

# **Psychological Abstracts**

**2006-2010**



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

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## **Editorial**

The Department of Applied Psychology is publishing the fourth issue of Psychological Abstracts. Three issues of abstracts have already been published in area of specialization. Effort is made to compile empirical research work undertaken by the M.Sc. and M.Phil students and faculty members of the department. It involved practical efforts of a team to compile, organize, rewriting in some cases, scanning in most of the cases, final formatting of the material. The abstracts have been organized according to different areas of specialization.

The team comprised of the editor, Ms. Afifa Gull (Research Officer), Ms. Zainab Habib (Research Assistant) and Mr. Syed Muhammad Awais Nawaz (Network Assistant). No doubt it was a challenging task to compile abstracts of research work carried out over six 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' thesis. 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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**PH.D SCHOLARS'  
THESES**

## **Development of the Perceived Expressed Emotions Scale and its Illustration on the Patients with Schizophrenia, OCD and Depressive Illness**

Mohsina Mirza (PhD 2008)

Supervisor: Prof. Dr. Rukhsana Kausar

The concept of expressed emotions has recently gained attention, especially with reference to the relapse rate of mentally ill patients. However, a very little work has been done on perceived emotions, which explains an individual's cognitive frame of reference and mechanism through which expressed emotions are being interpreted and taken for. Among the existing tools measuring expressed emotions, Camberwell Family Interview is the most renowned instrument for clinical and research purposes. There are many off shoots of assessment of expressed emotions in shorter and simpler forms but they concentrate on the assessment of the expression of emotions. However, there are some cognitive theorists who came up with some tools to specifically measure the component of the perception of expressed emotions. Yet to the knowledge of the researcher of this study, no such effort has been made in Pakistan particularly in Urdu language.

The present study aimed to develop a scale to measure perceived expressed emotions. A series of studies was conducted for this purpose. In study 1, a Mental Health Screening Questionnaire (MHSQ) based on the main features of psychiatric illnesses described in ICD-10 (WHO, 1992) and DSM-IV-TR (APA, 2005) was constructed for the screening of any psychiatric illness in the participants.

In study 2, the Perceived expressed Emotion Scale (PEES) was developed in three different parts. In first part a list of scenarios was generated from a sample of non psychiatric participants belonging to various walks of life. In part II possible emotional responses were gathered from both psychiatric and non psychiatric participants. In part III the final scale of Perceived Expressed Emotions Scale (PEES) was prepared in three further steps. In study 3, this scale (PEES) was administered to a sample of 222 participants, including patients with schizophrenia, Depressive illness OCD and normal controls.

The results revealed that for the type of scenarios, the respondents scored highest on criticism followed by over involvement and hostility. Moreover, on the response categories the findings showed that the compromise responses were significantly more than that of the counter while the counter responses were significantly more than control responses. In the analysis of perceived expressed emotions with reference to the diagnoses of the groups and normal controls, it was found that patients with schizophrenia were more compliant than those of the OCD, and patients with OCD were more compliant than the normal controls. The

patients with depression showed significantly less compromise than the normal controls. Age, education and duration of illness showed significant correlations with perceived expressed emotions.

It is expected that development of the present scale will not only facilitate clinicians to explore the core point where the high expressed emotions interact and plan the therapeutic and prophylactic management accordingly, but help the counselors as well to judge the vulnerability of an individual towards environmental stressor to cope with every day adjustment problems.

**Keywords:** schizophrenia, obsessive compulsive disorder, perceived expressed emotions, prophylactic management

### **Psychoeducation of the Families of Patients with Schizophrenia in Relation to Relapse Prevention**

Tanveer Nasr (PhD 2008)

Supervisor: Prof. Dr. Rukhsana Kausar

Schizophrenia is a serious and debilitating form of mental illness characterized by a variety of symptoms. The condition often becomes chronic with relapses and remissions and a general decline in the capacity to lead an independent life. Despite the wide spread use of effective antipsychotics, treatment still requires some additional interventions like psychoeducation of the families of the patients with schizophrenia. The present study was designed to examine the efficacy of psychoeducation with families of schizophrenia patients in relation to relapse prevention, symptoms severity and family burden. This was a between subjects longitudinal study. Sample was recruited from the outpatient of the psychiatry unit Mayo Hospital, Lahore. One hundred and fifteen patients with schizophrenia and their family members were recruited and randomly allocated to two groups. One group received psychoeducation and the other group was getting routine treatment. The model of therapy which has been used in this study is a part of psychosocial family intervention package developed by Kuipers, Leff and Lam (1992).

The booklet of psychoeducation was translated and adapted into local language Urdu, so it would not be difficult for the participants to comprehend it. As the objective of the translation was to create awareness among the families of these patients so simple language was used instead of technical language. The intervention began with education program. Education was provided to the patients and the participant family members and to give them a general orientation of schizophrenia, about



the biological nature, etiology, symptoms and course of illness and treatment plan. The family of the group who received psychoeducation attended total nine therapeutic sessions. Follow up was for six months. The patients of both groups were getting equivalent dose of neuroleptics, but the one group had an additional advantage of psychoeducational sessions. The patients and the participating family members were assessed twice, i.e. pre intervention and after the follow up at six months. Patients were assessed on Positive and Negative Symptoms Scale (PANSS) and the participating family members were assessed on Family Burden Scale (FBS). Ninety-nine patients and their family members completed treatment. The results revealed that the group who received psychoeducation had 0% relapse rate as compared to 14% in non psychoeducation group. Family psychoeducation had an impact on symptoms severity, the patients in the psychoeducation group showed significantly less symptoms severity at follow up as compared to those in the non psychoeducation group. Patients in psychoeducation group also showed marked improvement in social functioning. The families of psychoeducation group also showed low level of burden at post intervention as compared to non psychoeducation group. Family psychoeducational interventions have proved efficacious with patients and families of schizophrenia patients.

**Keywords:** psychoeducation, schizophrenia, relapse, antipsychotics

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## **Prevalence, Symptomatology, Phenomenology and Etiology of Obsessive Compulsive Disorder in Punjab**

Shaista Jabeen (PhD 2008)

Supervisor: Prof. Dr. Rukhsana Kausar

Obsessive compulsive disorder (OCD) is one of the most common psychiatric disorders worldwide and has debilitating implications for the patients. It affects adults and children without any geographical boundaries and also affects men and women equally. The present research was conducted with multiple objectives: to examine the prevalence of OCD among reported cases; to develop an obsessive compulsive symptom checklist; to examine the manifestation of symptoms and phenomenology of obsessive compulsive disorder in Pakistan. The first study was carried out to examine prevalence of OCD in reported cases. The last three years' records of psychiatry units of the



main teaching hospitals in the Punjab province were examined. Depression was found to be the most common psychiatric disorders with females presenting significantly more than the males. The OCD was the most common amongst anxiety disorders and the 5th commonest among psychiatric disorder.

Second study was conducted to develop an indigenous symptom checklist for obsessive compulsive disorder. OCD symptom checklist was developed in different phases i.e.: to generate and compile list of symptoms; to examine reliability of the checklist; and to examine factor structure of obsessive compulsive symptoms (OCS) and the phenomenology. Principal Component Analyses (PCA) resulted in 5 types of symptoms for obsessions and for compulsions. Thoughts/fears and apprehensions, experience during compulsive act, and consequences if the compulsive act is not performed resulted in 3, 3 and 2 factors each respectively. Reliability (internal consistency) for most of the scales was satisfactory.

The third study aimed to examine the symptom manifestation and phenomenology of OCD in Pakistan. The OCD Symptom checklist was administered to two hundred patients with OCD who were recruited from different hospitals of the Punjab province. Multivariate analysis followed by paired sample *t*-test was carried out to examine the symptom severity and phenomenology of OCD. The striking finding was the manifestation of contamination related themes in the obsessive compulsive symptoms and phenomenology. A negative relationship was found between age at onset and controlling compulsions. Checking compulsions had a negative relationship with birth order and age at onset. Contamination related obsessions had a positive relationship with all types of compulsive symptoms. Significant gender differences were found in symptom manifestations and phenomenology of OCD. The findings are discussed in religious and socio-cultural context. Role of factors attributed to precipitate OCD was examined. Lack of sense of control was the most commonly reported cause. The indigenously developed checklist for OCD will help both in clinical settings as well as in research. It will also help the clinicians in case formulation of the patients as well as to examine the efficacy of the treatment. Moreover, it can assist in planning better treatment strategies for the patients based on the content provided by them on the checklist and assessing the outcome. Findings of the study highlight the association of socio religious factors with OCD. It points to the need that clinicians should be sensitive while planning treatment for OCD patients. Implications for future research are discussed.

**Keywords:** obsessive compulsive disorder, anxiety disorders, depression

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## **Psychological Factors of Disordered Eating Behaviors in Pakistani Youth**

Amna Muazzam (PhD 2009)

Supervisor: Prof. Dr. Ruhi Khalid

Disordered eating behaviors are unusual and disturbed eating patterns that can lead to serious mental and physical health consequences. Therefore, it is of crucial importance to understand the difference between disordered eating behaviors and eating disorders. This research specifically focuses on the disordered eating behaviors and psychosocial factors of disordered eating behaviors in Pakistani youth. The present research was conducted in two studies. In study I, a multidimensional Disordered Eating Behaviors Scale (DEBS) was developed and validated, and in the study II, this newly developed scale was used to assess psychosocial factors as well as moderators of disordered eating behaviors. During the study I, for the development of DEBS the items were empirically generated. Factorial Validity of the final scale was determined on a sample of 250 participants. Factor analysis resulted in four factors i.e. Social pressure for eating:  $\alpha = .94$ , Eating choices & Habits:  $\alpha = .95$ , Eating withdrawal:  $\alpha = .84$  and Overeating:  $\alpha = .83$ , yielding an overall significant Cronbach alpha ( $\alpha = 0.86$ ). Validation studies were further conducted to find out (a) convergent validity, (b) discriminant validity & (c) concurrent validity of DEBS. Convergent validity was estimated by correlating the scores of Eating Attitude Test -26 with DEBS ( $N=100$ ). The resulting correlation between them was significant and added to the validity of DEBS. Discriminant validity of DEBS was assessed by correlating the scores of Rosenberg Self Esteem Scale with DEBS ( $N= 140$ ). The results showed significant inverse relationship between both measures, and ensured the discriminant validity of DEBS ( $r = -0.19$ ). Concurrent validity of DEBS was estimated by using method of contrasted groups and the results highlighted significant differences between scores of normals and patients of eating disorders on DEBS,  $t(64) = 4.64, p < .001$ . During the Study II, on a sample of 388 Pakistani young adults, series of hierarchical multiple regression analyses were performed to examine the predictors of disordered eating behaviors. Results indicated that negative self body image, low self esteem, unhealthy lifestyle, dysfunctional family dynamics, 1<sup>st</sup> birth order and the demographic variables (Gender, SES, family



system & birth order) were predictors of disordered eating behaviors. Moderators for disordered eating behavior were identified by using interaction analyses. The overall findings indicated that body image dissatisfaction, life style (BMI, smoking, exercise and physical activity) & family dynamics (family system, relationship with parents & birth order) as predictor variables are more significantly related to disordered eating behaviors whereas the role of family system and relationship with parents as moderator was not as significant. It is important to promote awareness among health professionals and general population about serious health consequences of disordered eating behaviors in Pakistan.

**Keywords:** disordered eating behaviors, eating disorders, body mass index

### **Development of an Acculturative Stress Scale & Correlates of Psychological Well-Being of Pakistani Immigrants in Toronto, Canada**

Tahira Jibeen (PhD 2008)

Supervisor: Prof. Dr. Ruhi Khalid

The growing ratio of international migration directs health care professionals to focus on the immigrants' mental and physical health issues. Pakistani immigrants are understudied and neglected ethnic minority group under "South Asians" category. This study specifically focuses on the risk and resource factors of positive well-being and negative health outcomes of Pakistani immigrants residing in Greater Toronto Area (GTA), Canada. The present study was conducted in two phases. In phase one, multidimensional scale of acculturative stress was developed and validated, and in the second phase, this newly developed scale was used in correlational research that assessed correlates as well as moderators of positive psychological functioning and negative health outcomes in stress process. On a final sample of 308 Pakistani immigrants, series of hierarchical multiple regression analyses were performed to examine the correlates of positive well-being and negative health outcomes in the stress-health model, and moderators in stress-coping paradigm. Results indicated that lower level of acculturative stress, a greater sense of coherence, use of problem-focused coping strategies, higher level of perceived social support, and the demographic variable of higher perceived income comfort level was associated with positive functioning. Negative health outcomes were associated with higher level of acculturative stress, lower sense of coherence, use of emotion-focused strategies, low perceived social support

and demographic variables including low perceived income comfort level, non relevant jobs, and younger age of the children of the participants.

Further interaction analyses testing moderators in stress-coping paradigm indicated that sense of coherence and perceived social support were playing as significant moderator role in the relation between acculturative stress and positive well-being, and acculturative stress and negative health outcomes. The role of problem-focused and emotion-focused strategies as moderator was not as significant as the role of sense of coherence and perceived social support. The role of coping strategies was not significant as moderator in positive and negative health outcomes model as compared to sense of coherence and perceived social support.

The overall findings indicated that coping resources (sense of coherence and perceived social support) and coping strategies (problem-focused and emotion-focused) as predictor variables are more significantly related to positive and negative health outcomes. The current study findings have implications for clinicians, researchers, and policy makers for the identification of resource factors that help to understand the resistant power of a growing immigrant population to maintain positive well-being. The present results suggest cognitive interventions that help in enhancing opportunities for social integration, increase sense of coherence, and address effective methods to cope with stress to improve positive functioning.

**Keywords:** acculturative stress, psychological well-being, immigrants

## **Development & Validation of Menopausal Symptoms Scale & Psychological Aspects of Menopause**

Farhat Jamil (PhD 2009)

Supervisor: Prof. Dr. Ruhi Khalid

Menopause is permanent cessation of menstruation which generally occurs in middle age of women. It is influenced not only by biological but also socio-cultural factors. Therefore, it is of crucial importance to address the nature of menopausal experiences indigenously. This research focuses on the psychosocial aspects of menopause in Pakistani women. It is conducted in two phases. In phase I, multidimensional Menopausal Symptoms Scale (MSS) was developed and validated. In phase II, the developed scale was used in the main study to assess psychosocial factors as well as moderators of menopausal symptoms. For the development of MSS, the items were empirically generated. Factorial validity of the final scale was determined on a sample of 250 women.



Four factors were identified, i.e. Somatic & Vasomotor Symptoms, Depression, Cognitive Symptoms and Anxiety, yielding an overall significant Cronbach alpha ( $\alpha = 0.89$ ). To determine construct validity and criterion validity of MSS, two independent validation studies were conducted. The results of the two studies confirmed the validity of the scale. To examine the psychosocial aspects of menopausal symptoms, a sample of 220 Pakistani women was interviewed by using MSS with other study scales. A series of hierarchical multiple regression analysis was performed and results indicated that menopausal status, social support, attitude towards aging and menopause, life style, gynecological history and socio-demographic characteristics were associated with menopausal symptoms. Further interaction analyses for testing moderation role of menopausal status regarding psychosocial variables on menopausal symptoms were also conducted. It was observed that satisfaction with social support predicts menopause related somatic and vasomotor symptoms in a different way for post menopausal women and other menopausal groups. The implications for the need to promote awareness among health professionals and general population about menopausal symptoms in Pakistani women in order to improve their quality of life are discussed.

**Keywords:** menopause, menopausal symptoms, depression, anxiety

**STUDENTS' THESES**

**BS HONS. (2006-2010)**

**M.SC (2008-2010)**

**ABNORMAL PSYCHOLOGY,  
CLINICAL PSYCHOLOGY AND  
NEUROPSYCHOLOGY**

## **Comparison of Psychiatric and Non-Psychiatric Population on Depersonalization and Dissociative Symptoms**

Asma Tahir (BS Hons. 2006-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to examine manifestation of depersonalization and dissociative symptoms in patients with depression and anxiety. It was hypothesized that patients with depression and anxiety are likely to manifest significantly more depersonalization and dissociative symptoms compared to normal control. Sample comprising of patients with depression and anxiety and normal controls (N = 114) was recruited from different teaching hospitals of Lahore, Pakistan. Dissociative Experience Scale (Carlson, Armstrong, & Putnam, 1986) and Cambridge Depersonalization Scale (Sierra & Berrios, 1996) were used to assess dissociative and depersonalization symptoms. Beck Anxiety Inventory (Beck, 1970) and Beck Depression Inventory (Beck, 1961) were used for assessment of anxiety and depression symptoms. Analysis of Variance (ANOVA) was used to compare three participant groups on the types of symptoms experienced. Patients with depression manifested significantly more depersonalization symptoms compared to patients with anxiety and normal control. Patients with anxiety were experiencing more depersonalization symptoms compared to normal control. No gender differences were found in depersonalization symptoms among groups. Significant positive relationship was found between Dissociative symptoms, Depersonalization symptoms, anxiety and depression.

**Keywords:** depersonalization symptoms, dissociative symptoms, depression, anxiety

## **Comparison of Smokers and Non-smokers on Executive Functioning**

Rukhsana Azhar (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to investigate differences in smokers and non-smokers on their executive functioning. It was hypothesized that there are differences in executive functioning of smokers and non-smokers. The sample was taken from different departments of University

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of the Punjab and included 40 smokers and 45 non-smokers. Trail Making Test (D-KEFS; Delis, Kaplan, & Kramer, 2000) consisting of five conditions i.e., number sequencing, letter sequencing, -number letter switching and motor speed and Stroop test, consisting of color task and color-word task, were used to assess executive functioning. Independent sample *t*-test was used to analyze data. The results showed that there were no significant differences in the executive functioning of smokers and non-smokers on the five conditions of Trail Making Test and Stroop Test for measuring mental (attention) vitality and flexibility.

**Keywords:** smokers, non-smokers, executive functioning, attention

### **Difference in Level of Depression and Anxiety among Patients Suffering from Cancer of Breast and Uterus**

Maryam Chaudhry (M.Sc 2008-2010)

Supervisor: Prof. Dr. Yasmin N. Farooqi

The present research investigated differences between level of depression and anxiety among patients suffering from cancer of breast and uterus. Survey research design was used. Non-probability purposive sampling strategy was used. The sample was composed of 60 patients already diagnosed for breast cancer ( $n = 30$ ) and uterus cancer ( $n = 30$ ) for the last 2 months- 5 years. The sample was drawn from the different hospitals of Lahore city. Formal permission was obtained from the authorities of the relevant hospitals in order to obtain sample for this current research project. Moreover, written consent was obtained from each research participant for inclusion in the research sample. Urdu version of Hospital Anxiety and Depression Scale HADS (Mumford, Tareen, Bajwa and Karim, 1991) was used to determine the level of depression and anxiety among patients suffering from cancer of breast and uterus after getting formal permission from the authors of HADS (Urdu Version). Independent sample *t*-test was performed to determine differences in anxiety and depression among patients suffering from cancer of breast and uterus. The results indicate that there is a significant difference in level of depression and anxiety among patients suffering from breast cancer and uterus cancer. Patients suffering from uterus cancer reported higher level of depression and anxiety as compared to the patients suffering from breast cancer.

**Keywords:** depression, anxiety, breast cancer, uterine (uterus) cancer



## **Perception of Societal Attitude by the Parents of Special Children**

Nimra Bhatti (M.Sc 2008-2010)

Supervisor: Dr. Naumana Amjad

This study was conducted to explore the perception of societal attitude by the parents of special children. This study attempted to answer the following questions. Do the parents perceive positive societal attitude towards their special children? Do the parents of special children perceive negative societal attitude towards their 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. Sample included 35 parents, 10 fathers and 25 mothers from different schools of the special children. Purposive sampling strategy was used. The results showed that the parent's perception about the societal attitude was mostly negative, which affects their moods negatively, but there was the limitation of the study that the sample was short and not equal on all demographic variables, which make the difference in the results. The more in-depth interviews along with focus group must be conducted for further research.

**Keywords:** perception, societal attitude, special children, mood

## **Positive and Negative Changes among Mothers of Special Children**

Aisha Naeem (BS Hons. 2006-2010)

Supervisor: Dr. Naumana Amjad

The present research was conducted to investigate the positive and negative changes among mothers of special children. It was hypothesized that there is a significant difference between level of negative and positive changes among mothers of special children. A purposive sampling technique was used for data collection. A scale was constructed by asking positive and negative experiences of 20 mothers via interview. The responses of mothers were rated as positive or negative by experts and were converted into seven point rating likert scale. The questionnaire consisted of demographic information (i.e. Age of mother, Age of children, Gender of children, Family system, Education level, Employment, Birth order and Duration of illness) and Positive & Negative changes scale (PNC) was rated by 50 mothers.

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Paired sample *t*-test was applied to compare level of positive and negative changes among mothers of special children. Results revealed that positive changes are more as compared to negative changes. Independent sample *t*-test was applied to compare positive and negative changes of mothers on education levels, family system, employment and duration of illness. Results revealed that positive changes are increased as education level is increased and negative changes are decreased as education level is decreased. Results also revealed that working mothers are more positive than non-working mothers. Positive and negative changes also differ on family system. Positive changes are more among nuclear family system and negative changes are more among mothers belong to joint family system. Results also revealed that negative changes are more among mothers during early years of children's disability. Qualitative analysis was also done. Interpretive phenomenological analysis (IPA) was applied on interviews of 20 mothers. Ten negative and five positive themes were derived, negative themes were financial stress, marital strain, school struggles, sleep problems, social introversion, burden of constant care, self blame, disrupted family life, career affected and negative emotions (i.e. grief, guilt, sadness, fear for future, lack of pleasure). Five positive themes were enriched spiritual live, psychological well-being, new vision, positive emotions (i.e. love, happiness, patience, patience) and positive strengths (i.e. confidence, motivation, inspiration, courage, purposeful life, become more active). This research will help the clinician and health psychologist in planning counseling interventions for mothers and will increase awareness.

**Keywords:** positive changes, negative changes, special children, mothers, nuclear family system, joint family system, health psychologists

### **Relationship between Posttraumatic Growth and Emotional Intelligence among the Patients of Dialysis**

Zozia Khan (BS Hons. 2006-2010)

Supervisor: Dr. Naumana Amjad

The research was conducted to investigate the relationship between posttraumatic growth and emotional intelligence among the patients of dialysis. It was hypothesized that posttraumatic growth and emotional intelligence are positively correlated. The study also investigated gender differences in posttraumatic growth. The sample consisted of 50 dialysis

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patients from various dialysis centers of Lahore. A set of questionnaires consisting of Demographic Information, Posttraumatic Growth Inventory (Calhoun & Tedeschi, 1999) and Emotional Intelligence scale (Schutte, Malouff, Hall, Haggerty, Cooper, Golden, & Dornheim, 1998) were used for the measurement of relevant variables. Correlation analysis showed that there is a significant positive relationship between posttraumatic growth and emotional intelligence among dialysis patients. Independent sample *t*-test revealed significant differences in growth between male and female dialysis patients. Finally regression analysis was carried out to determine predictors of Posttraumatic Growth. Results indicated that gender and emotional intelligence were significant predictors. None of the demographic variables (age, education and socioeconomic status) were associated with adversarial growth. Qualitative interviews with patients were also conducted to understand the facets of growth. Qualitative analysis showed that patients reposted more appreciation of life, spiritually, understanding of other's emotions, personal strength. Qualitative results supported the quantitative results. The findings and implications were discussed in relation to theoretical and research literature.

**Keywords:** posttraumatic growth, emotional intelligence, dialysis, gender

## **Pathological Optimism and Treatment Compliance in Drug Addicts**

Rabia Shahzadi (2008-2010)

Supervisor: Dr. Uzma Zaidi

The current study was conducted to investigate the relationship of pathological optimism and treatment compliance in drug addicts. It was hypothesized that pathological optimism would be significantly correlated with treatment compliance in drug addicts. The sample (N= 70 male drug addict) acquired through addiction rehabilitation centers and hospitals from Lahore city. 'Life Orientation Test-Revised' (Scheier, Carver, & Bridges, 1994) was administered for the variable of Pathological Optimism and 'Treatment Motivation Questionnaire' (Ryan, Plant, & O'Malley, 1995) was administered for treatment compliance. Pearson Correlation analysis was used to find out the relationship of pathological optimism and treatment compliance in drug addicts. Additionally Pearson Correlation was used to find out the correlation of

treatment compliance with different variables of i.e. external reasons, externalized reasons, help seeking and confidence. Result indicated that there is a significantly negative correlation between the pathological optimism and treatment compliance in drug addicts. Result can be demonstrated to psychiatric and non-psychiatric population and therapeutic intervention should be applied to overcome these problems.

**Keywords:** pathological optimism, treatment, compliance, drug addicts

## **Perceived Social Support and Clinical Anger in Depressed Patients**

Sundus Ejaz (2006-2010)

Supervisor: Dr. Uzma Zaidi

The current study aimed to investigate the relationship between perceived social support and clinical anger in depressed patients. It was hypothesized that there would be significant relationship between perceived social support and clinical anger in depressed patients. The sample (N=45) was selected from different psychiatry departments of hospitals of Lahore. Multidimensional perceived social support scale (MPSS, Zimet et al, 1988) and Clinical Anger Scale (Snell, 2002) was used to assess perceived social support and clinical anger in depressed patients respectively. Pearson product moment correlation and independent sample *t*-test was calculated for data. Results showed that there is significant relationship between perceived social support and clinical anger. Results also indicated that there was no gender difference on the scores of perceived social support and clinical anger of depressed patients. Findings show a strong relationship between perceived social support and clinical anger in depressed patients that lower the perceived social support, higher is the clinical anger in depressed patients and there is no gender difference in depressed patients. The result can be helpful for psychologists and other professionals to plan the therapeutic interventions for depressed patients. It will also provide information to family members and friends of the patients to be aware of patient's problems.

**Keywords:** social support, clinical anger, depression



## **Therapeutic Interaction of Therapist with Anxiety Patients**

Fakhra Riaz (2006-2010)  
Supervisor: Dr. Uzma Zaidi

The present research was conducted to investigate the therapeutic interaction of therapist with anxiety patient. It was hypothesized that therapist would rate significantly high on therapeutic interaction with anxiety patient. Further it was hypothesized that therapist would rate significantly high on therapeutic progress low on resistance and dysphoric concern for the patient of anxiety disorder and significantly high on directive support for himself in therapeutic interaction with anxiety patient. Data was collected from psychotherapist (N=35). A purposive sampling technique was used for data collection. The Psychotherapy Process Inventory (Bear, Dunber, Hamilton, & Beulter, 1980) was used to measure therapeutic interaction in anxiety patients. Descriptive statistics and one sample *t*-test was calculated for data. Results revealed that there is a significant high rating on therapeutic interaction and therapeutic progress with anxiety patients and directive support for therapist himself. Results also indicated that there is no significant difference on resistance and dysphoric concern with anxiety patients. Findings will be beneficial for psychotherapist to know the variables attached with anxiety disorder and variable of different therapeutic technique they utilized. The result can helpful for psychologist and other professionals to plan the therapeutic interventions for anxiety patients.

**Keywords:** anxiety, therapeutic interaction, dysphoric concern, support

## **Perceived Social Support and Readiness for Treatment in Patients with Conversion Disorder**

Sidra-tul- Muntaha (2008-2010)  
Supervisor: Dr. Uzma Zaidi

The current study aimed to investigate the relationship of perceived social support and readiness for treatment in patients with conversion disorder. It was hypothesized that there is significant relationship between perceived social support and readiness for treatment in patients

with conversion disorder. The sample (N=50) was selected from different psychiatric departments of hospitals of Lahore. 'Multidimensional Perceived Social Support' Scale (Zimet, Dhlem, Zimet, & Farley, 1988) and the 'Client Motivation for Therapy Scale' (Pelletier, Tuson, & Hadded, 1997) were used. Descriptive statistics was used to calculate frequencies and percentages. Pearson Product Movement Correlation was used to assess Perceived social support and readiness for treatment. Results showed significant relationship between perceived social support and Readiness for treatment. Significant relationship was found between perceived social support and on the subscales of readiness for treatment. Findings revealed that perceived social support is related with readiness for treatment in patients with conversion disorder. Results can be demonstrated to psychiatric and non-psychiatric population and therapeutic intervention should be applied to overcome these problems.

**Keywords:** social support, treatment, conversion disorder, intervention

### Neuropsychological Functioning of Drug Addicts

Aqsa Afzal (2008-2010)

Supervisor: Dr. Uzma Zaidi

The present study was conducted to determine the neuropsychological functioning of drug addicts. It was hypothesized that drug addicts show impaired neuropsychological functioning. Additionally it was hypothesized that drug addicts show symptoms of depression, somatic deficits, memory and attention deficits, communication deficits, aggressive behavior and motor impairment. The sample (N= 50, heroin addicts) was selected from different hospitals of Lahore. Neurobehavioral Functioning Inventory (NFI, Kreutzer, 1999) was used for neuropsychological assessment. Data was analyzed using one sample *t*-test. Descriptive analysis was used to calculate frequency and percentages. Additionally independent sample *t*-test and correlation was calculated. The results revealed that heroin addicts showed significant impaired neuropsychological functioning. It was also found that drug addicts showed depressive symptoms, somatic deficits, memory and attention deficits, impairment in communication, aggressive behavior and motor deficits. The findings revealed that heroin addiction distort neuropsychological functioning that results deficits in behavior of heroin addicts. Results can be demonstrated to general population for awareness

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and they can be demonstrated to therapists, psychologists and psychiatrists for therapeutic intervention. Further findings of this study may provide valuable information and support to future researches.

**Keywords:** neuropsychological functioning, drug addicts, memory, heroin addicts

## **Codependency and Interpersonal Satisfaction among Spouse of Alcohol Abuser**

Sehar Farooq (2008-2010)

Supervisor: Dr. Uzma Zaidi

The current was conducted to investigate the relationship of codependency and interpersonal satisfaction among spouse of alcohol abuser. The sample (N= 70 female spouse) acquired through Addiction Treatment Centers of Lahore city. It was hypothesized that there would be a significant relationship between codependency and interpersonal satisfaction among spouse of alcohol abuser. To measure the codependency scale of 'Am I a codependent' (Cristobal, 2009) was administered, and to measure the interpersonal satisfaction scale of 'Relationship satisfaction survey' (Gaultiere, 2004) was administered. These scale measure dimensions of problem in alcohol abuser's spouse and problem in their relationship such as denial, self esteem, control and compliance and stress, problems of communication, problem in conflict Resolution, problems of relational intimacy, emotional reactivity, and boundaries respectively. Correlation was used to find out the relationship of codependency and interpersonal satisfaction among spouse of alcohol abuser. Findings indicated that there is significant relationship between codependency and interpersonal satisfaction among spouse of alcohol abuser. Results can be demonstrated to psychiatric and non-psychiatric population to aware the problems of codependent and telling them strategies to overcome these problems.

**Keywords:** alcohol abuser, codependency, interpersonal satisfaction, self-esteem, stress, denial

## **Resilience among Mothers of Children with Down Syndrome and Cerebral Palsy**

Anum Abdul Razzaq (M.Sc 2008-2010)

Supervisor: Ms. Afsheen Masood

The present study was conducted to investigate the difference of resilience between mothers of children with Down syndrome and mothers of children with Cerebral Palsy. It was hypothesized that there would be greater resilience in mothers of children with Down syndrome than that of the mothers of children with Cerebral Palsy. The sample was consisted of 30 mothers of children with Down syndrome and 30 mothers of children with Cerebral Palsy. The age range of the mothers was 25-45 years. Resilience scale by Wagnild & Young (1993) was used. The data was collected from Ameen Maktab School for Special Children, Dimensions Institute for Special Education & Psychological Services and Government Special Education Center. The independent sample *t*-test was used to compare the difference between the two groups on the basis of scores from resilience scale. The findings indicated that there was a significant difference of resilience between mothers of children with Down syndrome and mothers of children with Cerebral Palsy. Results indicated that resilience in mothers of children with Down syndrome was high than that of mothers of children with Cerebral Palsy.

**Keywords:** resilience, Down syndrome, cerebral palsy, special education

## **Quality of Sleep, Mood Stability and Coping Strategies among House Officers**

Amna Ramzan (BS Hons. 2006-2010)

Supervisor: Ms. Shanila Tariq

The present research was conducted to investigate the relationship between quality of sleep, mood stability and coping strategies among house officers. The sample was drawn from house officers of different public hospitals of Lahore. The Pittsburgh Sleep Quality Index (Buysse, Reynolds, Monk, Berman, & Kupfer, 1989) was used to assess the quality of sleep of the house officers, Brunel mood scale (Terry & Lane, 2003) was used to measure mood state and the Proactive Coping Inventory (Greenglass, Schwarzer, & Taubert, 1999) was used to assess



different dimensions of a proactive approach to coping. Correlation and independent sample *t*-test was used for the analysis. Results revealed that there is a significant relationship between mood stability and sleep quality, whereas no significant relationship between mood stability and coping strategies among house officers and also found out the gender differences in mood stability, coping strategies and quality of sleep among house officers. The results are compared with the researches from the west. This study will be helpful in improving the mood problems of the house officers by improving their quality of sleep as well as coping strategy most appropriate for them.

**Keywords:** mood, sleep, coping strategies, house officers

### **Comparison between Depressed and Non-Depressed Individuals in Emotional Intelligence**

Saira Afzal (M.Sc 2008-2010)

Supervisor: Ms. Omama Tariq

The present research was conducted to compare depressed and non-depressed individuals in emotional intelligence. It was hypothesized that depressed individuals have low emotional intelligence as compared to non-depressed individuals. Cross-Sectional Research design was used. A non-probability purposive sampling technique was used. A sample of the 120 individuals (60 depressed and 60 non-depressed) was collected. Patient Health Questionnaire (PHQ-9) by Spitzer (2001) was used to measure level of Depression. Schutte Self Report Emotional Intelligence Test (SSEIT) by Schutte (1989) was used for evaluating emotional intelligence. Pearson Product-Moment Correlation and Independent sample *t*-test was used to analyze the data. Significant associations were observed between severity of depression and Emotional intelligence. There was a significant difference between depressed and non-depressed individuals in emotional intelligence. Gender differences were also found as females indicated high emotional intelligence both in depressed and non-depressed individuals. Findings of the research can be implemented by explaining the emotional intelligence as a protective factor against suicidal behavior and it can also be explained to non-depressed individual's to cope with the stressful situation.

**Keywords:** depression, emotional intelligence, suicidal behavior

## **Body Mass Index, Depression and Adherence in Adults with Type II Diabetes**

Sadia Shenaz (M.Sc 2008-2010)

Supervisor: Ms. Omama Tariq

The present research was conducted to explore the relationship among Body Mass Index (BMI), Depression and Adherence in adults with Type II Diabetes. It was hypothesized that there is a relationship of BMI, Depression and adherence in Type II Diabetics. Correlation research design was used. A non-probability purposive sampling technique was used. A sample of 120 (60 females and 60 males) Type II diabetics, was collected from Jinnah Hospital, Lahore and Mayo Hospital, Lahore. Patient Health Questionnaire (PHQ-9) by Spitzer (2001) served as a depression severity measure and Summary of Diabetes Self-Care Activities questionnaire (SDSCA) by Toobert, Hampson and Glasgow (2000) was used to measure adherence. Pearson Product-Moment Correlation, Independent sample *t*-test and ANOVA were used to analyze the data. Results showed that there was a significant correlation among BMI, Depression and Adherence in Type II diabetics. Adherence had a highly significant negative correlation with Depression and BMI. There was a significant positive correlation between BMI and Depression. Gender differences were also found as females indicated higher BMI, lower adherence and higher depression than males. Increase in age was significantly associated with adherence. Increase in age was not significantly associated with depression. The results of the present research could be utilized in future researches. Implication for the implementation of psychological treatment for diabetic patients along with the limitations and suggestions were discussed.

**Keywords:** body mass index, depression, type II diabetes

## **Self-Criticism and Dependency in Unipolar and Bipolar Depressed Females**

Sara Saleem (M.Sc 2008-2010)

Supervisor: Mr. Faiz Younas Butt

The present study was designed to find out the self criticism and dependency in unipolar and bipolar depressed females. Cross sectional

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research design was used with a sample of (N=50) including (n=25) unipolar depressed females and (n=25) bipolar depressed females. The age range of participants was 20 to 60. Data was collected from psychiatric departments of different hospital of Lahore, Pakistan. The Depressive Experience Questionnaire (DEQ) and Patient Health Questionnaire 9 (PHQ-9) by Robert L. Spitzer, Janet B.W. Williams, Kurt Kroenke and colleagues (1999) translated in to Urdu version were used for assessment. *t*-test was conducted to find out the difference of self criticism and dependency in unipolar and bipolar depressed females. The findings suggested that there is no significant difference of self-criticism and dependency in unipolar and bipolar depressed females. This study can be helpful for psychologists to understand degree of self-criticism and dependency in unipolar and bipolar females. It will also be supportive for treatment and management plan of depressive patients.

**Keywords:** unipolar depression, self-criticism, bipolar depression, dependency



# **DEVELOPMENT PSYCHOLOGY**

## **Relationship between Onset of Menstrual Attitudes and Psychosocial Problems of Adolescent Girls**

Raheela Muzaffar (M.Sc 2008-2010)

Supervisor: Ms. Afsheen Masood

The present research was conducted to investigate the relationship between onset of menstrual attitudes and psychosocial problems of the adolescent girls. It was hypothesized that there is a significant relationship between menstrual distress and menstrual attitude perceived as natural event. A sample of 60 girls was selected from City District Government High School. Menstrual Distress Questionnaire (Rudolf Moss, 1969) and Menstrual Attitude Questionnaire (Brooks-Gunn and Ruble, 1977) were used for assessment. Individual assessment was carried out in the school's classrooms. Correlation research design was used to analyze the data. Results proved that there is a significant positive correlation between menstrual distress and menstrual attitude perceived as natural event. The implementation of the research is that the development of awareness in girls related to menstrual distress should be provided through joint effort, which is very important to initiate change in the society.

**Keywords:** menstrual attitudes, menstrual distress, psychosocial problems

## **Relationship between Body Mass Index and Self-Esteem among the Adolescent Girls**

Ayesha Batool (M.Sc 2008-2010)

Supervisor: Ms. Shanila Tariq

The present research was aimed to investigate the relationship between body mass index and self-esteem among the adolescent girls. It was hypothesized that there is a relationship between self esteem and body mass index among adolescent girls. A sample of 80 female adolescent students from different colleges was selected. The Rosenberg Self-esteem Scale (1965) and Body Mass Index Calculator (CDC, 2009) was used for the assessment. Correlation and ANOVA were applied to find the relationship between main variables. The results indicated that there is a significant negative relationship between body mass index and self-esteem and that there is a significant difference at the age of 19 years, showing that girls at this specific age are more concerned about their

body mass index (BMI). This research will help in dealing with the problems related to the body mass index of the specific age group among females.

**Keywords:** body mass index, self-esteem



# **EDUCATIONAL PSYCHOLOGY**

## **Academic Achievement and Motivation Level of Physically Disabled and Able Students**

Memoona Mazafar (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The aim of the present research was to compare physically disabled and able students on academic performance and motivation level. It was hypothesized that able students are likely to have better academic performance compared to physically disabled students. Further, it was assumed that physically able students are likely to have higher motivation level than physically disabled students. Sample consisted of 38 without physical disability and 38 physically disabled students recruited from different Departments of University of the Punjab, Lahore. Composite grade point average (CGPA) was taken as a measure of academic performance and motivation scale (Broussard, 2002) was used as assessment of motivation level. Motivation scale consists of two subscales, motivation (10 items) and students characteristics (15 items). Independent sample *t*-test was used to analyze data. The results indicated no significant difference in physically disabled and able students in their academic performance and motivation level.

**Keywords:** academic achievement, motivation, academic performance, disabled students, able students

## **Moral Values and Forgiveness in Children Studying in Private VS Public Schools**

Anum Javed (BS Hons. 2006-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

This research was conducted to compare children from private and public schools on moral values and forgiveness. It was hypothesized that: children from two types of schools are likely to differ significantly on forgiveness and moral values; and there are gender differences in forgiveness and moral values. A total of 100 children ranging in ages between 9 -12 years were recruited from private and public schools of Lahore, Pakistan. Tendency to Forgive scale (Brown, 2003) and Attitude towards Forgiveness (Berry, 2001) were used to measure forgiveness

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among children. The Moral Development Measure (Ziv, 1976) was used to measure moral values of children. Individual assessment was carried out at premises of the respective schools. Independent sample *t*-test was used to compare two groups of children. Children from private schools were significantly more forgiving and held significantly better moral values compared to those from public schools. Girls were significantly more forgiving than boys; however there were no gender differences in moral values. Findings have important implications for Pakistani education system and its role in inculcating moral values among children.

**Keywords:** moral values, forgiveness, private schools, public schools, education system

### **Relationship between Internet Addiction and Academic Achievement of Female Students of University of the Punjab, Lahore**

Shahira Tariq (M.Sc 2008-2010)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research was conducted to examine the relationship between internet addiction and academic achievement of female students of University of the Punjab, Lahore within the age range 18- 25 years. Survey research design was used. Non- probability purposive sampling technique was used. The inclusion criteria were: adult female students currently enrolled at University of the Punjab for M. Sc and BS Hons. degrees; age range from 18-25 years; willingness to participate in current research and frequent users of internet (for 1- 9 hour per day). A sample of 100 students was drawn from different departments of University of the Punjab, Lahore. Internet Addiction Test by Young (1998) was used for which written permission was granted by the author. SPSS (Version 16.0) was used to perform Pearson Product Moment Correlation Coefficient to determine relationship between internet addiction and academic achievement of female students of University of the Punjab, Lahore. The results indicated that there is a significant positive relationship between internet addiction and academic achievement of female students of University of the Punjab, Lahore. The results further indicated that there is no significant relationship between internet addiction and age as well as the duration of internet activities and age. Moreover, 42% of the total sample used one type of internet activity; whereas, 58% of the students used more than one type of internet activity, and 53% of the

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students used information searching. These findings have implications for promoting our knowledge and understanding of relationship between internet addiction and academic achievement of Pakistani university students, so that timely counseling could be provided to the student for effective use of internet.

**Keywords:** internet addiction, academic achievement, female students

## **Relationship between Parental Support and Academic Achievement of Deaf Students**

Ayesha Tariq (M.Sc 2008-2010)

Supervisor: Dr. Naumana Amjad

The present research investigated relationship between parental support and academic achievement of deaf students. Sample consisted of 50 male and female deaf students. It was hypothesized that higher the parental support higher is academic achievement would be. Survey method was used as a procedure of data collection. A self developed questionnaire of parental support was used in order to measure the variables of interest. Academic achievement was measured by an aggregate of marks obtained in previous classes. Correlation analysis was carried out to find out the relation between parental support and academic achievement of deaf students. Findings of the study show that there is a significant positive relationship between parental support and academic achievement. Relationship between parents' education and academic achievement was also measured. The results indicate that there is a significant relationship between parent's education and academic achievement of deaf student. Many previous studies are consisted with the findings of present research. This research will be helpful in the educational setting of deaf students and for child psychologist.

**Keywords:** academic achievement, parental support, deaf students

## **Challenges Faced by Special Education Teachers and their Motivation**

Waqas Hasan (BS Hons. 2006-2010)

Supervisor: Dr. Naumana Amjad

This study was conducted to explore the challenges faced by special education teachers and their motivation. This study attempted to answer the following questions: What challenges teacher face while teaching children with special needs? What is nature of the teachers' motivation to work with special children? Interview method was used to explore challenges and motivation of teachers. Open ended questions were asked to participants. Sample includes 37 teachers; 16 from government and 21 from private sector. Convenient sampling strategy is used. The results showed that there are some similarities and some differences in challenges faced by special education teachers in government and private sectors. As a general trend challenges revealed included: Problems with parents, Emotionality and low feelings while training the children with special needs, Training children with diverse disabilities including speech and motor problems, Lack of resources, Inability to carryout proper assessment of child disability and problems with school management. Regarding motivation, more intrinsic factors were revealed by private sector teachers and more extrinsic factors were revealed by government sector teachers. The results showed that the teachers are trained less and expected to do more. The study has its limitation in using convenient sampling technique for data collection. The more in-depth interviews along with focus group must be conducted in further research.

**Keywords:** special education, intrinsic factors, extrinsic factors

# **HEALTH PSYCHOLOGY**



## **Self-Esteem, Coping and Quality of Life of Women with Breast Cancer Receiving Chemotherapy**

Shahar Bano (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research was conducted to examine relationship between self-esteem, coping and quality of life of women with breast cancer receiving chemotherapy. It was hypothesized that there is a relationship between self-esteem, coping strategies being used and quality of life of women with breast cancer. Sample consisted of 63 female breast cancer patients receiving chemotherapy and was recruited from Institute of Nuclear Medicine and Oncology Lahore (INMOL) Hospital. Rosenberg Self-Esteem Scale (1965), Flanagan Quality of Life Scale (1970) and Coping Strategies Questionnaire (2000) were used for assessment. Individual assessment of the patients was carried out at hospital premises. Significant positive relationship was found between self-esteem and quality of life of breast cancer patients. Religious focused coping was used the most by patients and there was significant relationship of coping strategies with quality of life and patients' self esteem.

**Keywords:** self-esteem, coping, breast cancer, chemotherapy, quality of life

## **Burnout, Anger and Social Support in Patients with Hypertension**

Anam Wajeeha (BS Hons. 2006-2010)

Supervisor: Ms. Rafia Rafiq

The present research was conducted to find out association between burnout, anger, social support with hypertension. It was primarily hypothesized that burnout, anger, social support are associated with hypertension. It was further hypothesized that there is a difference between cases and controls on burnout, anger and social support. Furthermore it was hypothesized that there is a relationship between burnout, anger and social support. The study sample (N=100) consisted of cases diagnosed with hypertension and their age and gender matched controls. Cases as well as controls were recruited from different hospitals of Lahore city, through purposive sampling technique. Case control research design was used for conducting the present research. Maslach

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Burnout Inventory (Maslach & Jackson, 1986), State-Trait Anger Expression Inventory (Spielberger, 1985) and Berlin Social Support Scale (Schwarzer & Schulz, 2000) were used to measure the study variables. Chi Square was used to find out association between burnout, anger, and social support with hypertension. Independent sample *t*-test was used to find out differences between cases diagnosed with hypertension and their matched controls on burnout, anger and social support. Finally relationship between the study variables was found out with the help of Pearson Product Moment Correlation. Findings of the study suggested that there is a significant association of burnout, anger, and social support with hypertension. The results also indicated significant differences between cases and controls on burnout, anger and social support. Moreover, the study found a strong positive correlation between burnout and anger, and a strong negative correlation of social support with burnout and anger. Implications for the implementation of psychological interventions are being discussed.

**Keywords:** burnout, anger, social support, hypertension

### **Type D Personality, Marital Satisfaction and Social Support among Patients with Coronary Heart Disease**

Aniqa Mahmood (M.Sc 2008-2010)

Supervisor: Ms. Rafia Rafiq

The present study was designed to find out the relationship between Type D personality, marital satisfaction and social support in cases with Coronary Heart Disease (CHD). It was hypothesized that cases diagnosed with CHD have higher type D personality traits, less marital satisfaction as well as social support. It was further hypothesized that there is a difference between cases and their age and gender matched controls on type D personality traits, marital satisfaction and social support. Another hypothesis was that Type D personality traits, marital satisfaction and social support are associated with CHD. Case control research design was used to conduct the present research. The sample of the study consisted of 30 cases diagnosed with CHD and 30 age and gender matched controls. The age range of participants was 45 to 55. Data was collected from cardiology units of different hospital of Lahore, Pakistan. Measures used were type D personality scale (Ds, 14) (Donellet, 1996), Marital Abstracts 2010

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Satisfaction Scale (Houdeshell, 2006) and Perceived Social Support questionnaire (Zimet, Dahlem, & Farley, 1988). All scales were translated in to Urdu language and their reliability was determined prior to data collection. Correlation analysis was conducted to find out the relationship between Type D personality traits, marital satisfaction and social support, independent sample *t*-test was used to find out differences between cases and controls on all three study variables. Lastly Chi-square test was used to analyze association of Type D personality traits, marital satisfaction and social support with CHD. The findings suggested that there is a relationship between type D personality traits, marital satisfaction and social support. The findings furthermore suggest that there are significant differences between cases and controls on type D traits, marital satisfaction and social support. Type D personality, marital satisfaction and social support were found to be associated significantly with CHD. Implications for implementation of psychological interventions, along with limitations and suggestions are discussed at length.

**Keywords:** type D personality, marital satisfaction, social support, coronary heart disease, personality traits

### **Health Related Quality of Life, and Marital Satisfaction in Patients with Rheumatoid Arthritis and their Matched Controls**

Aqsa Anwar (M.Sc 2008-2010)

Supervisor: Ms. Rafia Rafiq

The present study examined the difference between health related quality of life and marital satisfaction in patients with Rheumatoid Arthritis (RA) and their matched controls. It was hypothesized that health related quality of life and marital satisfaction of cases diagnosed with rheumatoid arthritis is less than their matched controls. It was also hypothesized that there is a relationship between health related quality and marital satisfaction. Case control research designed was used for conducting the present research. WHO Quality of Life Scale BREF (group 1996) and Marital Satisfaction Scale (Houdeshell, 1986) were used to measure the study variables. Purposive sampling technique was used. Sample consisted of 80 (40 Rheumatoid Arthritis patients and 40 matched controls) aged 30-45 years. Independent sample *t*-test and Pearson



Product Moment Correlation was used to analyze data. The findings suggest that there is a significant difference between quality of life ( $t = -21.943$ ,  $p < 0.05$ ) and marital satisfaction ( $t = -9.192$ ,  $p < 0.05$ ) in patient with rheumatoid arthritis and their matched controls. Controls were found to have better quality of life and marital satisfaction as compared to cases. A strong positive relationship ( $r = .720^{**}$ ,  $p < 0.01$ ) between health related quality of life and marital satisfaction was found. Implications for psychological interventions for cases, along with limitations and suggestions are being discussed.

**Keywords:** marital satisfaction, rheumatoid arthritis, quality of life

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### **Health Related Quality of Life, Perceived Health and Social Support in Patients with Diabetes Mellitus**

Maria Mahtab (BS Hons. 2006-2010)  
Supervisor: Ms. Rafia Rafiq

The present research was conducted to find out association between health related quality of life, perceived health and social support in patients diagnosed with diabetes mellitus. It was hypothesized that health related quality of life, perceived health and social support are associated with diabetes. It was also hypothesized that there is a difference between health related quality of life, perceived health and social support in cases, diagnosed with diabetes and their matched controls. It was further hypothesized that there will be relationship between health related quality of life, perceived health and social support. The sample ( $N = 100$ ) consisted of cases diagnosed with diabetes and their age and gender matched controls; recruited from different hospitals of Lahore, through purposive sampling technique. Case control research design was used for conducting the present research. Diabetes Health related quality of life scale; SF-12 and Berlin Social Support Scale were used to measure the study variables. Chi Square test was used to find out association of health related quality of life, perceived health, and social support with diabetes. Cases diagnosed with diabetes were compared with their matched controls on health related quality of life, perceived health and social support by using independent sample  $t$ -test. The findings suggested significant association of health related quality of life, perceived health, and social support with diabetes. Significant differences were found

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between health related quality of life and social support in cases and controls. Significant association between all study variables was found out. Implications for the implementation of psychological interventions are being discussed.

**Keywords:** perceived health, social support, diabetes mellitus, quality of life

### **Gender Differences in Self-Efficacy, Psychological Well-Being and Daily Stress in Patients Diagnosed with Arthritis**

Sameen Fatima Asghar (BS Hons. 2006-2010)

Supervisor: Ms. Rafia Rafiq

The purpose of this research was to find out the gender differences in self efficacy, psychological wellbeing and daily stress of patients diagnosed with arthritis. The sample consisted of 60 patients, males (n=30) and females (n=30) diagnosed with arthritis. It was hypothesized that there is a significant difference in self efficacy, psychological wellbeing and daily stress of male and female patients diagnosed with arthritis. It was further hypothesized that there is a relationship between self efficacy, psychological wellbeing and daily stress. Crossectional research design was used to conduct the present research. Generalized Self Efficacy Scale (Jerusalem & Schwarzer, 1992), Flourishing Scale (Diener & Diener, 2009) and Hari's Stress Inventory (Chandran, 2005) were employed to measure study variables. The results indicated that there are no significant differences in self efficacy, psychological wellbeing and daily stress experienced by male and female patients. However, strong positive relationship was found between self efficacy and psychological wellbeing and a strong negative relationship was found between self efficacy and daily stress, as well as that between psychological wellbeing and daily stress. Research regarding gender differences in self-efficacy, psychological wellbeing and daily stress in patients diagnosed with arthritis still remains inconclusive, but seems to be extremely important in pointing towards future research still necessary in this area. The study lays' grounds for highlighting need for implementation of psychological interventions for patients diagnosed with RA.

**Keywords:** self-efficacy, psychological well-being, stress, arthritis



## **Job Stress and Coping in Relation to Hypertension**

Tayyaba Rafique (M.Sc 2008-2010)

Supervisor: Ms. Rafia Rafiq

The present research explored the differences between job stress and types of coping in patients diagnosed with hypertension and their matched controls. It was hypothesized that there is a difference between cases and community controls on job stress and types of coping. It was also hypothesized that there is a relationship between job stress and types of coping. It was further hypothesized that high job stress is associated with disease status where as low job stress is associated with non-disease status. Case control research design was used for conducting the present research. Brief Cope (Carver, 1997) and Work Place Stress Scale (The American Institute of Stress) were used to measure the study variables. Purposive sampling technique was employed. Sample consisted of 60 men (30 patients diagnosed with hypertension and 30 community matched controls) aged 35-55 years. Sample was recruited from four different hospitals of Lahore city. Independent sample *t*-test, Pearson Product Moment correlation and chi-square were used to analyze data. According to the proposed hypotheses, the findings suggest that there is a significant difference between job stress ( $t = 8.65, p < 0.01$ ) and coping subtypes in patients diagnosed with hypertension and their matched controls. And there exists a strong negative relationship between job stress and types of coping (Self distracting, Active coping, Use of emotional support, Behavioral disengagement, Positive reframing, Humor, Religion, Self blame) and positive relationship between (Denial, Use of Instrumental Support, Planning, Acceptance). High job stress was found to be significantly associated with hypertension. Implications for implementation of psychological interventions, along with limitations and suggestions of the study are being discussed at length.

**Keywords:** stress, hypertension, coping, active coping, denial



## **Perceived Empathy and Adherence to Medical Advice among Patients with General Medical Conditions**

Ammara Batool (M.Sc 2008-2010)

Supervisor: Ms. Shanila Tariq

The present study aims to investigate the effect of empathy on adherence among patients with general medical conditions. It was hypothesized that there is a significant relationship between empathy and adherence. The sample of (N=76) patients with general medical conditions was selected by using random sampling strategy from two public hospitals of Lahore. Jefferson Scale of patient's perception of Physician Empathy (JSPPE) by Gregory, Joanne, Mangione, West, and Hojat (2001) and Medication Adherence Questionnaire (MAQ) by Toll, Sherry, McKee, Daniel, Martin, Peter, Stephanie, and Malley (2006) were used for the assessment of the participants after obtaining the due permission from the authors of the Scales. Results revealed that there is a significant relationship between perceived empathy and adherence among patients with general medical conditions. The demographic variables were also tested to see their relationship and effect on the adherence to medication. The results were compared with the western researches as well as with the findings in the Pakistani society.

**Keywords:** perceived empathy, general medical conditions

## **Relationship between Quality of Life and Spirituality among Mothers of Mentally Retarded Children**

Amreen Naseem (M.Sc 2008-2010)

Supervisor: Ms. Afifa Gull

The current research was conducted to investigate relationship between quality of life and spirituality among mothers of children with mental retardation. Sample composed of 70 mothers having a child with mental retardation. Sample was recruited from Amin- Maktab center for special education and training, Shadab centre Lahore. Formal permission was obtained from the head of respective institution in order to include mothers of children with mental retardation, who were enrolled in those schools. World Health Organization Quality of Life Scale (WHO, 1996)

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and Spirituality Quotient Scale (Chopra, 2002) were used to collect the data from mothers of children with mental retardation. Pearson Product Moment Correlation Coefficient was performed to examine relationship between quality of life and spirituality among mothers of children with mental retardation. Results showed significant relationship between four domains of Quality of Life (physical, psychological, social, and environmental) and Spirituality ( $p < 0.01$ ). Independent sample  $t$ -test was used to examine the differences in the quality of life and spirituality among mothers of male and female children with mental retardation. Results indicated that there exists a significant difference in Quality of Life of mothers of male and female MR children; however, no differences were found in their Spirituality. Pearson Product Moment Correlation Coefficient was performed to examine relationship between Quality of Life and Spirituality of mothers and Severity of illness of children with mental retardation. Results showed there is a significant relationship between quality of life and severity of illness ( $p < 0.05$ ) and spirituality and severity of illness ( $p < 0.01$ ).

**Keywords:** mentally retarded children, quality of life

# **MARITAL AND FAMILY STUDEIS**



## **Relationship between Playing Video Games and Aggressive Behavior among Children of Single Parents**

Nazia Noreen (M.Sc 2008-2010)

Supervisor: Prof. Dr. Yasmin N. Farooqi

This research was conducted to examine the relationship between playing video games and aggressive behavior among children of single parents by death or divorce within the age range 10-15 years. Survey research design was used. Non-probability purposive sampling technique was used. The inclusion criteria were: children within the age range of 10 -15 years; children living with single parent (mother/father); children who have lost one parent either by death or divorce during the last five years; and willingness to participate in the current research. A sample of 60 students was drawn from different private schools of the Lahore city. The results indicated that there is no significant relationship between playing video games and aggressive behavior among children of single parents as well as there are no significant gender differences in the duration of playing video games and aggressive behavior. The results further suggest significant positive relationship between aggressive behavior and age. Moreover no significant relationship was found between playing video games and age. These findings may promote our understanding of relationship between playing video games and aggressive behavior among children of single parents by death or divorce. Furthermore, the single parents and teachers may benefit from the findings of this research and monitor playing of video games of their children in order to decrease their aggressive behavior.

**Keywords:** aggressive behavior, single parents, video games

## **Adjustment Problems among Siblings of Children with Autism**

Tehseen Ghazanfar (M.Sc 2008-2010)

Supervisor: Ms. Afsheen Masood

This research aims to investigate the presence of adjustment problems among siblings of children with autism. It was hypothesized that siblings of children with autism are potentially at a higher risk for developing adjustment problems as compared to siblings having normally developed children. The sample consisted of N= 60 siblings

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age ranging between 7-19 years. The data was collected from 30 siblings of children with autism and 30 siblings of children with normal development. In order to measure the adjustment problems, Strengths and Difficulties Questionnaire by Goodman, R (2001) was used. In order to compare the relative adjustment problems, a control group was traced out. Data analysis was done by using independent sample *t*-test and ANOVA (Analysis of variance). Results showed that siblings of children with autism are significantly at a higher risk for developing adjustment problems as compared to siblings of normally developed children. Counseling programmes for the family and especially for siblings are recommended to help them to deal with their feelings and problems. Further implications for the provision of health services are discussed.

**Keywords:** adjustment problems, autism

### **Motivational Role of Spouse of Female Entrepreneurs**

Ammara Raheel (M.Sc 2008-2010)

Supervisor: Ms. Afsheen Masood

This research was conducted to explore the spousal role of building motivation on entrepreneurship role of females. It was hypothesized that the women who have ample support from their spouses would be initiating and maintaining the innovative businesses with better level of success than those who do not have such a support network. The sample consisted of married women of age ranging between 20-50 years, who have launched their businesses. In order to measure spousal support, the self constructed questionnaire titled Social Support Questionnaire (2010) was used. Business success checklist was used to measure the business success of female entrepreneurs. The data was collected from Chamber of Commerce Women Wing and Small and Medium enterprise development authority (SMDA). Pearson Product Moment Correlation was used to find out the relationship between spousal support and business success of women entrepreneurs. The findings indicate ( $r=.27$ ,  $n=60$ ,) ( $p < 0.05$ ), that those women who get spousal support for starting their own businesses get success. There was a significant level of correlation between spousal support and business success of women entrepreneurs. Spousal support plays very important role for the

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success of women entrepreneurs. Other social factors such as education and family system are also important for gaining success in business.

**Keywords:** motivational role, female entrepreneurs

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### **Disruptive Behavior among Children Living with Single Parent and Both Parents**

Iqra Shaheen (M.Sc 2008-2010)

Supervisor: Ms. Shanila Tariq

The present study was conducted to compare the disruptive behavior of children living with a single parent and those living with both parents. It was hypothesized that there is a difference in the level of disruptive behavior between children living with a single parent and both parents. The sample for study was obtained from eight private schools. The sample consisted of 80 children (40 living with single parent and 40 with both parents). The purposive sampling strategy was used to collect data. Beck Youth Inventories for children and adolescents (2001) was used as for the assessment. Data was analyzed by using independent sample *t*-test and correlation. Results revealed that there is a significant difference in disruptive behavior between children living with a single parent and both parents. Results also indicated the gender differences in level of disruptive behavior between children living with a single parent and both parents, whereas there was no significant relationship between age and grade and disruptive behavior of children living with a single parent and both parents. The findings are supported by the relevant literature from the west and Pakistan.

**Keywords:** disruptive behavior, single parent, both parents



## **Relationship between Marital Disillusionment, Psychological Well-Being and Emotion Regulation in Married Females**

Ammara Zahid (BS Hons. 2006-2010)

Supervisor: Ms. Shanila Tariq

The present research was conducted to investigate the relationship between marital disillusionment, psychological well-being and emotion regulation. Sample consisted of working and non-working married females (n=40 each). It was hypothesized that there is a relationship between marital disillusionment, psychological well-being and emotion regulation in working and non-working married females. The Marital Disillusionment Scale (Niehuis, 2007), Flourishing Scale (Diener & Biswas, 2009), and Emotion Regulation Questionnaire (Gross & John, 2003) was used for data collection. Data was analyzed by using correlation and independent sample *t*-test. The results revealed that there is no significant relationship between marital disillusionment, psychological well-being and between marital disillusionment and emotion regulation in married females whereas there is a significant positive correlation between emotion regulation and psychological well-being in married females. The results were discussed by the relevant literature from the western countries and Pakistan. This research topic gains more importance because of increasing divorce rate, mental disorders and illnesses in past years.

**Keywords:** marital disillusionment, psychological well-being, emotion regulation

**PERSONALITY  
PSYCHOLOGY**

## **Gender Differences in Gratitude, Self-efficacy and Psychological Well-Being of Adolescents**

Saira Aslam (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was carried out to investigate gender differences in gratitude, psychological well being and self efficacy of adolescents. It was hypothesized that there are gender differences in gratitude, psychological well being and self efficacy of adolescents. Sample consisted of 100 adolescents (50 male and 50 female) recruited from Science College for Boys and Govt. College for Women Band road Lahore and they ranged in ages between 16-18 years. Gratitude Questionnaire-6 (GQ-6), Psychological well being Scale and Generalized Self Efficacy Scale were used for assessment. Data was analyzed using independent sample *t*-test and correlation. Results indicated that there were no gender differences in gratitude, psychological well being and self efficacy of adolescents. Results showed significant relationship between gratitude and three dimensions of psychological well being (personal growth, relations with others and purpose in life). There was significant positive relationship between self-efficacy and dimensions of psychological well being (personal growth, relations with others, purpose in life and self acceptance). However no significant relationship was found between gratitude and self-efficacy.

**Keywords:** gender differences, self-efficacy, psychological well-being, self-acceptance

## **Association between Attachment Dimensions and Big Five Personality Traits**

Saira Bano (BS Hons. 2006-2010)

Suprvisor: Ms. Afifa Anjum

This research was conducted to investigate association between attachment dimensions and big five personality traits. It was hypothesized that there is an association between big five personality traits and attachment dimensions. The sample comprised of students from different colleges of Lahore region. Big Five



Inventory by John and Srivastava (1999) was used to measure big five personality traits and Attachment dimensions were measured by Adult Attachment Questionnaire by Simpson, Rholes and Phillips (1996). Results indicated that attachment avoidance is negatively correlated with extraversion and significantly negatively correlated with agreeableness, conscientiousness and openness, whereas both attachment avoidance and attachment ambivalence is positively correlated with neuroticism. Agreeableness, conscientiousness and openness are significantly negatively correlated with attachment ambivalence and ambivalence is negatively correlated with extraversion. Independent samples *t*-test was used to find gender differences in study variables. Findings revealed that there are no significant gender difference in level of big five traits and attachment dimensions. Analysis of variance also showed no significant difference in big five traits and attachment dimensions for birth order of the participant. Implications of the study are discussed along with suggestions for future researches.

**Keywords:** attachment dimensions, big five personality traits, attachment ambivalence, birth order

# **ORGANIZATIONAL PSYCHOLOGY**

## **Hardiness and Resilience in Doctors and Nurses Working in Casualties and Intensive Care Units**

Sadia Bashir Meo (BS Hons. 2006-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

This research was conducted to investigate differences in resilience and hardiness in doctors and nurses working in casualties and intensive care units. It was hypothesized that doctors are more likely to be more resilient and hardy than the nurses. Sample (N=80) was drawn from intensive care units and casualty units of different hospitals in Lahore. State-Trait Resilience Checklist (Hiew, 2000) and Dispositional Resilience Scale (Bartone, 2009) were used for assessment. Descriptive statistics were used for demographic characteristics of the sample and independent sample *t*-test was used to examine differences between doctors and nurses on hardiness and resilience. There were significant differences on the subscales of State Trait Resilience Checklist i.e. intra-state, inter-trait and intra-trait resilience. However, there were no significant differences in the levels of resilience and personality hardiness between the doctors and nurses.

**Keywords:** resilience, hardiness, casualties, intensive care units

## **Organizational Citizenship Behavior between Daily Wages, Contract and Permanent Employees of University of the Punjab, Lahore**

Saba Munir (M.Sc 2008-2010)

Supervisor: Ms. Shazia Khalid

The present study was conducted to investigate the organizational citizenship behavior between daily wages, contract and permanent employees of the University of the Punjab, Lahore. It was hypothesized that there is a significant difference between the organizational citizenship behavior and type of the job of the employees. The sample consisted of 60 employees out of which 20 were contract, 20 permanent and 20 were daily wages based employees of University of the Punjab, Lahore. The age range of the employees was 35-45 years. In order to measure the relationship between these three variables organizational citizenship behavior scale by

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Morrison (1994) was used. Data was analyzed by one way ANOVA and *t*-test. The findings indicated that there is a significant difference between organizational citizenship behavior of permanent, contract and daily wages employees of University of the Punjab, Lahore and there is a significant difference between organizational citizenship behavior and pay. The results also showed that there is no difference in organizational citizenship behavior and education, family system and job type of employees. The implementation of the present research is that this research can help the supervisors to understand that how they can improve the organizational citizenship behavior of their employees and make the supervisors aware that how organizational citizenship behavior (OCB) positively affects the work setting.

**Keywords:** organizational citizenship behavior, daily wages

### **Comparison of Work Motivation and Performance Level among Employees Working in Day Shifts and Night Shifts**

Ayesha Sheikh (BS Hons. 2006-2010)

Supervisor: Ms. Shazia Khalid

This study aims to investigate motivation and performance level of the employees working in day shifts and night shifts. It was hypothesized that there would be differences between the motivation and performance level of the employees working in day shifts and night shifts patterns. The data was collected from call centers where workers had adequate timings for day shifts and night shifts. The data of 80 employees was taken, 40 from the day shifts and 40 from the night shifts. Purposive sampling was used in this research because the choice of the sample was done through two different groups. There are two scales which were used to measure the work motivation level and performance level. Self Motivation Inventory by Milana Leshinsky and Larina Kase (2008) was taken to measure the work motivation level and health and Work Performance Questionnaire (HPQ) by Mark Attridge (2003) was used to measure performance level. Permission was taken from the respective authors of the scales, which was being formally granted. The data was analyzed through the statistical technique of Independent sample *t*-test while descriptive statistics and correlation were also applied. The results generated

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indicated that the performance level of employees working in a day shift is higher than the employees working in the night shift with Mean=2.934, Std.=0.581 and Mean=0.591. Similarly, work motivation level of the employees working in day shift is higher than the employees working in a night shift with Mean=3.2, Std.=0.481 and Mean=2.79, Std.=0.404. This thesis can help to understand the less motivation and performance level of night shift workers and then can help to overcome those factors, which are affecting their performance and motivation.

**Keywords:** work motivation, day shifts, night shifts

### **Relationship between Emotional Intelligence and Organizational Commitment of Employees Working in Service Oriented Organizations**

Noor-ul-Ain (BS Hons. 2006-2010)

Supervisor: Ms. Shazia Khalid

The present research was conducted to investigate the relationship between Emotional Intelligence and organizational commitment of employees working in service oriented organizations. It was hypothesized that there is a relationship between emotional intelligence and organizational commitment of the employees. In order to collect the data purposive sampling technique was used. The sample size consisted of 100 employees from middle and top management of the hotels and restaurants. The data was collected through Trait Emotional Intelligence Questionnaire by Petrides and Furnham (2003) and Organizational Commitment Questionnaire by Porter and Steers (1970). Permission to use these questionnaires was taken from the respective authors of the questionnaire, which was formally granted. The data was analyzed through the statistical techniques of Pearson Product Moment Correlation and Independent Sample *t*-test while descriptive statistics were also applied for the analysis of demographical information. The results indicated that there is a positive correlation between emotional intelligence and organizational commitment of employees ( $r=.82$ ,  $N=100$ ,  $p < 0.01$ ).

**Keywords:** emotional intelligence, organizational commitment, service oriented organizations

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## **Organizational Commitment Level of Permanent, Contract and Daily Wages Base Employees of University of the Punjab**

Sadia Ishaq (BS Hons. 2006-2010)

Supervisor: Ms. Shazia Khalid

This research aimed to investigate the level of Organizational Commitment of permanent, contract and daily wages base employees. The sample comprised of 90 employees of middle management of University of the Punjab out of them 30 were on contract and 30 were permanent employees while 30 were daily wages base employees of University of the Punjab. Demographical information was collected through self-constructed demographic questionnaire. Organizational Commitment Questionnaire by Porter and Smith (1970) was used to measure Organizational Commitment Level of employees. Permission to use the questionnaire was taken from the respective author of the questionnaire, which was being formally granted. The data was analyzed through statistical technique of ANOVA while descriptive statistics were also applied. The analysis revealed that there is a difference between Organizational Commitment level of permanent contract and daily wages base employees of University of the Punjab. The findings were analyzed in the light of existed findings.

**Keywords:** organizational commitment, wages

## **Relationship between Demographic Similarities and Leader's Empathy towards Employees**

Sehrish Maqsood (BS Hons. 2006-2010)

Supervisor: Ms. Shazia Khalid

The present study explored the relationship between demographic similarities and leader's empathy towards employees. The research was laid out through survey research design. The sample of this research consisted of 80 employees (40 leaders and their 40 employees) of public and private banks. There was no equal distribution across both genders. It was hypothesized that more the demographic similarities between leaders and employees the greater would be empathy level. A Multidimensional Approach to Individual

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Differences in Empathy scale by Davis (1980) was used to measure about respondents' feelings of warmth, compassion and their empathic level. The permission to use this questionnaire was taken from the respective author of scale, which was being formally granted. The demographic questionnaire was self-constructed. Independent sample *t*-test was used for inferential analysis while descriptive statistics was used for analyzing demographic data. The results indicated that there are insignificant demographic similarities and leader's empathy towards employees.

**Keywords:** demographic similarities, leader's empathy

### **Resistance to Change and its Relationship with Organizational Commitment and Job Performance**

Ramiza Rasheed (BS Hons. 2006-2010)

Supervisor: Ms. Afifa Anjum

This research was conducted to investigate resistance to change and its relationship with organizational commitment and job performance. It was hypothesized that there is an association between resistance to change, organizational commitment and job performance. The sample comprised of bank officers from private and privatized banks of Lahore region. Resistance to Change Scale by Oreg (2003), Organizational Commitment Questionnaire by Porter and Smith (1970) and Performance Appraisal Form by Lakehead University (1996) was used to measure study variables. Results indicated that there is a significant negative correlation between resistance to change organizational commitment and job performance whereas there was a significant positive correlation between organizational commitment and job performance. Sub scales of RTC scale i.e. routine seeking, emotional reaction, short term focus and cognitive rigidity, were found to be negatively correlated with both other study variables. There was a significant positive correlation of duration of job with resistance to change and a significant negative correlation with organizational commitment. Independent samples *t*-test was used to find difference among private and privatized banks. Findings revealed a significant difference in private and privatized banks on level of resistance to change. Implications in the light of study results

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were discussed.

**Keywords:** organizational commitment, resistance, job performance

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### **Impact of Perceived Supervisor Support, Trust in Supervisor on Organizational Citizenship Behavior**

Ghuncha Naqvi (BS Hons. 2006-2010)

Supervisor: Ms. Afifa Anjum

This research was conducted to investigate the impact of perceived supervisor support (PSS) and trust in supervisor on organizational citizenship behavior (OCB) in multinational organizations. It was hypothesized that perceived supervisor support (PSS) and the trust in supervisor will predict greater organizational citizenship behavior (OCB). The participants of this study were employees from the middle management of the multinational organizations of Lahore ( $N=60$ ). Survey of Perceived Supervisor Support of Eisenberger, Huntington and Huchison (1986) Trust in Supervisor questionnaire by Paine (2003) and Organizational Citizenship Behavior Questionnaire by Dick, Grojean, Christ and Wieseke (2006) was used to measure study variables. Results indicated that there is significant correlation between perceived supervisor support, trust in supervisor and organizational citizenship behavior. The findings of regression analysis indicated that perceived supervisor support and trust in supervisor is significantly predicting the organizational citizenship behavior at .01 level. One-way Analysis of the variance (ANOVA) showed that there is significant difference in perceived supervisor support, trust in supervisor and organizational citizenship behavior between participants on different job ranks. These findings are compared with the western researches for generalization of results. Implications of these findings for research and practice are discussed. The study ends with by giving the suggestions for further research ideas.

**Keywords:** perceived supervisor support, trust, organizational citizenship behavior



**Psychological Well-Being in Relation to Security Threats and its  
Relationship with Organizational Commitment and Work  
Motivation among Security Organizations in Lahore**

Aliya Ghafoor (BS Hons. 2006-2010)

Supervisor: Ms. Afifa Anjum

This research was conducted to investigate psychological well-being in relation to security threats and its relationship with organizational commitment and work motivation among security organizations in Lahore. It was hypothesized that there will be an association between psychological wellbeing, organizational commitment and work motivation. The sample was drawn from Federal Investigation Agency (FIA) and City Capital Police (CCP) of Lahore District. Depression Anxiety Stress Scale (DASS) by Lovibond (1995) for psychological wellbeing, Organizational Commitment Questionnaire by Porter & Smith (1970) for organizational commitment and Work Motivation Questionnaire by Jackson (1997) for work motivation was used. Correlational analysis was used to measure the relationship between psychological wellbeing, work motivation and organizational commitment. Significant negative relationship between organizational commitment and psychological wellbeing and positive in organizational commitment and work motivation was found. *t*-test was used for measuring difference between FIA and CCP. The result showed significant difference in psychological wellbeing. Significant and negative relation was found in depression and anxiety subscales of psychological wellbeing. Correlational analysis also measured the relationship in study variables and designation.

**Keywords:** psychological well-being, security threats, organizational commitment, work motivation, security organizations



## **Relationship between Emotional Intelligence, Leadership Style and Job Commitment among Employees of National and Multinational Companies**

Raana Almas (M.Sc 2008-2010)

Supervisor: Ms. Shahnaila Tariq

The present research was conducted to investigate the relationship between emotional intelligence, leadership style and job commitment among the employees of national and multinational companies. It was hypothesized that there is a relationship between emotional intelligence, leadership style and job commitment. A sample of 80 employees (40 from national companies and 40 from multinational companies) was selected from Lahore. Leadership Style Questionnaire (Donald Clark, 1999), Organization Commitment Scale (Mowday, Porter, & Steers, 1982), and Emotional Intelligence Scale (Schutte, et al., 1998) were used for assessment. Individual assessment was carried out at company's offices. Pearson Product Moment Correlation Coefficient and independent sample *t*-test were used for data analysis. Results revealed that there is a significant relationship between emotional intelligence and job commitment. The results were compared with the western researches and the findings can be implemented in the Pakistani society for the improvement of the management.

**Keywords:** emotional intelligence, leadership style, job commitment

## **Relationship between Employee Need Fulfillment and Organizational Commitment in Public and Private Sector Universities**

Amber Ijaz (M.Sc 2008-2010)

Supervisor: Ms. Tahira Mubashir

The present research was conducted to investigate the relationship between employee need fulfillment and organizational commitment in public and private sector universities. It was hypothesized that there is a positive relationship between employee need fulfillment and organizational commitment. The second hypothesis was that there is a

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difference in employee need fulfillment and organizational commitment among faculty members of public and private sector universities. The sample for this research was consisted of 60 faculty members and it was selected from different public and private universities of Lahore. Luthans (1992) motivation questionnaire was used to measure employee need fulfillment and organizational commitment questionnaire (OCQ) by Meyer, (1993) was used to measure organizational commitment. Correlation analysis was carried out to measure the relationship between employee need fulfillment and organizational commitment. The results proved that there is a significant positive correlation between employee need fulfillment and organizational commitment. *t*-test was used to see the difference in public and private sector and results showed that there is a greater difference in the level of belongingness needs, self-esteem needs and self actualization needs in private sector as compared to public sector. Results also showed that there is no significant difference found in the level organizational commitment in public and private sector universities. The findings have important implications for the faculty members of universities and highlight the importance of need fulfillment, which in turn may help improve their level of organizational commitment.

**Keywords:** employee need fulfillment, organizational commitment, self-esteem, self actualization

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### **Health Safety Attitude and Job Performance among the Employees of National and Multinational Companies**

Aneeza Abdullah (M.Sc 2008-2010)

Supervisor: Ms. Tahira Mubashir

The present research was conducted to investigate the relationship of health safety attitude and job performance among the employees of national and multi-national companies. It was hypothesized that there is a relationship of health safety attitudes with job performance of the employees. It was hypothesized that there is a significant difference in health safety attitude and job performance among the employees of national and multi-national companies. A sample of 60 employees (n=30 from national and n=30 from multi-national company) was

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selected from two manufacturing units of Lahore. Health safety attitude questionnaire by Professional Training Services (PTS) was used to assess the attitude of employees towards health and safety and was filled by technical staff of the units. A self constructed job performance rating scale was used for job performance assessment and was filled by the senior HR Managers of the manufacturing units. Correlation analysis was used to find out relationship between health safety attitude and job performance of the employees. The results showed that there was no significant relationship between the health safety attitude and job performance. Independent sample *t*-test was carried out to find out differences and the results indicated no significant difference in the level of health safety attitude and job performance among the employees of national and multinational companies. The findings of the research have been discussed with relevant literature. The findings have important implications for technical employees of companies and highlight the importance of health safety attitude which turn to improve their job performance.

**Keywords:** health safety attitude, job performance

### **Job Strain, Perceived Social Support and Occupational Stress in Textile Sector**

Momina Masood (M.Sc 2008-2010)

Supervisor: Ms. Tahira Mubashir

The present research was carried out to investigate the relationship of job strain, perceived social support and occupational stress among the managers and supervisors of textile sector. It was hypothesized that there is a relationship between job strain and occupational stress. Another hypothesis was that, there is a relationship between perceived social support and occupational stress. Sample of 60 managers and supervisors (N=60) was selected from textile sector. Each participant was administered Job Strain Scale (JSS) by Spector (2009) and Multidimensional Scale of Perceived Social Support (MSPSS) by Zimet (1988) and Occupational Stress Scale (OSS) by Mubashir (2005). Correlational research design was used to find out the relationship among job strain, perceived social support and occupational stress. Findings revealed that there was a significant

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positive relationship between job strain and occupational stress and there was a non-significant relationship between perceived social support and occupational stress. So, the implication of the research supported that job redesign interventions and stress management techniques for improving the worker's well-being and productivity are necessary.

**Keywords:** job strain, perceived social support, occupational stress

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### **Level of Job Stress and General Health Conditions among Traffic Wardens and Fire Fighters**

Aqsa Arif (M.Sc 2008-2010)

Supervisor: Mr. Faiz Younas Butt

The present study was carried out to investigate the relationship between level of job stress and general health conditions experienced by the traffic wardens and fire fighters. The sample consisted of (N=70) male participants, 35 traffic wardens and 35 fire fighters from 1122, Lahore. Professional Life Stress Scale by David Fontana (1989) and General Health Questionnaire by David Goldberg (1978) were used as assessment measures. Data was analyzed by correlation and independent sample *t*-test. Results indicated that there is no relationship between job stress and general health conditions. Results also showed that there was a significant difference in mean score of job stress in traffic wardens and fire fighters. However, no significant difference between traffic wardens and fire fighters on general health conditions was found. The ratio of job stress and health problems especially is increasing with the passage of time, so the current study was conducted to see the negative effects of job stress on health. Implications of the study are discussed along with the suggestions for future researches.

**Keywords:** job stress, general health conditions, health problems, traffic wardens, fire fighters

# **FORENSIC PSYCHOLOGY**

## **Resilience, Cognitive Appraisal and Coping Strategies used by Traffic Police Wardens in Relation to Terror Attacks**

Hina Haq (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present study was conducted to investigate resilience, cognitive appraisal and coping strategies used by traffic police wardens in relation to the ongoing terror attacks. It was hypothesized that there is a relationship between resilience, cognitive appraisals and coping strategies used by traffic wardens. A sample of 50 male traffic police wardens was selected from different areas of Lahore. State Trait Resilience Scale (Hiew, 2007), Stress Appraisal Measure (Peacock & Wong, 1990) and Coping Strategies Questionnaire (CSQ, Kausar & Munir, 2004) were used for assessment. Data was analyzed using correlation analysis. Significant relationship was found between resilience, stress appraisal and coping strategies. Traffic police wardens scored higher on state resilience and perceived the terror attacks having personal significance for them. Avoidance focused coping strategies were used the most, followed by active practical and religious coping strategies. Findings have important implications for psychological well being of traffic wardens in Lahore, who can be an easy target for terror attacks.

**Keywords:** resilience, cognitive appraisal, coping strategies, terror attacks

## **Psychological Distress among Families of Victims of Terror Attacks**

Mudassar Hussain (BS Hons. 2006-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

This Study was conducted to examine the level of perceived psychological distress and coping strategies used by the families of victims of terror attacks. It was hypothesized that: a) there is a significant positive relationship between level of perceived psychological distress and coping strategies used by the families of terror attack victims; b) there are significant gender differences in the level of perceived psychological distress and coping strategies used. The sample consisted of 60 family members of deceased victims, selected from different cities of Punjab. A set of questionnaires consisting of Demographic

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Information Questionnaire, Kessler's Psychological Distresses scale (K10, Kessler, 1994) and Coping Strategies Questionnaire (CSQ, Kausar, 2001) were used for assessment. Data was collected by visiting homes of the said families and analyzed using correlation and independent sample *t*-test. The results revealed that there is significant positive relationship between level of perceived psychological distress and coping strategies used. There were also significant gender differences in the level of perceived psychological distress and coping strategies used; females were experiencing more psychological distress than males and females used more avoidance focused coping and religious focused coping than active practical coping and active distractive coping while males used more active practical coping than other coping strategies.

**Keywords:** psychological distress, terror attacks, coping strategies

### **Gender Differences in Common Fear Experienced by Children in Relation to Terrorist Attacks in Pakistan**

Sadia Perveen (M.Sc 2008-2010)

Supervisor: Ms. Omama Tariq

The current research was conducted to investigate gender differences in common fears experienced by the children in relation to terrorist attacks in Pakistan. Sample consisted of 100 school going children (50 girls and 50 boys). Purposive sampling technique was used. The data was collected from 2 private and 2 public schools of Lahore. To access common fears of children Fear Survey Schedule for Children – Revised by Thomas Ollendick (1968) was used. Independent sample *t*-test was used to analyze the data. Findings suggested that there was a significant gender difference in manifestation of common fears among girls and boys. The present research will be useful for parents and teachers to deal with the children in a better way and will provide better understanding of children fears according to their gender. Suggestions and limitations for further researches were discussed.

**Keywords:** gender differences, terrorist attacks

# **SOCIAL PSYCHOLOGY**

## **Relationship between Self-Efficacy and Emotional Intelligence among Bank Employees**

Jawaria Ahmad (BS Hons. 2006-2010)

Supervisor: Ms. Shazia Khalid

This research aims to investigate the relationship between Self-efficacy and Emotional Intelligence among bank employees. It was hypothesized that there is a relationship between self-efficacy and emotional intelligence among bank employees. The research included the employees from local banks of Lahore. The sample size consisted of 80 employees from middle and top management from local banks of Lahore. The data was collected through General Self Efficacy Scale by Jerusalem & Schwarzer (1993) and Trait Emotional Intelligence Questionnaire by Petrides and Furnham (2003). Permission to use the scale was taken from the authors of the scales, which being was formally granted. The data was analyzed through the correlational analysis and difference was sought in self-efficacy between top and middle management, by using Independent Sample *t*-test. Descriptive statistics were applied on self constructed demographical form. The findings indicated that there is an association between self-efficacy and emotional intelligence. The findings were analyzed in the light of existing findings.

**Keywords:** self-efficacy, emotional intelligence

## **Relationship between Perfectionism, Aggression and Interpersonal Relationships**

Adeela Fayyaz (BS Hons. 2006-2010)

Supervisor: Ms. Afifa Anjum

The purpose of the study was to investigate the relationship between perfectionism, aggression and interpersonal relationships among 80 participants. The sample was taken from general public of Lahore and Shiekhupura using convenient sampling technique. Almost Perfect Scale Revised, APS-R (slaney, mobley, trippi, Ashby, & Johnson, 1996), Buss-Perry Aggression Questionnaire, BPAQ (Buss& Perry, 1992) and Relationship Scale Questionnaire, RSQ(Griffin & Bartholomew, 1994) were used for data collection. The sub dimensions of APS-R were High

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Standards, Order (Adaptive Perfectionism), and Discrepancy (Maladaptive Perfectionism), the sub dimensions of BPAQ were, Anger, Physical Aggression, Hostility and Verbal Aggression. As hypothesized the regression analysis revealed that Maladaptive Perfectionism (Discrepancy) was positive predictor of aggression (Anger, physical aggression, hostility, and verbal aggression) while it was negative predictor of Interpersonal relationships. On the other hand high standards and Order as hypothesized were not the predictors of dimensions of aggression and they (High standards and order) also do not predict interpersonal relationships. Results also revealed gender differences on the dimensions of high standards, order, anger and over all perfectionism and females had high scores on these dimensions as compared to males. Results are discussed in detail in the light of literature review in the section of discussion. Implications of study and suggestions for further research are also provided in the end.

**Keywords:** perfectionism, aggression, interpersonal relationships

### **Relationship between Self-Efficacy and Sex Role Liberalism**

Sana Mushtaq (M.Sc 2008-2010)

Supervisor: Ms Afifa Anjum

The present study was carried out to investigate the relationship between self efficacy and sex role liberalism. It was hypothesized that there is a relationship between self-efficacy and sex role liberalism. The sample consisted of 80 teachers from different private and public universities of Lahore. The sample comprised of lecturers and assistant professors only. Sex Role Liberalism (Clarkberg, 1995) and General Self Efficacy scale (Jerusalem & Schwarzer, 1993) were used as assessment measures. Data was analyzed by two way Analysis of Variance (ANOVA) and correlation. Results indicated that there is a positive relationship between self efficacy and sex role liberalism. Results also showed a positive relationship among family background (mother's education, father's education), self-efficacy and sex role liberalism. No significant difference between public and private universities on sex role liberalism and self-efficacy was found. Two-way ANOVA showed a powerful impact of employment status of mothers on self-efficacy and sex role liberalism where as no impact of gender on sex role liberalism and self-efficacy.

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Implications of the study are discussed along with suggestions for future researches.

**Keywords:** self-efficacy, sex role liberalism

# **POSITIVE PSYCHOLOGY**



## **Emotional Empathy and Emotional Intelligence in Relation to Parental Acceptance and Rejection among Adolescents**

Arafa Khatoon (M.Sc 2008-2010)

Supervisor: Prof. Dr. Rukhsana Kausar

The present research investigated relationship between parental Acceptance-Rejection and emotional empathy, emotional intelligence in adolescents. It was hypothesized that: there is a positive relationship between parental acceptance, emotional empathy and emotional intelligence; there is a negative relationship between parental rejection, emotional empathy and emotional intelligence in adolescents. Sample was drawn from different government school of Lahore, and included 50 male and 50 female adolescents. Each participant was administered Urdu shortened versions of Parental Acceptance-Rejection Questionnaire (PARQ), Emotional Intelligence Scale (Nicola Shucette) and Emotional Empathy Scale (Barynet, 1992). Data was analyzed using independent sample t-test and correlation analysis. Results revealed no relationship between parental acceptance-rejection, emotional intelligence and emotional empathy. Findings revealed gender difference in perceived father's indifference, undifferentiated and mother's indifference and undifferentiated rejection. It showed that the girls perceived their parents more neglecting and rejecting compared to boys.

**Keywords:** emotional empathy, emotional intelligence, parental acceptance, parental rejection

## **Effects of Repentance and Forgiveness on Intention of Revenge**

Sahar Ibrar (M.Sc 2008-2010)

Supervisor: Dr. Naumana Amjad

The present study aimed to explore some factors related to intention of revenge. The decision to take revenge or forgive is based on some factors. These factors as previous research has shown (Eaton & Struthers, 2006) were repentance from transgressor, anger experienced by victim and forgiveness of victim. It is important to understand these factors to achieve a balance between revenge and forgiveness. In other words justified reaction to an act of transgression can be better obtained if we

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understand factors related to our intention of revenge. Disproportionate revenge can devastate families and individual lives and creates ongoing resentment and even hatred and animosity. In the present study it was hypothesized that repentance from the transgressor and forgiveness by victim are negatively associated with the victim's intention of revenge in the interpersonal relationship of friends. Within subject research design was used with a sample of (N=60) including (n=30) males and (n=30) females. The age range of participants was 18-35. Data was collected from different institutions of Lahore. Indigenous measures of Repentance, Forgiveness, Anger and Revenge were used for assessment. Measures were constructed by consulting the model of a study by Eaton and Struthers (2006). Quantitative data was analyzed using SPSS. Correlation was carried out to find out the relationship between repentance, forgiveness, anger and intention of revenge. The findings suggested that there is a significant relationship between repentance, forgiveness, anger and intention of revenge. In order to examine predictors of intention of revenge, regression analysis was carried out. Findings showed that forgiveness of victim as well as repentance from transgressor predicts the victim's intention of revenge. Independent sample *t*-test was used to compare significant mean difference of males and females on their intention of revenge. Findings revealed that there is no significant difference in the intention of revenge of male and female victims. After doing the statistical analysis of the variables, qualitative analysis of the narratives had been done. Content analysis of the narratives revealed some general themes (i.e. verbal aggression, indirect aggression, norm violation, promise breaking, frustration, argument and social exclusion) which left negative effect on participants. To elaborate the coding of the event, tables were given which show coding, examples of coding and frequencies of the factors that made the results understandable. Present research explores psychological as well as physiological benefits of repentance and forgiveness in our daily pursuits of life and provides insight to understand the importance of repentance and forgiveness in restoration of interpersonal relationships.

**Keywords:** forgiveness, repentance, revenge



## **Relationship between Individuals' Attitude towards Violence and their Practice of Religion**

Zahida Mubarak (M.Sc 2008-2010)

Supervisor: Dr. Naumana Amjad

The present study investigated relationship between individuals' attitude towards violence and their practice of religion. Sample consisted of 100 participants (equal number of males and females). Gender differences in attitudes towards violence were also examined. A self developed scale was used to measure activities towards violence. It was developed on the model of earlier frequently used scale i.e. veclier attitudes towards violence scale (Veclier, 2005) and similar earlier studies. This scale has four subscales measuring four types of violence attitudes, Spousal violence, Social violence, Child violence and Renal code violence. Muslim Religious Beliefs and Practice Scale (Amjad, 2005) was used for assessing religious practice. Correlation analysis showed that the relationship between religious practice and attitudes towards violence was not significant. There was also no significant difference between males and females or higher or lower education level. Further analysis showed an interesting finding; there was a significant positive correlation between religion practice and two types of violence attitudes; Spousal violence and Child violence. Moreover the higher educated group showed significantly less support of spousal violence than lower education group. The findings and implications are discussed.

**Keywords:** violence, practice of religion, spousal violence, child violence

## **Many Faces of Happiness – Authenticity and Faith as Contributors of Happiness**

Beenish Aslam (M.Sc 2008-2010)

Supervisor: Dr. Naumana Amjad

The present research was designed to find out the many faces of happiness, and which one is the strongest factor in increasing happiness. There are three research questions; one is what happiness in your context is? At what occasions do you feel happiness? Mostly the answer was that success gives happiness to them; other responses were satisfaction, health

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and altruism. To care someone is also happiness to them. Faith also contributes to the happiness. Happiness had many faces care, friendship, altruism, family support, social support, success, satisfaction. These are all faces of happiness and all these are interconnected with each other. These faces also support each other and sometimes also diminish other negative effects. The sample of the research was consisted of 60 student population, who gave responses. After interview the most common responses were noted down and after that constructed an indigenous questionnaire. The finding suggests that there are many faces of happiness, which contribute to one's happiness. These faces include health, care, success, satisfaction, altruism, faith, social support and family support. Income and socio-economic status also affect one's happiness. Implications of the study along with the limitations and suggestions were discussed for future researches.

**Keywords:** happiness, faith, altruism, social support

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