

Psychological Abstracts

2014-2015



Centre for Clinical Psychology

University of the Punjab, Lahore. Pakistan

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Editor's Note

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

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

I would here also like to thank the faculty members for demonstrating limitless patience and for timely provision of the abstracts and students to undertake researches as their course work. I am grateful to Ms. Adeela Khalid who rendered her services and helped in proof reading. I appreciate the efforts of Research Scholar, Ms. Zunaira Rashid, for compiling these abstracts. Some of the abstracts were photocopied from the theses, followed by their scanning, and proof reading. Cooperation of the assisting staff is also worth mentioning. Any success is primarily teamwork and this publication also reflects the spirit of collaboration.

I would like to add that this is just a beginning, and endeavor to revive the scientific urge and spark at CCP. It is an effort to highlight the indigenous psychological research work being carried out in Pakistan with special reference to Clinical Psychology and its associated disciplines. It will benefit student body across the globe in getting acquainted with the quality of research work being conducted in University of the Punjab, Pakistan.

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

Enjoy Reading!

Prof. Dr. Rukhsana Kausar
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MS
(Clinical Psychology)

EFFICACY OF ANGER MANAGEMENT TRAINING FOR REDUCTION OF USE OF FORCE INCIDENTS BY POLICE PERSONNEL

Saira Ashraf Kanjoo (MS-Top-up: 2014-2015)
Supervisor: Rukhsana Kausar, PhD

The present study was conducted to examine the efficacy of Anger Management Training (AMT) on anger of Police officers. The study also examined the effect of Anger Management Training (AMT) on use of force incidents by Police personnel. ABA research design was used to implement Anger Management Training based on Novaco's indigenous anger management plan. Purposive sampling technique was used to select sample of 40 Police personnel from two branches of Police Department i.e. from Traffic police (n=20) and Elite Police (n=20). Group sessions of each branch of Police were planned separately. Training constituted two group sessions per week for three weeks. Anger Management training had three phases, 1) Education 2) Acquisition 3) Application. Three goals of group sessions were specified by researcher and participants mutually. Pre-assessment of participants' anger was done using Urdu version of Buss & Perry Aggression Questionnaire (AQ). Pre-assessment of use of force incidents was done using record sheet to trace frequency of use of force incidents in previous one month. In education phase information about basic concepts of anger was given to raise awareness. In training phase participants were trained about developing 'anger plans' using short term and long term coping techniques. Time out, attention diversion, and muscular relaxation, deep breathing, ABCD, thought stopping, assertiveness and conflict resolution skills were learned by the participants in training phase. Homework assignments were given in order to encourage participant to apply learned techniques in daily life. Post assessment of anger was done using AQ on last concluding session. However, Post assessment of use of force incidents was done one month later using record sheet for use of force incidents. Blueprint of AMT and detailed booklet in Urdu about anger management training was prepared by researcher and given to participants. Feedback about training was taken to assess number of pre-specified goals achieved by participants. Paired sample t-test showed that Anger Management Training had significantly reduced anger level of Police officers. Wilcoxon signed rank test revealed that AMT has proved effective in reducing use of force incidents. Findings showed that post-training use of force incidents were significantly less than pre-training use of force incidents.

Keywords: Anger Management Training, Force Incidents, Police Personnel

KNOWLEDGE AND BELIEFS ABOUT DEPRESSION: COMPARING URBAN AND RURAL POPULATION

Komal Hamid (MS-Top-up: 2014-15)

Supervisors: Rukhsana Kausar, PhD & Nashi Khan, PhD

The present study aimed to investigate the knowledge and beliefs about depression and its comparison between rural and urban population, which encompassed both general population and patients with depression. This study also aimed to determine the difference in knowledge and beliefs of depressed patients and general population. Between group designs was used in the present study. It was hypothesized that urban and rural population would differ in their extent of knowledge and beliefs about depression; patients with depression and normal individuals would also differ in the same extent; knowledge would predict beliefs about depression; and there would be a negative relationship between depression knowledge and stigma. The sample consisted of 220 participants (55 in each group). The data was collected using purposive sampling strategy from psychiatry units of different teaching government hospitals of Lahore, and convenient sampling strategy was used for general population. Assessment measures included Depression Stigma Scale (Griffiths, 2006), and Knowledge test of Depression (Gabriel & Violato, 2009). Two way Analysis of Variance showed that the four groups differ in their knowledge and beliefs about depression. Correlation analysis showed negative relationship of depression knowledge and depression stigma and positive relationship of depression stigma with its subscales i.e., personal and perceived stigma. Multiple Regression Analysis showed that depression stigma predicted by knowledge of depression and education. The predictors of personal stigma came out to be knowledge of depression and the predictor of perceived stigma came out to be education. It is concluded that knowledge of depression and education plays an important role in depression stigma. Interventions designed at enhancing knowledge of depression and education to lessen depression stigma may be beneficial.

Keywords: Knowledge and Beliefs about Depression, Urban Population, Rural Population

Perceived Stigmatization, Parental Stress, Social Support and Burden in Parents of Intellectually Disabled Younger Adults

Amna Bashir (MS-Top-up: 2013-2014)

Supervisor: Rukhsana Kausar, PhD

The present study aimed to investigate Stigmatization, Perceived Stress, Social Support and Burden in Parents of Intellectually Disabled younger adults. It was hypothesized that parents tend to differ on stigmatization, parental stress, social support and burden. The sample comprised of 100 parents (50 mothers and 50 fathers) of intellectually disabled adults. The data were collected using purposive sampling strategy from those parents, whose adult children were enrolled in local government and private special education institutes catering intellectually challenged Individuals. Assessment measures included Learning Disability Screening Questionnaire (McKenzie & Paxton, 2005), Stigmatization Questionnaire (Fatah & Bashir, 2013), Parental Stress Scale (Berry & Jones, 1995), Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988) and Family Burden Scale (Pai & Kapur, 1981). The results revealed that mothers reported significantly more stigmatization, stress, burden and less social support compared to fathers. Significant positive relationship was found between perceived stigmatization, stress, and burden and significant negative relationship between stress and social support. Hierarchical regression analysis depicts that all three models (Model I of covariates, model II of stigmatization and stress, Model III of social support) came out significant. This research will help to develop support strategies to enhance positive perceptions of parenting an intellectually disabled individual and will help in developing feasible, cost-effective, community level interventions, which can be integrated into the existing healthcare system.

Keywords: Perceived Stigmatization, Parental Stress, Social Support, Intellectual Disables Young Adults

Psychological Implications of Manmade Trauma and Efficacy of Teaching Recovery Techniques for Children and Adolescents Exposed to Trauma

Sadia Abbas (MS: 2013-2015)

Supervisor: Rukhsana Kausar, PhD

The present research aimed to examine Psychological Implications of manmade trauma and efficacy of Teaching Recovery Techniques (TRT) for children and adolescents exposed to trauma. It was comprised of two studies. Study 1 was aimed to find out the relationship between Child trauma, Post-Traumatic Stress Symptoms and Depressive Symptoms in the children and adolescents who were exposed to a massive fire incident and a terrorist attack. Non-probability Purposive sampling was used in which 80 participants (45

boys & 35 girls) of age range 8-17 years were selected from Joseph Colony (fire incident) and Yohanabad (terrorist attack) Christian Community of Lahore. Demographic information form, Child Trauma Screening Questionnaire (CTSQ; Kenardy, Spence & Macleod, 1976), Children's Impact of Event Scale (CRIES-13; Horowitz et al., 1979) and Depression Self Rating Scale for Children (DSRS; Birlleson, 1981) were used as assessment measures. Data was analyzed using Pearson Product Moment Correlation Coefficient, Multiple Linear Regression Analysis and Independent Sample t-test. The results revealed significant positive relationship between child trauma, post-traumatic stress symptoms and depressive symptoms in the children and adolescents exposed to the fire incident and terrorist attack. Significant differences were found between two groups on post-traumatic stress symptoms and depressive symptoms experienced by the participants. The results revealed that participants exposed to terror attack experienced more post-traumatic stress symptoms and depressive symptoms than those who experienced fire attack. Age and proximity to the traumatic incident were revealed as significant predictors of post-traumatic stress symptoms and depressive symptoms. Study 2 aimed to assess the efficacy of Teaching Recovery Techniques (TRT) on the children and adolescents exposed to terrorist attack. ABA within group research design was used and 13 participants (7 boys & 6 girls) of 10—13 years of age were recruited from Yohanabad Christian community. Intervention was given in five s at the Sunday School of Christ Church Yohanabad Lahore. Repeated measures t-test and Independent Sample t-test were used for data analysis. The results revealed significant improvement in post intervention in form of reduction in post-traumatic stress symptoms and depressive symptoms in the children and adolescents.

Keywords: Psychological Implications, Child Trauma, Post-Traumatic Stress Symptoms, Depressive Symptoms, Efficacy, Teaching Recovery Techniques

Psychological Implications and Efficacy of “Teaching Recovery Techniques” (TRT) on Natural Trauma Affected Adolescents

Afreen Komal (MS: 2013-2015)
Supervisor: Rukhsana Kausar, PhD

The present research aimed to find out the psychological implications of trauma (flood) and efficacy of Teaching Recovery Technique (TRT) on natural trauma (flood) affected adolescents. The research consisted of two studies. Study 1 was a correlational study in which psychological implications of flood were assessed and screening of the adolescents for study 2 was done. Non probability purposive sampling was used. The sample consisted of 275 adolescents with age range of 11-16 years, recruited from two schools, Girls High School (girls, n= 97) and Boys High School (boys, n=178) of

Muradabad village of district Muzzafargarh. Demographic information form, Children's Revised Impact of Event Scale (CRIES-13) developed by Horowitz (1979), Child Trauma Screening Questionnaire (CTSQ) developed by Kenardy (2006) and Depression Self-Rating Scale for Children (DSRS) developed by Birlson (1981) were used for assessment. Data was analyzed using Pearson Product Moment Correlation, Multiple Linear Regression and Independent Sample t-Test. Results revealed significant positive relationship between child's trauma, post-traumatic stress symptoms (intrusion, avoidance, arousal), depressive symptoms and demographic characteristics (age, female gender and father's death). These demographic variables were found positive predictors of posttraumatic stress symptoms and depressive symptoms. Significant gender differences were found between post-traumatic stress symptoms (intrusion, arousal) and depressive symptoms. The 2nd study was an outcome study in which efficacy of Teaching Recovery Technique (TRT) on adolescents exposed to natural trauma (flood) was assessed. ABA within group research design was used and 56 adolescents were selected after screening from study 1. Intervention was provided to four intervention groups; two of girl groups (girls, n= 27) and two of boy groups (boys, n=29). Paired Samples t-test was used which showed significant reduction in posttraumatic stress symptoms (intrusion, avoidance, arousal), child trauma and depressive symptoms in trauma affected adolescents at post assessment.

Keywords: Psychological Implications, Posttraumatic Stress Symptoms, Child Trauma, Depressive Symptoms, Efficacy, Teaching Recovery Technique (TRT)

Trauma, Fantasy Proneness and Somatoform Dissociation in Patients with Conversion Disorder and Non-Clinical Group

Anum Yaqoob (MS: 2013-2015)

Supervisor: Aisha Sitwat, PhD

The present study aimed to find out the relationship between trauma, fantasy proneness and somatoform dissociation. It was hypothesized that there would be a relationship between trauma, fantasy proneness and somatoform dissociation; somatoform dissociation would be predicted by trauma and fantasy proneness. Patients with conversion disorder would differ in trauma and fantasy proneness from non-clinical group; and fantasy proneness may mediate the relationship between trauma and somatoform dissociation. A sample of 85 female participants with diagnosis of conversion disorder in the psychiatry departments of teaching hospitals and 85 comparison group females from hospital outdoors and community were taken. The participants completed Traumatic Experiences Checklist (TEC; Neijenhuis, Hart, & Kruger, 2002), Creative Experiences Questionnaire (CEQ; Merckelbach, Horselenberg, & Muris, 2001) and Somatoform Dissociation Questionnaire (SDQ; Niejenhuis, Spinhoven, Dyck, Hart, & Vanderlinden, 1996). Pearson

Correlation Analysis revealed that trauma is significantly correlated with fantasy proneness and somatoform dissociation, and fantasy proneness and somatoform dissociation are also significantly related. The findings of Regression Analysis revealed that somatoform dissociation is predicted by trauma and fantasy proneness. Patients with Conversion Disorder significantly predicted somatoform dissociation. Patients with Conversion Disorder reported significantly higher levels of trauma, fantasy proneness and somatoform dissociation as compared to the non-conversion group. And fantasy proneness was not found to mediate the relationship between trauma and somatoform dissociation. The study enhanced the knowledge of trauma, fantasy proneness and somatoform dissociation in clinical and non-clinical group.

Keywords: Trauma, Fantasy Proneness, Somatoform Dissociation, Conversion Disorder

Parental Bonding, Personality Traits, Self-objectification and Appearance Anxiety among Young Adult Females

Sana Saghir (MS: 2013-2015)

Supervisor: Aisha Sitwat, PhD

The present work aimed to study parental bonding, personality traits, self-objectification and appearance anxiety. It was hypothesized that there would be a negative relationship of parental care and extraversion with appearance anxiety and a positive relationship of parental overprotection, neuroticism, psychoticism and self-objectification with appearance anxiety. Study also aimed to explore the predictive role of parental bonding, personality traits and self-objectification in appearance anxiety. In addition, it was also hypothesized that personality traits would mediate the relationship between parental bonding and appearance anxiety. Correlational research design was employed and non-probability sampling was used. The sample of 306 young adult females with age range of 18-24 years ($M = 21.02$, $SD = 1.55$) was collected from local colleges and universities. Parental Bonding Instrument (PBI; Parker, Tupling & Brown, 1979), Eysenck Personality Questionnaire-Revised (EPQ-R; Eysenck, 1991), Self-objectification Questionnaire (SOQ; Fredrickson, 1997) and Appearance Anxiety Inventory (AAI; Veal, et al., 2014) were administered to assess the study variables. Findings of the study showed that parental care and extraversion has significant negative relationship with appearance anxiety whereas parental overprotection, neuroticism, psychoticism and self-objectification have significant positive relationship with appearance anxiety. Parental care has significant negative whereas parental overprotection and psychoticism has significant positive relationship with self-objectification. Parental care has significant positive whereas paternal overprotection has significant negative relationship with extraversion. Parental care has significant negative whereas parental

overprotection has significant positive relationship with neuroticism and psychoticism. Paternal care, neuroticism and self-objectification predicted appearance anxiety. Personality traits mediated the relationship between parental bonding and appearance anxiety. The study has implication in clinical setting with young adult females having issues related to anxiety and underlying appearance related concerns.

Keywords: Parental Bonding, Personality Traits, Self-objectification

Experiences and Perceptions of Clinical Psychologists Regarding Therapeutic Impasse

Bushra Nasim (MS-Top-up: 2013-2014)

Supervisor: Nashi Khan, PhD

The therapeutic impasse is a stalemate or paltue in the process of achieving a therapeutic objective (Whitaker, Warkentin, & Johnson, 1950). The aim of the present study was to explore the Perceptions and Experiences of five Clinical Psychologists regarding Therapy Impasse and to evaluate various factors which were involved in Impasse situations and how they were able to handle those issues. A Qualitative Methodology was chosen in order to undertake a more in-depth analysis, for which five Clinical Psychologists were interviewed. Interpretive Phenomenological Analysis was used for the analysis of interviews (Smith, 2008). The results indicated that Therapists perceived Impasses as having a profound impact on both clients and therapists. Verification methods of Rich and Thick Description (Ryle, 1949), Peer Review (Lincon & Guba, 1985) and Clarifying Researcher Biases (Finlay, 2002) were used in order to validate the emergent themes of the study. The analysis showed that certain factors like Transference and Countertransference issues, Lack of Collaboration and Agreement between therapists and clients about the goals and tasks of therapy, Personality Disorders, Resistance to Change significantly contributed in the development of Impasse Experience. The implications of the study, in terms of how clinicians may recognize and respond to cases of Impasse at an early stage are addressed and suggestions for further research are offered.

Keywords: Therapeutic Impasse, Transference, Countertransference

Common Mental Health Problems in University Students Seeking Counseling Services

Sadia Shahzeb (MS-Top-up: 2013-2014)

Supervisor: Nashi Khan, PhD

The aim of the present study was to explore the Common Mental Health Problems of University Students seeking Counseling Services since last six years. The archival data of 320 students case records were analyzed in depth

through Mixed Method Design. Phase I of the study explored most Common Mental Health Problems reported by students using content analysis of randomly selected thirty cases. A total of 78 problems were scrutinized from case reports which were classified under sub-categories as academic and career problems, adjustment problems, relationship/psychosocial problems, health problems, self-esteem problems, anxiety related problems, mood related Problems, low frustration tolerance/anger, physical or sexual abuse, substance abuse, psychotic features and obsessive-compulsive thinking. Phase II of the study aimed to analyze these identified problems along with demographic characteristics across all 320 cases. Analysis revealed important demographic details and statistically significant information regarding different aspects of comparisons of Common Mental Health Problems. Gender wise comparison showed that male students reported in general more problems related to academics & career, self-esteem, anxiety, substance abuse, sexual thoughts and obsessive-compulsive thinking as compared to female students. Whereas, female students reported more relationship problems, mood related problems, low frustration tolerance, fear of evaluation, past sexual abuse and health concerns as compared to male students. Hostellers reported more problems in adjustment, relationships and health related areas. Day scholars reported more of problems in home adjustment with parents and siblings and low frustration tolerance. Students belonging to rural areas reported more problems in academics, hostel adjustment, and self-esteem areas whereas students from urban areas reported more relationship problems. Year wise comparison of problems across six years revealed significant changes especially in the areas of anxiety related problems and relationship/psychosocial problems.

Keywords: Common Mental Health Problems, Counseling Services, University Students

Supervisory Working Alliance, Emotional Intelligence and its Impact on Psychological Well Being of Supervisee Clinical Psychologist and Supervisor Clinical Psychologist

Hufsa Rizwan (MS: 2013-2015)

Supervisor: Nashi Khan, PhD

The present study aimed to explore the relationship between Supervisory Working Alliance, Emotional Intelligence and Psychological Well Being among Supervisee and Supervisor Clinical Psychologists. The study also investigated the predictors of Psychological Well Being of supervisors and supervisee. Cross Sectional research design was used and the sample consisted of 112 Supervisees and 31 Supervisors. Purposive sampling strategy was employed to collect data from different Government Hospitals, Schools and Rehabilitation Centres where clinical training to Supervisee Clinical Psychologist was given. The instruments used were Supervisory Working

Alliance Inventory (Efstation, Patton, & Kardash, 1990), Trait Emotional Intelligence Questionnaire-Short Form (Furnham & Petrides, 2003) and Psychological Well Being Scale (Ryff & Keyes, 1995). Correlation Analyses showed significant positive relationship between Supervisory Working Alliance, Trait Emotional Intelligence and Psychological Well Being of Supervisee Clinical Psychologist and Supervisor Clinical Psychologist. However, no significant relationship was found between Supervisory Working Alliance, Trait Emotional Intelligence and Psychological Well Being of Supervisee Clinical psychologist with Supervisor Clinical Psychologist. Multiple Regression Analysis indicated that Rapport in Supervisory Working Alliance and Well Being, Self Control, Emotionality, Sociability positively predicted Psychological Well Being in both Supervisor and Supervisee Clinical Psychologist. Thus importance of Trait Emotional Intelligence and Supervisory Working Alliance can be highlighted in Clinical Training to enhance Psychological Well Being of Supervisor and Supervisee Clinical Psychologist.

Keywords: Supervisory Working Alliance, Trait Emotional Intelligence, Psychological Well Being, Supervisee Clinical Psychologist, Supervisor Clinical Psychologist

Perceived Social Support, Perceived Stigmatization and Psychological Problems among Women Living in Shelter Homes

Mariam Lodhi (MS: 2013-2015)

Supervisor: Nashi Khan, PhD

The present study investigated an association between Perceived Social Support, Perceived Stigmatization, and Psychological Problems in women living in shelter homes. Study also investigated the mediating role of Perceived Stigmatization between Perceived Social Support and Psychological Problems i.e., Anger, Anxiety, Depression and Somatic Symptoms Disorder. The differences between women from joint and nuclear family system were also examined. Purposive Sampling Strategy was employed to collect data from 100 participants, with the mean age of 24.63 years. The instruments used were The Stigma Scale (Kidd, 2009), The Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988) and the anger, depression, anxiety, and somatic symptoms assessment measures of DSM 5 (APA, 2013). Results revealed significant relationship between Perceived Social Support and Perceived Stigmatization. Psychological Problems also revealed significant correlation with Perceived Social Support and Perceived Stigmatization. The domains of Psychological Problems i.e., Anger, Anxiety, Depression and Somatic Symptoms were predicted by Perceived Stigmatization. Likewise, Perceived Social Support predicted the symptoms of Anger, Depression and Somatic Symptoms. Study also indicated that Perceived Stigmatization did not mediate the relationship

between Perceived Social Support and Psychological Problems. Women from joint and nuclear family system were found to differ on the severity of depression. Findings might be helpful for creating alertness towards the problems faced by women in shelter homes and to provide more social support to them.

Keywords: Perceived Stigmatization, Perceived Social Support, Psychological Problems, Shelter Homes

Predictive Validity of Induction Procedure of Clinical Psychology Internees

Anum Farooq (MS: 2013-2015)
Supervisor: Nashi Khan, PhD

The present study aimed to investigate the role of applicant's characteristics, referral ratings, entry test marks and interview ratings in predicting outcome performance (academic, clinical and research performance) during Clinical Psychology Training at Postgraduate Level. A cross-sectional study comprised of archival data of clinical trainees who were selected in Masters in Science (MS) and Advanced Diploma in Clinical Psychology (ADCP) Program during years 2008-2012 (N = 200) were included majority of the trainees were females (98.5%), with mean age at entry to the course was 23.56 years (SD = 1.87) and majority (56 %) of them resided in hostels during their Postgraduate course of study. To assess the performance of candidates on outcome variables (academics, clinical and research performance), assessment measures as defined for the selection of candidates in Centre for Clinical Psychology, University of the Punjab, Lahore were employed. It comprised of application form data, referral ratings given by previous supervisor, entry test marks and interview rating. The results revealed that none of the variables (academic score, referral rating, entry test marks and interview rating) found to be significant predictor of academic performance, however entry test and interview rating served as a significant predictors for clinical and research performance for Masters in Science trainees. Subsequently for Advanced Diploma in Clinical Psychology, academic score tend to be a significant predictor for academic and clinical performance while interview rating for academic performance only. The study highlighted that dropout rates were very high during the training process, suggesting that a selection criterion needs to screen out less suitable candidates. Hence the present study implied the need for an evidence based assessment criteria for clinical trainees during selection process to get good clinical performance later on.

Keywords: Predictive Validity, Clinical Trainees, Applicant's Characteristics, Referral Rating, Entry Test Marks, Interview Rating

Efficacy of Metacognitive Therapy for Patients with Obsessive Compulsive Disorder

Hafiza Zahida Perveen (MS: 2011-2013)
Supervisor: Saima Dawood, PhD

The current study aimed to investigate the efficacy of metacognitive therapy for the patients of obsessive compulsive disorder. There were two phases of the study. A therapy protocol was developed by the researchers in first phase based on Wells' model. The complete material about metacognitive therapy was translated into Urdu language so that it could be used with patients coming to psychiatry departments of different hospitals. After translation of Wells' model, two practicing clinical psychologists (having at least ten years' experience) were requested to review the translated protocol. They thoroughly reviewed the translated material and suggested some adaptations and corrections. After making suggested corrections, the protocol was ready to be administered on the participants of the study. In second phase, participants were selected for the study. They were assessed with the help of Symptom Checklist-Revised (Rahman et al., 2009) and Obsessive Compulsive Symptom Checklist (Jabeen & Kausar, 2008) at pre and post intervention levels. 10 to 12 sessions based on metacognitive therapy were conducted with each of the participant as a part of the treatment. The results of the study showed significant reduction in participants' symptoms after the implementation of therapeutics.

Keywords: Metacognitive Therapy, Obsessive Compulsive Disorder

Cyberbullying, Resilience, Psychological Distress and Psychological Well-Being of Adolescents

Amina Javed (MS: 2013-2015)
Supervisor: Saima Dawood, PhD

The present study examined the relationship between cyberbullying, resilience, psychological distress and psychological well-being of adolescents. The present research also explored that whether those with high resilience are better adjusted and have low level of psychological distress when experience cyberbullying. Correlational research strategy was used to explore relationship among study variables as well as to see the moderating effects of resilience. A sample of 300 students of colleges and universities with age range of 17-23 years ($M=18.8$, $SD=1.60$) was collected through purposive sampling. The instruments including Cyberbullying and Online Aggression Survey Instrument (Hinduja & Patchin, 2010); The State Trait Resilience Scale (Hiew, 1999; Jabeen & Kausar, 2009); Depression Anxiety Stress Scale-21 (Henry & Crawford,

2005; Aslam, 2007) and The Ryff Scale of Psychological Well-Being (Ryff, 1989; Ansari, 2010) were used. Results showed that cyberbullying is negatively related with depression, anxiety and stress has significant positive relationship with trait and state resilience which explained that when resilience is high then distress is reduced and well-being remain at an adequate level even after experience of cyberbullying.

Keywords: Cyberbullying, Resilience, Psychological Distress, Psychological Well-Being

Body Image, Rejection Sensitivity and Body Dysmorphic Concerns in Late Adolescent Females

Namrah Ilyas (MS: 2013-2015)

Supervisor: Humaira Naz

Present research aimed to assess the mediating role of rejection sensitivity between Body Image and Body Dysmorphic Concerns in late adolescent females. It was hypothesized that there is likely to be correlation and predictive relationship between body image, rejection sensitivity and body dysmorphic concerns. It was also hypothesized that rejection sensitivity would mediate the relationship between body image and body dysmorphic concerns. Correlational research design was employed and non-probability sampling technique was used. The sample of 301 young females with age range of 18 to 24 years ($M = 20.4$, $SD = 1.99$) was recruited from colleges and universities. Body Image Psychological Inflexibility Scale (Callaghan, Sandoz, Darrow & Feeney, 2015), Rejection Sensitivity Questionnaire, Adult Version (Berenson et al., 2009), Appearance Based Rejection Sensitivity Questionnaire (Appearance-RS; Park, DiRaddo, & Calogero, 2009) and Body Image Concern Inventory (Littleton, Axsom, & Pury, 2005) were administered to collect data. Pearson Moment Correlation was used to assess the relationship and hierarchical regression was used to compute the predictive relationship between the variables. Structural equation modeling (SEM) was done via AMOS to evaluate the mediating effects among the variables. Findings show a significant positive correlation and predictive relationship between the variables. The results of the study also revealed a partial mediation effect of rejection sensitivity on the relationship between body image and body dysmorphic concerns. Results suggest that females who are dissatisfied with their body image and have rejection sensitivity based on social evaluation and physical appearance are more prone to develop body dysmorphic concerns. The current findings have implications for clinical settings as restricting of beliefs and schemas regarding interpretive bias and sensitivity towards rejection can be done as part of the therapy for individuals with subclinical body dysmorphic concerns.

Keywords: Body Image, Body Dysmorphic Concerns, Appearance-Based Rejection Sensitivity, Interpersonal Rejection Sensitivity

BS 4-Years

Daily Living Functioning, Social Engagement and Perceived Wellness among Older Adults

Noor Zainab (BS: 2011-2015)
Supervisor: Humaira Naz

The present study aimed to find the relationship between daily living functioning, social engagement and wellness of older adults. Sample comprised of 112 participants including 56 men ($M_{\text{age}} = 68.48$ years, $SD = 3.29$) and 56 women ($M_{\text{age}} = 67.16$ years, $SD = 2.35$). Hypotheses formulated were that there would likely to be relation between daily living functioning, social engagement and wellness in older adults, there would likely to be a predictive relationship between daily living functioning, social engagement and wellness of older adults. Lawton Instrumental Activities of Daily living (IADL; Lawton & Brody, 1969), Lubben Social Network Scale (LSNS; Lubben & Gironde, 2002), and Perceived Wellness Survey (PWS; Adams, Benzen, & Steinhardt, 1997) were used in the study. Correlation analysis found positive relationship between daily living functioning, social engagement and wellness of older adults. Step wise regression analysis found daily living functioning and social engagement as predictors of the wellness. Men reported better social engagement than women. It is concluded that the older adults who are self-reliant lead more satisfied and balanced life in old age.

Keywords: Daily Living Functioning, Social Engagement, Perceived Wellness

Pain Severity, Illness Appraisal and Pain Acceptance in Patients with Chronic Pain

Khola Tahir (BS: 2011-2015)
Supervisor: Humaira Naz

The present study aimed to examine the relationship between pain severity, illness appraisal and pain acceptance in patients with chronic pain. A sample comprised of 120 patients ($M_{\text{age}} = 40.57$ years, $SD = 11.06$) diagnosed with different chronic pain conditions were taken. Hypotheses formulated were that: there would be a relationship between pain severity, illness appraisal and pain acceptance; there would be predictive relationship between pain severity, illness appraisal and pain acceptance (activity engagement and pain willingness) and there would be gender differences in pain severity, illness appraisal and pain acceptance. Demographic Questionnaire, West Haven Yale Multidimensional Pain Inventory (WHYMPI; Kerns, Turks, & Rudy, 1985), Revised Illness Perception Questionnaire (IPQ-R; Weinman et al., 1996), and Chronic Pain Acceptance Questionnaire (CPAQ; McCracken & Vowels, 1998) were administered. Correlational analysis revealed that there was a significant negative relationship between pain severity domains (interference,

pain severity and negative responses) and pain acceptance. A significant positive correlation was also found between pain severity and its domains (support, life control and social activities) with pain acceptance. A significant negative correlation was found between timeline, consequences and emotional representations and pain acceptance along with significant correlation between treatment control and illness coherence and pain acceptance. Results revealed consequences, emotional representation, timeline cyclic, interference and life control as predictors of pain acceptance. Consequences, negative responses, timeline cyclic, affective distress and interference were significant predictors of activity engagement. Emotional representation, treatment control, and distracting responses were found to be the significant predictors of pain willingness. Independent Sample t-test revealed that women engaged themselves more in household chores and men appraised their pain as more consequential. It is concluded that people with positive illness representation had better acceptance towards pain hence better adjustment than people with displaying negative illness representation. The results can be used to sensitize the practitioners to be more empathetic.

Keywords: Pain Severity, Illness Appraisal, Pain Acceptance, Chronic Pain

Internalization of Sociocultural Standards, Perceived Teasing, Body Dissatisfaction and Eating Patterns

Iqra Sajjad (BS: 2011-2015)
Supervisor: Humaira Naz

The aim of the study was to assess relationship between internalization of sociocultural standards, perceived teasing, body dissatisfaction and eating patterns of young women. It was hypothesized that: there will be a positive relationship between internalization of sociocultural standards, perceived teasing, body dissatisfaction and eating patterns; internalization of sociocultural standards, perceived teasing and body dissatisfaction will predict disturbed eating patterns in young women. Non-probability purposive sampling was used to select sample of 111 overweight females with the mean age of 21.16 years. The data was collected from different departments of government and private educational institutions. Correlational research design was used to examine the relationship between the variables of interest. Measures administered were The Sociocultural Attitude towards Appearance Questionnaire (SATAQ; Thompson & Heinberg, 1999), Perception of Teasing Scale (POTS; Thompson, Cattarin, Fowler, & Fisher, 1995), Body Shape Questionnaire (BSQ; Cooper, Taylor, Cooper, & Fairburn, 1986) and Disordered Eating Behavior Scale (DEBS; Muazzam, 2008). Results showed a significant positive relationship between internalization of sociocultural standards, perceived teasing, body dissatisfaction and eating patterns.

Pressures from media, teasing experiences and body dissatisfaction were found significant predictors of disturbed eating patterns. It is concluded that women are vulnerable to adopt unhealthy eating patterns when they internalize sociocultural standards related to body shape, experience teasing, and dissatisfaction with their body shape. The findings imply the need to devise counseling for young women regarding realistic body image, self-acceptance, and adopting the healthy life style and eating patterns.

Keywords: Perceived Teasing, Body Dissatisfaction, Eating Patterns, Internalization of Sociocultural Standards

Cognitive Appraisals, Marital Adjustment and Psychological Distress in Couples after Miscarriage

Zubaria Malik (BS: 2011-2015)

Supervisor: Aasma Yousaf

The aim of the current research was to study cognitive appraisals, marital adjustment and psychological distress in couples after miscarriage. The hypotheses were that: (1) there is likely to be a relationship in cognitive appraisals, marital adjustment and psychological distress in couples after miscarriage; (2) there are likely to be differences of cognitive appraisals, marital adjustment and psychological distress between wives and husbands after miscarriage; (3) cognitive appraisals are likely to predict marital adjustment and psychological distress. This was a correlational study with between group design. Non-probability purposive sampling and snowball sampling technique was used to recruit sample. One hundred and thirty participants ($n=65$ wives; $M_{age}=28.60$ years, $SD=5.16$ and $n=65$ husbands; $M_{age}=33.22$ years, $SD=5.11$) were selected from different government and private hospitals and clinics. Stress Appraisal Measure (Peacock & Wong, 1990), Dyadic Adjustment Scale (Busby, 1995), Kessler Psychological Distress Scale (Kessler, 2002) and demographic information sheet were used for assessment. Pearson product moment co-relation revealed positive correlations between cognitive appraisals of challenge and controllability by self and others with marital adjustment, and between cognitive appraisals of threat, centrality, uncontrollability and perceived stress with psychological distress. A negative correlation was found between marital adjustment and psychological distress. Independent Sample t-test revealed that women appraise miscarriage more threatening, stressful and uncontrollable and had high psychological distress than men. Hierarchical Multiple Regression revealed cognitive appraisals as strong predictors of marital adjustment and psychological distress. Findings of this research can be helpful in understanding factors that contribute towards the better acceptance of miscarriage, hence developing better adjustment in marital life.

Keywords: Cognitive Appraisals, Marital Adjustment, Psychological Distress, Miscarriage

Self-objectification, Body Surveillance, Body Shame and Eating Attitudes in Adults

Isra Tahseen (BS: 2011-2015)

Supervisor: Aasma Yousaf

The aim of the current research was to examine self-objectification, body surveillance, body shame and eating attitudes in married and unmarried adults. This was a Correlational research with between group research design. Hypotheses were: (1) there will be a relationship in self-objectification, body surveillance, body shame, appearance control beliefs and eating attitudes between married and unmarried adults; (2) men, women, married, and unmarried adults will differ in self-objectification, body surveillance, body shame, appearance control beliefs and eating attitudes; (3) self-objectification is likely to predict body surveillance, body shame, appearance control beliefs and eating attitudes in married and unmarried adults. Total 161 participants (n= 78 unmarried, n=83 married) within the age range of 18-30 years (M= 24.44, SD= 3.12) were selected through non probability purposive sampling strategy. Self-objectification Questionnaire (Noll & Fredrickson, 1998), Objectified Body Consciousness Scale (McKinley & Hyde, 1996), Eating attitude test (Garner et al., 1982), and Demographic Questionnaire Sheet were administered for assessment. Pearson Product Moment Correlation revealed that self-objectification has positive relationship with body surveillance, body shame and eating attitudes whereas negative correlation with appearance control beliefs in adults. 2x2 ANOVA showed that women experience more self-objectification, body surveillance, body shame and eating attitudes as compared to men whereas no differences were found with reference to marital status. Multiple Regression Analysis revealed self-objectification as strongest predictor of appearance control beliefs and body surveillance in unmarried and married adults respectively, after controlling the effects of covariates. The findings help to understand the increasing trend of slim figure idealization, prevention and dealing of severe health related consequences among adults.

Keywords: Self-objectification, Body Surveillance, Body Shame, Eating Attitudes

Personality Traits, Celebrity Idealization and Body Esteem in Young Adults

Sana Asif (BS: 2011-2015)

Supervisor: Aasma Yousaf

The present study aimed to examine the relationship in personality traits, celebrity idealization and body esteem between adolescents and young adults. It was hypothesized that: (1) Adolescents and young adults are likely to differ on personality traits, celebrity idealization and body esteem; (2) there is likely

to be a relationship in personality traits, celebrity idealization and body esteem between adolescents and young adults; (3) Personality traits are likely to predict celebrity idealization and body esteem between adolescents and young adults. The study was correlational study with between group research design and non-probability purposive sampling strategy was used. The sample comprised of 256 participants, including 125 adolescents ($M_{age} = 15.10$ years & $SD = .801$); boys = 56 ($M_{age} = 14.93$ years & $SD = .85$) and girls = 69 ($M_{age} = 15.25$ years & $SD = .73$) and 131 young adults ($M_{age} = 21.18$ years & $SD = 1.56$), boys = 53 ($M_{age} = 21.55$ years & $SD = 1.65$) and girls = 78 ($M_{age} = 20.94$ years & $SD = 1.56$) from schools and universities. Eysenck Personality Questionnaire Revised Abbreviated (EPQR-A; Francis, Brown & Philipchalk, 1992), Celebrity Attitude Scale (CAS; McCutcheon et al. 2002), Body-Esteem Scale for Adolescents and Adults (BESAA; Mendelson, White & Mendelson, 1997) and demographic questionnaire were administered for assessment. Two Way Analysis Of Variance (ANOVA) revealed that adolescents have more celebrity idealization and body esteem than young adults. Boys in both groups have a higher inclination towards celebrity idealization and also higher body esteem than girls. Pearson Product Moment Correlation indicated negative relationship of neuroticism and psychoticism with celebrity idealization and body esteem in adolescents, whereas a positive relationship of extraversion with celebrity idealization and body esteem in adolescents. Neuroticism and psychoticism has a positive relationship with celebrity idealization and negative relationship with body esteem in young adults. Extraversion has a positive relationship with celebrity idealization and body esteem in young adults. Hierarchical Multiple Regression revealed that covariate Internet verses more than one source predicted celebrity idealization in adolescents, while neuroticism and psychoticism and covariate physical illness predicted body esteem in adolescents. However, in young adults covariate internet verses any other source predicted celebrity idealization, while psychoticism and covariates psychological illness, and internet verses TV predicted body esteem in young adults. The present study findings are helpful for mental health professionals and social psychologists to understand the consequences of high level of celebrity idealization between adolescents and young adults.

Keywords: Personality Traits, Celebrity Idealization, Body Esteem, Adolescents, Young Adults

**Work Family Conflict, Organizational Commitment, Burnout and
Turnover Intentions in Rescue 1122 Workers**
Omama Hashmi (BS: 2011-2015)

Supervisor: Tehreem Arshad

The present study employed the correlation research design to investigate the relationship between work-family conflict, organizational commitment, burnout and turnover intentions in Punjab Emergency Service Workers. It was hypothesized that there would be a relationship between work-family conflict, organizational commitment, burnout and turnover intentions. It was also hypothesized that, work-family conflict, organizational commitment and burnout will predict turnover intentions. One hundred and twenty rescue workers of age range 23-45 years ($M=31.79$, $SD=4.00$) were recruited from eight different rescue stations of Lahore. Multi-dimensional Work-family Conflict Scale (Carlson, Kacmar & Williams, 2000), Organizational Commitment Questionnaire (Allen, Meyer & Smith, 1993), Copenhagen Burnout Inventory (Kristensen et al., 2005), and Turnover Intentions Scale (Roodt, 2004) were administered to assess work-family conflict, organizational commitment, burnout and turnover intentions in rescue workers. Results revealed significant positive correlation of work-family conflict (work-to family conflict and family to work-conflict) with three dimensions of burnout including personal burnout, work-related burnout and client-related. The findings also showed a significant positive correlation between burnout and turnover intentions. Among three types of organizational commitment, affective and normative commitment had significant negative correlation with burnout and turnover intentions. Family to work conflict and normative commitment were found to be the significant predictors of turnover intentions. The results of the present study can be applied in planning strategies in order to reduce the interference of work life with family and for enhancing organizational commitment, in order to prevent burnout and turnover.

Keywords: Punjab Emergency Service, Work-family Conflict, Organizational Commitment, Burnout, Turnover intentions

**Pregnancy Concerns, Social Support, Coping Strategies and
Psychological Distress in High Risk Pregnant Women**

Asma Nazir (BS: 2011-2015)

Supervisor: Tehreem Arshad

The present study employed correlational research design to investigate pregnancy concerns, social support, coping strategies, and psychological distress in high-risk pregnant women. It was hypothesized that there will be relationship between pregnancy concerns, social support, coping strategies, and psychological distress in high-risk pregnant women. Moreover, pregnancy concerns, social support, and coping strategies are likely to predict psychological distress. One hundred and twenty patients of age range 19-38 years ($M = 26.63$, $SD = 4.40$), diagnosed with medical problem were recruited

from gynecology department of both Government and Private hospitals of Lahore, Pakistan. Prenatal Distress Questionnaire (PDQ; Yali & Lobel, 1999), Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Dahlem, & Farley, 1988), Prenatal Coping Inventory-Revised (PCI-R; Lobel & Colleagues, 2002), and Depression Anxiety Stress Scale-21 (DASS-21; Lovibond & Lovibond, 1995) were employed to assess pregnancy concerns, social support, coping strategies, and psychological distress. Results revealed that pregnancy concerns and emotion focused coping strategy (avoidance) had significant positive correlation with psychological distress (depression, anxiety, stress). Perceived social support (significant others and family) was found to have significant negative correlation with psychological distress. Pregnancy concern, emotion focused coping strategy (avoidance), and problem focused coping strategy (planning or preparation) emerged as significant predictors of psychological distress. Present findings highlight the significance of pregnancy concerns, social support, and avoidant coping strategies in relation to psychological distress for both physical and mental health professionals.

Keywords: Pregnancy Concerns, Social Support, Coping Strategies, Psychological Distress, High Risk Pregnant Women

Performance Anxiety, Motivation and Burnout in University Sports Students

Anam Tahir (BS: 2011-2015)
Supervisor: Tehreem Arshad

The present study employed correlational research design to investigate personality traits, motivation, performance anxiety and burnout in university sports students. It was hypothesized that there will be a relationship between personality traits, motivation, performance anxiety and burnout; personality traits, motivation and performance anxiety are likely predictors of burnout. Two hundred university sports students of age range 18-26 years ($M=21.52$, $SD=1.58$) were recruited from the University of the Punjab and Government College University. Big five inventory (BFI; John & Srivastar, 1999), Revised Sport Motivation Scale (SMS-II; Pelletier, Rocchi, Vallerand, Deci, & Ryan, 2010), Sport Anxiety Scale, (SAS-2; Smith, Smoll, Cumming, & Grossbard, 2006), and Athlete Burnout Questionnaire (ABQ; Raedeke & Smith, 2001) were self-administered to assess personality traits, motivation, performance anxiety and burnout respectively. Results revealed that personality traits (Extroversion, Agreeableness, Conscientiousness, Neuroticism and openness), motivation (Intrinsic Regulation, Integrated Regulation, Identified Regulation, Introjected Regulation, External Regulation and Non Regulation) and performance anxiety (somatic, worry and concentration disruption) had significant correlation with burnout. Somatic anxiety, non-regulation, neuroticism, concentration disruption, intrinsic regulation, integrated

regulation and worry predict burnout. Significant gender differences were also found on neuroticism and performance anxiety. Results revealed that women had more neuroticism and somatic performance related anxiety as compared to the men. Present findings implicate the significance of personality traits, motivation, performance anxiety and burnout in university sports students that would be helpful for the university authorities, coaches and mental health professionals.

Keywords: Performance Anxiety, Motivation, Burnout, University Sports Students

Self-Compassion, Perfectionism and Social Anxiety among University Students

Nida Majeed Khan (BS: 2011-2015)
Supervisor: Rabia Dasti

The aim of the research was to assess relationship between self-compassion, perfectionism and social anxiety in university students. Correlational research design was used and sample comprised of university students of age 18 to 23 years ($M=20.83$, $SD= 1.33$) selected through convenient sampling technique. Self-Compassion Scale (Neff, 2003) , Almost Perfect Scale (Slaney, Rice, Mobley, Trippi & Ashby, 2001) and Social Anxiety Questionnaire (Caballo, Salazar, Iruiria, Arias, Hoffmann et al., 2010) were used for assessment. It was hypothesized that there is likely to be a positive correlation between maladaptive perfectionism and social anxiety and a negative correlation between self-compassion and maladaptive perfectionism as well as between self-compassion and social anxiety in university students. It was also proposed that two dimensions of self-compassion; self-judgment, isolation and maladaptive perfectionism would predict social anxiety in university students. Results indicated that there was a significant positive relationship between maladaptive perfectionism and social anxiety and a negative relationship between self-compassion and maladaptive perfectionism as well as between self-compassion and social anxiety in university students. The results also showed two dimensions of self-compassion; self-judgment, isolation and perfectionism to be predictors of social anxiety in university students. This research has implications for addressing fear of evaluation in socially anxious students by promoting healthy strategies of self-compassion and countering unhealthy practices of maladaptive perfectionism.

Keywords: Self-compassion, Perfectionism, Social Anxiety, University Students

Levels of Social Interaction Anxiety and Frustration Discomfort Tolerance in Online Gaming Addicts

Sundas Razi (BS: 2011-2015)

Supervisor: Rabia Dasti

The aim of the present study was to assess Frustration Discomfort Tolerance and Social Interaction Anxiety in Online Gaming Addicts. It was a correlational study and purposive sampling strategy was used. The sample comprised of 104 participants fulfilling criteria of Online gaming addiction. The data were collected from gaming centers of Lahore city. The measures used were Internet Gaming Disorder scale by Lemmens, Valkenburg and Gentile (2015) (based on internet gaming addiction criteria of DSM-5), Frustration Discomfort Scale by Harrington (2005), and Social Interaction Anxiety Scale (Mattick & Clarke, 1998). Pearson Product Correlation suggested significant negative relationship of Online Gaming Addiction with Discomfort Tolerance. Social interaction Anxiety was not significantly correlated with Frustration Discomfort tolerance. Risky online gaming addicts were more frequent than disordered gamers. The findings of the research show that even though online games provide entertainment to the youth, more and more population is at risk of developing addiction which may in turn have negative effects on psychological well-being of the gamer.

Keywords: Social Interaction Anxiety, Frustration Discomfort Tolerance, Online Gaming Addicts

Attachment Styles, Personality Traits and Anxiety Sensitivity in College Students

Ayesha Asad (BS: 2011-2015)

Supervisor: Rabia Dasti

The present study was a correlational research conducted to examine the relationship between attachment styles, personality traits and anxiety sensitivity in college students. It was hypothesized that there is likely to be a positive correlation of anxiety sensitivity with neuroticism and anxious attachment and negative correlation of anxiety sensitivity with extraversion, agreeableness, openness and conscientiousness and close attachment; attachment styles, personality traits and socio-demographic characteristics are likely to predict anxiety sensitivity in college students; there are gender differences in anxiety sensitivity. The convenience sampling strategy was used for the selection of sample and it comprised of 300 intermediate students from both public and private colleges of Lahore. Demographic questionnaire, Adult Attachment Questionnaire, The Big Five Inventory and Anxiety Sensitivity Index were administered to assess participants' demographic characteristics, attachment styles, personality traits and anxiety sensitivity respectively. The data was analyzed using Pearson Product Moment Correlation, Linear Regression Analysis and Independent Sample t-test. The results showed that neuroticism was positively correlated with fear of cardiovascular/stroke symptoms, publically observable symptoms, respiratory

symptoms and cognitive dyscontrol and anxiety sensitivity whereas extraversion, agreeableness and conscientiousness were negatively correlated with anxiety sensitivity. Anxious attachment style was positively correlated with anxiety sensitivity. Moreover, Independent sample t-test showed that boys had higher level of anxiety sensitivity than girls. Furthermore, the results depicted that age and anxious attachment positively predicted anxiety sensitivity in college students. This research has important implication for detection of anxiety sensitivity and creating awareness in the college students.

Keywords: Anxiety Sensitivity, Personality, Attachment Styles, College Students

Multi-tasking, Time Pressure and Long Term Working Memory in University Students

Wajiha Asad (BS: 2011-2015)

Supervisor: Adeela Khalid

Aim of the present research was to assess how long-term working memory performance varies across groups that multi-task and/or experience time pressure while reading. Four experimental groups were formed. Group 1 read a passage without multitasking and time pressure, Group 2 read the passage, under time pressure, Group 3 read the passage while multitasking by exchanging text messages and Group 4 read the passage under time pressure and experienced multitasking too. It was hypothesized that memory task performance is likely to differ across the four experimental conditions; there is likely to be a difference in recognition and recall scores between multitasking and non-multitasking groups; there is likely to be a difference between recall and recognition scores between groups with and without time pressure. To assess long-term working memory a reading passage was excerpted from a newspaper and participants were tested on recall and recognition items about the passage. ANOVA was carried out to analyze the results which revealed that significant differences in memory task performance existed across four experimental conditions. Distraction free group i.e. Group 1 was found to perform better than the rest of the groups while Group 4 that multitasked and had time pressure scored the lowest. Group 2 and 3 did not show any statistically significant difference in performance in either recall or recognition scores.

Key words: Multitasking, Long-term Working Memory, Time Pressure, Cognitive Load Theory

Social Intelligence, Sexual Harassment & Coping Styles of Bus Hostesses

Sadia Sabir (BS: 2011-2015)

Supervisor: Adeela Khalid

Aim of the present study was to assess relationship between social intelligence, coping strategies and sexual harassment experiences in bus hostesses. It was also aimed to find out predictors of sexual harassment experiences in bus hostesses. Correlational research design was used in this study. Sample was recruited through purposive sampling. Tromso Social Intelligence Scale (Silevra, Martinussen, & Dahl, 2001), Sexual Harassment Experience Questionnaire (Kamal, 1997) and Coping with Harassment Questionnaire (FitzGerald et al., 1990) were used and some potential psychosocial correlates were assessed through demographic questionnaire. It was hypothesized that there is likely to be a relationship between social intelligence, coping strategies and sexual harassment experiences in bus hostesses; social intelligence is likely to have relationship with type of harassment experienced and coping styles and participants' person and situation related characteristics are likely to predict sexual harassment experiences in bus hostesses. Data was analyzed through Pearson product moment correlation and Regression Analysis. Results revealed that social intelligence was significantly positively correlated with coping while social intelligence and coping responses were negatively correlated with sexual harassment experiences. Regression analysis revealed that participants' perception of their physical attractiveness, their range of monthly income, social information processing, social awareness and coping styles (avoidance, denial and endurance) were significant predictors of sexual harassment experiences in bus hostesses.

Keyword: Social Intelligence, Sexual Harassment, Coping Styles, Bus Hostesses

Emotional Intelligence, Moral Courage and Life Satisfaction in Government Employees

Sadaf Saleem (BS: 2011-2015)

Supervisor: Adeela Khalid

Aim of the present research was to identify relationship between emotional intelligence, moral courage and life-satisfaction of government employees. It was hypothesized that there is likely to be a correlation between emotional intelligence, moral courage and life-satisfaction; and there is likely to be a positive relationship between emotional intelligence and life-satisfaction. Correlational Research design was used to explore relationship between the variables. Purposive sampling was used to collect data from different government departments. Total 120 participants were recruited in the research. Genos Emotional Intelligence Inventory-Concise (Palmer & Stough, 2001) was used to find the emotional intelligence of government employees, Professional Moral Courage Scale (Sekerka, Bagozzi & Charnigo, 2009) was used to assess Moral Courage and Satisfaction with Life Scale (Diener,

Emmons, Larsen & Griffin, 1985) was used to measure Life-Satisfaction of government employees. Pearson Product Moment Correlation and Backward Regression Analysis were run to find out the relationships between variables and predictions of life satisfaction. The results of the study depicts that there is a significant correlation between emotional intelligence, moral courage and life-satisfaction. Backward Regression Analysis revealed that level of job-satisfaction, relationship of employees with his boss and co-workers, emotional self-awareness, emotional reasoning, emotional self-management and moral goal were significant predictors of life-satisfaction in government employees.

Keywords: Emotional Intelligence, Moral Courage, Life-Satisfaction, Government Employees

Psychological Empowerment, Work Related Stress, and Psychological Wellbeing in Police Officers

Nayab Rashid (BS: 2011-2015)

Supervisor: Faiza Safdar

The present study aimed to examine the relationship between psychological empowerment, work related stress and psychological wellbeing in police officers of Lahore. Correlation research design and convenience sampling was employed to collect data. The sample consisted of one hundred and twenty police officers from different police departments of Lahore with age range of 25-55 years ($M=39.1$, $SD=9.8$). Assessment was done using demographic sheet, Psychological Empowerment Tool (Menon, 2000), Workplace Stress Scale (Marlin Company, 1999), Psychological Wellbeing (Ryff, 1989). These tools were translated into Urdu language according to the MAPI guidelines. It was hypothesized that psychological empowerment is likely to have negative relationship with work related stress and positive relationship with psychological wellbeing; and work related stress is negatively related with psychological wellbeing of the police officers and was the predictor of the psychological wellbeing. The findings showed that there is no relationship between psychological empowerment and work related stress of the police officers. The findings also showed that the work related stress had significant negative correlation with psychological wellbeing. The results of the present study can be applied to reduce the work related stressors and for enhancing psychological empowerment in order to improve their psychological wellbeing.

Keywords: Psychological Empowerment, Work Related Stress, Psychological Wellbeing, Police Officers

Self-Construal, Perceived Spousal Relationship, Distress and Spill Over in Women School Teachers

Nuzhat-Ul-Ain (BS: 2011-2015)
Supervisor: Faiza Safdar

The present study aimed to find out the relationship between self-construal, perceived spousal reciprocity, work-family positive spillover and psychological distress in married women school teachers. It was hypothesized that there is likely to be a relationship between self-construal, perceived spousal reciprocity, work-family spillover and psychological distress in married women school teachers; self-construal, perceived spousal reciprocity, and work-family spillover are likely to predict psychological distress in married women school teachers; and there is likely to be a difference in self-construal, perceived spousal reciprocity, work-family spillover and psychological distress between private and government school teachers. The sample comprised of 210 married women school teachers including 105 government teachers aged 24-58 years ($M = 40.00$, $SD = 8.56$) and 105 private teachers aged 25-52 years ($M = 35.95$, $SD = 6.06$). Relational Interdependent Self-Construal Scale (Cross, Bacon, & Morris, 2000), Perception of Spousal Reciprocity Scale (Wintre & Gates, 1995), Kessler Psychological Distress Scale (Kessler, Gavi & Colpe, 2002) translated by Hussain and Kausar (2010) and Multidimensional Scale of Perceived Work-Family Positive Spillover (Hanson, Hammer, & Colton, 2006) were used in the present study. Relational Interdependent Self-Construal Scale, Perception of Spousal Reciprocity Scale, and Multidimensional Scale of Perceived Work-Family Positive Spillover were translated in Urdu language using MAPI guidelines. Pearson Product Moment Correlation revealed a significant positive relationship between relational interdependent self-construal, perceived spousal reciprocity, and positive work-family spillover. Self-construal, perceived spousal reciprocity and work-family spillover had significant negative correlations with psychological distress. Backward regression analysis showed that perceived spousal reciprocity is a significant predictor of psychological distress.

Keywords: Self-Construal, Perceived Spousal Relationship, Distress, Spill Over, School Teachers

Mindfulness, Body Image Concerns, Sexual Self Concept of Issueless Women

Saman Mustafa (BS: 2011-2015)

Supervisor: Faiza Safdar

This study was conducted to find out relationship between mindfulness, body image concerns and sexual self-concept in issueless women. It was hypothesized that increase in mindfulness would result in decrease in body image concerns and increase in sexual self-concept; there would likely to be a relationship between body image concerns and sexual self-concept; and mindfulness would likely to predict body image concerns and sexual self-concept. Correlational Research Design was used to study the relationship between variables. A sample of 118 women, having the age ranges of 20-45 years ($M= 31.25$, $SD=6.01$) was recruited using purposive sampling technique and snow ball sampling. Participants completed demographic sheet, short form of Five Facet Mindfulness Questionnaire (FFMQ; Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006), Body Image Concerns Inventory (BICI; Littleton, Axsom, & Pury, 2005) and Multidimensional Sexual Self Concept Questionnaire (MSSCQ; Snell, 1995). Results revealed that Mindfulness and its dimensions I: Describing, Non-reacting, Non- judging, Observing and Acting with Awareness are significantly negatively correlated with body image concerns and Mindfulness's dimensions; Describing, Non-reacting, Observing are significantly positively correlated with sexual self-concept in issueless women. Moreover, one aspect of mindfulness i.e., Non-Reacting emerged as strong predictor of body image concerns and sexual self-concept. Findings of present research highlighted the importance of mindfulness in decreasing concerns issueless women have regarding their bodies and in helping them to have a positive sexual self-concept.

Keywords: Mindfulness, Body Image Concerns, Sexual Self Concept, Issueless Women

Perceived Discrimination, Social Support, and Psychological Distress in Transgenders

Sobia Falak (BS: 2011-2015)

Supervisor: Faiza Safdar

The aim of the present study was to examine relationship between perceived discrimination, social support, and psychological distress in transgenders and to study the predictors of psychological distress in transgenders. Correlational research design was used in the present study. It was hypothesized that there is likely to be a positive relationship between perceived discrimination and psychological distress; there is likely to be a negative relationship between social support and psychological distress; and perceived discrimination is likely to predict psychological distress. The sample of 111 participants with

age range of 20-65 years was recruited using purposive and non-probability snow ball sampling technique. Everyday Perceived Discrimination Scale (EDS; Williams, Yu, & Jackson, 1997), Multidimensional Scale for Perceived Social Support (MSPSS; Zimet, Dahlem, Zimet, & Farley, 1988), and Kessler Psychological Distress Scale (KPDS; Kessler, 2002) were used to assess perceived discrimination, social support, and psychological distress respectively in transgenders. Results revealed that there was a significant positive relationship between perceived discrimination and psychological distress. A significant negative relationship between social support and psychological distress, and significant negative relationship between perceived discrimination and social support was found. Similarly, the results indicated that perceived discrimination was a significant predictor of psychological distress. Additional findings revealed that perceived discrimination was found more in young transgenders than old age transgenders while social support by significant others was found more in older transgender than in young ones.

Keywords: Transgenders, Perceived Discrimination, Social Support, Psychological Distress.

Career Orientation, Job Satisfaction and Organizational Commitment in School Teachers

Aliya Sadaf (BS: 2010-2014)

Supervisor: Faiza Safdar

The present study employed the correlational research design to investigate relationship between career orientation, job satisfaction and organizational commitment in school teachers. It was hypothesized that there would be a relationship between career anchors, job satisfaction and organizational commitment; and career orientation and job satisfaction are likely to predict organizational commitment. A sample of 191 Men ($n=90$, $M_{age}=38.87$, $SD=9.7$) and Women ($n=101$, $M_{age}=35.78$, $SD=9.67$) were selected from different Government schools of Lahore. Career Orientation Survey (Igbaria & Baroudi, 1993), The Job Satisfaction Survey (JSS; Spector, 1985), and Organizational Commitment Questionnaire (OCQ- R; Mowday, Porter, & Steers, 1982) were administered. Pearson Product Moment Correlation showed a significant positive relationship among career orientation, job satisfaction and organizational commitment. Regression analysis depicts that career orientation and job satisfaction were significant predictors of organizational commitment. The findings of the present study may contribute to the advancement of organizational career development practices aimed at enhancing teachers' subjective work experiences and job satisfaction.

Keywords: Career Orientation, Job Satisfaction, Organizational Commitment, School Teachers

Self-Silencing and Marital Adjustment among Women with Depression and Women without Depression

Fakhra Ahmed (BS: 2011-2015)

Supervisor: Hidna Iqbal

The present study aimed to assess the difference in Self-silencing, and Marital Adjustment in two groups; women with Depression and women without Depression. The variables were assessed using a demographic sheet and the Urdu versions of Self Silencing Scale (Jack & Dill,1991) and the short form of Dyadic Adjustment scale (Busby, 1995). It was hypothesized that differences in Self-silencing and Marital Adjustment will be found among the women with Depression and women without Depression, and a relationship will exist between the variables. It was also hypothesized that Self-silencing will predict Depression in women. The sample size in the present study was 160 where, the group of women with Depression comprised of 80 patients ($M_{age}=37.16$ years, $S.D= 8.45$) and the group of women without Depression comprised of 80 women ($M_{age}= 36.64$ years, $S.D=7.687$). T-test analysis revealed differences of Self-silencing and Marital Adjustment in women with Depression and women without Depression. Correlation analysis indicated significant relationships between Self-silencing and Marital Adjustment. Linear regression revealed Care as Self-sacrifice, Dyadic Satisfaction, relationship satisfaction with children and satisfaction with home environment to be significant predictors of severity of Depression.

Keywords: Depression, Self-silencing, Marital Adjustment

Emotional Maturity, Self-concept & Resilience in Labour doing Adolescents

Hafiza Freeha Kanwal (BS: 2011-2015)

Supervisor: Hidna Iqbal

The present study aimed to examine relationship between Emotional Maturity, Self-Concept and Resilience in School going and Labor doing Adolescents. It was hypothesized that: there is likely to be a relationship between Emotional Maturity, Self-Concept and Resilience; Emotional Maturity and Self-Concept are likely to predict Resilience in School going and Labor-doing Adolescents; and there are likely to be differences in Emotional Maturity, Self-Concept and Resilience between School going and Labor doing Adolescents. One hundred and seventy adolescents aged 12-16 years were selected from schools and workshops in Data Gang Bakhsh Town, Lahore. The sample consisted of 86 school going adolescents ($M_{age}= 14.52$ years, $SD= 1.093$) and 84 labor doing adolescents ($M_{age}= 14.31$ years, $SD= 1.075$). Emotional Maturity Scale (Singh & Bhargava, 1991), Six-Factor Self-Concept Scale (Stake, 1994), and State Trait Resilience Scale (Hiew, 2000) were used. Pearson Product Moment

Correlation revealed significant positive relationship between Emotional Maturity, Self-Concept and Resilience. Linear Regression Analysis (backward) showed that Emotional Maturity and Self -Concept significantly predicted Resilience in both groups. Independent Sample t - test revealed that there were no significant differences in Emotional Maturity and Resilience in both groups but both groups significantly differed on Self-Concept. School going Adolescents had high Self-Concept than Labor doing Adolescents.

Keywords: Emotional Maturity, Self Concept, Resilience, Labour Doing Adolescents

Maladaptive Schemas, Intolerance of Uncertainty and Pathological Worry in Tobacco Users

Sara Ayub (BS: 2011-2015)

Supervisor: Hidna Iqbal

The present study was conducted to find out the relationship between Maladaptive Schemas, Intolerance of Uncertainty and Pathological Worry in Tobacco Users. It was hypothesized that: there is likely to be a relationship between Maladaptive Schemas and Intolerance of Uncertainty; there is likely to be a relationship between Intolerance of Uncertainty and Pathological Worry; and there is likely to be a relationship between Maladaptive Schemas and Pathological Worry. Differences in groups on the basis of severity level with Maladaptive Schemas, Intolerance of Uncertainty and Pathological Worry were investigated. Intolerance of Uncertainty Scale (Carleton, 2012), Brief Core Schema Scale (Fowler & Freeman, 2006) and Penn State Worry Questionnaire (Meyer, Miller, Metzger, & Borkovec, 1990) were used to investigate the relationship between variables. Correlational research design was used and a total sample of 139 participants was recruited using purposive sampling strategy. The recruitment of the sample was based on the DSM 5 criteria of Tobacco Use disorder (APA, 2013). Age range of the sample was 18 to 25 years ($M=21.65$, $SD = 1.48$). After taking permission, sample was collected from different government and private universities. Data was collected from the participants who fulfilled the inclusion and exclusion criteria. The results showed that there was positive relationship between Maladaptive Schemas and Intolerance of Uncertainty. It also revealed relationship between Intolerance of Uncertainty and Pathological Worry. Positive relationship was found between maladaptive schemas and Pathological Worry. Additionally, it was found out that there were no differences in groups on the basis of severity level with Maladaptive Schemas, Intolerance of Uncertainty and Pathological Worry in tobacco users.

Keywords: Maladaptive Schemas, Intolerance of Uncertainty, Pathological Worry, Tobacco Users

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