed (2010-2012)

Supervisor: Dr. Rafia Rafique

Coronary Heart Disease (CHD) mortality and morbidity is escalating in developing countries like Pakistan. Control of CHD has had limited success in Pakistan, due to inadequate research efforts undertaken in this regard. It has now become pertinent to infer risk factors associated with CHD. So the primary aim of the present study was to find out whether anger is a risk factor for CHD. State Trait Anger Expression Inventory-2 (STAXI-2) (Spielberger, 1990) was used to measure anger. Two studies were carried out, the first study aimed to translate STAXI-2 through the process of validation and convergent validity was estimated by correlating the scores of State Trait Anger Expression Inventory-2 (Spielberger, 1990) with Aggression Questionnaire (Buss & Perry, 1992). The resulting correlation were found to be significant and added to the validity of STAXI-2. Cronbach alpha reliability of both measures was assessed. The main study designed to infer association of anger as a risk factor for CHD was carried out on a sample ($N = 120$) of patients with a confirmed diagnosis of CHD. Case control research design was employed. STAXI-2 was used to assess; state anger, trait anger, anger expression in, anger expression out, anger control in, and anger control out. Data was collected from different private and government hospitals of Punjab, Pakistan. Binary logistic regression analysis was conducted. The results of the study showed that state anger is a significant risk factor of CHD. The study holds implications for implementation of state anger assessment and interventional strategies for patients diagnosed with CHD.

Keyword: anger, coronary heart disease, risk factors.

Self-Perceived Health, Willingness to Treatment and Quality of Life in Addicts

Madiha Nazli (2010-2012)
Supervisor: Dr. Rafia Rafique

The present study was conducted to find out the differences between drug addicts and patients with complicated and uncomplicated illnesses on self perceived health, willingness to treatment and quality of life. It was hypothesized that self perceived health will be different in drug addicts and patients with complicated and uncomplicated illnesses. Moreover it was hypothesized that willingness to treatment will be different in drug addicts and patients with complicated and uncomplicated illnesses. Another hypothesis was that quality of life will be different of drug addicts and patients with complicated and uncomplicated illnesses. Between group research design was employed to infer the proposed hypothesis, 150 patient ($N = 150$) 50 drug addicts, 50 with complicated illnesses, 50 uncomplicated illnesses) were recruited from different hospitals situated in the city of Lahore. Sf-12v2 health survey (Ware, 1994), Motivation treatment questionnaire (Ryan, Plant, & O'Malley, 1995) and WHO quality of life scale, translated in Urdu language (WHO, 1996) were employed in this study. One way analysis of variance, ANOVA was used to measure the differences in self perceived health, willingness to treatment and quality of life with in the groups of patients. Results indicated that self perceived health, willingness to treatment and quality of life was significantly different within these groups of patients. The study holds implications for researchers and will be beneficial for patients in a way that the study can help point out the areas for targeting interventions like improving their quality of life and changing their perception about health, willingness to treatment.

Keywords: self-perceived health, willingness to treatment, addicts, quality of life.

Psychological Well-Being and Functional Impairment in Late Adolescent Onset of Type I-Diabetes

Uzma Sajjid (2010-2012)
Supervisor: Dr. Rafia Rafique

The objective of the study was to find out the relationship between functional impairment and psychological well being in late adolescent's type 1 diabetes patients. It was hypothesized that functional impairment will predict psychological well being. Within group research design was employed. A sample of 60 (37 males and 23 females), type 1 patients with diabetes were recruited from different hospitals situated in the city of Lahore. Weiss Functional Impairment Rating Scale Self-Report (WFIRS-S) (Weiss, 2000) was used to assess functional impairment. The psychological well being was assessed by using Psychological well being scale (Ryff, 1993) regression analysis was carried out to find whether functional impairment predicted psychological well being. Self concept a subscale of functional impairment was found to be significant predictor of psychological well being. An independent sample *t*-test was carried to observe the gender differences in functional impairment and psychological well being. The results showed significant gender differences between functional impairment (work and life skills).

Keywords: psychological wellbeing, functional impairment, late adolescent, type I diabetes.

Posttraumatic Growth and Life Satisfaction among Women Diagnosed with Different Types of Cancer

Nida Javaid (2009 – 2011)
Supervisor: Dr. Rafia Rafique

The present research was conducted to find out differences in posttraumatic growth and life satisfaction among women diagnosed with breast cancer and three other types of cancer's namely leukemia, cervix and ovary cancer. It was hypothesized that overall posttraumatic growth will be different in women diagnosed with breast cancer as compared to those diagnosed with other three types of cancer namely leukemia, cervix and ovary cancer. Furthermore it was hypothesized that posttraumatic

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growth as assessed by relating to others, spiritual change, new possibilities, appreciation of life and personal strength will be different in women diagnosed with breast cancer as compared to other three types of cancer. Furthermore it was hypothesized that life satisfaction will be different in women diagnosed with breast cancer as compared to those diagnosed with three other types of cancer. It was also hypothesized that there is a relationship between posttraumatic growth and life satisfaction. To infer the proposed hypotheses a sample of 60 women diagnosed with cancer was recruited through purposive sampling technique. Data was collected from two major hospitals of Lahore, city. Posttraumatic growth inventory developed by Tedeschi and Calhoun in 1996 and Life Satisfaction developed by Ed Diener and colleagues in 1985 were used to measure the study variables. *t*-test and correlation analysis was conducted to analyze the proposed hypotheses. Significant difference were found on life satisfaction between women diagnosed with breast cancer and other three types of cancer namely leukemia, cervix and ovary cancer. Non-significant differences were reported between women diagnosed with breast cancer and women diagnosed with other three types of cancer on posttraumatic growth. Furthermore the results of study indicated that there is a significant association between subscales of posttraumatic growth (relating to others) and life satisfaction. Our study findings have important implications for the provision of psychological interventions and future research.

Keywords: posttraumatic growth, life satisfaction, cancer, women.

Correlates of Posttraumatic Growth in Patients Diagnosed with Coronary Heart Disease

Syeda Mariam Masood (2010-2012)

Supervisor: Dr. Rafia Rafique

The purpose of this research was to investigate the correlates of Posttraumatic Growth (PTG) in patients diagnosed with Coronary Heart Disease (CHD). The sample consisted of 80 patients (60 males) and (20 females) drawn through non probability based purposive sampling technique from two government hospitals situated in the city of Lahore. It was hypothesized that posttraumatic growth is associated with optimism

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and coping styles (problem focused coping and emotion focused coping). It was further hypothesized that there are gender differences in PTG and optimism. Self administered standardized scales translated into Urdu language; Posttraumatic Growth Inventory (Tedeschi& Calhoun, 1996), Life Orientation Test-Revised (Scheier, 1994) and Brief Cope Scale (Carver, 1997) were used to measure posttraumatic growth, optimism and coping respectively. The above proposed hypotheses were inferred by carrying out hierarchical multiple regression. Results of study indicated that PTG is significantly predicted by optimism and problem focused coping. Moreover males were found to be more optimists as compared to females. Though, no statistically significant differences were found on posttraumatic growth between male and female patients with coronary heart disease.

Keywords: posttraumatic growth, coronary heart disease, optimism, coping styles.

Hope and Depression in Coronary Artery Disease Patients with and without Coronary Artery Bypass Grafting

Anam Fatima Murtaza (2009 – 2011)
Supervisor: Dr. Rafia Rafique

The present research was conducted to investigate differences in hope and depression in CAD patients with and without CABG. It was hypothesized that hope will be different in CAD patients with and without CABG. It was also hypothesized that depression will be different in CAD patients with and without CABG. The sample ($n = 60$) consisted of CAD patients with and without CABG and was recruited from two hospitals through purposive sampling technique. Cross-sectional research design was used to conduct the present research. Demographic data sheet, Herth Hope Index (Herth, 1992) and Centre for Epidemiologic Studies Depression Scale (CESD, Radloff, 1972) were used to measure the variables. Independent sample *t*-test was carried out to compare difference in hope and depression in CAD patients with and without CABG. The findings suggested that there were no significant differences in hope and depression in CAD patients with and without CABG. Correlation analysis was also carried out to find out the relationship between the variables i.e. hope and depression. Results of the study

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pointed towards a significant negative relationship between depression and hope.

Keywords: depression, coronary artery disease, hope.

Positive and Negative Affect and Social Support among Patients Diagnose with HIV

Sara Ahmed (2009–2011)
Supervisor: Dr. Rafia Rafique

The current research was aimed at investigating gender differences in positive and negative affect and social support of patients diagnosed with HIV/AIDS. It was hypothesized that the positive affect of HIV positive men is different from HIV positive women. It was also hypothesized that the negative effect of men with HIV is different from HIV positive women. It was further hypothesized that the social support of men is different from women diagnosed with HIV/AIDS. Cross-sectional survey research design was used to conduct the recent study. The data, for a sample sixty HIV positive patients (30 men and 30 women) was gathered through purposive sampling from three HIV/AIDS special treatment centers in Lahore (Jinnah Hospital, Mayo Hospital, and Services Hospital) and one in Islamabad (Pakistan Institute of Medical Sciences). A set of questionnaires consisting of a Demographic information sheet, Berlin Social Support Scales (BSSS, Schwarzer & Schulz, 2000), and Positive and Negative Affect Schedule was utilized (PANAS, Watson, Clark, & Tellegen, 1988) were used for individual assessment of social support and affect. The assessment tools were translated into Urdu language through forward and backward translation for the feasibility of the patients. Independent sample *t*-test was carried out to compare gender difference in social support, affect of patients diagnosed with HIV/AIDS. The findings suggested that there was no significant gender difference in positive and negative effect of patients diagnosed with HIV/AIDS. However, a significant difference was found between the received support of men and women HIV patients; men were found to have greater actually received support. Results of the study also pointed out towards a negative correlation between social support and negative effect.

Keywords: positive and negative affect, social support, patients with HIV.

Acute Stress, Psychological Wellbeing and Coping Strategies used by the Parents of Children Recently Diagnosed with Cancer

Mahwish Saeed (2009 – 2011)

Supervisor: Dr. Rafia Rafique

The present research was conducted to investigate differences in acute stress, psychological wellbeing and coping strategies in the parents of children recently diagnosed with cancer. It was hypothesized that mothers of children diagnosed with cancer will experience more stress than the fathers. It was further hypothesized that psychological wellbeing will be different in fathers and mothers of children recently diagnosed with cancer. It was also hypothesized that coping strategies i.e. problem-focused and religious coping will be different in fathers and mothers of children diagnosed with cancer. Moreover, it was hypothesized that there is a relationship between stress, psychological wellbeing and coping strategies. Cross sectional research design was used to conduct the study. A sample of 60 parents (31 fathers and 29 mothers) was recruited from three hospitals located in Lahore city through purposive sampling. Demographic data sheet, Parental Stress Scale (Berry & Jones, 1995), Cope Inventory (Carber, Scheier & Weintraub, 1989) and Flourishing Scale (Diener & Diener, 2009) were used to measure stress, coping strategies and wellbeing respectively. Correlation and *t*-test statistics were used to analyze data. The findings suggested that mothers experience more stress than fathers of children recently diagnosed with cancer. No significant difference was found in psychological wellbeing and coping strategies of mothers and fathers of children recently diagnosed with cancer. The results also revealed showed a significant negative correlation between stress and psychological wellbeing of parents of children recently diagnosed with cancer.

Keywords: acute stress, psychological wellbeing, coping strategies, parent of children with cancer.

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Resilience and Psychological Distress in Patients with Burn Injuries

Syeda Afifa Jabeen (2010-2012)
Supervisor: Ms. Afsheen Masood

This research explored the relationship between resilience and psychological distress in patients with burn injuries. It was hypothesized that there would be significant negative correlation between resilience and psychological distress. The sample of the study consisted of 50 patients with burn injuries, obtained from four different hospitals of Lahore. In order to investigate resilience and psychological distress, the State Trait Resilience Scales (Hiew, 2007) and Kessler Psychological Distress Scale (Kessler, 2001) were used. In addition to these, self-constructed demographic questionnaire was administered. Pearson Product Correlation was conducted to find correlation between resilience and psychological distress. Independent sample t-test was conducted to find gender differences in resilience and psychological distress. The findings from the current research revealed that there was a significant negative correlation between resilience and psychological distress of patients with burn injuries and there was significant gender difference found in patients with burn injuries. The insightful findings from the current research carry strong implications for the clinicians, psychologists and policy makers who can help to develop and implement the rehabilitation programs for the affected population.

Keywords: resilience, psychological distress, burn injuries.

Stress, Coping Strategies among Educated Unemployed Males

Madiha Khalid (2010-2012)
Supervisor: Ms. Shazia Khalid

The present research aimed to investigate Stress Coping Strategies among Educated Unemployed Males. Exploratory research design was used. The sample was composed of ($N = 100$) educated unemployed males. The Brief COPE, an abbreviated version of the COPE Inventory (Charles S. Carver, 1997) was administered to each participant. It was questioned “which stress coping strategies are used by the educated unemployed

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males?" There were fourteen categories of coping strategies. Mean and standard deviations of each category was taken. It was found that positive coping was more prevalent as compared to negative coping in the sample. It was concluded that positive stress coping strategies are more frequently used than negative stress coping strategies by educated unemployed males.

Keywords: stress, coping strategies, educated unemployed males.

Post Disaster Psychological Adjustment and Coping Strategies Used by Flood Victims of Pakistan

Aiman Javed (2009 – 2011)
Supervisor: Ms. Afifa Anjum

The present study explored the coping strategies frequently used by flood victims and the consequent positive or negative post disaster psychological adjustment. It was hypothesized that: a) there would be significant difference in the psychological adjustment of the flood victims in terms of positive and negative post disaster psychological adjustment; b) the positive and negative post disaster psychological adjustment would be predicted by different types of coping strategies and c) there would be significant gender differences in the use of coping strategies. Survey research design was employed and non probability purposive sampling was used to draw a sample of 65 participants (men $n = 32$ and women $n = 33$) from the flood affected districts of Dera Ghazi Khan and Rajanpur. Demographic Information Questionnaire, Post Traumatic Growth Inventory, Depression Anxiety Stress Scale and Coping Strategies Questionnaire were used to assess demographic information, positive adjustment, negative adjustment and the coping strategies respectively. Ethical issues were not violated. Results indicated more negative adjustment in the flood victims than positive. Positive adjustment was predicted by frequent active practical coping and less frequent active distracting coping and negative adjustment was predicted by being woman, less number of children, presence of pre-disaster employment and less frequent religious focused coping. Men had significantly high scores on active practical coping and religious focused coping. These findings may help us in understanding the psychological needs of flood

victims more deeply and these victims may do better psychologically if they are guided about right and appropriate coping strategies.

Keywords: coping strategies, flood victims, post disaster psychological adjustment.

Psychological Consequences for the Families of Deceased of Dengue Fever

Sara Komal (2010-2012)
Supervisor: Ms. Afifa Anjum

The objective of the study was to explore difference in level of Post Traumatic Stress Disorder (PTSD), family functioning and use of coping strategies with reference to demographic variables in family members of deceased of Dengue Fever. Relationship of coping strategies with level of PTSD and family functioning was also assessed. The sample ($N = 25$) consisted of family members and sample was taken from different areas of Lahore. Brief cope scale (Carver, 1997) was used to assess coping strategies. Family assessment device (Epstein, Bishop & Ryan, 1993) was used to assess family functioning and PTSD symptom scale-Interview (Foa, 1993) was used to assess level of PTSD. There were no differences of gender, age, marital status and family system with level of PTSD. No differences of demographic were found in coping and family functioning. Relationship between coping strategies and level of PTSD and family functioning showed that there was a significant correlation between substance use, behavioral disengagement and level of PTSD, while there was a significant correlation between substance use, denial and family functioning.

Keywords: post traumatic stress disorder, family functioning, family members of deceased, dengue fever.

Psychological Distress, Functional Impairment and Coping Strategies Used By Flood Survivors

Tanveer Aslam Sajeel (2009-2011)

Supervisor: Ms. Shahnila Tariq

The objective of the study was to find out the relationship between psychological distress, functional impairment and coping strategies used by flood survivors. It was hypothesized that psychological distress, functional impairment and coping strategies are correlated. A total sample of 60 (30 males and 30 females) flood survivors was taken from different areas of District Muzaffargarh. The psychological distress was assessed by using the Kessler Psychological Distress Scale (K 10). The functional impairment was assessed by using the Weiss Functional Impairment Rating Scale Self-Report (WFIRS-S). Coping strategies used by the survivors were assessed by using the Coping Strategies Questionnaire (CSQ). A correlation analysis was carried out to find the relationship between the variables. Simple regression analysis was used to determine the better predictor of psychological distress and functional impairment. A nonsignificant negative relationship between psychological distress and functional impairment as well as between psychological distress and coping strategies was found, whereas a significant positive relationship between functional impairment and coping strategies was observed. However, religious focused coping strategies and avoidance focused coping strategies were used by the survivors with psychological distress, and active practical coping strategies were found to be used by functionally impaired survivors.

Keywords: psychological distress, functional impairment, coping strategies, flood survivors.

Depression, Anxiety and Stress in Patients Suffering from Chronic Illness

Ayesha Maqsood (2009 – 2011)

Supervisor: Ms. Shahnila Tariq

The present research was conducted to explore the depression, anxiety and stress in patients suffering from chronic illness (Cardiac, cancer and diabetes). It was hypothesized that there would be a significant

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difference in the level of depression, anxiety and stress between hospitalized and non hospitalized patients of chronic illness. Survey research design and purposive sampling technique was used. A sample of 100 patients (50 hospitalized (25 male and 25 female) and 50 non-hospitalized (25 male and 25 female) were selected from three Government Hospitals of Lahore. Depression, Anxiety and Stress Scale by Lovibond (1995), Urdu version was used as an assessment tool. Independent sample *t*-test and one way ANOVA were used to analyze the data. The results highlighted that hospitalized patients have high level of depression, anxiety and stress as compared to non hospitalized patients. The results also showed that there is no significant gender difference in the level of depression, anxiety and stress among chronic illnesses.

Keywords: depression, anxiety, stress, chronic illness.

Asthma Triggers and Quality of Life of Asthmatic Adults

Maryam Ihsan (2008-2012)
Supervisor: Ms.Omama Tariq

The present research was conducted to find out relationship between asthma triggers and quality of life in asthmatic adults. It was hypothesized that there is likely to be a relationship among asthma triggers and quality of life in asthmatic adults. A non probability purposive sampling technique was used. A sample of 70 (37 males and 33 females) asthmatics was collected from Jinnah Hospital, Lahore; Mayo Hospital, Lahore; and Health Center, Punjab University, Lahore. Asthma Trigger Inventory (ATI, Ritz, 2006) and Asthma Quality of Life Questionnaire (AQLQ, Juniper, 1991) was used as assessment tools for the research. A negative correlation was found among asthma triggers and quality of life in asthmatics; facets of asthma triggers (i.e., Irritants & Allergens) and overall quality of life; facets of quality of life (i.e., Emotional Function & Environmental stimuli) and overall asthma triggers; the facet of quality of life (i.e., Emotional activity) and facets of asthma triggers (i.e., Exercise, Irritants and Allergens) the research can be helpful to change the view of people about the causes or triggering factors of their asthma which they otherwise do not cater. Awareness can also be provided by medical professionals to help people know about the

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importance of interventions for asthma triggers that would be useful to improve their quality of life.

Keywords: asthma, quality of life, adults.

Psychological Distress and Quality of Life of Women during Menopause

Farhana Nasim (2008-2012)
Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship between psychological distress and quality of life of women during menopause. It was hypothesized that there is likely to be a relationship between psychological distress and quality of life of women during menopause. A non-probability purposive sampling technique was used. A sample of 150 menopausal women (75 working and 75 non-working) was collected from Jinnah Hospital, Lahore and Services Hospital, Lahore, Pakistan. Kessler Psychological Distress Scale (K10, Kessler, 1992) and Utian Quality of Life Scale (UQOL, Utian, 2002) were used for assessment. Pearson Product Moment correlation and Independent sample t-test were used to analyze data. Positive correlation was found between psychological distress and quality of life of women during menopause. Psychological distress and two factors of quality of life and which emotional quality of life was positively correlated with each other. No difference was found between quality of life of working and non-working women during menopause. This research has important implications for the provision of psychological intervention for women who are facing menopause.

Keywords: psychological distress, quality of life, menopause.

Disturbed Eating Patterns, Glycemic Control and Quality of Life of Diabetic Patients

Ammara Sehar (2009 – 2011)
Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship among disturbed eating patterns, glycemic control and quality of life in diabetic patients. It was hypothesized that there is a significant relationship among disturbed eating patterns, glycemic control and quality of life in diabetics. A non probability purposive sampling technique was used. A sample of 60 (30 males, 30 females) diabetics was collected from Jinnah Hospital, Lahore, Pakistan. Both Type 1 ($n = 30$) and Type 2 ($n = 30$) diabetic patients were included in the sample. Eating Inventory (EI, Stunkard & Missick, 1987) and Eating Attitude Test (EAT-26, Garner, Olmsted, Bohr & Garfinkel, 1982) and Quality of Life Index (QLI, Ferrans & Powers, 1984) were used for assessment. Patients completed assessment measures in the presence of researcher. Pearson Product Movement correlation and Independent sample t-test were used to analyze data. No significant correlation was found among disturbed eating patterns, glycemic control, and quality of life in diabetics. Glycemic control and disturbed eating patterns were found to be negatively correlated with the family subscale of quality of life measure. Significant differences were found in the terms of glycemic control between type 1 and type 2 patients. There were no significant gender differences among disturbed eating patterns, glycemic control and quality of life in diabetics.

Keywords: psychological distress, glycemic control, quality of life, diabetics.

General Perception of Diabetes, Social Support and Outcome and Expectancies Related to Adherence among Type 2 Diabetics

Bushra Suri (2009 – 2011)
Supervisor: Ms. Omama Tariq

The present research aim to examine the relationship of general perception of diabetes, related social support and outcome expectancies related to adherence among Type 2 Diabetics. It was hypothesized that there is likely to be a significant relationship of general perception of diabetes, related social support and outcome expectancies with adherence in Type 2 Diabetics. Sample was drawn by using purposive sampling strategy. The sample included 100 diabetic patients that were taken from Mayo Hospital and Fauji Foundation Hospital. Multidimensional Diabetes Questionnaire (MDQ, Nouwen, Gingras, Talbot & Bouchard, 1997) and Summary of Diabetes Self-Care Activities questionnaire (SDSCA, Toobert, Hampson and Glasgow, 2000) was used for assessment. Correlation, Regression analysis and Independent sample t-test were used to analyze the data. General perception, social support and outcome expectancy had a positive relationship with adherence. General perception and outcome expectancies predict the level of adherence. The findings have important implication for diabetic patients visiting various hospitals and it also highlights the importance of counseling and educating them that would enhance the adherence level of the patients.

Keywords: perception of diabetes, adherence, social support, type II diabetes.

Anger, Emotional Distress, and Suicidal Ideation in University Students with Mild Psychological Problems

Soulat Khan (2010-2012)
Supervisor: Ms. Tahira Mubashir

The present research investigated relationship between anger (instrumental anger, reactive anger, and anger control), emotional distress and suicidal ideation (pansi-negative, pansi-positive) in university students with mild psychological problems. It was hypothesized that (a)

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There is likely to be relationship between anger, emotional distress and suicidal ideation (b) Anger and emotional distress are predictors of suicidal ideation (c) There are likely to be gender differences in anger, emotional distress and suicidal ideation. The sample was composed of $n = 40$ students (boys = 16, girls = 24) with age range between 18 to 22 years. Sample was drawn by using purposive sampling strategy from university of the Punjab and Lahore College for Women University. Anger rating scale (burney, 2001), emotional distress inventory (moscoso, et al., 1999) and positive and negative suicide ideation inventory (pansi) of (osman, 1998) were administered to assess anger, emotional distress and suicidal ideation respectively. Findings revealed significant positive relationship between anger and suicidal ideation (pansi-negative) and significant negative correlation in anger and protective thoughts and ideations (pansi-positive). Results also revealed significant positive correlation between emotional distress and suicidal ideation (pansi-negative) and significant negative correlation between emotional distress and protective thoughts and ideations (pansi-positive). Anger and emotional distress emerged as significant predictors of suicidal ideation. Results showed no significant gender differences in anger, emotional distress and suicidal ideation. The study findings suggest that future programs for prevention or alleviation of suicidal ideation need to use interventions that reduce student's anger and emotional distress.

Keywords: anger, emotional distress, suicidal ideation, psychological problems, students.

Health Locus of Control and Quality of Life in Patients Suffering from Gastrointestinal Cancer

Madhia Zaheer (2009 – 2011)
Supervisor: MS. Tahira Mubashir

The present research investigated the relationship health locus of control and quality of life in patients suffering from gastrointestinal cancer. It was hypothesized that there is a significant relationship between health locus of control and quality of life in patients suffering from gastrointestinal cancer. It was also hypothesized that there are significant

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mean differences on health locus of control and quality of life. Correlation research design was used. Purposive sampling technique was used and the sample taken of 100 male and female patients diagnosed with gastrointestinal cancer. The sample was drawn from different hospitals of Lahore. Multidimensional health locus of control scale (Wallston et al, 1994) was used to measure health beliefs and Quality of life scale (Avis et al, 2005) was used to assess Quality of life of patients. The findings suggested that there is no significant mean difference on quality of life and no significant mean differences on subscales of health locus of control in patients suffering from gastrointestinal cancer. Findings of current research can implicate in the hospital settings, clinical professionals can use the findings for the recovery of patients with the help of health psychologists.

Keywords: health locus of control, quality of life, gastrointestinal cancer.

Emotional Distress and Coping Strategies among University Students after the Death of Parental Figure

Nida Zafar (2009–2011)
Supervisor: Ms. Tahira Mubashir

The present research investigated relationship between emotional distress and coping strategies among university students after the death of Parental figure. It was hypothesized that there is a relationship between emotional distress and subtypes of coping strategies (self-distraction, active coping, denial, use of emotional support, use of instrumental support, behavioral disengagement, venting, planning, turning to religion, self-blame) among University students after the death of Parental figure. It was also hypothesized that there are gender differences in university students after the death of parental figure. Furthermore, there are gender differences on use of coping strategies among university students after the death of parental figure. Corelational research design was used to assess the relationship between emotional distress and coping strategies. Sample was drawn by using non-probability purposive sampling strategy. The sample was composed of (N = 160) students from University of the Punjab, Lahore and University of Engineering and Technology, Lahore. Emotional Distress Inventory (Moscoso, et al., 1992, 2000) and Cope

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Inventory (Carver, Scheier & Weintraub, 1989) were administered to each participant. Descriptive and Inferential Statistics were used for data analysis. Relationship between emotional distress and coping strategies was assessed by using Pearson Product Moment Correlation. Findings of the research revealed significant relationship between emotional distress and subtypes of coping strategies (self-distraction, denial, use of emotional support, use of instrument support, behavioral disengagement, venting of emotions, planning, turning to religion) and non-significant correlation on these subtypes of coping strategies (active coping and acceptance) among university students after the death of parental figure. Independent sample t-test was used to compare the gender differences. Results showed non-significant gender differences on emotional distress. Results also revealed significant gender differences on subtypes of coping strategies (denial, use of emotional support) and non-significant gender differences (self distraction, active coping, use of instrumental support, behavioral disengagement, venting of emotions, planning, acceptance, turning to religion and self-blame). Counseling programs for the students are recommended to help them deal with their feelings and problems.

Keywords: emotional distress, coping strategies, death of parental figure.

Social Incentives Related to Self Care Activities Illness Beliefs and Treatment Adherence in Patients with Type II Diabetes

Hira Ahmad (2010-2012)

Supervisor: Ms. Anam Wajeעה Awan

The present research was conducted to explore the relationship between the Social incentives related to self-care activities illness beliefs and treatment adherence in cases with type II diabetes. It was hypothesized that there is likely to be relationship between social incentives related to self-care activities illness beliefs and treatment adherence in cases with type II diabetes. It was also hypothesized that there is likely to be gender differences in treatment adherence. It was further hypothesized that there is gender differences on illness beliefs, Correlation research design was used. A non-probability purposive sampling technique was used. A

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sample of 120 (60 males and 60 females) type II diabetic was collect from services hospital, Lahore and Jinnah hospital, Lahore. Multidimensional Diabetes Questionnaire (MDQ) by Talbot, Nouwen, Gingras, Gosselin and Audet (1997), The Brief Illness Perception Questionnaire (BIPQ) by Brief (1996) and Summary of Diabetes Self-Care Activities questionnaire (SDSCA) by Talboot, Hampson and Glasgow (2000) were used. Findings of the research revealed that there was relationship between the social incentives related to self-care activities illness beliefs and treatment adherence in cases with type II diabetes. There was relationship between social incentives related to self-care activities and treatment adherence. There was not significant relationship between treatment adherence and illness beliefs. There was no difference between males and females on treatment adherence. It was minor difference between males and females on illness beliefs. The result of there search could be utilized in future researches and also helpful in health psychology.

Keywords: social incentives, treatment adherence, illness beliefs, type II diabetes.

Psychological Distress among Smoker and Non Smoker Students

Iram Shehzadi (2010-2012)
Supervisor: Ms. Shamaila Asad

The present research was conducted to explore the psychological distress among smoker and non smoker students. Main hypothesis of the research was that there will be a relationship between psychological distress and smoking among students. The sample was taken from University of the Punjab, Lahore and Government College University, Lahore. The sample was comprised of 100 male students equally divided for both smoker and non smoker. Psychological Distress Scale (K 10) was used to assess the psychological distress among smoker and non smoker students. The ten-item Questionnaire of Smoking Urges (QSU-brief) was used to assess the smoking urges among students. The descriptive and inferential statistics was used to analyze the results. A significant positive correlation between psychological distress and smoking was found.

Keywords: psychological distress, smoking urges students.

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Marital and Family Relationships

Relationship between Attachment with Parents and Marital Adjustment in Infertile Females

Maral Anum (2009 – 2011)

Supervisor: Dr. Iram Fatima

The present research aimed to investigate the relationship between attachment with parents and marital adjustment in infertile females. It was hypothesized that there would be relationship between attachment with parents and marital adjustment in infertile females. Survey research design was used. Sample was drawn by using non probability purposive sampling strategy. The sample was composed of 70 infertile females of 18 to 50 years old. IPPA (inventory of Parents and Peer Attachment Armsden & Greenberg, 1987) and RDS (Revised Dyadic Adjustment Busby, Christenson, Crane and Larson, 1995) were administered on each participant. The result of the study showed significant positive association between attachment with parents and marital adjustment in infertile females. Moreover, attachment with mother was the only significant predictor of marital adjustment.

Keywords: marital adjustment, infertile females, attachment with parents.

Role of Parental Expectation, Career Salience and Career Decision Making

Sadia Hussain (2010-2012)

Supervisor: Dr. Rafia Rafique

The present research highlighted to find the role of parental expectations and career salience in career decision making. It was hypothesized that career decision making is significantly predicted by parental expectations and career salience. It was further hypothesized that parental expectations will be different for male and female students. Another hypothesis was that male compared to female students will differ on career salience. It was further hypothesized that male as compared to female students will differ on career decision making. Within group research design was used. A Non-probability purposive sampling technique was employed.

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The sample consisted of 200 students (100 males and 100 females) studying in colleges situated in the city of Lahore. Career decision making by (Al-Kalbai & Salleh, 2010), Career Salience Questionnaire by (Greenhaus, 1971) and Parental Expectations Scale by (Wang & Heppner, 2002) were employed to measure career decision making, career salience and role of parental expectations. Hierarchical regression analysis was conducted to infer whether career decision making is predicted by parental expectation and career salience. Independent sample t-test was used to find out gender differences. The results highlighted that career decision making can be predicted by career salience. No statistically significant difference was found in parental expectations for female and male students. Males were found to score higher on career salience as compared to their female counterparts. Moreover females were found to be better at making career decision. This research could help career counselors to better guide young entrepreneurs in their decisions. This research can also help psychometric psychologists to develop tools for assessing career paths. Moreover the research adds to the theoretical knowledge on the subject of career decision making and career salience.

Keywords: parental expectation, career salience, career decision making.

Time Management and Marital Adjustment in Working Women

Zoonish Masood (2010-2012)
Supervisor: Ms. Shazia Khalid

The present research aimed to investigate the relationship between time management and marital adjustment in working women. It was assumed that there exist a relationship between time management and marital adjustment in working women. Correlational research design was used. Sample consisting of 100 working women from different private organizations of Lahore was selected. Scales used for the research were Time management questionnaire (Gihney, 2006) and Revised Dyadic Adjustment Scale (Spanier, 2000). Scales were administered on the sample after seeking due permission home respective authorities. Reveal that there is a significant negative correlation between time management and marital adjustment in working women.

Keywords: marital adjustment, working women, time management.

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Parent-Child Conflict and Aggression in Puberty

Farah Sharif (2007-2011)
Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the impact of parent-child conflict on aggression at puberty. It was hypothesized that: a) parent-child conflict at puberty is the predictor of overall aggression, b) parent-child conflict has impact on subtypes of aggression named as physical aggression, verbal aggression, hostility and anger at puberty and c) there will be significant gender difference in parent-child conflict and aggression. A sample of 110 participants (boys = 55 and girls = 55) at puberty age (boys = 12-16 and girls = 10-14 years) was selected from three different private schools of Lahore. Issue Checklist was used as a tool to measure parent-child conflict and Buss-Perry Aggression Questionnaire was used to measure aggression and its subscales. Multiple Linear Regression analyses revealed significant impact of parent-child conflict on aggression. Further, when analyzed separately, the positive impact of parent-child conflict was significant on all subscales of aggression. Puberty age onset had negative impact on anger, verbal and overall aggression. *t*-test analysis revealed that there was no significant gender difference in parent-child conflict and aggression. The most frequent conflicting issues between parents and children were related to routine minor issues such as fighting with siblings, doing school homework and choice of clothes. While major issues were found to be less frequent such as drinking beer or alcoholic beverages, using drugs and Smoking tobacco. Hostility was found to be the highest among anger, physical and verbal forms of aggression in participants. It was concluded that at pubertal age, parent-child conflicts arise that leads towards aggression in adolescents.

Keywords: parent-child conflict, aggression, puberty, gender differences.

Effect of Parental Acceptance/Rejection Assertiveness and Fear of Intimacy

Shahrukh Tariq (2009 – 2011)

Supervisor: Ms. Afifa Anjum

The purpose of this research was to find the predictive relationship between fear of intimacy, parental acceptance rejection and assertiveness. It was hypothesized that parental acceptance-rejection and assertiveness are predictors of fear of intimacy while controlling demographic variables. Purposive sampling technique was used. Sample size was 100 (50 males and 50 females students) taken from six different local institutes of Lahore. The participants were students of Graduation and Masters belonging to different fields as arts, science and business. Fear of Intimacy Scale (FIS, Descutner & Thelen, 1991), Parental Acceptance-Rejection Questionnaire (PARQ, Rohner & Khaleque, 2005) and Assertiveness Scale (Goldberg et al., 2006) were used to collect data. Data was interpreted by using descriptive statistics, Pearson correlation and hierarchical multiple regression analysis. Findings suggest positive relationship between fear of intimacy and parental acceptance rejection and negative correlation between fear of intimacy and assertiveness. Regression analysis revealed that parental acceptance-rejection significantly predicts fear of intimacy while assertiveness and interaction of parental acceptance-rejection with assertiveness was not significant predictor for fear of intimacy.

Keywords: parental acceptance/rejection, fear of intimacy, assertiveness.

Marital Satisfaction and Life Satisfaction among Spouses in Relation to Education

Amina Sadiq (2009 – 2011)

Supervisor: Ms. Shahnila Tariq

The present research was conducted to investigate the marital satisfaction and life satisfaction among spouses with difference in the level of education. It was hypothesized that there is a relationship between marital satisfaction and life satisfaction among spouses who have difference in

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their level of education. It was also hypothesized that marital satisfaction and life satisfaction are related with the level of education of spouses. The sample consisted of 90 married spouses (23 husbands with post graduation level of education and their matriculate wives and 22 wives with post graduation level of education and their matriculate husband) were taken from Lahore city. Correlational research design was used. Marital Satisfaction scale by Locke and Wallace (1959), Satisfaction with Life Scale (SWLS) by Diener, Emmons, Larsen and Griffin, (1985), and demographic questionnaire were used as an assessment measure. Data was analyzed by using correlation and independent sample t- test. The results revealed that there was a significant relationship between the marital satisfaction and life satisfaction among spouse. There was no significant relationship between the marital satisfaction, life satisfaction and education. There was no significant gender difference in life satisfaction and level of education. There was no significant difference in marital satisfaction and life satisfaction among spouses belong the nuclear family system and joint family system.

Keywords: marital satisfaction, life satisfaction, education.

Parental Bonding and Current Thought Processing in Relation to Physical and Emotional Abuse

Arooj Arshad (2010-2012)
Supervisor: Ms. Omama Tariq

The present research was aimed to investigate parental bonding and current thought processing in relation to physical or emotional abuse. It was hypothesized that a) There is likely to be a difference in parental bonding and negative automatic thoughts between abused and non abused adolescence; b) there is likely to be a significant difference in parental care and overprotection between abused and non-abused adolescence. The sample consisted of ($n = 60$) abused and ($n = 60$) non abused adolescence having age, school and class matched on both the groups. Parental Bonding Inventory (Parker, Tupling, & Brown, 1979), Childrens automatic Thought Scale Negative-Positive (Hogendoorn, Wolters, Vervoort, Prins, Boer, Kooij, & Haan, 2010) and Child Trauma Questionnaire (Bernstein & Fink, 1997) were administered to each

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participant. The results indicated that there was a poor parental bonding (less parental overprotection and more parental control and negative automatic thoughts in abused than non-abused adolescence. The findings of this research will be helpful for the clinicians, community workers and NGOs who are working to intervene the young victims from potentially devastating effects of child abused by challenging the negative automatic thoughts as a result of inappropriate child rearing practices which include more parental overprotection and less parental warmth.

Keywords: parental bonding, current thought processing, abuse, adolescence.

Psychological Well-Being and Personality of Students Living in Nuclear and Joint Family System

Faiza Naeem (2008-2010)
Supervisor: Ms. Omama Tariq

The present research was conducted to explore the differences in psychological well being and personality traits among students living in nuclear and joint family system. It was hypothesized that there is a significant difference in psychological well being and personality traits among students living in nuclear and joint family system. A sample of 100 (50 joint and 50 nuclear) students was collected from University of the Punjab, Government College University and Comsats Institute of Information Technology, Lahore. Both male ($n = 50$) and female ($n = 50$) students were included in the sample. Psychological Well-Being Scale (PWS, Ryff, 1995) and NEO Five-Factor Inventory (Neo FFI, Costa & McCrae, 2003) were used for assessment. Significant difference was found in psychological well being, personality traits and their facets among students of nuclear and joint family system. Significant gender difference was found in psychological well being, personality traits and their facets among students. Psychological well being was negatively correlated with personality traits in nuclear family system but no correlation was found in joint family system. Significant relationship was found in facets of psychological well being and facets of personality traits in nuclear and joint family system. Findings of the present study have important implementations for researchers, educational psychologists and

counselors in taking appropriate measures for improving family relations and environment for better psychological well being of students.

Keywords: psychological well-being, joint family system, personality traits.

Attachment Styles, Conflict Resolution Techniques and Relationship Quality in Married Couples

Zaeema Farooq, (2008-2010)

Supervisor: Mr. Faiz Younas Butt

The present study examined the relationship between attachment styles, conflict resolution techniques and relationship quality in married couples. It was hypothesized that attachment styles, conflict resolution techniques would be categorically related to each other and with relationship quality. Furthermore, it was hypothesized that conflict resolution styles would mediate relationship between attachment styles and relationship quality. Data was collected from a sample of 52 married couples ($N = 104$). Relationship Scales Questionnaire (Bartholomew & Horowitz, 1991), Romantic Conflict Style Scale (Steuber, 2005) and Relationship Assessment Scale (Hendricks, 1988) were used. Person Product Moment Correlation was applied to get results which showed that all four attachment styles were significantly correlated with relationship quality. Among the conflict resolution styles volatile, hostile and validating conflict resolution style was significantly correlated with relationship quality. But hostile conflict resolution technique was negatively correlated with the relationship quality. Path analysis using AMOS was also conducted to examine the predictors and mediators of relationship quality as direct and indirect effects and its results indicated that Volatile and hostile conflict resolution styles were the significant meditational variables that established the path between fearful and secure attachment style and the relationship quality. The research establishes important aspects for marital counselors to employ, creating a better understanding of personality and interpersonal aspects in marriage.

Keywords: attachment styles, conflict resolution, relationship quality, married couples.

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Family Environment and Perceived Stress in Working and Non Working Women

Saleha Tahir (2010-2012)
Supervisor: Ms. Shazia Irfan

The present research aims to investigate family environment and perceived stress in working and nonworking women. The sample was composed of ($N = 100$) women (50 = working & 50 = non-working) included nurses and teachers in working women. Family Environment Scale (Bhatia & Chada, 1993) and Perceived Stress Scale (PSS) (Cohen et al, 1983) was filled born each participant. Findings of the research revealed that there was not significant relationship between the Family Environment and Perceived Stress. Findings revealed a significant difference in working and non working women. Analysis revealed that there is average negative correlation between perceived stress and family environment for non working women. Findings revealed that there is strong positive correlation between perceived stress and family environment for working women. This research can provide difference in problems face by the Pakistani working and non working women. This research can be helpful especially in the field of social and organizational psychology.

Keywords: perceived stress, family environment, working and non working women.

Neuropsychology

Neuropsychological Functioning of Patients Diagnosed with Epilepsy

Sana Masood (2009 – 2011)

Supervisor: Dr. Rafia Rafique

The present study was conducted to find out gender differences in neuropsychological functioning between male and female epileptic patients. It was hypothesized that neuropsychological functioning will be different in male and female epileptic patients. It was also hypothesized that there is significant differences between male and female epileptic patients on neuropsychological functioning i.e. depression, somatic complaints, memory, communication, aggression and motor impairment. It was further hypothesized that there is significant difference in neuropsychological functioning with regard to duration of illness. It was additionally hypothesized that there are significant differences in neuropsychological functioning among patients diagnosed with different types of epilepsy namely, grand mal, petit mal, complex partial and generalized tonic clonic. The sample ($n = 60$) was recruited from different hospitals of Lahore, through purposive sampling technique. To assess neuropsychological functioning, Neurobehavioral Functioning Inventory (NFI), (Kreutzer, Seel, & Marwitz, 1999) was used. *T-test* was used to compare gender differences and ANOVA was carried out to find significant differences in neuropsychological functioning regarding duration of illness and also to find difference in neuropsychological functioning among different types of epilepsy. Results showed there was a significant difference in neuropsychological functioning between male and female epileptic patients on somatic complaints. Females were found to reveal greater somatic complaints. Results showed there were no differences in neuropsychological functioning between male and female epileptic patients on scales of depression, memory, communication, aggression and motor impairment. Findings also revealed there is significant difference in neuropsychological functioning among patients diagnosed with different types of epilepsy. The study holds implications for the implementation of gender based interventions as well as it lays ground for future researchers.

Keywords: epilepsy, depression, memory, neuropsychological functioning.

Family Functioning in Families Having Children with Cerebral Palsy

Rabia Arshad (2010-2012)
Supervisor: Ms. Afsheen Masood

The present study was designed to investigate the family functioning of the families having children with cerebral palsy. It was hypothesized that there would be difference in the family functioning of families having children with cerebral palsy and families having normal children. The case-control research design was used. The sample of the study was accessed from the special needs institutions ($N = 50$). The measure used in the current research was the Family Adaptability and Cohesion Evaluation Scale (FACES IV) by Olson, (2011). The measure used in the study was based on the theory of family functioning by Olson (2011). Independent sample t-test was administered to find out the differences between the two groups i.e. family functioning of the parents having children with cerebral palsy and the families having normal cohorts. The findings from the current research reveal that there are significant differences in the family functioning of families having children with cerebral palsy when compared with the families having normal children. The family cohesion, flexibility, communication and satisfaction are better accounted for better family functioning. The enlightening findings from the current research carry strong for the researchers, psychologists and for psychiatrist.

Keywords: cerebral palsy, family functioning, family cohesion, communication.

Optimism and Quality of Life in Children with Epilepsy

Irum Haneef (2010-2012)
Supervisor: Ms. Faiza Rasool

The present research investigated relationship between optimism and quality of life in children with epilepsy. It was hypothesized that there is a relationship between optimism and quality of life in children with epilepsy. It was also hypothesized that there are gender differences in optimism among children with epilepsy. It was further hypothesized that there are gender differences in quality of life among children with

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epilepsy. Correlational research design was used to assess the relationship between optimism and quality of life. Sample was drawn by using non probability purposive sampling strategy. The sample was composed of 70 children with epilepsy (Male = 35 and Female = 35) from different hospital of Lahore. LOT-R (Carver & Scheier 1989) and QOLIE-AD-48 (Cramer et al. 1999) was administered to each participant to assess the optimism and quality of life in children with epilepsy. Descriptive and Inferential Statistics were carried out for data analysis. Relationship between optimism and quality of life is assessed by using Pearson Product Moment Correlation. Findings of the research revealed significant relationship between optimism and quality of life in children with epilepsy. Results showed there are no significant gender differences in optimism among children with epilepsy. Results also revealed there are no significant gender differences in quality of life among children with epilepsy.

Keywords: optimism, quality of life, epilepsy.

Organizational Psychology

Self Silencing, Self Esteem and Disordered Eating in Professional Women

Mahwish Idrees (2008-2010)

Supervisor: Dr. Iram Fatima

Present study intended to explore self silencing and self esteem in women and how these two variables were related in disrupting their eating patterns. The Rosenberg Self Esteem Scale (Rosenberg, 1965) was used to measure self esteem; silencing the Self Scale (Jack & Dill, 1992) was used to measure self silencing and Disordered Eating Behavior Scale (Muazzam & Khalid, 2010) was used to measure disordered eating. Data was collected from the sample of 60 female employees (M age = 27.51, $SD = 3.54$) from different banks of Lahore, belonging to both private and government sectors. It was hypothesized there would be positive correlation between self silencing and disordered eating. Secondly, there would be a negative correlation between self esteem and disordered eating. Furthermore it was hypothesized there would likely to be a negative correlation between self silencing and self esteem and self esteem is likely to mediate between self silencing and disordered eating. Results from Pearson Product Moment correlation demonstrated a negative correlation existed between self esteem and disordered eating as well as a negative correlation was found between self silencing and self esteem. No correlation was found between self silencing and disordered eating. Results from Structural Equation Modeling with AMOS concluded that self esteem partially mediated between self silencing and disordered eating.

Keywords: self-silencing, self esteem, disordered eating.

Relationship between Religiosity, Compassion with Job Satisfaction

Hina Mehreen (2010-2012)

Supervisor: Dr. Iram Fatima

A cross sectional study was conducted to investigate relationship of religiosity and compassion with job satisfaction in special and general school teachers. It was hypothesized that religiosity and compassion will be positively related to job satisfaction in both special and general school

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teachers. Moreover it was expected that compassion will mediate relationship between religiosity and job satisfaction. Religious orientation scale- revised (Gorush & Pherson, 1989) was used to assess strength of intrinsic and extrinsic religiosity. Compassion scale (Pommier & Neff, 2003) was used to assess level of compassion and the generic Job satisfaction scale (Macdonald & MacIntyre, 1997) was used to measure level of job satisfaction of the participants. Results from regression analysis showed that intrinsic religiosity predicted job satisfaction in both special and general school teachers. While extrinsic religiosity and compassion did not predict job satisfaction in both type of school teachers. It was also noted that compassion did not mediate the relationship between religiosity and job satisfaction.

Keywords: religiosity, compassion, job satisfaction, special school teachers.

Quality of Life at Work as Predictor of Job Commitment in 1122 Rescue Workers

Rabia Amjad (2010-2012)
Supervisor: Dr. Rafia Rafique

The present research aimed to investigate whether quality of life at work can be predicted by job commitment among rescue 1122 workers. It was hypothesized that quality of life at work is a predictor of job commitment. Within group research design was employed to conduct this research. Purposive sampling technique was used. A sample of 60 workers was recruited from Punjab Emergency Services (rescue 1122). Professional Quality of Life Scale (Stamm, 2005) and Organizational Commitment Questionnaire (Meyer & Allen, 1993) was used to assess quality of life at work and job commitment respectively. Results show that Quality of life at work predicts job commitment in rescue workers. Enhanced quality of life at work can ultimately improve job performance where by leading to organizational growth among rescue 1122 workers.

Keywords: quality of life at work, job commitment, rescue workers.

Self Efficacy and Happiness among Employees of Private Organization

Faiza Abdul Khaliq (2010-2012)

Supervisor: Ms. Shazia Khalid

The present research was conducted to investigate the relationship between self-efficacy and happiness among employees in private organizations. It was aimed to find out the relationship between self-efficacy and happiness among employees in private organizations. Correlation research design was used to conduct the present study. The sample for this research consisted of 100 employees and it was selected from private organizations of the city Lahore. Two questionnaires were used to collect the data, General Self Efficacy Scale (GSE) was used to measure self-efficacy and The Oxford Happiness Questionnaire was used to measure happiness among employees. Pearson product moment correlation and independent sample t-test were used for inferential analysis while descriptive analysis was used for demographical data. The findings of this research supported that there is a significant relationship between self-efficacy and happiness among employees in private organizations and there is insignificant gender differences present among employees in private organizations.

Keywords: self efficacy, happiness, private organization, gender differences.

Workplace Stress and Marital Adjustment among Traffic Police Personnel

Saira Saeed (2010-2012)

Supervisor: Ms. Shazia Khalid

The present study explored the relationship between workplace stress and marital adjustment. The research was laid out through survey research design. The sample of this research consisted of 100 traffic police employees ($N = 100$) was hypothesized that there is a relationship between workplace stress and marital adjustment. A Workplace Stress Scale by American Institute of Stress (1999) was used to measure the stress level, and the Dyadic Adjustment Scale by Graham Spanier (2002)

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was used to measure adjustment in couples. Pearson Product Moment Correlation, were used for inferential analysis while descriptive statistics was used for analyzing demographic data. The results indicate that there are significant results but negative correlation exists between workplace stress and marital adjustment.

Keywords: stress, marital adjustment, traffic police.

Job Insecurity and Adjustment Problems in Employees of Private Sectors

Sana Sheikh (2010-2012)
Supervisor: Ms. Shazia Khalid

The present research aimed to investigate the relationship between job insecurity and adjustment (occupational) in employees of private sectors. The sample was composed of ($N = 100$) employees of five private Telecom companies. Demographical information was collected through self constructed demographic questionnaire. Job insecurity questionnaire by Baran, M. (2003) was used to measure job insecurity level and Adjustment inventory for adults by Bell, H. M. (1934) was used to measure occupational adjustment. Descriptive and Inferential Statistics were also used for data analysis. Results revealed that there is negative correlation between job insecurity and adjustment.

Keywords: job insecurity, adjustment problems, private sector.

Time Management and Stress in Employees of Private Banks

Shehar Bano (2010-2012)
Supervisor: Ms. Shazia Khalid

The present research was conducted to explore the Relationship between time management and stress in employees of private banks in Pakistan. It was aimed that thesis likely to be relationship between time management and stress in employees of private banks. The sample consisted of 100 employees that were taken from different private banks. Correlation

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research design was used. Non probability purposive sampling technique was used for sample selection. The tool that was used to estimate the time management of employees was time management questionnaire of Jibney (2006). Stress of employees was stress buster toolkit by Cartwright & Cooper (1994). The results indicated significant negative relationship between the time management and stress in employees of private banks.

Keywords: stress, time management, private banks.

Hope and Work Motivation in Street Laborers

Tanzeela Javaid (2010-2012)
Supervisor: Ms. Shazia Khalid

The present research was conducted to investigate the relationship between hope and work motivation in street laborers. The aim of the study was to find out the relationship between hope and work motivation in street laborers. Correlation research design was used to conduct the present study. The sample for this research consisted of 100 laborers from different areas of Lahore. Two questionnaires were used to collect the data, Herth Hope Index (HHI) was used to measure hope and Self motivation inventory was used to conduct level of motivation among street laborers. The Endings of this research supported that there is a significant relationship between hope and work motivation in street laborers.

Keywords: work motivations, hope, street laborers.

Identifying Factors Involved in Career Decision Making Difficulties

Farah Akhtar (2010-2012)
Supervisor: Ms. Afifa Anjum

The present study was conducted to identify the factors involved in career decision making difficulties. The research hypothesis was that: a) Parental involvement, type of schooling, core self evaluation and locus of control are likely to predict career decision making difficulties. b) There will be differences within type of career decision making difficulties. c)

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There will be gender differences in career decision making difficulties. Survey research design was employed. Non probability purposive sampling was used to draw sample of 100 students 50 from private A level schools and 50 intermediated students from government colleges. Demographic Information Questionnaire, College Student Scale (Robbins, 1994), Core Self Evaluation Scale (Judge, Erez, Bono & Thoresen, 2003), Reward Punish Locus of Control Scale (Tice, 2005) and Career Decision Making Difficulties Questionnaire (Gati,1996) were used to assess demographic information, parental involvement, core self evaluation, Locus of control and career decision making difficulties respectively. Schooling was dichotomous variable, categorized into private A level schools and government colleges. Result indicated that less warmth by mother, less involvement and less autonomy support by father and internal locus of control predict career decision making difficulties among adolescents. Core self evaluation and schooling had no impact on career decision making difficulties. Girls had high score on career decision making difficulties. Among all subscales of the career decision making difficulties, participants faced greater difficulty on readiness than lack of information and inconsistent information. The present research is important in order to realize the importance of adolescent's parents' involvement in their career decision making process. It is also important for educational institutions in minimizing the adolescent's lack of readiness and lack of information about careers through the availability of career counselors in the institutions who can provide them information about career alternatives and also discuss with them career related matters.

Keywords: career decision making, parental involvement, self evaluation, locus of control.

Impact of Self-Esteem and Self Efficacy on Career Decision Making Among Students of Private and Government Institutions

Zainab Javed (2009 – 2011)
Supervisor: Ms. Omama Tariq

The present research was conducted to examine the impact of self esteem and self efficacy on career decision making among students of

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government and private institutions. It was hypothesized that there will be a significant relationship of self esteem and self efficacy with career decision making. Correlational research design and non-probability purposive sampling technique was used. Sample comprised of 100 students (50 males and 50 females) from three government institutions and 100 students (50 male and 50 female) from four private institutions. Career decision making difficulties questionnaire (CDMD, Osipow & Gati, 1996), Rosenberg Self esteem scale (RSE, Rosenberg, 1965), and General self efficacy scale (GSES, Schwarzer & Jerusalem, 1992) were used for assessment. Pearson Product Movement correlation and Independent Sample t test were used to analyze the data. The results highlighted that students of government institutions have high career decision making difficulties. The impact of self esteem was found on career decision making difficulties, whereas there was no impact of self efficacy on career decision making difficulties. However, self efficacy's impact was found on one facet of career decision making difficulties that is on lack of information. Females had greater career decision making difficulties as compared to males. The impact of self esteem was seen on career decision making difficulties on males as well females, however higher impact was found on females.

Keywords: self-esteem, career decision making, self efficacy.

Perception of Female Managers in Male Dominated Industries of Pakistan

Hira Aziz (2010-2012)
Supervisor: Ms. Tahira Mubashir

The present research consisted of two studies. The purpose of Study I was to assess the self-perception of female managers ($N= 9$) of different male dominated companies in and near Lahore. Semi structured interviews were conducted to collect information. The responses were recorded and the data were analyzed by using content analysis. The findings revealed that female managers perceived themselves good at communality, interpersonal hostility, perceived competency and some other dimensions. They also perceived their companies gender wise diverse. The purpose of Study II was to find out employees perception about their female managers. 120 subordinates ($n = 91$ males, $n = 29$

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females) were taken from the same organization of Lahore (from where the female manager of study I were included) were used. A self constructed questionnaire of perceptions about female managers was to assess employee perceptions related to the competency, interpersonal hostility and communality. On the basis of study 1 that investigated the self perception of female managers about themselves and study 2 that examined the perception of their subordinates about them (the said female managers), few similarities and several differences were observed. Similarity in the opinion of female managers and their subordinates regarding the communality of female managers and few differences were noted in the opinion of female managers and their subordinates regarding the competency, interpersonal hostility and other dimensions of personality of female managers.

Keywords: industries, interpersonal hostility, female managers, male dominated.

Perception of Status of Women in Relation to Self Awareness and Career

Farah Naz (2008-2012)

Supervisor: Mr. Faiz Younas Butt

The present research was designed to investigate perception of status of women in relation to self awareness and career. It was hypothesized that there is significant difference in perception of status of women in relation to self awareness and career. Cross sectional research design was used with sample of ($N = 100$) including ($n = 50$) working women and ($n = 50$) non working women. Sample was taken by using non-probability purposive sampling. Data for working women was collected from different private banks and companies of Lahore; data for non working women was collected from Lahore Cantt. Two questionnaires i.e. Attitude towards Women Scale (Spence, Helmrich & Stapp 1978) and Self awareness Inventory (Cameron, 2006) were used for collection of data. Two way ANOVA and Independent sample t test was applied to analyze the results. It was concluded that working women had more favorable attitude towards status of women as compared to non working women. Similarly high self aware women had more favorable attitude as compared to low self aware women. Significant differences were found

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items of self awareness between working and non working women. The present study can be helpful for women in a way that self awareness give them understanding of their potential and encourage them to use their potential. It can be helpful at national level in a way that self awareness and career can make women better representatives in Pakistan.

Keywords: self awareness, career, status of women.

Three Component Model of Organizational Commitment among Administrative Staff of University of Punjab

Faryal Rana (2010-2012)

Supervisor: Mr. Faiz Younas Butt

The study aimed to study the three component model of organizational commitment among administrative staff of University of the Punjab. It was hypothesized that there would be a positive relation between three components of organizational commitment (affective, continuous, and normative commitment), significant gender differences in organizational commitment and significant relationship between organizational commitment and job experience. The sample consisted of ($N = 100$) participants, males ($n = 50$) and females ($n = 50$), drawn through non probability based purposive sampling technique from different departments of University of the Punjab. Self constructed Demographic Scale and Organizational Commitment Scale (Meyer & Allen, 1991) was used. Results were generated through Pearson Product Moment Correlation and independent sample t-test and indicated that there was no significant correlation between three components of organizational commitment, no significant gender differences in organizational commitment. However, significant negative correlation was found between organizational commitment and job experience. In Pakistan, more research should be done in this area and with different organizational groups so that findings can be extrapolated to greater population.

Keywords: organizational commitment, job experience, University of the Punjab.

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Job Rejection and Self Esteem among Adults

Faiza Shafqat (2010-2012)
Supervisor: Ms. Shamaila Asad

The present research aimed to investigate job rejection and self esteem among adults. It was hypothesized that a negative relationship is likely to be found between job rejection and self esteem among adults. Correlational research design was used. Sample was drawn by using non probability purposive sampling strategy. The sample was consisted of ($N = 100$) male adults, Job Rejection scale (IRS) and Rosenberg Self Esteem scale (RSES) were administered to each adult. Descriptive and Inferential Statistics were also used for data analysis. A significant positive correlation between job rejection and self esteem was found. The results indicated that job rejection had significant positive relationship with self esteem. Job rejection caused the low level of self esteem among male adults.

Keywords: job rejection, self esteem adults.

Personality Psychology

Music Preferences among Adults in Relation to Personality Traits

Tayyaba Ali (2010-2012)

Supervisor: Ms. Afsheen Masood

The present research explored the relationship between personality traits and music preferences among adults of University of the Punjab Lahore. It was hypothesized that there would be significant positive relationship between big five personality traits and music preferences among adults. The Sample was drawn by using non probability purposive sampling. The sample consisted of ($N = 275$) adults taken from different departments of University of the Punjab, Lahore. Cross sectional research design was used. Short Test of Music Preferences developed by Gosling and Rentfrow (2003) with mild adaptation was used to measure music preferences of adults after due permission from authors. Big Five Inventory developed by Oliver P. John & Srivastava (1999) was used to measure Big Five personality traits. A self constructed demographic questionnaire was also administered on the participants. Descriptive and inferential statistics was used for data analysis. In inferential statistics Pearson product moment correlation analysis was carried out to find out relationship between big five personality traits and music preferences among adults. The results of correlational analysis showed that there is significant positive relationship between big five personality traits and music preferences among adults. The extraversion and openness personality traits were positively correlated with all four types of music genres. Both extraversion and openness correlated more with upbeat & conventional music. The Findings from the current research support the theoretical rationale of the Big Five Personality Trait theory and also reveal that personality traits are strong predictors of preference towards music.

Keywords: personality traits, music preferences, adults.

Effect of Self Evaluation on Narcissism and Self Esteem

Maryam Maqsood (2010-2012)

Supervisor: Ms. Afifa Anjum

The present research was conducted to investigate the effect of self evaluation on narcissism and self esteem. It was hypothesized that narcissism and self esteem are correlated and self evaluation can affect both narcissism and self esteem. Experimental research design was used. Sample was drawn in two steps. Initially 64 students were taken on the basis of convenience. Participants completed a 40 item version of the Narcissistic Personality Inventory (N, Raskin & Terry, 1988) and the 10-item Rosenberg Self-Esteem Scale (Rosenberg, 1979). Scores obtained by the participants on Narcissistic Personality Inventory were distributed into quartiles and 12 of the participants (4th quartile) were selected for experiment that scored high on Narcissistic Personality Inventory. The researcher obtained consent of the participants for a focus group discussion as well as videotaping of the discussion. After focus group, participants were asked to watch their video and rate their performance on 7 point rating scale. Then again participants completed a 40 item version of the Narcissistic Personality Inventory and Rosenberg Self-Esteem Scale. Correlation analysis indicated no significant correlation between pre intervention self esteem and narcissism. A significant correlation between post intervention self esteem and post intervention narcissism was found in high narcissism group. Self esteem increased after self evaluation but there was no change in narcissism due to self evaluation. Findings of this study have some important implications for understanding the nature of self-esteem and narcissism. Research has shown a strong correlation between self-esteem and self-evaluations. Self evaluation can effectively used for improvements of self esteem. This present research gave the new direction for the future researches.

Keywords: narcissism, self esteem, self evaluation.

Personality Traits, Turnover and Job Retention among Rescue1122 Workers

Ishma Shahid (2008-2010)
Supervisor: Ms. Shahnila Tariq

The present research aimed to investigate the relationship between big five personality traits, turnover and job retention among rescue 1122 workers. It was hypothesized that there is likely to be a significant positive relationship between personality traits, job retention and turnover. Correlational research design was used and sample was taken by using non-probability purposive sampling technique. The sample was comprised of male participants ($N = 100$) from four emergency centers (Emergency Services Academy Ferozpur Road Lhr, Head Office Muslim Town, Rescue 1122 Thokar Niaz Baig, Rescue 1122 Township) in Lahore. Big Five Personality Inventory (John & Srivastava, 1999), Turnover Intentions Questionnaire (Lee, 2008) and Affective Commitment Scale (Allen & Mayer, 1997) were followed in the present research. Data was analyzed and measured quantitatively by using Pearson Product Moment Correlation. Descriptive and inferential statistics were also used for data analysis. Findings of the present research suggested that four personality traits (extraversion, agreeableness, conscientiousness and openness to new experience) were positively correlated to job retention. However, no significant relationship was found between neuroticism and turnover. Study can be implicated in variety of career and organizational settings for the applicants to choose their personality related careers in order to have successful jobs and recruiters to select most talented and appropriate candidates for their organizations.

Keywords: personality traits, job retention, turnover, rescue workers.

Personality Traits of Religious Practitioners

Nasiha Rafique (2008-2012)
Supervisor: Ms. Shahnila Tariq

The present research aimed to investigate the Personality Traits of Religious Practitioners. It was an exploratory research and was done by using survey method within group research design. The sample was male religious practitioners ($N = 80$) from different mosques of Lahore. Big Five Personality Inventory (John & Srivastava, 1999) was translated into Urdu and was used to assess the personality traits of religious practitioners. Comprehensive demographic questionnaire was also used, including open ended question regarding their choice of becoming practitioners. Data was analyzed and measured by using inferential and descriptive statistics. Results showed that religious practitioners scored highest on openness to experience. Scores of conscientiousness and agreeableness were almost same whereas they scored quite low on extraversion and neuroticism. On the basis of above given results, it was concluded that religious practitioners were more open and less extroverts and neurotics. The present study can be helpful in having an insight into the personalities of religious practitioners and further will be helpful in changing the stereotypical perception of normal population.

Keywords: personality traits, religious practitioners.

Personality Traits, Facebook Compulsion, and Academic Engagement of Student

Sumbal Adeb (2010-2012)
Supervisor: Ms. Tahira Mubashir

The present research aimed to investigate personality traits, Facebook compulsion and academic engagement of University students. It was hypothesized that (a) there is likely to be relationship between personality traits and academic engagement of students, (b) there is likely to be relationship between Facebook compulsion and academic engagement of students and (c) there are gender differences in personality traits, Facebook compulsion and academic engagement of the students. Co-

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relational research design was used. A purposive sample of (N = 150) (men = 75, women = 75) from different departments of the University of the Punjab. The age range of the sample was 19-25. Big Five Inventory (BFI) developed by John and Srivastava (1999), Facebook Addiction Scale which was adapted from internet addiction scale (1999) of Young and National Survey of Student Engagement Survey (NSSE) by Indiana University Center for Postsecondary Research were administered to each participant. Results revealed no significant relationship between personality traits and facebook compulsion as well as in personality traits and academic engagement of students. The result showed significant positive correlation between facebook compulsion and student academic engagement. Results showed significant gender differences in personality traits, facebook compulsion and academic engagement of university student. Female students exhibit greater facebook compulsion and lesser engagement in their academic activities.

Keywords: personality traits, facebook compulsion, academic engagement.

Inter-Parental Conflict, Parental Rejection and Personality Maladjustment among the Late Adolescents

Azka Arshad (2010-2012)

Supervisor: Ms. Fauzia Naz

The assessment of perceived inter-parental conflict and parental rejection is an important area of research related to personality maladjustment of late adolescents. The present research focused to investigate the relationship between perceived inter-parental conflict, perceived parental rejection and personality maladjustment among late adolescents. Research also focused on to explore the inter-parental conflict and parental rejection as predictors of personality maladjustment. A total number of 120 students (60 girls and 60 boys) were recruited from different departments of University of the Punjab. The age range of the sample was between 16 to 19 years. Children's Perception of inter-parental Conflict Scale (CPIC; Gryeh, & Fincham, 1992) was used to assess inter-parental conflict as perceived by the adolescents. The Urdu version Parental Acceptance-Rejection Questionnaire (PARQ control;

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Rohner,2005) was used to perceived parental rejection and Personality Assessment Questionnaire (PAQ; Rohner, 2005) was used to measure personality maladjustment. Results show that inter-parental conflict and parental rejection had significant positive correlation with personality maladjustment. Inter-parental conflict and parental rejection emerged as significant predictors of personality maladjustment.

Keywords: inter parental conflict, personality maladjustment, parental rejection.

Life Events and Coping Strategies among Professionals

Maryam Tahir (2008-2012)

Supervisor: Mr. Faiz Younas Butt

The present study examined the relationship between life events and coping among professionals. It was hypothesized that there is likely to be a significant positive relationship between negative life events and coping; a significant negative relationship between positive life events and coping; and the professionals with greater number of negative life events are likely to have higher level of coping while professional with greater number of positive life events are likely to have lower level of coping. Moreover, it was also hypothesized that there is likely to be differences among different professionals. Through convenient sampling, a sample of 100 professionals from private sector banks, universities and hospitals was selected. Life events questionnaire (Norbeck, 1984) and Brief Cope (Carver, 1997) were used to measure the variables. Pearson Correlation, Anova and Regression were used. The results showed significant positive correlation between negative life events and coping while significant negative correlation between positive life events and coping. With the help of the outcomes of the study, consideration should be given to the coping strategies for keeping work and family life separate to a great extent, and how results or productivity decrease when an unfortunate incident occurs and what kind of coping strategies can be exercised for this purpose.

Keywords: coping strategies, life events, professionals.

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Parental and Peer Attachment Bonds with Identity Development during Late Adolescents

Sadaf Rehman (2010- 2012)

Supervisor: Mr. Faiz Younas Butt

The present research aimed to investigate the relationship between parental and peer attachment bonds with the identity development during late adolescents. It was hypothesized that there is a positive relationship between parental as well as peer attachment bonds with identity development during late adolescence. Moreover, it was also hypothesized that there is a significant gender difference in parental attachment bonds, peer attachment bonds and identity development. Correlational research design and purposive sampling was used to collect data from ($N = 100$) college students of Lahore; including ($n = 50$) male and ($n = 50$) female students. A self developed Demographic Questionnaire, Inventory of Parent and Peer Attachment Bonds (Armsden & Greenber, 1987) and Extended Objective Measure of Ego Identity Status-Revised (Bennion & Adams, 1986) were administered. Results showed that there is a significant positive relationship between parental and peer attachment bonds and not significant relationship between peer attachment bonds and identity development while a significant positive relationship between mothers' attachment bonds with identity development. Moreover, there are no gender differences between parental attachment bonds, peer attachment bonds and identity development during late adolescents. This research enabled us to develop a new insight into the parental and peer attachments bonds s the common stereotype present in the society about peer attachment having the maximum influence on adolescents proved wrong.

Keywords: peer attachment, parental attachment, identity development.

Positive Psychology

Resilience, Post Traumatic Growth and Coping Strategies Used by Flood Survivors

Amna Arif (2009 – 2011)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research aimed to investigate the level of resilience, post traumatic growth and coping strategies used by flood survivors in response to the flood 2010. It was hypothesized that: a) there is relationship between resilience, post traumatic growth and coping strategies used by flood survivors; b) there are gender differences in the level of resilience, post traumatic growth and coping strategies used by flood survivors. Co-relational research design was used. Sample was drawn by using convenient sampling strategy. The sample composed of 100 flood survivors from distant areas of district Rahim Yar Khan. Resilience checklist, Coping Strategies Questionnaire (CSQ) and Post Traumatic Growth Inventory (PTGI) were administered on individual participants. Data was analyzed using Pearson Product Moment Correlation and Independent Samples t- test analysis. The results indicated significant positive relationship between resilience, post traumatic growth and coping strategies. There were no significant gender differences in resilience, post traumatic growth and coping strategies.

Keywords: resilience, posttraumatic growth, coping strategies, flood survivors.

Assertiveness and Parenting Stress in Housewives Living in Joint and Nuclear Families

Sanam Khalid (2010-2012)

Supervisor: Dr. Iram Fatima

The aim of study was to investigate the relationship between assertiveness and parenting stress in women living in joint and nuclear families. It was hypothesized that there would be a negative relationship between assertiveness and parenting stress in both groups of women. The sample composed of 135 women living in joint and nuclear families. Assessment measures included Self Assertiveness Scale (Zahid, 2002), Parenting Stress scale (Berry and Jones, 1995) and demographic

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questionnaires. Results showed that there was significant negative correlation between assertiveness and parenting stress among women living in joint and nuclear families. Results also revealed that education and assertiveness were negatively correlated in women of joint families but not in nuclear families.

Keywords: assertiveness, parenting stress, joint and nuclear family, housewives.

Empathy, Styles of Humor and Social Competence in University Students

Madiha Nazeer (2009 – 2011)

Supervisor: Dr. Rafia Rafique

The purpose of this research was to investigate the association between empathy and styles of humor with social competence. The sample consisted of 186 university students, males ($n = 93$) and females ($n = 93$), drawn through multi-stage sampling technique from three private universities of Lahore. It was hypothesized that social competence is significantly predicted by empathy (fantasy empathy, empathic concern, perspective taking empathy, personal distress) and styles of humor (afflictive humor, self enhancing humor, aggressive humor and self defeating humor). Correlational survey design was used in this research. Self administered standardized scales, Interpersonal Reactivity Index (Davis, 1983), Humor Styles Questionnaire (Martin, Martin, Puhlik-Doris, Larsen, Gray, & Weir, 2003) and Interpersonal Competence Questionnaire (Buhrmester, Furman, Wittenberg, & Reis 1988) were used to measure empathy, styles of humor and social competence, respectively. The above proposed hypotheses were verified by carrying out hierarchical multiple regression. Results of the study indicated that social competence is significantly predicted by empathic concern and self enhancing style of humor. Research regarding gender differences disclosed that men used more maladaptive styles of humor as compared to women. However, no significant differences were found in empathy and social competence between male and female university students.

Keywords: empathy, social competence, humor.

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Perceived Spousal Acceptance-Rejection and Social Adjustment among Working Women

Hira Tofail (2010-2012)

Supervisor: Ms. Fauzia Naz

The present research investigated the relationship between perceived spousal rejection, social adjustment and personality maladjustment in working women. It was assumed that (a) spousal rejection and personality maladjustment are likely to be positively correlated in working women, (b) personality maladjustment and social adjustment are likely to be negatively correlated in working women (c) spousal rejection and social adjustment are likely to be negatively correlated in working women, and (d) spousal rejection and personality maladjustment are likely to predict social maladjustment in working women. Data of 50 working women were collected from different departments of the University of the Punjab Lahore. Their age range was between 25 to 50 years. Perceived Spousal Acceptance-Rejection Scale (Rohner & Khaleaque, 2005) was used to assess perceived spousal rejection. Personality Assessment Questionnaire (Rohner, 2005) was used to assess the personality maladjustment of working women. Social Adjustment Scale (James, 2009) was used to assess social adjustment of the working women. Results showed significant positive relationship between spousal rejection and personality maladjustment, significant negative correlation between spousal rejection and social adjustment, significant negative correlation between personality maladjustment and social adjustment of working women. Spousal rejection and personality maladjustment emerged as significant predictors of social maladjustment in working women.

Keywords: social adjustment, spousal acceptance-rejection, working women, personality maladjustment.

Job Rejection and Self Esteem of Adults

Faiza Akhtar (2010-2012)
Supervisor: Dr. Shamaila Asad

The present research aimed to investigate job rejection and self esteem among adults. It was hypothesized that a negative relationship is likely to be found between job rejection and self esteem among adults. Correlational research design was used. Sample was drawn by using non probability purposive sampling strategy. The sample was consisted of ($N = 100$) male adults. Job rejection scale (JSR) and Rosenberg Self Esteem Scale(RSES) were administered to each adult. Data was analyzed by using Pearson Product Moment correlation. Descriptive and inferential Statistics were also used for data analysis. A significant positive correlation ($r = .56$) between job rejection and self esteem was found. The results indicated that job rejection had significant positive relationship with self esteem. Job rejection caused the low level of self esteem among male adults.

Keywords: Self esteem, adults, job rejection.

Psychology of Religion

Spirituality and Religiosity as Predictors of Well-Being in Residents of Old Homes

Asma Hafeez (2010-2012)
Supervisor: Dr. Rafia Rafique

The present study investigated whether spirituality and religiosity are predictors of psychological wellbeing in residents of old homes. It was hypothesized that psychological wellbeing is predicted by spirituality and religiosity. Moreover it was hypothesized that there is difference in level of spirituality between men and women residents of old homes. It was also hypothesized that there is difference in level of religiosity between men and women residents of old homes. Furthermore it was hypothesized that there is difference in level of psychological wellbeing between men and women residents of old homes. Within group research design was used to carry out the present research. A sample of (60) male and female residents of old homes were recruited from different old homes situated in the city of Lahore through non probability purposive sampling technique. Religious orientation scale (Gorsuch & Mcpherson, 1989), Spirituality Transcendence Scale (Pieltmont, 2004) and Psychological Wellbeing Scale (Diener, et al., 2009) were used for measuring the study variables. Linear regression and *t*-test were used to infer the purposed hypotheses. The results highlight that psychological wellbeing is predicted by religiosity. However no significant gender differences in religiosity and psychological wellbeing were found. The study holds implications for further researchers and it will give directions for psychological assessment and intervention for enhancing psychological wellbeing among residents of old homes.

Keywords: spirituality, religiosity, psychological wellbeing, old homes.

Spiritual Intelligence Religiosity and Life Satisfaction

Khadeeja Munawar (2008-2012)
Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship between spiritual intelligence, religiosity and life satisfaction in older adults. it was hypothesized that there is likely to be a significant relationship of

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spiritual intelligence and religiosity with life satisfaction in older adults. A non probability purposive sampling technique was used. a sample of 100 (50 males, 50 females) older adults was collected from different areas of Lahore. Satisfaction with life scale (SWLS, diener, emmons, larsen, & griffin, 1985), integrated spiritual intelligence scale (ISIS, amram & dryer, 2008) and religious personality scale of Muslim religiosity-personality measurement inventory (MRPI, krauss & hamzah, 2006) were used for assessment. Pearson product moment correlation and independent sample t-test were used to analyze data. A correlation was found between spiritual intelligence, religiosity and life satisfaction in adults. Life satisfaction and five facets of spiritual intelligence were negatively correlated. A positive correlation was found between life satisfaction and two facets of religiosity. Gender differences were found in the terms of spiritual intelligence and life satisfaction. Adults who attended religious organizations were more satisfied with their lives, had more spiritual intelligence and had lesser religiosity as compared to those who did not attend religious organizations. These findings have important implications for providing better living conditions to the older people so as to improve and raise their standards of living.

Keywords: Spiritual intelligence, religiosity, life satisfaction, older adult.

Social Psychology

Exploring the Attitude of Pakistanis towards Political Parties

Amn Haseeb (2010-2012)
Supervisor: Ms. Afifa Anjum

This study was conducted to explore attitude of Pakistanis towards political parties and understand how they maintain or change their attitudes. Purposive sampling strategy was used to select the sample. The sample ($N = 10$) including participants with attitude maintenance ($n = 5$) and participants with attitude change ($n = 5$) consisted of students and young professionals from general population. Age range of the sample was from 25 to 35 years. Semi-structured Interview Method was used to collect data. Content Analysis was used for the purpose of analysis and themes were identified. Results indicated various aspects of attitudes of people towards political parties including both positive and negative. The analysis revealed that although all participants with attitude maintenance and attitude change had same perceptions but the participants who changed their attitude held an optimistic point of view regarding the situation and believed that the new party can bring about a change. Whereas the participants who maintained their attitude held a pessimistic point of view and as a result had developed the feelings of hopelessness and believed that all political parties are alike. This research serves as a basis for exploration of political attitudes and perceptions of people in Pakistan and proposes ideas for future research.

Keywords: political parties, attitude maintenance, attitude change.

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