



RIPHAH
INTERNATIONAL UNIVERSITY



Islamic Perspectives in
Modern Psychology



International Association
of Islamic Psychology (IAIP)



Khalil Center



SOUVENIR BOOKLET

ISLAMIC PERSPECTIVES IN MODERN PSYCHOLOGY (IPMP 2019)

24th – 26th September, 2019

Riphaah Institute of Clinical & Professional Psychology (RICPP)
Riphaah International University, Lahore, Pakistan

UNDER THE PATRONAGE OF



RIPHAH
INTERNATIONAL UNIVERSITY



**Islamic Perspectives in
Modern Psychology**



**International Association
of Islamic Psychology (IAIP)**



Khalil Center

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE
(24TH - 26TH SEPTEMBER, 2019)**

Organized By

**Riphah Institute of Clinical and Professional Psychology (RICPP)
Riphah International University, QIE Campus, Lahore**

VENUE

25TH SEPTEMBER 2019

Inaugural Program & Scientific Sessions

**Royal Palm Golf & Country Club
*52-Canal Road, Mughalpura, Lahore***

24TH & 26TH SEPTEMBER 2019

Workshops & Scientific Sessions

Riphah Institute of Clinical and Professional Psychology (RICPP)

Riphah International University, QIE Campus, Lahore
28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore



Hassan Muhammad Khan
Chancellor
Riphah International University, Pakistan

It gives me immense pleasure that Riphah International University is organizing the first ever International Conference on “Islamic Perspectives in Modern Psychology (IPMP-2019)” under the auspices of Riphah Institute of Clinical and Professional Psychology (RICPP) from 24th - 26th September, 2019 at Lahore. It is a matter of great satisfaction resulting from a sense of achievement that a number of World-Renowned National as well as International Islamic Psychologists will be attending this Conference.

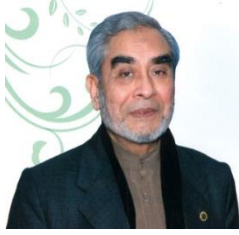
This is indeed a landmark occasion for the University and I would like to extend my heartiest compliments to the team of organizers and the leadership of Riphah Institute of Clinical and Professional Psychology (RICPP) for holding such an important event. This International Conference is going to be unique in its nature as it is the first of its kind nationally (in Pakistan) providing a forum for Eminent Psychologists, Academicians, Researchers, Humanitarians, Students and Organizations from all around the globe to share and exchange their Empirical Knowledge.

I am confident that the International Conference by bringing together all the stakeholders will provide them a platform to exchange and share their experiences, research results, theoretical and conceptual framework and Clinical Application Psychology from an Islamic Perspective. I do hope that deliberations during the Conference will result in identifying the key concerns and significant challenges of the future as currently perceived by Academics, Researchers, Clinicians, Policymakers and other Stakeholders. Similarly, it is my firm belief that at end of the Conference, we will have solutions to the dilemmas faced by contemporary Muslim Psychologists, Academics and Clinicians; as a result of the Islamization of Therapeutic Interventions, the Transcultural Aspects of mental health problems and the development of Educational Program in Islamic Psychology.

I wish the Conference a grand success.

Regards

Hassan Muhammad Khan



Patron in Chief, IPMP-2019

Prof. Dr. Anis Ahmad

Vice Chancellor

Riphah International University, Pakistan

It is a pleasure to learn that our Riphah Institute of Clinical and Professional Psychology (RICPP) is organizing an International Conference on Islamic Perspectives in Modern Psychology (IPMP-2019) September 24 – 26, 2019.

Islamic Psychology is a growing discipline and enjoys priority in our quest to build social sciences on Islamic Ethical Paradigm. Important pioneering work has been done by Muslim Clinical Psychologists like Professor Malik Badri. It is time to develop institutional support and frame work to translate this dream into a practical model.

I hope this Conference will help in crystallization of the concept and in development of modalities. In the context of Pakistan establishment of a center of excellence in this respect is a well justified need. Psychological problems have been on a rise. And we should respond to these problems from our own Ideological and Cultural Perspective.

I would like to reconfirm Riphah's commitment to play a leadership role in this establishment of a center of excellence to address this challenge.

Regards

A handwritten signature in green ink, consisting of a stylized 'A' followed by a horizontal line and a small flourish.

Prof. Dr. Anis Ahmad



Executive Member, IPMP-2019

Muhammad Umer Farooq

Regional Director

Riphah International University, Lahore Campus

It is extremely exciting for me to see that what started as a small Department in 2015 has now grown into a Multidisciplinary Psychology Institute. To see that Institute Striving to Venture into new Areas of Psychology, with a strong mission to contribute towards the betterment of our societies fills me with satisfaction and hope. I welcome all delegates from different parts of the country as well as from the globe to a very unique platform for Islamic Psychology and to a lifetime learning experience. As our social challenges continue to evolve, due to the advances in Technology and Modern Lifestyles, so has evolved the need to connect the field of Psychology with the Islamic Paradigm.

With a strong team of Professionals and Experts joining and sharing their ideas in this Conference from all around the world, I hope and pray that everyone of us is able to take back something new and useful from this event. I pray as well that we start spreading new concepts of Islamic Psychology within our own communities and areas of interest.

Regards

Muhammad Umer Farooq



Chief Organizer, IPMP-2019

Prof. Dr. Nashi Khan

Director, RICPP

Riphah Institute of Clinical and Professional Psychology (RICPP)

Riphah International University, Lahore Campus

I being Director, Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University would like to welcome you all on behalf of Faculty, Students and Staff on 3 days International Conference on “Islamic Perspectives in Modern Psychology” (IPMP-2019). Themes of the Conference encompasses a wide range of Islamic Integrated Models in the Field of Psychology. IPMP-2019 has been planned with the aim to provide a Global Platform for those Experts who had latest research interest in “Islamic Psychology”. The field of Islamic Psychology is a growing demand amongst Islamic Mental Health Professionals. This Conference is an attempt to address this demand for the first time in Pakistan.

A total of 28 Pre & Post Conference Workshops, (7 Pre-Conference Workshops by Eminent Foreign Scholars and 21 Workshops from National Experts of Discipline) and 11 Keynotes shall be conducted with pertinent focus on Therapeutic Interventions and Research Orientation from an Islamic Perspective. Furthermore, Brain Storming Sessions on Curriculum Development, Panel Discussion, 26 Scientific Sessions and Symposia are another big milestone in the connection of this Conference to equip participants with Skills and Knowledge and to Practice it at their respective Institutions.

This Conference promises to be an exciting opportunity for all Leading Experts, Renowned Scholars and Prominent Professionals in the field of Muslim Psychology to gather under one roof and to present their work in Pakistan, to highlight issues / crises in the Islamic World and to generate dialogue regarding resolution. I believe all Delegates, Professionals, Students will benefit substantially from this Conference.

I extend my warmest greetings and wish all the Delegates a very nice stay in Lahore, Pakistan.

Regards

Prof. Dr. Nashi Khan



Co-Organizer, IPMP-2019

Dr. Khawer Bilal

Head of the Department (Acting), RICPP

Riphah Institute of Clinical and Professional Psychology (RICPP)

Riphah International University, Lahore Campus

Riphah International University holds a distinctive position among all Government and Private Sector Universities by adhering with strict ethical and Islamic values. Moreover by there curriculum designing, teaching, training or research, these core values are its guiding principles. Perhaps this is a reason Riphah International University stands apart from other DAIs. Following the same core philosophy, Riphah Institute of Clinical and Professional Psychology (RICPP) was established in 2015 in Lahore Campus. Within a short span of time RICPP has shown phenomenal growth in terms of Students, Faculty, Programs and Research and it has become the Institution of choice among Professionals and future Professionals.

RICPP has hosted several Workshops, Seminars and Lectures Conducted by Eminent National and International Scholars of the field. The 1st National Conference of Psychology (COP-2018) was one of the success stories well acknowledged by Professionals Nationally.

The charm of RICPP is now growing beyond borders and anchoring among global professional circles. The Seminar of “Islamic Psychology” in February 2018 opened future avenues of collaboration with the “International Association of Islamic Psychology”, UK and Khalil Center, USA. The upcoming International Conference, “Islamic Perspectives in Modern Psychology” and a Proposed Research Center of Islamic Psychology; are the outcome of the thought emerged in that Seminar.

Main objective of the Conference is to address inadequacies of Western Psychology to meet challenges faced by the Muslim World in the changing Global Scenarios, to fulfill the fundamental vacuum created by Western Psychology and to put forth & propagate the Islamic Perspective of Psychology.

I welcome all the National and International Delegates coming in the Conference. I pray to Allah SWT to guide us, give us courage and accept our efforts in the service of Islam and Humanity, Ameen.

Regards

A handwritten signature in blue ink, appearing to read 'Khawer Bilal', with a stylized flourish at the end.

Dr. Khawer Bilal



Professor Dr. Goolam Hussein Rassool

Professor of Islamic Psychology
Center of Islamic Psychology, UK

I would like, first of all, to warmly thank the Organisers of this important Conference for giving me the privilege to address the Conference in a Keynote Speech. For me it is an honour and a pleasure.

I am particularly happy to be present in this unique event and to exchange views and share experiences with other high level Professors, Colleagues and Friends, representing many well-known Universities and Research Institutes together with members of relevant International Organizations.

This unique Conference is committed to make genuine and reliable contributions to the Islamisation of Psychology at Riphah International University, throughout Pakistan and globally, Insha Allah.

With the development of the Centre for Islamic Psychology, “Our vision is to develop a global ‘Centre of Excellence’ in Islamic Psychology. Our aspiration is to strengthen the theory and practice of Islamic Psychology and Islamic Sciences at global level through our scholarly contributions, evidenced-based practices, innovative curriculum, and our rigorous educational preparation of health and social care practitioners.” The mission of the Centre for Islamic Psychology is to create and promote the Islamisation of knowledge and Psychology in Academic and Clinical settings.

I sincerely hope that this Conference will deliberate and discuss all the different facets of this exciting topic and will come up with recommendations that will lead to a better, and more robust Islamisation of Psychology. I commend you for having an exciting and memorable event. Khoda Hafiz.

Regards

Professor Dr. Goolam Hussein Rassool



Dr. Fahad Khan
Licensed Clinical Psychologist
Deputy Director
Khalil Centre, USA

I appreciate the efforts of Riphah and others in Organizing this Wonderful Event. In a time when the Post-Colonial East looks to the West for answers to our problems, not realizing that the West, perplexed with the rising issues of Mental Health, is utilizing Eastern Ancient Methods (Mindfulness, Yoga, etc). The Western Epistemological Framework only allows one to go so far as reductionism permits. Allama Muhammad Iqbal had predicted this hurdle over a century ago when he said, “Vo qaum ki faizan-e-samavi se ho mahrum, had us ke kamalat ki hai barq o bukharat”

وہ قوم کہ فیضان سماوی سے ہو محروم

حد اس کے کمالات کی ہے برق و بخارات

It is the ideal time for Muslims to look deeply into the rich and oft ignored Islamic Tradition to derive answers to some of the most complex problems related to human metaphysical ontology. This conference is another step towards that direction.

Regards

Dr. Fahad Khan

EXECUTIVE MEMBERS OF COMMITTEES INTERNATIONAL CONFERENCE (IPMP-2019)

PATRON IN CHIEF

Prof. Dr. Anis Ahmad

CHIEF ORGANIZER

Prof. Dr. Nashi Khan

REGIONAL DIRECTOR

Mr. Muhammad Umer Farooq

CO-ORGANIZER

Dr. Khawer Bilal Baig

ORGANIZING SECRETARY

Ms. Anum Rabbani

COORDINATORS

Ms. Sara Latif

Ms. Farheen Jamil

EXECUTIVE COMMITTEE

Mr. Muhammad Umer Farooq

Prof. Dr. Nashi Khan

Prof. Dr. Goolam Hussein Rassool

Dr. Khawer Bilal Baig

Dr. Fahad Khan

Mr. Awais Yaqoob

Mr. Adeel Ahmad

ACCOUNTS & REGISTRATION

Mr. Muhammad Bilal

Dr. Khawer Bilal Baig

Ms. Sana Majeed

Ms. Rabia Jameel

RECEPTION & VENUE COMMITTEE

Mr. Hassan Sarbuland

Mr. Mohsin Bashir

Mr. Ammar Rasool

Dr. Khawer Bilal Baig

Dr. Sonia Mairaj Ahmad

Ms. Samia Khalid

Mr. Muhammad Asad Javaid

Ms. Kiran Arooje

SCIENTIFIC COMMITTEE

Prof. Dr. Nashi Khan

Prof. Dr. Goolam Hussein Rassool

Dr. Khawer Bilal Baig

Dr. Fahad Khan

Dr. Shamaila Asad

Dr. Sonia Mairaj Ahmad

Ms. Anum Rabbani

Ms. Sara Latif

Ms. Farheen Jamil

Mr. Umair Mudassar

POSTER COMMITTEE

Prof. Dr. Goolam Hussein Rassool

Ms. Sana Majeed

Mr. Muhammad Asad Javed

Ms. Kiran Arooje

Mr. Hafiz Mushtaq

Mr. Mohsin Bashir

MARKETING & MEDIA COMMITTEE

Prof. Dr. Nashi Khan

Mr. Syed Faisal Mansoor Bukhari

Mr. Ansar Hayat

Mr. Talha Jamshed

Ms. Samia Khalid

Ms. Farheen Jamil

MANAGEMENT COMMITTEE

Mr. Awais Yaqoob

Mr. Hasan Sarbuland

Dr. Khawer Bilal Baig

Mr. Muhammad Asad Javed

Mr. Sohaib Arshad

Mr. Hafiz Mushtaq

Mr. Mohsin Bashir

Mr. Ammar Rasool

Mr. Usman Alvi

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE**



PROGRAMME SCHEDULE
**PRE & POST NATIONAL & INTERNATIONAL
WORKSHOPS (IPMP-2019)**
(2ND JULY, 2019 to 27TH SEPTEMBER, 2019)

VENUE

**Riphah Institute of Clinical and Professional Psychology (RICPP),
Riphah International University, QIE Campus, Lahore**
28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore

PRE INTERNATIONAL CONFERENCE WORKSHOPS SCHEDULE (IPMP-2019)

24th September, 2019

INTERNATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
1	24th September, 2019 10:00AM – 12:30PM (Auditorium) Riphah International University, QIE Campus, Lahore	Dr. Fahad Khan <i><u>Licensed Clinical Psychologist</u></i> <i><u>Deputy Director</u></i> Khalil Centre, USA	Assessment of the Domains within the Traditional Islamically Integrated Psychotherapy Model of Treatment	Ms. Sara Latif
2	24th September, 2019 10:00AM – 12:30PM (Room # 105) Riphah International University, QIE Campus, Lahore	Prof. Dr. Rashid Skinner <i><u>Director</u></i> International Association for Islamic Psychology, UK	Culture and Mental Health: Historical Changes in Combat Stress Reactions, World War 1 to Viet Nam	Mr. M. Asad Javed
3	24th September, 2019 10:00AM – 12:30PM (Room # 107) Riphah International University, QIE Campus, Lahore	Prof. Dr. Iracema Leroi <i><u>Associate Professor / Consultant Psychiatry</u></i> Trinity College Dublin, Ireland	A Roadmap to Develop Dementia Research Capacity and Capability in Pakistan & Sense Cog	Ms. Sana Majeed
4	24th September, 2019 10:00AM – 12:30PM (Room # 305) Riphah International University, QIE Campus, Lahore	Prof. Dr. Goolam Hussein Rassool <i><u>Professor of Islamic Psychology</u></i> Center for Islamic Psychology, UK	Islamic Counselling and Psychotherapy: An Experiential Workshop	Ms. Anum Rabbani

INTERNATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
5	24th September, 2019 <u>2:30PM – 5:00PM</u> (Auditorium) Riphah International University, QIE Campus, Lahore	Dr. Rania Awaad <u>Director</u> Stanford Muslims and Mental Health Lab, USA	Waswasa/Religious Scrupulosity in Obsessive Compulsive Disorder (OCD): Integrating Islamic Psychology and the DSM	Ms. Farheen Jamil

INTERNATIONAL RESOURCE PERSONS (SKYPE LECTURES)

Sr. No.	Details	Resource Person	Topic	Moderator
6	24th September, 2019 <u>2:30PM – 3:30PM</u> (Conference Room) Riphah International University, QIE Campus, Lahore	Dr. Ghazala Mir <u>Associate Professor</u> Leeds Institute of Health Sciences Leeds, UK	Positive Religious Coping' for Muslim with Depression	Ms. Sana Majeed & Mr. Usman Alvi
7	24th September, 2019 <u>2:30PM – 3:30PM</u> (Room 205) Riphah International University, QIE Campus, Lahore	Dr. Akhter Ali Syed Naqvi <u>Principal Clinical Psychologist</u> Brothers of Charity Services, Ireland	Evidence for the Evidence- Based Psychotherapy	Ms. Samia Khalid & Mr. Habib

PRE & POST INTERNATIONAL CONFERENCE WORKSHOPS SCHEDULE (IPMP-2019)

2nd July, 2019 to 27th September, 2019

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
1	<p>2nd July, 2019 <u>10:00AM – 12:30PM</u> (Room # 105) Riphah International University, QIE Campus, Lahore</p>	<p>Mr. M. Asad Javed <u>CBT Specialist (Beck Institute, PA, USA)</u> Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, Lahore</p>	<p>Cognitive Behavior Therapy: Let's Challenge the Conventional Practices</p>	<p>Mr. Umair Mudassar</p>
2	<p>2nd July, 2019 <u>10:00AM – 12:30PM</u> (Room # 205) Riphah International University, QIE Campus, Lahore</p>	<p>Ms. Sara Latif & Ms. Farheen Jamil <u>Lecturer</u> Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, Lahore</p>	<p>Effective Communication: Skills Essential in Clinical Practice</p>	<p>Ms. Anum Rabbani</p>
3	<p>12th July, 2019 <u>10:00AM – 12:30PM</u> (Conference Room) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Saima Majeed <u>Clinical Psychologist</u> Punjab Institute of Mental Health, Lahore</p>	<p>Psychology of Anger</p>	<p>Ms. Rabia Jameel</p>
4	<p>12th July, 2019 <u>10:00AM – 12:30PM</u> (Room # 105) Riphah International University, QIE Campus, Lahore</p>	<p>Ms. Najma Badar <u>Clinical Psychologist</u> Department of Psychiatry and Behavioural Sciences/Services Hospital, Lahore</p>	<p>Use of Play in Assessment and Management of Children</p>	<p>Ms. Sana Majeed</p>

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
5	19th July, 2019 <u>10:00AM – 12:30PM</u> (Conference Room) Riphah International University, QIE Campus, Lahore	Dr. Amjad Tufail <u>Associate Professor</u> Department of Applied Psychology, Govt. M.A.O. College, Lahore	Muslim Psychology: A Unique Perspective	Mr. M. Asad Javed
6	19th July, 2019 <u>10:00AM – 12:30PM</u> (Room # 105) Riphah International University, QIE Campus, Lahore	Ms. Rakia Ashraf <u>Clinical Psychologist</u> Lady Willingdon Hospital, Lahore	Mediation and Moderation Analyses through PROCESS	Mr. Umair Mudassar
7	26th July, 2019 <u>10:00AM – 12:30PM</u> (Room # 105) Riphah International University, QIE Campus, Lahore	Ms. Mirrat Gul Butt <u>Senior Clinical Psychologist</u> Punjab Institute of Cardiology, Lahore	Recovering from Distress	Ms. Samia Khalid
8	26th July, 2019 <u>10:00AM – 12:30PM</u> (Conference Room) Riphah International University, QIE Campus, Lahore	Prof. Imran Ijaz Haider <u>Head of Department</u> Fatima Memorial College of Medicine and Dentistry, Lahore & Dr. Nazish Imran <u>Associate Professor</u> Child & Family Psychiatry Department, King Edward Medical University/Mayo Hospital, Lahore	Ethics in Clinical Psychiatry	Mr. M. Asad Javed

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
9	<p>2nd August, 2019 <u>10:00AM – 12:30PM</u> (Room # 205) Riphah International University, QIE Campus, Lahore</p>	<p>Mr. Muhammad Faran <i><u>Lecturer</u></i> School of Social Sciences and Humanities (SSH), University of Management and Technology, Lahore</p>	Advanced Data Analysis using Structural Equation Modeling (SEM), AMOS	Dr. Sonia Mairaj
10	<p>2nd August, 2019 <u>10:00AM – 12:30PM</u> (Room # 105) Riphah International University, QIE Campus, Lahore</p>	<p>Ms. Shumaila Ijaz <i><u>CEO/Clinical Psychologist</u></i> Lahore Institute of Special Care and Attention (LISCA), Lahore</p>	Reiki Therapy: Theoretical Basis, Process, Application and Empirical Evidences	Ms. Farheen Jamil
11	<p>30th August, 2019 <u>10:00AM – 12:30PM</u> (Room # 205) Riphah International University, QIE Campus, Lahore</p>	<p>Prof. Dr. Mamoonah Shahid <i><u>Head of Department</u></i> Department of Psychology, Govt. M.A.O. College, Lahore</p>	Scale Construction and Development	Ms. Sana Majeed
12	<p>13th September, 2019 <u>10:00AM – 12:30PM</u> (Conference Room) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Aisha Sitwat <i><u>Assistant Professor</u></i> Centre for Clinical Psychology, University of the Punjab, Lahore & Ms. Rabia Dasti <i><u>Lecturer</u></i> Centre for Clinical Psychology, University of the Punjab, Lahore</p>	The Islamic Perspective of Self and Self-Growth: A Practical Guide	Ms. Kiran Arooje

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
13	<p>24th September, 2019 <u>10:00AM - 12:30PM</u> (Room # 108) Riphah International University, QIE Campus, Lahore</p>	<p>Prof. Dr. Zainab Zadeh <i><u>Director</u></i> Institute of Professional Psychology, Bahria University, Karachi</p>	Islamic Model of Parenting	Ms. Samia Khalid
14	<p>24th September, 2019 <u>10:00AM - 12:30PM</u> (Room # 304) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Saeed Anwar <i><u>Associate Professor / Director</u></i> Prime Institute of Public Health, Prime Foundation, Peshawar Medical College Warsak Road, Peshawar</p>	Islam and Psychoanalysis: Same Elements but Different Chemistry	Ms. Rabia Jameel
15	<p>24th September, 2019 <u>2:30PM - 5:00PM</u> (Room # 108) Riphah International University, QIE Campus, Lahore</p>	<p>Prof. Dr. Muhammad Tahir Khalily <i><u>Professor of Psychology, Vice President</u></i> International Islamic University, Islamabad</p>	Neurofeedback: A Non-Invasive Treatment for a Range of Psychiatric Disorder in Pakistan	Ms. M. Asad Javed
16	<p>24th September, 2019 <u>2:30PM - 5:00PM</u> (Room # 303) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Nargis Asad <i><u>Associate Professor</u></i> Department of Psychiatry, Agha Khan University, Karachi & Dr. Anita Allis Allana <i><u>Senior Instructor</u></i> Department of Curriculum Development <i>Senior Coordinator</i> Working Group for Women (WGW) Agha Khan University, Karachi</p>	Gender Based Violence and Mental Health Correlates: Methods and Ethics	Ms. Kiran Arooje

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
17	<p>24th September, 2019 2:30PM - 7:00PM (Room # 304) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Salman Shehzad <i>Associate Professor</i> Institute of Clinical Psychology, University of Karachi, Karachi</p>	Screening Brief Intervention and Referral for Treatment	Ms. Anum Rabbani
18	<p>24th September, 2019 2:30PM - 5:00PM (Room # 306) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Uzma Masroor <i>Associate Professor</i> Department of Professional Psychology, Bahria University, Islamabad</p>	Eidetic Model of Trauma Therapy	Ms. Rabia Jameel
19	<p>27th September, 2019 10:00AM – 12:30PM (Conference Room) Riphah International University, QIE Campus, Lahore</p>	<p>Prof. Dr. Uzma Ali <i>Director</i> Institute of Clinical Psychology, University of Karachi, Karachi</p>	Trauma Focused CBT for Children and Adolescents	Mr. M. Asad Javed
20	<p>27th September, 2019 10:00AM – 12:30PM (Room # 105) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Sajida Naz <i>Assistant Professor</i> Department of Behavioral Sciences, Fatima Jinnah Women University, Lahore</p>	Research Bias	Ms. Rabia Jameel

NATIONAL RESOURCE PERSONS

Sr. No.	Details	Resource Person	Topic	Moderator
21	<p>27th September, 2019 <u>10:00AM – 12:30PM</u> (Room # 205) Riphah International University, QIE Campus, Lahore</p>	<p>Dr. Amina Obaid Khawaja <u>Assistant Professor</u> Department of Applied Psychology, Lahore College for Women University, Lahore</p>	<p>Interpretive Phenomenological Analysis: What, How and Why?</p>	<p>Ms. Sara Latif</p>

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE**



**PROGRAM SCHEDULE
INAUGURAL PROGRAM & SCIENTIFIC
SESSIONS (IPMP-2019)
25TH SEPTEMBER, 2019**

VENUE
Royal Palm Golf & Country Club
52-Canal Road, Mughalpura, Lahore, Pakistan

WEDNESDAY (25 TH SEPTEMBER, 2019)	
Venue: Royal Palm Golf & Country Club, Lahore, Pakistan	
INAUGURAL PROGRAM	
TIME	ACTIVITIES
08:00AM – 09:00AM	IPMP 2019 – On Desk Registration
09:00AM – 09:05AM	<i>Stage In Charge</i> Mr. Mugheera Luqman (Head, Tarbiyah Department, Riphah International University, Lahore)
09:05AM – 09:15AM	<i>Arrival of Guests</i>
09:15AM – 09:20AM	<i>Recitation of Holy Quran</i> Mr. Ubaid-Ur-Rahman Shafiq (Tarbiyah Department, Riphah International University, Lahore)
09:20AM – 09:25AM	<i>Welcome Address</i> Prof. Dr. Nashi Khan (Director, Riphah Institute of Clinical and Professional Psychology (RICPP) Riphah International University, Lahore)
09:25AM – 09:55AM	<i>Opening Note by Guest of Honor</i> Prof. Dr. Anis Ahmad Khan (Vice Chancellor, Riphah International University, Pakistan)
09:55AM – 10:15AM	<i>Keynote Speaker:</i> Prof. Dr. Rahmatullah Khan (Malaysia) <i>Topic:</i> Advanced Islamic Psychology: Issues on Intervention and Research
10:15AM – 10:35AM	<i>Keynote Speaker:</i> Prof. Dr. Rasjid Skinner (UK) <i>Topic:</i> Discovering the Miraculous in Therapy
10:35AM – 10:55AM	<i>Keynote Speaker:</i> Dr. Fahad Khan (USA) <i>Topic:</i> The State of Mental Health in Pakistan and USA and Moving Towards Spiritually-Integrated Psychology
10:55AM – 11:15AM	<i>Keynote Speaker:</i> Prof. Dr. Goolam Hussein Rassool (UK) <i>Topic:</i> Sharing the Vision: The Cognitive Restructuring of Islamisation of Knowledge in Psychology
11:15AM – 11:45AM	TEA BREAK & QUESTIONS / ANSWERS SESSION
11:45AM – 12:00PM	<i>Keynote Speaker:</i> Dr. Rania Awaad (USA) <i>Topic:</i> A Millennium before DSM-5: OCD in Al-Balkhi’s 9 th Century Sustenance of the Body and Soul
12:00PM – 12:15PM	<i>Keynote Speaker:</i> Prof. Muhammad Tahir Khalily (PK) <i>Topic:</i> Spiritual Wisdom and Mental Health; Rediscovering Transpersonal Psychology
12:15PM – 12:30PM	<i>Keynote Speaker:</i> Dr. Hanan Dover (Australia) <i>Topic:</i> Living Islam and Psychology
12:30PM – 12:45PM	<i>Keynote Speaker:</i> Dr. Saima Salman (Singapore) <i>Topic:</i> Islamic Rational Emotive Cognitive Behavior Therapy
12:45PM – 01:00PM	<i>Keynote Speaker:</i> Dr. Razia Bhatti (UK) <i>Topic:</i> An Evaluation of a Culturally Adapted Pain Management Program for Muslim Patients
01:00PM – 01:15PM	<i>Keynote Speaker:</i> Dr. Bagus Riyono (Indonesia) <i>Topic:</i> “Tazkia Therapy” The Advancement of CBT
01:15PM – 01:30PM	<i>Keynote Speaker:</i> Prof. Dr. Iftikhar N. Hassan (PK) <i>Topic:</i> Unique Experiences with the Patient and his Fantasies in Africa: A Case Study
01:30PM – 01:45PM	QUESTIONS / ANSWERS SESSION
01:45PM – 02:45PM	LUNCH & PRAYER BREAK
02:45PM– 03:30PM	<i>Panel Discussion</i> <i>Topic:</i> “Psychotherapy Model for Muslim Mental Health” <i>Convener:</i> Dr. Fahad Khan (USA)

03:30PM – 06:30PM	<i>Scientific Sessions</i> <i>Venue:</i> Royal Palm Golf & Country Club, Lahore, Pakistan
-------------------	--

SCIENTIFIC SESSIONS (DAY-1)	
Wednesday (25th September, 2019) Venue: Royal Palm Golf & Country Club, Lahore, Pakistan	
SCIENTIFIC SESSIONS (Oral Paper Presentations)	
TIME	PROGRAMME
03:30PM – 05:00PM	Scientific Sessions – 1 – 5
05:00PM – 06:30PM	Scientific Sessions – 6 – 10

SCIENTIFIC SESSIONS PROGRAM (DAY-1)

Wednesday, 25th September 2019 (Timings: 3:30PM - 5:00PM)
Session No. 1 (Fairways Hall)
Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Dr. Fahad Khan Co-Chair: Ms. Mirrat Gul Moderator: Ms. Farheen Jamil Facilitator: Ms. Minahil Khurram Zaib								
Time	3:30-3:40	3:40-3:50	3:50-4:00	4:00-4:10	4:10-4:20	4:20-4:30	4:30-4:40	4:40-5:00
Topic	Religiosity, Moral Judgment and Subjective Well-Being among Muslim Adolescents in Crises	Stress, Religious Coping, Well Being among Muslims and Non-Muslims	How Religiosity Effects the Death Anxiety	The Relationship between Religiosity, Self-Compassion (Common Humanity, Self-Judgment, Isolation, Mind Fullness, Over Identified, Self-Kindness) and Life Satisfaction	Spirituality and Mindfulness among Practicing Clinical Psychologists: Role of Demographic Variables	Exploration of Psychological Well-being, Depression, Anxiety and Stress among Shrine Visitors	Unification of Western Psychological Methods with Islamic Practices and Beliefs	Questions & Answers
Author's Name	Dr. Rafia Rafique, Dr. Afsheen Masood, Dr. Fatima Kamran & Dr. Rukhsana Nazir	Saira Yousaf & Wizra Saeed	Anam Noor, Aneeza Bashir & Dr. Najma Iqbal Malik	Samaira Shaheen & Sheeba Saeed	Nosheen Nasir, Shazia Yusuf & Dr. Noshi Iram Zaman	Iram Manzoor, Dr. Iram Batool & Sana Fatima	Sidra Naz, Tabinda Ashraf, Mishal Khalid & Momina Rashid	
Institute Name	Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Riphah International University, Faisalabad	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Applied Psychology, Govt. College Township, Lahore	Department of Professional Psychology, Bahria University, Islamabad	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Department of Applied Psychology, Riphah International University, Faisalabad	

Wednesday, 25th September 2019 (Timings: 3:30PM - 5:00PM)

Session No. 1 (Summit Hall)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Rasjid Skinner

Co-Chair: Dr. Uzma Ashiq Khan

Moderator: Ms.Sara Latif

Facilitator: Ms. Ayesha Nisar

Time	3:30-3:40	3:40-3:50	3:50-4:00	4:00-4:10	4:10-4:20	4:20-4:30	4:30-4:40	4:40-5:00
Topic	The Relationship between Stress and OCD Symptomatology in Relation with Religiosity and Disgust	Challenges of Integrating a Cognitive Behavioural Therapeutic Intervention with an Islamic Tradition: A Clinical Case Study	Spiritual Intelligence, Religiosity and Life Satisfaction among Elderly People	Irreligiosity, Narcissism and Criminal Thinking in Criminals	Thirty Two Clients: A Study of Application of Cognitive Behavior Interventions	Effect of Moods, Cognitive Styles and Decision Making among College Students	Emotional Intelligence and Spiritual Intelligence Relationship among Medical House Officers	Questions & Answers
Author's Name	Nimra Mellaha & Faiza Safdar	Syeda Tatheer & Zahra Shamsi	Dr. Shagufta Perveen, Jauhar Ali & Attia Nisar	Izza Mahfooz & Dr. Iram Fatima	Prof. Dr. Seema Munaf	Musarrat Jabeen, Samrah Jamshaid & Dr. Najma Iqbal Malik	Pervasha Knawal & Hira Fatima	
Institute Name	Centre for Clinical Psychology, University of the Punjab, Lahore	Child and Adolescent Services, SLAM NHS Foundation Trust, UK	Department of Psychology, Hazara University, Mansehra	Centre for Clinical Psychology & Institute of Applied Psychology, University of the Punjab, Lahore	Institute of Clinical Psychology, University of Karachi, Karachi	Department of Applied Psychology, University of Sargodha, Sargodha	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	

Wednesday, 25th September 2019 (Timings: 3:30PM - 5:00PM)

Session No. 1 (Dome Hall)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Rukhsana Kauser

Co-Chair: Dr. Amna Tarar

Moderator: Ms. Sara Asad

Facilitator: Ms. Anum Junaid

Time	3:30-3:40	3:40-3:50	3:50-4:00	4:00-4:10	4:10-4:20	4:20-4:30	4:30-4:40	4:40-5:00
Topic	Relationship between Sleep Awake Pattern, Procrastination and Academic Achievement among University Students	Working Women and Time Management	Child Abuse, Emotional and Behavioural Problems in Domestic Child Worker	Lived Experiences of People Suffering from Isolated Sleep Paralysis	Loneliness and Perceived Stress between Day Scholars and Migrant Students	Impostor Phenomena, Academic Self-Efficacy and Psychological Distress in University Students	Spiritual Intelligence and Emotional Regulation among Abused Adolescents of Pakistan	Questions & Answers
Author's Name	Asia Nisar & Amira Iftekhhar	Zill-e-Huma & Asma Majeed	Ayesha Ali, Anum Javed & Prof. Dr. Rukhsana Kausar	Harmeen Khalid & Ayesha Aziz	Kulsoom Yaseen & Saleem Abbas	Laiba Hanif & Humaira Naz	Ayesha Faiz & Hira Fatima	
Institute Name	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Department of Psychology, University of Management and Technology, Lahore	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Applied Psychology, Govt. M.A.O. College, Lahore & Institute of Clinical Psychology, University of Karachi, Karachi	Centre for Clinical Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore & Lahore General Hospital, Lahore	

Wednesday, 25th September 2019 (Timings: 3:30PM - 5:00PM)

Session No. 1 (Executive Board Room-1)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Dr. Razia Bhatti

Co-Chair: Dr. Fazaila Sabih

Moderator: Ms. Sadia Shahzeb

Facilitator: Ms. Nida Ijaz

Time	3:30-3:40	3:40-3:50	3:50-4:00	4:00-4:10	4:10-4:20	4:20-4:30	4:30-4:40	4:40-5:00
Topic	Religious Coping Strategies, Anxiety and Self Transcendence among Religious Minorities: Moderating Role of Demographics	Religious and Psychological Coping in Women after Miscarriage	Development of Indigenous Patience Scale	Relationship between Hypervigilance, Irritability and Satisfaction with Life among Hepatitis Patients	Culture Bound Syndromes in Pakistan: Implications and Strategic Vision for Health Management	Stress Responses and Life Adjustment among Male and Female Cancer Patients	Symptoms Severity, Family Stigma, Coping and Psychological Distress in Family with Patients of Schizophrenia	Questions & Answers
Author's Name	Uzma Amin, Dr. Iram Batool & Zara Hayat	Nida Naveed & Zara Haroon	Alishba Hafeez & Dr. Iram Fatima	Tooba Naseem & Amira Iftekhhar	Lamae Zulfiqar & Dr. Muhammad Rafiq	Sheeraz Ilyas Shaikh & Omer Zahid	Qurat-ul-Ain Khan & Humaira Naz	
Institute Name	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Institute of Clinical Psychology, University of Management and Technology, Lahore	Department of Psychology, University of Sindh, Jamshoro & Department of Psychology, University of Peshawar, Peshawar	Centre for Clinical Psychology, University of the Punjab, Lahore	

Wednesday, 25th September 2019 (Timings: 3:30PM – 5:00PM)

Session No. 1 (Executive Board Room-2)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Anila Kamal

Co-Chair: Dr. Umara Rauf

Moderator: Ms. Amna Sindhu

Facilitator: Ms. Aroob Baber

Time	3:30-3:40	3:40-3:50	3:50-4:00	4:00-4:10	4:10-4:20	4:20-4:30	4:30-4:40	4:40-5:00
Topic	The Relationship of Religiosity with Life Satisfaction and Materialism among Pakistani University Students	Living with Bipolar Disorder: Moving from Vicissitude towards Reconciliation	The Relationship between Self Harm, Emotional Regulation and Impulsivity in Adolescents	Causes and Cure of Depression	Relationship between Alexithymia, Mindful Attention and Mental Wellbeing among Drug Addicts	Attitude of Educated and Uneducated Mothers Towards the Need of their Special Children	The Relationship between Work Burnout, Job Satisfaction and Life Satisfaction among Clinical Psychologist	Questions & Answers
Author's Name	Maria Mufti & Jacob Kamal Malik	Tehreem Fatima Naqvi & Rabia Dasti	Huma Hameed & Dr. Afshi Yahya Khan	Dr. Shahzada Imran Ayub	Samana Batool & Amira Iftekhhar	Maryam Masoud Quersh, Dr. Almas Ikram Kayani & Sidra Kiran	Zunaira Asghar	
Institute Name	Department of Psychology, University of Central Punjab, Lahore	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Lahore Campus & Department of Psychology, University of Central Punjab, Lahore	Department of Arabic & Islamic Studies, The University of Lahore, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi	Department of Applied Psychology, University of Sargodha, Sargodha	

Wednesday, 25th September 2019 (Timings: 5:00PM – 6:30PM)

Session No. 2 (Fairways Hall)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Muhammad Tahir Khalily

Co-Chair: Dr. Mohsina Najeeb

Moderator: Ms. Samia Khalid

Facilitator: Ms. Iqra Bashir

Time	5:00-5:10	5:10-5:20	5:20-5:30	5:30-5:40	5:40-5:50	5:50-6:00	6:00-6:10	6:10-6:30
Topic	An Interpretative Phenomenological Analysis of Religious Orientation in Emerging Adults and Elder People of Pakistan	Pakistan, Exnihilo, Axis Mundi, Polemic Syncretism and Psychology	Religious Involvement and Social Adjustment in Adolescents	Nature of the Concept of Iqbal's Khudi: Islamic Perspective	Spirituality and Wellbeing in Adults: Moderating role of Gender	Role of Gratitude in Psychological Well-being and Satisfaction with Life among Young Adults of Sialkot-Pakistan	The Effect of Heuristic Teaching Methodology on Self-Esteem and Coping to Stress on University Students	Questions & Answers
Author's Name	Moazama Anwar & Dr. Najma Iqbal Malik	Dr. Naveed Shibli	Faiz Younas & Ayesha Suhail	Tahira Irfan, Kainat Malik, Nighat Riaz, Fatima Surfraz & Saba Zer Naz Hafsa	Hafiza Hamna Batool, Nimra Naeem, Muhammad Faran & Nazish Zaheer	Ayesha Shams-ud-Din, Zainab Jamshaid, Menal Aamira & Dr. Umara Rauf	Sidra Farooq Butt & Prof. Dr. Zainab F Zadeh	
Institute Name	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Psychology, Riphah International University, Faisalabad	Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Riphah International University, Rawalpindi	Department of Psychology, University of Management and Technology, Lahore	Department of Psychology, Govt. College Women University, Sialkot	Institute of Professional Psychology, Bahria University, Karachi	

Wednesday, 25th September 2019 (Timings: 5:00PM – 6:30PM)

Session No. 2 (Summit Hall)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Sarwat Sultan

Co-Chair: Prof. Dr. Sara Shahid

Moderator: Ms. Khola Tahir

Facilitator: Ms. Laiba Khan

Time	5:00-5:10	5:10-5:20	5:20-5:30	5:30-5:40	5:40-5:50	5:50-6:00	6:00-6:10	6:10-6:30
Topic	Management of Scrupulosity (Religious OCD): A Case Study	Burden of Care as Determining Factor of Spirituality among Caregivers of Autistic Children	Problem Solving, Emotion Regulation and Machiavellianism: Conditional Mediating Role of Emotion Regulation	A Relationship between Attachment Styles, Personality Traits and Autistic Characteristics in Mothers of Children with and without Autism	Relationship between Perceived Stigmatization, Rejection Sensitivity and Social Anxiety among the Drug Addicts	The Relationship of Social Support, Hypervigilance and Anger among Hypertensive Patients	Relationship between Academic Performance and Social Work of Students at University Level	Questions & Answers
Author's Name	Amna Mujahid & Humaira Naz	Aabroo-e-Fatima, Dr. Ismat Ullah Cheema & Mamoona Khan	Zoha Shahid & Dr. Shameem Fatima	Urwa Naseer & Dr. Saima Dawood	Amina Bibi & Amira Iftekhar	Ayesha Nasir	Shiza Munir, Dr. Almas Ikram Kayani & Sidra Kiran	
Institute Name	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Psychology, The University of Lahore, Sargodha Campus	Department of Humanities, COMSATS University Islamabad, Lahore	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi	

Wednesday, 25th September 2019 (Timings: 5:00PM – 6:30PM)

Session No. 2 (Dome Hall)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Prof. Dr. Seema Munaf

Co-Chair: Dr. Shabbir Rana

Moderator: Ms. Aasma Yousaf

Facilitator: Ms. Anum Riaz

Time	5:00-5:10	5:10-5:20	5:20-5:30	5:30-5:40	5:40-5:50	5:50-6:00	6:00-6:10	6:10-6:30
Topic	Religiosity and Emotion Regulation as Determinants of Empathy and Intolerance: An Interfaith Perspective	Relationship between Perceived Stress, Self-Esteem and Marital Adjustment among Married Women	Relationship between Fear of Negative Evaluation, Emotional Distress and Hostility among the Patients of AIDS	Relationship between Personality and Nomophobia and to Find out Whether Need to Belong Mediate Relationship Between Dimensions of Personality and Nomophobia	Relationship between Perceived Stress, Self-Criticism and Self-Harm among Drug Addicts	Menopausal Symptoms and Body Esteem in Relation to Menopausal Status	Role of Public Sector Universities in Empowering Female Students through Sports	Questions & Answers
Author's Name	Khadeeja Zaman	Rukhsar Khalid & Sana Rehman	Muhammad Abdullah & Amira Iftekhhar	Fatima Tahir	Sadaf Rehman, Juniad Saleem Bajwa & Usama Nawaz	Sundas Shakoor, Dr. Noshi Iram Zaman & Shazia Yusuf	Ayesha Abbasi, Dr. Almas Kayani & Sidra Kiran	
Institute Name	Department of Psychology, University of Central Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Psychology, University of Management and Technology, Lahore	Center for Peace and Security Studies (CPSS), University of the Punjab, Lahore	Department of Professional Psychology, Bahria University, Islamabad	Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi	

Wednesday, 25th September 2019 (Timings: 5:00PM – 6:30PM)

Session No. 2 (Executive Board Room-1)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Dr. Iram Fatima

Co-Chair: Dr. Kehkashan Arouj

Moderator: Ms. Momna Saeed

Facilitator: Ms. Arooj Munir

Time	5:00-5:10	5:10-5:20	5:20-5:30	5:30-5:40	5:40-5:50	5:50-6:00	6:00-6:10	6:10-6:30
Topic	Impact of Islamic Spiritual Intelligence and Organizational Culture on Organizational Commitment among University Teachers	Distress and Coping Strategies among Caregivers of Patients Suffering from Schizophrenia	The Relationship between Empowerment and Self-Management Behaviors in Patients with Type II Diabetes	Relationship between Organizational Citizenship, Behaviour and Life Satisfaction in Bank Employees	Body Image Satisfaction and Psychological Distress among Burn Survivors	Job Experience as Factor Affecting Conflict Management, Styles of Academic Staff at Higher Education Level	Attachment Security, Trauma Appraisal and Post Trauma Stress in School Girls of Kasur	Questions & Answers
Author's Name	Saba Zer Naz Hafsa & Amna Fazakat	Abira Kayani & Dr. Ulfat Nisa	Mubeen Anwar & Faiza Safdar	Ammara Hafiz & Saba Sajjad	Kanwal Zahra, Dr. Noshi, Iram Zaman & Shazia Yusuf	Sidra Kiran & Dr. Almas Kayani	Aimen Zafar Butt & Dr. Aisha Sitwat	
Institute Name	Department of Applied Psychology, Riphah International University, Rawalpindi & Department of Psychology, Preston University Kohat, Islamabad Campus	Department of Professional Psychology, Bahria University, Islamabad	Centre for Clinical Psychology, University of the Punjab, Lahore	Institute of Applied Psychology, University of the Punjab, Lahore & National Institute of psychology, Center for Excellence, Quaid-i-Azam University, Islamabad	Department of Professional Psychology, Bahria University, Islamabad	Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University Rawalpindi	Centre for Clinical Psychology, University of the Punjab, Lahore	

Wednesday, 25th September 2019 (Timings: 5:00PM – 6:30PM)

Session No. 2 (Executive Board Room-2)

Venue: Royal Palm Golf & Country Club, Lahore, Pakistan

Chair: Dr. Urusa Fahim

Co-Chair: Dr. Tazvin Ijaz

Moderator: Mr. Umair Mudassar

Facilitator: Ms. Javeriya Amir

Time	5:00-5:10	5:10-5:20	5:20-5:30	5:30-5:40	5:40-5:50	5:50-6:00	6:00-6:10	6:10-6:30
Topic	Impact of Religious Commitment on Marital Satisfaction of Married Persons: Moderating Role of Socio-Economic Status	Internalized Stigma Quality of Life and Self Esteem in Chronic Schizophrenic Patients	Self-Silencing and Rejection Sensitivity as Predictors of Mental Health in Married Women	Personality of Women Leaders and Glass Ceiling Effect of Unseen Barriers	Moral Competence, Pro-social Behaviour and Aggression in Early Adulthood	Relationship between Loneliness and Life Satisfaction among Institutionalized and Non Institutionalized Elderly Individuals	Authentic Leadership and Job Outcomes; Moderating Role of Psychological Capital	Questions & Answers
Author's Name	Areeha Khan Durrani, Dr. Muhammad Saleem, Zubair Manzoor, Dr. Arena Che Kasim	Dr. Syeda Razia Bukhari	Javeria Arif, Irsa Fatima Makhdoom, Attia Rehman & Dr. Najma Iqbal Malik	Uzma Ashiq Khan & Prof. Dr. Sarah Shahid	Ahmad Faisal & Dr. Saima Majeed	Rabia Muzaffar & Dr. Kiran Bashir Ahmad	Maria Shahzadi & Samia Khalid	
Institute Name	Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalpur	Department of Social Sciences, Shaheed Zulfikar Ali Bhutto Institute of Science and Technology, Islamabad	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Gender and Development Studies, Lahore College for Women University, Lahore	Department of Psychology, Forman Christian College University, Lahore	Institute of Professional Psychology, Bahria University, Karachi	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE**



**PROGRAM SCHEDULE
SCIENTIFIC SESSIONS & CONCLUDING
CEREMONY (IPMP-2019)
26TH SEPTEMBER, 2019**

VENUE

**Riphah Institute of Clinical and Professional Psychology (RICPP)
Riphah International University, QIE Campus, Lahore
28-M, Quaid-e-Azam Industrial Estate, Kot Lakhpat, Lahore**

SCIENTIFIC SESSIONS (DAY-2)

Thursday (26th September, 2019)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP)
Riphah International University, QIE Campus, Lahore

SCIENTIFIC SESSIONS (Oral Paper Presentations)

TIME	PROGRAMME
09:00AM – 10:00AM	Conference Registration
10:00AM – 11:30AM	Scientific Sessions – 11 – 16
11:30AM – 12:00PM	TEA BREAK
12:00PM – 01:30PM	Scientific Sessions – 17 – 21
01:30PM – 02:30PM	LUNCH BREAK
02:30PM – 04:00PM	Scientific Sessions – 22 – 26
04:00PM – 04:30PM	TEA BREAK

CONCLUDING CEREMONY

TIME	PROGRAMME
04:30pm – 04:40pm	Recitation of Holy Quran
04:40pm – 04:45pm	Closing Address
04:45pm – 04:50pm	Vote of Thanks
04:50pm – 05:10pm	Distributions of Certificates

SCIENTIFIC SESSIONS PROGRAM (DAY-2)

Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM)

Session No. 1 (Conference Room)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Dr. Iram Zahra Bokharey

Co-Chair: Dr. Saima Salman

Moderator: Ms. Rabia Jameel

Facilitator: Ms. Zahra Sohail

Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Views of Islamic Feminists and Orthodox Religious Scholars on Gender Equality	Relationship of Parental Acceptance Rejection with Self-Critical Rumination among Young Adults	Effectiveness of Mindfulness Based Culturally Adapted Cognitive Behavioral Therapy (CaCBT) for Reducing Depressive Symptomatology among University Students: A Randomized Controlled Trial	Effectiveness of Virtual Reality Exposure Therapy on Mental Health Exposed to Flood Affected People	Lived Experiences of Unmarried Muslim Women with Delay in Marriage	Development of Therapy Protocol of Restricted Environmental Stimulation Therapy (REST) in Rehabilitation Program of Male Substance Abusers	Metacognitive Beliefs and Relapse Proneness in Individuals with Substance Use Disorder	Questions & Answers
Author Name	Asma Majeed & Sabir Ali	Aneeza Bashir & Syeda Munazza Mazhar	Dr. Rizwana Amin	Shazia Ramazan & Zara Hayat Awan	Madiha Azmat & Aisha Sitwat	Mehwish Jabeen	Aisha Aslam & Tehreem Arshad	
Institute Name	Department of Psychology, Kinnaird College for Women University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Bahawal Victoria Hospital, Bahawalpur, Social Welfare and Bait-UL-Maal, Bahawalpur & Department of Applied Psychology, Bahaudin Zakariya University, Multan	Centre for Clinical Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Centre for Clinical Psychology, University of the Punjab, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM) Session No. 1 (Room No. A) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Dr. Ustadha Rania Awaad			Co-Chair: Dr. Amina Obaid Khawja		Moderator: Ms. Sana Majeed		Facilitator: Ms. Noreen	
Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Islamic Adaptation of Leahy’s Cognitive Therapy Techniques: A Randomized Control Trial of CBT Applied in Islamic Perspective	Role of Religiosity in Depression and Death Anxiety among Cancer Patients	Quranic Perspective on Indirect and Relational Aggression	Treatment of Depression through Religious Affirmations and Positive Group Psychotherapy: A Combined Therapeutic Approach	Spirituality and Life Satisfaction among Cardiac Patients: Mediating Role of Gratitude	Religious Cognitive Behavioural Therapy (RCBT) for Depressive Symptoms: A Case Study	Strength of Religious Beliefs, Moral Disengagement and Prosocial Behaviour among University Students	Questions & Answers
Author Name	Nazia Ishfaq, Naeem Ulah Leghari & Aroob Fatima	Dr. Qasir Abbas & Uzma Kanwal	Dr. Azher Hameed Qamar & Mahum Ijaz	Sehr Khalid & Dr. Tahira Yousaf	Saqib Shabbir, Tooba Safdar & Dr. Sarwat Sultan	Sehrish Haji, Abdul Rasheed & Erum Kausar	Ayesha Ali & Sara Kanwal	
Institute Name	Department of Psychology, Institute of Southern Punjab, Multan, Department of Psychiatry, Nishter Medical University, Multan & FMH College of Medicine and Dentistry, Lahore	Department of Applied Psychology, Govt. College University, Faisalabad	Department of Behavioral Sciences, Natinal University of Sienes and Technology (NUST), Islamabad & Department of Psychology, University of Management and Technology, Lahore	Institute of Professional Psychology, Bahria University, Karachi	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Institute of Professional Psychology, Bahria University, Karachi	Department of Psychology, University of Management and Technology, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM) Session No. 1 (Room No. B) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. Farah Malik			Co-Chair: Dr. Nargis Asad		Moderator: Mr. Muhammad Faran		Facilitator: Ms. Laiba	
Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Traumatic Experiences and Self-Disgust in Mental Disorders: A Comparative Study	Psychological Distress, Social Relations and Coping Styles among Patients with Dissociative Disorders	The level of Psychological Distress and Psychological Wellbeing in Married and Un-married Female University Teachers of Lahore	Comparative Study on Teacher's Competency of Public and Private Sector Schools of Rawalpindi	Self-Acceptance after Burn Injuries: An Interpretative Phenomenological Analysis	Sensation-Seeking, Emotion Regulation and Smoking Behavior in Young Adults	Applied Behavior Analysis for Anxiety in Children with Autism Spectrum Disorder	Questions & Answers
Author Name	Sana Nouman & Prof. Dr. Nashi Khan	Zainab Asif & Asma Riaz Hamdani	Ayesha Rozeena & Dr. Khawer Bilal	Mamoona Sadiq, Dr. Almas Ikram Kayani & Sidra Kiran	Maryam Munawar & Dr. Subha Malik	Dr. Rafia Rafique, Maryum Arifeen & Shiza Sheerazi	Bushra Qurban & Dr. Khawer Bilal	
Institute Name	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Govt. College University, Faisalabad	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University, Rawalpindi	Gender Studies Department, Lahore College for Women University, Lahore	Institute of Applied Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM)</p> <p style="text-align: center;">Session No. 1 (Room No. C)</p> <p style="text-align: center;">Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. I.N. Hassan			Co-Chair: Dr. Fatima Kamran		Moderator: Mr. Asad Javed		Facilitator: Ms. Mishi Rajpoot	
Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Does Belief in After Life Predict Happiness?	Development and Validation of Muslims Religious Orientation Scale	Impact of Grit on Work Engagement and Burnout in Doctors	Death Anxiety across the Adults: An Examination of Age and Gender Effects	Attachment Styles, Dark Triad Traits and Distress in University Students having Multiple Relationship Breakups	Relationship between Self-Care Behavior and Perceived Empowerment in Patients with Type II Diabetes	Relationship between Self-Monitoring and Job Motivation in College Teachers	Questions & Answers
Author Name	Sobia Gul & Ahmad Taha	Moazama Anwar, Dr. Najma Iqbal Malik & Dr. Mohsin Atta	Asma Naveed, Irsa Fatima Makhdoom, Attia Rehman & Dr. Najma Iqbal Malik	Ayesha Nisar, Samia Khalid, Ambreen Akhtar, Rukhsana Yasin & Ayesha Batool	Sidra Zaki & Dr. Aisha Sitwat	Rida Batool & Aneez Bashir	Aisha Rouf Butt & Saba Sajjad	
Institute Name	Department of Psychology, University of Management and Technology, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Applied Psychology, University of Sargodha, Sargodha	College of Advanced Scientific Technique, Sahiwal & Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Psychology, Bahria University, Islamabad & Center for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Institute of Applied Psychology, University of the Punjab, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM) Session No. 1 (Room No. D) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Dr. Aisha Sitwat			Co-Chair: Dr. Sajida Naz		Moderator: Ms. Zaeema Farooqi		Facilitator: Ms. Irat Shaheen	
Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Marital Relationship in Islamic Perspective and Prevailing Practices in Pakistan	Stigma about Mental Illness and its Impact on Help-Seeking Intentions	Perception and Relation of Body Image and Self-Esteem among Teenage Girls and Boys	Relationship between Positive and Negative Affectivity, Self-Compassion and Psychological Distress among Shelter Home Women	Relationship between Social Support, Self Esteem and Post Traumatic Growth in Heart Attack Patients	Psychological Capital, Mental Health and Burnout in Professionals Working in Autism Centers	Stigmatization and Psychological Well-Being of Male Drug Addicts in Pakistan	Questions & Answers
Author Name	Dr. Gulzar Ahmad	Humaira Zia	Maham Fatima, Fareeha Sanam, Madiha Hasnain, Sania Shahzad & Amna Hassan	Mahnoor & Amira Iftekhar	Ushana Nawaz & Amira Ifekhar	Farwa Razaq & Sara Latif	Saleem Abbas & Shahid Iqbal	
Institute Name	Department of Psychology, Lahore Garrison University, Lahore	Department of Psychology, Shiblee Group of Colleges for Women, Faisalabad	Department of Applied Psychology, Riphah International University, Rawalpindi	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Institute of Clinical Psychology, University of Karachi, Karachi	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 10:00AM – 11:30AM)</p> <p style="text-align: center;">Session No. 1 (Room No. E)</p> <p style="text-align: center;">Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. Uzma Ali			Co-Chair: Dr. Shahneela Tariq		Moderator: Ms. Rabia Dasti		Facilitator: Ms. Hurmat	
Time	10:00-10:10	10:10-10:20	10:20-10:30	10:30-10:40	10:40-10:50	10:50-11:00	11:00-11:10	11:10-11:30
Topic	Impact of Faith in Allah on Hope and Satisfaction with Life among Older Adults of Southern Punjab	Mindfulness, Cognitive Flexibility and Stress among University Students	Effects of Perceived Social Support on Quality of Life in Patients with Coronary Heart Disease	Paranormal Beliefs, Personality Traits and Quality of Life in Clients with OCD	Mindfulness, Humor Styles and Personal Growth Initiative in University Students	Relationship between Emotional Suppression, Frustration Tolerance and Psychological Distress among Single Parent Children	The Relationship between Authoritarian Personality, Subjective Wellbeing and Social Identity among Young Adults	Questions & Answers
Author Name	Ali Raza Siddique, Dr. Muhammad Saleem, Areeha Khan Durrani, Muhammad Waseem Tufail	Sauliha Wasay & Dr. Masha Asad Khan	Dr. Syeda Razia Bukhari & Shumaila Khurshid	Syeda Manal Fatima & Rabia Jameel	Aiman Rahim & Sara Asad	Aisha Rouf Butt & Amira Iftekhhar	Misbah Asghar, Samrah Jamshaid & Dr. Najma Malik	
Institute Name	Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalpur & Institute of Southern Punjab, Multan	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Social Sciences, Shaheed Zulfikar Ali Bhutto Institute of Science and Technology, Islamabad & National institute of Psychology, Centre for Excellence, Quaid-e-Azam University, Islamabad	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	

Thursday, 26th September 2019 (Timings: 12:00PM – 1:30PM)

Session No. 2 (Conference Room)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Dr. Talat Sohail

Co-Chair: Dr. Shumaila Asad

Moderator: Ms. Saba Zer Naz Hafsa

Facilitator: Ms. Wajeeha

Time	12:00-12:10	12:10-12:20	12:20-12:30	12:30-12:40	12:40-12:50	12:50-1:00	1:00-1:10	1:10-1:30
Topic	Holy Prophet Hazrat Muhammad (S.A.W.) as Child Psychologist	Minifying the Academic Burnout among Religious and Non-Religious Students through Religious Cognitive Behavioral Therapy	Exploration of Efficacy of Mental Health Campaign among the Students of Bahria University	Autism Spectrum Disorder on the Basis of Executive Functioning Profile	Does Emotional Intelligence Buffer the Harmful Effects of Work Place Bullying on Psychological Strain and Life Satisfaction?	Who are binge Watchers and Why Do they binge Watch? A Qualitative Exploration of binge Watching Phenomenon	Social Support as a Predictor of Post Traumatic Growth in Adult Diabetic and Cardiovascular Patients	Questions & Answers
Author Name	Ayesha Azhar	Sarwat Sultan, Sumreen Kanwal, Frasad Kanwal & Maria Anwar	Sidra Shoaib	Maria Ishtiaq, Dr. Sikandar Khan, Hafsa Noreen, Saima Abbas, Dr. Atif Manzoor & Dr. Abdullah Butt	Sonia Saleem & Dr. Shazia Nauman	Tehreem Riffat & Dr. Tazvin Ijaz	Touseef Ahmad & Aneez Bashir	
Institute Name	SSS (Psychology), Govt. Girls Higher Secondary School, Barki, Lahore Cantt. (School Education Department, Govt. of Punjab, Lahore)	Department of Applied Psychology, Bahauddin Zakariya University, Multan & The Physio College of Rehabilitation Sciences, Multan	Institute of Professional Psychology, Bahria University, Karachi	Riphah College of Rehabilitation Sciences, Riphah International University, Lahore & Children Hospital and Institute of Child Health Care (CH&ICHC), Lahore	Riphah Institute of Clinical and Professional Psychology & Faculty of Management Sciences, Riphah International University, Lahore	Clinical Psychology Unit, Government College University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	

Thursday, 26th September 2019 (Timings: 12:00PM – 1:30PM)

Session No. 2 (Room No. A)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Prof. Dr. Najma Najam

Co-Chair: Dr. Amina Muazzam

Moderator: Ms. Anum Farooq

Facilitator: Ms. Ayesha Azhar

[illegible]

Thursday, 26th September 2019 (Timings: 12:00PM – 1:30PM)

Session No. 2 (Room No. B)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Prof. Dr. Zainab F. Zadeh

Co-Chair: Dr. Shazia Nauman

Moderator: Ms. Hidna Iqbal

Facilitator: Ms. Fatima Nawaz

Time	12:00-12:10	12:10-12:20	12:20-12:30	12:30-12:40	12:40-12:50	12:50-1:00	1:00-1:10	1:10-1:30
Topic	Birth-Order, Self-Efficacy, Academic Locus of Control and Procrastination among University Students	Transcendental Therapy	Parenting Styles as Predictor of Academic Achievement of University Students	Relationship between Youth Anxiety and Delinquent Behaviour with Mediating Role of Parental Bonding	Implication of Islamic Psychology in Modern Era from the Perspective of Muslim Women	Self-Esteem and Narcissism in People having Selfie Taking and Posting Behavior	Executive Functions and Emotion Regulation: Direct and Moderated Relations	Questions & Answers
Author Name	Saher Nazir & Dr. Masha Asad Khan	Dr. Amina Obaid Khawaja	Samreen Khurshid & Tanvir Akhtar	Syeda Nayab Zahra Bokhari, Samia Khalid & Nadia Mustafa	Noor-us-Sabah	Hafsa Mahmood & Prof. Dr. Nashi Khan	Aqsa Khurshid & Dr. Shameem Fatima	
Institute Name	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Applied Psychology, Lahore College for Women University, Lahore	Department of Applied Psychology, Riphah International University, Rawalpindi & Department of Psychology, Foundation University, Rawalpindi	College of Advanced Scientific Technique Sahiwal & Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Psychology, Shiblee Group of Colleges for Women, Madina Town, Faisalabad	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Humanities, COMSATS University, Lahore	

Thursday, 26th September 2019 (Timings: 12:00PM – 1:30PM)

Session No. 2 (Room No. C)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Dr. Suneel Samuel

Co-Chair: Dr. Masha Asad Khan

Moderator: Ms. Ayesha Aziz

Facilitator: Ms. Aiman Ishfaq

Time	12:00-12:10	12:10-12:20	12:20-12:30	12:30-12:40	12:40-12:50	12:50-1:00	1:00-1:10	1:10-1:30
Topic	Stigmatization, Self-Criticism and Coping Strategies of Individual with Substance Abuse	An Evaluation of a Culturally Adapted Pain Management Program for Muslim Patients	Personality Traits, Self-Concept and Decision-Making Styles in College Students	Exploring the Factors for Less Acceptance of Transgenders and Society: A Case Study	Personality Traits, Psychological Distress, Eudaimonic Well-Being and Corporal Punishment among School Teachers	Relationship between Ego Depletion and Decision Making among University Students	Parental Bonding, Moral Values and Attitude towards Delinquent Behavior in College Boys	Questions & Answers
Author Name	Maryam Tariq & Rabia Jameel	Dr. Razia Bhatti	Tahira Shaheen & Sonia Naeem	Arjumnd Hafeez, Uzma Amin & Muhammad Zubair	Sobia Riaz & Rabia Jameel	Maham Naeem & Aneza Bashir	Maria Hussain & Rabia Dasti	
Institute Name	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Consultant Clinical Psychologist, In Health Pain Management Services, UK	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Social Work, Islamic University Bahawalpur, Bahawalpur & Social Welfare and Bait-UI-Maal Department, Bahawalpur	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Center for Clinical Psychology, University of the Punjab, Lahore	

Thursday, 26th September 2019 (Timings: 12:00PM – 1:30PM)

Session No. 2 (Room No. D)

Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore

Chair: Dr. Rubeena Kidwai

Co-Chair: Dr. Shahista Jabeen

Moderator: Ms. Hina Javed Rana

Facilitator: Ms. Arooj Javeed

Time	12:00-12:10	12:10-12:20	12:20-12:30	12:30-12:40	12:40-12:50	12:50-1:00	1:00-1:10	1:10-1:30
Topic	Attachment to Allah, Attachment with Parents and Depressive Symptomatology in Young Adults	Association of Religiosity and Prosocial Tendencies with Well-being among South Punjab University Muslim Students	Emotional Intelligence is a Predictor of Mental Health in Young Adults	Social Connectedness, Self-Compassion and Tolerance for Disagreement among Madrassah Students	The Relationship between Inflated Responsibility and OCD Symptomatology	Empathy, Sense of Coherence, Compassion Fatigue and Burnout in Clinical Psychologists	Bullying / Victim and Different Personality Dimensions in Adolescence	Questions & Answers
Author Name	Amina Tariq & Rabia Dasti	Zahid Aziz, Masood Nadeem & Zain-Ul-Abideen	Saad Irfan & Dr. Saima Majeed	Sara Mahmood & Mahira Ahmad	Khadija Mehdi & Nimra Shehzadi	Maryum Arifeen & Hidna Iqbal	Zill-e-Huma & Asma Shiraz	
Institute Name	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalpur	Department of Psychology, Forman Christian College University, Lahore	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Centre for Clinical Psychology, University of the Punjab, Lahore	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Bahauddin Zakariya University, Multan	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 2:30PM – 4:00PM) Session No. 3 (Conference Room) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. Naveed Shibli			Co-Chair: Dr. Rafia Waqar		Moderator: Ms. Anum Rabbani		Facilitator: Ms. Zunaira	
Time	2:30-2:40	2:40-2:50	2:50-3:00	3:00-3:10	3:10-3:20	3:20-3:30	3:30-3:40	3:40-4:00
Topic	Hikmah in Islam: an Holistic Approach of Intelligence and Mental Health in Psychology	Emotion Dysregulation and Psychological Distress in Students	Comparison between the Diagnostic Criteria of Depression in DSM-5 with Assertions of Ninth Century Physician Abu Zayd Al Balkhi	Relationship between Metacognition Awareness, Social Competence and Emotional Intelligence across Gender	Gender Differences in Religious Coping and Quality of Life of Parkinson’s Patients	Narcissism and Machiavellianism as a Predictor of Psychological Wellbeing	Psycho-Social Antecedents of Suicidal Idealization among Adolescents and Young Adults: Protective Effects of Self-Esteem and Family	Questions & Answers
Author Name	Dr. Nyla Anjum	Moafia Dastagir & Rakia Ashraf	Asma Zafar & Maheen Rabbani	Sadaf Rehman, Juniad Saleem Bajwa & Usama Nawaz	Anusha Amir Ali, Tooba Nadeem, Mahnoor Abdullah Zakaria & Shabnam Arshi	Rida Maqsood & Aneeza Bashir	Nida Niazi, Dr. Najma Iqbal Malik & Irsa Fatima Makhdoom	
Institute Name	Department of Psychology, Govt. Fatima Jinnah College Chuna Mandi, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Psychology, Islamic International University, Islamabad	Center for Peace and Security Studies, University of the Punjab, Lahore & Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Institute of Professional Psychology, Bahria University, Karachi	Department of Applied Psychology, University of Sargodha, Sargodha	Department of Applied Psychology, University of Sargodha, Sargodha	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 2:30PM – 4:00PM) Session No. 3 (Room No. A) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. Shahida Batool			Co-Chair: Dr. Uzma Masroor		Moderator: Ms. Rakia Ashraf		Facilitator: Ms. Waneeza Mubarak	
Time	2:30-2:40	2:40-2:50	2:50-3:00	3:00-3:10	3:10-3:20	3:20-3:30	3:30-3:40	3:40-4:00
Topic	Religiosity Really Matters: Outcomes of Positive and Negative Religious Coping among Students Awaiting Term Results	Perceived Stress, Emotional Intelligence, Humor Styles and Mental Health of PhD Scholars	Psychological Well-Being and Self-Efficacy among the Caregivers of Children with Developmental Delay	Anxiety, Depression and Body Dissatisfaction: The Role of Perfectionistic Self-Presentation	Relationship between Work Stress, Subjective Happiness and Psychological Well-Being among Educated Working Women	Social Intelligence, Emotional Regulation and Quality of Sleep in Trainee Clinical Psychologists	Sexual and Emotional Intimacy, Psychological Distress and Relationship Satisfaction in Spouse	Questions & Answers
Author Name	Sarwat Sultan, Iram Awan, & Yamna Aslam	Marriam Khalil & Sara Latif	Minahil Khurram Zaib, Amber Sabtain, Momna Sarwar & Samia Khalid	Zahra Saghir Hashmi & Dr. Tazvin Ijaz	Hajra Asad & Amira Iftekhhar	Fatimah Muzzammil & Mr. Asad Javed	Mehnaz Ashraf & Sana Majeed	
Institute Name	Department of Applied Psychology, Bahauddin Zakariya University, Multan	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	College of Advanced Scientific Technique, Sahiwal & Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Clinical Psychology Unit, Government College University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 2:30PM – 4:00PM) Session No. 3 (Room No. B) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Prof. Dr. Salma Hassan			Co-Chair: Dr. Tanvir Khalid		Moderator: Ms. Anum Ali		Facilitator: Ms. Syeda Nayab	
Time	2:30-2:40	2:40-2:50	2:50-3:00	3:00-3:10	3:10-3:20	3:20-3:30	3:30-3:40	3:40-4:00
Topic	Binge Watching, Compensatory Health Beliefs and Academic Procrastination among University Students	Influence of Personal Fable on Risk Taking among Adolescent	Depression, Self-Esteem and Psychological Well-Being of the Care Givers of Drug Addicts	Attitude towards Homosexuality, Transgenderism and Religiosity among Adolescents and Transgenders: A Mixed Method Study	Social Stigmatization and Post Abortion Syndrome in Women after Abortion	The Relationship between Loneliness, Gratitude and Common Mental Disorders in Old Age Homes	Impact of Problematic Use of Smart Phone on Mental Health among University Students	Questions & Answers
Author Name	Arooj Maria Paulus & Ayesha Aziz	Hafiza Mehjabeen Tariq & Aneeza Bashir	Nyla Tahir & Dr. Saima Majeed	Zooni Ashfaq	Aasma Yousaf, Maria Rafique & Asma Hameed	Iqra Rajput & Rakia Ashraf	Amna Hassan, Dania Noreen, Ayesha Qasim, Bisma Tasleem, Beenish Sajjad, Nabila Khattak & Farwa Basharat	
Institute Name	Department of Applied Psychology, Kinnaird College for Women University, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore & Department of Psychology, Forman Christian College University, Lahore	Department of Psychology, International Islamic University, Islamabad	Centre for Clinical Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Applied Psychology, Riphah International University, Rawalpindi	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 2:30PM – 4:00PM) Session No. 3 (Room No. C) Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Dr. Shazia Hassan			Co-Chair: Dr. Saima Majeed		Moderator: Ms. Asima Munawar		Facilitator: Ms. Huma Khan	
Time	2:30-2:40	2:40-2:50	2:50-3:00	3:00-3:10	3:10-3:20	3:20-3:30	3:30-3:40	3:40-4:00
Topic	Impact of Spiritual Intelligence on Death Anxiety among Adult Population	Emotional Expressivity, Spirituality, Social Support and Psychological Distress among University Students	Trait Emotional Intelligence, Perceived Self-Concept, Interpersonal Competence and Mental Health in Pakistani College Students	Relationship of Behavioral Problems and Intelligence Level of Orphan and Non-Orphan Children	Causal Relationships among Depression and Quality of Life: A Cross-Lagged Analysis	The Prevalence of PTSD and its Impact on the School Girls (Children and Adolescents) of Kasur	Positive and Negative Affectivity and Life Satisfaction in Pregnant Women	Questions & Answers
Author Name	Anam Noor, Aneeza Bashir & Syed Ali Raza	Khola Rasool & Sana Majeed	Muhammad Sulman, Dr. Rafia Rafique, Dr. Afsheen Masood, Arooj Arshad & Afifa Anjum	Sara Sultan, Amna Gulam, Ramsha Arshad, Aqsa Farooq & Maria Tanvir	Fatima Kamran, Chris Fife-Schaw & Shiza Sheerazi	Sahar Majeed & Dr. Aisha Sitwat	Ammara Hafiz & Amira Iftekhhar	
Institute Name	Department of Applied Psychology, University of Sargodha, Sargodha	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Psychology, University of Central Punjab, Lahore & Institute of Applied Psychology, University of the Punjab, Lahore	Department of Applied Psychology, Riphah International University, Rawalpindi	Institute of Applied Psychology, University of the Punjab, Lahore & University of Surrey, England	Centre for Clinical Psychology, University of the Punjab, Lahore	Department of Applied Psychology, University of Sargodha, Sargodha & Institute of Applied Psychology, University of the Punjab, Lahore	

<p style="text-align: center;">Thursday, 26th September 2019 (Timings: 2:30PM – 4:00PM)</p> <p style="text-align: center;">Session No. 3 (Room No. D)</p> <p style="text-align: center;">Venue: Riphah Institute of Clinical and Professional Psychology (RICPP), Riphah International University, QIE Campus, Lahore</p>								
Chair: Dr. Saima Dawood			Co-Chair: Dr. Urooj Sadiq		Moderator: Ms. Sadaf Saleem		Facilitator: Ms. Amna Khan	
Time	2:30-2:40	2:40-2:50	2:50-3:00	3:00-3:10	3:10-3:20	3:20-3:30	3:30-3:40	3:40-4:00
Topic	Impact of Muslim Religiosity on Meaning of Life among Pakistani Young Adults	Ibn Qayyim's Model for Treatment of Psychological Diseases Especially Depression and Anxiety	A Cross Cultural Study on Relationship between Quality of Family System and Humility	Social Support as a Function of Coping in Response to Stress in the University Students of Karachi	Predictors of Psychological Distress in Female Police Officers	Experiential Avoidance, Rumination, Social Connectedness and Treatment Motivation in Patients with Low Ejection Fraction	Balochistan's Crisis, Effect on Mental Health Status and Stir Life Satisfaction among Sectarian Victims	Questions & Answers
Author Name	Zubair Manzoor, Dr. Muhammad Saleem, Shumaila Amjad, Areeha Khan Durrani, Ali Raza Siddique	Muhammad Mugheerah Luqman	Fayyaz Ahmed, Dr. Shazia Khalid, Dr. Najm Ul Hassan & Muhammad Saghir	Sidra Farooq Butt, Zoya Ali Saleem & Dr. Tahira Yousaf	Shiza Shahid & Zaeema Farooq	Taqdees Zainab & Anum Rabbani	Mahreen Siddiqui	
Institute Name	Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalpur & University of Kebangsaan, Malaysia	Head of Tarbiyah Department, Riphah International University, Lahore	Institute of Mental Health (IOMH), Islamabad	Institute of Professional Psychology, Bahria University, Karachi	Institute of Applied Psychology, University of the Punjab, Lahore	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore	Department of Psychology, University of Balochistan, Quetta	

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE**



**ABSTRACTS
ORAL PAPER PRESENTATIONS (IPMP-2019)**

Religiosity, Moral Judgment and Subjective Well-Being among Muslim Adolescents in Crises

Rafia Rafique, Afsheen Masood, Fatima Kamran & Rukhsana Nazir
Institute of Applied Psychology, University of the Punjab, Lahore
rafiawaqar@hotmail.com

Previous research has documented that participation in religious activities and religious salience are positively associated with different dimensions of subjective and psychological well-being. The current study investigated whether religiosity predicts subjective well-being in Muslim adolescents. Another objective of the study was to find out whether moral judgment is likely to mediate the relationship between religiosity and subjective well-being. The sample was drawn through convenient sampling technique. The sample comprised of orphans adolescents, street children and children in poverty (N=225) aged 10 to 19 years inclusive with a relatively equal representation of males and females aged 14 to 35 years. The assessment measures included Santa Clara Strength of Religious Faith Questionnaire (SCSRF) by Plante and Boccacini, (1997), Moral Development Interview Inventory (MDII) by Khanum and Iqbal, (2008), and Satisfaction with Life Scale (SWLS) by Diener (1985). Correlational analysis showed that religiosity and moral judgment were positively associated with subjective well-being. Religiosity and moral judgment turned out to be significant predictors of subjective well-being. Mediation analysis using the hierarchical multiple regression revealed that moral judgment did not mediate the relationship between religiosity and subjective wellbeing. The results of the present study support the hypothesized association between religiosity, moral judgment and subjective well-being. Counselors and staff in orphanages 'and those working with street children and children living in poverty should facilitate towards religious practices and help in capacity building for moral reasoning and judgment in order to enhance subjective well-being of Muslim Adolescents in Crises. Policy makers need to give more weight to reductions in misery of these children by providing opportunities for involvement in religious endeavors and building their capacity for moral judgment.

Keywords: Subjective Well-Being, Moral Judgment, Mediation Analysis

Stress, Religious Coping, Well Being among Muslims and Non-Muslims

Saira Yousaf & Wizra Saeed
Department of Applied Psychology, Riphah International University, Faisalabad
wizrasaeed@gmail.com

This research, located in a global context of Islamophobia, examined levels of stress, religious coping, and their interaction as predictors of subjective well-being in 150 Muslims and Non-Muslims. For the purposes of this research, a scale of Muslim Religious Coping (MRC) was adjusted to measure religious coping across three domains of cognitive, behavioral, and social MRC. Consistent with hypotheses: 1) stress anticipated a reduced level of life satisfaction and more psychological symptoms, and 2) behavioral, cognitive, and social MRC predicted a higher level of life satisfaction. Furthermore, an impact of interaction between Stress and Behavioral MRC was discovered indicating that engaging in religious activities buffered the harmful impacts of stress on life satisfaction. MRC, however, did not show a major or interaction effect on psychological symptoms, contrary to the hypotheses. The consequences of these results are addressed in relation to favorable and negative indices of well-being, the importance of religious maintenance as a resource for Muslim refinement residing in a Western nation, and the consequences for Muslim client counselors.

Keywords: Stress, Religious Coping, Well-Being, Muslim, Non-Muslim

How Religiosity Effects the Death Anxiety

Anam Noor, Aneza Bashir & Dr. Najma Iqbal Malik
Department of Applied Psychology, University of Sargodha, Sargodha
aneeza16@gmail.com

This study was designed to investigate the effect of religiosity on death anxiety among adults. In order to achieve the objective of the present study, a cross sectional research design was used. The sample of the study was comprised of (N = 300) adults selected through convenience sampling. The data was collected through self-report inventories. The Short Muslim Religiosity and Belief Scale (Tayyiba et al., 2009) comprising of 9 items was used to measure the religiosity and Arabic Scale of Death Anxiety (Abdel-Khalek, 2004) having 20 items was used to measure death anxiety. Data was analyzed by using the linear regression and independent sample t-test. Results revealed that religiosity positively predicted the death anxiety. Because once a person becomes truly aware of death process, he feels fearful while considering the consequences. The results also depicted that there is significant gender differences with regard to religiosity and death anxiety as women score higher than men on both religiosity and death anxiety. The study revealed that death anxiety is higher in people who are

more religious as religiosity provokes a feeling of fear related to death. The present study will help to understand the role of religious beliefs in the process of anxiety related to death.

Keywords: Death Anxiety, Religiosity, Cross-Sectional Research Design, Convenience Sampling

The Relationship between Religiosity, Self-Compassion (Common Humanity, Self-Judgment, Isolation, Mindfulness, Over Identified, Self-Kindness) and Life Satisfaction

Samaira Shaheen & Sheeba Saeed

Department of Applied Psychology, Govt. College Township, Lahore

samaira.shaheen786@gmail.com

The main objective of the study was to find out the relationship between religiosity, self-compassion (common humanity, self-judgment, isolation, mindfulness, over identified, self-kindness), and life satisfaction. It further aimed to find the meditational relation of self-compassion between religiosity and life satisfaction. Sample of 130 (M=65 and W=65) young individuals were taken from different universities of Lahore, Pakistan. Non-Probability convenient sampling technique was used to recruit the sample. Data were collected on Religiosity and Spirituality Scale (Brittany, Hernandez & Loyola2006), Self-Compassion Scale (Raes, Pommier, Neff & van Gucht, 2011), and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin1985). Results of Pearson product moment correlation revealed positive relation between religiosity, self-kindness, common humanity, and life satisfaction, while life satisfaction is found associated with common humanity. Self-kindness is found related with mindfulness while positive relationship is found between self-judgment, isolation, common humanity and over identified. Religiosity positively predicted the self-compassion (common humanity, self-judgment, isolation, mind fullness, over identified, self-kindness) and life satisfaction, whereas only self-kindness predicted the life satisfaction. The self-compassion mediated the relationship between religiosity and life satisfaction. Men are found more religious, self-compassionate (overall) whereas women are higher on life satisfaction. The results were compared with indigenous and western researches.

Keywords: Religiosity, Self-Compassion, Life Satisfaction

Spirituality and Mindfulness among Practicing Clinical Psychologists: Role of Demographic Variables

Nosheen Nasir, Shazia Yusuf & Dr. Noshi Iram Zaman

Department of Professional Psychology, Bahria University, Islamabad

shazia_yusuf@yahoo.com

Spirituality is believed to be intrinsic feature of mankind that develops from the time human life. It is regarded that spirituality is being placed in the heart of every human being having spiritual needs that unifies the person as a whole. (Fisher, 2011). The main objective of the study was to explore the relationship between spirituality and mindfulness among practicing Clinical Psychologist. Another objective was to explore the role of demographic variables. 150 practicing Psychologists were taken from different Hospitals and Clinics of Islamabad and Rawalpindi. Spirituality was assessed with spirituality scale (Colleen Delaney, 2005) and Mindfulness with Mindfulness Attention Awareness Scale (MAAS) (Brown & Ryan, 2003). The main hypothesis was that there is a significant positive relationship between spirituality and mindfulness among practicing Clinical Psychologist. There are significant gender differences on the level of spirituality and mindfulness among practicing Clinical Psychologist. Results revealed that there is a significant positive relationship between spirituality and mindfulness among practicing Clinical Psychologist. Results also indicated that there is a significant positive relationship between spirituality (self-discovery), mindfulness with the income. The results of the present study highlight the importance of spirituality and mindfulness among practicing Clinical Psychologist, which can have significant impact on the therapeutic outcomes of Psychologists.

Keywords: Mindfulness, Spirituality, Clinical Psychologists, Demographic Variables

Exploration of Psychological Well-being, Depression, Anxiety and Stress among Shrine Visitors

Iram Manzoor, Dr. Iram Batool & Sana Fatima

Department of Applied Psychology, Bahauddin Zakariya University, Multan

i.batool@bzu.edu.pk

Current study was designed to explore Psychological Well-being, Depression, Anxiety and Stress among Shrine Visitors. A sample of N=200 (M=134 and F=62) shrine visitors was taken through purposive sampling technique. Participants were asked to fill the questionnaire which included Depression, Anxiety Stress and Psychological Well-being Scale. Results indicated that Psychological Well-being has significant negative relationship with Depression, Anxiety and Stress at alpha $p < 0.01$. Results further revealed that there is no significant gender difference on psychological well-being while there is a significant gender difference for

Depression at $p < 0.05$, Anxiety at $p < 0.001$ and Stress at $p < 0.01$. Results found that educated shrine visitors have higher level of psychological well-being than uneducated at $p < 0.01$ while uneducated shrine visitors have higher level of Depression at $p < 0.01$, Anxiety at $p < 0.01$ and stress at $p < 0.001$ than educated visitors. ANOVA and post hoc analysis revealed that age did not play any role on psychological well-being while age group of 46-55 have higher level of Depression at $p < 0.01$, Anxiety at $p < 0.05$ and Stress at $p < 0.001$ than all other groups. Results further suggested that there is no role of occupation for psychological well-being. Findings concluded that shrine visitors' experiences different psychological issues. In the light of these findings some strategies could be designed for the betterment of psychological well-being of shrine visitors.

Keywords: Depression, Anxiety, Stress, Psychological Well-Being, Shrine Visitors

Unification of Western Psychological Methods with Islamic Practices and Beliefs

Sidra Naz, Tabinda Ashraf, Mishal Khalid & Momina Rashid

(Department of Applied Psychology, Riphah International University, Rawalpindi)

snaz5952@gmail.com

Education is pivotal and major search for all mankind. It is achieved to complete all aspects of human life and to attain accomplishment in one's life. To achieve true education, one should have knowledge about the philosophy of Education provided by different religions and civilization but more importantly as specified by Al-Qur'an and Sunnah. In this paper, qualitative method is used, which encloses the contribution of influential early Muslim scholars and contours the challenges which are encountered by Muslim psychologists in adjusting with the modern westerns thoughts, philosophies and theories. It also offers many recommendations for Muslim societies in seeking emergence of Islamic Psychology such as; amalgamation of western psychological methods with Islamic practices and beliefs, research on history of Islamic psychology and its revival in modern era, progress of theoretical models and frameworks within Islamic Psychology, evolution of interventions and techniques within Islamic psychology. The simple truth is that Allah is not only the Ultimate Reality but the source of all knowledge. Therefore, it is time that we raise our valuable heritage and carry the findings of Islamic knowledge from the past, forward into the future, especially psychology.

Keywords: Islamic Knowledge, Islamic Psychology, Early Muslim Scholars, History of Psychology, Modern Psychology

The Relationship between Stress and OCD Symptomatology in Relation with Religiosity and Disgust

Nimra Mellaha & Faiza Safdar

Centre for Clinical Psychology, University of the Punjab, Lahore

nimramellaha@gmail.com

The present study aimed to investigate the relationship between stress and OCD symptomatology. Moreover, it also aimed to investigate the relationship between religiosity, disgust and OCD symptomatology. The present study was comprised of 20 OCD patients (Male = 8; Female = 12, $M = 29.25$, $SD = 10.88$) with age ranging from 17 to 50 years. The subjects were taken from these hospital; Jinnah Hospital, Fountain house, Fatima Memorial Hospital, Ganga Ram Hospital and one institute; Centre For Clinical Psychology University of the Punjab. The Perceived Stress scale ([PSS]; Tahira&Kausar, 2013), Obsessive Compulsive Disorder Symptom Checklist ([OCDS]; Jabeen&Kausar, 2008), Disgust emotional expression scale ([DES]; Kleinknecht, 1997) and Religious Activity Scale ([RAS]; Sitwat, 2005) were employed to assess the study variables. The findings revealed that there is no significant correlation between OCD and stress. Furthermore, among the four types of disgust, blood drawn disgust is significantly related with compulsions. The finding also suggests that there is no significant relation between OCD and religiosity. However, the religiosity is significantly correlated with stress. It can be concluded that, disgust is significantly related with compulsions and religiosity is significantly correlated with stress.

Keywords: Stress, OCD Symptomatology, Religiosity, Disgust

Challenges of Integrating a Cognitive Behavioural Therapeutic Intervention with an Islamic Tradition: A Clinical Case Study

Syeda Tatheer & Zahra Shamsi

Child and Adolescent Services, SLAM NHS, Foundation Trust, UK

shamsiannie@gmail.com

This paper presents a clinical case study of a 34 year old Shia Muslim female patient with conservative Islamic beliefs and practices. The author describes her work with the patient over the course of 12 psychotherapy sessions in a primary care NHS setting in London, England. A cognitive behavioural (CBT) framework was adopted for the patient presentations of depression, low self-esteem, perfectionism,

procrastination, rumination, irritability, motivational difficulties and interpersonal communication and relationship difficulties. The patient was referred and first seen during the holy month of Ramadhan which was a contributory factor in establishing the context for inclusion of Islamic concepts during the collaborative goal setting session. The patient expressed a desire to work with an Islamic focus with her Muslim therapist (author) who is a London-based Psychologist and Psychotherapist trained in Western Psychotherapeutic Models. The author reflects upon personal and professional challenges and dilemmas posed, with particular reference to the integrated psychotherapeutic model which resulted from her attempt to develop a patient-centred novel way of working with this patient. Hence, the paper presents an intervention couched within both a CBT formulation and within an eminent, established hadith of Imam Jaffer-al-Sadiq (as), the sixth Imam of the Shia Muslim School.

Keywords: CBT Intervention, Islamic Tradition, Clinical Case Study

Spiritual Intelligence, Religiosity and Life Satisfaction among Elderly People

Dr. Shagufta Perveen, Jauhar Ali & Attia Nisar

Department of Psychology, Hazara University, Mansehra

shaguftak27@gmail.com

The present study had two main objectives; first, to discover the relationship of spiritual intelligence and religiosity with life satisfaction among elderly people; second, to find out the age and gender differences on spiritual intelligence and religiosity with life satisfaction among elderly people. In the present study three instruments; The Centrality Religiosity Scale (CRS; Huber & Odilo, 2012); spiritual intelligence self-report inventory (SISRI-24; King, 2008), and satisfaction with life scale (SWLS; Diener, 1985) along with demographic sheet were administered on a sample of (N=200) elderly people. Results of the study revealed significant positive correlation of religiosity, spirituality and life satisfaction among elderly people. Similarly significant age and gender base differences were found on spiritual intelligence, religiosity and life satisfaction scales.

Keywords: Spiritual Intelligence, Religiosity, Life Satisfaction

Irreligiosity, Narcissism and Criminal Thinking in Criminals

Izza Mahfooz (Centre for Clinical Psychology, University of the Punjab, Lahore) & Dr. Iram Fatima (Institute of Applied Psychology, University of the Punjab, Lahore)

izzamahfooz@gmail.com

The fascinatingly serpentine nature of the phenomenon of criminal thinking with reference to its various dimensions and its relationship with religion as well as personality exists in the world of research as a subject of intense empirical debate and testing since the past few decades. The current study also aimed to further add to this empirical debate by highlighting the various complexities in the relationship between irreligiosity, narcissism and criminal thinking in criminals. The study investigated this relationship by proposing the hypotheses that there is likely to be a positive relationship between irreligiosity and criminal thinking as well as narcissism and criminal thinking. The study also made an attempt to investigate the possible impact of irreligiosity and narcissism as potential predictors of criminal thinking, with reference to its six subscales of entitlement, justification, power orientation, cold heartedness, criminal rationalization and personal irresponsibility. The Nonreligious-Nonspiritual Scale, Short Dark Triad and TCU Criminal Thinking Scales were used to measure irreligiosity, narcissism and criminal thinking respectively, along with the demographic sheet. The sample for this study comprised of 60 prisoners (N=60), 30 women and 30 men who were recruited from the District Jail of Faisalabad using convenience sampling strategy. The results of the current study revealed a positive correlation between narcissism and criminal thinking subscales of power orientation, criminal rationalization and personal irresponsibility whereas no significant relationship between religiosity and criminal thinking was empirically found. The present study had various limitations which may have somewhat contributed to a lack of empirically significant findings. However, this study has nonetheless succeeded in highlighting new dimensions of the religion-crime relationship which is in dire need of further research in Pakistani socio-cultural context for the benefit of not only the prison population but the nation at large.

Keywords: Irreligiosity, Narcissism, Criminal Thinking, Prisoner

Thirty Two Clients: A study of Application of Cognitive Behavior Interventions

Prof. Dr. Seema Munaf

Institute of Clinical Psychology, University of Karachi, Karachi

drseemamunaf@hotmail.com

This study demonstrates usefulness of cognitive behavior interventions in counseling to reduce depression, anxiety, and stress symptoms, and to increase satisfaction with life of clients. For this purpose pre and post study design was adopted. In this study 32 clients including men and women, having symptoms of different levels of depression, anxiety, and stress and 32 under training clinical psychologists voluntarily participated. Clients Mage = 23.72 years and SD=3.92. To them Depression Anxiety Stress Scale (DASS-21), and Satisfaction with Life Scale (SWLS) were individually administered in the beginning of counseling sessions as pre sessions assessment. Then they were separately given counseling and different cognitive behavioral procedures were applied. With the help of various techniques, including relaxation, deep breathing exercise, downward arrow technique, role play and guidance, the counselors attempted to reduce their problems. Depending on the nature of their problems and application of different interventions they turn out to be quite relaxed. Therefore in eight session, to monitor changes in clients' perceived severity of problems, as post intervention assessment, same three scales were re-administered. Through application of Paired Samples statistics significant reduction in their depressive, anxiety, and stress symptoms, as well as increased in their life satisfaction was clear. Hence it can be concluded that application of cognitive behavior interventions has positive implications as it noticeably reduces clients' distress, negative thinking and promotes positive thinking and satisfaction with life.

Keywords: Cognitive Behavior Interventions, Depression, Anxiety, Satisfaction with Life, Negative and Positive Thinking

Effects of Moods, Cognitive Styles and Decision Making among College Students

Mussarrat Jabeen, Samrah Jamshaid & Dr. Najma Iqbal Malik

Department of Applied Psychology, University of Sargodha, Sargodha

samrahjamshaid@gmail.com

The present research was aimed to investigate the impact of moods and cognitive styles on decision making among college students. Cross sectional survey design was used in which sample size was comprised of 350 adults including Girls (n = 177) and boys (n = 173) by using Purposive sampling technique. The age of the sample ranged was from 18 to 25 years. Positive and Negative effect schedule scale (Watson & Clark, 1988), Relational-Experiential Inventory Scale (Pacino & Epstein, 1999) and Decision Making Scale (Mann, Radford, & Ford, 1997) was used to measure moods, cognitive style and decision making. Pearson correlation indicated significant correlation among all study variables. Linear regression analysis indicated that mood and cognitive style were positive predictors of decision making style. This study will be help full for young adults to have positive moods to deal with life situations and groom up their cognitive style which directly impact on decision making.

Keywords: Moods, Cognitive Styles, Decision Making

Emotional Intelligence and Spiritual Intelligence Relationship among Medical House Officers

Pervasha Knawal (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore) & Hira Fatima (Lahore General Hospital, Lahore)

hirainayat@gmail.com

The present study aims to find out the relationship of Emotional Intelligence and Spiritual Intelligence among Medical House officers. Correlational research design was also used in this study. The sample size of the study was N=120 and were enrolled through purposive sampling technique. The participants were selected from Jinnah hospital Lahore, Akhter Saeed medical college Lahore, Gurki hospital Lahore. Measurement for this study were Emotional Intelligence Scale and The Spiritual Intelligence Self-Report Inventory. Pearson product moment correlation was used in this study. The findings of the study show that there is a positive correlation between spiritual intelligence and emotional intelligence. It will help to create awareness regarding their issues which they are experiencing and understand how to resolve their issues.

Keywords: Emotional Intelligence, Spiritual Intelligence, Medical House Officers

Relationship between Sleep Awake Pattern, Procrastination and Academic Achievement among University Students

Asia Nisar (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar (Institute of Applied Psychology, University of the Punjab, Lahore)
kinza.nisar100@gmail.com

The research was conducted to investigate the relationship between awake and sleep pattern, procrastination and academic achievement among university students. Cross sectional research design was used for data collection through random sampling. The data was collected from 200 university students. To measure the awake and sleep pattern scale was used that was developed by Arcadypitilov, Procrastination scale was used that was developed by Lay C and academic achievement was measured by CGPA. The currently study is conducted to make an association to or reflection of Awake and Sleep Pattern, Delay, and Academic Achievement among university students. The main objective of this study was to find the association between awake and sleep pattern, procrastination, and academic achievement among university students. The outcome showed that indicates that morningness has significant positive correlation with academic achievement and significant negative correlation with procrastination. Eveningness has significant positive correlation with procrastination and significant negative correlation with academic achievement. Quality of nighttime sleep has significant negative correlation with procrastination and significant positive correlation with academic achievement. Ability to stay awake at unusual hours has significant positive correlation with procrastination and academic achievement. Ability to fall asleep at unusual hours has significant negative correlation with academic achievement. Procrastination has significant negative correlation with academic achievement. Findings of the present study also indicates that male are significantly high on Ability to fall asleep at unusual hours and that nuclear family system are significantly high on morningness.

Keywords: Awake and Sleep Pattern, Procrastination, Academic Achievement, University Students

Working Women and Time Management

Zill-e-Huma & Asma Shiraz
Department of Applied Psychology, Bahauddin Zakariya University, Multan
asma.sheraz@ucp.edu.pk

A drastic change can be seen in the achievement of the work towards technology, the evolving work force and similarly the family roles of women, who contribute a lot in the 21st century. The rigidity and flexibility of schedules determine the difficulties for working women confront in both their family life style as well as at their workplaces. In a fatherly society like Pakistan men are still taken as bread winner of the family. Even Women in Pakistan have started working outside but still there is a long way ahead to bring in positive changes in mind set both culturally and socially. The purpose of this paper is to explore the work – life balance and an approach to understand (estimate) of how these working women manage the difficulties related to house-hold labor time management. Through the application of Qualitative research. In depth interviews gave insight of the problems faced by working women, belonging to different sectors of work. Working women are struggling to attain male standard at work, while trying to keep the ideal standards of wife and mother too. Descriptions of the data are made by indicating thematic analysis that are based on the accounts of variation of responses from the data collected. Shared responsibilities were very familiar among these women, where the support of family is linked to diminished work – family conflict. Working hour's very matter for the working women, most of women get tens due to their children. Different family setups and work related factors play an optimal role in these women's process of managing time.

Keywords: Work Life Balance, Shared Responsibilities, Work – Family Conflict, Work – Related Factors, Family Setups

Child Abuse, Emotional and Behavioural Problems in Domestic Child Worker

Ayesha Ali, Anum Javed & Prof. Dr. Rukhsana Kausar
Department of Psychology, University of Management and Technology, Lahore
f2017238003@umt.edu.pk

The present study was designed to explore the relationship between child abuse, emotional and behavioural problems in domestic child workers. It was hypothesized that there is likely to be a relationship between child abuse and emotional and behavioural problems in domestic child workers; child abuse is likely to predict emotional and behavioural problems in domestic child workers. Correlational research design and snowball sampling were used to access the sample of domestic child worker (N = 85). Child Abuse Scale (Malik, Saeed & Shah, 2003) and Strength and Difficulties Questionnaire (Goodman, 1998) were used for assessment. Person product moment correlation and Step-wise regression analysis were used to analyse data. Results showed a

positive relationship between child abuse and emotional and behavioural problems in domestic child worker and child abuse turned out to be a significant predictor of emotional and behavioural problems in domestic child workers. Boys were more prone to physical and emotional abuse and they also tend to exhibit more problems related to prosocial behaviour. This study serves as an insight about the issues of domestic child workers in Pakistan. It also throws light on this neglected segment of our society and consequences of abuse they face, and it can be beneficial to overcome these issues in the Pakistani perspective.

Keywords: Child Abuse, Prejudice, Behavioural Problems, Community, Domestic Child Worker

Lived Experiences of People Suffering from Isolated Sleep Paralysis

Harmeen Khalid & Ayesha Aziz

Department of Applied Psychology, Kinnaird College for Women University, Lahore

harmeenkhalid_95@hotmail.com

The current qualitative study was conducted, using a constructivist approach in order to explore the lived experiences of people suffering from Isolated Sleep Paralysis. This study aimed to explore the perceptions, experiences, effects on life, cultural interpretation as well as coping mechanisms used for Isolated Sleep Paralysis by individuals residing in Lahore, Pakistan. A phenomenological research design was used on a sample of five participants encountering Isolated Sleep Paralysis with a history of recurrent episodes with a purposive approach followed by snowballing. An interview guide was developed based on six major domains followed by probes to explore each domain and for extracting richer information about the lived experiences. The findings suggested that the perceptual experiences associated with Isolated Sleep Paralysis consisted of the pre-disposing conditions, types of experienced hallucinations, psycho-somatic component, and socio-cultural explanation along with coping mechanisms used by the individuals in the eastern culture.

Keywords: Lived Experiences, Isolated Sleep Paralysis, Eastern Culture

Loneliness and Perceived Stress between Day Scholars and Migrant Students

Kulsoom Yaseen (Department of Applied Psychology, Govt. M.A.O. College, Lahore) & Saleem Abbas

(Institute of Clinical Psychology, University of Karachi, Karachi)

kalsoomyasin4@gmail.com

The Purpose of this study is two-fold. The first aims of this study would be to investigate and measure the feelings of loneliness and perceived stress among university student including day scholars (local residential students of Lahore) and migrant student from the other areas of Pakistan excluding Lahore. Studies shows that migration is a major cause of psychological stress, and social isolation because of different barriers including small social networks, cultural differences and home sickness (Emami, Toress, Lipson, and kman, 2000). It has been observed that the social networks of those who migrate late in life tend to be very limited (Weeks and Cuellar, 1983). After intensive literature review following hypotheses have been formulated; 1). There would be significant difference of feelings of loneliness and perceived stress among migrant students and day scholars (local residential students) studying in different colleges and universities' of Lahore. 2). Feelings of loneliness would predicts perceived stress among student (i-e. migrant students and day scholars) students of Lahore studying in different colleges and universities' of Lahore). For this study total one hundred participants including fifty migrant students and fifty day scholars studying in different colleges and universities' of Lahore will be selected. For measuring the variables, Demographic form and other psychological measures likerevised UCLA loneliness sale by Russell, Peplau, and Cutrona, (1980) and Perceived Stress Scale (PSS) Cohen, Kamarck, and Mermelstein, (1983) would be used. Results of the studywould becalculated by applying, descriptive and inferential statistics including t-test for measuring the differences and linear regression for measuring the prediction of variable among given population. At the end of the thesis recommendation, suggestions and implication of the study would be highlighted.

Keywords: Loneliness, Perceived Stress, Social Isolation, Migrant Students

Impostor Phenomena, Academic Self-Efficacy and Psychological Distress in University Students

Laiba Hanif & Humaira Naz

Centre for Clinical Psychology, University of the Punjab, Lahore

laibahanif208@gmail.com

The current study intended to explore the relationship between impostor phenomena, academic self- efficacy and psychological distress in university students. Correlational research design was used with purposive sampling. It was hypothesized that there will likely to be a positive relationship between impostor phenomenon and psychological distress; and a negative relationship between academic self- efficacy and psychological distress. It was also hypothesized that impostor phenomena and academic self-efficacy would likely to predict

psychological distress. Data was collected from 230 students (104 male and 126 female, ($M_{age}= 21.16$, $SD= 1.86$) enrolled in public and private universities of Lahore. Questionnaires used were Clance Impostor Phenomenon Scale, Academic Self-Efficacy Scale and DASS. Correlational analyses show significant positive correlation between impostor phenomena and psychological distress. Hierarchical regression analyses found impostor phenomena as significant positive predictor of distress. Academic self-efficacy also emerged as a significant predictor of anxiety. Independent sample t- test revealed that female students show high academic self-efficacy although they have doubt about their achievements and act as great impostors. Males found to report more depression and anxiety whereas females scored high on experiencing stress and stress reactivity. Research findings help career and academic counselors to devise appropriate intervention strategies to control impostor phenomena by emphasizing on developing healthy coping patterns with distress.

Keywords: Impostor Phenomena, Academic Self-Efficacy, Psychological Distress

Spiritual Intelligence and Emotional Regulation among Abused Adolescents of Pakistan

Ayesha Faiz (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore) & Hira Fatima (Lahore General Hospital, Lahore)
ayeshafaiz1985@gmail.com

The Present study aimed to investigate the relationship of the study variables. It was hypothesized that there is likely a relationship between abuse, emotional regulation and spiritual intelligence. Correlational research design was used in this study. The sample size of this study was $n=120$ and were recruited through purposive sampling technique. Adolescents were selected from Child Protection and Welfare Bureau and Ilm-o-Hunar foundation Lahore. The following measurements comprised for this study were Adolescents version of Child Abuse Scale-Revised, Emotional Regulation Questionnaire and The Spiritual Intelligence Self-Report Inventory. The results indicated that adolescence abuse was positively correlated with spiritual intelligence. Whereas Emotional Regulation-Expressive Suppression had significant negative correlation with abuse. Emotional Regulation-Cognitive Suppression was not significantly correlated with abuse. From the current study, it is concluded that there is a positive relationship between abuse and spiritual intelligence, whereas emotional regulation expressive suppression had a negative relationship with abuse. Victims of abuse starts victimizing others as a result of the pain they felt. This study will help to understand and make better intervention plans to stop the victimizing behavior. It will also help in making therapeutic interventions for the victims to make them live in a better way.

Keywords: Abuse, Spiritual Intelligence, Emotional Regulation, Adolescents

Religious Coping Strategies, Anxiety and Self Transcendence among Religious Minorities: Moderating Role of Demographics

Uzma Amin, Dr. Iram Batool & Zara Hayat
Department of Applied Psychology, Bahauddin Zakariya University, Multan
i.batool@bzu.edu.pk

Present study was aimed to assess Religious Coping Strategies and Anxiety and Self-Transcendence among Minorities. It was further aimed to explore the moderating role of demographics (Age, Marital Status, Religion, Education, Nature of Job, and Gender). Scales of Self-Transcendence, Anxiety, and Religious Coping strategies were used. Sample of 200 individuals from different minority groups was taken by purposive sampling technique. Results revealed that age is a moderator between Self-transcendence and Religious coping Strategies ($p<0.32$), while Nature of job is a moderator among Religious coping Strategies and Psychological adjustment ($p<0.051$). The findings of the study further revealed that Self-Transcendence enhanced among elderly people. Nature of job has critical impact on psychological health especially anxiety, that was overcome by people practicing religious coping strategies. Minorities can be psycho-educated to actively participate for social well-being. The findings concluded that religious coping strategies play significant role in psychological health. To improve psychological health, religious coping strategies can be used as remedy.

Keywords: Self-Transcendence, Religious Coping Strategies, Psychological Adjustment

Religious and Psychological Coping in Women after Miscarriage

Nida Naveed & Zara Haroon
Department of Applied Psychology, Kinnaird College for Women University, Lahore
nidanaveed_95@outlook.com

Majority of the population of women in Pakistan conceive, but not all of them end up giving birth to their child. A lot of them suffer through a miscarriage. A period of intense grief follows where these women either accept the hard reality or remain in denial. The aim of this qualitative study was to explore the religious and

psychological coping styles miscarrying women adopt in order to cope with their loss of a miscarriage. A sample of four participants was chosen who fulfilled the criteria and semi-structured interviews were conducted. The sample was collected through purposive sampling technique. After collecting and transcribing the data, Interpretative phenomenological analysis was used for the examination of the data. The outcomes of the study revealed that the participants chose to adopt the religious coping style to manage their grief. They grew to have a stronger relationship with God and better mental well-being. Further, all of the participants were hopeful and optimistic about being able to get pregnant again. The research highlighted eight superordinate themes which were organized to make a model of life experiences of miscarrying mothers. The eight highlighted superordinate themes were Establishment of motherly bond; Physical health impact; Emotional impact; Lack of family support; Coping strategies towards physical, social and mental changes; mental well-being and Intend to conceive again. As for the implications of the research, the current study will increase our knowledge on how the experience of miscarrying women is related to their coping and mental well-being. The results can be used to better find out as to which coping strategy helps the best and turns out most effective. Interventions strategies can be provided for other miscarrying women to overcome their distress and grief on the basis of this study.

Keywords: Miscarriage, Coping Strategies, Religious Coping

Development of Indigenous Patience Scale

Alishba Hafeez & Iram Fatima

Institute of Applied Psychology, University of the Punjab, Lahore

iramraheel70@gmail.com

Patience is considered a virtue in general. Moral thinkers and religious leaders accentuate the importance of cultivating patience to achieve good and happy life. Present research comprised of two studies. The first qualitative study was conducted to explore the meaning of patience and manifestation of patience in human behavior. In qualitative study 10 students of age range of 18 to 25 years ($M=20$, $SD=1.43$) were interviewed. Thematic analysis suggested five aspects related to patience; self-control, persistence, delay of gratification, faith in Allah, and satisfaction. On the basis of the study I, Items for indigenous patience scale were generated and its psychometric properties were assessed in study two. Study II was conducted to explore factors of the scale through principle component analysis. Cronbach alpha was also assessed for resulting factors. Through convenient sampling 400 Muslim students (200 men & 200 women) within age range of 18 to 25 year ($M=20$, $SD=1.58$) were recruited from different private and public universities of Lahore. Principal component analysis resulted in three factors i.e., delay of gratification, forbearance, and even-tempered. Cronbach alpha of three scales ranged from .60 to .88. The theoretical implication of this study lies in its contribution to the field of psychological testing and Muslim Psychology.

Keywords: Patience, Muslims, Delay of Gratification

Relationship between Hypervigilance, Irritability and Satisfaction with Life among Hepatitis Patients

Tooba Naseem (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar

(Institute of Applied Psychology, University of the Punjab, Lahore)

tooba97mano@gmail.com

The existing study aims toward examine the affiliation among Hypervigilance, Irritability and Satisfaction with life among Hepatitis patients. This research is based on cross sectional research design. The convenient sampling technique was used for the collection of data. The sample size was 150 Hepatitis patients with age range 21-70. The present study variable was measured by the brief Hypervigilance Scale developed by (Bernstein, Delker, Knight, & Freyd, 2015). Irritability Questionnaire, developed by (Viviana mauas). Life satisfaction was developed by (Diener, Emmons, Laren, 1985). The data obtained from questionnaires were analyzed by the use of the Statistical Package for the Social Science 25 version. The findings of the present research revealed that there is positive association between Hypervigilance and Irritability and relatively negative correlation between Hypervigilance, Irritability and Satisfaction with Life among the Hepatitis patients. The conclusions of the present study also exposed that gender, age, education, residential status, marital status, family system, Duration of illness has momentous mean differences among Hepatitis patients.

Keywords: Hypervigilance, Irritability, Satisfaction with Life, Hepatitis Patients

Culture Bound Syndromes in Pakistan: Implications and Strategic Vision for Health Management

Lamae Zulfiqar & Dr. Muhammad Rafiq

Institute of Clinical Psychology, University of Management and Technology, Lahore
lamae09@gmail.com

Culture bound syndromes are common in every society but are usually overlooked or given less consideration by professionals. These syndromes are belief systems associated with various diseases and disorders and can be very helpful in treatment, if understood in the perspective of a particular person as every syndrome is perceived differently by an individual living in the same culture. This paper reviews the various culture bound syndromes in Pakistan and the related cultural/ health care practices of the people in view of these syndromes and their implication. It was aimed by the authors to suggest a comprehensive model which can help in guidance and counseling for better health management. The articles which have been reviewed were searched using Google Scholar, Pub Med and Science Direct. The culture of Pakistan is intertwined with the widely practiced religion i.e. Islam. People associate different cultural syndromes with Islam and prefer cultural treatment practices and religious healing, whether it be provided by a spiritual healer (Peer) or practiced individually. This is because regardless of scientific evidence people choose to believe in their religion and culture. Authors suggest The 3 As model which focuses on integrating bio-psycho-social and spiritual model of disease that should be taken in consideration by the professionals while assessing and treating an individual.

Keywords: Culture Bound Syndromes, Evil Eye, Cultural Belief System

Stress Responses and Life Adjustment among Male and Female Cancer Patients

Sheeraz Ilyas Shaikh (Department of Psychology, University of Sindh, Jamshoro) & Omer Zahid (Department of Psychology, University of Peshawar, Peshawar)
sheerazshaikh_psy@yahoo.com

Cancer is regarded a life threatening disease and a patient diagnosed with a cancer is considered very stressful life event. People who have cancer may find the physical, emotional, and social effects of the disease to be stressful. The intense and long-term stress may have numerous unwanted consequences including social adjustment problems. The aim of this research is to determine gender differences related to stress responses to one of the most challenging, even threatening, life events like cancer. For this purpose, 120 cancer patients (60 male and 60 female) that completed their chemotherapy or radiotherapy periods were taken to participate in this research study. Participants were selected from different cancer units and community of Khyber Pukhtoonkhwa, the study area. Data were gathered on demographic sheet (age, sex, marital status, socioeconomic status, and etc), NCCN Distress Thermometer and Social adjustment Scale. In results, it was found that female cancer survivor shows higher stress responses on distress thermometer as matched with male cancer patients with a significant $p < 0.001$. Stress responses of cancer patients having different age group and it were older age cancer survivor score higher on stress as compared with younger age cancer patients having significant $p < 0.014$. Socioeconomic status of cancer patients seemed no effect on their stress level and the participants having lower and higher socioeconomic status almost score same on Distress Thermometer having $p > 0.70$ (N.S). The effect of marital status was also noted significant for stress with a $p < 0.041$. Results showed that married cancer patients score lower on Distress thermometer as compared with single (unmarried, widow and divorce) cancer patients. Research findings of this study confirm that social support has a prestigious role in releasing the level of stress and socially adjusts the cancer patients in their society. It is also clear from this research that female, single and old age cancer patients are at higher risk of stress and they are more needed preventive measures and other related treatment like social support for easing the stress level to have socially adjustment. Preventive measures be encouraged in treating stress and social adjustment problems in the treatment plan for cancer patients since it is an important and essential for the care of cancer patients.

Keywords: Stress Responses, Life Adjustment, Female Cancer Patients

Symptoms Severity, Family Stigma, Coping and Psychological Distress in Family with Patients of Schizophrenia

Qurat-ul-Ain Khan & Humaira Naz

Centre for Clinical Psychology, University of the Punjab, Lahore
ani.shamsi@gmail.com

Schizophrenia is a devastating mental illness not only for the patients but also for the family. Parents as primary caregivers experience stress due to nature of symptoms, chronicity of illness and the stigma attached to it. The present study aimed to examine the relationship between symptoms severity, family stigma, coping and psychological distress in parents of patients with schizophrenia. A purposive sampling technique was used. It was hypothesized that there is a relationship between symptoms severity, family stigma, coping and

psychological distress. A sample of 62 parents of patients diagnosed with schizophrenia were recruited from out-patient department of government hospitals, Lahore, with Mean age ($M = 54$ years, $SD = 6.95$). The sample was comprised 37 fathers ($M = 51.76$, $SD = 10.68$) and 25 mothers ($M = 50.52$, $SD = 12.38$). The assessment tools included Brief Psychiatric Rating Scale (Ventura et al., 1993), Affiliate Stigma Scale (Mak & Cheung, 2008), Family Coping Questionnaire (Magliano et al., 1996) and DASS-21 (Lovibond & Lovibond, 1995) for assessing symptoms severity, family stigma, coping and psychological distress respectively. Results revealed significant positive relationship between family stigma (affect, behavior and cognition), coping (resignation, maintenance of social interest, information) and psychological distress in parents. Avoidant behavior used by parents to avoid stigma of illness emerged as significant predictor of depression (distress). Similarly, coping by maintaining social interests emerged as a significant negative predictor of (stress) distress. It was concluded that parents experience psychological distress when they internalize stigma affiliated with patient (adult child) diagnosed with schizophrenia. The maladaptive coping strategy in form of resignation used by the parents increases the depression and stress. On other hand seeking information and maintaining social interest coping help to reduce the distress. The study will be helpful in promoting psychological well-being in family by providing more supportive programs that target to deal with internalized stigma and foster coping strategies.

Keywords: Schizophrenia, Symptoms Severity, Family Stigma, Psychological Distress

The Relationship of Religiosity with Life Satisfaction and Materialism among Pakistani University Students

Maria Mufti & Jacob Kamal Malik

Department of Psychology, University of Central Punjab, Lahore
 mariamusab@gmail.com

This research investigated the relationship of religiosity with life satisfaction and materialism. Based upon literature review, hypothesis formulated were: H1: There is a positive relationship between individuals with a high level of religiosity and their level of life satisfaction, H2: There is an inverse relationship between individuals with a high level of religiosity and their level of materialism, and H3: There is a significant difference in the level of religiosity, life satisfaction, and materialism between males and females. The target population was bachelor-level students who were recruited from University of Central Punjab, Lahore. Religiosity was measured through Mature Religiosity Scale by Margreet, Joseph and Marinus (2012), life satisfaction was measured through The Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) and materialism was measured through the Material Values Scale (MVS; Richins, 2004). Pearson correlation coefficient (r) and a two sample t -test were applied to analyze the collected data. Results showed that there is a significant weak positive relationship between level of religiosity and life satisfaction ($r = 0.136$, $p < 0.05$) and a significant weak positive relationship between religiosity and materialism ($r = 0.120$, $p < 0.01$). Furthermore, it was found out that there was a significant difference ($t(409) = -2.143$, $p < 0.05$) between Males ($M = 2.1957$) and Females ($M = 2.1349$) in level of materialism. For the other two variables of religiosity and life satisfaction, there was no significance difference found in terms of gender. The results suggested that there is very little relationship of religiosity with life satisfaction and materialism, and females are more materialistic in their nature than males.

Keywords: Religiosity, Life Satisfaction, Materialism

Living with Bipolar Disorder: Moving from Vicissitude towards Reconciliation

Tehreem Fatima Naqvi & Rabia Dasti

Centre for Clinical Psychology, University of the Punjab, Lahore
 t.f.naqvi@gmail.com

Our present study was a qualitative investigation intending to explore the emotional journey of wives whose spouse has been diagnosed with Bipolar I Disorder, using a phenomenological design. Semi-structured face to face interviews were conducted with 5 wives of already diagnosed Bipolar I Disorder patients to uncover their lived experience in terms of the emotional journey they had had. For data analysis, we used Hycner's explication process. Moreover, for data verification we employed the strategies of frequent debriefing sessions peer review and member checks. Our analysis revealed six major themes encapsulating the participant's emotional journey. These included Shock, Betrayal and the Incomprehensible, Apprehensions and Uncertainty, Anger and Irritability, Loneliness and Helplessness, Compassion and Acceptance and Reconciliation. It became clear to us that wives of individuals diagnosed with Bipolar I Disorder are on a continuous emotional journey dealing with the burden, stress, complications, uncertainty and making many sacrifices along the way. Our study highlighted many culture specific factors of the phenomenon. This insightful exploration has opened up new horizons to conceptualize the challenges of wives dealing with an ailing spouse in the context of a Pakistani society.

Keywords: Lived Experience, Wives, Bipolar Disorder, Emotional Journey

The Relationship between Self-Harm, Emotional Regulation and Impulsivity in Adolescents

Huma Hameed (Department of Applied Psychology, University of Sargodha, Lahore Campus) & Dr. Afshi
Yahya Khan (Department of Psychology, University of Central Punjab, Lahore)
humahameed4@gmail.com

The current study was aimed to investigate relationship between self harm, emotional regulation and impulsivity in adolescents. Firstly, it was hypothesized that difficulties in emotional regulation and impulsiveness would be positively related to self harm in adolescents. Secondly, it was hypothesized that there would be gender difference on difficulties in emotional regulation, self harm and impulsivity. Thirdly, it was also hypothesized that difficulties in emotion regulation and impulsiveness would predict self -harm in adolescents. The sample consisted upon 700 students (350 boys, 350 girls), age range 13 to 17 years (M age= 14.78; SD=1.28) from public and private schools of Lahore. The self harm scale (Sansone, Sansone & Wiederman, 1998), difficulties in emotional regulation scale (Gratz & Roemer, 2004), Barratt impulsiveness scale (Patton, Stanford & Barratt, 1995) were used for data collection. Data were collected through the translated versions of the sales. The data were analyzed through SPSS 20 version, correlation, hierarchical regression and t -test was used for the data assessment. The findings revealed a positive relationship with difficulties in emotional regulation, impulsiveness and self harm. Additional negative gender association was to be found. The further study revealed that boys reported more impulsiveness and self harm in comparison to girls, however no significant gender differences were found on difficulties in emotional regulation. The regression result revealed that subscale (like, non-planning) of Barratt impulsiveness scale and subscales (like, impulse and strategies) of difficulties in emotion regulation scale predicted self harm in adolescents.

Keywords: Self- Harm, Emotional Regulation, Impulsiveness

Relationship between Alexithymia, Mindful Attention and Mental Wellbeing among Drug Addicts

Samana Batool (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar
(Institute of Applied Psychology, University of the Punjab, Lahore)
samanabatool39@gmail.com

The present study aims to investigate the relationship between Alexithymia, Mindful Attention and Mental wellbeing among Drug addicts. This research is based on cross sectional research design. The purposive sampling technique was used for the data collection. The sample size was 100 drug addict's patients. The present study variables were measured by Perth Alexithymia Questionnaire Alexithymia scale was constructed by (Preece et al., 2018) Mindful Attention Awareness Scale (MAAS) was constructed by (Brown et al., 2013), The Warwick-Edinburgh Mental Well-being scale was constructed by the researchers of the Universities of Warwick and Edinburg (2008). The data obtained from questionnaires were analyzed by the use of the Statistical Package for the Social Sciences 20 version. The findings of the present research revealed that there is significant negative correlation between Alexithymia and Mindful Attention and there is positive correlation between Mindful Attention and Mental Wellbeing among drug addicts. The findings of the present study also revealed that age, education, residential status, marital status, family system, financial problem and duration of illness has significant mean differences among drug addicts.

Keywords: Alexithymia, Mindful Attention, Mental Wellbeing, Drug Addicts

Attitude of Educated and Uneducated Mothers Towards the Need of their Special Needs Children

Maryam Masoud Quershi, Dr. Almas Ikram Kayani & Sidra Kiran
Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University,
Rawalpindi
mariammsd5@gmail.com

The role of educated mothers in the lives of their children plays very important role as mother is regarded as a very first teacher of her child at home and child personality can be built in the early three to five years. And the role of educated mother is crucial if the child is special because educated mothers of special child can better take care of her child having special needs as compared to an uneducated mother having a special child. So by keeping in view the role of educated and uneducated mothers towards the need of their special children the researcher intended to investigate the challenges being faced by the educated and uneducated mothers in managing the of special children. To compare the challenges faced by educated and uneducated mothers in managing the needs of their special children. To achieve intended objectives of the study the researcher developed a five point Likert scale based on three domains of 26 items by using stratified random sampling technique. The population comprised for this study was mothers of special children enrolled in special education schools of Rawalpindi city. The research used appropriate analysis technique in SPSS 24. The study will be

beneficial for all the working staff including mothers and their special children as a situational analysis to overcome the challenges faced by special children, their mothers and by their teachers.

Keywords: Educated, Uneducated, Mothers, Special Children, Comparison

The Relationship Work Burnout, Job Satisfaction and Life Satisfaction among Clinical Psychologist

Zunaira Asghar

Department of Applied Psychology, University of Sargodha, Sargodha
amrhahafiz@gmail.com

This study was conducted to find out the relationship work burnout, job satisfaction and life satisfaction among clinical psychologist. The aim of the present study to find out relationship between work burnout, job satisfaction and life satisfaction among clinical psychologists. Sample of the present study was 120 clinical psychologists. Sample was collected from different hospitals of Gujranwala. Convenient sampling technique was used. Work burnout was measure by Secretan (2001). Job satisfaction was measured by bharatkumar (2017) and life satisfaction was measured by the Diener (1988). Data was assessed by SPSS 21 version. Correlation, t-test and ANOVA were applied on data for analysis. Results revealed that there is significant positive correlation between life satisfaction and job satisfaction and negative co-relation with job satisfaction and work burn out. Early adulthood is significantly job satisfaction and life satisfaction. Psychologists working in private institutes are significantly high in work burnout and workings in government institute are significantly high in job satisfaction.

Keyword: Work Burnout, Job Satisfaction, Life Satisfaction

An Interpretative Phenomenological Analysis of Religious Orientation in Emerging Adults and Elder People of Pakistan

Moazama Anwar & Dr. Najma Iqbal Malik

Department of Applied Psychology, University of Sargodha, Sargodha
samiakhalid2.sk@gmail.com

The present hermeneutic phenomenological study explored the subjective experience of religious orientation in emerging adults and elder people of Pakistan. Purposive sampling technique and semi-structure interviewing procedure was utilized to record the lived experiences of 7 individual (4 male and 3 female). Phenomenological Analysis was used to analyze the transcripts (Smith, 2004) and quality checks were implemented to increase the validity of the analysis. Three main themes were identified i.e., (i) Intrinsic religious orientation with subthemes of code of life, religious faith and doctrine, religious denigration and prayers; (ii) Extrinsic religious orientation with subthemes of extrinsic-personal and extrinsic-social; and (iii) Quest religious orientation with subtheme of religious authenticity, religious doubts, religious angst, tentativeness and flexibility, religious belief modification, knowledge enhancement and existential Motives. The implications of the study are discussed in relation to raising awareness about the importance of religious orientation in one's life. Limitations and suggestions of study for future endeavors have also been discussed.

Keywords: Religious Orientation, Interpretative Phenomenology, Emerging Adults, Elder People

Pakistan, Exnihilo, Axis Mundi, Polemic Syncretism and Psychology

Dr. Naveed Shibli

Department of Psychology, Riphah International University, Faisalabad
thedailyeasyenglish@yahoo.com

Religion is primitive; its evolutionary survival presence reflects association essentiality, but was EXNIHILO that is applicable in case of majority Pakistan considered to address what is imminent to address polemic necessity and created syncretism to the extent of axis mundi scientifically, that deserves attention? How Psychology as a social and biological science can address the prevailing situation focusing heuristics, person perception, attitudes and social strategies through media is the focus of present paper? Analysis, it is assumed could be guiding for future policy and applicability.

Keywords: Religion, Pakistan, Social Psychology

Religious Involvement and Social Adjustment in Adolescents

Faiz Younas & Ayesha Suhail

Institute of Applied Psychology, University of the Punjab, Lahore
faizyounasbutt@gmail.com

Present research investigated religious involvement and social adjustment in adolescents. It was hypothesized that there would likely to be significant gender differences in adolescents on religious involvement and social adjustment. A sample of N=100 adolescents (males=50, females=50) was recruited by employing cross sectional research design, through convenient sampling technique. The research variables were assessed through The Religious Involvement Scale (Perkins, 2006) and Reynolds Adolescents Adjustment Screening Inventory (Reynolds, 2001). Independent sample t-test was applied through SPSS to generate results which showed insignificant gender differences in religious involvement but significant gender differences in social adjustment in adolescents. This study has important implications in developing insight into the study variables which can further facilitate the research process and policy making at workplace, especially in the context of Social Psychology, Positive Psychology and Psychology of Religion.

Keywords: Friendship, Cross-Sex Friendship, Same-Sex Friendship, Relationship Values, Relationship Strengths

Nature of the Concept of Iqbal's Khudi: Islamic Perspective

Tahira Irfan, Kainat Malik, Nighat Riaz, Fatima Surfraz & Saba Zer Naz Hafsa

Department of Applied Psychology, Riphah International University, Rawalpindi
saba.hafsa@riphah.edu.pk

Islamic psychology is a nascent field. It always subsisted and its existence could never be denied. It propelled when Prophet Muhammad (P.B.U.H) accorded his first prophetic message to the society and influenced the mind and behavior of the people through his practical examples. Number of Muslim psychologists made their contribution in the field of psychology. This paper is the attempt to introduce Allama Muhammad Iqbal as a social psychologist. It focuses upon the Iqbal's concept of "khudi" and explains how this concept could attain a prominent position in psychology. In Iqbalian pristine "khudi" in simple, words symbolize; realization of self-i.e. recognition of one's self, one's self sufficiency and the divine strands that connect creation to the Creator. "Khudi" is the concept that affects the cognitive thinking and ultimately influences the behavior of an individual. Knowing oneself can lead an individual to understand the worth of one's existence. It answers the question "who am I" and "what am I for"? The research is based on qualitative as well as quantitative method. Metaphysical analysis is also used. The major findings of the research are based on the different explanations on "khudi" by different authors in the literature, out of which 17% defined "khudi" as a directive power, 34% defined it as self-recognition and, 8% defined it as to lose individuality and closer to God. The major implications of the research are; it will bring a positive change in behavior on individual as well as social level. It can strengthen the self-esteem through different factors and elements of "khudi". The concept can be an effective therapy for different psychological personality disorders.

Keywords: Islamic Psychology, Allama Iqbal, Khudi, Self

Spirituality and Wellbeing in Adults: Moderating Role of Gender

Hafiza Hamna Batool, Nimra Naeem, Muhammad Faran & Nazish Zaheer

Department of Psychology, University of Management and Technology, Lahore
muhammad.faran@umt.edu.pk

The purpose of this study was to examine the relationship between spirituality and wellbeing in university students. It was hypothesized that there is likely to be a relationship spirituality and wellbeing. It was also hypothesized that gender will moderate the relationship between spirituality and wellbeing. A sample of 120 undergraduate students (calculated by G*power) 60 men and 60 women with the age range from 18 to 24 (M = 20.37, SD = 2.17). The measures including the spirituality scale (SS) developed by Delaney. C and the short form of Ryff's Scales of Psychological Well-Being. Spirituality Scale is a 23 item measuring beliefs, intuitions, lifestyle choices, practices, and rituals representative of the human spiritual dimension. While Ryff's inventory consists of statements reflecting the six areas of psychological well-being; autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, and self-acceptance. Pearson product moment correlation analysis showed that spirituality was found to be significantly positively correlated with all domains of wellbeing i.e., While moderation analysis showed that gender was found to be significant moderator between spirituality and wellbeing, indicating that women, compared with men, have slightly higher levels of spirituality thus leading to greater levels of wellbeing too. This study postulate the importance of spirituality to enhance wellbeing and mental health.

Keywords: Spirituality, Wellbeing, Students, Personal Growth, Gender

Role of Gratitude in Psychological Well-Being and Satisfaction with Life among Young Adults of Sialkot-Pakistan

Zainab Jamshaid, Ayesha Shams-ud-Din, Menal Aamira & Umara Rauf
Department of Psychology, Govt. College Women University, Sialkot
zainabjamshaid20@gmail.com

The aim of the present study was to explore the role of gratitude with psychological wellbeing and satisfaction with life among young adults of Sialkot city. On the basis of detailed literature review, it was hypothesized that 1) There would be positive relationship of gratitude with psychological well-being and its sub-scales among young adults. 2). There would be positive relationship of gratitude with satisfaction with life and its sub-scales among young adults. A convenient sample of 559 adults (404 males and 155 females), age range between 18 to 30 years (mean age=21.65; SD=3.460) belonging to different socioeconomic statuses were selected from different areas of Sialkot. Their education level was at least matriculation. Demographic information was taken through self-developed demographic form and gratitude was assessed through Gratitude Questionnaire-Six Item Form (McCullough, Emmons, & Tsang, 2002), psychological well-being was assessed through Bradburn Scale of Psychological Well-being and satisfaction with life was measured through Brief Multidimensional Life satisfaction scale (Bussing, et al., 2009) respectively. Descriptive statistics and Pearson Correlation Coefficient Method was used for the analysis of data. Findings revealed that there was significant positive relationship of gratitude with psychological wellbeing ($p < 0.05$), hence no relationship was found with its sub-scales. Findings further revealed significant positive relationship of gratitude with satisfaction with life and its sub domains ($p < 0.05$, $p < 0.01$) among young adults of Sialkot.

Conclusion: Findings revealed gratitude is an important positive factor of one's life as a source of his/her psychological well-being and satisfaction with life.

Implications: The findings have clinical implications in the field of positive psychology and in mental health specifically and for the public generally.

Keywords: Gratitude, Psychological Well-being, Satisfaction with Life, Adults

The Effect of Heuristic Teaching Methodology on Self Esteem and Coping to Stress on University Students

Sidra Farooq Butt & Prof. Dr. Zainab F Zedah
Institute of Professional Psychology, Bahria University, Karachi
sidrafarooqbutt@hotmail.com

The purpose of the present study was to investigate the relationship between Heuristic teaching methodology and its effectiveness in improving self-esteem and coping responses to stress of university students. The present study hypothesizes to increase self-esteem and coping responses of students by teaching them heuristically. For the purpose of this study an experimental research was employed to gather data through convenient sampling from 90 students of fourth semester in management science department of BUKC. 45 students were in Experimental and 45 students were in control group. The age ranges of participants were between 19-25 years. For that purpose a heuristic teaching method intervention was developed. A pretest and post design was used to assess increase in self-esteem and coping responses of students. The intervention was employed in 12 sessions within 4 four months of a regular semester. Its results were compared to class which was taught traditionally. Participants of heuristic group showed significant increase in self-esteem and the difference was significant $t=1.94$ and $p < 0.05$ and in task coping $t=5.38$ and $p < 0.05$ to stress moreover, participants of the same group showed significant decrease in emotional coping to stress showing significant result at $t=-4.54$ and $p < 0.05$ and distraction coping to stress at $t=-3.27$ and $p < 0.05$. The findings of the research also indicated significant difference in self-esteem levels of control and experimental group and the difference was significant at $p \leq 0.05$. The results of the present study could be useful for increasing self-esteem and coping responses in university students and for future references.

Keywords: Heuristic Teaching, Self Esteem, Stress, Coping Responses

Management of Scrupulosity (Religious OCD): A Case Study

Amna Mujahid and Humaira Naz
Centre for Clinical Psychology, University of the Punjab, Lahore
amnamujahid48@yahoo.com

This case study describes in detail the management of religious obsessions and corresponding rituals (e.g. repetitive thoughts of impurity with the fear of urinary incontinence during offering prayer and bath, repetitive thoughts of bloating at the time of ablution and offering incorrect prayer and thoughts of becoming non-muslim due to her mistakes) in a 22 year old female in the light of Islam along with Cognitive Behavior Interventions.

The clinical treatment was carried out over a period of 3 months constituting 10 sessions of 45 minutes. In Phase-A, the formal and informal psychological assessment was done which confirmed the diagnosis of 300.3 (F42) Obsessive Compulsive Disorder with good and fair insight. In Phase-B, with the help of psychoeducation following Islamic viewpoint and relevant Cognitive Behavioral Techniques, the frequency of repetitive thoughts and related compulsions were reduced. Comparison of pre and post assessment showed significant reduction in client's symptoms which reflected that proper psychoeducation in perspective of Islam and Cognitive Behavioral Therapy in combination are effective mode of management of religious obsessions and compulsions.
Keywords: Religious OCD, Islamic Perspective, Cognitive Behavior Therapy

Burden of Care as Determining Factor of Spirituality among Caregivers of Autistic Children

Aabroo-e-Fatima, Ismat Ullah Cheema & Mamoon Khan
Department of Psychology, the University of Lahore, Sargodha Campus
mamoon.khan@sgd.uol.edu.pk

Present study was aimed to investigate Burden of Care as determining factor of Spirituality among Caregivers of Autistic Children. Data was collected from (N = 200) caregivers including male and female age ranges from (25-50) from different autism centers of Rawalpindi and Islamabad by using purposive sampling technique. Zarit Burden of Care Inventory developed by Zarit et al., (1980) and Spirituality Scale developed by Parison & Dunning (2009) were used to operationalize and measure relevant constructs. Correlation and Linear Regression were used to analyze relationship and prediction of Spirituality and Burden of Care. Findings indicate that Burden of Care has significant positive relationship with Spirituality. Linear Regression Analysis indicated that Burden of Care has significant positive effect on Spirituality among Caregivers of Autistic Children.

Keywords: Burden of Care, Spirituality, Caregivers, Autistic Children

Problem Solving, Emotion Regulation and Machiavellianism: Conditional Mediating Role of Emotion Regulation

Zoha Shahid & Dr Shameem Fatima
Department of Humanities, COMSATS University Islamabad, Lahore
zoha18shahid@gmail.com

The purpose of the current study was to evaluate the direct and indirect relationship between executive functioning, emotion regulation, and Machiavellianism. A secondary objective was to examine whether gender moderates these indirect relationships between executive functioning, emotion regulation and Machiavellianism. A sample of 195 young adults, ranging in age from 19-25 (M age= 21.28, SD= 1.40) was selected using convenient sampling technique from different departments of University. The Card Sorting test from Delis Kaplan Executive Functioning System (Delis, Kaplan, & Kramer, 2001), Mach-IV (Christie & Geis, 1970) and Emotion Regulation Questionnaire (Gross & John, 2002) were used to assess the problem solving ability, Machiavellianism, and emotion regulation respectively. Pearson product moment correlation, mediation, and moderated mediation analyses were calculated to test study objectives. The results showed that problem solving ability was positively correlated with both emotion regulation strategies (cognitive reappraisal and expressive suppression) and with Machiavellianism. Findings from mediation analyses indicated that only cognitive reappraisal out of two emotion regulation strategies significantly mediated between the problem solving-Machiavellianism links. Finally, gender moderated the mediated relations between problem-solving ability and Machiavellianism with stronger indirect effects for women compared to men.

Keywords: Problem-Solving Ability, Cognitive Reappraisal, Expressive Suppression, Machiavellianism

A Relationship between Attachment Styles, Personality Traits and Autistic Characteristics in Mothers of Children with and without Autism

Urwa Naseer & Dr. Saima Dawood
Center for Clinical Psychology, University of the Punjab, Lahore
urwanaseer9@gmail.com

The present research aimed to find a relationship between attachment styles, personality traits and autistic characteristics in mothers of children with and without Autism and also to find out the differences between two groups. The mediating effect of personality traits between attachment styles and autistic characteristics was also studied. It was hypothesized that there is likely to be a significant correlation between attachment styles, personality traits and autistic characteristics in both groups. It was also hypothesized that personality traits are likely to mediate the relationship between attachment styles and autistic characteristics in both groups. There is likely to be a difference in attachment styles, personality traits and autistic characteristics in both groups. Correlational research design and purposive sampling were used to collect sample of mothers of children with

and without autism. The translated version of Revised Adult Attachment Questionnaire (AAQ) (Collins & Read, 1996), Big Five Inventory (BFI) (John & Srivastava, 1999), and Autism Spectrum Quotient (AQ) (Baron Cohen et al., 2001), were used to assess the study variables. Pearson Product Moment Correlation, PROCESS and t-test were used for data analysis to find the relationship, mediation and differences between two groups. Significant relationships were found between attachment styles, personality traits and autistic characteristics. In mothers of children without autism extraversion and agreeableness were found to be significant mediators between attachment styles and autistic characteristics. While in mothers of children with autism, extraversion was found to be significant mediators between attachment styles and autistic characteristics. Also significant differences were found in both groups in attachment styles, personality traits and autistic characteristics. The study has significant implication in designing early intervention plans for mothers to form secure attachment that can mitigate the development of autistic features in children.

Keywords: Attachment Styles, Personality Traits, Autistic Characteristics, Mother

Relationship between Perceived Stigmatization, Rejection Sensitivity and Social Anxiety among Drug Addicts

Amina Bibi (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar (Institute of Applied Psychology, University of the Punjab, Lahore)
aminamghal730@gmail.com

The present study aimed to investigate the relationship between perceived Stigmatization, Rejection Sensitivity and Social Anxiety among the Drug Addicts. This research is based on cross sectional research design and purposive sampling technique was used for data collection. The sample size comprised of drug addicts with age range from 21-30, 31-40 and 41-50 years. The variables were measured by the Perceived Stigmatization Scale of (Hayes & Fletcher, 2010) and Rejection Sensitivity (Downey & Feldman, 2013) and Social Anxiety (Leibowitz, 1987). The data obtained from questionnaires were analyzed by the use of the Statistical Package for the Social Sciences. The findings of the present research revealed that there is significant positive association between Perceived Stigmatization, Rejection Sensitivity and Social Anxiety among the Drug Addicts. The findings of the present study also revealed that, age, education, residential status, financial problem, family system, marital status and duration of illness has significant mean differences among the drug addicts.

Keywords: Perceived Stigmatization, Rejection Sensitivity, Social Anxiety, Drug Addicts

The Relationship of Social Support, Hypervigilance and Anger among Hypertensive Patients

Ayesha Nasir
Department of Applied Psychology, University of Sargodha, Sargodha
amrhahafiz@gmail.com

This study was conducted to find out the relationship of Social Support, Hypervigilance and Anger among Hypertensive Patients. Sample comprised of 140 hypertensive patients from government and private hospitals of Gujranwala City. Urdu versions of the Social Support Scale by Zimet (1998), Brief Hypervigilance Scale (Bernstein, Delker, Knight, and Freyd, 2015) and Anger Scale by Novaca (2015) were used. Purposive sampling technique was used to assess data using SPSS. Descriptive statistics, Correlation, t-test, ANOVA and Cohen's D was calculated. Social Support, Family Support, Friends Support, and Significant Others Support, has significant negative correlation with Hypervigilance and Anger. Findings of the present study also revealed that females are significantly high on Social Support, Friends Support, and Significant Others Support, Hypervigilance and Anger. Findings also explored that nuclear family system scored significantly high on Anger and urban people were significantly high on Social Support, Significant Others Support, and Hypervigilance and Unmarried Hypertensive patients scored significantly high on Social Support, Significant Others Support and Anger. Findings also explored that the age range of 55-60 years scored significantly high on Social Support, Friends Support, Hypervigilance and Anger. These results have important implications on how social support, Hypervigilance, and Anger correlate among hypertensive patients. The findings will help family members, and psychologist, doctors, researcher, high authorities, to understand mental and psychological issues of hypertension.

Keywords: Social Support, Family Support, Friends Support, Significant Others Support

Relationship between Academic Performance and Social Work of Students at University Level

Shiza Munir, Almas Ikram Kayani & Sidra Kiran

Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University,
Rawalpindi

shizamunir0@gmail.com

There are many studies dealing with different factors related to Student Achievement. This research includes Intellectual Ability, Learning Style, Personality, and Achievement Motivation with Social Works and Academic Performance of university students in higher education. Social work is one of the most pervasive sources related to academic achievements of rank in social hierarchy. Given that parental socioeconomic status has been consistently linked with student academic performance throughout childhood and adolescence. So keeping in view the literature the study was intended to investigate the Academic Performance of Students and to analyze the Social Work and Community Services Performance for the students at university level and then to measure the relationship between the Academic Performance and Social Work. Simple Random Sampling technique was used in this study. The instrument for the proposed study was questionnaire and interview.

Keywords: Relationship, Academic Performance, Social Works, University Students

Religiosity and Emotion Regulation as Determinants of Empathy and Intolerance: An Interfaith Perspective

Khadeeja Rana

Department of Psychology, University of Central Punjab, Lahore

khadeeja.91@gmail.com

The current research embarked to study the relationship between intrinsic religiosity and emotion regulation and how it affects empathy and tolerance for disagreement levels in people of religious and nonreligious groups living in Pakistan. It was hypothesized that there is a relationship between level of intrinsic religiosity and emotion regulation; emotion regulation would have a positive correlation with empathy and tolerance for disagreement; and there would be a significant difference between tolerance for disagreement and empathy levels of various religious groups. For this purpose, 240 adults; 60 Muslims, 60 Christians, 60 Sikhs and 60 atheists were sampled using non probability snowball and quota sampling. The scales used in this study were Intrinsic Religiosity Scale (Gorsuch & Mac Pherson, 1989), Emotion Regulation Questionnaire (ERQ) designed by Gross & John (2003), Tolerance for Disagreement Scale (TFD) developed by Teven, Richmond & Mc Croskey (2013), and Toronto Empathy Questionnaire (TEQ) developed by Spreng et al. (2009) would be used. Pearson product moment correlation (r) was used to measure the strength of the relationship between the variables. A one-way analysis of variance (ANOVA) was used to determine whether there are any significant differences between the means of the four independent religious groups. Multiple regression analysis was applied to predict the level of intrinsic religiosity and emotion regulation based on the level of tolerance for disagreement and empathy. Findings of first hypothesis indicated that cognitive reappraisal had a weak positive correlation with religiosity in Muslims ($r = .273^*$, $p = .035$). Results of second hypothesis showed that emotion regulation did not have a linear association with tolerance and empathy ($r = .044$, $p = .521$), ($r = .058$, $p = .370$). Findings of the third hypothesis revealed that there was a significant difference observed among the four religious groups in terms of tolerance ($F = 17.176$, $p = .000$); and empathy ($F = 25.914$, $p = .000$) as determined by one-way ANOVA. According to the fourth hypothesis, there is a predictive direction of association between religiosity and cognitive reappraisal ($\beta = -.173$, $p < .001$). Results of fifth hypothesis indicate that emotion regulation has no predictive association with religiosity, empathy and tolerance ($p > .01$). Additional findings show that religious individuals have higher empathy and lower tolerance levels, non religious individuals had higher tolerance and lower empathy. Empathy and tolerance significantly predicts religiosity ($p < .001$).

Keywords: Religiosity, Emotion Regulation, Prosocial Values, Tolerance, Empathy

Relationship between Perceived Stress, Self-Esteem and Marital Adjustment among Married Women

Rukhsar Khalid (Department of Applied Psychology, University of Sargodha, Sargodha) & Sana Rehman

(Institute of Applied Psychology, University of the Punjab, Lahore)

sarakhalid1001@gmail.com

The married women experience substantial household responsibilities in the developing countries. Pakistani literature suggests that Pakistani married women experience extreme perceived stress. The perceived stress adversely affects the self-esteem of the married women as a result they encounter marital adjustment problems on a high scale. The present study aimed to investigate the relationship between Perceived Stress, Self-esteem and Marital Adjustment among Married Women of Gujranwala city. This research is based on cross sectional research design. The convenient sampling technique was used for the data collection. The sample size was 150

married women. The present study variables were measured by the Perceived Stress Scale (Cohen, 1988), Self-Esteem Scale (Rosenberg, 1965), Marital Adjustment Scale (Locke & Wallace, 1959). The data obtained from questionnaires were analyzed by the use of the SPSS. The findings of the present research revealed that there is negative association between Perceived Stress and Self-Esteem and significantly positive correlation between Self-Esteem and Marital Adjustment. The findings of the present study also revealed a non-significant relation with Education, Family System, Number of Children, Financial Problem, Duration of Marriage, Employment, Difference on Perceived Stress, Self-Esteem and Marital Adjustment and significant Age difference on Perceived Stress and non-significant age difference on Self-Esteem and Marital Adjustment among married women. The findings of the current study would help the married women to determine their place in the society, and how they can overcome their marital issues.

Keywords: Perceived Stress, Self-Esteem, Marital Adjustment, Married Women

Relationship between Fear of Negative Evaluation, Emotional Distress and Hostility among the Patients of AIDS

Muhammad Abdullah (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftikhar (Institute of Applied Psychology, University of the Punjab, Lahore)
abdullahjee1992@gmail.com

The present study aims to investigate the relationship between fear of negative evaluation, emotional distress and hostility among the patients of AIDS. This research is based on cross sectional research design. The purposive sampling technique was used for the data collection. The sample size was AIDS patients within the age range of 20-40 and 41-60 years. The present study variables were measured by the Fear of Negative Evaluation Scale of Watson & Friend (1969) and Emotional Distress Scale (Manolette, 1998) and State Hostility Scale (Anderson, Deuser & De Neve, 1995). The data obtained from questionnaires were analyzed by SPSS. The findings of the present research revealed that there is significant positive association between Fear of Negative Evaluation, Emotional Distress and Hostility among the patients of AIDS. The findings of the present study also revealed that gender, age, education, residential status, financial problems, family system and marital status has significant mean differences among the patients of AIDS.

Keywords: Fear of Negative Evaluation, Emotional Distress, Hostility, AIDS

Relationship between Personality and Nomophobia and to findout whether Need to Belong Mediate Relationship between Dimensions of Personality and Nomophobia

Fatima Tahir
Department of Psychology, University of Management and Technology, Lahore
fatimatahir1996@hotmail.com

The present study was conducted to find the relationship between Personality and Nomophobia (irrational fear of being without mobile phone) and to find out whether the variable of Need to Belong mediate the relationship between dimensions of Personality and Nomophobia. It was hypothesized that there is likely to be a positive relationship between Neuroticism, Extraversion, Need to Belong and Nomophobia and there is likely to be a negative relationship between Agreeableness, Openness, Conscientiousness and Nomophobia and Need to Belong will mediate the relationship between Personality Dimensions and Nomophobia. For this purpose, data was collected using convenient sampling from 282 participants (45% males, 55% females) with the mean age of 20.71 (S. D=1.68) years from different departments of different universities including University of the Punjab, Lahore College for Women University, University of Management and Technology and University of Veterinary Sciences. The participants were assessed using Big Five Inventory-44 (BFI-44; John & Srivastava, 1999), Need to Belong Scale (NTB)(Leary, 2012) and Nomophobia Questionnaire (NMP-Q; Yildirim & Correia, 2015). The data was analyzed using Pearson Product-Moment Correlation, and PROCESS analysis was used to check Mediation. The results showed that there is significant positive relationship between Neuroticism, Need to Belong and Nomophobia and significant negative relationship between Agreeableness and Nomophobia, and Need to Belong mediated the relationship between Neuroticism and Nomophobia. The present study will help in understanding personality traits that are linked with Nomophobia in relation to Need to Belong which might than be useful in deciphering the risk factors for Nomophobia and plan its intervention likewise.

Keywords: Personality, Need to Belong, Nomophobia, Young Adults

Relationship between Perceived Stress, Self-Criticism and Self-Harm among Drug Addicts

Sadaf Rehman, Juniad Saleem Bajwa & Usama Nawaz

Center for Peace and Security Studies (CPSS), University of the Punjab, Lahore

sadafrehman24@gmail.com

The study examines the relationship between Perceived Stress, Self-Criticism & Self-Harm among Drug Addicts. Demographic variables like age of the drug user, gender, education, residential status was also explored with reference to perceived stress, self-criticism and self-harm among drug addicts. Sample size of this population was 150. Purposive sampling technique was used to collect data. Perceived Stress Scale, Self-Criticizing/Attacking and Self-Reassuring Scale and Deliberate Self-Harm Inventory Scale were used. Correlation, ANOVA and t-test were used to analysis the sample data and test the hypothesis. These analyses were run on 150 drug addicts from different hospitals of Gujranwala city. Findings of the present study revealed that there is positive association between Perceived Stress and Self-Criticism, significantly positive correlation between Stress and Self-Harm, and there is positive correlation between Self-Criticism and Self-Harm. Findings suggest that drug addicts in the age range of 31-40 years were significantly high on Self-Criticism. Findings also revealed that Self-Criticism is significant in educated drug addicts. In other demographics like residential status, marital status finding revealed non-significant mean differences.

Keywords: Perceived Stress, Self-Harm, Self-Criticism

Menopausal Symptoms and Body Esteem in Relation to Menopausal Status

Sundas Shakoor, Noshi Iram Zaman & Shazia Yusuf

Department of Professional Psychology, Bahria University, Islamabad

shazia_yusuf@yahoo.com

Human life consists of many stages. One of the exclusive issue of women affecting their life cycle, is the menopausal period. At this stage, fertility and reproduction comes to an end as ovaries stop functioning, and then women enter into a new phase of life (Yucel & Eroglu, 2013). The main objective of the study was to explore the relationship between Menopausal Symptoms and Body Esteem. Another objective was to explore the Menopausal Symptoms and Body Esteem among females with Pre, Peri and Post-Menopausal stage. 180 females (Pre-Menopausal = 77, Peri-Menopausal = 66 and Post-Menopausal = 37) were taken from Rawalpindi and Islamabad city. Menopausal symptoms were measured with the help of Menopause Rating Scale (Schneider, Heinemann & Thiele, 2003) and Body Esteem with the help of Body Esteem Scale Revised (Frost et al., 2017). The main hypothesis was that there is a significant negative relationship between menopausal symptoms and body esteem. Another hypothesis was that there will be a significant difference on the level of menopausal symptoms and body esteem among females in Pre, Peri and Post-Menopausal Stage. Results revealed that there is a significant negative relationship between menopausal symptoms and body esteem. Menopausal symptoms are significantly high among the females with post-menopausal stage as compared to other stages of menopause. Body esteem (sexual attractiveness and physical condition) is high among females with pre-menopausal females as compared to other groups, whereas weight concern is high among post-menopausal females. Results have important implications in health sector for the establishment of better policies for the health care facilities of females with different menopausal stages.

Keywords: Menopausal Stages, Pre, Peri and Post-Menopausal Stage, Body Esteem, Menopausal Symptoms

Role of Public Sector Universities in Empowering Female Students through Sports

Ayesha Abbasi, Almas Kayani & Sidra Kiran

Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University,
Rawalpindi

sidrakiran67@gmail.com

In order to compete with the demands of 21st century it is necessary for women to be empowered. There are number of ways for women to be empowered. Today sports and physical activity as a strategy for the empowerment of girls and women has been gaining recognition worldwide. Women could be empowered through Education, Sports and Physical Activities and by giving them equal opportunities in different walks of life. By keeping in view the importance of women empowerment, researcher proposed the following objectives to throw light on the benefits and advantages that women gain through sports. Researcher also examined what kind of opportunities and platform for the empowerment of female students are given by public sector universities through sports. The proposed study was descriptive study in nature. The population for this study comprised of public universities in Rawalpindi. Random sampling technique was used to collect data for the proposed study. Researcher developed a checklist and questionnaire based on five point Likert scale as tools of research to collect data. The collected data was analyzed by appropriate statistical test in SPSS. The major

findings of the study included that sports improved health, increased positive feelings of wellbeing and helped inculcate strong Managerial and Self-Determination Power. The study will serve as SWOT analysis at country level towards improvement of female sports in order to make them empowered.

Keywords: Women Empowerment, Sports, Physical Activities, Sports Program

Impact of Islamic Spiritual Intelligence and Organizational Culture on Organizational Commitment among University Teachers

Saba Zer Naz Hafsa (Department of Applied Psychology, Riphah International University, Rawalpindi) & Amna Fazakat (Department of Psychology, Preston University Kohat, Islamabad Campus)
saba.hafsa@riphah.edu.pk

This study was conducted to examine the relationship of Islamic Spiritual Intelligence and Organizational Culture with Organizational Commitment among university teachers. In order to meet the study objectives cross sectional research design was utilized. In current study sample of 120 university teachers (64 males & 56 females) were recruited from different public and private sector universities of Islamabad and Rawalpindi with age ranging from 29-50 years through convenient sampling technique. In order to measure the study constructs, Scale of Islamic Spiritual Intelligence (Rahman & Shah, 2015), Organizational Commitment Scale (Meyer & Allen, 1997) and Organizational Culture Assessment Instrument (OCAI) (Cameron & Quinn, 1983) were used. The data was analyzed through Pearson Product Moment Correlation, Regression Analysis and Independent sample t-test. The results revealed a positive relationship between Islamic Spiritual Intelligence, Organizational Culture and Organizational Commitment. It was also found that Islamic Spiritual Intelligence positively predicts Organizational Commitment among university teachers. Study indicated that male university teachers significantly scored high on Islamic Spiritual Intelligence than female university teachers. Islamic Spiritual Intelligence explores meaning in life and individual's relationship with Allah and religion. Study also provides recommendations for manager and leaders to enhance Organizational Commitment of their employees by influencing Organizational Cultures.

Keywords: Islamic Spiritual Intelligence, Organizational Culture, Organizational Commitment, University Teachers

Distress and Coping Strategies among Caregivers of Patients Suffering from Schizophrenia

Abira Kayani & Ulfat Nisa
Department of Professional Psychology, Bahria University, Islamabad
abira.kayani@hotmail.com

Caregivers of patients with severe mental disorders such as Schizophrenia experience considerable Psychological Distress to meet the demand of their role as Caregiver. The current study highlights the relationship between distress and coping strategies among caregivers of patients suffering from Schizophrenia. The objectives of the study include determining the relationship between Psychological Distress and Coping Strategies among Caregivers of patients suffering from Schizophrenia. On the basis of literature review the hypothesis framed are that Distress will be positively correlated with Dysfunctional and Problem Focused Coping Strategies. Distress will be negatively correlated with Emotional Focused Coping Strategies. The sample size was 150 male and female caregivers. They were approached from different Hospitals and Rehabilitation centers in Islamabad and Rawalpindi. Research measures employed included Demographic Information Sheet, Kessler's K-10 Psychological Distress Scale (Kessler, 1994) and Coping Strategies Scale (Carver, 1997). The results suggest that Distress positively correlate with Dysfunctional ($r=.445$, $p=.000$) and Problem focused coping strategies ($r=.173$, $p=.035$). No significant relationship was found between distress and emotional focused coping strategies ($r=.160$, $p=.060$). Problem focused coping strategies can help to cope with the ongoing psychological distress of caregiving however continuous distress can also lead to dysfunctional coping strategies. Intervention plans for the care givers can be aimed at problem focused coping strategies to cope up with the distress.

Keywords: Distress, Coping Strategies, Caregivers, Schizophrenia

The Relationship between Empowerment and Self Management Behaviors in Patients with Type II Diabetes

Mubeen Anwar & Faiza Safdar
Centre for Clinical Psychology, University of the Punjab, Lahore
mubeenanwar85pu@gmail.com

The present study aimed to assess the relationship between Empowerment and Self Management Behaviors in Patients with Type II Diabetes. The correlational research design was used. A sample of 140 patients with

Diabetes (68 men, 72 women, $M = 50.69$ years, $SD = 12.30$) were selected from Jinnah Hospital and Diabetic Institute of Pakistan, Government and Private Hospitals. It was hypothesized that there is likely to be a positive relationship between Empowerment and Self Management behaviors in patients with Type II Diabetes. It was also hypothesized that empowerment would predict Self Management behaviors in patients with Type II Diabetes. The demographic sheet was used to assess demographics variables. The other measures included Diabetes Empowerment Scale (Funnel, 2000) and Diabetes Self Management Questionnaire (Schmitt, 2013) which were administered to study variables. The descriptive statistics were computed for demographic variables. Further, Pearson Product Moment Correlation and Multiple Hierarchical Regression Analysis were employed to study correlations and prediction respectively. The results revealed that Empowerment positively correlated with Self Management Behaviors and also Self Management Behaviors positively predicted Empowerment. The results were then discussed in the light of previous literature, theoretical framework and cultural context.

Keywords: Empowerment, Self Management Behaviors, Patients, Type II Diabetes

Relationship between Organizational Citizenship Behaviour and Life Satisfaction in Bank Employees

Ammara Hafiz (Department of Applied Psychology, University of the Punjab, Lahore) & Saba Sajjad (National Institute of Psychology, Center of Excellence, Quaid-e-Azam University, Islamabad)
amrhahafiz@gmail.com

This study was conducted to find out the relationship between Organizational Citizenship Behaviour and Life Satisfaction in Bank employees. Sample included 100 bank employees from different banks of Gujranwala city. Two scales that were Organizational Citizenship Behaviour checklist (Spector, Bauer & Fox, 2010) and Life Satisfaction Scale (Diener, Emmons, Larson & Griffin, 1985) were used to collect data. It was hypothesized that there is significant positive relationship between Organizational Citizenship Behaviour and Life Satisfaction. It was also hypothesized that there are gender differences in both variables. Pearson correlation and t-test was used for analysis of data. Results revealed that there is significant positive relationship between Organizational Citizenship Behaviour and Life Satisfaction and also showed that women are higher in Organizational Citizenship Behaviour and Life Satisfaction.

Keyword: Organizational Citizenship Behaviour, Life Satisfaction, Bank Employ

Body Image Satisfaction and Psychological Distress among Burn Survivors

Kanwal Zahra, Noshi Iram Zaman & Shazia Yusuf
Department of Professional Psychology, Bahria University, Islamabad
shazia_yusuf@yahoo.com

Burn is one of the most critical traumas that is faced by people (Forjuoh, 2007). Burn injuries commonly causes devastating changes in the physical and psychological health of the survivors (Al-Mousawi, Mecott-Rivera, Jeschke & Herndon, 2009). Present study was conducted to explore the relationship between body image satisfaction and psychological distress among burn survivors. For this purpose the 160 burn survivors were taken from the hospitals and centers of Lahore, Islamabad and Rawalpindi. Body image satisfaction was assessed with the help of Satisfaction with appearance scale (Lawrence et al., 1998) and psychological distress was assessed with the help of DASS-21 (Aslam & Kamal, 2017). The main objective of the study was to find out the relationship between body image satisfaction and psychological distress among burn survivors. Another hypothesis was that body image satisfaction significantly predicts psychological distress among burn survivors. Results revealed that there is a significant negative relationship between psychological distress (depression, anxiety and stress) and body image satisfaction among burn survivors. Furthermore results revealed that body image satisfaction (physical appearance) significantly predicts the psychological distress (depression, anxiety and stress). Results also revealed that the level of depression and anxiety is high among chemical burn survivors. Study results have important implications in the rehabilitation of the burn survivors.

Keywords: Body Image Satisfaction, Psychological Distress, Burn Survivors, Depression, Anxiety, Stress

Job Experience as Factor Affecting Conflict Management Styles of Academic Staff at Higher Education Level

Sidra Kiran & Almas Kayani
Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University
Rawalpindi, Pakistan
sidrakiran67@gmail.com

Conflict diminishes the potential for success in the future not only for students but also for teachers especially at higher education level. It has been investigated by many researchers that experience teachers performed well as compared to non-experienced teachers and it has direct affect on student academic achievement. So keeping in

view the previous research studies, the researcher intended to investigate Conflict Management Styles of academic staff under three categories of Job Experience such as 10-20 years, 21-30 years and 31-40 years. After that the researcher compared the Conflict Management Styles of the academic staff on the basis of their Job Experience. Researcher used Farooqi Organizational Conflict Management Inventory to identify the Conflict Management Styles of the academic staff of the sampled universities. This scale was based on five point Likert under five conflict management styles. Researcher used simple random sampling technique to collect data. After collecting data useable questionnaires were filtered to include in the study. The major findings of the study included that faculty members having job experience of 21-30 years used compromising conflict management strategy in managing their conflicts that has constructive outcomes of conflict. The study will not only be beneficial for the academic staff to identify their own styles of managing conflict and the type of outcomes but they can also know the ratio of conflict management styles adopted by other faculty members.

Keywords: Conflict Management, Academic Staff, Higher Education, Job Experience

Attachment Security, Trauma Appraisal and Post Trauma Stress in School Girls of Kasur

Aimen Zafar Butt & Aisha Sitwat

Centre for Clinical Psychology, University of the Punjab, Lahore

aimenbutt56@gmail.com

The study was conducted to investigate the relationship between Attachment Security, Trauma Appraisal and Post Trauma Stress in School girls of Kasur. It was hypothesized that Attachment Security and Trauma Appraisal will predict Post Trauma Stress. A sample of 300 school girls were recruited from two age groups (9-12 and 13-16) from Government as well as Private schools of Kasur. Demographic questionnaire, Security Scale (Kerns, Klepac, & Cole, 1996), Child Post-Traumatic Cognitions Inventory (CPTCI) (Meiser-Stedman, Smith, Bryant, Salmon, Yule, Dalgleish, & Nixon, 2009) and Children's Revised Impact of Event Scale (CRIES) (Perrin, Meiser-Stedman & Smith, 2005) were used. Results showed that 56% of the school girls obtained scores above the cut-off (17) on CRIES. There was a significant correlation among Attachment Security, Trauma Appraisal and Post Trauma Stress. It was also seen that age significantly negatively predicted Post Trauma Stress that reflected that the girls with age group of 9-12 experienced significantly more Post Trauma Stress as compared to the older age group (13-16) and Negative Trauma Appraisal significantly positively predicted Post Trauma Stress. As an alarming number of girls are being traumatized by this event this study has implications for clinicians and school authorities in providing timely help to the affected girls.

Keywords: Post-Trauma Stress, Impact of Trauma, Post-Traumatic Cognitions, Kasur Event, Attachment

Impact of Religious Commitment on Marital Satisfaction of Married Persons: Moderating Role of Socio-Economic Status

saleemAreeha Khan Durrani, Dr. Muhammad Saleem, Zubair Manzoor (Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalpur) & Dr. Arena Che Kasim (Universiti Kebangsaan, Malaysia)
chsaleem_1@hotmail.com

Religious commitment is all about the adherence of individuals towards their values, beliefs and duties related to their social and married lives. The objective of this study was to quantify the impact of religious commitment on marital satisfaction moderated by socioeconomic status among married persons. In this study, a sample of 246 married individuals were taken from three main cities (Lahore, Rawalpindi & Faisalabad) of Punjab through purposive sampling technique. The sample was justified by using a priori sample size calculator for multiple hierarchal regression (Soper, 2019). For the collection of data, Kansas Marital Satisfaction scale-KMSS (Schumm et al., 1985) and Religious Commitment Inventory-RCI-10 (Worthington et al., 2003) were used. Socio-economic status (low, middle and upper) class were measured through demographic information sheet. After successful data collection, results were analyzed by using Smart PLS (3.0) for moderation model. The results revealed that, there was significant positive relationship between religious commitment and marital satisfaction of married persons. Whereas, the socioeconomic status was a significant moderator between religious commitment and marital satisfaction among the married individuals. The findings of this study concluded that religious commitment and socioeconomic status have important implications on the marital satisfaction. The limitations and future avenues were also deliberated.

Keywords: Religious Commitment, Marital Satisfaction, Socioeconomic Status, Married Persons, Punjab

Internalized Stigma, Quality of Life and Self-Esteem in Chronic Schizophrenic Patients

Syeda Razia Bukhari

Department of Clinical Psychology, ShifaTameer-e-Millat University, Islamabad
drsyledaraziabukhari@hotmail.com

Often Chronic Schizophrenia course and outcome are influenced with various Psychosocial Factors. These factors such as Psychosocial Stress usually has been seen to exacerbate the disorder. Chronic Schizophrenia has major impact on patient's Daily Life Activities, Emotionality, Interpersonal Relationships and Functioning. Further, it also impact patients' own Evaluation, Self Concept, Self Esteem, Self Efficacy, Abilities. The present study is aimed to investigate the Internalized Stigma as negative predictor of Quality of Life and Self Esteem in Chronic Schizophrenic patients. The research was completed with 50 chronic Schizophrenic patients, 27 females and 23 males between age ranges from 18-50 years (Mean = 33.56, SD = 10.912). The data was gathered from IBS and ICPKU Karachi. Internalized Stigma of Mental Illness Scale (Ritsher et al., 2003), Quality of Life Brief (WHOQOL) and Rosenberg Self-Esteem Scale (Rosenberg, 1965) were administered on the sample. The data was analyzed on SPSS. Linear Regression Analyses were applied to assess the variables of study. Results revealed that Internalized Stigma is a significant negative predictor of Quality Of Life [$R = .453$, $R^2 = .205$, $F(1, 49) = 12.371$, $p < .001$] and Self Esteem [$R = .326$, $R^2 = .106$, $F(1, 49) = 5.705$, $p < .021$] in chronic Schizophrenic patients. It is concluded that Internalized Stigma is a significant negative predictor of Quality Of Life and Self Esteem in chronic Schizophrenic patients. This research provides an understanding about the level of Internalized Stigma and how it impacts on Self Esteem and Quality Of Life of chronic Schizophrenic patients and it can help us to provide key implications to overcome Internalized Stigma, enhance their Self Esteem and Quality Of Life, which is necessary for their well-being.

Keywords: Internalized Stigma, Quality of Life, Self-Esteem, Chronic Schizophrenic Patients

Self-Silencing and Rejection Sensitivity as Predictors of Mental Health in Married Women

Javeria Arif, Irsa Fatima Makhdoom, Attia Rehman & Najma Iqbal Malik

Department of Applied Psychology, University of Sargodha, Sargodha
irsamakhdoom@gmail.com

The present study examines Self-Silencing and Rejection Sensitivity as predictors of mental health in married women ($N = 297$) from the community sample of Sargodha. The study follows correlational survey design. In order to measure Self-Silencing, Rejection Sensitivity, and Mental Health, Silencing the Self Scale (Jack, 1991), Adult Rejection Sensitivity Questionnaire (Berenson, Gyurak, Downey, Ayduk, Mogg, Bradley, & Pine 2009) and Warwick-Edinburgh Mental Well-being Scale (Stewart-brown, Tennant, Platt, Parkinson, & Weich, 2009) were used respectively. The scales showed satisfactory to good internal consistencies. Correlation analysis revealed that Care as Self-Sacrifice (subscale of Self-Silencing) has significant positive correlation with mental health and silencing the Self (subscale of Self-Silencing) has significant positive correlation with mental health. Rejection Sensitivity has significant positive correlation with mental health. The study has important implications for married people in general and for family counsellors, specifically.

Keywords: Self-Silencing, Rejection Sensitivity, Mental Health, Married Women

Personality of Women Leaders and Glass Ceiling Effect-Unseen Barriers

Uzma Ashiq Khan & Sarah Shahed

Department of Gender and Development Studies, Lahore College for Women University, Lahore
uashik@hotmail.com

There is an ongoing debate in literature that women are brought up and socialized in such a way that makes them not appropriate for certain leadership roles (Rey, 2005). The present study is primarily qualitative as well as quantitative in nature. In the current research 5 leadership domains were focused and two participants from each domain were selected through purposive sampling. To explore the personality profile of female leaders' two personality assessment tools Myers-Briggs Trait Inventory (MBTI) and Big Five Inventory (BFI) were administered. The second part of the study was based on indigenous data to explore the unseen barriers in the life of women leaders. To explore unseen barriers in the life of female leaders, the in-depth interview method was used. The outcome of the study revealed that the hurdles and challenges that women faced in their lives were lack of confidence, gender discrimination, in justice in system, professional jealousy, non-supportive family and work-family imbalance. The current study will also help professionals to understand different facets of political, academic, entrepreneurial, organizational and student leaders of Pakistan.

Keywords: Glass Ceiling Effect, Political, Academic, Entrepreneurial, Organizational

Moral Competence, Pro-Social Behaviour and Aggression in Early Adulthood

Ahmad Faisal & Saima Majeed

Department of Psychology, Forman Christian College University, Lahore

19-11177@formanite.fccollege.edu.pk

The objectives of present research were to determine the relationship between Moral Competence, Prosocial Behavior and Aggression, to determine whether Prosocial Behavior and Aggression was predicted by Moral Competence and to examine gender differences regarding Moral Competence, Prosocial Behavior and Aggression. It filled the niche in indigenous research in this area. It also highlighted the importance of Moral Competence in early adulthood when various physical and mental changes were happening in the individual. The hypotheses of the present study are that there is likely to be a positive relationship between Moral Competence and Prosocial Behavior, there is likely to be a negative relationship between Moral Competence and Aggression, Moral Competence predicted Prosocial Behavior and Aggression, and men and women in early adulthood differed on all the study variables. The present research was a cross-sectional-correlational study. The sampling strategy was a non-probability: convenient sampling. The number of participants were 365 determined by G-power analysis. Both men (159) and women (206) were recruited with mean age of 20.76 (SD=1.81). The present study used three scales, Prosocial Behavior Scale, Physical and Verbal Aggression Scale and Moral Competence Test (MCT). Pearson-Product Moment Correlation analysis indicated significant relationship between aggression subscales but not able to determine its relationship with other study variables. For prediction, simple linear regression was implied and it showed that Moral Competence was not a predictor for Pro Social Behaviour and Aggression for present population. For gender differences, Multivariate Analysis of Variances (MANOVA) was used and results indicated that women got higher scores on Prosocial Behaviour Scale than men. Moral Competence, Prosocial Behaviour and reduced Aggression in emerging adults is really the need of the hour to prevail peace in the society.

Keywords: Moral Competence, Aggression, Prosocial Behavior, Gender Differences

Relationship between Loneliness and Life Satisfaction among Institutionalized and Non Institutionalized Elderly Individuals

Rabia Muzaffar & Kiran Bashir Ahmad

Institute of Professional Psychology, Bahria University, Karachi

rabia_muzaffar91@hotmail.com

The purpose of the present study was to investigate the relationship between Loneliness and Life Satisfaction among Institutionalized and Non-Institutionalized Elderly individuals. A quantitative correlational research approach was used to gather the data from a sample of 33 elderly individuals. The participants' age was between 50-80 years. Institutionalized data was collected from non-profit organizations of Karachi, Pakistan (namely, Bint-e-Fatima Old age home, Darul-Sakoon home for Senior Citizen) through purposive and convenient sampling while non-institutionalized data was collected through snowball and purposive sampling. It was hypothesized that elderly people living in institutionalized setting will have higher level of loneliness as compared to those living in non-institutionalized setting. Data collection from the participants was done by using UCLA Loneliness Scale version-3 (Russell, 1996) and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985). Findings from the statistical analysis of the data revealed that the loneliness level among elderly people explained for the 44% variance in the levels of life satisfaction among them ($R^2=.448$, $p<0.01$). This study could demonstrate to be a substantial aid in formulating supportive and volunteer programs from academic institutions, help community centers provide better services, and contribute to the pool of national data on very important strata of Pakistani population.

Keywords: Institutionalized, Non-Institutionalized, Life Satisfaction, Loneliness

Authentic Leadership and Job Outcomes: Moderating Role of Psychological Capital

Maria Shahzadi & Samia Khalid

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore

mariashahzadi88@gmail.com

Present research is an effort to explore the effect of Authentic Leadership on Job Performance, Organizational Citizenship Behavior and Job Satisfaction, while assessing the moderating role of Psychological Capital. Research hypothesizes that Authentic Leadership and Psychological Capital will be positively related with Job Outcomes. It further proposes that Psychological Capital moderate the positive relationship between Authentic Leadership and Job Outcomes. Survey research design and non-probability purposive sampling technique was used. Data (N= 198) was collected from educational sectors of Lahore. Good support was found for proposed hypothesis as results indicated that Authentic Leadership has positive relationship with Job Outcomes.

Authentic leadership has positive impact on Job Performance, Organizational Citizenship Behaviour and Job Satisfaction. Results also show that positive relationship of Authentic Leadership is stronger when Psychological Capital is high for all behaviors (Job Performance, Organizational Citizenship Behaviour and Job Satisfaction) of employees.

Keywords: Authentic Leadership, Job Performance, Organizational Citizenship Behaviour, Job Satisfaction, Psychological Capital

Views of Islamic Feminists and Orthodox Religious Scholars on Gender Equality

Asma Majeed & Sabir Ali

Department of Psychology, Kinnaird College for Women University, Lahore

asma.majeed@kinnaird.edu.pk

This study seeks the issue of compatibility in gender equality policies and Islam in Pakistan. It explores the views of religious scholars and policymakers on gender equality. The underlying research question include: what are the views and opinions of religious scholars and Islamic feminists about gender equality to sketch out possibilities and problems in the promotion of gender equality? This research study is conducted from the interpretative paradigm. This research used interview methods for data generation. In-depth semi-structured interviews were conducted from religious scholars and policymakers. Interviews and review of documents were analyzed under deductive themes related to various issues about gender equality.

Keywords: Gender Equality, Feminists, Religion, Orthodox

Relationship of Parental Acceptance Rejection with Self-Critical Rumination among Young Adults

Syeda Munazza Mazhar & Aneeza Bashir

Department of Applied Psychology, University of Sargodha, Sargodha

mahanaqvi67@gmail.com

The present study was conducted to evaluate the relationship of parental acceptance/rejection with self-critical rumination among young adults. The data was collected from different departments of University of Sargodha through convenient sampling techniques. Total 300 students having equal proportion of both males (n=150) and female (n=150) were taken as a sample. Short form of Parental Acceptance-Rejection Questionnaire (Adult PARQ: Father & Mother) by (Rohner, & Khaleque, 2005) and Self-Critical Rumination Scale (Smart, Peters, & Baer, 2016) were used in this research. The results revealed that parental acceptance has significant negative correlation with self-critical rumination and parental rejection has significant positive correlation with self-critical rumination. T-test was performed which showed significant mean differences in terms of gender on parental acceptance rejection and self-critical rumination as well as significant mean differences in terms of educational levels on self-critical rumination. As the sample comprised of a limited age group (18-25) so it can't be considered as the representative of whole population. Furthermore, scales are self-reported which occasions the probability of fabrication.

Keywords: Parental Acceptance/Rejection, Self-Critical Rumination, Young Adults

Effectiveness of Mindfulness Based Culturally Adapted Cognitive Behavioral Therapy (CaCBT) for Reducing Depressive Symptomatology among University Students: A Randomized Controlled Trial

Dr. Rizwana Amin

Department of Applied Psychology, Bahauddin Zakariya University, Multan

rizwana_aries@hotmail.com

The purpose of the present study was to investigate effectiveness of mindfulness based Culturally Adapted Cognitive Behavioral therapy (CaCBT) for reducing symptoms of depression in university students as compared to waitlist group. Students with the age range of 18 to 24 years and enrolled in undergraduate programs (Science faculty) of Bahauddin Zakariya University, Multan were screened out with Quick Depression Inventory. Participants who scored high on inventory were invited to participate in intervention. Participants who give their consent were recruited into this randomized controlled trial. Assessment for depressive symptomatology was measured both at the baseline and at the end of the therapeutic sessions by rater's blind to the groupings. A total of 60 participants were recruited from Science Faculty of Bahauddin Zakariya University, Multan and randomized into two groups with 1:1 allocation, 30 each in Intervention and Control group. A brief version of the Mindfulness based cultural adapted CBT was provided to intervention group. The effect of CBT self- help intervention was analyzed with One-way ANCOVA. Results showed there is a significant difference between the interventional and control groups, as participants in interventional group showed reduced symptoms of depression ($p=.000$). The study demonstrated the efficacy of Mindfulness based Cultural Adapted CBT

intervention in treating depressive symptomatology. The findings were discussed in terms of treatment implications and recommendations for use at academic settings.

Keywords: Mindfulness, Cognitive Behavior Therapy (CBT), Culture, Depression

Effectiveness of Virtual Reality Exposure Therapy on Mental Health Exposed to Flood Affected People

Shazia Ramazan (Bahawal Victoria Hospital, Bahawalpur), Uzma Amin (Social Welfare & Bait-UL-Maal, Bahawalpur) & Zara Hayat Awan (Department of Psychology, Bahaudin Zakariya University, Multan)
shazramazan@yahoo.com

The purpose of the study was to determine the Effectiveness of virtual reality exposure therapy on mental health of people exposed to flood. 20 diagnosed people from Ngo sectors (PLYC & MENTORS) were selected through convenient sampling. Mental health scale was administered on the participants. Statistical Analysis of Paired sample test and the t test were conducted on the data. The findings of study showed virtual reality exposure therapy effectiveness on mental health of people exposed to flood. Correlation analysis showed the significant effect of virtual reality therapy on mental health test which is used to find out the demographic variable. Such findings help therapist to cure the affected people. Sample size can limit the generalizability of study. Future therapist and Counselor can explore the factors which also affect the mental health of flood affected people.

Keywords: Virtual Reality, Exposure, Mental Health, Effectiveness

Lived Experiences of Unmarried Muslim Women with Delay in Marriage

Madiha Azmat & Aisha Sitwat
Centre for Clinical Psychology, University of the Punjab, Lahore
madiiazmat@gmail.com

Marriage is a highly recommended act in Islam. The Quran says, “Marry the spouseless among you, if they are poor, God will enrich them of His bounty” (24:32). The purpose of the current study was to explore the lived experiences of unmarried Muslim women by investigating the impact of delay in marriage and their coping with it. A qualitative research design and phenomenology research tradition was used to explore this phenomenon. By using purposive sampling strategy, sample of four unmarried women was recruited. The age range of the participants was 31-38 years. In-depth interviews were conducted. After transcription, data was analyzed through interpretative phenomenological analysis. The super ordinate themes for impact of delay in marriage showed delay in marriage has impacted the psychological well-being of participants and they experienced anger towards people, fear of loneliness, and fear of marriage responsibilities with growing age. Women mostly used avoidance coping and distraction coping to deal with stress. All the four participants used religious coping by considering it Allah’s will and also making supplications to Allah for their marriage. Few of the participants also used positive reframing and support seeking coping. Delay in marriage has impacted the lives of unmarried women and they are dealing with it in its own unique way. This study is helpful in understanding the dynamics of delay in marriage of unmarried Muslim women in Pakistan.

Keywords: Delay in Marriage, Impact, Coping

Development of Therapy Protocol of Restricted Environmental Stimulation Therapy (REST) in Rehabilitation Program of Male Substance Abusers

Mehwish Jabeen
Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
mishijabeen111@gmail.com

The present study was conducted to find out the positive effects of Restricted Environmental Stimulation Therapy (REST) on Rehabilitation of Male Substance abusers specifically it aimed to examine the negative correlation between restricted environmental stimulation Therapy (REST) and Depression, Anxiety, Stress Scale (DASS). In our study one tool was used; pretested and predesigned Depression, anxiety, stress scale (DASS) Author Lovibond, S.H., & Lovibond, P.F. (1995) Translated by Khalily and Zafar. A Sample of 20 Subjects (Male 18 - 35) were recruited in 2 groups, 10 were in experimental (REST) group and 10 were in Control group. In control group all the normal processes and steps of rehabilitation were taken, while the progress of the subjects Anxiety, Stress and depression were measured by Pre- and Post DASS, on the other hand the REST group went through the same procedure, but with the addition of restricted environmental stimulation therapy. The analysis revealed the significant results. It revealed that the Restricted Environmental Stimulation Therapy showed the significant results for drug abuser to decrease Depression, Anxiety, and stress, thus helping them with self-restraint against relapse. The findings of this study are applicable in context of enhancing productivity of organizations.

Keywords: Restricted Environmental Stimulation Therapy, Depression, Anxiety, Stress, Drugs, Substance Abusers

Metacognitive Beliefs and Relapse Proneness in Individuals with Substance Use Disorder

Aisha Aslam & Tehreem Arshad

Centre for Clinical Psychology, University of the Punjab, Lahore

aisha.aslam900@gmail.com

The present study was a correlational research conducted to examine the relationship between metacognitive beliefs and relapse proneness in individual with substance use disorder. It was hypothesized that there is likely to be a positive relationship between metacognitive beliefs and relapse proneness and metacognitive beliefs likely to predict relapse proneness. Sample consisted of 120 participants recruited through purposive sampling strategy from different hospitals and private rehabilitation centers. Metacognition questionnaire (Cartwright, Hatton & Wells, 1997) and Advance warning of relapse questionnaire (Miller & Harris, 2000) were administered to assess study variables. The research data was analyzed using Pearson Product Moment Correlation, Hierarchical Regression Analysis and independent sample t-test. Findings revealed that metacognitive beliefs had significant correlation with relapse proneness. Metacognitive beliefs (uncontrollability and danger) emerged as significant predictors of relapse proneness. Moreover, participants of government hospitals and private rehabilitation centers differed in terms of metacognitive beliefs and relapse proneness. Present findings implicate the significance of metacognitive beliefs in relation to relapse proneness that would be helpful for mental health professionals in planning intervention strategies accordingly.

Keywords: Metacognitive Beliefs, Relapse Proneness, Substance Use Disorder

Islamic Adaptation of Leahy's Cognitive Therapy Techniques: A Randomized Control Trial of CBT Applied in Islamic Perspective

Nazia Ishfaq (Department of Psychology, Institute of Southern Punjab, Multan), Naeem Ulah Leghari (Department of Psychiatry, Nishtar Medical University, Multan) & Aroob Fatima (FMH College of Medicine and Dentistry, Lahore)
naziaishfaq.b@gmail.com

CBT is currently considered gold standard in Psychotherapy. One reason is its conduction with empirical techniques. Leahy's Cognitive Therapy techniques are universal repository in this regard, however developed and mostly used without religious knowledge. Previous studies revealed that religious beliefs used in therapeutic practice enhance therapy effectiveness. No previous literature has reported application of Leahy's techniques employing knowledge from Hadith and Quran. This study attempted to use Islamic knowledge with Leahy's Cognitive Therapy techniques and to find if this model is therapeutically effective than techniques applied without Islamic knowledge. In first phase, 10 most commonly used techniques from Leahy were redesigned based on Islamic knowledge from Hadith and Quran. In second Phase, 72 patients with MDD were randomized either to conventional CBT protocol for depression or CBT protocol using Islamic knowledge based techniques, 36 participants in each group. Assessments were completed at baseline, at 3 months and at 9 months after baseline. The outcome measures were Siddiqui Shah Depression Scale (SSDS), Pakistan Anxiety and Depression (PADQ), Anxiety subscale, Cognitive Distortions Scale (CDS), General Health Questionnaire, WHOQOL questionnaire and satisfaction with the treatment. Treatment group showed statistically significant improvement in depression ($p=0.000$), Anxiety ($p=0.000$), Cognitive Distortions ($p=0.000$), general health ($p=0.000$), and quality of life ($p=0.005$). This effect was sustained at 9 months after baseline and higher satisfaction with treatment was also reported. Islamic knowledge based CBT is effective in improving depression for Muslims. This is the first trial of its nature and further studies are needed to generalize findings.

Keywords: Cognitive Behavior Therapy (CBT), Depression, Islamic Knowledge Integrated CBT

Role of Religiosity in Depression and Death Anxiety among Cancer Patients

Dr. Qasir Abbas & Uzma Kanwal

Department of Applied Psychology, Govt. College University, Faisalabad

drqasirabbas@gcuf.edu.pk

The current study aims to investigate the role of religiosity with depression and death anxiety among cancer patients. A total number of 200 cancer patients were taken from different government and private hospitals of Lahore and Faisalabad. Sample age range was 18 – 80 years. Purposive sampling technique was used to collect the data. In order to test the hypotheses Short Muslim Practice and Belief Scale, Urdu version (SMPBS; AlMarri, 2009) to determine the level of religiosity, Siddiqui-Shah Depression Scale (SSDS; Urdu Version 1997), to measure the level of depression and Death anxiety scale, Urdu version (DAS; Templer, 1970) to determine the level of death anxiety were used. The results showed that there is significant predictive relationship of religiosity with depression among cancer patients ($R^2, .239$; $F = 62.258$, $p < .001$). Further findings indicate, there is a significant positive predictive relationship of religiosity with death anxiety among

cancer patients (R^2 , .007; $F = 1.376$; $p > .05$). It is concluded that there is significant role of religiosity in depression and death anxiety among cancer patients

Keywords: Religiosity, Depression, Death Anxiety, Cancer Patients

Quranic Perspective on Indirect and Relational Aggression

Dr. Azher Hameed Qamar & Muham Ijaz

Department of Behavioral Sciences, National University of Sciences and Technology, Islamabad & Department of Psychology, University of Management and Technology, Lahore

azher.hameed@live.com

The objective of this research is to explore Quranic perspective on relational and indirect aggression and to find out harms of backbiting and slandering. Selected verses from Quran were taken as a sample. Using qualitative content analysis and inductive approach, themes were emerged from the translated verses of the Quran. It was found that according to Quran backbiting and slandering are the most destructive evils and torments and they inflict greatest harm and danger to humanity. These anti-social behaviors plant enmity and discordance among people and destroy interpersonal relationships. Such behaviors directly and indirectly deform the whole societal structure and may cause a family collapse. Quran not only identifies the social evils but also offers solution to peace. While pointing out backbiting and slandering as dreadful forms of indirect and relational aggression, Quran guides and reinforces the moral values as core component of one's personality development to encounter the 'internalized' social evils. We can use Quranic perspective on social evils to religiously reinforce people and to internalize peaceful behaviors. It is more powerful and influential to internalize deviation from social sins as a belief practice.

Keywords: Indirect Aggression, Backbiting, Slandering, Quranic Perspectives

Treatment of Depression through Religious Affirmations and Positive Group Psychotherapy: A Combined Therapeutic Approach

Sehr Khalid & Dr. Tahira Yousaf

Institute of Professional Psychology, Bahria University, Karachi

sehr_15@hotmail.com

The present study explored the effect of positive religious affirmations as an intervention in combination with Positive Group Psychotherapy among depressive subjects. The study seek to test its hypothesis that subjects receiving positive religious affirmations as an intervention along with positive psychotherapy will show more improvement in their depression level than subjects receiving positive psychotherapy alone. The present study had a quasi-experimental design. The research was conducted on a sample of 14 depressive subjects. Purposive Sampling was used in this research. Seven individuals were assigned to Group A and seven to Group B. Group A received 7 therapeutic group sessions consisting of religious affirmations along with positive psychotherapy. Group B received 7 therapeutic group sessions including purely positive psychotherapy interventions. Results of the study indicated that positive religious affirmations in combination with positive group psychotherapy lead to a significant decline in depression level when compared pre-test and post-test ($p = .001$). Significant implication of this research is that it gives a new tool to the existing body of interventions available by introducing the use of religious affirmations in combination with positive psychotherapy, as both the interventions were previously being used separately.

Keywords: Positive Group Psychotherapy, Religious Affirmations, Purposive Sampling

Spirituality and Life Satisfaction among Cardiac Patients: Mediation from Gratitude

Saqib Shabbir, Tooba Safdar & Dr. Sarwat Sultan

Department of Applied Psychology, Bahauddin Zakariya University, Multan

sarwatsultan@hotmail.com

Spirituality enables people to see more within the world and within others. It is no surprise that this leads to greater sense of fulfillment. Cardiac disease have many terminal stages just like heart failure and these stages are potentially involves spiritual issues and suffering. Therefore the current study was planned to explore the impact of religiosity on life satisfaction of cardiac patients through their use of gratitude. A sample of 250 cardiac patients (male patients = 133 and female patients = 117) aged between 29 and 57 years ($M = 41.45$, $SD = 15.58$) provided data on the measures of spirituality, life satisfaction, and gratitude. Correlation analysis showed the positive relationship of spirituality with life satisfaction of cardiac patients. Findings from mediation analysis on AMOS-21 indicated that gratitude positively mediated the association between spirituality and life satisfaction among cardiac patients. Findings of the present study have the greater implications for physicians and psychologists of cardiac patients in the way if they guide their patients to use positive religious copings

instead of negative copings to enhance their life satisfaction and also to have the practice of gratitude for bringing the positive outcomes for patients.

Keywords: Spirituality, Life Satisfaction, Gratitude, Cardiac Patients

Religious Cognitive Behavioural Therapy (RCBT) for Depressive Symptoms: A Case Study

Sehrish Haji, Abdul Rasheed & Erum Kausar

Department of Professional Psychology, Bahria University, Karachi

sehrishkhan736@gmail.com

The case study aimed to reconnoiter the Religious Cognitive Behavioral Therapy Intervention for curing the female adult's hopelessness, helplessness and depressive symptoms which were interfering her daily life. Religious Cognitive Behavioral Therapy is aimed to decrease the depression in the client by increasing the hope, trust and belief on ALLAH by different Qur'anic verses and different Islamic metaphors. Beck Depression Inventory (BDI), Daily Spiritual Experience Scale (DSES) and Attitude toward Islam (AIS) was used as pre and post test to see the difference in the depression. Religious Cognitive Behavioral Therapy Session Planner for Muslim (English by Vasegh (2014) & Urdu translated by Hussain) was used. There were 13 sessions of the Religious Cognitive Behavioral Therapy. By this treatment the belief on ALLAH was increased that ALLAH is most beneficial and merciful and trust on ALLAH was increased as that whatever is happening according to ALLAH's order and wish, and he is best planner which decreased the client's hopelessness, helplessness and depressive symptoms.

Keywords: Religious Cognitive Behavioral Therapy, Depression, Belief and Trust on ALLAH

Strength of Religious Beliefs, Moral Disengagement and Prosocial Behavior among University Students

Ayesha Ali & Sara Kanwal

Department of Psychology, University of Management and Technology, Lahore

f2017238003@umt.edu.pk

Present research was conducted to find out the relationship between strength of religious beliefs, moral disengagement and prosocial behavior among university students. This study explored the relationship of strength of religious beliefs with moral disengagement and how they affect prosocial behavior of university students. It was hypothesized that strength of religious beliefs is positively related with prosocial behavior and moral disengagement is mediating the role of religious beliefs on prosocial behavior of university students. Through convenient sampling 200 students (100 men & 100 women) within age range of 18 to 25 year ($M = 19.34$, $SD = 1.03$) were recruited from private sector university. For assessment Santa Clara Strength of Religious Faith Questionnaire (Plante & Boccaccini, 1997), Moral disengagement Questionnaire (Moore & Mayer, 2012) and Measure of Prosocial behavior (Carlo, 2002) were used. The results revealed significant relationship between strength of religious beliefs, moral disengagement and prosocial behavior. Positive relationship was seen between strength of religious beliefs and prosocial behavior. Moral disengagement negatively predicts the prosocial behavior. These findings would be helpful for the academic professionals and counsellors to understand the behavior manifestation of students and it would be beneficial for them in understanding how to mould and guide the students. Results were discussed in the light of Pakistani socio-cultural context.

Keywords: Religious Beliefs, Spirituality, Muslim Psychologist, Moral Development, Prosocial Tendencies

Traumatic Experiences and Self-Disgust in Mental Disorders: A Comparative Study

Sana Nouman & Prof. Dr. Nashi Khan

Centre for Clinical Psychology, University of the Punjab, Lahore

sanakhawar83@gmail.com

The present study was undertaken to investigate the differences and relationship of Traumatic Experiences and Self-Disgust in Mental Disorders (Major Depressive Disorder, Generalized Anxiety Disorder and Obsessive-Compulsive Disorder) and Non-Clinical Group matched on gender, age, education and income. The cross-sectional research design was used in the current study. Purposive sampling technique was used to collect a total sample of ($N=240$) participants. The sample comprised of $n=120$ participants Clinical Group ($M_{age}= 28.74$ & $SD =6.14$) and the Non-Clinical Group ($n=120$) ($M_{age} =28.4$ & $SD =6.55$) collected from the community of Lahore. The assessment measures used were the Traumatic Experience Checklist (TEC; Nijenhuis, Van Der Hart & Kruger, 2009), the Self-Disgust Scale (SDS; Overton et al, 2008), Symptom Checklist-Revised (SC-R; Rahman, Dawood, Mansoor, Rehman & Ali 2009) and the Mental Health Screening Questionnaire (MHSQ; Mirza & Kausar 2009). One-way Analysis of Variance (ANOVA) revealed a significant difference in Self-Disgust among the three Mental Disorders (Major Depressive Disorder, Generalized Anxiety Disorder and

Obsessive -Compulsive Disorder, $F(2, 117) = 25.51, p < .001, \eta^2 = .30$. Results of the Independent Sample t-test revealed that both the groups were significantly different on Trauma and its sub-scales as well as Self-Disgust and its sub-scales in Clinical and Non-Clinical Sample. The present study can prove to be highly beneficial in creating awareness about the psychological vulnerabilities created by Self-Disgust as well as to develop tailored therapeutic protocols.

Keywords: Traumatic Experiences, Self-Disgust, Mental Disorders, Non-Clinical Group

Psychological Distress, Social Relations and Coping Styles among Patients with Dissociative Disorders

Zainab Asif & Asma Riaz Hamdani
zainabasif164@gmail.com

Psychological distress in terms of social relations and coping styles among the patients with dissociative disorder had been investigated in the current study. The main objective was to found the concrete relationships in these variables among the patients with dissociative disorder. The sample consisted of ($N=120$) diagnosed dissociative patients which had been taken from different hospitals and clinics in Faisalabad. The age range of sample was 17 to 35 years ($M=20, S.D=1.76$). Correlational research design and purposive sampling have been employed. The provision of social relation scale (Turner et al., 1989), Kessler psychological distress scale and the brief cope inventory (Carver, 1997) have been used to measure the variables. The results revealed that problem focused coping styles had significant positive relationship with social relations and significant negative relationship with psychological distress among dissociative patients. Emotion focused coping styles and avoidant coping styles had significant negative relationships with social relation and significant positive relationship with psychological distress in emotion focused coping while non-significant relationship with avoidant coping among dissociative patients. The results of stepwise regression revealed that problem focused coping was a significant predictor in social relations among patient with dissociative disorder. Problem focused coping was also a significant predictor in psychological distress among patients with dissociative disorder. The results of demographics explained that social relations of unmarried dissociative patients were higher than married dissociative patients while there was a nonsignificant difference in psychological distress of married and unmarried dissociative patients. Psychological distress was higher in nuclear family dissociative patients as compared to joint family system patients. The patients having history of below 6 months had higher psychological distress than the patients having the history of more than 6 months. The social relation was also higher in dissociative patients having the history of below 6 months as compared to the patients having history of more than 6 months.

Keywords: Psychological Distress, Social Relations, Coping

The Level of Psychological Distress and Psychological Well-Being in Married and Un-Married Female University Teachers of Lahore

Ayesha Rozeena & Dr. Khawer Bilal
Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
ayesharozeena@gmail.com

The present study was targeted to measure the level of psychological distress and psychological well-being in married and un-married female university teachers of Lahore, Pakistan. The sample consisted on 200 female university teachers from which 100 were married and 100 were un-married women. The demographic information was taken from every participant. The DASS scale for psychological distress was used that was developed by the (Lovibond & Lovibond, 1995) and for the psychological well-being Carol Ryff scale (PWS) was used that was developed in 1995. It was hypothesized that there would be difference in married and un-married on the both variables of psychological distress and well-being. The results showed that there was difference on psychological distress and psychological well-being in married and un-married female university teachers.

Keywords: Psychological Distress, Psychological Well-Being, Teachers, Married, Unmarried

Comparative Study on Teacher's Competency of Public and Private Sector Schools of Rawalpindi

Mamoona Sadiq, Dr. Almas Ikram Kayani & Sidra Kiran
Department of Education, Faculty of Social Sciences, Pir Mehr Ali Shah Arid Agriculture University
Rawalpindi
mamoonasadiq90@gmail.com

Teachers' competencies have been broadening with respect to reform studies in education, development of teacher education, scientific results of educational science and other fields. Teachers are responsible for operating educational system and they need strong and efficient professional competencies. This study

examined critically the teacher's competency level among teachers of Public and Private sector schools in Rawalpindi. The problem was investigated by the means of literature survey and an empirical inquiry. For this purpose, a critical review of existing literature was carried out. An instrument measuring the teacher's competency on a five point Likert scale was adopted for data collection. The study identified competency level of teachers of Public and Private sector schools in Rawalpindi and factors influencing their competency. Researcher used random sampling technique to collect data and used appropriate statistical analysis technique to analyze data. The study will be beneficial to improve teacher's competency level under the light of recommendations recommended by the researcher.

Keywords: Competency, Teacher's Competency, Competency Improvement

Self-Acceptance after Burn Injuries: An Interpretative Phenomenological Analysis

Maryam Munawar & Dr. Subha Malik

Department of Gender Studies Department, Lahore College for Women University, Lahore
maryamkhan3167@gmail.com

A body which has undergone burn injuries carries a lot of burden in the form of loss of function, change in appearance and psychological distress. This study aims to describe the experiences, challenges and struggle of women who accept their self after having endured burn injuries by acid or kerosene oil. The study is qualitative and the method of Interpretative Phenomenological Analysis (IPA) was used. Semi structured interviews were conducted in depth and data was collected from 8 women (burn injury survivors). Purposive sampling strategy was employed. Deep feelings of distress, despair, suffering, pain, low self-esteem and hopelessness emerged from the individual experiences of the survivors. The traumatic incident shattered their image and they lost familiarity of their earlier self. Despite so many challenges faced by the burn survivors their ability to accept the new self is commendable, this incident somewhere made them hopeless but having firm faith in Allah, themselves, and with family support, they accepted their new self with absolute self-confidence and strived hard to give their new burned self an exemplary identity. The experiences of people who have survived a burn injury should be acknowledged and psychosocial interventions should be adapted to deal with processes related to concerns regarding change in appearance. This work will lead towards enlightening the minds of people to stop stigmatization and a discriminatory attitude towards those who have survived a burn injury and accept them as a worthy part of the society.

Keywords: Self-Acceptance, Burn Injury, Experiences, IPA

Sensation-Seeking, Emotion Regulation and Smoking Behavior in Young Adults

Dr. Rafia Rafique (Institute of Applied Psychology, University of the Punjab, Lahore), Maryum Arifeen (University of the Punjab, Lahore) & Shiza Sheerazi (Institute of Applied Psychology, University of the Punjab, Lahore)

rafiawaqar@hotmail.com

The present study investigated the relationship between sensation seeking, emotion regulation and smoking behavior in young adults. It was hypothesized that there would be a positive relationship of sensation seeking with smoking behavior, while negative relationship was assumed between emotion regulation and smoking behavior. It was hypothesized that emotion regulation will moderate the relationship between sensation seeking and smoking behavior. Sample comprised of 135 young adults with an age range of 18-29 years, ($M = 22.98$, $SD = 2.71$). Data was collected from university students of Public Universities. Arnett Inventory of Sensation Seeking (Arnett, 1994), Emotion Regulation Questionnaire (Gross & John, 2003) and Glover-Nilson Smoking Behavioral Questionnaire (Glover, Nilsson, Laflin & Westin, 2005). Pearson Product Moment correlation generated results which indicated that sensation seeking was positively correlated with smoking behavior while emotion regulation was negatively correlated with smoking behavior. Moderation through Hierarchical Regression analysis indicated that emotion regulation was moderating the relationship between sensation seeking and smoking behavior. Sensation seeking and emotion regulation were predicting smoking behavior in young adults. Peer pressure and family history of smoking were also positively and significantly correlated with smoking behavior. The present study has implication of developing plan for cessation of smoking and rehabilitation of smokers.

Keywords: Sensation-Seeking, Emotion Regulation, Smoking Behavior

Applied Behavior Analysis for Anxiety in Children with Autism Spectrum Disorder

Bushra Qurban & Dr. Khawer Bilal

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
bushraqurban25@gmail.com

The present research aimed to investigate the difference in level of anxiety after giving the therapy of Discrete Trial Training to children with Autism Spectrum Disorder. In current study it was hypothesized that there will be a difference in level of anxiety before and after treating Applied Behavior Analysis; Discrete Trial training. Sample of the study consisted of 30 children with Autism Spectrum Disorder (Boys = 21, Girls = 9) with an age range of 5- 15 (Boys $M = 10.46$, Girls $M = 10.55$). Spence Children Anxiety Scale (SCAS-Parent Form) was administered to the parents (Spence, 1994). Then therapy was given to those children who were in a range of elevated anxiety. After completion of 12-16 sessions SCAS were administered again to check the level of anxiety. Data was analyzed using t test (pre and post- test). The t-test findings indicated that there is highly significant difference between pre assessment and post assessment of anxiety in children with Autism Spectrum Disorder after the application of Applied Behavior Analysis (Discrete Trial Training). Moreover demographic variables i.e. gender difference and family system found important variables in this context. This research has wide implications in the field of child psychology, abnormal psychology and special education. The implications with respect to the study in the field of special education were discussed.

Keywords: Anxiety, Children, Autism

Does Belief in After Life Predict Happiness?

Sobia Gul & Ahmad Taha

Department of Psychology, University of Management and Technology, Lahore
f2016141020@umt.edu.pk

According to one review, 31 out of 31 studies showed a significant positive correlation between religiosity and happiness in Muslims but only 23 out of 35 studies showed positive correlation in Christians (Rizvi & Hossain, 2016). The study in hand aims to understand these results better by trying to understand the relationship of one part of religiosity with happiness. Some studies have correlated happiness and afterlife beliefs in Christians (Cohen, et al., 2005) and Buddhists (Chaiwutikornwanich, 2014), no study has been conducted on Muslims and in Pakistan. The sample comprised of 20-40 years ($n=200$) as young adults have higher fear of death compared to older adults (Cicirelli, 2001; Fortner & Neimeyer, 1999; Templer & RuV, 1971; Tomer, 2000). Belief in the afterlife scale of Osarchuk and Tatz (1973) was used as most of the researches have used this scale. For happiness, Oxford Happiness Inventory was used as all studies using this scale have correlated significantly positively with religiosity and it has been the most used scale when studying religiosity (Rizvi & Hossain, 2016). It was found that Reward/Joy Expectations in Afterlife predicted happiness. Perhaps having positive afterlife expectations helps people adapt to bereavement but for any useful implications further research is necessary.

Keywords: Belief, Afterlife, Happiness, Religiosity

Development and Validation of Muslims Religious Orientation Scale

Moazama Anwar, Dr. Najma Iqbal Malik & Dr. Mohsin Atta

Department of Applied Psychology, University of Sargodha, Sargodha
najmamalik@gmail.com

The purpose of current study was to develop a multi-dimensional measure of Muslims Religious Orientation in Urdu language. The phenomena of religious orientation was operationalized and explored from 40 participants through semi structure interviews. After scrutinizing, the list of 40 items was converted in self-report measure (MROS: Muslim Religious Orientation Scale) and administered to 400 participants with age range 18-25 for early adults ($M = 59.5$, $SD = 7.2$) and 50-70 for elders ($M = 58.5$, $SD = 14.3$) who were approached through convenient sampling (56% males and 44% female). Exploratory factor analysis determined the factor structure and confirmatory factor analysis confirmed the 22 items with three well-defined factors structure of Extrinsic, Quest, and Intrinsic Religious Orientation. Alpha reliabilities of sub-scales ranged from .60 to .94. Concurrent validity of MROS was determined by assessing its relation with Urdu translated revised religious orientation scale (Khan, Ghous & Malik, 2016). The findings support that newly constructs measure has promising psychometric properties. The results of study, with reference to culture and interventions related to religious counselling, were also discussed.

Keywords: Religious Orientation, Gender, Age, Validity, Reliability

Impact of Grit on Work Engagement and Burnout in Doctors

Asma Naveed, Irsa Fatima Makhdoom, Attia Rehman & Dr. Najma Iqbal Malik
Department of Applied Psychology, University of Sargodha, Sargodha
asmanaveedch@gmail.com

Present study was an empirical attempt to study the impact of grit on work engagement and burnout in doctors. A sample of doctors ($N = 130$) from different public and private sector hospitals of Sargodha, Lahore and Faisalabad was approached through purposive sampling technique. In order to measure grit, work engagement, and burnout, Grit-S Scale (Duckworth, Peterson, Matthews & Kelly, 2007), Utrecht Work Engagement Scale (Schaufeli & Bakker, 2010) and Oldenburg Burnout Inventory (Demerouti & Nachreiner, 1998) were used respectively. The scales showed satisfactory to good internal consistencies. Correlational analysis revealed that grit was significantly positively correlated with work engagement and non-significantly correlated with burnout. Perseverance of Effort (subscale of Grit) has significantly positive correlation with work engagement and its subscales vigor, dedication and absorption. Consistency of interest has significantly positive correlation with work engagement and its subscales vigor and absorption while non-significantly associated with dedication. Exhaustion (subscale of burnout) has significantly positive correlation with Consistency of Interest (subscale of Burnout) and non-significant correlation with perseverance of effort. Moreover, additional analysis revealed the impact of monthly income, sector and qualification on study variables. No gender differences were observed on study variables. The study has important implications for health professionals particularly doctors as well as personality psychologists.

Keywords: Work Engagement, Grit, Burnout, Doctors

Death Anxiety across the Adults: an Examination of Age and Gender Effects

Ayesha Nisar, Samia Khalid (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore), Ambreen Akhtar, Rukhsana Yasin & Ayesha Batool
(College of Advanced Scientific Technique, Sahiwal)
samia.khalid@riphah.edu.pk

Present research is an effort to explore the effect of death anxiety in young adults and older adults of different age groups. In order to fulfill the requirements of the current research, non-probability purposive sampling technique was used for the selection of research sample. The sample of hundred males and females and young and older adults were selected from different areas of district Sahiwal. Young adult's age range was 20-35 years and adults age range was 55-90 years. Demographic characteristics of the sample were name, age, qualification, gender, and area. Correlation of research design and survey research design was used in present research. Death anxiety scale was made by Wiener and Plutchik (1982) was used in present research. It was hypothesized that there would be a significant difference between males and females in reference to their death anxiety. The results show that there is no difference between males and females in reference to their death anxiety. Second hypothesis was that there would be a significant difference between young adults and old adults in reference to their death anxiety. The result shows that there is no difference between young adults and older adults in reference to their death anxiety.

Keywords: Death Anxiety, Examination of Age, Gender Effects, Adults

Attachment Styles, Dark Triad Traits and Distress in University Students having Multiple Relationship Breakups

Sidra Zaki (Department of Professional Psychology, Bahria University, Islamabad) &
Dr. Aisha Sitwat (Center for Clinical Psychology, University of the Punjab, Lahore)
zakicdra@yahoo.com

The aim of the present study was to investigate the relationship between attachment styles, dark triad traits and breakup distress in university students having multiple relationship breakups. It was hypothesized that there is likely to be a negative relationship between secure attachment styles and breakup distress, there is likely to be a positive relationship between insecure attachment style and breakup distress. Further it was hypothesized that there is likely to be a negative relationship between dark triad traits. For this correlational study, a sample of 215 young adults (age range 18 to 25 years) was taken through screening procedure from government and private universities. Demographic information form, Attachment Style Questionnaire (Feeney, Noller, & Hanrahan, 1994), Revised Adult Attachment Scale (Collins, 1996), Dirty Dozen Questionnaire (Jonason & Webster, 2010) and Break up Distress Scale (Field et al., 2009) were used to measure study variable. Results showed that about 57% of university students have been through one breakup in their lives and individuals with multiple relationship breakups were 56%. 22% of the university students were having multiple (two or more) relationship breakups and reported depression, guilt, anger, frustration rejection and trust issues after breakup. Depression

was most prevalent of all. Academic performance was also declined in 59% of these depressed individuals. Significantly more men than women were initiated the problem in relationship whereas significantly more women than men initiated relationship breakup. A significant correlation was found between Attachment Styles and Breakup Distress. The distress was reported more by women as compared to men. However, dark triad traits did not correlate with breakup distress. As frequency of making and breaking of multiple relationships is increasing, this phenomenon has disturbed the fabric of family life in collectivistic cultures and is also impacting the psychological wellbeing of individuals. This study has implications for clinicians and academicians to address the issue that is impacting the youth.

Keywords: Attachment Styles, Dark Triad, Breakup Distress, Relationships, Multiple Breakups

Relationship between Self-Care Behavior and Perceived Empowerment in Patients with Type II Diabetes

Rida Batool & Aneza Bashir

Department of Applied Psychology, University of Sargodha, Sargodha
rb.batool23@gmail.com

The present study is planned to examine the relationship between self-care behavior and perceived empowerment in patients with type II diabetes. The sample comprised of 300 diabetic patients which were selected through cross sectional research design from different hospitals of Sargodha, Lahore and Jurabad. Diabetes Self-Management Questionnaire DSMQ, (Schmitt, 2013) and The Perception of Empowerment Instrument PEI (Roller, 1998) were used to measure the constructs of present study. Psychometric properties and descriptive were determined to ensure the normality of sample. Multiple Regression analysis revealed that perceived empowerment positively predicts self-care behavior. Correlation analysis depicted significant correlations among the variables of present study in expected directions. Meanwhile ANOVA shows significant effect of age, socio-economic status and disease duration on self-care behavior and perceived empowerment. Implications of the study along with its limitation were discussed and recommendation for future research was suggested.

Keywords: Self-Care Behavior, Perceived Empowerment, Diabetes

Relationship between Self-Monitoring and Job Motivation in College Teachers

Aisha Rouf Butt (Department of Applied Psychology, University of the Punjab) &

Saba Sajjad (National Institute of Psychology, Center of Excellence, Quaid-i-Azam University, Islamabad)
gullaishy@gmail.com

The present study was aimed to explore relationship between self-monitoring and job motivation in college teachers. Sample of study comprised of 150 college teachers, 75 males and 75 females. The sample was selected through purposive sampling technique from Gujranwala, Pakistan. Self-monitoring scale (Snyder, 1974) and multidimensional job motivation scale (Deci & Ryan, 2009) was used. Correlation analysis indicated no significant relationship between self-monitoring, intrinsic and extrinsic motivation whereas self-monitoring has negative relationship with motivation. Gender differences in external regulation were also investigated. Findings of the study provided quite useful information for increasing the self-monitoring and job motivation.

Keywords: Self-Monitoring, Job Motivation, Intrinsic Motivation, Integrated Regulation, Identified Regulation

Marital Relationship in Islamic Perspective and Prevailing Practices in Pakistan

Dr. Gulzar Ahmad

Department of Psychology, Lahore Garrison University, Lahore
drgulzar@lgu.edu.pk

Marital relation in Islamic religious perspective is one of the most important social aspects of human life. The Islamic injunctions as the Divine revelations composed in the Holy Book of Quran and the sayings and deeds of the Holy Prophet, Muhammad (peace be upon him) have endorsed heterosexual marriages for all capable young men and women, and deliberated a detailed description of the rights, obligations and equity between husband and wife including concepts of polygamy, divorce, remarriage and inheritance in an integrated family system. In this article, the Islamic discourse is briefed, and with this reference, the prevailing Pakistani marital sociocultural practices are discussed. It is observed that many concepts and directions of Islam are being flouted today by most of its Pakistani believers in their marital relations, ceremonies and practices. Conclusions and recommendations are given to devise a national marital policy to alleviate human sufferings so as to lead a happy marital life in Islamic domains and local sociocultural perspectives.

Keywords: Marital Relations, Marriage, Family, Islamic Perspective, Pakistani Sociocultural Practices

Stigma about Mental Illness and its Impact on Help-Seeking Intentions

Humaira Zia

Department of Islamic Studies, Shiblee Group of Colleges for Women, Madina Town, Faisalabad
humairazia11@gmail.com

In this article, we will review the complex elements of stigma related to mental health care in order to understand its effects on people with mental illnesses. Stigma is a risk factor leading to devastating mental health consequences. Mentally ill Patients, even their families hesitate to consult a mental health professional to diagnose disorder and seek proper treatment. Such Stigmas not only effect mentally ill patients and whole their lives but also their families, their community, their surrounding atmosphere and ultimately the whole society. Reluctance to seek professional help for mental illnesses delays timely diagnosis and treatment. This is a hindrance to recovery and rehabilitation of a patient reducing his enthusiasm in life. Stigma towards people with mental disorders is a very common problem in Pakistan. There is a need to spread awareness among people through education, campaigns and seminars to highlight negative attitudes towards mentally ill people so that mental health becomes important for people like other physical diseases. We will then summarize public policy considerations to tackle stigma in order to improve people's behavior towards getting mental health care. Although the quality and efficacy of mental health treatments and services have become much better over the past 50 years, but therapeutic revolutions in psychiatry have not accomplished to diminish the thing 'stigma'. The effects of stigma can be reduced by raising awareness of mental illness, it's genuineness and importance to treat it under professional supervision. Understanding stigma first is necessary to reduce its negative impact on help seeking behavior. Strategies are developing gradually to prevent the effects of public, self, and structural stigma. Programs for mental health providers can be useful for promoting care intervention. Mental health literacy, cultural competence, and family involvement campaigns also alleviate stigma's harmful impact on care seeking. Policy change is essential to overcome the structural stigma that spoiles government agendas meant to promote mental health care. Research programs are also being expanded to tackle stigmas and developing care seeking behavior.

Keywords: Stigma, Help Seeking, Serious Mental Illness, Service Utilization, Pakistan

Perception and Relation of Body Image and Self-Esteem among Teenage Girls and Boys

Maham Fatima, Fareeha Sanam, Madiha Hasnain, Sania Shahzad & Amna Hassan

Department of Applied Psychology, Riphah International University, Rawalpindi
saba.hafsa@riphah.edu.pk

The aim of present study was to know the perception and relationship of body image and self-esteem among teenage boys and girls. The sample of 50 females and 50 males, having age group of 13-19 years were selected randomly from colleges and schools of twin cities of Pakistan. Participants completed Demographic Information Sheet, Rosenberg's Self Esteem Scale and Multi-Dimensional Body Self-Relations Questionnaire Appearance Scale. Pearson Product Moment Correlation was used to explore the relationship between self-esteem and body image, while Independent Sample t-test was employed to compare the differences in perception of self-esteem and body image between males and females. Major Findings: Results indicated that a Rosenberg Self-Esteem Scale is directly related with Multidimensional Body Self Relations Questionnaire. However, perception of body image and self-esteem differ drastically among males and females. All the variables under study are significantly related to each other at $p < 0.05$. Cronbach's Alpha Reliability Coefficient (.654) of Multi-dimensional Body Self-Relations Questionnaire which consists of 34 items and Rosenberg's Self-Esteem Scale (.414) which consists of 10 items. T-test results for gender wise differences in perception of body image and self-esteem revealed non-significant gender differences, where teenage females tend to have lower level of self-esteem and thus have lowered bodily satisfaction, ($M=108.60$, $SD=13.66$) than the males ($M=116.66$, $SD=18.3$). Coefficients of dependent variable Body Image and its relation with independent variable Self-Esteem, was resulted to be -1.712 . Thus proving the hypothesis that low self-esteem causes negative body image, and high esteem causes positive body image, and also that females have lowered self-esteem at teenage than males, and hence a lowered perception of body image.

Keywords: Self-Esteem, Body Image, Teenage, Gender Differences

Relationship between Positive and Negative Affectivity, Self- Compassion and Psychological Distress among Shelter Home Women

Mahnoor (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftikhar (Institute of Applied Psychology, University of the Punjab, Lahore)
mahnoorjaved982@gmail.com

The present study aims to investigate the relationship between Positive and Negative Affectivity, Self-Compassion and Psychological Distress among shelter home women. Secondly study explored the demographics such as age, education, residential status, family system, marital status and financial problems among shelter home women. This research is based on cross-sectional research design. Positive and Negative Affectivity scale developed by Watson and Tellegen, (1988). Positive and Negative Affectivity was measured by PANAS scale. Self-compassion scale was developed by Neff (2003) and measured by self-compassion scale. The data obtained from questionnaire were analysed by the use of the Statistical package for the social sciences 20 version. Psychological distress was measured by Kessler, Andrew and Colpe (2002). 100 shelter home women were selected by using purposive sampling technique. Correlation, t-test and ANOVA were applied to analyse data. Result Indicate that Positive affectivity has significant negative correlation with negative affectivity and psychological distress. Positive affectivity has significant positive correlation with self-kindness and Common-humanity and positive relationship with self-judgment isolation, mindfulness and over identified and negative affectivity has negative relationship with self-compassion self-kindness, self-judgment isolation and significant positive correlation with psychological distress. Result of the present study show that age is non-significant, shelter home women with marital status are significantly high in self-compassion, self-judgment and over-identified, shelter home women from financial problem in positive affect, self-compassion is significantly high. Results are non-significant in age, education, residential status.

Keywords: Positive and Negative Affectivity, Self-Compassion, Psychological Distress

Relationship between Social Support, Self Esteem and Post Traumatic Growth in Heart Attack Patients

Ushana Nawaz (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftikhar (Institute of Applied Psychology, University of the Punjab, Lahore)
ushana.nawaz3@gmail.com

The present study aims to investigate the relationship between social supports, self-esteem and post traumatic growth in heart attack patients. This research is based on cross sectional research design. The purposive sampling technique was used for the data collection. The sample size was 120 heart attack patients. The present study variables were measured by the Multidimensional scale of perceived social support developed by (Zimet, Dahlem, Zimet & Farley in 1988), Rosenberg self-esteem scale developed by (Rosenberg, M. in 1965) and Post traumatic growth inventory constructed by (Baker, Kelly, Calhoun, Cann, & Tedeschi, 2008). The data obtained from questionnaires were analyzed by the use of the Statistical Package for the Social Sciences 20 version. The findings of the present research revealed that there is significant positive correlation between social support, self-esteem and post traumatic growth in heart attack patients. The findings of the present study also revealed that gender, age, education, financial problem, psychological problem, family system, marital status and duration of illness has no significant difference, furthermore family system and self-esteem is significantly high in urban.

Keywords: Social Support, Self-Esteem, Post Traumatic Growth, Heart Attack Patients

Psychological Capital, Mental Health and Burnout in Professional Working in Autism Centers

Farwa Razaq & Sara Latif
Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
farwah.razaq@gmail.com

The present research was designed to find out the relationship between Psychological Capital, Mental Health and Burnout among Professionals working in Autism Centers. Furthermore, it also aimed to investigate the role of mental health as a mediator between psychological capital and burnout. It was hypothesized that i) There is likely to be a positive relationship between psychological capital and mental health ii) There is likely to be a negative relationship between mental health and burnout iii) there is likely to be a negative relationship between psychological capital and burnout among Professionals of Autism resource center. Psychological Capital and Mental Health predict the Burnout among professional of Autism. The Mental Health is mediated between Psychological Capital and burnout. The correlational research design and non-probability purposive sampling technique was used to collect data. The participants of the study were Autism Therapist N=150. For this purpose, Behavior Therapist (n=80), Speech Therapist (n=40) and Special Educationist (n=30) from different autism centers were taken as a sample. The research instruments included Demographic Information Sheet,

Psychological Capital Questionnaire (PCQ, Luthans et al., 2007), General Health Questionnaire (GHQ, Goldberg and Hiller, 1979) and Teacher Burnout Inventory, (TBI, Seidman and Zager, 1987) were used for the data collection. Result of present study showed that a significant positive relationship exists between Psychological Capital and Mental Health. Negative relationship among psychological capital and burnout was also found. It also revealed that the unsatisfactory working environment of Autism therapist predicted the burnout.

Keywords: Psychological Capital, Mental Health, Burnout, Autism

Stigmatization and Psychological Well-Being of Male Drug Addicts in Pakistan

Saleem Abbas & Shahid Iqbal

(Institute of Clinical Psychology, University of Karachi, Karachi)

saleemabbas2011@yahoo.com

The present study aimed to measure the impact of stigmatization on the psychological wellbeing of male drug addicts in Pakistan. Drug addiction is highly stigmatised condition as compared to other psychiatric disorders (Ahern, Stuber and Galea, 2007). Furthermore stigma of drug addiction is a one of the leading cause of mental health problems and resistant in the treatment of drug addiction (Keyes, Hatzenbuehler, McLaughlin, Link, Olfson, et al. 2010). On the basis of extensive literature review following hypothesis was tested: 1) Stigma would predict poor psychological well-being of male drug addicts (i.e. mild, moderate, severe/ chronic and relapse) in Pakistan. In the current study 508 male drug addicts (i.e. 125 mild addicts, 125 moderate addicts, 132 severe/ chronic addicts and 126 relapse addicts) were selected from different drug treatment and rehabilitation centres located in the major cities of Pakistan. Only those participants were selected who met the diagnostic criteria of Substance Use Disorders according to DSM-5 TM. Following measures were used. 1) Substance Abuse Self-Stigma Scale (SASSS by Luoma, Raye, Kohlenberg and Hayes (in Press), and ICP subjective well-being (Moghal and Khan, 2013). 4) Descriptive statistic and inferential statistics (i.e. Multi-variate regression analysis) was applied for measuring the prediction value. Result showed that our hypothesis of current study was partially accepted which showed that stigma predicted Psychological well-being ($p < .05$). At the end of study implications, limitations and direction for future studies has been also highlighted.

Keywords: Stigmatization, Psychological Well-Being, Drug Addicts

Impact of Faith in Allah on Hope and Satisfaction with Life among Older Adults of Southern Punjab

Ali Raza Siddique (Department of Applied Psychology, the Islamia University of Bahawalpur, Bahawalpur),

Dr. Muhammad Saleem (Department of Applied Psychology, the Islamia University of Bahawalpur,

Bahawalpur), Areeha Khan Durrani & Muhammad Waseem Tufail (Institute of Southern Punjab, Multan, Pakistan)

chsaleem_1@hotmail.com

Faith is all about the beliefs, rituals and practices related to the divine Allah. The objective of this study was to assess the impact of faith in Allah on hope and life satisfaction among old adults. In this study, a sample of 322 old adults (age > 60) were taken from 3 DHQ of (Bahawalpur, Multan, Bahawalnagar) of Southern Punjab through purposive sampling technique. The sample was justified by using a priori sample size calculator (Soper, 2019). Both genders participated equally. For the collection of data, Faith in Allah Questionnaire- FAQ (Farooqi & Tariq, 2012), Adult Hope Scale (Snyder et al., 1991) and Satisfaction with Life Scale-SWLS (Diener, Emmons, Larsen & Griffin, 1985) were used. After successful data collection, results were analyzed by using SPSS (24.0). The results revealed that, there was significant positive correlation between Faith in Allah, Hope and satisfaction with life among older age individuals. Whereas the results of regression analysis showed that, Faith in Allah is a significant predictor of significantly Hope ($r = 0.72$, $p < .01$) and Life Satisfaction ($r = 0.68$, $p < .01$) among older adults. Overall, this study concluded that in old age individuals have strong faith and belief in Allah which increases their level of hope and satisfaction towards their lives. The limitations and future avenues have also been furnished.

Keywords: Faith in Allah, Hope, Satisfaction with Life, Older Adults, Southern Punjab

Mindfulness, Cognitive Flexibility and Stress among University Students

Sauliha Wasay & Dr. Masha Asad Khan

Department of Applied Psychology, Kinnaird College for Women University, Lahore

saulihawasay97@gmail.com

This study examined the relationship of mindfulness, cognitive flexibility and stress among university students. It also investigated the predictors of stress among the university students. A purposive sample of 200 students ($m = 100$; $f = 100$) aged between 18-25 years ($M = 20.72$, $SD = 1.78$) from different educational institutions were

included. Five Facet Mindfulness Questionnaire (Baer, Smith, Hopkins, Krietemeyer, Toney, 2006), Cognitive Flexibility Inventory (Martin & Rubin, 1995), Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983) and demographic form were administered. Cross sectional design was used. Data was analyzed using Pearson Product Moment Coefficient of Correlation and Multiple Hierarchical Linear Regression using Statistical Package for Social Sciences (SPSS) version 22. Normality of data was checked using normality tests and data was found to be normal. Reliability analysis was done for checking the psychometric properties of the scale and all scales were found to be reliable. Results revealed that students having high perceived stress showed low mindfulness and low cognitive flexibility. Regression analysis indicated mindfulness as significant predictor of perceived stress among university students. The findings of this study may help in identification and early prevention of stress.

Keywords: Mindfulness, Cognitive Flexibility, Perceived Stress, Students

Effects of Perceived Social Support on Quality of life in Patients with Coronary Heart Disease

Dr. Syeda Razia Bukhari (Department of Clinical Psychology, ShifaTameer-e-Millat University, Islamabad) & Shumaila Khurshid (National Institute of Psychology, Center of Excellence, Quaid-e-Azam University, Islamabad)

drsyedaraziabukhari@hotmail.com

The present study investigates the effects of Perceived Social Support on Quality of life in patients with Coronary Heart Disease. Cross-sectional research design and purposive sampling technique was used and data was collected from various hospitals of Islamabad and Rawalpindi. Data was gathered through purposive sampling technique from different hospitals of Islamabad and Rawalpindi. To study the variable of interest, Multidimensional Scale of Perceived Social Support translated by Jabeen, and Khalid, (2010) was used to assess Perceived Social Support and Quality of life translated by Khan, Akhter, Ayub, Alam, & Laghari, (2003) was used to assess Quality of life in patients with Coronary heart disease. Data was analyzed on SPSS version 21. Pearson product moment coefficient correlation was computed to find out the relationship between Perceived Social Support and Quality of life. Result revealed that Perceived Social Support would be positively related to Quality of life which means the high level social support lead to supreme level of the quality of life of the individual. The findings revealed that there is highly significant positive relationship between perceive social support and quality of life, supported the study hypothesis. It means when friends, family and significant others provide better social support and help the person, individual perceive more social support and it will also enhance the quality of life.

Keywords: Perceived Social Support, Quality of Life, Patients, Coronary Heart Disease

Paranormal Beliefs, Personality Traits and Quality of Life in Clients with OCD

Syeda Manal Fatima & Rabia Jameel

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
manalfatima543@gmail.com

The purpose of the present study was to examine association between Paranormal Beliefs, Personality Traits and Quality of Life in Clients with Obsessive Compulsive Disorder from both private and public hospitals. In this study data was taken from (N=100) clients with obsessive compulsive disorder. Data was collected from mean age (M= 25.86). Purposive sampling technique was used to recruit the sample. Paranormal Beliefs Scale (Tobacyk, 1988) was used to measure the level of Paranormal Beliefs. Moreover, Ten Item Personality Inventory (Gosling et al., 2003) was utilized to assess the level of Personality Traits in the current study and Quality of Life Scale (Flanagan, 1970) was used to assess the level of Quality of Life. Pearson Product Moment Correlation and Hierarchal Regression analysis were used. Results revealed Paranormal Beliefs has significant negative relationship with Quality of Life; However, Personality Traits has a significant positive relationship with Quality of Life. Moreover, Findings also revealed Paranormal Beliefs and Personality Traits were significant predictors of Quality of Life. Results also revealed statistical reliable difference between Gender and Quality of Life.

Keywords: Paranormal Beliefs, Personality Traits, Quality of Life, Clients with Obsessive Compulsive Disorder

Mindfulness, Humor Styles and Personal Growth Initiative in University Students

Aiman Rahim & Sara Asad

Department of Applied Psychology, Kinnaird College for Women University, Lahore
aimanrahim567@gmail.com

This study aimed to examine the relationship between mindfulness, humor styles and personal growth initiative in university students. Furthermore, the predictors of personal growth initiative were identified in university

students. Correlational research design was employed and data was obtained from 300 university students (150 = men; 150 = women) between the age range of 18 and 22 years (Mage = 20.12; SD = 1.33) using convenience sampling. The data was collected from five different public and private universities in Lahore. Demographic sheet, Trait Mindful Attention Awareness Scale (Brown & Ryan, 2003), Humor Styles Questionnaire (Martin et al., 2003) and Personal Growth Initiative II (Revised) Scale (Robitschek et al., 2012) were used to measure the variables. The results indicated that mindfulness and adaptive humor styles (self-enhancing humor and affiliative humor) have a significant positive relationship with all four dimensions of personal growth initiative in university students. Maladaptive humor styles (self-defeating humor and aggressive humor) were found to have a significant negative relationship with all four dimensions of personal growth initiative in university students. Mindfulness and self-enhancing humor were identified as significant positive predictors of all four dimensions of personal growth initiative in university students. Affiliative humor was identified as a significant positive predictor of readiness for change, planfulness and using resources in university students. Self-defeating humor was identified as a significant positive predictor of intentional behavior among university students. Future implications of these findings include the development of teaching methodologies and study techniques for university students to promote personal growth.

Keywords: Mindfulness, Humor Styles, Personal Growth Initiative, Predictors, University Students

Relationship between Emotional Suppression, Frustration Tolerance and Psychological Distress among Single Parent Children

Aisha Rouf Butt (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftikhar
(Institute of Applied Psychology, University of the Punjab, Lahore)
gullaishy@gmail.com

The present study aimed to investigate the relationship between Emotional suppression, Frustration tolerance and Psychological distress among single parent children. The research is based on co- relational research design. The convenient sampling technique was used for data collection. The sample size was 140 single parent children with age range from 12-22 years. The present study variables were measured by Emotion Regulation Questionnaire developed by Gross and John (2013), Low Frustration Scale developed by Simon Trip and Carmen Bora in (2009), and the Kessler Psychological distress Scale (K-10) in Urdu language. The data obtained from questionnaire was analyzed by the use of Statistical Package for the social sciences 24 version. Descriptive statistics, correlation, independent sample t-test and ANOVA were used to test the hypotheses. Findings of the present research revealed that there is significant positive relationship between emotional suppression and frustration tolerance while the correlation is non- significant between emotional suppression and psychological distress. It has been also observed that there is significant positive relationship between frustration tolerance and psychological distress. Findings of the present study also revealed that there is significant mean difference in emotional suppression, frustration tolerance and psychological distress with gender, and frustration tolerance's subscale learning activity regarding to family system. There is no significant mean difference with age range, guardian and family system on emotional suppression, frustration tolerance and psychological distress.

Keywords: Emotional Suppression, Frustration Tolerance, Psychological Distress

The Relationship between Authoritarian Personality, Subjective Wellbeing and Social Identity among Young Adults

Misbah Asghar, Samrah Jamshaid & Dr. Najma Malik
Department of Applied Psychology, University of Sargodha, Sargodha
samrahjamshaid@gmail.com

The purpose of this study was to examine the relationship between Authoritarian personality, subjective wellbeing and social identity among young adults. N =300 students were participated in current study in which n=144 are males and n=155 are females with age range from 18 to 25 years. Cross sectional research design was used in present study. Data was collected from the higher institutions of the Sargodha by following scales Right wing Authoritarianism (Altemeyer, 1981), General Subjective wellbeing inventory (Dalbert1992), Aspects of identity Questionnaire (AIQ-IV) (Cheek, & Briggs, in 2013. Pearson correlation was used to measure the relationship between Authoritarian personality, Subjective wellbeing and social identity. Results of present study shows positive relationship between Authoritarian personality, subjective wellbeing and social identity.

Keywords: Authoritarian Personality, Subjective Wellbeing, Social Identity

Holy Prophet Hazrat Muhammad (S.A.W.) as Child Psychologist

Ayesha Azhar

SSS (Psychology), Govt. Girls Higher Secondary School, Barki, Lahore Cantt. (School Education Department, Govt. of Punjab, Lahore)

am_ummeedehajra786@yahoo.com

20th century is regarded as the “Century of speedy development in the field of Psychology” which was earlier considered as a “branch of Philosophy” only. Psychology emerged as a separate and distinct discipline wherein many schools of thought were developed by Psychologists. As a result many new branches of Psychology were also emerged e.g. Clinical Psychology, Educational & School Psychology, Child Psychology, Industrial Psychology etc. A number of theories and principles of child development and child psychology were presented after carrying out numerous researches by eminent psychologists e.g. Freud, Piaget, Adler, Erikson, Watson, John Dewey, Harlow, etc. However, in this article, an attempt has been made to highlight those incidents, sayings (Ahadith) and practices (Sunnah) of Holy Prophet Hazrat Muhammad (S.A.W.) related to child development & psychology which present realistic, practicable and applicable implications before the world instead of merely formulating theories. Importance of prenatal development, attitude towards infants, toddlers and children, inter-relationship between parents and children (importance of mother’s and father’s role), critical role of mother-feeding, importance of both nature and nurture in child development, importance of child’s name, significance of modeling and imitation, equality among all offspring to avoid sibling rivalry and other complexes, love and affection for destitute, needy, homeless and orphan children, child-custody issue in case of parents’ separation, use of reinforcement (reward, punishment, incentive) for strengthening positive behavior, gender roles and stereotypes in children, importance of child education in nutshell all the issues and aspects of child psychology are well explained in the Ahadith and Sunnah of Holy Prophet (S.A.W.) and one cannot find any difficulty in deriving and synthesizing important applicable theories and practices about Child Psychology from His life (Sunnah and Ahadith) wherein the message and ways of healthy child development in simple but solid comprehensible words can be easily found. In this article, important Ahadith and Sunnah of Holy Prophet Hazrat Muhammad (S.A.W.) related to child development and child psychology are highlighted to prove that the theories and principles of child psychology presented in the 20th century are not new one rather almost all of them were already described and explained very well in an expressive and impressive way 14 hundred years before in Ahadith and Sunnah of Hazrat Muhammad (S.A.W.). Hence, no doubt, he is the “Best Child Psychologist” of the world ever.

Keywords: Hazrat Muammad (S.A.W.), Ahadith, Sunnah, Child Development

Minifying the Academic Burnout among Religious and Non-religious Students through Religious Cognitive Behavioral Therapy

Sarwat Sultan, Sumreen Kanwal, Frsat Kanwal, (Department of Applied Psychology, Bahauddin Zakariya University, Multan) & Maria Anwar (The Physio College of Rehabilitation Sciences, Multan)

sarwatsultan@hotmail.com

At some point of every student’s life, schoolwork becomes stressful. Even if one student is really smart, intelligent or hard working, academic burnout can happen to any student and it can cause pretty serious outcomes. Therefore this study attempted to investigate the efficacy of religious cognitive behavioral therapy (RCBT) in limiting the impacts of academic burnout among students. A total sample of 87 college students aged 17-21 years identified as religious (n=40) and nonreligious (n=47) was given RCBT with repeated assessments of academic burnout at pre-intervention (T1), 1 week post-intervention (T2), and 12 week follow-up (T3). By employing a mixed between-within subjects analysis of variance, scores were compared on academic burnout between religious and non-religious students across three time periods (Time 1, Time 2, and Time 3). There was a significant interaction between type of students and time; and there was also a significant main effect for time. Results of partial eta squared suggested a decrease in academic burnout across the three time points for both religious students and non-religious students group, however RCBT was found more effective for religious group than non-religious group. Results of the present study determined the efficacy of RCBT and have the implications for both teachers and psychotherapists to improve the students’ academic performance.

Keywords: Academic Burnout, Religiosity, Religious Cognitive Behavior Therapy, Stress

Exploration of Efficacy of Mental Health Campaign the Students of Bahria University-Karachi Campus

Sidra Shoaib

Institute of Professional Psychology, Bahria University, Karachi

Sidrashoaib.ipp@bahria.edu.pk

The current research aimed to find out the efficacy of mental health campaigns on the self-concept, self-awareness of university students and their perception regarding psychologists through equivalent time series Quasi Experimental Design. The participants were approached through a purposive convenient sampling one week before and one week after the Mental Health Campaign Week. The participants of each domain were mutually inclusive of other categories and it was made sure that participants must have been part of any of the activity that had been conducted during the campaign. A total of $N=307$ students were approached for pretest $N=316$ were approached for the posttest and the respective participants for each domain were self-concept (*Pre-test* $n=82$ & *Post-test* $n=98$), self-awareness (*Pre-test* $n=120$ & *Post-test* $n=120$) of students and perception about psychologist (*Pre-test* $n=107$ & *Post-test* $n=103$). Three separate forms were compiled to collect the data from the students for each domain. Each form was comprise of a consent form, demographic information sheet and respective scale (Adolescents' Self-concept Short Scale: A version of PHCSCS, The Self-Awareness Outcomes Questionnaire & Self-Developed Perception about Psychologist scale) measuring each domain. First Consent Form was presented to students followed by demographic information sheet and respective scale of each domain. After data collection data was analyzed on SPSS. The results of the study revealed that there was no significant difference in self-concept ($t=-0.07$, $p=.93$) and self-awareness ($t=1.39$, $p=.16$) of students before and after the campaign, while there is a significant difference in the perception of the Psychologist ($t=2.08$, $p=.03$), where students have more positive perception about Psychologist after the campaign. The current research have important implication for future mental health campaigns.

Keywords: Mental Health Campaign, Self-Concept, Self-Perception, Psychologist Perception

Autism Spectrum Disorder on the Basis of Executive Functioning Profile

Maria Ishtiaq, Sikandar Khan, Hafsa Noreen, Saima Abbas (Riphah College of Rehabilitation Sciences, Riphah International University, Lahore), Atif Manzoor & Abdullah Butt (Children Hospital and Institute of Child Health Care (CH&ICH), Lahore)

mariaishtiaq9@gmail.com

There is lack of work done regarding the Executive functioning in children with Autism and it's comparison with normal children. It is why this study was conducted to fill the gap and evaluate & compare executive functioning in children with ASD and in Normal Children. This study was designed to investigate the Autism Spectrum Disorder on the basis of Executive Functioning profile in children. Executive Functioning is an umbrella term that covers several cognitive processes measured to be needed for preparing and performing complex goal directed behaviors in which automatic behaviors are not sufficient. The study was Comparative Cross-Sectional survey. Non-probability convenient sampling was used and data was analyzed by independent T- Test. The sample size taken was 96. Sample was taken from Lahore Pakistan. Data was collected from government and private settings. The results were analyzed through SPSS. The results indicated strengthen on both group Normal vs ASD. The sig p-value $< .005$ was shown in Response Initiation, Working Memory, Emotional Control, Task Initiation, Sustained Attention, Planning, and Organization, Flexibility, Metacognition and Goal Directed Persistence. It was concluded that there is a negative relationship among time management on both population normal vs ASD, while positive relationship among Response Initiation, Working Memory, Emotional Control, Task Initiation, Sustained Attention, Planning, Organization, Flexibility, Metacognition and Goal Directed persistence.

Keywords: Autism Spectrum Disorder, Executive Functioning, Goal Directed Persistence, Sustained Attention, Working Memory, Task Initiation

Does Emotional Intelligence Buffer the Harmful effects of Work Place Bullying on Psychological Strain and Life Satisfaction?

Sonia Saleem (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore) & Shazia Nauman (Faculty of Management Sciences, Riphah International University, Lahore)

soniasaleem192@gmail.com

Draw on the Conservation of Resources theory, the present study investigated the relationship of Workplace Bullying with Psychological Strain and Life Satisfaction. Further the moderating role of Emotional Intelligence (EI) was examined. The data was collected from 204 nurses from two Government Hospitals in Lahore using convenience sampling technique. Correlational research design was used to test the proposed hypotheses.

Results of the study suggested that Workplace Bullying was significantly related to Psychological Strain and Life Satisfaction. Further, Emotional intelligence buffers the harmful effects of Workplace Bullying on Psychological Strain and Life Satisfaction among Nurses. Findings suggest that Emotional Intelligence can be used as a personal resource to reduce the harmful effects of Workplace Bullying on employees. The study has both theoretical and practical implications for Human Resources (HR) in hospital settings.

Keywords: Workplace Bullying, Emotional Intelligence, Psychological Strain, Life Satisfaction, Conservation

Who are binge Watchers and Why Do they binge Watch? A Qualitative Exploration of Binge Watching Phenomenon

Tehreem Riffat & Dr. Tazvin Ijaz

Clinical Psychology Unit, Government College University, Lahore

tehreem_riffat@yahoo.com

The study aimed to carry out a comprehensive exploration of binge watching phenomenon--watching two or more episodes of television show in single setting. Qualitative research design was employed so that participants could openly narrate their experiences of binge watching. Using snowball sampling, a sample of 8 participants (N=8) was gathered that fit the operational definition of binge watching and met the criteria for heavy bingers--individuals who watched five or more episodes in single setting. Participants filled a screening questionnaire followed by an interview. Data generated was analyzed using interpretative phenomenological analysis (IPA). Findings suggested that binge watchers were lonely, experienced negative emotional states, and had actual/ideal self-discrepancy, poor self-regulation skills, socialization problems and family problems. Motivations for binge watching were stress relief and relaxation, entertainment and companionship. The identified set of personal, emotional and social problems constituted profile of binge watchers. These problems were responsible for viewers' inclination towards overconsumption of television content as they binge watched to escape their problems, relax, entertain themselves and feel companionship. The motivations for binge watching were reflective of, and in line with the problems they experienced, suggesting that participants used binge watching as a kind of coping mechanism to deal with their problems. While it may seem that binge watching maybe a problem of the modern era, it appears that it is actually a symptom of a larger emotional problem, lying underneath, remaining unnoticed. The implications and future recommendations of research are discussed.

Keywords: Binge Watching, Heavy Bingers, Profile, Motivations

Social Support as a Predictor of Post Traumatic Growth in Adult Diabetic and Cardiovascular Patients

Touseef Ahmad & Aneesa Bashir

Department of Applied Psychology, University of Sargodha, Sargodha

touseefahmad1760@gmail.com

The aim of study was to find out the impact of Social support on Post traumatic growth in adult diabetic and cardiovascular patients. The present study was a cross sectional research conducted on a sample of 300 patients. Sample was further divided into male (n=150) and female (n=150). Data was collected by using convenient sampling technique along with two self-reported measures that include 12 item Multi-Dimensional Scale of Perceived Social Support (Zimet, 1985) and 21 items Post-traumatic growth inventory (Tedeschi & Calhoun, 1999). Pearson co-relation signifies the positive correlation of social support with all dimensions of Post-traumatic growth. Multiple regression analysis was run to test Social Support as predictor of Post-traumatic growth, and results indicates that social support positively predicts Post traumatic growth ($B=.71^{***}$, $p<.001$). Result of study concluded that Social support positively predicts Post-traumatic growth in diabetic and cardiovascular patients. If strong social support is present for patient during his/her traumatic time period, it will make them strong and their level of functioning also rises and they will grow positively after that traumatic event or diseases has passed.

Implications: This study will be helpful for other people to understand that patients with these particular disease requires their support and care, so that they could develop satisfaction during tough period.

Keywords: Social Support, Post-traumatic Growth, Cardiovascular

Establishing the Content Validity Index of Mental Health Scale for Emerging Adults

Ammara Numan & Dr. Amina Muazzam

Department of Applied Psychology, Lahore College for Women University, Lahore

ammara_numan@gmail.com

In recent times emerging adulthood is an important phenomenon prevailing all over the world. The current study is aimed to develop an indigenous mental health scale for emerging adults (MHS-EA) for the prevalence and assessment of well-being of emerging adults for Pakistani population. The study was conducted in two phases.

In phase I, semi-structured interviews were conducted with two experts in order to understand the phase of emerging adulthood in the context of Pakistan. Moreover, 6 emerging adults age ranges from 18-25 years (($M=20.66$, $SD=2.4$) were also interviewed to explore the phenomenon of emerging adulthood for further in-depth understanding. 76 items were generated through literature and the analysis of semi-structured interviews. Content validity index was generated through the ratings by 6 experts. 72 items were retained and 4 were excluded for the final list of items. 0.93 scale-CVI showed that the items were content valid. It was recommended to conduct further research to establish the psychometric properties of current scale. Future implications of the study were also discussed.

Keywords: Emerging Adulthood, Mental Health, Content Validity Index

Establishing Content Validity of Adult Perceived Hope Scale in Pakistan

Fatima Javaid & Dr. Amina Muazzam

Department of Applied Psychology, Lahore College for Women University, Lahore
fatima.javaid737@gmail.com

Hope has been seen as something merely individual or something that is fundamentally related to others, be it other people or even a universal and transcendent higher power (Marcel, 2010). The present study was intended to develop Adult Perceived Hope Scale in Pakistan and to establish content validity of scale. The scale was developed in two stages, Stage I; The Gathering and Organizing Procedure of Hope Construct and Stage II; Empirical Validation of scale. A detailed review of the literature and unstructured interview was conducted by researcher on sub-sample of ($n=18$) and age range of the participants was 18-60 years. Originally thirty two items of hope were generated in Urdu language. The content validity index the scale was given to the six subject experts of Positive Psychology who had almost experience of five years in their fields. According to their suggestions some changes were brought in and four items out of twenty nine were removed out. The item which has value of 0.83 or more were retained. Therefore twenty five (25) statements of the Adult Perceived Hope Scale (APHS) were finalized by the subject experts to whom the inventory was given for content validity. The Scale CVI was 0.84. The response category is five-point likert like scale ranging from (1-strongly agree, 2-agree, 3- agree/disagree 4-disagree, and 5-strongly disagree). The higher score represents high hope and low score represents low hope. Factor structure will be established through Exploratory Factor Analysis and psychometric properties will be determined.

Keywords: Adult Perceived Hope, Transcendent Higher Power, Positive Psychology

Development of Scale on Psychosocial Issues of Airline Pilots

Maryam Amjad & Dr. Amina Muazzam

Department of Applied Psychology, Lahore College for Women University, Lahore
maryamamjad@cuilahore.edu.pk

The aim of this study was to focus and highlight aviation psychology as one of the most neglected areas of research. To initiate the study in this particular area, the psychosocial issues of the backbone of this industry i.e., the pilots are targeted. The nature of their job makes them fall on fourth most stressful job in the world. Keeping the phenomenon in mind, the study was designed following two phases. In the first phase, review of literature and 5 unstructured interviews with the pilots helped to extract their psychosocial issues into two main categories of job and personal life. These issues proved to be congruent with the theoretical framework already proposed by different researchers worldwide. In the second phase, expert validation by 4 psychologists (3 with experience of scale development and 1 with aviation experience) and 3 pilots abetted to procure strongly acceptable content validity index of the scale ($S-CVI=0.94$) with total 45 items for the final version. Although, 2 items acquired $I-CVI=0.7$ but they were retained for the factor analysis. The implications of the study are discussed with reference to policy making and raising the significance of aviation psychologists in future.

Keywords: Aviation Psychology, Pilots, Psychosocial Issues

Establishing Content Validity Index for Scale of Economic Abuse for Pakistani Women

Tabinda Jalil & Dr. Amina Muazzam

Department of Applied Psychology, Lahore College for Women University, Lahore
tabinda.jalil@yahoo.com

Economic abuse involves behaviors that control a woman's ability to acquire, use, and maintain economic resources, thus threatening her economic security and potential for self-sufficiency (Adams, Sullivan, Bybee, & Greeson, 2008). Woman battering is a prevalent social problem perpetrated against millions of women each year. Battering involves psychological abuse, physical abuse, and economic abuse as well. Economic abuse is the area which is less focused as compared to other forms of battering.

The objective of present study was to develop an indigenous scale that would explore the phenomenon of Economic Abuse faced by married Pakistani women as currently there is no such indigenously developed measure of economic abuse available in Pakistan. The study was conducted in two phases. In the first phase, a pool of items was generated by (a) consulting the literature, including studies on economic abuse and (b) Focus group was conducted with 7 married working women and (c) the construct of Economic Abuse was explored through semi-structured interviews of 5 married women with age range of 25-60 years. All these steps lead to construction of 41 items tool. In phase two, Content Validity for Scale of Economic Abuse was established. The content of the items was reviewed very closely by six experts (psychologists and gender specialists). The Scale CVI was 0.93. All 41 items were retained and were transformed into a 5-point rating scale. The psychometric properties of scale will be established using factorial validity.

Keywords: Economic Abuse, Content Validity Index, Pakistani Women

Establishing Content Validity Index of Scale of Psychosocial Issues of People living with HIV/AIDS (PLHIVA) for Pakistani Population

Maryam Munawar & Dr. Amina Muazzam

(Department of Applied Psychology, Lahore College for Women University, Lahore)

maryamkhan3167@gmail.com

The Human Immunodeficiency Virus /Acquired Immune Deficiency Syndrome (HIV/AIDS) is a long-term illness affecting physical health, psychological and social health of an individual. The number of HIV/AIDS infections in Pakistan has been increasing at an alarming rate. The present study was aimed at developing an indigenous scale that will explore the phenomenon of Psychosocial Issues in people living with HIV/AIDS in Pakistan. The study was conducted in two phases. In the first phase, the construct of Psychosocial Issues in people living with HIV/AIDS was explored through semi-structured interviews. Interviews were conducted by the researcher individually by 4 patients (2 men & 2 women) with age range of 20-35 years and two Clinical Psychologists having an experience of at least 5 years. Items were extracted from interview questions. The list was reviewed by 3 Clinical Psychologists having an experience of at least 5 years. 64 items were finalized for empirical validation. To establish the content validity of the items generated, the list of 64 items was given to 6 experts including clinical psychologists (n = 3), psychologists (n= 2) and Ph.D. Scholar (n = 1). Those items were retained that had a value of ≥ 0.83 . Therefore, all items except 3 were retained. The Scale CVI was 0.9. The list of 61 items was then transformed into a 5-point rating scale. The psychometric properties of the scale will be established using factorial validity.

Keywords: HIV/Aids, Psychosocial Issues, Content Validity Index

Establishing Content Validity Index of Indigenous Perceived Leader Integrity Scale (IPLIS)

Nazish Shabir & Dr. Amina Muazzam

Department of Applied Psychology, Lahore College for Women University, Lahore

nazishshabbir1@gmail.com

Leader integrity is an essential quality of effective leaders, business research has yet to establish the nature of leader integrity. The purpose of this study was to develop an indigenous perceived leader integrity scale (IPLIS) for assessing followers' perception of their leader's (immediate boss') integrity. The objectives of this study was i) to develop the content validity index (CVI) of indigenous perceived leader integrity scale, ii) to assess moral and ethical values of leaders in organizational settings of Pakistan which help to improve employee's perception regarding fairness and integrity. This study was conducted in two steps; i) Unstructured interviews with leaders (n=3) and respectively subordinates (n=6) of different organizations in Lahore were conducted. A comprehensive review of literature along with interviews yielded 49 items. ii) All the items were written to measure respondent's perception of their immediate boss's behavior toward them. Then it reviewed by leaders (n=4) from different organizations. After thorough review, a list of 40 items from 49 was finalized for empirical validation. To establish the CVI of the items generated, the list of 40 items was given to six experts; leaders (n=5) from different organizations and Ph.D. scholar (n=1). They were requested to rate each item on a 4-point rating scale, indicating how relevant each item was to the construct of IPLIS. After obtaining ratings a table was developed and only those items were retained that had a value of ≥ 0.83 . Therefore, all items except 1 were retained. The Scale CVI was 0.92. The list of 39 items was then transformed into a 4-point rating scale; 1=Not at all, 2= somewhat, 3= Often, 4= Always. The psychometric properties and factor analysis of the scale will be established in future.

Keywords: Leader Integrity, Effective Leaders, Organizational Setting

Birth-Order, Self-Efficacy, Academic Locus of Control and Procrastination among University Students

Saher Nazir & Dr. Masha Asad Khan

Department of Applied Psychology, Kinnaird College for Women University, Lahore
masha.khan@kinnaird.edu.pk

The present study was done to find out the relationship of birth-order, self-efficacy, academic locus of control and procrastination among university students. The participants were 300 (Male=150; Females=150) university students, recruited through purposive sampling from 10 different universities of Lahore, Pakistan. Their ages ranged between 17 to 27 years ($M=20.26$; $SD=1.74$). The participants were administered General Self-Efficacy Scale, Trice academic Locus of Control Scale, Procrastination Scale and Demographic Form. Correlation research design was used. Pearson Correlation Coefficient, Multiple Hierarchical Linear Regression, Durbin Watson and Pearson Chi Square were utilized to analyze the data. The results showed a statistically significant positive relationship between external locus of control and procrastination that means students with high external locus of control tend to procrastinate more. While, the general self-efficacy and procrastination were found to have a non-significant that means self-efficacy do not have any effect or relationship with procrastination among university students. The results of Pearson Chi-Square revealed that birth order also doesn't have any effect on procrastination among university students. The implications and applications of the results can prove to be far reaching and have a wide scope for individuals who go through procrastination especially university students.

Keywords: Birth Order, Academic Locus of Control, Procrastination, University Students

Transcendental Therapy

Dr. Amina Obaid Khawaja

Department of Applied Psychology, Lahore College for Women University, Lahore
amina.o.khawaja@gmail.com

The paper introduces the first indigenous therapeutic model to emerge from the field of Psychology in Pakistan, namely Transcendental Therapy. It is based on a fundamental postulate rooted in Quranic theory. Using this postulate, a therapy structure has been constructed that consists of six basic steps. The strengths of the model include its applicability across religions and even to non-religious individuals. Moreover, it can be used as therapy, as a counseling approach, as a preemptive strategy for preventing mental illness and as a proactive measure to enhance wellbeing. The model is rudimentary and is expected to evolve as it is tried out in practice. First case studies are in progress.

Keywords: Transcendental Therapy, Quran, Indigenous Therapy, Pakistan

Parenting Styles as Predictor of Academic Achievement of University Students of Rawalpindi and Islamabad

Samreen Khurshid (Department of Applied Psychology, Riphah International University, Rawalpindi) & Tanvir Akhtar (Department of Psychology, Foundation University, Rawalpindi Campus)
saba.hafsa@riphah.edu.pk

Present study was conducted to investigate the parenting styles as a predictor of academic achievement. Purposive Convenient sampling technique was used to get the sample of 200 students. Sample was selected from Rawalpindi and Islamabad Universities. Parenting styles questionnaire developed by Burri (1991) was used. Academic achievement was accessed through students CGPA record. Hypotheses were formulated in accordance with the previous literature. SPSS version 21 was used to compute results. Correlation and regression statistical tests were run to analyze data. Results of study revealed authoritative parenting style significantly and positively predict academic achievement, Authoritarian parenting significantly and negatively predicts academic achievement and permissive parenting significantly and negatively predicts academic achievement. Present study has significant implications for students as many interventional programs can be developed based on the findings of this study.

Keywords: Academic Achievement, Authoritarian Parenting, Authoritative Parenting, Permissive Parenting, University Students

Relationship between Youth Anxiety and Delinquent Behavior with Mediating Role of Parental Bonding

Syeda Nayab Zahra Bokhari, Samia Khalid (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore) & Nadia Mustafa (College of Advanced Scientific Technique, Sahiwal)
samia.khalid@riphah.edu.pk

Parental bonding is a common factor that leads to youth anxiety and delinquent behavior. The Purpose of the study was to explore relationship between youth anxiety and delinquent behavior with mediating role of parental

bonding. Convenient sampling technique was used to collect data from 165 participants N=165. Age of the participants ranged from 18 years to 35 years. Parental bonding, Youth anxiety and Delinquent Behavior Scale were used and data was collected from different colleges and universities of Pakpattan, Lahore and Sahiwal city. The result showed that parental bonding shows significant correlation with parental bonding father, father care, father overprotection, parental bonding mother, mother care, mother overprotection. It also revealed that Parental Bonding shows significant negative correlation with anxiety and shows insignificant correlation with Delinquent Behavior. It can be concluded that Parental Bonding increases the risk of youth anxiety and delinquent behavior. Through this study it can be suggested that awareness program should be conducted for understanding factors for Youth Anxiety and Delinquent Behavior.

Keywords: Youth Anxiety, Delinquent Behavior, Parental Bonding

Implication of Islamic Psychology in Modern Era from the Perspective of Muslim Women

Noor-us-Sabah

Department of Islamic Studies, Shiblee Group of Colleges for Women, Madina Town, Faisalabad
noor.asif.16@gmail.com

Psychology is the science of Mind and Behavior. As a social science, psychologist aims to understand individuals and people by the general rules and perspectives of psychology. Religion is an influential phenomenon in the lives of people. The impact of religion is almost found in all cultures and societies of the world. However, as a behavioral science, psychology has disregarded the study of religion and its deep rooted impact on human behavior. Muslims consist of nearly a quarter of the planet and they practice Islam in heterogeneous cultures around the world. For Muslims, religion is a central organizing theme of diurnal life which shapes one's moral judgments, attitudes and public and private affairs of both genders. It means that religion and psychology are somehow interrelated. Islam as a religion is not just only an individual belief system but also binds people of diverse cultures through understanding of psychology. In Islam, Muslim women played prominent roles in developing behavior and character of people through psychology. The Quranic verses also revealed step by step according to the psychology of people (Human beings). In past, Muslim women played positive and highlighted roles to solve ethical, individual and social issues of society. They tried to teach Islam after understanding the behavior and attitude of people. The Muslim women eradicated social and individual evils to promote Islam and its principles. In modern era, it is needed to promote Islam through assimilation of psychology of people and Muslim women can play beneficial and pragmatic role in it.

Keywords: Islamic Psychology, Diverse Culture, Muslim Women, Behavioral Science, Moral Judgments

Self-Esteem and Narcissism in People having Selfie Taking and Posting Behavior

Hafsa Mahmood & Prof. Dr. Nashi Khan

Centre for Clinical Psychology, University of the Punjab, Lahore
hafsamahmood.b@gmail.com

Selfie Taking and Posting them on social media sites is an emerging trend of today. The present research study was focused on investigating Self-Esteem and Narcissism in people having Selfie Taking and Posting Behaviors. Cross-Sectional Correlational Research Design was used and sample was selected through non-probability random sampling. Sample from three main Universities of Lahore completed demographic form along with scales i.e. Selfie Related Behaviors Scale, Narcissism Personality Inventory (Ames et al., 2006) and Self-Esteem Scale (Rifai, 1999) to measure Selfie Related Behaviors, Narcissistic Traits and Self-Esteem. Pearson Moment Correlational Analysis was done. It was found to have significant positive correlation among Narcissism and Selfie Taking, Selfie Posting and Attitude towards Selfie Posting in girls. Likewise, Narcissism was positively correlated with Attitude towards Selfie Posting in boys. Regression Analysis proved Narcissism as a significant predictor for Selfie Taking, Selfie Posting and Attitude towards Selfie Posting. Similarly, sub-scales of Self-esteem i.e. Self-Acceptance, Self-Competence, Social and Physical Self-Acceptance, and Academic Self-Competence served as a predictor for Selfie Posting Behavior. Furthermore, Independent Samples t-Test revealed significant difference on Narcissism and Selfie Taking Behavior in both genders i.e. boys high on Narcissism and girls high on Selfie Taking. One-Way Analysis of Variance was carried out to measure the variations across gender and displayed no significant difference across different age groups.

Keywords: Narcissism, Self-Esteem, Selfie Taking Behavior, Selfie Posting Behavior

Executive Functions and Emotion Regulation: Direct and Moderated Relations

Aqsa Khurshid & Dr. Shameem Fatima

Department of Humanities, COMSATS University, Lahore

shameemfatima@cuilahore.edu.pk

The purpose of the present study was to assess the direct and moderated relationships between executive functioning and emotion regulation. To conduct the study, a sample of 181 young adults, ranging in age from 19-25 (M age= 21.11, SD= 2.80) were selected using convenient sampling technique from different departments of a Universities in Lahore. In the current study, three executive function components including inhibition, cognitive flexibility, and problem solving were assessed from three tests Color Word Interference test, Design Fluency Test, and Card Sorting test from Delis Kaplan Executive Functioning System (Delis, Kaplan, & Kramer, 2001). Similarly, two emotion regulation strategies including cognitive reappraisal and expressive suppression were assessed using Emotion Regulation Questionnaire (Gross & John, 2002). Pearson product movement correlation and moderation analyses using regression analyses were used to test the study objectives. The results showed that inhibition was significantly and positively correlated with both emotion regulation strategies (cognitive reappraisal and expressive whereas, problem solving ability was positively correlated with expressive suppression only. Moreover, gender moderated only the inhibition-cognitive reappraisal link with stronger associations for women compared to men.

Keywords: Inhibition, Problem-Solving Ability, Cognitive Flexibility, Cognitive Reappraisal, Expressive Suppression

Stigmatization, Self-Criticism and Coping Strategies of Individual with Substance Abuse

Maryam Tariq & Rabia Jameel

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore

kokolopia@gmail.com

The aim of the study was to understand the relationship among Stigmatization, Self-Criticism and Coping Strategies of Individual with Substance Abuse. The sample size consisted of 100 substance abusers with 87 males and 13 females. The age range of the participants was 18-50 year old with (M=1.52 and S.D=.847). The purposive sampling strategy was used and study had correlational research design. The data was collected from different government and private hospitals as well as from rehabilitation centers. The data measurements used include demographic information sheet, The Discrimination and Stigma Scale (DISC-12; Thornicroft, Brohan, Rose, Sartorius, Leese, & INDIGO, 2009), Forms of Self-Criticizing/Self-Attacking and Reassuring Scale (Gilbert, Clarke, Hempel, Miles, & Irons, 2004) and The Ways of Coping questionnaire (Folkman & Lazarus, 1985). The results showed that there is a significant relationship between stigma and coping strategies. There is no significant relationship between coping strategies and self-criticism and also there is no significant relationship between self criticism and stigma. Self criticism had no significant effects on the relationship of stigmatization and coping strategies. The current study will help the healthcare professionals and clinical psychologist to have better understanding of stigma, self criticism and coping. The implications are further discussed at the end of the research.

Keywords: Stigmatization, Self-Criticism, Coping Strategies, Substance Abuse

An Evaluation of a Culturally Adapted Pain Management Program for Muslim Patients

Dr. Razia Bhatti Ali

Consultant Clinical Psychologist, InHealth Pain Management Services, UK

razia.bhatti-ali@inhealthgroup.com

This study aimed to assess the efficacy of a culturally adapted Pain Management Program (CA-PMP) delivered in the Urdu language to a naturalistic sample of patients (n=7) referred to the chronic pain service. The standard 18-hour self-management PMP was culturally adapted incorporating a CBT and Acceptance & Commitment (ACT) model of learning to live with pain. The ACT framework for pain management was adapted with metaphors and stories relevant to the religious and cultural background of the group and included mindfulness and relaxation techniques. Paired sample t-test analysis of pre and post measures indicated decrease in levels of depression at post intervention stage. Descriptive statistics revealed a decrease in the level of anxiety at post intervention stage. A significant increase in the functional level of patients, at post intervention level further substantiated the impact of the adapted PMP. Qualitative data yielded optimistic results with the participant's reporting that they had a better understanding of their chronic pain and were more accepting of their pain. The results suggest a strong value in delivering a language specific and culturally adapted PMP for the South Asian community.

Keywords: Pain Management, Cultural Adaptation, Acceptance Commitment Therapy, CBT

Personality Traits, Self-Concept and Decision-Making Styles in College Students

Tahira Shaheen & Ms. Sonia Naeem

Department of Applied Psychology, Kinnaird College for Women University, Lahore

tahira_shaheen15@yahoo.com

The current research investigated the relationship between personality traits, self-concept and decision-making styles in college students. The data was collected using Big Five Inventory-2 Short Form (BFI- 2 – S), Six-Factor Self-Concept Scale for Adults (SCS) and Melbourne Decision-Making Questionnaire (MDMQ). The sample consisted of N = 300 (M = 150, F = 150) college students ranging between 18-25 years. Four universities and colleges in Lahore were selected for data collection. The Statistical Package for Social Sciences version-21 (SPSS) was used for the data computation. Pearson Product Moment Correlation Coefficient was applied to study the relationship between personality traits, self-concept and decision-making style, and Independent Sample t-test was used to find out the gender difference in these variables. The results suggested a significant positive correlation of extraversion and conscientiousness with vigilance but a negative correlation with procrastination and hypervigilance. Agreeableness and open-mindedness were also positively correlated with vigilance. However, Negative emotionality presented a positive correlation with hypervigilance and buck passing. The results also suggested that likeability and power factors of the self-concept were positively correlated with hypervigilance and procrastination. Task-accomplishment, gifted and moral factors have shown positive correlation with vigilance. The independent sample t-test results presented a significant gender difference in agreeableness and open-mindedness among personality traits, power in self-concept related factors, and vigilance and procrastination in decision-making styles. This research is an addition to the indigenous literature on decision-making styles in college students and can be helpful in the educational institute for counselling of students who are facing problems in decision-making.

Keywords: Personality Traits, Decision-Making Styles, College Student, Gender Difference

Exploring the Factors for Less Acceptance of Transgender in Society: A Case Study of Bahawalpur

Arjumand Hafeez (Department of Social Work, The Islamia University, Bahawalpur), Uzma Amin (Social Welfare & Bait-ul-Maal Department, Bahawalpur) & Muhammad Zubair (Gender Monitoring Specialist,

Women Development Departments)

arjumandhafeezullah@gmail.com

Transgender people have a gender identity that differs from their assigned sex. Transgender is a person whose gender identity does not correspond to that person's biological sex assigned at birth. Census shows over 10,000 transgender populations in Pakistan. Punjab has 64.4% of the country's transgender population with 6709 people registered in this category reveals the census. The national data showed that 7651 people in this category lives in urban areas whereas 2767 lives in villages. The purpose of this research study was to know about living condition of Transgender (TGs) to know about their feelings as a human being and also to know about their health and education. Research was conducted in Bahawalpur City. Survey method was used to collect data. Interview schedule was used as a data collection tool and snow ball sampling was used to collect data as a data collection technique because transgender people are rare in community that is not easily available. After analysis of data, results show that transgender people are facing many problems. Among them only 20.0% are having primary education while 36.9% showed no interest in studies. Most of them as 88.2% choose profession of dancing & singing meanwhile 50 % faced abusive behavior of society. They are treated badly by community people and hospital staff. They also face many problems in educational institutes. Transgender people 44.1% have many complaints & security issues regarding police. They want to do many other things but in vain because society won't allow them to live independently and 42.8% faced harassment at public places. On the basis of study results, Government is suggested to provide them security, job opportunities, health and education facilities, Psycho-education about their acceptance and their registration as a citizens of Pakistan. All such measures will enhanced their quality of life and promote acceptance and independence in society. Also community people need to respect and accommodate the transgender people like other gender. Future studies should also conduct to explore the behavior of society to accept them as they are.

Keywords: Transgender, Acceptance, Gender Identity, Harassment, Community

Personality Traits, Psychological Distress, Eudaimonic Well-Being and Corporal Punishment among School Teachers

Sobia Riaz, Rabia Jameel

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
sobiariaz1234@gmail.com

The purpose of the study was to investigate the personality traits, psychological distress, eudaimonic well-being and corporal punishment among school teachers. The current study was assumed there is positive relationship between personality traits, psychological distress, eudaimonic well-being and corporal punishment among school teachers. The correlational research design was used in this study. Sample of 200 teachers were taken from Government and Punjab Education Foundation (PEF) schools by using purposive sampling method. In this study Urdu version of the study variables were used. The Ten-item Personality Inventory (Malik et al., 2012), Distress Questionnaire-5 (Riaz & Jameel, 2018), The Questionnaire of Eudaimonic well-being (Riaz & Jameel, 2018) and Attitude and Opinion of teachers towards corporal punishment (Mumtaz, 2003) were used in current study. Pearson Product Correlation analysis, Stepwise Regression analysis and Independent t-test were used to measure the study variables. The results showed that there is positive relationship between personality traits, eudaimonic well-being and corporal punishment. The outcomes also revealed that psychological distress was negatively correlates with corporal punishment. The findings also presented that the psychological distress and Personality trait (Consciousness) is the predictor of the corporal punishment. The outcomes of this research also showed there was no gender and school related difference in corporal punishment. The findings of the study were discussed in existing literature. This study will help the government and PEF school owners to explore the reason behind the usage of the corporal punishment and suggests other alternatives that can equip teachers with necessary skills to manage student's behavior and also to work on teacher's mental health.

Keyword: Personality Traits, Psychological Distress, Eudaimonic well-being, Corporal Punishment

Relationship between Ego Depletion and Decision Making among University Students

Maham Naeem & Aneza Bashir

Department of Applied Psychology, University of Sargodha, Sargodha
mahamnaem98@gmail.com

The present study intended to examine the relationship between ego depletion and decision making. The sample of current study was comprised of 300 students and were selected through purposive sampling technique from university students of Sargodha. Students having qualification from MSc and MPhil were included in the study. The Ego Depletion Scale (Ciarocco, N. J., Twenge, J. M., Muraven, M., & Tice, D. M., 2016) and Decision-Making Scale (French, et al., 1993) were used to measure the constructs of the present study. All analysis was done on SPSS. Ego depletion and decision making are significantly correlated with each other. Linear regression analysis revealed that ego depletion was positive significant predictor of decision making. There was significant impact of gender, age and other demographics on the variables of the study.

Keywords: Ego depletion, Decision-making, University Students

Parental Bonding, Moral Values and Attitude towards Delinquent Behavior in College Boys

Maria Hussain & Rabia Dasti

Center for Clinical Psychology, University of the Punjab, Lahore
mariahussain958@gmail.com

The present research was aimed to investigate the relationship of Parental Bonding, Moral Values and Attitude towards Delinquent Behavior in College boys. It was hypothesized that affectionate and optimal Parenting is likely to have positive relationship with moral values and negative relationship with attitude towards delinquent behavior. In addition to that affectionless control and neglectful parenting is likely to have negative relationship with moral values and positive relationship with attitude towards delinquent behavior. The total sample size of the present study was 334 ($M=17.6$, $SD=.93$) boys selected through convenient sampling from both government and private colleges of Lahore. Parental Bonding Instrument (PBI; Brown, Parker & Tupling, 1979), Multidimensional Measure of Spirituality (Dasti & Sitwat, 2014) and Attitudes towards Delinquency Scale (Loeber, Farrington, Stouthamer&Kammen, 1998) were administered to collect the data. The results showed that 80% of participants reported affectionless control (parenting). Pearson Product Moment Correlation revealed positive relationship of affectionate, optimal and neglectful parenting with moral values while negative relationship of affectionless control with moral values. Positive relationship of affectionless control (parenting) with attitude towards delinquent behavior while negative relationship of affectionate, optimal and neglectful parenting with attitude towards delinquent behavior was found. This study will further help in understanding the effects of parental bonding on adolescents and helps in designing family based intervention program for parents

and adolescents to develop the skills that strengthen family relationship, enhance moral values and prevent unacceptable behavioral and emotional outcomes.

Keywords: Parental Bonding, Moral Values, Attitude, Delinquent Behavior

Attachment to Allah, Attachment with Parents and Depressive Symptomatology in Young Adults

Amina Tariq & Rabia Dasti

Centre for Clinical Psychology, University of the Punjab, Lahore

rabia.cpsy@pu.edu.pk

The present study aimed to investigate the relationship between attachment to Allah, attachment with parents and depressive symptomatology taking Forgiveness as moderator in young adults. It was hypothesized that both Attachment to Allah and Attachment with Parents are likely to be independently linked with depressive symptomatology and that Forgiveness moderates the relationship between attachment to Allah, attachment with parents and depressive symptomatology. 279 Muslim students, both males and females were taken from the various departments of different universities of Lahore through convenient sampling. The participants were asked to complete the Muslims Spiritual Attachment Scale (M-SAS) by (Miner, Bonab & Dowson 2017), Parental Attachment Questionnaire (PAQ) by (Kenny, 1987), Heartland Forgiveness Scale (HFS) by (Thompson, Snyder, Hoffman, Michael, Rasmussen & Billings 2005) and PROMIS Depression Scale by (PROMIS Health Organization, 2008-2012). The data was analyzed through Pearson Product Moment Correlation and Regression analysis. Significant positive correlation was found between attachment with parents, attachment with Allah and forgiveness while significant negative association with depression. Forgiveness was not significantly moderating the relationship between attachment with parents, attachment with Allah and depression. Moreover, forgiveness and quality of secure attachment with Allah is higher in females than males. This research will open the ways to understand the role of Allah and the role of parents as an attachment figures in the time of distress and also the role of forgiveness to reduce the depressive symptoms in young adults.

Keywords: Attachment with Parents, Attachment with Allah, Forgiveness, Depressive Symptomatology

Association of Religiosity and Prosocial Tendencies with Well-being among South Punjab University Muslim Students

Zahid Aziz, Masood Nadeem & Zain Ul Abideen

Department of Applied Psychology, the Islamia University of Bahawalpur, Bahawalpur

zahidaziz688@gmail.com

The present study aims to find role of Prosocial Tendencies for the impact of Muslim Religiosity on Well Being of university students. The sample was selected using purposive convenient sampling method. The sample included 128 males and 172 female university students. Three Questionnaires were used; Prosocial Tendencies Measure (PTM) developed by Carlo and Randall (2002), Muslim Religiosity Measurement Scale originally developed by Buzdar (2017) and Warwick-Edinburgh Mental Well-being Scale an indigenously developed scale by Brown and Janmohammad (2008) comprised of 14 items. Pearson Product Correlation, Mean and Standard deviation were used to infer results. The results of the correlation analysis revealed that there was positive significant relationship of Muslim Religiosity with Well Being ($r=.283$, $p=0.01$). It was also explored that Prosocial Tendencies have direct relation with Well Being ($r=.415$, $p=0.01$). The result of this study should be considered in programs designed to improve overall well-being of university students.

Keywords: Muslim Religiosity, Prosocial Tendencies, Well-being, Correlation

Emotional Intelligence is a Predictor of Mental Health in Young Adults

Saad Irfan & Dr Saima Majeed

Department of Psychology, Forman Christian College University, Lahore

19-10498@formanite.fccollege.edu.pk

The aim of the present study was to assess the emotional intelligence as a predictor of mental health in young adults. A cross sectional correlational study was carried out among the undergraduates of a private university. Four hundred undergraduates (179 men & 221 women) were selected via convenient sampling, responded on questionnaires domains regarding their perceptions of emotions, ability to manage own emotions, managing others emotions, utilization of emotions, depression, anxiety, stress and demographic data using 2 scales – Schutte's Emotional Intelligence Test (SEIT), and Depression Anxiety and Stress Scale (DASS). In this study the correlation between emotional intelligence and mental health were analyzed using Pearson's correlation and linear regression. Results showed that students with low emotional intelligence scored high on scales of mental health through depression, anxiety, and stress indicating an inverse relationship between the two variables.

Emotional intelligence proved significant predictor of mental health of young adults based on the regression analysis results. MANOVA results highlighted that there were significant differences in the EI and Mental health of men and women. Likewise, there were significant differences across the four years of study at undergraduate level in scales of depression and anxiety. Emotional intelligence is a key factor in affecting a young adult's mental health. This necessitates programs centered on self-management skills and emotional first aid is needed to be developed within academic settings to improve their overall mental health.

Keywords: Emotional Intelligence, Mental Health, Depression, Anxiety, Stress, Young Adults

Social Connectedness, Self-Compassion and Tolerance for Disagreement among Madrassah Students

Sara Mahmood & Mahira Ahmad

Department of Applied Psychology, Kinnaird College for Women University, Lahore

mahira.ahmed@kinnaird.edu.pk

In our social setup, students who are enrolled in madrassahs are deemed to be a dysfunctional part of the society. This study investigated the relationship of social connectedness and self-compassion and tolerance for disagreement among madrassah students. It was also hypothesized that social connectedness and self-compassion would likely to be the predictors of tolerance for disagreement among madrassah students. Moreover, there would likely to be a gender difference in social connectedness, self-compassion and tolerance for disagreement among madrassah students. Through purposive sampling, a sample of 250 madrassah students with age range of 19-25 years were taken from four registered madrassahs of Lahore. The result of correlation analysis revealed social connectedness had a significant positive correlation with isolation and over identification dimensions of self-compassion. Hierarchical regression analysis revealed that gender significantly negatively whereas, residential status and isolation subscale of self-compassion significantly positively predicted the tolerance for disagreement. Moreover, t-test revealed that male madrassah students harbored higher level of tolerance for disagreements than females. It has great implication in the field of Islamic Psychology and social Psychology.

Keywords: Social Connectedness, Self-Compassion, Tolerance for Disagreement, Madrassah Students

The Relationship between Inflated Responsibility and OCD Symptomatology

Khadija Mehdi & Nimra Shehzadi

Centre for Clinical Psychology, University of the Punjab, Lahore

k.mehdi.1996@hotmail.com

The present study aimed to investigate the relationship between inflated responsibility and OCD symptomatology. Moreover, it also aimed to investigate the relationship between religiosity, disgust and OCD symptomatology. The present study was comprised of 20 OCD patients (Male = 8; Female = 12, M=29.25, SD=10.88) with age ranging from 17 to 50 years. The subjects were taken from these hospitals; Jinnah Hospital, Fountain house, Fatima Memorial Hospital, Ganga Ram Hospital and one institute; Centre For Clinical Psychology University of the Punjab. Obsessive-Belief Questionnaire-44 ([OBQ-44]; OCCWG, 2001), Obsessive Compulsive Disorder Symptom Checklist ([OCDS]; Jabeen & Kausar, 2008), Disgust Emotional Expression Scale ([DES]; Kleinknecht, 1997) and Religious Activity Scale ([RAS]; Sitwat, 2005) were employed to assess the study variables. The findings revealed that there is no significant correlation between OCD and inflated responsibility. Furthermore, among the four types of disgust, blood drawn disgust is significantly related with compulsions. The finding also suggests that there is no significant relation between OCD and religiosity. It can be concluded that, disgust is significantly related with compulsions.

Keywords: Inflated Responsibility, OCD Symptomatology, Religiosity, Disgust

Empathy, Sense of Coherence, Compassion Fatigue and Burnout in Clinical Psychologists

Maryum Arifeen & Hidna Iqbal

Centre for Clinical Psychology, University of the Punjab, Lahore

maryumarifeen_297@outlook.com

The present study investigated the relationship between empathy, sense of coherence, compassion fatigue and burnout in clinical psychologists. Hypotheses formulated in study were, there would be positive relationship between personal distress, fantasy, compassion fatigue and burnout. Moreover, it was hypothesized that there would be negative relationship between perspective taking, empathic concern, compassion fatigue and burnout. It was also hypothesized that sense of coherence would be negatively related with burnout and compassion fatigue. Lastly, sense of coherence would moderate the relationship between empathy, compassion fatigue and burnout. Correlational research design was used in the present study and data was collected through purposive sampling technique. Sample comprised of 100 clinical psychologists, recruited from public and private sector

hospitals of Lahore. Interpersonal Reactivity Index (Davis, 1983), Orientation to Life Questionnaire (1987) and Professional Quality of Life Scale (Stamm, 2005) were used to assess study variables. Results revealed that all hypotheses were approved. Results also showed that sense of coherence was moderating the relation between empathic concern and compassion fatigue. The present study has significant implication for developing training programs for clinical psychologists. It can increase understanding about risk of compassion fatigue and burnout in clinical psychologists.

Keywords: Empathy, Sense of Coherence, Compassion Fatigue, Burnout

Bullying / Victim and Different Personality Dimensions in Adolescence

Zill-e-Huma & Asma Shiraz

Department of Applied Psychology, Bahauddin Zakariya University, Multan
swallow710angel@gmail.com

The aim of the present study was to assess the extent of bullying prevalence among the adolescents in the schools of Lahore. The participants included both boys and girls with the age range of 11-18 years. Participants showed high frequency falling under the Matriculation domain 245 (61%) and these participants were from private educational sector 229 (57%). The scales Hans Eysenck Personality Inventory, Illinois Bullying Scale and the Multi – Dimensional Peer Victimization were used to measure the bullying trend and calculating the victimization of students. Personality showed positive relationship with bullying behavior ($r = .10$, $n = 400$, $p < .01$) and negative relationship with peer Victimization ($r = -.24$, $n = 400$, $p < .001$). The research also found that there is a significant relationship between bullying behavior (measure by Illinois bullying scale) and multidimensional peer – victimization (Measured by MPVS). The study also found a difference in the gender of the bullies, boys are more engaged in bullying than girls. This research might provide a platform for the researchers and the schools to consider the issue of bullying in Pakistan more seriously.

Keywords: Bullying, Victim, Introvert, Extrovert, Personality

Hikmah in Islam: A Holistic Approach of Intelligence and Mental Health in Psychology

Dr. Nyla Anjum

Department of Psychology, Govt. Fatima Jinnah College Chuna Mandi, Lahore
nylaanjum@yahoo.com

Concept of intelligence in Psychology is at odds with assorted domains while Islam uses term Hikmah (wisdom) to describe this human quality. Hikmah is a bounteous thing that is invaluable and this positive term is used repeatedly in the Quran as a characteristic of the righteous. Within holistic approach in Psychology, it is true and exiting demand of discipline to study all fragmentized concepts of intelligence under an umbrella term. Hikmah is optimal choice in response to this demand. Hikmah covered all types of other intelligence such as mental intelligence, emotional intelligence, spiritual intelligence and heart intelligence. Quran also Enlighted about vital and central position of heart for Hikmah. Keeping in view all above, aim of the paper is to present and establish the notion that heart is center of Hikmah. Objectives of the study are presentation of Quranic concept with scientific verification of different types of intelligence under one term Hikmah, the role of heart in cognition, emotion, and behavior and importance and relationship of observation, experiment and logical reasoning. The study helped in disclosure of an area of research in relation to current trends in psychology and attempted to resolve the dilemma of heart - brain - body relationship. In addition to that, it cleared the misconception regarding logical reasoning and blind faith in Islam.

Keywords: Intelligence, Hikmah, Psychology, Heart

Emotion Dysregulation and Psychological Distress in Students

Moafia Dastagir & Rakia Ashraf

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
moafia124@gmail.com

The given study found relationship between Emotion Dysregulation and its domains i.e. Non-Acceptance, Awareness, Impulse, Clarity and Psychological Distress in students. Correlation research design was used to explore the results of 400 students of age ranges 15-25, (male=200, female=200) from different educational institutes of Lahore. Difficulties in Emotion Regulation Scale (DERS; Gratz & Roemer, 2004) and Kessler's Scale for Psychological Distress (K-10; Kessler, 2002) were used to measure various domains of Dysregulated Emotions i.e Non-Acceptance, Awareness, Impulse, and Psychological Distress Respectively. Pearson Product Moment Correlation Analysis and Linear Regression through Hierarchical method was run to investigate relationship between domains of Emotion Dysregulation I.e. Non-Acceptance, Awareness, Impulse, Clarity and Psychological Distress and predicting role of Non-Acceptance, Awareness, Impulse, Clarity and Psychological

Distress. Result showed significant relationship between Emotion Dysregulation and its domains i.e. Non-Acceptance, Impulse, Clarity of and Psychological Distress. Moreover, result showed Emotion Dysregulation and its domains i.e. Non-Acceptance, Awareness, Impulse, Clarity of emotion positively predicted Psychological Distress. On the basis of this information in future Mental Health related programs at educational institutes and advanced intervention plans would be introduced so that level of distresses due to dysregulated emotions will be decrease and students can become able to perform better in their academic activities.

Keywords: Emotion Dysregulation, Psychological Distress, Awareness, Clarity, Impulse

Comparison between the Diagnostic Criteria of Depression in DSM-5 with Assertions of Ninth Century Physician Abu Zayd Al Balkhi

Asma Zafar & Maheen Rabbani

Department of Psychology, Islamic International University, Islamabad
asmazafar530@gmail.com

Usually it is proclaimed by the contemporary intellectuals that for the first time momentous sub categorization of depression was made by Robert Burton, impetuously not acknowledging the accomplishments made by the Muslim philosophers of golden era. Here in this study we attempt to divulge the forsaken expositions of Muslim thinkers particularly Zayd Al Balkhi regarding his contributions in depression its types and treatments thus providing us with the framework which is significantly influenced by the Islamic thought. For this purpose, numerous articles and books were reviewed and screened before inclusion in study. The analysis of DSM-V symptoms of depression, ideas proposed by Balkhi and assertions made by contemporary intellectuals evidently state reasonable comparability between them with subtle variances, moreover examination of classifications and treatment modalities suggested by Balkhi in light of modern scientific studies favors his approach to be one of the most earliest refined and sophisticated attempt towards categorization and classification of depression as a psychopathology. This work would aid in recognizing the discarded findings of Muslims consequently providing contemporary Muslim psychologists a model that is not subservient to the secularized conceptions.

Keywords: Al Balkhi, Depression, Muslims, Categorization, Golden Era

Relationship between Metacognition awareness, Social Competence and Emotional Intelligence across Gender

Sadaf Rehman (Research Associate at Center for Peace and Security Studies (CPSS), University of the Punjab, Lahore), Juniad Saleem Bajwa & Usama Nawaz (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore)
sadafrehman24@gmail.com

The study examines the relationship between Metacognition awareness, social Competence and Emotional Intelligence across Gender. Demographic variables like age, gender, education, residential status were also explored with reference to metacognition awareness, social competence and emotional intelligence among genders. Sample size of this population was 150. Purposive sampling technique was used to collect data. Metacognition Questionnaire-30, Perceived Social Competence Scale II and Emotional Intelligence Scale were used. Correlation, ANOVA and t-test were used to analysis the sample data and test the hypothesis. These analyses were run on 150 genders (male and female) that are selected by purposive sampling technique. Data was collected from different location of Gujranwala. Findings of the present study revealed that there is significantly positive association between metacognition awareness and social competence, significantly positive correlation between metacognition awareness and emotional intelligence, and there is positive correlation between social competence and emotional intelligence. Findings suggest that male were significantly high on social competence. Findings also revealed that metacognition awareness is significant high for moderate socio-economic status. In other demographics like residential status, age and family system finding revealed non significant mean differences.

Keywords: Metacognition Awareness, Social Competence, Emotional Intelligence

Gender Differences in Religious Coping and Quality of Life of Parkinson's Patients

Anusha Amir Ali, Tooba Nadeem, Mahnoor Abdullah Zakaria & Shabnam Arshi
Institute of Professional Psychology, Bahria University, Karachi
mahnoor.abdullah@outlook.com

The current study aimed to explore the gender differences in religious coping and quality of life among Parkinson's patients. It was hypothesized that there would be significant gender differences in impact of religious coping on quality of life in Parkinson's patients. The sample comprised of both male and female with ages ranging between 30-80 years. For this correlational survey based research design was used. Purposive

sampling was used to collect data from diagnosed Parkinson's patients (N=10) from various hospitals of Karachi, Pakistan. The instruments used were Pakistani Religious Coping Practices Scale (Khan & Watson, 2006) and The World Health Organization Quality of Life-BREF (World Health Organization, 2006). SPSS-22 was used to compute the results and analysis was done using Pearson Correlation. Analysis revealed there are no significant gender differences in impact of religious coping on quality of life in Parkinson's patients. According to Pakistan Parkinson's Society, The prevalence of Parkinson's is predicted to double in the next 10-20 years. Presumably in Pakistan, few researches have been done to identify the coping strategies of Parkinson's patients. Hence, this study will identify what helps Parkinson's patients of each gender, in coping with their illnesses particularly in determining the effectiveness of religious coping. Moreover in a country like Pakistan where it is believed that religious coping works better than other coping strategies particularly for females, this research will help in clarifying such misconceptions and will provide more room for research with larger sample size.

Keywords: Religious Coping, Quality of Life, Gender Differences, Parkinson's Patients

Narcissism and Machiavellianism as a Predictor of Psychological Wellbeing

Rida Maqsood & Aneza Bashir

Department of Applied Psychology, University of Sargodha, Sargodha
aneza16@gmail.com

The aim of the present study was to examine the impact of dark triad on psychological wellbeing of adolescents and young adults. The study was a cross sectional research conducted on a sample of (N = 300) young adults and adolescents. The data was collected using the Dark Triad scale (Jones & Paulhus, 2014) and Psychological wellbeing scale (Tennat et al., 2006). Data was analyzed using the SPSS-22. Linear regression and independent sample t-test results revealed that Narcissism positively predicted psychological wellbeing. It was further depicted that Machiavellianism and psychopathy were non-significant predictors of psychological wellbeing. The results also depicted that there are significant gender differences with regard to Machiavellianism as girls scored higher than the boys. This study will open new pathways of learning and mindfulness which would be productive for the health psychologists for managing individuals in order to help them with the issues of dark triad and how it influences their psychological wellbeing.

Keywords: Dark Triad, Narcissism, Machiavellianism, Psychological Wellbeing

Psycho-Social Antecedents of Suicidal Idealization among Adolescents and Young Adults: Protective Effects of Self Esteem and Family

Nida Niazi, Dr. Najma Iqbal Malik & Irsa Fatima Makhdoom

Department of Applied Psychology, University of Sargodha, Sargodha
najmamalik@gmail.com

The present research explored the psycho-social antecedents of suicidal ideation among young generation. Through purposive sampling, a sample of (N=500) students (251 males & 249 females) were selected from high schools of three major cities of Punjab. Hopelessness and Depression Questionnaire (Metalsky & Joiner, 1997), Rejection Sensitivity Questionnaire (Downey, & Feldman, 2013), Family Support Scale (Dunst, Jenkins, & Trivette, 1984), Index of Peer Relations (Hudson, 1982), UCLA loneliness scale (Russell, Peplau, & Ferguson, 1978) and Rosenberg self esteem scale (Rosenberg, 1956) were used to assess constructs of study. Pearson Correlation analysis revealed significant relation between psycho-social antecedents and suicidal ideation as there was significant positive relationship between rejection sensitivity and suicidal ideation; loneliness and suicidal ideation. However, suicidal ideation had significant negative relationship with rejection sensitivity, peer relations and self esteem but results revealed that hopelessness, suicidal ideation had no significant correlation with family support. Results also showed that rejection sensitivity, loneliness, insomnia, dependency, concentration deficit and motivational deficit were found to be significant positive predictors of suicidal ideation; whereas, peer relationship psychomotor retardation, and apathy did not predicted suicidality among the sample. Furthermore, no moderation effect of self esteem for the relationship of peerrelations and suicidality; no moderation effect of family support for there lationship of rejection sensitivity and suicidality, loneliness and suicidality. Results of study have strong implications for mental health professionals as well as for school counsellors.

Keywords: Suicidal Ideation, Hopelessness, Depression, Rejection Sensitivity, Family Relations

Religiosity Really Matters: Outcomes of Positive and Negative Religious Coping among Students Awaiting Term Results

Sarwat Sultan, Iram Awan & Yamna Aslam

Department of Applied Psychology, Bahauddin Zakariya University, Multan
sarwatsultan@hotmail.com

Students may feel mentally, emotionally or physically drained usually due to the stress of competitive academic work environment especially when it comes to exams or tests results. Students employ religion copings to cope with these challenges; however studies on the efficacy of religious coping for students dealing with stressful situations have yielded mixed results and literature also lack the gender differences in the use of positive and negative copings. Therefore, the current study was planned to investigate the outcomes of positive and negative religious copings among male and female students. A sample of 370 college students provided data on the measures of positive/negative copings, emotional wellbeing, optimism, self esteem, anxiety, hopelessness, and suicidality. Chi-square analysis showed that female students used more negative religious copings while male students used the positive religious copings. Findings from multivariate analysis of variance indicated that positive religious copings were more associated with positive outcomes of high emotional wellbeing, optimism, and self-esteem; and negative religious copings were found more related to the worse outcomes of greater anxiety, hopelessness, and suicidality. Findings of the present study have the greater implications for teachers and students' counselors in the manner if they guide their students to use positive religious copings instead of negative copings to minimize their academic stress because positive religious copings bring the positive outcomes for students.

Keywords: Academic Stress, Emotional Wellbeing, Optimism, Religious Copings, Suicidality

Perceived Stress, Emotional Intelligence, Humor Styles and Mental Health of PhD Scholars

Marriam Khalil & Sara Latif

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
marriamkhalil511@gmail.com

The aim of the present study was to investigate perceived stress, emotional intelligence, humor style and mental health of PhD scholars. It was hypothesized that perceived stress is positively related with mental health while emotional intelligence and humor styles moderate the relationship between perceived stress and mental health. A total sample of N=100 participants was selected. Correlation research design and purposive sampling technique was used. Standardized research tools were used such as Perceived Stress Scale (PSS, Cohen & Williamson, 1988), Schutte Self-report Emotional Intelligence Test (SSEIT, Schutte et al. 1998), Humor Style Questionnaire (HSQ, Martin, 2003), General Health Questionnaire-28 (GHQ-28, Goldberg & Hiller, 1988). The results showed that Perceived Stress has positive relation with Mental Health while Emotional Intelligence has negative relation with Mental Health. It was also revealed that Aggressive and Self-defeating Humor Style were related to poor Mental Health. It was also concluded that Perceived Stress predicts the poor Mental Health in PhD Scholars. This study has several implications for Students pursuing higher education as this study will bring forth the problems faced by PhD Scholars and the importance of humor style and emotional intelligence. This Study will also provide insight to Psychologists to devise specific intervention plans to address problems faced by PhD Scholars. Moreover, it will also provide guidelines to other researchers to conduct researches on other important related variables.

Keywords: Perceived Stress, Emotional Intelligence, Humor Styles, Mental Health, PhD Scholars

Psychological Well-Being and Self-Efficacy among the Caregivers of Children with Developmental Delay

Minahil Khurram Zaib, Samia Khalid (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore), Amber Sabtain & Momna Sarwar (College of Advanced Scientific Technique, Sahiwal)

samia.khalid@riphah.edu.pk

The purpose of current research was to explore the Psychological well-being and Self-efficacy among the caregivers of children with developmental delay. In order to fulfil the requirement of the current research non-probability sampling technique was used for the selection of research sample. Sample of 100 caregivers of children (50 parents of mentally retarded children and 50 parents of physically disabled children) are selected from different areas of Sahiwal. Demographic characteristics of the sample were name, age, child name, disability type, child age, income, family type, joint or nuclear family system and area. General Perceived Self-Efficacy Scale (GSE) made by Jerusalem and Schwarzer in 1981 and Psychological well-being scale made by Diener in 2009 used in the present research. To formally initiate the study an authority letter was signed by the supervisor Ms. Samia Khalid. It was hypothesized that there would be significant relationship between

Psychological well-being and Self-efficacy of caregivers of children who are physically disabled and mentally retarded. Results show that there is positive relationship between psychological well-being and self-efficacy among the caregivers of children with developmental delay. Second hypothesis was that caregivers of slow learners would have less psychological well-being and self-efficacy as compared to caregivers of physically disabled children. The results show that there is no significant difference between caregivers of mentally retarded children and physically disabled children in reference to their Self-Efficacy and Psychological well-being. Third hypothesis was that Caregivers with age 25years -39years would have less psychological well-being and self-efficacy as compared to caregivers with age 40years-60years. The results show that there is no significant difference between caregivers with age 25years -39years and 40years-60years in reference to their Self-Efficacy and Psychological well-being. Another hypothesis was that Caregivers of joint family system would have less psychological well-being and self-efficacy as compared to caregivers of nuclear family system. Results demonstrate that there is no significant difference between the caregivers of joint family system and nuclear family system in reference to their Self-Efficacy and Psychological well-being.

Keywords: Psychological Well-Being, Self-Efficacy, Caregivers, Developmental Delay

Anxiety Depression and Body Dissatisfaction: The Role of Perfectionistic Self-Presentation

Zahra Saghir Hashmi & Dr. Tazvin Ijaz

Clinical Psychology Unit, Government College University, Lahore

zahrasaghir12@gmail.com

Perfectionistic self-presentation is a stylistic aspect of perfectionism with the desire to present a 'perfect self' and has significant impact on emotional and social well-being. The purpose of the study was to investigate the role of perfectionistic self-presentation by assessing its relationship with experience of anxiety, depression and body dissatisfaction among university students. The study examined a sample of 500 males and 500 females enrolled in a four year undergraduate program. Results indicated that perfectionistic self-presentation facets were significantly correlated with anxiety, depression and body dissatisfaction in female participants whereas, there was no correlation between perfectionistic self-presentation and experience of depression in male participants but anxiety was significantly higher than females. Findings also indicated that females with higher perfectionistic self-presentation experienced more body dissatisfaction in comparison to male participants. Moreover, two mediation models were tested to see the relationship between perfectionistic self-presentation and body dissatisfaction using anxiety and depression as mediators. Using regression analysis, results suggested that there was a significant change in relationship between perfectionistic self-presentation and body dissatisfaction after adding the mediator. The study provided evidence that individuals who display high perfectionistic-self presentation are particularly vulnerable to anxiety, depression and body dissatisfaction. The current study will highlight directions for future research and implications for reducing perfectionistic self-presentation which is a cause of psychological distress.

Keywords: Perfectionistic, Self-Presentation, Anxiety, Depression, Body Dissatisfaction, Psychological Distress

Relationship between Work Stress, Subjective Happiness and Psychological Well-Being among Educated Working Women

Hajra Asad (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar (Institute of Applied Psychology, University of the Punjab, Lahore)

amrhahafiz@gmail.com

The present study objectives to investigate the relationship between general work stress, subjective happiness and psychological well-being among educated working women. This research is based on cross sectional research design. The convenient sampling technique was used for the data collection. The sample size was 110 working women age persons with age range 21-70. The present study variables were measured by the General Work Stress Scale developed by De Bruin & Taylor (2006), Subjective Happiness Scale developed by Lyubomirsky, S., & Lepper, H. S. (1999) and the Psychological Well-Being Scale developed by Ryff, C.D & Keyes, (1995). The data obtained from questionnaires were analyzed by the use of the Statistical Package for the Social Sciences 22 version. The findings of the present research revealed that there is negative association between general work stress, subjective happiness and psychological well-being and significantly negative correlation between General Work stress, Subjective Happiness and Psychological Well-being among educated working women. The findings of the present study also revealed that working women age 21-30 years old show significant mean difference in subjective happiness, psychological well-being, autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. Experience in years less than 10 years are highly significant mean difference in subjective happiness, psychological well-being, autonomy, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. Residential status in urban areas are highly significant mean difference in work stress, psychological

wellbeing, autonomy, environmental mastery, personal growth, positive relations with others and purpose in life. Marital status who are single show significant mean difference in subjective happiness, purpose in life, self-acceptance. No medical disease shows significant mean difference in work stress, subjective happiness, psychological wellbeing, environmental mastery, personal growth, positive relations with others, purpose in life and self-acceptance. And Family system show non-significant mean difference among all variables.

Keywords: Work Stress, Subjective Happiness, Psychological Well-Being, Educated Working Women

Social Intelligence, Emotional Regulation and Quality of Sleep in Trainee Clinical Psychologists

Fatimah Muzzammil & Dr. Khawar Bilal

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
shamailajaz@yahoo.com

The present study was conducted to investigate the Social Intelligence, Emotional Regulation and Quality of Sleep in Trainee Clinical Psychologists. Sample was selected by purposive sampling technique. Two hundred female trainee clinical psychologists were selected in this study. Quantitative research method was used to analyze the data for this study. Three scales Tromso Social Intelligence Scale, Emotional Regulation Questionnaire and Pittsburgh Sleep Quality Index were used to identify the relationship between variables and in trainee Clinical Psychologists. Descriptive statistics were used to analyze the data. In order to analyze the hypothesis about relationship between Social Intelligence, Emotional Regulation and Quality, Pearson Product Correlation was used. Hierarchical Regression Analysis was used to find variables as a predictor. The findings of the study showed that Social Intelligence shown non-significant relationship with Quality of Sleep in trainee clinical psychologists and there was a significant relationship between Emotional Regulation and Quality of Sleep in trainee clinical psychologists. Moreover, Results revealed Demographic Variables Duration of Internship has negative correlation with Emotional Regulation and Quality of Sleep and Time spend in workplace has positive correlation with Quality of Sleep. In Regression Analysis Social Intelligence was non-significant predictor of Quality of Sleep in trainee clinical psychologists. And other model of the result showed that Emotional Regulation was significant predictor of Quality of Sleep in trainee clinical psychologists.

Keywords: Social Intelligence, Emotional Regulation, Quality of Sleep, Working Hours, Internship Duration, Derogulation of Emotions, Social Functioning, Deprivation of Sleep

Sexual and Emotional Intimacy, Psychological Distress and Relationship Satisfaction in Spouse

Mehnaz Ashraf & Sana Majeed

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
mehnazashraf77@gmail.com

The aim of this research is to explore the association among sexual and emotional intimacy, psychological distress and satisfaction of the relationship in the spouse. Non probability purposive sampling strategy was used for data collection and data was taken from 150 married individuals with the age range 25 to 50 years. Demographic data sheet was used to collect the basic information from participants, Kessler psychological distress scale, relationship satisfaction scale, new sexual satisfaction scale and emotional intimacy scale were administered to measures the study variables (emotional and sexual intimacy, psychological distress and relationship satisfaction), the data was analyzed by SPSS 23; descriptive analysis for demographic information was carried out. Reliability analysis was used for to access the reliability of the scales. Correlation analysis was used to find out the association among study variables. Multiple regression analysis used to find out the prediction of the study variables. Moreover independent t test analysis was used to see the difference among gender, marriage type and study variables. Findings indicate that emotional and sexual intimacy has strong positive relationship with relationship satisfaction. Psychological distress has strong negative relationship with relationship satisfaction. The results revealed that gender difference exist on the basis of study variables (emotional and sexual intimacy, psychological distress and relationship satisfaction). The results indicated that intimacy (emotional and sexual) and psychological distress are strong predictor of relationship satisfaction in spouse. The findings of this research will be beneficial for mental health professional, marriage counselors, family life educators and family counselor.

Keywords: Sexual and Emotional Intimacy, Psychological Distress, Relationship Satisfaction, Marriage Counselors

Binge Watching, Compensatory Health Beliefs and Academic Procrastination among University Students

Arooj Maria Paulus & Ayesha Aziz

Department of Applied Psychology, Kinnaird College for Women University, Lahore

arojpgaulus10@gmail.com

The current study aimed to assess the relationship between binge watching, compensatory health beliefs and academic procrastination among university students (N = 167). The study hypothesized that binge watching has a positive correlation with compensatory health beliefs and academic procrastination. It was also hypothesized that binge watching and compensatory health beliefs are significant predictors of academic procrastination among university students. The study was conducted on a sample of 167 university students (56 males and 111 females) within the age range from 18-24 (Mage = 21.11, SD = 1.54) by employing purposive sampling in order to select binge watching students. The results of the current study showed that there was a significant positive weak correlation between the binge watching, compensatory health beliefs and academic procrastination. Moreover, age, binge watching and compensatory health beliefs were found to be significant predictors of academic procrastination among university students.

Keywords: Binge-Watching, Compensatory Health Beliefs, Academic Procrastination

Influence of Personal Fable on Risk Taking among Adolescent

Hafiza Mehjabeen Tariq & Aneesa Bashir

Department of Applied Psychology, University of Sargodha, Sargodha

mehjabeenk268@gmail.com

Study objectives: The current study was designed to examine the influence of personal fable on risk taking among adolescents. Gender, age, family system differences also explored on present constructs.

Method: Data were collected with two self-reported measures including new personal fable scale (Lapsley, 1989) and risk-taking scale (De Haan & Verster, 2011). Personal fable comprised on omnipotence, invulnerability and personal uniqueness. While risk taking comprised on two subscales as risk-taking behavior and risk assessment. The current study was based on cross sectional survey research design and comprised on private college students (N=300). However, sample of study further divided in two categories males (n=150) and females (n=150). **Results:** Correlation analysis revealed that personal fable was positively correlated with risk taking ($r=.17$, $p<.05$). Multiple regression revealed that personal fable was positive predictor of risk taking ($B=.02$, $p<.05$). Yes, the present study explores influence of personal fable on risk taking among adolescents. And personal fable was positive predictor of risk taking. Future researches should be conducted on personal fable and imaginary audience with religiosity variables. Because according to Islam all humans are equal. It is possible there would be different results on present constructs with religion. The sample size of present study was too short to generalize its findings on the whole population of adolescents. The present study explores which factor contribute to risk taking behavior in adolescence that provide help to identify that factors and take preventive measures.

Keywords: Personal Fable, Risk Taking, Adolescent

Depression, Self-Esteem and Psychological Well-Being of the Care Givers of Drug Addict

Nyla Tahir (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore)

& Dr. Saima Majeed (Forman Christian College University, Lahore)

nylatahir5@gamil.com

The present study was aimed to examine the relationship between depression, self –esteem and psychological well-being of the care-givers of a drug addict. Another important objective was to see whether depression and self-esteem are predictors of psychological well-being of caregivers of addicts. The study followed the cross sectional research design. Non probability purposive sample of total 150 caregivers including 50 parents, 50 spouse and 50 siblings with age range 18-50 was drawn from two public and two private hospitals of Lahore. Assessment measures for data collection were Rosenberg Self Esteem scale (Rosenberg, 1965), Depression, Anxiety, Stress Scale (Lovibond, 1995) and Psychological well-being Scale (Ryff, 1995). Descriptive statistical analysis shows that caregivers were suffering from moderate level of depression. Results of correlational analysis indicated that depression was inversely related to self-esteem and psychological wellbeing whereas self-esteem was positively related with psychological well-being. Simple linear regression analysis depicted that self-esteem significantly predicted psychological wellbeing among care givers of drug addicts. Present study results are a valuable addition in already existing literature to highlight the psychological impacts of drug addict for the caregivers. So the family members would also be included in therapeutic programs.

Keywords: Depression, Caregiver Mental Health, Psychological Well-Being, Drug Addict

Attitude towards Homosexuality, Transgenderism and Religiosity among Adolescents and Transgenders: A Mixed Method Study

Zooni Ashfaq

Department of Psychology, International Islamic University, Islamabad
zooniashfaqiiui@gmail.com

The present study aimed to investigate the relationship of intrinsic/ extrinsic religiosity, attitudes towards transgenders and homosexuality in adolescents and transgenders. Broad purpose was to better understand attitudes toward transgender individuals through an identification of some of the variables that predict these attitudes, namely religiosity, homophobia, contact experiences, and causal attribution. The data was collected from a sample of age ranging from 12 -18 years, which was screened for adolescent boys, girls and transgenders. It was a mixed method study comprised of survey and interview research methodology as this study aimed to study the phenomena in depth. It is revealed through results that there is negative association among religiosity and transgenderism, whereas positive association among transgenderism and homosexuality. Further it is found that exposure to transgenders and lacking religiosity are strong predicting factors behind increased transgenderism. Moreover, it was explored through qualitative analysis that, contact with transgender people and attribution of the cause of transgender identities to biological rather than social factors were both related to more positive attitudes. The overall findings of the study emphasize on the importance of intrinsic / extrinsic religiosity in context of attitude towards transgenders and increase in this population. It will enable future researchers to understand and control predictors of increased transgenderism, as it argues for concentrating on development of healthy adolescents.

Keywords: Transgenderism, Religiosity, Homosexuality, Adolescents

Social Stigmatization and Post Abortion Syndrome in Women after Abortion

Aasma Yousaf, Maria Rafique & Asma Hameed

Centre for Clinical Psychology, University of the Punjab, Lahore
psychologist.yousaf@gmail.com

The aim of the present study was to examine relationship between social stigmatization and post abortion syndrome in women after abortion. It was hypothesized that (1) there is likely to be a positive relationship of social stigmatization (abortion stigma) and post abortion syndrome in women after abortion (2) Social stigmatization will likely to predict post abortion syndrome in women after abortion. This was Correlational study within group design and non-probability purposive sampling strategy was used to recruit the sample. The total sample size of the present study was 107 women ($M=28.48$ & $S.D=2.68$), determined through G Power analysis with effect size .3, $\alpha .05$ and $\beta .90$. Demographic questionnaire, Individual Level Abortion Stigma Scale (Cockrill & Nack, 2013), Symptom Checklist- Revised for Depression and Anxiety (Rahman, Dawood, Rehman, Mansoor & Ali, 2001) and Duke University Religious Index (Keonig & Bussing, 2010) were administered respectively. Pearson product moment correlation revealed positive correlations between social stigmatization of isolation, worries about judgment, community condemnation and self-judgment with depression and anxiety. Hierarchical multiple regression showed social stigmatization as strong predictor of post abortion syndrome (anxiety & depression) in women after abortion. The results were then discussed in the light of previous literature, theoretical framework and cultural context. This study on abortion stigma allows the understanding of the problem as matter of women health, which requires special care and special attention to minimize the physical, emotional and social complication arising from it.

Keywords: Social Stigmatization, Post Abortion Syndrome

The Relationship between Loneliness, Gratitude and Common Mental Disorders in Old Age Homes

Iqra Rajput & Rakia Ashraf

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
iqrarajput99@gmail.com

The present study was conducted to find out the relationship between Loneliness, Gratitude, and Common mental Disorders in Old Age Homes. It also determined the role of Loneliness, and Gratitude, in moderating the relationship between Loneliness, Gratitude, and Common Mental disorders in Old Age Homes. Correlation research design and purposive sampling technique were used to collect a sample of elderly people with age 60 years and over and from Government and Private Organizations. UCLA University of California Loss Angles Scale, (Russell 1996), Gratitude six-item Scale, (McCullough, M. E., Emmons, R., and Tsang, J. (2002), Symptoms Checklist-R (SCL-R), (Rahman, Dawood, Rehman, Mansoor and Ali (2009) were used to measure Loneliness, Gratitude, and Common Mental Disorders. Pearson product Moment Correlation and PROCESS were used for data analysis in order to find correlation and moderation. Loneliness, was positively correlated

with Common Mental Disorders. Gratitude was negatively correlated with Common Mental disorders. Gratitude was found to moderate the relationship between Loneliness and Common Mental disorders. The research found the role of Loneliness in increasing the Common mental disorders. On the basis of this information, further interventions and awareness through different modes can be planned and executed.

Keywords: Loneliness, Gratitude; Depression, Anxiety, Common Mental Disorders

Impact of Problematic Use of Smart Phone on Mental Health among University Students

Amna Hassan, Dania Noreen, Ayesha Qasim, Bisma Tasleem, Beenish Sajjad, Nabila Khattak & Farwa Basharat
Department of Applied Psychology, Riphah International University, Rawalpindi
saba.hafsa@riphah.edu.pk

The aim of current study is to investigate the impact of problematic use of smart phone on mental health. Method: Sample of 150 male and female university students of age ranging from 18-30 years recruited through convenient sampling technique from different public and private universities of Rawalpindi. Psychological well being scale (Ryff & Keyes, 1995), Problematic use of smart phone (Merlo, Stone & Bibbey, 2013), and Insomnia scale (Morin, Belleville, Belanger & Ivers, 2011). Pearson Product Moment Correlation Coefficient was used to examine the relationship between psychological well being, problematic use of smart phone and insomnia. Independent sample t test is selected to analyze the differences among students. Results indicated that problematic use of mobile phone is significantly positively correlated with insomnia among university students. It is concluded that females and males are using smart phones equally irrespective of their gender, however, problematic use of mobile phones lead to insomnia in young adults.

Keywords: Insomnia, Problematic Use of Smart Phone, Psychological Wellbeing, University Students, Gender Differences

Impact of Spiritual Intelligence on Death Anxiety among Adult Population

Anam Noor, Aneez Bashir & Syed Ali Raza
Department of Applied Psychology, University of Sargodha, Sargodha
aneeza16@gmail.com

The present study aimed to examine the effect of spiritual intelligence on the death anxiety among adults. Role of demographic factors including gender, age, education and marital status in study variable was also investigated. The present study was based on cross sectional design. Sample of study comprised of adults (N = 300). Both men (n = 150) and women (n = 150) participated in the study. Data were collected with self report measures including spiritual intelligence self-report inventory (King, 2008) and the death anxiety scale (Abdel-Khalek, 2004). Multiple regression analysis, independent sample t-test and Pearson correlation were applied to the test the hypothesis. Finding indicated that spiritual intelligence positively predicted death anxiety. Results further showed significant mean differences on study variables with respect to demographic factors. Most of the hypotheses were supported in the study. The present study has theoretical and applied significance for adults. The findings are pretty right to understand the effects of spiritual intelligence on death anxiety. The study has certain limitations as the data was only collected from two cities so the results are not so generalizable.

Keywords: Spiritual intelligence, Death anxiety, Adults

Emotional Expressivity, Spirituality, Social Support and Psychological Distress among University Students

Khola Rasool and Sana Majeed
Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
pakk986@gmail.com

The aim of the current research was to investigate the relationship between Emotional Expressivity, Spirituality, Social Support and Psychological Distress among university students. In the present study data was taken from 200 university students from both Government and Private universities of Lahore. Purposive sampling technique was used to recruit the sample. Emotional expressivity scale by Kring (1994) was used to measure the level of emotional expressivity. Multidimensional Scale for Spirituality by Rabia Dasti (2010) was used to measure the level of Spirituality in participants. Furthermore, Multidimensional scale of social support scale by Zimet (1988) was used to measure the level of social support in participants. Moreover, Kessler scale K_10 (1994) was used to measure the Psychological Distress of participants. Pearson Product Moment Correlation Analysis was carried out to find out the relationship between Emotional expressivity, Spirituality, Social support and Psychological distress. Results revealed significant negative correlation between Emotional Expressivity, Spirituality, Social Support and Psychological distress. Furthermore, results showed that Social Support was highly significant predictor of Psychological Distress among university students.

Keywords: Emotional Expressivity, Spirituality, Social Support, Psychological Distress

Trait Emotional Intelligence, Perceived Self-Concept, Interpersonal Competence and Mental Health in Pakistani College Students

Muhammad Sulman, Dr. Rafia Rafique, Dr. Afsheen Masood, Arooj Arshad & Afifa Anjum
University of Central Punjab Lahore & Institute of Applied Psychology, University of the Punjab, Lahore
muhammadsulman81@gmail.com

This research has been designed to investigate the relationship among trait-emotional Intelligence, self-concept, interpersonal competence, and mental health in Pakistani College Students. This is hypothesized that Trait Emotional Intelligence, Self-Concept, and Interpersonal Competence is likely to predict mental health in college students. Cross sectional survey research design was employed. The sample comprised of 300 college students, age ranging between 17 to 19 years, taken from different colleges of Lahore. The scales comprised of Trait Emotional Intelligence Questionnaire (TEIQue), Self-Concept Scale (SSCS), Interpersonal Competence Scale (ICQ-15), and Positive Mental Health Scale in addition to a demographic information sheet. The analysis carried out through SPSS version 23.00 revealed that trait emotional intelligence, perceived self-concept and interpersonal competence predicted mental health in college students. There were insignificant gender differences in interpersonal competence and reported mental health but statistically significant differences in trait emotional intelligence and perceived self-concept across boys and girls. The findings carry significant implications for health psychologists and mental health professionals. The findings will also help in promoting the concept of mental health and mental hygiene in Pakistani youth.

Keywords: Emotional Intelligence, Self-Concept, Interpersonal Competence, Mental Health

Relationship of Behavioral Problems and Intelligence Level of Orphan and Non-orphan Children

Sara Sultan, Amna Gulam, Ramsha Arshad, Aqsa Farooq & Maria Tanvir
Department of Applied Psychology, Riphah International University, Rawalpindi
Saba.hafsa@riphah.edu.pk

The present study aims to determine the effect of IQ level on behavior problems among orphans and non-orphans. Method: Standard progressive matrices (SPM) developed by Raven (1936) and questionnaire of behavior problems were used to measure the study construct. Sample for survey (n=100), males (n=54), females (n=46), orphans (n=45), from orphanage center and non-orphans (n=55) from different school and colleges of Rawalpindi and Islamabad was drawn. Major Findings: Analysis of t-test ($t=-4.135$, $P=0.000$) revealed that there is a significant difference exist between orphan and non-orphan children. Non orphan children scored high on Behavioral Problem Questionnaire than orphan children. There is no significant correlation between intelligence level and behavior problem. ($r=0.01$, $P>0.001$) Conclusion: Results indicated that behavior problems are more in non-orphans. Implications: This research can be implicated for the purpose of finding the behavioral issues in children and then finding and applying the treatment for those behavioral issues.

Keywords: Orphans, Non-Orphans, Intelligence Level, Behavior Problem

Causal Relationships among Depression and Quality of Life: A Cross-Lagged Analysis

Fatima Kamran, Chris Fife-Schaw & Shiza Sheerazi
Institute of Applied Psychology, University of the Punjab; University of Surrey
fatimakamran24@yahoo.com

The three wave longitudinal study was carried out across 15 months to clarify if perceived quality of life (QoL) and depression levels are distinct constructs to measure or if depression is an aspect of overall QoL. The sample comprised of renal transplant recipients on regular follow-up in renal units of Lahore, Pakistan. The mean age of recipients was 33.33 years (age ranging from 18 to 54 years). These recipients had a post-transplant time ranging from 6 months to 10 years ($M=2.8$, $SD=1.5$) and with normal graft functioning. QoL was assessed using Quality of Life Index-Kidney Transplant Version (Ferrans & Powers, 1985) and depression was measured by Beck Depression Inventory-II (Beck, Steer, & Brown, 1996). The findings revealed a significant negative correlation between depression and perceived QoL, suggesting that recipients with increased depression levels reported less satisfaction with their QoL and vice versa. A linear regression showed that both depression and QoL significantly predicted each other. Further, a cross-lagged correlation analysis to clarify the causal direction of this relationship showed no clear causal direction indicative of an overlap among these constructs, hence, suggesting a lack of distinctiveness as separate constructs. The findings raised a question if depression and QoL are distinct constructs or depression may be considered as an aspect of overall QoL. A lack of causal direction implicates that both depression and perceptions of QoL are subjective constructs which need to be examined for their impact and clarified directional relationships.

Keywords: Depression, Quality Of Life, Renal Transplant Recipients (RTRS), Longitudinal Study, Cross-Lagged Correlation (CLC)

The Prevalence of PTSD and its Impact in the School Girls (Children and Adolescents) of Kasur

Sahar Majeed & Dr. Aisha Sitwat

Centre for Clinical Psychology, University of the Punjab, Lahore
saharmajeed31@gmail.com

The present study was aimed, in the first phase, to look at the prevalence of PTSD and its impact in the school girls (children and adolescents) of Kasur. The role of crises support was also studied with regard to PTSS. Participants for present study were recruited from two government and three private schools within the one mile radius of Kasur incident. In the first phase of the study, 226 school girls of age range 9-15 were recruited. Demographic form, Children's Revised Impact of Event Scale (CRIES-13, Perrin, Meiser-Stedman & Smith, 2005), The Children's Knowledge of Abuse Questionnaire (CKAQ; Tutty, 1995) and Crisis Support Scale (CSS; Joseph et al., 1992) were used as assessment measures. The results revealed high prevalence (92.4%) of PTSS in children and adolescents girls. A significant positive relationship between PTSD and Crisis Support was found and Crisis support came out to be a significant positive predictor of trauma while controlling the effect of age and Knowledge of Abuse, contrary to the literature.

Keywords: Post-Traumatic Stress Disorder, Post-Traumatic, Stress Symptoms, Trauma, Children, Adolescents

Positive and Negative Affectivity and Life Satisfaction in Pregnant Women

Ammara Hafiz (Department of Applied Psychology, University of Sargodha, Sargodha) & Amira Iftekhhar
(Institute of Applied Psychology, University of the Punjab, Lahore)
amrhahafiz@gmail.com

This study was conducted to find out the relationship of positive and negative affectivity and life satisfaction in pregnant women. Sample was 137 pregnant women. Positive and negative affectivity was measured by positive and negative affect schedule by Anna Clark and Watson (1988). Life satisfaction was measured by Ed Diner (1985). Urdu version of both scales was used. 137 pregnant women were taken by government and private hospital of Gujranwala. Purposive sampling technique was used to assess data. Data was assessed by SPSS 24 version. Correlation, regression and t-test were applied on data for analysis. Results revealed that positive affectivity has significant positive relationship with life satisfaction and negative affectivity has significant negative relationship with life satisfaction. Results revealed that financial problems, trimester and family system have no effect on positive and negative affectivity and life satisfaction in pregnant women but on trimester, female showed high life satisfaction in third trimester.

Keyword: Positive and Negative Affectivity, Life Satisfaction, Pregnant Women

Impact of Muslim Religiosity on Meaning of Life among Pakistani Young Adults

Zubair Manzoor, Dr. Muhammad Saleem, Shumaila Amjad, Areeha Khan Durrani & Ali Raza Siddiquie
Department of Applied Psychology, Islamia University of Bahawalpur, Bahawalpur
chsaleem_1@hotmail.com

In this modern era, there is increase in researches on Islamic perspectives and its effect on various domains of psychology. This study was also objectified to quantify the impact of Muslim Religiosity on Meaning of Life in adults of Pakistan. In this study, a sample of 410 young adults (18-29 years) were taken from 5 metropolitan cities (Lahore, Karachi, Rawalpindi, Peshawar, Quetta) of Pakistan through convenient sampling technique. The sample was justified by using a priori sample size calculator (Soper, 2019). Both genders participated equally. For the collection of data, Muslim Religiosity Personality Inventory (Krauss, 2016) Urdu translated by Saleem (2016) and Meaning in Life Questionnaire (Steger, Frazier, Oishi & Kaler, 2006) scales were used. After successful data collection, results were analyzed by using SPSS. The results revealed that, there was significant positive correlation between Muslim Religiosity and Meaning in Life among the Pakistani young adults. Whereas the results of Regression Analysis showed that, Muslim Religiosity significantly impacts upon Meaning in Life ($r=0.62$, $p<.01$). Moreover, the independent t-test analysis showed that the females have higher scores in Muslim Religiosity and Meaning in Life as compared to male counterparts. Overall, this study concluded that in Pakistani young population, Muslim Religiosity leads towards that a Meaningful Life. The findings of this study would provide an evidence for the veterans to deals with the adults who have lost meaning and purpose in their lives.

Keywords: Muslim Religiosity, Meaning of Life, Young Adults, Pakistan

Ibn Qayyim's Model for Treatment of Psychological Diseases Especially Depression and Anxiety

Muhammad Mugheerah Luqman

Head of Tarbiyah Department, Riphah International University, Lahore)

mugheerah.luqman@riphah.edu.pk

The aim of the present study was to highlight and analyze prominent factors of Ibn Qayyim's Model for treating psychological diseases in general and depression and anxiety in particular. Descriptive method is adopted whereby inferring from the books of Ibn Qayyim and correlating with some modern scientific findings and understandings pertaining to the field of psychology. Ibn Qayyim's model correlates with some of the modern scientific study in the field of psychology in terms of symptoms of the diseases. Ibn Qayyim describes psychological diseases such as depression and anxiety from an Islamic perspective and considers it to be the best description of the causes of these diseases. Ibn Qayyim argues that the root cause of these diseases is man's heedlessness towards obedience of Allah and His Messenger's guidelines. Ibn Qayyim's model primarily focuses on the preventive method and considers that heart mind and body all three play their role in this method to prevent man from falling in such illnesses. Ibn Qayyim mainly relies on Qur'an, Sunnah and the findings of the Salaf (righteous predecessors) when dealing with the subject. Ibn Qayyim is among those who have carried out an extensive study in the field of psychological diseases that also affirm some of the modern day conclusions of the scientific studies in the field of psychology. Ibn Qayyim profoundly presents the Islamic model for dealing with psychological diseases in a manner that is achievable, relatable, simple and above all reasonable.

Keywords: Depression, Anxiety, Ibn Qayyim, Psychological Diseases

A Cross Cultural Study on Relationship between Quality of Family System and Humility

Fayyaz Ahmed, Dr. Shazia Khalid, Dr. Najma-Ul-Hassan & Muhammad Saghir

Institute of Mental Health (IOMH), Islamabad

frs.fayyaz@gmail.com

A cross cultural study was conducted to find out the relationship between quality of family system and humility. Sample of the study was comprised of 60 participants from different cultures. There were 10 participants from each culture like; Afghan, Malaysia, Somalia, Nigeria, China and Pakistan. Initially few respondents were contacted and the details regarding sample selection criteria were shared with them. Later on they helped in identification of individuals who had similar characteristics. Thus snow ball sampling technique was employed in the present research. Family adaptation and cohesion scale was used to measure the quality of family system and 32-items humility scale was used to measure the humility. Multiple Analysis of Variances and Post Hoc test showed that there are significant cultural differences in quality of family system and humility. Post-hoc comparison test indicated that the mean score of Somalia ($M = 20.10$, $S.E = 4.02$) and Afghan ($M = 11.40$, $S.E = 4.02$), on Humility were significantly different from other cultures at $p < 0.05$. Results indicated that these countries have high humility as compare to other cultures. Similarly Post hoc comparison test indicated that there were significant differences between Somalia ($M = 20.10$, $S.E = 4.02$), Malaysian ($M = 11.90$, $S.E = 4.02$), Afghan ($M = 11.40$, $S.E = 4.02$), and Pakistani ($M = 9.50$, $S.E = 4.02$) family system at $p < 0.05$. Results indicated that these countries have good quality of family system as compare to other countries. Correlation analysis was carried out to investigate the relationship between quality of family system and humility. Calculated value of $r = 0.03$ at $p > 0.05$ indicated that there is no significant relationship between quality of family system and humility.

Keywords: Cross Cultural Study, Quality of Family System, Humility

Social Support as a Function of Coping in Response to Stress in the University Students of Karachi

Sidra Farooq Butt, Zoya Ali Saleem & Dr. Tahira Yousaf

Institute of Professional Psychology, Bahria University, Karachi

sidrafarooqbutt@hotmail.com

The aim of the present study was to determine a significant relationship between coping strategies in university student's use in times of stress and the level of their perceived social support. After detailed literature review, it was hypothesized that there would be relationship between levels of social support and types of coping strategies among university students. The sample size consisted of 60 university students. The sample was selected from various universities of Karachi. The entire sample comprised of two groups (i.e., 30 with high social support, 30 with low social support). The ages of the participants ranged from 18 to 25 years with the mean of 21.333 years. Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem, Zimet & Farley, 1988) and Coping Inventory for Stressful Situation (Endler & Parker, 1990) were administered in order to assess level of social support and types of coping strategies respectively. Pearson Product Moment

Coefficient of Correlation was used to find out the relationship between levels of social support and types of coping strategies among university students. The analysis of the data was done using SPSS. The results showed significant positive correlation between high levels of social support and task-oriented coping strategies ($r = 0.595$) and low levels of social support and task-oriented coping strategies ($r = 0.263$). There was a moderate negative correlation between high levels of social support and emotion-oriented ($r = -0.399$) and avoidance-oriented coping strategies ($r = -0.233$) as well as between low levels of social support and emotion-oriented ($r = -0.397$) and avoidance-oriented coping strategies ($r = -0.325$). The results of the study highlighted the fact that social support plays an important role in overcoming the level of stress in individuals.

Keywords: Social Support, Coping Strategies, Stress; University Students

Predictors of Psychological Distress in Female Police Officers

Shiza Shahid & Zaeema Farooq

Institute of Applied Psychology, University of the Punjab, Lahore

shizach39@gmail.com

The present study was carried out to assess the predictors of psychological distress in female police officers. It was hypothesized that workplace harassment, work overload and some demographic factors (e.g. marital status, birth order) would predict psychological distress in female police officers. The sample comprised of 100 ($N=100$) female police officers with age range of 21-40 years ($M=25.58$ & $SD=4.04$). Purposive sampling technique was used to collect data. The sample was recruited from different police stations and training centers of Lahore. Demographic Sheet, Negative Acts Questionnaire (Einarsen & Hoel, 2001), Reilly's Role Overload Scale (Reilly, 1982) and Kessler Psychological Distress Scale (Kessler, 2002) were used for assessment of demographics, workplace harassment, work overload and psychological distress. Hierarchical regression analysis revealed that workplace harassment and marital status was a positive predictor of psychological distress. The present study concluded that the female police officers who go through workplace harassment experienced more work overload and psychological distress. The present research has an important implication in the fact that it will help to the police department to give appropriate work environment for female employees and make strategies to prevent workplace harassment and work overload.

Keywords: Harassment, Psychological Distress, Police Department, Work Overload

Experiential Avoidance, Rumination, Social Connectedness and Treatment Motivation in Patients with Low Ejection Fraction

Taqdees Zainab and Anum Rabbani

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore

zainabadil7777@gmail.com

The present research was conducted to investigate about experiential avoidance, rumination, social connectedness and treatment motivation in patients with low ejection fraction. Correlational research design was used in this research. Sample was consisted of 150 patients with the distribution of 75 men and 75 women. Purposive sampling technique was used in this research. Written informed consent was obtained from each of the participants before data collection. Data was collected from different hospitals of Lahore. Action and Acceptance Questionnaire -II (AAQ-II; Bond et al., 2011) used for experiential avoidance, Rumination Response Scale (Hoeksema & Morrow, 1991), Social Connectedness Scale – Revised (Lee et al., 2001) and Treatment Motivation Questionnaire (Ryan, Plant & Malley, 1995) were used as standardized measure, and Data was analyzed through Pearson Product Moment Correlation, Hierarchical Regression Analysis and Mediation Analysis through Process. The results of correlation revealed significant relationship exists among variables. Moreover results of hierarchical regression analyses indicated that experiential avoidance and rumination are significant predictors whereas, social connectedness is the non-significant predictor of treatment motivation. The present findings provided new information regarding experiential avoidance, rumination, social connectedness and treatment motivation in patients with ejection fraction. Moreover the results of the mediation analysis revealed that rumination plays significant mediating role among experiential avoidance and treatment motivation. This research has wide implications for health professionals, psychologists, counselors, mental health professionals, family of the participants and participants themselves.

Keywords: Ejection Fraction, Experiential Avoidance, Rumination, Social Connectedness, Treatment Motivation

Balochistan's Crisis Effect Mental Health Status and Stir Life Satisfaction among Sectarian Victims

Mahreen Siddiqui

Department of Psychology, University of Balochistan, Quetta
mehreen_psy@yahoo.com

Main objective of the study is to investigate the mental health status and life satisfaction among victims of sectarian violence and their families of Balochistan cases. Balochistan's tribal and multicultural setup enriched and people are living together. From last two decades peace and harmony of the province is disturb due to law and order situation and mostly people suffer in distress situation. Present study is an endeavor to investigate the mental health issues generate by sectarian violence. No significant research has ever been compiled to measure the degree of damages in Balochistan. Sample of present study is comprised 200 male and female (Male= 100 Females = 100) of ages 20 to 40 years (M= 28.2, SD =2.04). Participants of the study were selected from victims and their families. The measures were used: Personal information form, Satisfaction with Life Scale (SWLS; Diener, Emmons, Larsen, & Griffin, 1985) Depression, anxiety and stress Scale- 21 (Lovibond & Lovibond, 1995). After the completion of the research procedures data was statistically analyzed. Descriptive statistic were used to explain the characteristic of sample, while Linear Regression analysis was used to find out the effect of depression, anxiety and stress to predict life satisfaction. Findings of the present study revealed that depression, stress and anxiety ($r=.078$) effect life satisfaction. Findings showed that effect of sectarian violence disturb mental health of victim's families and local population because bilingual and religious barriers generate complications which are dangerous full for Muslim's harmony.

Keywords: Depression, Stress, Life satisfaction, Sectarian Violence

Causes and Cure of Depression

(In the Light of Islamic Teachings)

Dr. Shahzada Imran Ayub

Department of Arabic & Islamic Studies, the University of Lahore, Lahore
mugheerah.luqman@riphah.edu.pk

ڈپریشن ایسا ذہنی تناؤ ہے جو افسردگی، مایوسی، غم اور اداسی کا باعث بنتا ہے اور یہ اکثر اسی وقت ہوتا ہے جب انسان کی خواہش کے برخلاف کچھ اور وقوع پذیر ہو جاتا ہے۔ اس کا مریض نہ صرف کچھ کرنے سے عاجز آ جاتا ہے بلکہ اپنی صحت تباہ کر کے مختلف مہلک امراض کا بھی شکار ہو جاتا ہے۔ ہر چند کہ طبی طور پر ڈپریشن کی مختلف انواع و اقسام ہیں لیکن یہاں ہمارے زیر بحث وہ ڈپریشن ہے جس کا شکار مختلف ماحولیاتی عناصر کے باعث آج کل ہر تیسرا شخص ہے خواہ اس کا سبب کوئی معاشی مسئلہ ہے یا گھریلو، کسی خواہش کی عدم تکمیل ہے یا جنسی تشدد، اپنوں کی جدائی ہے یا مسلسل ناکامی وغیرہ وغیرہ۔ چونکہ اسلام مکمل ضابطہ حیات ہے اور صرف عبادات ہی نہیں بلکہ ہر گوشہ زندگی میں ہماری کامل رہنمائی کرتا ہے لہذا غور طلب امر یہ ہے کہ کیا ڈپریشن کے علاج کے سلسلے میں اسلام میں تعلیمات موجود ہیں؟ تو تحقیق و جستجو سے یہ بات سامنے آتی ہے کہ اسلام نے ڈپریشن کے بھی بہت سے علاج اور حفاظتی تدابیر کی طرف رہنمائی کی ہے جنہیں اختیار کر کے انسان غم، پریشانی اور دیگر متعدد نفسیاتی امراض سے محفوظ رہ کر ایک خوشحال زندگی بسر کر سکتا ہے، جیسے تقدیر پر پختہ ایمان رکھنا، ہر حال میں اللہ کا شکر بجالانا، اوپر کی بجائے نیچے دیکھنا، مایوس نہ ہونا اور پر امید رہنا، بدگمانی سے بچنا اور دوسروں کے متعلق ہمیشہ اچھا گمان رکھنا، فراغت سے بچنا اور خود کو مصروف رکھنا، تکلیف پر صبر کرنا اور اجر و ثواب کی امید رکھنا اور دنیا کو فانی سمجھتے ہوئے ہمیشہ آخرت کی کامیابی کے لئے کوشاں رہنا وغیرہ وغیرہ۔ پیش نظر تحریر میں اسی سماجی مرض اور اس کے علاج کے حوالے سے اسلامی تعلیمات کو با تفصیل نقل کیا جائے گا۔

**ISLAMIC PERSPECTIVES IN MODERN
PSYCHOLOGY (IPMP-2019)
THREE DAYS INTERNATIONAL CONFERENCE**



**ABSTRACTS
POSTER PAPER PRESENTATIONS (IPMP-2019)**

POSTER PAPER PRESENTATIONS

Sr. No.	Title	Author's Name	Institute Name
1	Effects of Social Media Burnout on Loneliness and Body Image among University Students: A Gender Perspective	Maria Jameel, Dr. Fazaila Sabih & Amna Hassan	Department of Applied Psychology, Riphah International University, Rawalpindi
2	Psychological Distress and Life Satisfaction in Engineers	Hafiza Nimra Ali, Gul-e-Aqsa & Dr. Hina Ayaz Habib	Institute of Clinical Psychology, University of Karachi, Karachi
3	Feeling of Loneliness among Day Scholars and Hostel Scholars: A Comparative Study	Sumbal Shahzadi & Ulfat Nisa	Department of Professional Psychology, Bahria University, Islamabad
4	The Relationship between Burnout and Coping Strategy in Private University Teachers	Madiha Qammar & Dr. Khawer Bilal	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
5	Emotional Intelligence and Spiritual Intelligence Relationship among Medical House Officers	Pervasha Knawal & Hira Fatima	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore & Lahore General Hospital, Lahore
6	Emotional Regulation, Deliberate Self Harm and Social Adjustment among Patients with Major Depressive Disorder	Madeeha Ehsan & Anam Rabbani	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
7	The Relationship between Self-Determination, Emotional Empathy and Emotional Distress in Mental Health Professionals	Shaista Ali Akbar & Zainab Javed	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
8	Effect of Locus of Control on Marital Adjustment among Couples: A Gender Perspective	Faiza Ahmed, Maryam Zakria, Tehmina Mehboob, Hafsa Hussain, Aqsa Siddique & Amna Hassan	Department of Applied Psychology, Riphah International University, Rawalpindi
9	Parental Bonding, Perceived Parental Rearing Style, Self Concept and Happiness among Young Adults	Sana Sultan & Anum Rabbani	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore

Sr. No.	Title	Author's Name	Institute Name
10	Perceived Stigma and Psychological Distress in Patients with Hepatitis C	Ayesha Sadiqa & Rakia Ashraf	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
11	Stress, Emotional Intelligence, Resilience and Well-Being of Staff Nurse	Rana Muneer & Sana Majeed	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
12	Effect of Parental Autonomy Support on Academic Performance of Adolescents	Anam Rehman, Mariam Munir & Samia Khalid	College of Advanced Scientific Technique, Sahiwal & Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
13	Stress, Anxiety and Depression Among Transgender	Saira Yousaf, Mona Khurshid & Aiman Mubarak	Department of Applied Psychology, University of Sargodha, Sargodha
14	Marital Adjustment, Workplace Stressors and Depression in Female Police Inspectors	Maryem Naseer & Zainab Javed	Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore

Effects of Social Media Burnout on Loneliness and Body Image among University Students: A Gender Perspective

Maria Jameel, Dr.Fazaila Sabih & Ms. Amna Hassan
Department of Applied Psychology, Riphah International University, Rawalpindi
maria.jameel93@gmail.com

The present study was designed to explore the effects of social media burnout on loneliness and body image among university students. Method: The mixed method research design was used. Sample for survey (N=306), female students (n=154) and male students (n=152) from different universities of Islamabad and Rawalpindi, was drawn. In-depth interviews were conducted from students (N=20), females (n=10) and males (n=10) to explore the effects of use of social media on body image. UCLA loneliness scale, Multi-dimensional body self-relations and Social media burnout scale was used. Major Findings: Results indicated that a social media burnout is positively correlated with body appearance ($r = .175$, $p = 0.01$). However, loneliness is positively correlated with social media burnout ($r = .187$, $p = 0.01$). Cronbach's Alpha Reliability Coefficients of Social media burnout, UCLA loneliness and Multi-dimensional body self-relations are 0.76, 0.69 and 0.75 respectively. Analysis of T-test $t = 4.28$, $p < 0.01$ for gender difference was found. Conclusion: Results indicate that female students feel more exhausted by social media than male students. However there are no significant gender differences in loneliness and body image.

Keywords: Social Media, Social Media Burnout, Social Media Exhaustion, Body Image and Loneliness

Psychological Distress and Life Satisfaction in Engineers

Hafiza Nimra Ali, Gul-e-Aqsa & Dr. Hina Ayaz Habib
Institute of Clinical Psychology, University of Karachi, Karachi
nimraali61@gmail.com

The aim of the study was to find out the Predictive Relationship between psychological distress and life satisfaction in Engineers in Pakistan. On the basis of the literature review, following hypotheses was tested: (1) There would be a predictive association between psychological distress and life satisfaction of engineers. The participants of the present study consisted of 60 Engineers from Hamdard University, Karachi Pakistan. The ages of the participants ranged from 18 years to 35 years and their qualification was from Bachelors to PhD level. The instruments used were Demographic Sheet, Bradburn Psychological Well-Being Scale, satisfaction with life scale and psychological distress scale K 10 (Kessler. R). Data was tabulated using Statistical Package for Social Sciences (SPSS, 21). The data was analyzed using Linear Regression Analysis to test hypothesis of the present study. The obtained results are as mentioned: psychological distress significantly predicts low life satisfaction ($b = -.417$, $t(60) = 7.7$, $p < .01$). A significant regression equation was found $F(1,58) = 12.189$, $p < 0.01$ with R^2 of .174. It is seen that engineers with high qualification and sound financial background scored high on life satisfaction and low on psychological distress as compared to engineers with low socioeconomic status.

Keywords: Psychological Distress, Life Satisfaction, Engineers

Feeling of Loneliness among Day Scholars and Hostel Scholars: A Comparative Study

Sumbal Shahzadi & Ulfat Nisa
Department of Professional Psychology, Bahria University, Islamabad
sumbalshahzadi7751@gmail.com

Hostels are common now a day as students have moved to big cities to get higher education. Away from home security blanket may enhance feeling of loneliness and isolation among hostel scholars. Objective of the study was to find the difference between day scholars and hostel scholars on the Feelings of loneliness. After detailed literature review, hypothesis was framed for the present study; (1) Loneliness will be higher in Hostel scholars as compared to Day Scholars. The total sample was comprised of 300 (150 day scholars and 150 hostel scholars) participants. Their age ranged from 16 to 30 years. They were approached from different educational institutes of Islamabad. The minimum education requirement was intermediate, and they were currently continuing their studies as regular students. Research measures employed were: Demographic Information Sheet and UCLA Loneliness Scale (Russell & Peplau, 1978). For statistical analysis, descriptive statistics and t test was computed through SPSS 20.0. Results indicate that hostel scholars scored higher on loneliness than day scholars [$t(298) = 4.904$, $p = 0.004$]. Conclusion: Hostel life can increase feeling of loneliness of students. Implication: Counseling could be provided based on result findings for targeted population.

Keywords: Feelings of Loneliness, Students, Hostel Scholars, Day Scholars

The Relationship between Burnout and Coping Strategy in Private University Teachers

Madiha Qammar & Dr. Khawer Bilal

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
madihaqammar@hotmail.com

This research examined the relationship between burnout and coping strategy in private university teachers. A total of 100 teachers (male and female both) from different private universities participated in this research. In order to collect data on burnout and coping strategy a self-reported scale was conducted on university teachers. Frequencies, descriptive and correlation statistical analysis were used to examine data. The results recognized that duration of spending time in university and holidays in university, job worries, and overload work of the university are the significant causes of burnout in universities. The significant symptoms of burnout as discovered by the outcomes are emotional exhaustion and depersonalization. All coping strategies (engagement coping strategy and disengagement coping strategy) are significantly correlated to all burnout (emotional exhaustion, depersonalization and personal accomplishment). All the burnout features are significantly correlated with coping strategies in the university teachers. Result showed that teachers easily cope from burnout. The university authority should offer appreciation to educators about the reality of strains; they should make coping strategies for the educators and other faculty members from any type of mental illnesses. Additionally, the current research displays that there is a notable difference linking in the burnout of private university teachers.

Keywords: Burnout, Coping Strategy, Private University, Teachers

Emotional Intelligence and Spiritual Intelligence Relationship among Medical House Officers

Pervasha Knawal (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore) & Hira Fatima (Lahore General Hospital, Lahore)
pink_shoes22@yahoo.com

The present study aims to find out the relationship of Emotional Intelligence and Spiritual Intelligence among Medical House officers. Correlational research design was also used in this study. The sample size of the study was N=120 and were enrolled through purposive sampling technique. The participants were selected from Jinnah hospital Lahore, Akhter Saeed medical college Lahore, Gurki hospital Lahore. Measurement consists for this study was Emotional Intelligence Scale and The Spiritual Intelligence Self-Report Inventory. Pearson produced moment correlation, was used in this study. The findings of the study show that there is a positive correlation between spiritual intelligence and emotional intelligence. It will help to create awareness regarding their issues which they are experiencing and understand how to resolve their issues.

Keywords: Emotional Intelligence, Spiritual Intelligence, Medical House Officers, Relationship

Emotional Regulation, Deliberate Self Harm and Social Adjustment among Patients with Major Depressive Disorder

Madeeha Ehsan & Anam Rabbani

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
madeehaehsan744@gmail.com

The purpose of the present study was examined association between Emotional Regulation, Deliberate Self-Harm and Social Adjustment among patients with Major Depressive Disorder. In this study data was taken from 200 patients with major depressive disorder. Purposive sampling technique was used to recruit the sample. Emotional Regulation Questionnaire (Gross & John, 2003) was utilized to assess the level of Emotional Regulation in the current study. Moreover, OTTAWA Self-Injury Inventory (Martin et al., 2013) was used to measure the level of Deliberate Self-Harm. Furthermore, to measure the level of Social Adjustment, Social Adjustment Scale (Kousar, 2015) was used. Results revealed Emotional Regulation has significant positive relationship with Social Adjustment. Moreover, findings also showed that Emotional Regulation was significant predictor of Social Adjustment. However, Deliberate Self-Harm has not any significant relationship with Social Adjustment.

Keywords: Emotional Regulation, Deliberate Self-Harm, Social Adjustment, Patients with Major Depressive Disorder

The Relationship between Self-Determination, Emotional Empathy and Emotional Distress in Mental Health Professionals

Shaista Ali Akbar & Zainab Javed

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
ashaista20@gmail.com

The present study was conducted to explore the relationship between Self-Determination, Emotional Empathy and Emotional Distress in Mental Health Professionals. Mental Health Professionals often face Emotional Distress, when they daily treat and listened different mental disorder. Self-Determination & Emotional Empathy are likely to predicted Emotional Distress in Mental Health Professional. A sample comprised of N= 80 clinical psychologist and was recruited from the different hospital and centers. Correlational research design was used in this study and purposive sampling strategy was used to select the sample. Global Motivation Scale (GMS-18, Pelletier, 2003), Emotional Empathy Scale (EES, Caruso, D. R., & Mayer, J. D.1998) and Perceived Emotional Distress Inventory (PEDI, Moscoso, 2000) were used for assessment. Pearson Product Moment Correlation and Linear Regression analysis were used for statistical analysis. According to analysis positive relationship had found in Self-Determination and no significant relationship found with Emotional Empathy. While, there was no significant difference found in male and female emotional distress while in emotional empathy a significant difference found. Finding of this study have important implication for psychologist and beneficial for the provision of psychological intervention for hospital authorities.

Keywords: Emotional Distress, Empathy, Gender, Self-Determination, Mental Health Professionals

Effect of Locus of Control on Marital Adjustment among Couples: A Gender Perspective

Faiza Ahmed, Maryam Zakria, Tehmina Mehboob, Hafsa Hussain, Aqsa Siddique & Amna Hassan
Department of Applied Psychology, Riphah International University, Rawalpindi
faiza.ibatpak@gmail.com

The present study aims to investigate the relationship between locus of control and marital adjustment among males and females. The sample of 156 females and 144 males, having age group of 22-45 years were selected randomly from twin cities of Pakistan. Participants completed Demographic Information Sheet, Miller's Marital Locus of Control Scale and Marital Coping Inventory. Pearson Product Moment Correlation Coefficient was used to explore the relationship between locus of control and marital adjustment while Independent Sample t-test was employed to compare the differences in marital adjustment between males and females. Results indicated that a Miller's Marital Locus of Control Scale (Internal) is positively correlated with Marital Coping Inventory. However, Miller's Marital Locus of Control Scale (External) is negatively correlated with Marital Coping Inventory. All the variables under study are significantly related to each other at $p < 0.05$. Cronbach's Alpha Reliability Coefficient (.750) of Miller Marital locus of control which consists of 71 items and Marital Coping Inventory (.729) which consists of 42 items. T-test results for gender wise differences in marital coping revealed non-significant gender differences in marital coping as females reported to have higher level of marital coping ($M=123.84$, $SD=19.13$) than the males ($M=119.81$, $SD=21.01$). So the hypothesis i.e. Females show higher marital adjustment than males has been proved.

Keywords: Marital Adjustment, Marital Locus of Control, Gender Difference, Marital Coping

Parental Bonding, Perceived Parental Rearing Style, Self Concept and Happiness among Young Adults

Sana Sultan & Anum Rabbani

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
safi.dogar433@gmail.com

The present study was conducted to assess Parental bonding, Perceived parental rearing style and self-concept among young adults. Further, this study is particularly aimed at investigating an indigenous perspective. Correlational research design was used in this research. Purposive sampling strategy was used to select the sample. Age range of the participants was 18 to 27 years. Parental bonding, Perceived parental rearing styles, self-concept and happiness scale were used to investigate the relationship. A sample of two hundred young adults hundred male and hundred female regular students of a government institute were taken. Descriptive statistics, reliability analysis, correlation as well as multiple regression analysis was used to assess the relationship and prediction. According to results all hypotheses were accepted. This study has wide implications for many people including psychologists, educationist, Teachers, Parents and particularly, family and young adults of university and college students both male and females.

Keywords: Parental Bonding, Perceived Parental Rearing Style, Self Concept, Happiness, Young Adults

Perceived Stigma and Psychological Distress in patients with Hepatitis C

Ayesha Sadiqa & Rakia Ashraf

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
ayeshasadiqa0@gmail.com

The study was conducted to find relationship of Perceived Stigma, Psychological Distress and the relevant demographics characteristics of patients diagnosed with Hepatitis C. We studied 200 participants with ongoing treatment of Hepatitis C were taken as sample from different public and private Hospitals. The Hepatitis C stigma Scale (wright et al., 2007) was used to measure Perceived Stigma whereas Kessler's Psychological Distress Scale (Kessler, 2002) was used to assess Psychological Distress in Hepatitis C Patients and researcher designed demographic information sheet was used to get detail idea about characteristics of participants. Pearson Product Moment Correlation was used to assess relationship between Perceived stigma and Psychological Distress. Linear Regression analysis was run to check prediction of Psychological Distress from Perceived Stigma and demographic characteristics. The results showed that Perceived Stigma is positively correlated and predicted Psychological Distress. The current study examined that Socio-economic status has negative relationship with Perceived Stigma and Psychological Distress and Socio-economic status significantly predicted Psychological Distress as well as educational status has negative relationship and significantly predicted with Psychological Distress. The study also revealed that females have more Psychological Distress then males. The study resulted that family background is negatively correlated and significantly predicted Psychological Distress. Moreover, Psychological Distress is moderately negative correlated and significantly predicted life satisfaction. The results underlined the strong link between Perceived Stigma and Psychological Distress with its Socio- Demographics like Socio-economic Status, educational status, gender, background and life satisfaction. However future studies suggested that Stigma is a huge topic that needs to study and strength anti Stigma awareness program that will reduce their Psychological problems and reduce stigmatization in society.

Keywords: Hepatitis C, Perceived Stigma, Psychological Distress, Patients

Stress, Emotional Intelligence, Resilience and Well-Being of Staff Nurse

Rana Muneer & Sana Majeed

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
raana_muneer93@hotmail.com

Nursing is a profession which constitutes the biggest group of healthcare specialists. The purpose of the present study is to investigate the association among Stress, Emotional Intelligence Resilience and Well-being in Staff Nurses. In the current study data were taken from staff Nurses from both private and government hospitals. Non Probability Purposive sampling technique was carried out to recruit this sample. Ethical considerations were strictly followed throughout the research study. The Nurse Stress Index, Schutte Emotional Intelligence Scale, Connor-Davidson Resilience Scale (CD-RISC10) and BBC Well-Being Scale were utilized to collect the data. Data was analysed using SPSS 21, Descriptive analysis will be carried out for demographic information of participants. Pearson product moment Correlation coefficient was used to measure the relationship between Stress, Emotional Intelligence, Resilience and Well-being in Staff Nurses. Moreover, Multiple Regression analysis was practiced to find out the prediction of study variable in Well-Being of Staff Nurses. Results showed significant correlation between Stress, Emotional Intelligence, Resilience and Well-Being among Staff Nurses. The results also revealed that Stress, Emotional Intelligence and Resilience are well predictors of Well-Being among Staff Nurses. It is proposed that demographic variables such as age, years of experience and hospital type are significantly related with the study variables.

Keywords: Stress, Emotional Intelligence, Resilience, Well-Being, Staff Nurses

Effect of Parental Autonomy Support on Academic Performance of Adolescents

Anam Rehman, Mariam Munir (College of Advanced Scientific Technique, Sahiwal) & Samia Khalid (Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore)
samia.khalid@riphah.edu.pk

Present research is an effort to explore the parental autonomy support determines the academic performance of adolescence. In order to fulfill the requirements of the current research non-probability purposive sampling technique was used for the selection of research sample. The sample of hundred boys and girls were selected from different colleges of Sahiwal. Boys and girls age range was 17 years -20 years. Demographic characteristics of the sample were age, gender, class, family system, inter marks, metric marks & area. Co relational research design and survey research design used. Parental autonomy support scale (Gronlick, Deci and Ryan, 1997) was used in present research. To formally initiate the study an authority letter was signed by the

supervisor Mam Samia Khalid. It was hypothesized that there would be a significant difference between boys and girls in reference to their parental autonomy support. The result shows that there is no significant difference between boys and girls in reference to their parental autonomy support. Second hypothesis is that there would be a significant relationship between parental autonomy support and academic performance of adolescents. The result shows no correlation between parental support and academic performance. But the subscale Father Warmth only shows negative correlation with academic performance.

Keywords: Parental Autonomy, Academic Performance, Adolescents

Stress, Anxiety and Depression among Transgender

Saira Yousaf, Mona Khurshid & Aiman Mubarak

Department of Applied Psychology, University of Sargodha, Sargodha
sairayousaf41@gmail.com

The purpose of the current study was to examine level of stress, anxiety and depression among transgender. This studies the direct and indirect effects internalized heterosexism, concealment of gender identity, and perceived general stress in association with depression among transgender and to assess the relative contribution of each relationship. Transgender are also human being but we mostly deny understanding this reality, we are failed to give equal rights to this gender not only in Asian societies but also in western societies. Sample of the study included $n = 200$ taken from different cities of Pakistan. Data collected from transgender whose age range 20-70 years. Participants completed measures on Stress, Anxiety and Depression. Results suggested that stress significantly positively correlated with anxiety and depression. The finding of the studies shows that due to lack of facilities and stigmatization transgender mostly faces negative behaviors from society. The results of this study have important implications for research and practice. One significant factor in transgender older adults being “understudied” is that although gender is a demographic routinely assessed in national and other probability surveys,

Keywords: Stress, Anxiety, Depression, Transgender

Marital Adjustment, Workplace Stressors and Depression in Female Police Inspectors

Maryem Naseer & Zainab Javed

Riphah Institute of Clinical and Professional Psychology, Riphah International University, Lahore
maryemnaseer692@gmail.com

The purpose of the study was to investigate the relationship in Marital Adjustment, Workplace Stressors and Depression in Female Police Inspectors. It was be hypothesized that “Marital Adjustment and Workplace Stressors will predict Depression” For this purpose Correlational research design and purposive sampling strategy was used. Sample of ($n=100$) Females Police Officers with the age range of (25 - 40) years was selected from IGP Lahore. Enrich Marital Satisfaction Scale by Fowers (1993), Subjective Job Stress Scale Motowidlo (2014) and Hamilton Depression Rating Scale by Hamilton (1960) was used in the research. Different analyses techniques were performed to study the relationship in Marital Adjustment, Workplace Stressors, and Depression in Female Police Inspectors. SPSS software was used to analyze data. Descriptive statistics was calculated to assess means, standard deviations and frequencies of the variables. Pearson product moment correlation was use to find relationship in Marital Adjustment, Workplace Stressors, and Depression in Female Police Inspectors. Hierarchical regression analysis was used to find the prediction and T-Test was also applied. Data was analyzed through SPSS version 22. Correlational analysis showed that there was a negative significant relationship in marital adjustment Workplace Stressors and Depression in Female Police Inspectors, and there was positive significant relationship between Workplace Stressors and Depression in Female Police Inspectors. Hierarchical analysis showed that marital adjustment and Workplace Stressors were significant predictors of Depression. T-Test also showed significant relationship with demographics. The study had implication in the field of counseling, and clinical setup it will also help organizations including police department personnel to get benefit from the study by arranging training programs on Workplace Stressors and Marital Adjustment.

Keywords: Marital Adjustment, Workplace Stressors, Depression, Female Police Inspectors



RIPHAH
INTERNATIONAL UNIVERSITY