

1st International Conference

Institute of Clinical Psychology

Conference Theme:

**Clinical Psychology and the Developing World:
Issues, Challenges and Solutions**

March 9-10th, 2017

Conference Abstracts

University of Management and Technology, Lahore, Pakistan



Booklet Contents

Message: Dr. Hasan Sohaib Murad	2
<i>Rector, University of Management and Technology, Lahore</i>	
Welcome Address: Prof. Dr. Zahid Mahmood	3
<i>Director, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>	
About the Conference: Dr. Sadia Saleem	6
<i>Associate Professor, Institute of Clinical Psychology, UMT, Lahore</i>	
Scientific Committee	7
Conference Committees	8
Inaugural Program	9
Keynote Speakers	10
Abstracts: Oral Presentations	15
Poster Presentations	127
Preconference Workshops	163



MESSAGE

Dr. Hasan Sohaib Murad

Rector

University of Management & Technology, Lahore

It gives me great pleasure to extend my heartiest congratulations to the illustrious gathering of professional clinical psychologists at the 1st International Conference organized by the Institute of Clinical Psychology at University of Management and Technology. It is a clear manifestation of the commitment and quality of professionals in the field of clinical psychology. I am also very pleased to see the theme of the Conference. "Clinical Psychology and the Developing World; Issues Challenges and Solutions" is a very important and pertinent topic in the discipline of Psychology today. Human nature and behavior have always invoked extreme enthusiasm and excitement and have remained

subjects of dialogue and debate in all corners in various fields of knowledge. But for clinical psychologists, it is the prime subject and a unique specialization. Research in clinical psychology not only identifies the problems particular to the developing world but also discovers and highlights issues on broader terms and realms for the benefit of all.

The Institute of Clinical Psychology was set up at UMT in September 2012. In a short span of four and half years, the Institute has developed many new courses in clinical psychology at MS and PhD levels besides a training program in Counseling Psychology. The ICP not only distinguishes itself as a reputed platform for professional clinical training but it has also made many contributions in clinical work and research to develop an indigenous knowledge-base. In this short time, the Institute has developed sufficient knowledge and confidence to organize the 1st International Conference.

The serious undertaking of research and development for understanding of psychosocial problems especially in the developing world is the need of the hour. Major problems like drug addiction, domestic violence, honor killing, child abuse, public violence, terrorism, interpersonal friction, pathological over-reactions, crowd violence, sectarianism, religious and racial intolerance are said to be the major concerns of the developing world. As a matter of fact, these problems should be addressed by clinical psychologists with a view to identify the causes and demonstrate the use of behavioral technologies, cognitive appraisal and public education and thereby remedy the effects of harmful social trends.

In order to promote mental health, clinical psychologists should also pay close attention to the role of spirituality, faith and positive beliefs in ensuring psychological health. Spiritual uplift and reinforcement of inner being along with the mental stability and emotional intelligence is really helpful and crucial for the making of a peaceful society which is happy and content within its context and motivated to contribute positively to the global community as its responsible member.

I would like to see the field of clinical psychology undertaking a more scientific and rigorous approach to meet the challenges of the developing world. As a nation we should invest more in this crucial field to develop indigenous knowledge, expand reach of professional resources and work towards turnaround of our nation as a healthy and constructive one. We should also look for cure and prevention of most prevalent social ills and eradicate roots of sicknesses which so often plagues the peace of family and society. Those in governance may also refer to specialists to know from the scientists of human behavior how to incorporate social and psychological health into well-being of our nation.

I am optimistic that this conference will pave the way for positive interaction among professionals as well as educationists and lead to fresh thinking about issues and challenges facing humanity. This is the first conference and I hope that it would also become a regular event and papers and presentations would find their way into reputed journals of the world.



WELCOME ADDRESS

Prof. Dr. Zahid Mahmood

Director

Institute of Clinical Psychology,

University of Management and Technology, Lahore

Honorable Chief Guest Rana Mashood Ahmad Khan Minister, Education, Youth Affairs, Sports, Tourism and Archaeology Government of the Punjab, honorable Rector Dr Hasan Murad, respected delegates, and guests, fellow students of Clinical Psychology ladies and gentlemen I would like to welcome you all to the first international conference organized by ICP UMT. The whole faculty,

trainees and the staff of ICP feel much honored by your presence here today. We are very grateful for all the help support and encouragement we have received from all quarters that has enabled us to hold this conference today. Your presence here is most heartening for us.

We set up a Department of Clinical Psychology UMT in September 2012 at December 2015 we held the first National Conference. The theme of the conference was *Indigenizing Clinical Psychology: Issues and Challenges*. Judging by the number of papers (200) and participants (400 participants), it was considered by most, quite a successful event. Encouraged by the response we decided to hold an international event. This time our theme is *Clinical Psychology in the Developing World: Issues Challenges and Solutions*. I am sure most of you can get some idea what we were trying to achieve.

Clinical Psychology is a very young science. It started as a part of philosophy that got involved with understanding of the self and its manifestations; normal as well as abnormal. Relying on magic and metaphysics at first, psychology developed a systematic and scientific approach to the observable and tangible forms of behaviour particularly what we describe as mental illness. For many decades of 1800's 1900's psychologists held psychoanalysis in high regard. Psychoanalysis was called a theory of psychology, a treatment of mental disorders and a philosophy of life. Once psychologists developed an objective and empirical view and used behavioural, experimental and research data psychology was seen as an independent discipline. Psychology was organized into a professional organization in USA in 1920's and in UK 1950's. In 1958 Joseph Wolpe's Book "Psychotherapy by Reciprocal Inhibition" was published as a practical manual for undertaking behaviour therapy helping Clinical psychologists to work independent of the medical profession. Psychology also began to understand behaviour as a product of biological processes. The development of knowledge of functioning of the brain and the nervous system, genetics and biochemistry were added as new perspectives in understanding the person. In the earlier decades of the 20th century, perhaps as a result wars and revolutions and the tremendous surge in diverse human interactions and experiences social experiences and cultural influences all together shaped the uniqueness of our behaviour based on social and cultural theories. In fact they were all adding credence to the bio-psycho- social explanation of human behaviour. Abnormal behaviour, psychological problems, behavioural and mental disorders attracted tremendous amount of interest. The psychological sky was brightened by numerous theories of behaviour, some fading like shooting stars others grew more and more into comprehensive explanation of psychology incorporating biology as well as social psychology into psychological mental processes. Around 1980's from cross cultural studies another perspective was added to the understanding the psychology of a person that is the perspective spiritual perspective is seen as the basic belief system of the individual that give the individual a broader view of well-being and welfare of the self as well as humanity. The function of this dimension is to promote cohesion ethics and values the function of which is not make one individual conform to anyone else's believe system.

However, in the sub-continent psychology was rather slow to develop. It remained an academic discipline taught in a few universities. Western psychology raised in an individualistic culture was simply borrowed to explain psychology Eastern collectivistic culture, without any recourse to the traditions of scientific

inquiry, empiricism, research, validation or relevance. I believe there is a lot in common in human beings structurally; physically, emotionally, biochemically and temperamentally as well as a variety of experiencing similar phenomena, expressing, manifesting experiences and individual, social and cultural influences that determine a large proportion of the uniqueness of the individual. I recall one of the earlier definitions of psychology I came across was it is "the study of individual differences". However, in fact such differences were almost forgotten and psychology was rendered to merely an academic discipline.

In Pakistan the first dedicated course of training in Clinical Psychology was set up in the mid 1980's with a one year Diploma based in two universities. It was deemed sufficient to train one to become a clinical psychologist. I think it was implicitly believed that as the biological basis of human psychology was universal so was the human experience, unwittingly ignoring the social and cultural variants influencing the nature of individual experience and its expression. Having to start a professional training course without any base or preparation or expertise available was a big challenge. The biggest challenge was to lay down the foundations of the new science in a different culture by focusing largely on a single case study approach using, the newly arrived behaviour therapy and its variations. For years foreign made personality tests and IQ tests had been in vogue in psychology departments as main method of study. There was no tradition of research to question the validity of using a test across cultures. There was an implicit belief among the academics that a psychological test or a questionnaire developed in USA or UK was universally applicable to other countries using other languages on different populations disregarding social and cultural variations. Adapting a test by translating and establishing linguistic equivalence was thought to be enough for standardization. This approach obviated the need to develop indigenous tests with culturally valid norms.

I should tell you a little about my professional background. I trained as a clinical psychologist in London. I worked there for 40 years between 1965 -2005, amassing wealth of experience at the National and International levels. In the 60's and late 70's WISC and WAIS were the main tools used frequently by clinical and educational psychologists to measure intelligence and arriving important decisions about their patients using the American norms. Some professional complained about the inappropriateness of some parts of the test and validity of norms, for the question of cultural variations in seemingly so similar cultures was lost. It was in early 80's the British Ability Scales were developed.

During 1982-2003, I visited Pakistan every year visiting, teaching and demonstrating workshops in almost every University in Pakistan at that time. During my training and work in Clinical psychology UK I learned a lot about setting up clinical courses and during my annual visits to Pakistan I planned to set up a clinical course.

In 2005 I decided to move back to Pakistan under the Higher Education Commission Programme. I was able to negotiate my first assignment which was to raise the training standards of Clinical Psychology and develop a knowledge base on an indigenous Psychology.

It was in 2005 I started the first two-year degree course in Clinical Psychology, structurally more or less along the lines of the British training Programme in which emphasized supervised training in clinical skills, developing valid tests and methods of psychological assessment through empirical research. Based on the experience and success of the course, I started a second Department of Clinical Psychology when I moved to UMT in 2011. The Department was later became an Institute. Now, we are running in addition to MS in Clinical Psychology, an MS in Counselling Psychology and a PhD programme.

We were very much aware of the fact that while it was easy to organize the structure of training according to preset levels, the raising the quality of substance was something different. Psychology exists largely within of the culture in which it is studied. It is best understood if it is studied within the culture it is found. While the structures of the principles may have a universal flavor, the type of interactions between the individual and the environment and the manifestations are often endemic to the psychosocial context. To ensure the pertinence of psychology to the culture and subcultures Pakistan was one of the main objectives of the courses we set up.

Therefore, we planned to develop indigenized clinical psychology by developing our own tools; assessment procedures that were valid and relevant to our culture with appropriate empirical basis. We were lucky to have access to the Western technology of research that helped us undertake the

development of numerous tests and procedures for measuring behaviors, attitudes, concepts and study a wide range of psycho social phenomena. It was ensured that the tests we developed had respectable and acceptable levels of all essential psychometric properties. Some of these have been published and others are used in further researches.

Traditionally, the practice of Clinical Psychology in Pakistan has been organized as a part of psychiatry. Clinical psychologists generally work in hospitals with psychiatric in wards and also provide the out patient's consultations. We set up a tradition of extending our work to populations outside the psychiatric institutions into the community. Since the emphasis of clinical psychology has moved away from institutions to the community, mental illness and towards mental health we focused more on functional rather than structural aspects of cognitive, emotional and behavioural problems.

A functional analysis of behaviour involves explaining behaviour in terms of the functions it serves for the individual, and the discrete links that results in a constant dynamic interactions among the bio-psycho-social and beliefs system, how it has been learned and how it can be modified.

Our researches reinforced our view that there were segments of population, outside of Institutions that suffered from psychological distress and ill health needing professional help, advice and intervention to help them improve their level of functioning. We have to have an approach that is indigenous to do effective work. One of the biggest challenges was to find a way to reach out those communities that are not served by the impoverished clinical services.

The first step was to include school psychology in our clinical curriculum. We carried out a number of researches and developed assessment procedures with empirical basis and link the intervention assessment outcome. We developed a functional view behaviour. Encouraged by our success in school psychology, we extended our work to other groups in our society like those children who dwell in shanty towns or "Jhuggies" make-shift huts, children in orphanages, street children, run away children, the *Hijra* the third gender and other marginalized populations. Our works included not only the identification of such population but also assessing psycho-social problems they may face and help improve their functioning to adjust better in the society. Also we extended clinical services to children with learning difficulties. We promoted everyday living skills rather than focusing just on academic skills. We are extending our work to the psychosocial problems of those with hearing problems and visually handicapped.

We have defined a marginalized population as *"That segment of population which tends to exist outside the boundaries of main stream social, economic, and political system with minimal or restricted set of interactions with the main society"*.

Such an existence results in concomitant loss of rights and associated opportunities.

Such populations generally suffer from discrimination, alienation and rejection by the society thus forcing them to suffer in silence devoid of rights. We believe that the hall mark of a civilized democracy is how well it looks after its minorities. We are making efforts to update our knowledge and validate our work through research and application so that we serve the psycho social needs of the marginalized groups.

We provide supervised clinical experience to all trainees with patients with acute and chronic psychiatric disorders, children with behavioural problems, children with learning difficulties, physical disabilities, addiction, deprived and marginalized groups and so on. We try to identify marginalized populations, assess their needs and develop intervention plan.

During the last year we have signed MOU's with NGO's, Akhuwat and the Global Rehab Centre and the Anti-Narcotic Board. This collaboration will help not only in developing new services but also expand the training and research opportunities in new areas. We held our first National Conference on Indigenizing Clinical Psychology: Issues and challenges in 2016. This time the themes include the psychosocial and mental health issues of marginalized populations in the developing world.



ABOUT THE CONFERENCE

Dr. Sadia Saleem

Conference Secretary

Associate Professor

Institute of Clinical Psychology

University of Management and Technology, Lahore

We are very pleased to announce the 1st International Conference of the Institute of Clinical Psychology, UMT, Lahore. Since we started at UMT in 2012 we have produced two PhD's, more than 100 MS in Clinical. We have published 12 papers in HEC recognized journals. In our continued professional development we

have had several lectures, workshops, seminar and interesting and hot debates on burning social issues endemic to our culture. Our trainees now come from far afield places like Peshawar in the North to the very south of Punjab and Quetta in Baluchistan. This is quite encouraging in the light of the fact that until recently interest in clinical psychology existed only in two or three big cities of the country.

The developing countries are often conservative sticking to traditions. It takes them longer to alter their ways of thinking and accept different views. Any change is construed as a threat especially if it is introduced radically. Fortunately the tradition of teaching clinical psychology was already there in Pakistan. We tended to advocate how we can raise the quality of training secondly broaden the scope of the application to the community as well as institutional. We need to identify the needs of our community and fulfill these needs. Above all we have to make clinical psychology relevant to the day and age we are working with the international group of fellow experts. We have to learn to subscribe to a style, language, vocabulary.

After the success of our 1st National Conference in December 2015, we announced our 1st International Conference on "Clinical Psychology and the Developing World: Issues, Challenges and Solutions". We are very pleased to say that altogether we have had a very good response to our call for papers. We received nearly 500 articles of which at least 300 are fit for presentation at the conference. There will be a poster display of more than 160 papers. There are nearly 28 scientific sessions running concurrently over the two days. These sessions cover on themes like Gender, Assessment, Mental Health, Personality, Internet, Marginalized Population, Special Education, Intervention, Marital Issues, Health Psychology, Occupation and Mental Health, Quality of Life and so on. We have also included thirteen training workshops to be held on the eve of the conference. These pre-conference workshops are designed not to teach but to train some new therapeutic and life skills.

At the end, I would like to thank all our esteemed guests, distinguished key note national and international speakers, colleagues, participants, funding agencies HEC Islamabad, Punjab HEC Lahore, Akhuwat, Fountain House, Care Marketing and UMT for the support and trust that they have shown to us.

SCIENTIFIC COMMITTEE

Dr. Rosemary Mulholland, *University of Edinburgh, UK*

Dr. Evelyn Monk-Millings, *Glasgow-Caledonian University, UK*

Prof. Dr. Anila Kamal, *National Institute of Psychology, Quaid-i Azam University, Islamabad*

Prof. Dr. Ahmed Faisal Siddiqi, *University of Management and Technology, Lahore*

Prof. Dr. Riaz Ahmad, *University of Karachi*

Prof. Dr. Sarah Shahed Lahore, *College Women University, Lahore*

Prof. Dr. Iftikhar Ahmad, *University of Management and Technology, Lahore*

Dr. Shahida Batool, *Government College University Lahore*

Prof. Talat Sohail, *Lahore College Women University, Lahore*

Dr. Shabbir Ahmad Rana, *Govt M.A.O. College Lahore*

Dr. Iram Zahra Bokhary, *Punjab Institute of Mental Health, Lahore*

Dr. Salma Hasan, *Government College University Lahore*

Dr. Rubina Hanif, *National Institute of Psychology, Quaid-i Azam University, Islamabad*

Dr. Sadia Saleem, *University of Management and Technology, Lahore*

Dr. Iram Mansoor, *CMH Lahore Medical College and Institute of Dentistry, Lahore*

Dr. Fatima Naeem, *University of Management and Technology, Lahore*

Dr. Amna Muazzam, *Lahore College Women University, Lahore*

Dr. Ivan Suneel Samuel, *FCC College Lahore*

Dr. Muhammad Rafiq Dar, *University of Management and Technology, Lahore*

Dr. Sajjad Ahmad Calgary, *Alberta, Canada*

Dr. Fariha Iram Rizvi *Govt M.A.O. College Lahore*

CONFERENCE COMMITTEES

Chief Organizer

Dr. Zahid Mahmood

Conference Secretary

Dr. Sadia Saleem

Finance Committee

Ms. Sana Daud

Printing and Publication

In-charge: Ms. Ayesha Jabeen

Co- In charge: Umaiza Bashir

Members: Muzamil, Shafaq, Pervaiz, Sana Zaheer, Unsia Firdous, Sadia Naaz, Maheen Khan, Sana Farooq, Ifra, Tanzeela Mushtaq

Pre-Conference Workshop Committee

In-charge: Ms. Sara Subhan

Co- In charge: Ms. Ayesha Asghar,

Mr. Zohaib Bashir

Food and Refreshment Committee

In-charge: Ms. Umaiza Bashir, Sana Daud

Reception Committee

In-charge: Ms. Maryam Rizvi

Members: Saima Shaukat, Aqsa Rauf, Sana Farooq

Press and Media Committee

In-charge: Mr. Zohaib Bashir

Co In charge: Mr. Ali Jawad

Members: Ushna Farukh, Tabeer Sabri, Narmeen Ali, Noreen Fatima, Nida Ayub

Poster Committee

In-charge: Dr. Rafique Dar

Co In charge: Mr. Ali Jawad

& Mr. Sajjad Hussain

Members: Saba Maqsood, Sundas Hassan Chishti, Sadaf Farooq, Sana Fatima, Iffat Saba, Fatima Ashraf, Noor Zainab, Wahid Ullaha, Shehryar Khan, Mobeel Afzal, Ayesha Amin

Proceeding Committee

Dr. Zahid Mahmood

Dr. Sadia Saleem

Funding and Sponsorship Committee

In-charge: Ms. Sana Daud

Co-Incharge: Ms. Zobia Amin, Sara Subhan

Conference Program Committee

In-charge: Dr. Sadia Saleem

Co- In charge: Ms. Ayesha Asghar

Mr. Arif Nadeem, Ms. Maryam Rizvi

Registration & Accommodation Committee

In-charge: Dr. Fatima Naeem

Co-Incharge: Ms. Maryam Rizvi, Mr. Arif Nadeem

Members: Ali Jawad, Alia Sharif, Sadia Rehman, Ailia Kazmi, Sidra Naz, Pakeeza Tanveer, Sana Fatima, Rabia Bashart

Foreign Guests Committee

In-charge: Ms. Sana Daud, Sara Subhan

Facilities Committee

In-charge: Ms. Sana Daud

Stage and Hall Arrangement Committee

In- charge: Ms. Zobia Amin

Co- In charge: Ms. Umaiza Bashir

Members: Mishal Khan, Hira Khawar, Ayesha Rashid, Syedda Maheen, Haleema Khurshid, Namra Mahmood

Disciplinary Committee

In-charge: Mr. Arif Nadeem

Co In charge: Ms. Ayesha Asghar

Members: Sajjad Hussain, Ali Jawad, Muhammad Amir, Javed Iqbal, Muhammad Irfan, Yasir Liaqat, Shehryar Khan, Wahid Ullah, Sadia Irfan, Iram Javed, Lubna Shahzadi, Ayesha Amin, Sundus Hassan, Irfan Saleem, Sabiha Aslam, Feryal Iqbal, Arjumand Shaheen

Stalls Organizing Committee

In- charge: Dr. Rafique Dar

Members: Iffat Saba, Rabia Khadam, Iram Javed, Hafiza Sabiha Saba Aslam, Nida Ayub, Lubna Shahzadi

1ST INTERNATIONAL CONFERENCE PROGRAM

Clinical Psychology in the Developing World: Issues, Challenges and Solutions”

Inaugural

(9-10th March 2017)

Participants to be seated 8:30 am

Guests to be seated 8:45 am

Inaugural Session: 9:00 – 11:30 am

Venue: Ava Gardner Faletti’s Hotel, Lahore

9:00 am	A Recitation from the Holy Quran
9:10 am	National Anthem
9:15 – 9:45 am	Welcome Address by Prof. Dr. Zahid Mahmood <i>Director, Institute of Clinical Psychology, UMT, Lahore</i>
9:45 – 10:15 am	Keynote Address <i>Assessment of Adult Attachment and its Relationship to Attachment to God</i> Douglas, E. Trimble, PhD <i>Professor, Eastern University Pennsylvania, USA</i>
10:15 – 10:45 am	Guest Speakers Dr. Anila Kamal Gender Issues and Challenges in Pakistan <i>Director/Tenured Professor</i> <i>National Institute of Psychology, Quaid-i-Azam, Islamabad</i> Dr. Muhammad Amjad Saqib <i>Executive Director, Akhuwat</i> Ms. Amra Khan Clinical Psychology in Pakistan <i>Member of National Assembly (PML-N)</i>
10:45 – 11:00 am	Address by the Rector Dr. Hasan Sohaib Murad <i>Rector, University of Management and Technology, Lahore</i>
11:00 – 11:15 am	Address by the Chief Guest
11:15 – 11:30 am	Presentation of Shields to the Guests

KEYNOTE SPEAKERS



The Power of Multidisciplinary in the Exploration of Issues, Challenges and Solutions in the Developing World

Rebecca Kanak Fox, PhD

Professor

College of Education and Humanities Department

George Mason University, Virginia, USA

In this address, Dr. Rebecca Fox, Professor of Education at George Mason University, Fairfax, VA, will address the role of education in the context of the developing world. Many areas of learning theory draw heavily from the field of psychology. She believes that as scholars come together for purposeful conversations and sharing of research at conferences such as this, we can inform important areas that call for our ongoing work. The importance of joining together within and across disciplines in international dialogue to address the challenges we face and find solutions for these challenges cannot be understated. By considering both the commonalities and the unique areas we hold, we can better address our research and resulting work both locally and globally.

In developing areas of the world, conflict, poverty, and multiple factors impact the educational process and the cycle of learning in so many ways, some perhaps more obvious than others. Why is it important to join forces across disciplines? What might educational theory contribute to our deeper understanding of the areas informed by clinical psychology? And how might we, together, more clearly define and address aspects of learning, or borders and barriers faced by learners and their teachers? And finally how might our joint research be used by decision-makers regarding school structure, services to students, and teacher education and professional development?

Inter-disciplinary research has the potential to inform us in important ways, and as higher education professionals, we can reach out to multiple stakeholders to create multi-disciplinary approaches to find and test some of these ideas. My talk will be organized around several specific learning factors and research topics we are familiar with and use currently in education. These include some of the theories surrounding both the basic needs and accompanying factors that have been identified in educational theory to help us analyze and understand the teaching and learning cycle more deeply. These broad areas include: Conditions for Learning and Developmental Factors; Learning Theories and the Learner – learner needs, cultural and linguistic influences; Teachers and Educators, including their initial preparation and ongoing professional development; the Essential Role of Parents and Home Life; and finally, the Broader Community.

Once we consider these overarching areas, we can join forces to discuss the linkages between and among our areas of scholarship. It is in bringing multiple stakeholders and researchers together that we can begin to see the issues in full light, identify challenges, and find solutions to our world situations in conflict. Multidisciplinary in our work as researchers, practitioners, and educators stands to be a key influence for change as we join the forces of mind and knowledge to contribute new thinking to our fields.



Responding to Myths about Cognitive-behavioral Theory and Therapy

Keith S. Dobson, PhD

Professor

Department of Psychology, University of Calgary

As with any prominent model of human behavior, cognitive-behavioral theory and therapy (CBT) have received both positive and negative attention. In recent years, a number of myths have evolved about CBT. In this presentation, these myths are identified, and effective responses, based on sound theory and research evidence, are provided. It is hoped that this presentation will provide viewers with a set of positive ideas and attitudes towards CBT, and that the viewers will have, by the end of the presentation, strong responses to negative ideas about CBT.



Assessment of Adult Attachment and its Relationship to Attachment to God

Douglas E. Trimble, Ph.D.

Associate Professor

Eastern University, Pennsylvania, USA

As initially conceived by Bowlby and Ainsworth, infant attachment to a caretaker is an important adaptive mechanism. The child develops an internal working model of the relationship with the caretaker and is able to use the caretaker as a secure base from which to explore the environment. The three main attachment styles (secure, avoidant, and anxious) have been found to predict important developmental outcomes, such as school achievement, peer relationships, and psychopathology. Adult attachment styles are only moderately correlated with infant attachment. Adult attachment predicts significant adult outcomes, including the quality of romantic relationships. This paper will discuss the limited literature assessing attachment in Pakistan and the current status of adult attachment assessment, focusing on the 9-item Experiences in Close Relationships – Relationship Structures instrument. This instrument has demonstrated reliability and validity and has been used cross-culturally but has not yet been used widely with Muslim samples. The psychology of religion has explored the degree to which God can function as an attachment figure and the degree to which religious individuals can use their relationship with God as a secure base. The implicit-relational-knowledge correspondence hypothesis posits that human attachment relationships can form the basis for attachment to God. An open question is the degree to which this hypothesis can be successfully applied to Muslim samples.



The Role of Multi-Oscillatory Circadian Network and of Melatonin in our Health, Including Mental Health

Paul Pevet, PhD

Senior Scientist

*Institute for Cellular and Integrative Neurosciences (INCI), CNRS-
University of Strasbourg, Strasbourg France*

Understanding the hierarchical organization of the circadian network with the SCN as chief conductor is necessary for curative treatments, highlighting the need for therapeutic strategies that target the master clock. Contrary to other SCN endocrine outputs, the MTL rhythm is a very stable circadian signal dependent solely on the SCN clock and the light/dark cycle. As detailed above, MTL signals are more than just a 'clock hand' of the SCN. Indeed, due to the presence of MTL receptors within the SCN itself, exogenous MTL has clear chronobiotic effects (i.e. shifting effects on the master clock) and its role in regulating clock-controlled circadian rhythms has been firmly established, as underlined by more than 2500 scientific articles. Preclinical studies have shown great promise, and consequently, MTL agonists are attractive pharmacological tools. During the past decades, the development of numerous MTL agonists has enhanced the prospects of pharmacological treatment of patients within a range of circadian, psychiatric and sleep disorders. Some of them, ramelteon (MT1/MT2 agonist for insomnia in blind patients), tasimelteon (MT1/MT2 agonist for circadian-based disorders), agomelatine (MT1/MT2 agonist and 5-HTC2 antagonist for depression) and Circadin (a galenic form of MTL for sleep disorders in the elderly), are already approved and marketed.



Adapting Psychotherapy with Older Adults: The CALTAP Model

Candace Konnert

Associate Professor

Department of Psychology, Calgary, Alberta

The purpose of this presentation is to provide information about the Contextual Adult Lifespan Theory for Adapting Psychotherapy (CALTAP), a meta-theoretical framework for guiding psychotherapy with older adults (Knight & Poon, 2008). This theory integrates both individual and environmental factors that influence older adults and provides important insight into adaptations that may be necessary when conducting psychotherapy with older adults. These adaptations may be related to developmental aging processes, both positive (e.g., wisdom) and negative (e.g., physical health decline). However, psychotherapy may also need to be adapted for the unique historical experiences of different birth cohorts and the social-cultural environments in which older adults reside. The CALTAP model will assist therapists in conceptualizing the broad range of factors that influence the therapeutic process with older adults.



Functional Assessment and Evidence-Based Remediation Strategies for Diverse Learners

Anya S. Evmenova Ph.D.

Associate Professor

Division of Special Education and disability Research

College of Education and Human Development

George Mason University, Fairfax VA, USA

This presentation will offer knowledge and discussion related to the assessment and treatment of diverse learners. The impact of cultural, linguistic, socio-economic diversity as well as characteristics of students with various abilities and needs will be reviewed. First, the importance of accurate, effective, and ethical administration and interpretation of various instruments will be discussed. The benefits and limitations of norm-referenced, criterion-referenced, curriculum-based, and informal assessments will be explained. Then, ideas on how to use functional assessment for data-driven decision-making will be shared. Direct and indirect ways to identify, record, evaluate, and change social, academic, and emotional behaviors will be demonstrated. Finally, the examples of evidence-based strategies and interventions for addressing learners' (dis)abilities will be provided. Evidence from previous research that supports students with diverse needs will be used to support these examples. The attendees will learn about effective techniques to prevention, diagnosis, and treatment sensitive to the diverse characteristics and needs of their clients.



Trauma Informed Care

Steven O. Kidd, PhD

Assistant Research Professor, Adjoint,

University of Colorado, Colorado

Springs USA

Anne E.T. Kidd, MSW, LCSW

Education, University of Colorado,

Colorado Springs



Since the publishing of the Diagnostic and Statistical Manual of Mental Disorders – III (DSM-III) in 1980 by the American Psychiatric Association, the field of mental health has been strongly shaped by a medical approach to conceptualizing psychopathology and its resulting treatment applications. With recent research clarifying the impact of childhood attachment disruptions and trauma on mental health, we are now witnessing a paradigm shift from a medical/disease approach to a more patient-centered understanding being promulgated as "Trauma-Informed Care". This model emphasizes patient narrative over symptom description, and instead of asking "What's wrong with you?" asks "What happened to you?" The model has vast implications for mental health treatment approaches. It also has implications for all manner of service delivery systems. Research into the implications of the model for non-Western societies appears to be in its beginning stages.



Gender Issues and Challenges in Pakistan

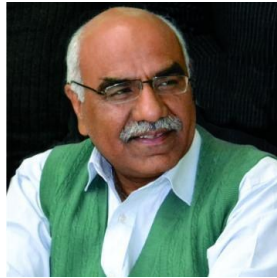
Dr. Anila Kamal

Director/Tenured Professor

National Institute of Psychology, Quaid-i-Azam, Islamabad

This paper will highlight the issues and challenges facing the Pakistani society. It is observed that there is biasness towards positive results in the existing literature related to gender psychology. Researcher most of the time only try to find differences between men and women or girls and boys. Findings of no differences are either not being reported or never being highlighted. This biases hinders the true understanding of

this phenomenon, and misconceptions emerge which ultimately influence the gender roles and responsibilities of men and women while living in the society. The paper will also identify the major gender issues prevailing in Pakistan and will generate a discussion to find solution.



Akhuwat 's Role in Marginalized Population

Dr. Amjad Saqib

Executive Director, Akhuwat

Clinical Psychology has taken great strides towards serving the community and its needy population. It is refreshing to see that instead of confirming their service to institutions Clinical Psychology research and application are being

applied on those people who also need professional help and inputs in order to become a functional part of the society.



Clinical Psychology in Pakistan

Ms. Amra Khan

Member of National Assembly (PML-N)

Psychology as defined by Kim and Berry is "the scientific study of human behavior or mind that is native, that is not transported from other regions, and that is designed for its people". While indigenous psychologies have existed for a long time, only recently it is considered necessary that benchmark concepts of

psychology must take into account the sociopolitical, historical, religious, ecological, cultural and other indigenous factors as they directly affect their psychological and behavioral issues. It is therefore imperative that psychological assessment tools and interventions must collaborate with our religious beliefs, social and cultural practices. Consequently clinical tests standardization and interpretation must highlight the significant issues of our developing world especially with reference to marginalized population. Our clinical psychologist during their training and capacity building must be taught our peculiar national issues and practices and their impact on our behavioral and psychological responses pertinent to our culture.

Abstracts
Oral Presentations

ICP2-001 Distress Tolerance Scale for University Students: A Validation Study

Maha Azhar & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

To identify the experience, manifestation and expression of distress tolerance among university students, a 4-step model of scale development was used. The phenomenology of distress tolerance was explored from 26 undergraduate university students (13 males, 13 females) using the semi-structured interview that yielded a list of 65 items. After expert validation and exclusion of repetitive items, 52 items were retained which was converted into a self-report measure (Distress Tolerance Scale, DTS) and was piloted on 50 university students (25 males, 25 females) for assessing its user-friendliness. In the final phase, 400 undergraduate university students with the age range of 20-25 years were recruited through multistage sampling and were given a demographic questionnaire, DTS and DASS-21 for the purpose of concurrent validity. Factor solution for Distress Tolerance Scale was analysed using the Varimax rotation in the Principal Component Factor Analysis. Results were discussed in terms of culture, gender differences and intervention for counselling services.

ICP2-003 To Accomplish Your Goals You Need Motivation and Commitment

Saba Aslam & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current case study is about the poor supervision of parents and bad company of friends influenced a lot a person's life and leads towards severe problems in further life. A.A was 26 years old male, with complains of drug addiction. Twelve sessions were conducted in which different assessment modalities were used like Behavioral Observation, Clinical Interviews, Mental Status Examination, Subjective Rating, Baseline Charts, Hygiene and Social Skills Checklist. Case was conceptualized according to the Bio, Psycho, Social model. Management plan was devised in which rapport building was done to build a trustworthy relationship with the client. Psycho education was provided to provide problem's insight. Deep Breathing was taught to make him able to relax in irritability. Activity Scheduling was used to schedule the daily routine activities of him to avoid craving. To prevent the client from relapse different techniques of relapse prevention were used as HALT principal (Hungry, Angry, Lonely and Tiredness), Assertive training and Avoiding from slippery places and distraction techniques. Therapeutic sessions had successful outcome.

ICP2-005 Narcissism, Perfectionism and Aggression among Police Officers: Evidence from Pakistan (Lahore)

Sadaf Rehman & Shahnaila Tariq

Institute of Social and Cultural Studies, University of the Punjab, Lahore

The present research aimed to investigate the relationship between narcissism, perfectionism and aggression among police officers from Pakistan (Lahore). It was hypothesized that there is likely to be positive relationship between narcissism, perfectionism and aggression among police officers from Pakistan (Lahore). Within group correlational research design and simple random sampling was used to collect data from (N=150) police officers of Punjab (n=75) male police officers and (n=75) female police officers. A self-developed Demographic Questionnaire, Narcissistic Personality Inventory, Multidimensional Perfectionism Scale and Aggression Scale were used for assessment. Results showed that there was a significant relationship between the narcissism, perfectionism and aggression among police officers. This research may provide an awareness and guidelines for reducing the level of aggression among police officers.

ICP2-007 **Test Anxiety and Peer relationship problems in adolescent girl- A Psychosomatic Intervention**

Feryal Iqbal & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The client was 13 years old girl and a student of Grade 7. The goal of intervention was to deal the complaints carelessness in studies, difficulty maintaining attention and concentration during lecture reported by the teacher. According to the child, she had difficulty in sustaining long lasting friendships, difficulty in understanding the lectures of Mathematics and anxiousness during tests and exams. It was a single case study design. The assessment methods conducted were Clinical Interview, Naturalistic Observation in clinical and in playground settings and the tools used were House Tree Person, Draw A Family and Subjective Ratings of Symptoms. House Tree Person analysis showed that the child showed stress and anxiety from heavy shading of pictures and felt rejection from her family. DAF results showed withdrawn and distant from her father figure and Ratings were supposed to be high in irritability and anxiety. Single case study design was being used. Test anxiety reduction strategies were given in managing anxiousness in exams along with thought replacement, massage therapy and deep breathing. To maintain friendships, forgiveness concept was given to get united by old friends and to improve academic skills, study skills strategies were taught to the child. The results were that her irritability ratings come from 10 to 02 and she learn to control her facial expressions and anxiousness. The outcome of relaxation exercises turned her from the ratings of 09 to 03. The conclusion of this case study was that she showed marked improvement. She was able to know who is a good friend and who is a bad friend. She was able to control her worrisome feelings and uneasiness. The duration of follow-up session turned out to be 20.

ICP2-008 **Identity, Social Intelligence, Emotional Behavioral Problems of Institutionalized orphan and Main Stream Adolescents**

Uzma Ashiq & Sadia Saleem

Institute of Clinical Psychology, University of Management & Technology, Lahore

The current study was aimed to explore the difference between orphan and main stream adolescents on Identity, Social Intelligence and Emotional Behavioral Problems. A total sample of 200 (100 orphans and 100 mainstream) adolescents with the age range of 12-19, (M 14.42, SD 1.47) were selected through purposive sampling technique. The research protocol comprised Identity Scale of Adolescents (ISA), Social Intelligence Scale of Adolescents (SISA) and School Children Problem Scale (SCPS) along with a demographic form. Results showed that orphan scored significantly higher on Negative and Arrogant Identity, Social deviousness and Dominance and Control than the main stream adolescents. On the other hand, main stream adolescents scored significantly higher on Positive Identity, Social Facilitation and Pro Social. Hierarchical Regression analysis revealed that gender, age, Negative Identity, Dominance and Control were found to be positive predictors of emotional behavioral problems. Results are discussed in terms of cultural influence on orphan hood and implications for clinical and counseling services.

ICP2-012 **Parental Bonding, Personality Traits, Self-objectification and Appearance Anxiety among Young Adult Females**

Sana Saghir & Aisha Sitwat

Centre for Clinical Psychology, University of the Punjab, Lahore

The present work aimed to study parental bonding, personality traits, self-objectification and appearance anxiety. Correlational research design was employed and non-probability sampling was used. The sample of 306 young adult females with age range of 18-24 years ($M_{age} = 21.02$ years, $SD = 1.55$) was collected from colleges and universities. Parental Bonding Instrument (PBI; Parker, Tupling & Brown, 1979), Eysenck Personality Questionnaire-Revised (EPQ-R; Eysenck, 1991), Self-objectification Questionnaire (SOQ; Fredrickson, 1997) and Appearance Anxiety Inventory (AAI; Veal, et al., 2014) was administered to assess the study variables. Findings of the study showed that parental care and extraversion has significant negative relationship with appearance anxiety whereas parental overprotection, neuroticism, psychoticism and self-objectification has significant positive relationship with appearance anxiety. Parental care has significant negative whereas parental overprotection and psychoticism has significant positive relationship with self-objectification. Parental care has significant positive whereas paternal overprotection has significant negative relationship with extraversion. The study has implication in clinical setting with young adult females coming with issues related to anxiety and underlying appearance related concerns.

ICP2-015 **Personality Traits and Self-Concealment Predicting Aggression among University Students**

Kehkashan Arouj & Rabia Zonash

Department of Psychology, International Islamic University, Islamabad

The present study aims to explore the predictive effect of personality traits and self-concealment on aggression among university students. For study purpose 200 university students were selected in age range of 18-30 years of age. Big five inventory (BFI) by (Goldberg, 1993) was used in present study to assess features of personality traits. Self-concealment scale by (Larson & Chastain, 1990) was used to measure self-concealment tendencies in students; thirdly Buss-Perry aggression questionnaire (BPAQ) by (Buss & Perry, 1992) assessed aggressive features among the university students. The results of the study showed that personality traits such as neuroticism and extroversion are higher in males and female are higher on personality traits of agreeableness and Conscientiousness are higher in female as compare to male students. Regression analysis revealed that extroversion ($\beta = .16, p < .05$) and agreeableness ($\beta = -.28, p < .001$) explained 13% variance in physical aggression. Openness ($\beta = .16, p < .05$) explained 4% variance in aggression. Extraversion ($\beta = .24, p < .01$) explained 11% variance in verbal aggression. Neuroticism ($\beta = .37, p < .001$) and agreeableness ($\beta = -.15, p < .05$) explained 16 % variance in hostility. Further regression analysis revealed that self-concealment ($\beta = .22, p < .001$) explained 11 % variance in physical aggression. Self-concealment ($\beta = .18, p < .01$) explained 3 % variance in aggression. The study highlighted study personality and tendency of self-concealment induce feeling of aggression among the students.

ICP2-018 Depression, Loneliness and Death Anxiety among Parents having Empty Nest Syndrome

Maryam Maqsood & Samar Fahd

Department of Applied Psychology, The Islamia University of Bahawalpur

This research is designed to explore depression, loneliness and death anxiety among parents having empty nest syndrome. Quantitative and cross-sectional method was used. With non-probability purposive sampling strategy, to collect data from Bahawalpur, Bahawalnagar and Lahore 200 parents (100 living with children and 100 living without children) from age above 50 years participated in the study. Geriatric depression scale, UCLA loneliness scale and Donald Templar Death Anxiety Scale (all scales were translated into Urdu). Correlation, MANOVA, ANOVA, T-test and stepwise regression were used to analyze data. It was concluded from the research that age is positively correlated with depression and death anxiety and Age is negatively correlated with loneliness the older a man the less lonely he is. Depression is positively correlated with death anxiety. Depression and Loneliness is more common in empty nesters and death anxiety is more common in parents who are living with children. There are no gender differences in depression and loneliness but death anxiety is more common in females. Depression and death anxiety are higher in participants whom partners are alive. There are no demographic predictors of depression, gender and number of children both were found significant predictors of loneliness and gender was found significant predictor for death anxiety.

ICP2-019 Effect of Self Evaluation on Narcissism and Self Esteem

Maryam Maqsood & Afifa Anjum

Institute of Applied Psychology, University of the Punjab, Lahore

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

ICP2-020 Impact of Perceived Social Support on Psychological Problems among University Students in Pakistan

Firdous Afzal & Syeda Razia Bukhari

National Institute of Psychology, Quaid e Azam University, Islamabad

Psychological problems are prevailing among university students, which need the attention of university management, government policy makers, social workers, and counselors as well. The aims to find out the prevalence of depression, anxiety, stress among students, and their level of perceived social support. Study also aims to find the impact of perceived social support on psychological problems (depression, anxiety, and stress). Cross sectional survey designed was used to collect data, from 200 university students ($m=100$; $f=100$). They were selected through purposive sampling technique from various universities of Karachi, Pakistan with mean age (21.79 ± 2.970). Depression anxiety stress scale (DASS-21) was used to measure the student's level of depression, anxiety and stress (Lovibond & lovibond 1995). Multidimensional Scale of Perceived Social Support (MPSS) by (Zimet et al 1988) was used to measure social support. Regression analysis was used to test assumption. In our sample out of 200 students, 58%, 69%, 40% have mild to severe level of depression, anxiety and stress respectively. Perceived social supports predict 6% depression and 2% anxiety in our sample respectively. Depression, Anxiety and Stress are highly prevailing among university students. Perceived social support is negatively associated with depression, anxiety and stress. While perceived social support is a significant negative predictor of depression and anxiety.

ICP2-021 Effectiveness of an Indigenous Parenting Training on Change in Parenting Styles and Delinquency in Pakistan: A Randomized Controlled Trial

Rubina Kauser & Martin Pinquart

Philipps University Marburg Germany

The effectiveness of an indigenous parent training program was examined within selected Pakistani families. For this purpose, 110 parents of adolescents with above-average levels of delinquency, who were screened and chosen from five randomly selected schools in Lahore, Punjab, Pakistan, participated in the study. The adolescents' parents were randomly placed into either an intervention group or a control group. Members of the intervention group participated in seven sessions of parent training, which aimed to increase behaviors associated with an authoritative parenting style. Findings show that participants of the parent training program displayed an increase in authoritative parenting behaviors and a decrease in authoritarian and neglectful parenting behaviors at both the posttest and follow-up. In addition, their children showed reductions in parent-reported delinquent tendencies. Declines in delinquent tendencies were explained by increases in authoritative parenting behaviors, although not all intervention effects could be explained by such increases. We conclude that, similar to western countries, the authoritative parenting style is the most effective parenting style for managing adolescents' delinquent behaviors in Pakistan.

ICP2-022 Development of Student Mind Wandering Questionnaire and Determination of Psychometric Properties

Khadija Shahid & Afifa Anjum

Institute of Applied Psychology, University of Punjab, Lahore

Mind wandering is characterized by unintentional shifts in attention away from a primary task towards internal information (Smallwood & Schooler, 2006). Given that mind wandering research has been primarily conducted in laboratory settings, there is great need to demonstrate the ecological validity of

this phenomenon. The main aim of the present study is to construct and validate a questionnaire on student mind wandering and assess its association with grade point average. The objectives of the study were achieved in two steps: 1) construction of the student mind wandering questionnaire 2) validation of student mind wandering questionnaire. For construction, interviews were conducted and previous questionnaires related to mind wandering were consulted. For the validation of Student Mind Wandering Questionnaire a sample of students (N= 150) was taken from various departments of a public university. The reliability estimate of alpha coefficient ($\alpha = .94$) supports high internal consistency of the student mind wandering questionnaire. Results implicate that student mind wandering questionnaire is a valid measure of mind wandering in academic settings as shown by the negative relationship between student mind wandering questionnaire and mindfulness attention awareness scale (divergent validity), and positive relationship between student mind wandering questionnaire and mind wandering questionnaire (convergent validity). Grade point average was found to be highly correlated with student mind wandering questionnaire. Student mind wandering questionnaire proved to be a valid scale with students and its limitations, suggestions and implications are presented.

ICP2-023 I Can't Disappoint My Princess

Tabinda Masood & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

The present case study was of 49 years old divorced who male come to institute a week ago with presenting complaints of cannabis addiction and anger. The client's problem was explored through clinical interview from the client. The detailed clinical interview enlightened about the client's background information as well as the predisposing and precipitating factors of the problem. Further assessment was preceded with ABC charts, mental status examination and behavioral observation. Hence, the results of assessment suggested that the client is suffering from Cannabis Addiction, with Withdrawal. The further therapeutic sessions were continued by psycho-educating the client, building the motivation along with altering the thoughts using cognitive behavioral therapy and anger management. Hence in total five sessions, the motivation level and the coping strategies for anger were remarkably improved i.e. increasing up to 80% for motivation whereas anger was reduced to 40%.

ICP2-025 Suicidal Ideation, Hopelessness and Quality of Life among Medical Students

Fahria Masood & Toseef Najeeb

Department of Applied Psychology, Lahore College for Women University

The purpose of this study was to assess differences among Suicidal Ideation, Hopelessness and Quality of Life among medical students of First Year and Final Year. Sample of Medical Students (N= 400), Medical students of First Year (N= 200, male= 100, female=100), Medical Students of Final Year (N= 200, male=100, female= 100) were selected from Medical Colleges of Lahore, Pakistan. Informed Consent, Demographic sheet, Modified Scale for Suicidal Ideation (Miller, Norman, Bishop & Dow, 1991), Depression Hopelessness Screening (DHS) Scale (Mills & Kronerm, 2003), World Health Quality of Life-Brief Scale (WHQOL-BREF) (Oliver, 2014) and Health Status Questionnaire-12 (Koniski & Keller, 1996) were utilized to collect data. Results of correlation analysis revealed significant relationship between variables. Suicidal ideation had direct relationship with hopelessness and indirect with health status and quality of life. Suicidal ideation was seemed to be higher among First year Medical Students as compared to final year students and more male students than female students had suicidal ideation with high level of hopelessness and low quality of life. Smokers were seemed to have higher suicidal ideation and poor quality of life as compared to non-smokers.

ICP2-026 Personality Dimensions & Functional Impairment among Massively Multiplayer Online Players (Mmos')

Verda Zahid & Tehreem Arshad

Centre for Clinical Psychology, University of the Punjab, Lahore

The present study was conducted to investigate the various dimensions of personality and functional impairment among Massively Multiplayer Online Players and Non Massively Multiplayer Online Players. For this purpose a between group, research design was employed sample of 100 was collected from various gaming zones in Lahore. Young Diagnostic Questionnaire for Internet addiction was used as a screening tool. Eysenck Personality Inventory and Work and Social Adjustment Scale were used to access personality dimension and functional impairment. Results depicted no difference in personality dimension and functional impairment among MMOs and non-MMOs. However significant differences were found in number of playing games in MMOs and Non- MMOs. AS MMOs play less number of games while Non-MMOs play large number of games as compared to MMOs. No significant relationship was found in personality dimensions and functional impairment among non-MMOs. Moreover there was a negative relationship between extraversion and lie scale that reveals an extrovert participant would score less on lie scale. Implications for further studies will be assessed.

ICP2-029 Self-Construal, Perceived Spousal Reciprocity and Work-Family Positive Spillover in Married Working Women

Nuzhat-ul-Ain & Faiza Safdar

Centre for Clinical Psychology, University of the Punjab, Lahore

The present study aimed to the find the relationship between self-construal, perceived spousal reciprocity and work-family positive spillover in married working women. It was hypothesized that there is likely to be a relationship between self-construal, perceived spousal reciprocity, and work- family spillover in married working women. Second, Self-construal, and perceived spousal reciprocity are likely to predict work-family spillover in married working women. A sample comprised of 210 married women school teachers including 105 government teachers aged 24-58 years and 105 private teachers aged 25-55 years. Relational Interdependent Self-Construal Scale (Cross, Bacon, & Morris, 2000), Perception of Spousal Reciprocity Scale (Wintre& Gates, 2006), and Multidimensional Scale of Perceived Work-Family Positive Spillover (Hanson, Hammer, & Colton, 2006) were used in the present study. All of the scales were translated in Urdu language using MAPI guidelines. Pearson Product Moment correlation revealed significant positive relationship between relational interdependent self-construal, perceived spousal reciprocity, and positive work-family spillover. Step wise backward regression revealed that self-construal and perceived spousal reciprocity were the significant predictors of positive Work-Family Spillover. Moderation analysis revealed that higher level of perceived spousal relationship strengthens the relationship between self-construal and work-family spillover. Overall, this research is very important for the therapeutic point of view. It helps in understanding the social circumstances of the working women in Pakistan which might be helpful in individual and, as well as, family therapy. These findings will help us to understand the familial complications which hinder the healthy family and occupation life of women.

ICP2-030 **Prevalence of Depression among Research Students**

Sumera Zehra & Syeda Razia Bukhari

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present study aimed to investigate the prevalence of depression among research students. Role of gender and age are also investigated. Method. The study will include students who are conducting research (N=100) which will be selected from Quaid-e-Azam University Islamabad through convenient sampling technique. The study also aimed to explore depression among students who are conducting research, depression was measure by using Severity Measure for Depression. The Severity Measure for Depression Adult (adapted from the Patient Health Questionnaire–9 [PHQ-9]) is a self rated 9-item measure that assesses the severity of depressive symptoms in individuals age 18 and older. In order to find prevalence of depression among research student statistical analysis was used. To find depression among gender and age differences frequency and percentage was used. This will be helpful in order to understand how to reduce depression and increase quality of research among students. Low level of depression or no depression, their quality of research improved over time, and managing depression and stress represents an important Spiritual quality in them. Most of the time students complain that they can't conduct proper research due to sadness, hopelessness and stress due to which they can't give proper concentration on research which they are conducting, for such students who are conducting research, counseling will be planned for them to manage their depression, to accept challenges related to their research and enhance the spirit that we have to learn from our mistakes. Through counseling they learn to deal effectively with the psychological, behavioral, interpersonal and situational causes.

ICP2-031 **Stereotypes about Married and Unmarried (never married) Working Women**

Saima Kalsoom & Anila Kamal

¹*Hamdard Institute of Management Sciences, University Islamabad Campus*

²*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

The present study aimed at investigating stereotypes about married working women as compared to the unmarried (never married) working women among university students. The objectives were to explore these stereotypes with reference to the cultural context of Pakistan. To meet the objectives a sample comprised of 300 (Men =150) with the age range of 20-32 years (M=22.60, SD 3.10) and (Women=150) with age range of 20 – 27 years (M=21.50, SD= 3.23) was selected. Findings of the paired sample t-test showed significant differences on negative stereotypes about unmarried working women as compared to the married working women among students. The results of the study also showed significant gender differences on stereotypes about the married and unmarried working women among students. Female students have more positive stereotypes about married working women as compared to the unmarried working women than male students, while male students have more negative stereotypes about unmarried working women as compared to the married working women than female students. The findings of the present study suggested that people perceive unmarried working women more negatively (stereotypes) as compared to the married working women. The findings of the current study revealed the prevailing stereotypical perception and attitudes that may leads towards the issues and challenges related to gender in the socio cultural context of Pakistan.

ICP2-032 **Correlates of Physical and Psychological Health in Textile Workers**

Ayesha Rasheed & Marium Gul

Lahore College for Women University, Lahore

The aim of current study was to investigate the correlates of physical and psychological health in textile workers. Study consist of ($N=150$, male and female) textile sector workers from nineteen Lahore based textile companies. A correlational research design was used. Sample was selected by using stratified sampling technique. A series of questionnaire General Self-Efficacy scale (Jerusalem & Schwarzer, 1992), Self-Regulation scale (Schwarzer, Diehl, & Schmitz, 1999), Professional Quality of Life Scale (Stamm, 2005) & (SF-12) Short Form-12 Health Survey (Zubkoff, 2001) was administered to textile workers after taking consent from the participants. After data collection Descriptive Statistics, Correlation, Regression and ANOVA was used to analyze data. The results indicate that general self-efficacy, self-regulation and compassion satisfaction has positive significant relationship with physical and mental health component while inverse relationship with burnout and compassion fatigue. Burnout and compassion fatigue has positive significant relationship as higher score in burnout higher in compassion fatigue. General self-efficacy, self-regulation and compassion satisfaction has positive significant relationship.

ICP2-035 **Improving Navigation in Visually Impaired Children: An Interior Design Proposal**

Ayesha Mehmood Malik, Muhammad Yusuf Awan, Memoona Rashid & Nasir Yahya Chaudary

School of Architecture and Planning, University of Management and Technology, Lahore

The visual spatial statistics of any built experience is not always easily understandable by every visually impaired in the same manner as the others that leads them to isolation then performance. However there are many existing offered technologies like the screen readers or other brail operated tools, books and manuals that could intuitively convey spatial layout or structure of any spatial arrangement. The present study focuses on the literature study for devising a three dimensional obstacle challenge in the form of a module based labyrinth for improving the orientation and mobility of the visually impaired users mostly children or teenagers and can be installed in schools or other institutes to accommodate these children as these facilities of brail technologies are not available with every individual. The study reveals that in the memory challenge of the visually impaired children can have purposeful implications for the development of the multi-sensory training for the improvement of the orientation and mobility of these young visually handicaps to get them out of isolation and perform like the common individuals.

ICP2-036 **Role of Personal Growth Initiative as Moderator between Stress and Mental Health among Adolescents**

Sadia Zaman & Irum Naqvi

National Institute of Psychology, Quaid-i-Azam University Islamabad

Present study examined the moderating role of personal growth initiative on relationship between stress and mental health among adolescents. Research study consisted of sample of 330 adolescents including girls ($n = 167$) and boys ($n = 163$) with ages range from 12 to 18 years ($M = 15.12$, $SD = 2.261$) from both public and private sector educational institutions. Instruments used in present study were Stress Subscale from Depression Anxiety Stress Scale (Lovibond & Lovibond, 1995), Personal Growth Initiative Scale – II (Robitscheck et al, 2012) and Mental Health Continuum – Short Form (Keyes, 2009). The results showed stress is negatively related with mental health and personal growth initiative, whereas mental health is positively related with personal growth initiative. Moderation of personal growth initiative reflects that adolescents with high stress, scores low on mental health but personal growth initiative buffer this

relationship and improve their mental health. Additionally, high level of stress and languishing mental health was reported among girls as compared to boys. Moderation effect of gender on the relationship between personal growth initiative and mental health revealed that girls with higher growth initiative tendencies exhibited more flourishing mental health as compared to boys. Considering the implication perspective, different developmental needs of male and female adolescents should be understood and fulfilled distinctively. In this regard, present research emphasized the importance of learning and acquiring initiative oriented self-management and self-growth skills for Pakistani adolescents to manage variety of stressors successfully and maintain flourishing mental health.

ICP2-038 A Study of Relation between Self Esteem and Isolation among Students with Visual Impairment

¹Muhammad Akram Sabir, ²Abdul Basit Rana, ³Shazia Maqsood, ⁴Ayesha Tahir & ⁵Aneesa Naz

¹Allama Iqbal Open University, Islamabad, ^{2,3,4}Department of Special Education Punjab

This study was aimed to examine the relationship between self esteem and isolation among visually impaired students. The study was descriptive in its nature. Purposive sampling technique was used to select sample for the study. The sample of the study consisted on 100 (50 male and 50 female) students with visual impairment. Participants were between the ages of 14 to 19 year. Questionnaires for self-esteem and isolation were developed to collect data from students with visual impairment of institutions. Reliability and validity issues of questionnaires were resolved through standardized procedures. It was hypothesized that there was significant correlation between self-esteem and isolation. The data was collected by researchers approaching the participants personally after obtaining the consent of participants. The data was analyzed using the Pearson-r coefficient. Results revealed that a correlation (-0.332) was found which showed significant relationship between self-esteem and isolation. The findings of main hypothesis were explored through analysis that there is a significant correlation between self-esteem and isolation among visually impaired students. Highly self-esteem visually impaired students are socially active and low self-esteem visually impaired students are socially inactive. With regards to the differences in self-esteem between the two genders, the findings of this study seem to share common grounds according to which no significant differences exist between male and female participants with visual impairment. Schools must have a skilled counselor who helps the visually impaired students to overcome their disappointments and failure through counseling. This study provides knowledge about relationship between isolation and self-esteem so that teachers and parents should use different techniques to motivate the visually impaired students.

ICP2-039 Sibling Rivalry

Afifa Shahzad & Fatima Naeem

Institute of Clinical Psychology, University of Management & Technology, Lahore

A 15 years old girl studying in 10th grade was referred by the class teacher for the assessment and management of rudeness and academic fall. The child was facing problems regarding the conceptual clarity of the subjects of Chemistry and Mathematics along with adjustment issues in the school. The child was assessed through the detail clinical interview, observation, house tree person (HTP) (Buck & Warren, 1992), student problem check list (Saleem & Mahmood, 2011), attachment questionnaire for children (AQC) (Muris, Mesester, Malick, & Zwambag, 2001), Self rating scale regarding self image (spiegler, 2003), digit span (Mahmood & Siekh, 2011) and paired associate word test (Mahmood, & Shiekh, 1989), Thought Diary (Leahy, 2003). The results indicated that the child has

interpersonal problems, aggression, adjustment issues in school and academic problems regarding conceptual clarity in the subjects of Chemistry and Mathematical (word problem). Rapport building, A-B-C model for aggression, self esteem/ self image, role playing, concept of forgiveness, flow chart for academic problems and psycho education regarding interpersonal conflicts with the family were the part of the intervention plan devised for the child. The pre and post ratings by the child herself and teacher showed significant difference in the behavior and academics. The post rating by the teacher academic problem decreased from 8% to 6%, adjustment issues decreased from 8% to 5%, behavior problems decreased from 9% to 5%. Total 10 numbers of sessions with child were conducted.

ICP2-040 Learning Difficulty

Afifa Shahzad & Sara Subhan

Institute of Clinical Psychology, University of Management & Technology, Lahore

A 10 years old boy referred from the school teacher for the assessment and management of problem facing like reading writing in English and Urdu and unable to learn the class work, very sensitive towards himself. For the purpose of assessment behavior observation, clinical interview with teacher, mother and child, reading and writing tests, phonemes assessment and cognitive assessment battery were used. The results indicated that the child was having Learning Difficulties. The management was made by different behavior techniques like shaping, chaining was used. The time table was made for the scheduling of the child's daily routine and techniques were taught for the learning the school work.

ICP2-042 Stress, Sociotropic Cognitions, and Disordered Eating Behaviours among Parents

Zill-e-Ursh Nayyer & Irum Naqvi

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present research aimed to explore the relation between Parental Stress, Sociotropic Cognitions and Disordered Eating Behaviors among Parents. Sample of parents including fathers ($n = 136$) and mothers ($n = 183$) participated in the research with their full consent. Age of the participants ranged between 22 to 64 years ($M=43.6$, $SD=9.8$). Parental Stress Scale (Berry & Jones, 1995), Sociotropic Cognitions Scale (Imber et.al, 1990), and Eating Attitude Scale (EAT-26) (Garner et al., 1989) were used to study variables. Results indicated that parental stress is positively related with sociotropic cognitions and disordered eating behaviors. Sociotropic cognitions are positively related with disordered eating behaviors. Results revealed that sociotropic cognitions are strong predictor of disordered eating behaviors. moderation analysis revealed that mothers scoring high on sociotropic cognitions show more disordered eating behaviors similarly mothers who experience more parental stress are more prone to disordered eating behaviors. Through this research, we tried to explore the cognitive aspect of the behaviors under investigation, specifically disordered eating behaviors. Identifying behavioral problems will help to initiate treatment at an early stage and also educate the individuals to understand and cure for these behavioral problems by adjusting their cognitions and behaviors. Parental behavior influences children's behavior, as children imitates them. Identifying parental issues can help to understand behavioral issues of children as well.

ICP2-043 A Study on the Prevalence of Conduct Disorder in Children & Adolescents

Saba Ajmal, Uzma Iram, & Maryam Amin Awan

Department of Applied Psychology, the Women University Multan

The present study investigated the prevalence of conduct disorder in children's and adolescents. The sample consisted of $N=200$ respondents, in which $n=100$ males and $n=100$ were females, collected from

different areas of Multan. The age group of the sample was between 4 to 17. The present study had three main hypothesis; first The conduct problems increase with age; second boys score higher on conduct problems than girls; third children of illiterate parents score higher than the children of literate parents. In the present study one instrument; Strengths and Difficulties Questionnaire (SDQ; Dr. Robert Goodman, 1997); was administered on a sample (N=200) along with demographic sheet and informed consent form. Parents report was used for the purpose of collection of data. Independent sample t tests were utilized to measure the study hypothesis. Gender, age and parents literacy had non significant association on Strengths and Difficulties Questionnaire.

ICP2-047 Hope, Compassion Satisfaction and Burnout in Psychologist and Physicians

Humera Batool, Nasreen Akhtar & Aneesa Pervez

Government College University, Lahore

Existing literature indicates that hope and enhanced compassion satisfaction in health professionals leads to low levels of burnout in healthcare professionals (Ray, Wong, White, & Heaslip, 2013). The purpose of the study was to investigate the role of hope in predicting compassion satisfaction and burnout in health professionals. It also aimed to assess the impact of job-nature and organizational sector on hope, compassion satisfaction and burnout in psychologist and medical professionals. For the present study, a sample of 50 psychologist and 50 medical physicians ($M = 32.79$, $SD = 9.99$) was selected, out of which 39 were men and 61 were women. Hope, compassion satisfaction and burnout were assessed using the Trait Hope Scale (Snyder, Harris, Anderson, Holleran, Irving and Sigmon, 1991) and Professional Quality of Life Scale (Stamm, 2005). The results of multiple regression indicated that hope was a positive predictor of compassion satisfaction and a negative predictor of burnout in health professionals. Findings of one way ANOVA indicated that burnout was higher among health professionals working in personal clinics when compared to those working in the public and private hospitals. The results also indicate that physicians were found to have greater sense of hope and compassion satisfaction, when compared to psychologist. The implications of the study are for counsellors, therapists and physicians.

ICP2-048 Dark Triad of Personality as Predictor of Lying Behavior and Social Skills among Adolescents

Mubeen Anwar & Aisha Zubair

National Institute of Psychology, Quaid-i- Azam University, Islamabad

The present study attempted to explore the role of dark triad of personality in lying behavior and social skills of adolescents. It was also predictive intended to explore the role of various demographics in relation to major constructs of the study. Sample ($N=350$) comprised of students (girls and boys) with age range 12 to 18 years from the government and private schools. Measures of Dark triad of Personality Scale (Paulhus, 2013), Lying Scale (Finkenauer, Engels, & Kooten, 2006), and Matson Evaluation of Social Skills (Matson, Rotatori, & Helsel, 1983) were employed to appraise the dark triad of personality, lying behavior, and social skills; respectively. Results showed that dark triad traits positively predicted lying behavior and negatively predicted social skills; whereas lying behavior was positively related with social skills. Findings also showed that boys reflected more dark triad and lying behavior as compared to girls while non-significant gender differences were found in relation to social skills. Findings also showed that adolescents in higher age group indicated more lying behavior and better social skills as compared to their counterparts. However non-significant differences were found in relation to education level of adolescents and their parents in relation to major constructs of the study. Future implications of the study were also discussed.

ICP2-052 **Gender Role Conflict in University Students: A Psychometric Approach**

Shazia Gulzar, Zahid Mahmood & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current research explored the expression and experience of Gender Role Conflict in university students in Pakistani cultural context. In the first phase of the study, 20 university students were interviewed individually to gather the item pool on the variable under study. It resulted in the generation of 105 items on gender role conflict as experienced and expressed by university students. After excluding the repetition and redundant items 38 finalized items were piloted on 30 university students as a self report measure of 4 point Likert scale (Gender Role Conflict Scale). Finally a stratified sample of 223 university students (45.9% men and 54.1% women) was given the final list of 38 item scale and a demographic sheet. Principal component factor analysis revealed two factor solutions namely internalized conflict and externalized conflict. The current scale found to have high internal consistency, construct validity, test retest and split half reliability. The results of the research are discussed in the light of cultural context and its implication for the university students.

ICP2-053 **Impact of Depression on Psychological Well-being of Blood Cancer Patients**

Shazia Yusuf & Rubina Hanif

National Institute of Psychology, Quaid-i-Azam University, Islamabad

Cancer is among the leading cause of death (National Cancer Institute, 2016). Many psychological issues are associated with the different forms of cancer (Rehse & Pukrop, 2003). Present study was conducted to explore the relationship between depression and psychological well-being among blood cancer patients. For this purpose the 196 patients were taken from the Oncology department of Pakistan Institute of Medical Sciences Islamabad. For the assessment of the depression, Beck Depression Inventory (Khan, 1996) and for psychological well-being the psychological well-being scale (Ansari, 2010) was used. The main objective of the study is to explore the relationship between depression and psychological well-being. It was hypothesized that there is a negative relationship between depression and psychological well-being. Results revealed that there is significant negative relationship of depression with subscales of psychological well-being i.e., purpose in life, personal growth and positive relations with others. Depression is high among female patients as compared to males. Results also revealed that the patients from joint family system suffer from more high level of depression as compared to those from nuclear family. Furthermore, depression is significantly high among patients from 20 – 40 years age group. The ANOVA analysis indicated that the environmental mastery, positive relations with others, purpose in life and personal growth is significantly high among those patients who are having normal ups and downs in their moods. The results help the consultants and caregivers to also pay an attention on the psychological health of the patients as it is deteriorating the well-being of the patients.

ICP2-054 **Translation and Validation of Child PTSD Symptoms Scale – V (CPSS-V)**

Khizra Iqbal & Rizwana Amin

Department of Applied Psychology, Bahauddin Zakariya University Multan

Child PTSD symptoms scale-V (CPSS-V) is upgraded version according to DSM-5, widely used in assessment and diagnosis of PTSD symptomology among children who experienced trauma. Current study was conducted to translate CPSS-V (Foe et al) into Urdu language from English language and establish the psychometric properties of scale according to Pakistani culture. Translation and validation process accomplished with forward and back ward translation of CPSS-V. After translation and adaptation pilot study was conducted over 140 children in order to measure cross language validation of

newly Urdu translated version of CPSS-V. There was significant correlation ($r=.75$, $p<.000$) between original and translated version. Pilot study shows that Reliability was established through Cronbach's Alpha = .88, Split half reliability was (.72) and test retest reliability was $r=.64$. Furthermore the translated version was administered on 300 children (100 clinical, 200 non clinical) participants with age range of 6 to 14 years. The finding reported that the translated version of CPSS-V was reliable for Pakistani culture to assess PTSD symptomology among child exposed to traumatic event.

ICP2-056 Process of Identity Formation of Intersexual-Hijras

¹Sadaf Rehman, ²Mudassar Aziz, & ³Gulnaz Anjum

¹National Institute of Psychology, Quaid-i-Azam University, Islamabad

²Bahria University, Karachi, ³Institute Business and Management, Karachi

The present study was an attempt to explore the progressive process of identity formation of hijras. Literature suggests that forming and expressing profound identity improves mental health, adjustment, self-esteem, and well-being. Among existing subgroups of hijras, intersexual-hijras' identity formation process was explored. The semi-structured interview protocol was developed on the basis of an existing model of transsexual or transgender identity formation and expert opinion. Using Convenience and snowball sampling, in-depth interviews were conducted with five intersexual-hijras. Data from the interviews were analyzed thematically. A model was developed for identity formation of intersexual-hijras which explains the process of identity in eight stages: Early Feminine Behaviours, Exposure to Hijra Community, Contemplation, Choosing to Become a Hijra, Struggling in, and Adaption to, the Hijra Community, Identifying as the Third Sex/Gender, Opting for Medical Treatments, Self-Acceptance Versus Social-Acceptance. This study enriched the understanding of intersexual-hijras' identity formation by describing the stages they progress through to achieve this identity.

ICP2-058 Perfectionism and Dependency Enhances Fears and Worries

Mahreen Naeem & Sara Subhan

Institute of Clinical Psychology, University of Management & Technology, Lahore

Perfectionism and dependency can lead toward lack of self esteem and confidence as evident in case of 13-year-old, 8th grade female student referred by class teacher with highlighted complaints of low participation in class instead of her excellent academic performance. Since childhood, she lacked in self confidence, had nervousness upon meeting with strangers and fear of embarrassment, which leads lack of class participation. From 6th grade on public speaking, she used to get nervous with uncontrolled breathing, sweating, shivering and fumbled voice. She reported she wants to become perfect in each and every aspect of her life, but did not have courage to do so. History revealed her mother had nervousness and anxiousness in stress-provoking situation. Being the youngest one in family, she had minimum responsibilities and more dependencies on family members. Assessment through behavioral observations, clinical interview, School Children Problem and, Self-Esteem Scales and AQC confirmed the features of social anxiety. Management was done through deep breathing, relaxation exercise, imagery, systematic desensitization, in vivo and vitro exposure, interview techniques, coping statements and self-esteem boosting exercises. After 10 sessions, the child had started to participate in class activities and somewhat overcame her problems.

ICP2-060 Personality Correlates of Young Adults for Vengeance and Forgiveness

Marium Javaid Bajwa & Ruhi Khalid

Institute of Psychology, Beacon house National University, Lahore

This research intended to investigate the role of personality in vengeance and forgiveness in young adults ($N = 159$) enrolled in universities, between age of 21 and 29 to see how who seek revenge and forgiveness differ on personality traits and which personality trait i.e. openness, extraversion, neuroticism, agreeableness and conscientiousness determine vengeance and forgiveness. Assessment measures included Big Five Personality Inventory (John & Srivastava, 1999), Vengeance Scale (Stuckless & Goranson, 1992) Trait Forgiveness Scale (Berry & Worthington, 2001) and a demographic questionnaire. Correlation, regression and independent t-test were used to investigate relative variables. Overall, agreeableness trait predicted forgiveness. Vengeance showed significant negative correlation with forgiveness, agreeableness, conscientiousness and openness. Whereas Independent T-test indicated that personality traits plays crucial role in determining vengeful and forgiving behaviors in contrast to gender in young adults.

ICP2-061 Mental Toughness of Pakistani Cricketers

Sara Subhan, Sadia Saleem & Zahid Mahmood

Institute of Clinical Psychology, University of Management & Technology, Lahore

The aim of this study was to develop a culturally relevant scale of mental toughness for Pakistani cricketers with sound psychometric properties. For this purpose three stage model was used to develop the scale of mental toughness. 149 male cricketers with the age range of 16-28 years selected through purposive sampling were given the Cricket Mental Toughness Scale (CMTS) with a demographic performa. Exploratory factor analysis yielded 4 factors namely "Resilience", "Preparation", "Emotional Stability" and "Self Belief". The scale showed respectable psychometric properties of the scale. Results were further discussed in cross cultural context by highlighting its implication for Pakistani crickets.

ICP2-063 Psychosexual Problems in Pakistani Cultural Context: An Empirical Study

Haleema Khawar, Ayesha Jabeen & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current research highlighted that experience and expression of biologically determined derive like sex is heavily influenced by the cultural context. A non clinical sample of 160 married females with age range 20 – 35years ($M= 28.22$, $SD= 3.40$) was selected through purposive sampling technique. Three measures were used in this study including Attachment Pattern Questionnaire for Adults (AQA), indigenously developed Female's Psychosexual Problem Scale-32 items (FPSPS) and Depression Anxiety Stress Scale (DASS). FPSPS was found to have single factor solution through Principal Component Factor Analysis using Varimax Rotation. The main themes highlighted in indigenous scale were related to conflict with partner, religious conflicts, and personal distress both at psychological and biological level. The implications of this less researched phenomenon were discussed with respect to Pakistani cultural context both in terms of assessment and counseling.

ICP2-065 **Bruises Fade but the Pain Lasts Forever**

Anila Sarwar & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology, Lahore

Sometimes logics fails for telling the cause of a behavior but 'psycho-logics' helps for telling the reasons and 'Psychology' as a whole helps to heal the scars in a more psychological way, same was happened with an eight years old boy M.S. who was fighting for getting back the thing which once he owned but got deprived because of her most closed attachment figure: his mother. He was referred with the presenting complaints of poor speech, hyperactive behavior and inability to write independently. The assessment modalities revealed that the child had potential to regain the lost abilities as well as to learn the new ones. The goals of management encompasses those aspects which were more strengthening and different behavior modification techniques, principals and procedures were used for goals attainment like Shaping technique for calling his own name and combing hair, Prompting and Fading for matching and pointing red color, Group therapy session for reducing his behavior of hitting others, tracking and tracing as prerequisite of learning. The findings of the case study told the importance of psychological services after biology for finding the unexpressed potentials to learn and regain.

ICP2-067 **Impact of Perfectionism and Aggression on Individuals having Narcissistic Personality Traits**

Maryam Maqsood & Samar Fahd

Department of Applied Psychology, TheIslamia University Bahawalpur

This research investigates the impact of Perfectionism and Aggression on individuals having narcissistic personality traits and involved a two step process. Quantitative and cross-sectional method was used. With non-probability purposive sampling strategy, to collect data from Bahawalpur, 86 narcissistic individuals from age 18-25, participated in the study. Narcissistic Personality Inventory, Buss & Perry Aggression Scale and Multidimensional Perfectionism Scale (all scales were translated into Urdu). T-test was used to compare level of Aggression, Narcissism and Perfectionism according to Gender, and level of Narcissism according to Family System and level of Narcissism and Perfectionism according to their Birth order. Bivariate correlation and descriptive statistics i.e Mean and Standard Deviations were used to test the hypotheses. It was concluded from the research that there is a strong relationship between aggression, perfectionism and narcissism. Individuals having narcissistic personality traits have higher level of aggression and higher level of perfectionism. Males are more narcissistic and aggressive than females. Nuclear family children are more narcissistic than joint family children. 1st born children are more narcissistic than other birth order.

ICP2-068 **Relationship of Religiosity with Obsessive Compulsive Disorder And Suicidal Ideations among Muslims of Pakistan**

Noureen Arshad & Samia Wasif

Foundation University Rawalpindi

The current research was meant to scrutinize the relationship of religiosity with obsessive compulsive disorder and suicidal ideations among Muslims of Pakistan. Sample of the study was 300 Muslims (150 males and 150 females) within an age range of 20 to 60 taken from different areas of Rawalpindi. The data from the sample was collected by using three scales i.e. the religious commitment inventory 10 by Worthington et al. (2003), Yale brown OCD scale by Wayne Goodman (1989) and beck scale of suicidal ideations by A.T Beck. (1979). Results of the study showed significant positive relationship between religiosity and obsessive compulsive disorder and a significant negative relationship between religiosity

and suicidal ideations among Muslims of Pakistan. Gender differences were also analyzed for religiosity, obsessive compulsive disorder and suicidal ideations as well as the difference between the rates of these variables among elders and youth of Pakistan. These results will help mental health professionals to treat obsessive compulsive disorder and suicidal ideations among the Muslims of Pakistan by using religious interventions and spiritual healing techniques.

ICP2-069 Level of Depression and Anxiety among Cancer Patient of Faisalabad

Muhammad Irfan

Department of Clinical Psychology, Riphah International University, Faisalabad

Faisalabad (Lyallpur) is the third-most-populous city in Pakistan and the second-largest in the eastern province of Punjab. Faisalabad is the Manchester of Pakistan and backbone of Pakistani economy. The present study was conducted to investigate the relationship of Depression and Anxiety in Cancer Patient of Faisalabad. In addition gender difference also carried out. Correlational research design was used and data collected through purposive sampling techniques. The sample consisted of 200 patients (Male = 100, Female = 100) within age range of 15-50 years. The sample for the study was selected from the Allied Hospital, and Pinum Cancer Hospital. The Hospital Anxiety and Depression Scale (Urdu version) was used (Bhati, 1991). Data was analyzed on the basis of SPSS 16-version. Statistical analysis of Bivariate Correlation was used to find out the relationship between Anxiety and Depression. The result demonstrates that significant positive correlation between Anxiety and Depression. An independent t-test was used to examine the gender difference between Anxiety and Depression in cancer patient. The results indicate insignificant gender differences in level of anxiety and depression among cancer patients. The theoretical implications of the study contribute to understanding the psychological problems of cancer patients in Pakistan.

ICP2-073 Personality Traits, Celebrity Idealization and Body Esteem among Adolescents

Sana Asif & Aasma Yousaf

Center for Clinical Psychology, University of the Punjab, Lahore

The present study aimed to examine the relationship between personality traits, celebrity idealization and body esteem among adolescents. It was a correlational study comprising 125 adolescents ($M = 15.10$ & $SD = .801$) from government and private schools. Urdu translations of Eysenck Personality Questionnaire Revised Abbreviated, Celebrity Attitude Scale, Body esteem scale for adolescents and young adults and demographic questionnaire were administered to measure the variables. Pearson product moment correlation indicated negative relationship of neuroticism and psychoticism with celebrity idealization and body esteem in adolescents. Whereas there was a positive relationship of extraversion with celebrity idealization and body esteem in adolescents. Hierarchical multiple regression analysis showed that covariate Internet use predicted celebrity idealization in adolescents ($**p < .05$). While neuroticism and psychoticism and covariate physical illness predicted body esteem in adolescents ($**p < .01$, $***p < .001$). The present study is helpful for mental health professionals and social psychologists to understand the consequences of high level of celebrity idealization among adolescents.

ICP2-075 Working Women Stress and Quality of Life Regarding Family System

¹Pulwasha Anwar & ²Shamaila Asad

¹Department of Psychology, Lahore School of Management University of Lahore

²Department of Applied Psychology Govt. Post Graduate Islamia College Cooper Road Lahore

The present study was designed to determine the possible relationship and differences among stress and quality of life of working women regarding family system. This study provides valuable information about the stress levels and quality of life of working women. The sample consisted of N=200 working women. Among them 100 participants of the study were doctors and 100 were bank employees, who responded on the Working Women Stress Scale (WWSS) (Asad&Najam 2013) and World Health Organization Quality of Life Scale (WHOQOL-BREF scale) (World Health Organization 1994). Reliability of Working Women's Stress scale was, $\alpha = .98$ and for Quality of Life, $\alpha = .95$, for the present study. It was assumed that working women related to joint family system have higher stress and lower quality of life than working women related to nuclear family system. Correlation analysis revealed a significant positive relationship between stress and family system $r = .13$, family system and quality of life $r = .17$. A significant negative relationship between Quality of life and stress $r = -.18$ is also found. Results revealed a significant difference between working women's stress and quality of life regarding their family system. Regression analysis revealed that perceived stress is a predictor of low quality of life among working women.

ICP2-077 Self-Concept, Self-Determination and Academic Achievement in University Students with Physical Disability

Sumaira Ayub & Farah Malik

Institute of Applied Psychology, University of the Punjab, Lahore

The present study investigated the relationship between self-concept, self-determination and academic achievement in university students with physical disability. It was hypothesized that there would be a positive relationship between self-concept, self-determination and academic achievement of university students with physical disability. It was also hypothesized that self-determination and self-concept would predict the academic achievement of university students with physical disability. The sample comprised of 80 university students (63 men and 17 women) with physical disability including 23 blinds, 16 partial blind and 41 limb disability. Sample age range was 18-37 years ($M = 22.28$, $SD = 2.70$). Data were collected from the BS (Hons) students of 2nd and 8th semesters of two public universities in Lahore including GC University and Punjab University. Urdu versions of Self-image Profile for Adults (Butler & Gasson, 2001) and Self Determination Scale (Deci & Ryan, 2000) were used. Academic achievement was measured through their grade point average (GPA) of previous semester. The results of hierarchical regression analysis indicated that self-determination was a predictor of the academic achievement while self-concept did not predict it. t-test indicated significant differences for level of education (semester) and self-concept. Gender differences were also found in consideration and moral subscales of self-concept, while no significant differences were found in self-determination for gender. The results of one way ANOVA indicated non-significant differences in type of disability for self-concept, self-determination and academic achievement. It also showed significant differences in faculty of student for self-concept, while non-significant differences were found in their self-determination and academic achievement. The results highlighted the importance of designing social skill training program for the university students with physical disability to enhance their self-determination that contributes in their academic achievement; also teachers should focus to promote positive self-concept in them.

ICP2-079 **Spirituality and Sense of Coherence among University Students**

Memoona Arshad & Muhammad Faran Ali

Department of Psychology, University of Management and Technology, Lahore

The present study investigated the relationship between spirituality and sense of coherence among students. It was hypothesized that there is likely to be a positive relationship between spirituality and sense of coherence among students. Correlation (cross sectional) research design was employed. The non-probability convenient sample of 210 students including 106 women and 104 men students with age range of 18-27 years ($M = 22.1$, $SD = 2.59$) was drawn from University of Management and Technology and the Punjab University of Lahore. Multidimensional measure of Islamic Spirituality scale (Dasti and Sitwat, 2010) and sense of coherence (Antonovsky, 1987) were used. The results of Pearson product moment correlation revealed positive relationship between spirituality and sense of coherence whether sense of coherence and job had negative relationship with sense of coherence. Furthermore, multiple regression disclosed self-discipline and tolerance-intolerance were found to be significant positive predictors of sense of coherence whereas search and quest for divinity and self-aggrandizement were found to be significant negative predictors of sense of coherence. T-test revealed that women were found to be higher on spirituality as compare to men. The importance of this study lies in hypothesizing a positive relationship of spirituality and sense of coherence to explore multidimensional positive behavioral and cognitive patterns in Pakistani culture to enhance well-being.

ICP2-080 **Parental Involvement, Parental Expectations, Self-Determination and Academic Motivation of College and University Students**

Sabila Naseer, Nazia Abdul Ghaffar, Zanub Ansari, & Rukhsana Kausar

Institute of Applied Psychology, University of Punjab, Lahore

The present study examined the relationship between Parental involvement, parental expectations, self-determination and academic motivation in college and university students. The sample comprised of 150 college and university students of Lahore by using convenient sampling strategy. Parental Involvement (Voydanoff & Donnelly, 1999), Perception of Parental Expectations inventory (Sasikala, Karanamidhi, 2011), Self-determination Scale (Deci & Ryan, 1985, 2000) and Academic Motivation Scale (Wilkesmann, Fischer & Virgillito, 2012) were used for assessment. Data were analyzed using Descriptive statistics, Pearson Product Moment Correlation, Multiple Hierarchical Regression analysis and independent sample t-test. Findings indicated that parental involvement parental expectations, self-determination (self-perceived choice) and academic motivation are positively correlated with each other. Parental involvement and perceived choice is significant predictor of intrinsic motivation. Parental ambition significant positive predictor and awareness of self is negative predictor of amotivation. Gender differences were found in parental ambition, awareness of self, interjected and extrinsic motivation. Significant differences were also found on perceived parental expectations and extrinsic motivation in college and university students. Implications of the findings for educational setting, counseling and guidance for rational expectations and involvement of parents were discussed in the context of Pakistan culture.

ICP2-081 Attachment, Interpersonal Relations Anxiety and Life Satisfaction in University Students

Asif Iqbal & Shazia Gulzar

Department of Psychology, Institute of Information & Technology, COMSATS, Lahore

This present study investigated the relationship of Adult Attachment, Interpersonal Relations anxiety and life satisfaction in University students. It was hypothesized that there will be significant relationship between Attachment and Interpersonal Relation anxiety and between interpersonal Relation anxiety and life satisfaction. It was also hypothesized that there will be significant gender difference in terms of variables under investigation. The current study also focused to see the impact of certain demographic variable on the variables under study. Three Urdu Translated Questionnaires; Adult attachment Scale (Hazan & Shaver, 1987), Interpersonal Relations Anxiety Questionnaire (Rohner, 2008) and The Life satisfaction scale (Diener, 1985) were used. The sample of the study was comprised of 200 university students of 19 to 24 years age ($M=1.50$, $SD=.501$) with the equal distribution of male ($n=100$) and female ($n=100$). Psychometric properties of the Urdu questionnaires were determined which showed these to be reliable measures. The results indicated that total anxiety scores had significant negative correlation with life satisfaction. Moreover, secure attachment had significant positive correlation with life satisfaction. The results also showed secure attachment had negative correlation with interpersonal anxiety scores. Ambivalent and avoidant attachment had significant positive correlation with interpersonal anxiety scores. However, ambivalent and avoidant attachment had significant negative correlation with secure attachment pattern. Moreover, the t test showed that male and female participants of the study don't differ in terms of their life satisfaction and adult attachment patterns but they do significantly differ in terms of their interpersonal anxiety. The results are discussed in the light of cultural context of Pakistan and existing literature.

ICP2-082 Emotional Distress in Pakistani Mothers Caused by Son's Emotional Attachment to Wife: an Interpretative Phenomenological Analysis

Mahlaka Sajjad & Mahira Ahmad

Psychology Department, Kinnaird College for Women, Lahore

The study examines emotional distress in Pakistani mothers because of their son's attachment to wife. The sample comprised of five mothers with married sons and snowball strategy was used. Qualitative research design was used to conduct the study. Analyses of the interviews were done using Interpretative Phenomenological Analysis (IPA). This strategy was used as the main aim of the study to explore the emotional experiences of Pakistani mothers. For the purpose of data collection, in-depth semi structured interviews were used and open-ended questions were asked from the participants after explaining the limits of confidentiality. The responses from the participants were recorded and they were transcribed and analyzed using IPA. After the initial coding of the data, emergent themes were made. The major themes identified were emotional distress in mother caused by new relationship, changes in home environment, feelings about son's marriage, son's behavior as well as conflicts and expectations from daughter-in-law. Furthermore, the strategies to minimize the distress in mother and the development of ideal mother-son relationship were also given. This research has great implication in family counseling and family psychology researches.

ICP2-083 **Adolescent Perspective of Masculinity, Gender Stereotypes and violence**

¹Anowra Khan & ²Rizwan Saeed

¹National University of Science and Technology, Islamabad, ²Rozan, Islamabad, Pakistan

The present study aims to analyze adolescent's understanding of masculinity, gender stereotypes and violence against women and men from low socioeconomic background. Qualitative research design was used by doing focus group discussion from (N=40) adolescents boys of 12 to 19 years of age studying in a vocational institute. Results indicated that there was one positive stereotype about women and rest were negative while majority of stereotypes men were positively phrased except one negative. physical and sexual violence has similar themes for men and women but different themes were found in work, health, interpersonal relationship and education domain for men and women. Physical strength, power, dominance, and moustache was considered important traits for masculinity.

ICP2-085 **Pregnancy Concerns and Psychological Distress in High-risk Pregnant Women**

Asma Nazir & Tehreem Arshad

University of Punjab, Lahore

The present study employed the correlational research design to investigate pregnancy concerns and psychological distress in high-risk pregnant women. It was hypothesized that there will likely to be relationship between pregnancy concerns and psychological distress in high-risk pregnant women. One hundred and twenty patients of age range 19-38 years ($M = 26.63$ years, $SD = 4.40$), diagnosed with medical problem were recruited from gynecology department of both government and private hospitals of Lahore, Pakistan. Prenatal Distress Questionnaire and Depression Anxiety Stress Scale-21 were employed for the assessment of study variables. Pearson product moment correlation revealed that pregnancy concerns had significant positive correlation with psychological distress (depression, anxiety, stress). Present findings implicate the significance of pregnancy concerns related to birth and baby, weight and body image, emotion and relationships in relation to psychological distress. Present findings will help the physical and mental health professionals in dealing with high risk pregnancy.

ICP2-086 **Relationship between Self-Face Recognition Bias and Autistic Traits**

Unaiza Iqbal & Bhismadev Chakrabarti

University of Reading, United Kingdom

Autism is a life-long developmental disorder which has its salient traits i.e communication, social impairments and stereotypical behaviours. The effect of autism or autistic traits on self-face recognition is currently an emerging topic in autism research. Self-face recognition bias has been previously studied however the visual stimuli used were recognised explicitly, whereby participants were asked directly to label the stimuli that were related(self) and unrelated(other) to themselves.. In part 1 the participants were photographed and individually completed the Autism- Quotient questionnaire. In part 2 they performed the three computer based tasks (one explicit and two implicit tasks). The results were recorded via the response shift from self to other (point of subjective equality). Based on current research findings there were two experimental hypotheses: Firstly, individuals will vary in self-face recognition bias depending upon the explicit and the implicit tasks. Secondly there will be an association between autistic traits and self-face recognition bias. The results showed that there were significant differences in the point of subjective equality across the three conditions. The correlation analysis revealed that there was no association between autistic traits and self-face recognition bias. The findings are discussed in terms of both theoretical and practical implications.

ICP2-087 **Development and Validation of Verbal Aggression Scale for College Students**

Saima Ahmad & Umm E Rubab Kazmi

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

The present research aims to develop an indigenous tool of verbal aggression for college students. In study 1, Items of verbal aggression were explored through reviewing the past literature and semi structured interviews with college counselors and students. Items generated through literature and semi structured were compiled in the form of list and sent to reviewers (clinical psychologists and educationists) to rate each item on the basis of relevance with construct and clarity. In study 2, psychometric properties of verbal aggression scale (VAS) were established on a sample of 300 (male=146; female=154) 1st and 3rd year college students. Construct validity was explored through factor analysis. Total fifty items emerged on three (3) factors which are manipulating others, argumentation and impulsivity namely. Cronbach alpha was found to be significant, VAS was .90, manipulating others was .90, argumentation was .78 and impulsivity was .75. Concurrent validity was explored through administering Buss-Perry aggression scale which was .61. Verbal aggression scale will prove to be reliable tool for assessing aggression among college students.

ICP2-089 **Bio-Psychosocial Impacts of Cardio-Phobic and Cardiac Patients on their Daily Lives Functioning**

Amina Muazzam, Sahira Muzaffar, Sania Rasheed, & AnamShereen

¹Department of Applied Psychology, Lahore College for Women University

^{2, 3, 4}Lahore School of Management, University of Lahore

The present study aimed to explore the bio-psychosocial aspects of cardio-phobic and cardiac patients on their daily life functioning and their experiences among males and female of Pakistani population especially of Sargodha city. The qualitative research design was used and the sample comprised of six participants including three males and three females from cardio-phobic and cardiac patients which was drawn through non-probability purposive sampling technique. Detailed individual semi-structured interviews were held using open ended questions for in-depth analysis. Interpretive Phenomenological Analysis was used to categorize the data into seven major themes including biological impacts, psychological impacts, social impact, working performance, risk factors, coping strategies, perceptions and beliefs. Results indicate that biological, psychological and social impacts strongly affect their daily lives functioning, they learned cardio-phobia through social learning (modeling) as a result they experience disturbance in their psychological and biological functioning and it also affect their social life. Less coping strategies were used by them and seem to be dependent on medications. They experienced their situations and fear uncontrollable. This study would be beneficial for psychologists, doctors and researchers. This issue should be further explored by different researchers with other dimensions also.

ICP2-091 **Ambivalent Sexism, Media Influence, Body Image and Social Physique Anxiety in Female University Students**

Sumaira Ayub, Arsla Nasir, Shamim Rafique & Rukhsana Kausar

Institute of Applied Psychology, University of the Punjab, Lahore

The present study aimed to investigate the relationship between ambivalent sexism, media influence, body image and social physique anxiety in female university students and also to investigate that ambivalent sexism and media influence predict body image and social physique anxiety in them. The sample comprised of 140 female students from university of the Punjab, Lahore by employing convenient sampling strategy. Sample age range was 17-25 years ($M = 20.83, SD = 2.0$). Ambivalent Sexism

Inventory (Glick & Fiske, 1997), Sociocultural Attitudes Toward Appearance Questionnaire-3 (Thompson, van den Burg, Roehrig, Guarda, & Heinberg, 2004), Body Esteem Scale (Franzoi & Shield, 1984), and Social Physique Anxiety Scale (Martin, Rajeski, Leary, McAuley, & Bain, 1997) were used for assessment. The results of Pearson Product Moment Correlation showed that hostile sexism, benevolent sexism and media influence have significant relationship with social physique anxiety. Media influence shows negative relationship with body image and positive relationship with social physique anxiety. The results of Hierarchical Regression analysis show that benevolent sexism negatively predicts social physique anxiety and internalization to thin ideals positively predicts it. This study has important implication in developing strategies to deal with problems related to body image and social physique anxiety and practitioners should teach the young females in a therapeutic setting how to effectively deal with hostile and benevolent sexism in order to support their sense of self-worth in all domains of life. Limitations and suggestions are discussed.

ICP2-092 Pessimism, Emotional Regulation and Sleep Problems: A Matter of Handedness

Sadia Jafar & Farzana Ashraf

Department of Psychology, COMSATS Institute of Information & Technology, Lahore

The Pathological theory claims that left-handedness is attributed toward the hemispheric malfunctioning. This theory explains that genuine natural phenomenon is right-handedness and left-handedness is initiated by some injury or physical distress in an individual (Mastin, 2012). These pathological changes are linked to several other poor mental health outcomes such as, personality, emotional and sleep problems. The current study explores right and left-handedness in relation to pessimism, emotional disturbance and sleep problems which are hypothesized to be dominant in left-handed individuals. In a correlational research, 120 participants selected through purposive sampling, were equally distributed between right and left-handed groups. The study construct were measured by Life orientation Test - Revised (Scheier & Carver, 1985), Emotional Regulation Questionnaire (Gross & John, 2003) and MOS Sleep Scale (Stewart, 1994). Pearson product moment correlation analysis demonstrated variation in strength and direction of relationships between pessimism, emotional regulation and sleep problems in right and left handed groups. As the left-handedness itself is considered a deviated characteristics from normality, therefore it might result into other psychological malfunctioning. The present study concluded that handedness depicts many psychological problems that demands proper management and suitable interventions.

ICP2-093 Emotion Reactivity & PTSD Symptoms Severity among Individuals with Amputation

Ifzonia Babar & Saadia Dildar

Government College University, Lahore

The present study aimed to examine the emotion reactivity as predictor of posttraumatic stress symptoms severity among the individuals with upper and lower limb amputation. The sample consisted of 160 participants with upper and lower limb amputation between the age range of 18 – 60 ($M=38.5$) recruited from the Pakistan Society of Rehabilitation of Disable, Lahore and Hope Rehabilitation Center, Lahore. Different measures i.e. Emotion Reactivity Scale (Nock, 2008) and Posttraumatic stress disorder checklist-5 (Weather et al. 2013) were used. The translated versions of tools were used. The findings revealed that emotion reactivity was statistically highly significant positive predictor of PTSD symptoms severity. However, gender, education, job status and reason of amputation were also positive significant predictor of PTSD symptoms severity. Findings are implicated on the rehabilitation counseling of the individuals with amputation.

ICP2-094 **Media Influence, Self-Esteem, Psychological Well-Being and Body Image Satisfaction in Young Adults**

Nadia Ijaz, Naveera Islam & Afsheen Masood

Institute of Applied Psychology, University of the Punjab, Lahore

The current study focused on media influences on self-esteem, psychological well-being and body image satisfaction of teenagers and early adults. It was hypothesized that there is likely to be relationship among media influence, self-esteem, psychological well-being and body image satisfaction. It was also hypothesized that media influence, self-esteem and psychological well-being are likely to predict body image satisfaction. Cross-sectional, correlation design was used for the study. The sample consisted of 150 students taken from different households and Universities of Lahore. The measures included Media Influence Scale (Aderike & Quinn, 2001), Self-esteem Scale (Rosenberg, 1965), Psychological Well-being Scale (Ryff, 1995) and Body Esteem Scale (Mendelson, Mendelson & White, 2011). Series of Correlation analyses, Regression analysis, and independent sample t-test were run in order to test the hypotheses. The results showed significant positive relationship among self-esteem, psychological well-being and body image satisfaction with exception of media influence which is negatively related to self-esteem. Further detailed analyses revealed that body-esteem appearance, body-esteem weight and body-esteem attribution were positively predicted by perceived self-esteem. Subscales of body image satisfaction were significantly predicted by few components of psychological well-being. Additionally, no significant gender differences were found. The present study is significant in portraying the influences of media, self-esteem, and psychological well-being on body image satisfaction and this is likely to further contribute towards the augmented knowledge of body image satisfaction among teenagers and individuals from early adulthood.

ICP2-096 **Biopsychosocial Impact of Early Puberty in Pakistani Girls**

¹Wasia Aleem, ²Sahira Muzzafar, & ³Amina Muazzam

^{1,2}Lahore School of Management (UOL), ³Lahore College of Women University, Lahore

Puberty is a complex process that involves biological, psychological and social changes in the transition from childhood to adulthood. This research paper addresses about the biopsychosocial impact of early puberty in Pakistani girls. Qualitative research design was used in this research. Semi-structured interview were conducted to collect information from 5 with age range from age 9 to 14 years. Interpretive phenomenological analysis (IPA) was used to analyze the data which produced 7 major themes along with several sub-themes. Major themes of the study were physical problems, psychological problems, low self esteem, mood swings, behavioral changes, peer victimization and fear of death. Results were interpreted in the light of Biopsychosocial model, Developmental readiness hypothesis and Maturational disparity or Deviance model. Results showed that while transiting into major developmental phases, girls experience lot of changes such as fatigue, obesity, anxiety, aggression, stress, depression and social anxiety. They feel more self conscious, become sensitive, feel unattractive, experience crying spells, face bullying and become socially withdrawn. Lack of sleep and fear of death were also important factors which were identified in this research.

ICP2-097 **Impact of Personality Characteristics on Emotional Intelligence and Depressive Symptoms in Youth**

Nida Mehmood & Farzana Asharaf

Department of Psychology, COMSATS Institute Information Technology, Lahore

Personality is known to be playing an important role in psychological development of human. As personality is unique presentation of an individual character that draws the picture of how a person acts in distinctive behavior in a certain situation (Widiger, 2011), therefore present study explores emotional

intelligence and depressive symptoms in relation to personality characteristics in youth. This research tests personality characteristics as predictor of emotional intelligence and depressive symptoms in a cross sectional sample of youth. The Mayer-Salovey-Caruso Emotional Intelligence Test (Mayer, Salovey, & Caruso, 2002), Introversion Scale (McCroskey, 1998) and Center for Epidemiological Studies-Depression (Radloff, 1977) were administered on 120 participants ages between 18-25, selected through simple random technique. Correlation analysis illustrated that introversion personality negatively relates with depressive symptoms and positively correlate with emotional intelligence. Moreover, regression analysis did not predict personality as significant predictor of depressive symptoms and emotional intelligence. This study emphasizes the importance of personality as facilitating factor for mental health and emotional intelligence. In addition, this research suggests that depressive symptoms may be harmful for enhancement of personality characteristics and emotional intelligence in youth.

ICP2-099 Effect of Parenting Styles on the Self Esteem of Adolescents in Urban and Rural Areas of Azad Jammu & Kashmir

Hina Masood & Abdur Rashid

Department of Psychology, Foundation University, Rawalpindi

The present study intended to examine the effect of parenting styles on the self-esteem of adolescents in urban and rural areas of Azad Jammu & Kashmir. The sample comprised of 300 adolescents (138 males and 162 females) with an age range between 18 to 25 years. Respondents are selected with the help of purposive and convenient sampling technique from different universities of Azad Jammu & Kashmir, whereas the rural sample was selected from different colleges. Two standardized instruments were used in the study, Parental Authority Questionnaire (John Buri, 1991), Rosenberg Self Esteem Scale (Morris Rosenberg, 1965). The findings reveal that permissive parenting style is the most dominant parenting style used by the parents in Azad Jammu & Kashmir. Significant relationship is found between parenting styles and self-esteem. Moreover the authoritative and permissive parenting style showed a positive relationship with self-esteem among adolescents. The negative relationship of authoritarian parenting style with self-esteem among adolescents has been observed. Whereas, a significant mean difference was found between male and female level of self-esteem. However the urban adolescents have a higher level of self-esteem as compared to the rural adolescents.

ICP2-100 Does Childhood Abuse Linger in Adulthood: Impact on Anxiety Symptoms and Self-Efficacy

Mehr-un-Nisa & Farzana Ashraf

Department of Psychology, COMSATS Institute of Information Technology, Lahore

Childhood is the period of the development of an individual and any type of maltreatment in childhood such as abuse can affect the development of child negatively. Child abuse can negatively affect the language, cognitive, physical and psychological development impacting adversely on child personality and overall development (Haralambie & Klapper, 2005). This study aims to test assumption of psychoanalytical theory which postulates that child abuse consequence into high level of anxiety which directly relates to low self-efficacy (Ericsson, Medley, Tackett, & Taylor, 2011). The current study hypothesized that negative consequences of child abuse prolong into the adulthood. In a cross sectional examination, 130 adults selected conveniently are compared on the Adverse Childhood Experiences International Questionnaire (ACE-IQ), Hamilton Anxiety Rating Scale (HAM-A) and General Self-Efficacy Scale (GSE). Correlation analysis demonstrated significant positive relationships between childhood abuse and anxiety symptoms. Further, regression analysis directs that childhood abuse is

significant predictor of anxiety symptoms and this path is moderated by gender. In addition, t-test analysis illustrated that men scored significantly high on measures of child abuse. The present study concludes that child abuse need to be assessed and psychological health precautionary measures could be taken in childhood in order to avoid destructive consequences in adulthood.

ICP2-102 Emotional Intelligence and Self-Assertiveness among University Students

Maryam khan & Irum Naqvi

National Institute of Psychology, Quaid-e-Azam University Islamabad

The present study attempted to investigate the relationship between emotional intelligence and self-assertiveness among University students. The study sample comprised ($N=300$) students of different Universities of Islamabad. Sample included both women ($n = 150$) and men ($n = 150$) with ages ranging from 19-30 years. Self-Report measure of Emotional Intelligence (Khan & Kamal, 2010) and Self-assertiveness questionnaire (Zahid, 2002) were used in the present study to measure emotional intelligence and self-assertiveness among University students. Pearson product moment correlation, ANOVA, and t test were carried out to determine the proposed relationship. The results showed that emotional intelligence (Emotional Self-awareness, Emotional Self-regulation and Interpersonal skills) is positively related with self-assertiveness among university students. Demographic variables related to emotional intelligence and self-assertiveness (gender, family system, domains of study, level of education and family income) were also explored. Significant differences were found on gender as women show more emotional intelligence and self assertiveness as compared to men. Individuals living in nuclear family system score higher on emotional intelligence as compared to individuals living in joint family system. Moreover, on family income people with upto one lac income show higher emotional intelligence and self-assertiveness as compared to students from below this income level.

ICP2-103 Role of Illiteracy in Adolescents' Superstitious Beliefs

Arif Nadeem & Sadia Nasim Aslam

Department of Applied Psychology, Government College University, Faisalabad

The present research was conducted to determine the role of illiteracy in Pakistani adolescents' superstitious beliefs. A sample of 240 (i.e. 120 educated and 120 uneducated) participants (14 – 20 years old) was selected from Faisalabad by using convenient sampling technique. An indigenously standardized Superstitious Belief Scale (Nadeem & Aslam, 2013) was used for data collection. Analysis of the results revealed that uneducated adolescents were having more superstitious beliefs than the educated one ($p < .001$). The girls were found to be more superstitious than boys ($p < .001$). Further analysis revealed that the uneducated boys were more superstitious than educated boys ($p < .001$) and uneducated girls were more superstitious than educated girls ($p < .05$). Implications of the study were discussed and the suggestions were given for future researches.

ICP2-104 Compassion, Rumination and Psychological Well-Being in Young Adults

Shahzad Anwar & Afifa Anjum

Institute of Applied Psychology, University of the Punjab, Lahore

The current research was designed to investigate the relationship between compassion, (self and toward others), rumination and psychological well-being in young adults. It was hypothesized that there would be relationship between compassion, (towards self and others), rumination and psychological well-being in young adults. Moreover rumination is likely to be a mediator in relationship between compassion and psychological well-being . Further, gender was expected to play a role in difference in study variables.

Correlational research design was used. Convenient sampling technique was used to recruit the participants, both male and female university students. Sample size was 50 in each group. Self-Compassion Scale-Short Form (Neff, 2011) was used to assess self-compassion, The Compassion scale (Pommier, 2011) was used to assess compassion with others; Rumination Scale (Nolen-Hoeksema, 2003) was used to assess rumination level in young adults and Bradburn Scale of Psychological Wellbeing (Bradburn, 1969) was used to measure psychological well-being. Pearson product moment co-relation, independent samples t-test, and mediation analysis through hierarchical regression analysis were applied. There was positive relationship between self-compassion and compassion with others, negative relationship between self-compassion and rumination and positive relationship between self-compassion and psychological well-being. Rumination partially mediated the relationship between compassion with others and psychological wellbeing. Females were high on compassion with others and psychological well-being, whereas males were high on self-compassion and rumination. The study has important implications for male and female young adults' wellbeing.

ICP2-105 Marital Satisfaction, Psychological Distress and Perceived Health Status among Breast Cancer Patients and Their Spouses

Samia Perveen & Bisma Zubair

Department of Applied Psychology, Lahore College for Women University

The aim of current research was to identify the relationship between marital satisfactions and psychological distress among spouses of breast cancer patients. It was hypothesized that a). Marital satisfaction and psychological distress are negatively related, b). Psychological distress is predicted by marital satisfaction among spouses of breast cancer patients, c). There is a difference in perceived health status among 1st, 2nd and 3rd stages of breast cancer in breast cancer patients. Sample was comprised of 60 breast cancer patients and their spouses (age range from 20 to 50). The data was collected from different hospitals of Lahore by using Couple Satisfaction Index CSI (Funk & Rogge, 2007), Kessler Psychological Distress Scale K10 (Kessler, Andrew & Colpe, 2002) and Health Status Questionnaire HSQ-12 (Ware, Kosinski & Keler, 1996). All tools were translated into Urdu by the researcher. Pearson moment correlation, regression and ANOVA were applied to analyze the data. Results indicated that there is negative significant relationship between marital satisfaction and psychological distress among spouses of breast cancer patients. Marital satisfaction is significantly predicting psychological distress. There is a significant difference in perceived health status among 1st, 2nd and 3rd stages of breast cancer in breast cancer patients.

ICP2-107 Perceived Loneliness, Tolerance for Disagreement and Aggression in Adolescents

Quratul-Ain-Bokhari & Sara Asad

Kinnaird College for Women, Lahore

The present research aimed to investigate the relationship among perceived loneliness, tolerance for disagreement, and aggression as well as to find predictors of aggression in adolescents. Using correlational research design, a convenient sample of 200 adolescents (*Boys* = 100; *Girls* = 100) within an age range of 12-18 years ($M = 15.20$; $SD = 1.53$) was taken from government and private schools/colleges of Lahore. Urdu version of UCLA Loneliness Scale-Version 3 (Russell, Peplau, & Ferguson, 1978), Tolerance for Disagreement Scale (Teven, Richmond, & McCroskey, 1998) and The Aggression Questionnaire (Buss & Perry, 1992) were used in this study. Results showed that there was a significant positive relationship between perceived loneliness and anger and between tolerance for disagreement and hostility in adolescents. Hierarchical regression analysis indicated that physical aggression in adolescents was

significantly explained by their gender, anger in adolescents was predicted by their perceived sense of loneliness, whereas, hostility in adolescents was predicted by gender and tolerance for disagreement. Findings of this study urge researchers and counselors to understand adolescents' aggression in the perspective of cultural, social, and psychological domains.

ICP2-108 Predictors of Pre- Marital Anxiety in Adults

Nadia Afzal, Subha Malik & Amina Muazzam

Department of Applied Psychology, Lahore College for Women University Lahore

Present study aimed to find out the predictors of pre-marital anxiety in adults of Pakistan. Data were collected in two waves. Two hundred participants who were students (Men=100, Women=100) recruited from different universities of Lahore by using purposive sampling technique in first wave. In second phase, sample of two hundred participants (Men=100, Women=100) was included from different colonies of Lahore by using snow ball and purposive sampling technique. Age range of participants was 19-35 years old. All were unmarried. Personality traits, body-image, parenting style, pre-marital anxiety were assessed through using Big Five Inventory (John & Srivastava, 1999), Body Self-Image Questionnaire (Rowe, Benson, & Baumgartner, 1999), Perceived Parenting Style Scale (Anwaar & Ijaz, 2010) and Pre-Marital anxiety scale (Afzal & Muazzam, 2016) respectively. Results indicated that gender, neuroticism, agreeableness, Health fitness influence and father's control parenting style significantly predicted pre-marital anxiety in adults. Furthermore, early, middle and late adulthood made significant difference on the scores of pre-marital anxiety. Adults who were not students neither job holders experienced more pre-marital anxiety than both students and job holders' adults.

ICP2-109 Relationship between Brooding Rumination, Reflective Rumination, Depression and Poor Sleep Quality among University Students

Kalsoom Nawaz & Naeem Aslam

National Institute of Psychology, Qaid-i-Azam University, Islamabad

The present study examines the relationship between brooding rumination, reflective rumination, depression and poor sleep quality among university students. The study comprised of 250 adults between age of 20 to 30 years ($M = 22.73$ & $SD = 1.86$). The sample was taken from different public and private universities of Rawalpindi and Islamabad. Ruminative Response Scale (Treynor et al., 2003), subscale Depression of Depression, Anxiety and Stress Scale (DASS; Lovibond, 1995), and Pittsburgh Sleep Quality Index (Buysse et al., 1989) were used to assess the relationship between study variables. Psychometric properties of Ruminative Response Scale, Depression subscale of DASS and Pittsburgh Sleep Quality Index indicated satisfactory reliability. Results showed the significant positive relationship between brooding rumination and reflective rumination ($r = .49, p < .01$). depression ($r = .41, p < .01$) and poor sleep quality ($r = .15, p < .05$). Reflective rumination positively associated with depression ($r = .29, p < .01$) and poor sleep quality ($r = .17, p < .01$). Besides, Depression is positively related with poor sleep quality ($r = .39, p < .01$). Results also indicated no significant difference on the demographic variables. The findings of the present study were discussed in the light of the relevant literature. Uses of self report measures and cross sectional nature of the study are the limitations. Current study has the certain implications for the mental health professionals. It will help the clinicians to understand the role of rumination in depression and poor sleep quality.

ICP2-111 **Psychosocial and Physical Experiences of Obesity in Young Women**

Erum Makhdoom & Syeda Shahida Batool

Department of Psychology, Government College University, Lahore

The study aimed to explore the psychosocial and physical experiences of obesity in young women. Four obese women aged between 20 to 30 years with BMI more than 30 were interviewed. Verbatim of the interviews was analyzed by using the principles of Interpretative Phenomenological Analysis that yielded 10 superordinate themes: social reaction, identity and wellbeing, public standards of beauty, endeavors to reduce weight, problems in regulating weight, family involvement, perceived causes of obesity, coping, social comparison and self-objectification. The obese women reported to face many problems in their daily activities due to their excessive weight. The participants of the study shared feelings of immense psychological and physical pain. The results of the study reveal that obesity has adverse effects on the overall self-concept and identity of obese women which require proper counseling to save the young women from any long term psychological impairment.

ICP2-112 **Development and Validation of Impulse Control Disorder Scale**

Sadia Haq & Amina Muazzam

Department of Applied Psychology, Lahore College for Women University

The present research was based on development and validation of impulse control disorder scale, criteria devised by DSM 5. The aim was to develop an ingenious scale in Urdu according to Pakistani language and culture. Initially 150 items were produced on the basis of indicators taken from DSM 5, previous scales, interviews, and focus groups. Expert opinion left 97 items by evaluating each item on relevance of construct, item discrimination, redundancy and fidelity. Ninety seven items were piloted on the sample of 30 patients related to ICD. Pilot study refined the scale and recruited 59 items. Fifty nine items ICD scale was administered on sample of 1000 adolescent and young adults (Male = 417, Female = 583) from age range 13-24. Fifty nine items were exposed to principal component (analysis) through Varimax rotation method. Results revealed five factor solutions with .81 alpha reliability. Five factors were labeled as premeditation, social functioning, motor impulsiveness, empathy and venturiveness. The psychometric properties of the scale were established. For convergent validity ICDs subscale "motor impulsiveness" showed positive correlation with BSCS's impulsivity subscale ($r = .17, p < .01$). For Discriminant validity BSCS total and ICDs total bare negative correlation ($r = -.10, p < .01$). Motor impulsiveness (ICDs Subscale) and self-control (BSCS subscale) presented negative correlation ($r = -.16, p < .01$).

ICP2-114 **Parenting Styles, Aggression and Psychological Well-being among Runaway Adolescents**

Mehak Imran, Sumaira Rashid & Afsheen Masood

Department of Psychology, Kinnaird College for Women, Lahore

The purpose of the present research was to identify the relationship of parenting styles and aggression with psychological well-being among runaway adolescents. It also investigated predictors of psychological well-being among runaway adolescents. Correlational research design and purposive sampling was used to select a sample of 60 runaway adolescents (*Boys* = 30; *Girls* = 30) with an age range of 12 to 18 years ($M = 15.41, SD = 1.07$). Following instruments were used to measure parenting styles, aggression and psychological well-being respectively: Parental Authority Questionnaire, Aggression Scale, and Ryffs Psychological Well-Being Scale. Results indicated that there was a significant positive relationship between permissive parenting style and self-acceptance as well as between authoritarian parenting style and purpose in life among runaway adolescents. A significant

negative relationship was found between authoritative parenting style and runaway adolescents' positive relationships with others. Dimensions of aggression did not have significant relationship with psychological well-being. Regression analysis revealed that none of the dimensions of psychological well-being were predicted by parenting styles and aggression. Findings will be helpful for researchers, parents and counselors in evaluating the role of parenting styles in psychological well-being among runaway adolescents.

ICP2-115 Attachment Patterns, Internalizing and Externalizing Problems of the Adolescent's of Emigrant and Non-Emigrant Fathers

Sadia Saleem & Tayyaba Khadim

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current research was aimed to identify the difference between adolescents of emigrant and non-emigrant fathers on internalizing/externalizing problems and attachment styles, for this purpose, cross sectional research design was used, A total 380 participants were selected, ($n= 192$, Emigrant father's group; $n=188$, Non emigrant father's group) with the age range of 12-18, ($M= 14.05$, $SD = 1.51$). Two measures were used namely as School Children Problem Scale (SCPS), Attachment Questionnaire for Children (AQC). Result of hierarchical regression analysis revealed that gender, class, birth order, and attachment pattern were found to be positive predictors of the internalizing and externalizing problems. Results were discussed in terms of Clinical and research implication of Emigration of father's and its Impact on Internalizing, Externalizing problems and Attachment patterns in adolescents.

ICP2-116 Life Experiences of Infertile Females of Lahore: A Phenomenological Approach

Zara Haroon & Asir Ajmal

Kinnaird College for Women, Lahore

The study aimed at exploring the life experiences of infertile females of Lahore. For this purpose eight semi-structured interviews were conducted (6 infertile females and 2 gynaecologists) about their experiences. The sample was collected through purposive convenient sampling technique. Interpretative Phenomenological Analysis (IPA) was used to analyze the data. This approach was favoured with the purpose of developing broad and thick descriptions that helped to closely examine and clarify the experiences of infertile females. The analysis highlighted some major themes which were organized to make a model of life experiences of infertile females. The highlighted themes included were Stigma, Multiple Consequences (Marital Threat, Psychological Distress, Emptiness, Depression, Isolation, and Heartbreak), Struggling for maintaining identity, Physical and Psychological health Challenges, Agonized life, Support & consideration and Coping strategies. Implications of the research for educationists, counsellors and psychologists are discussed.

ICP2-117 Moderating Role of Perceived Social Support between Loneliness and Life Satisfaction in Widowed

Shamim Rafique & Shahnila Tariq

Institute of Applied Psychology, University of the Punjab, Lahore

The current research was designed to investigate the moderating role of perceived social support between loneliness and life satisfaction in widowed. It was hypothesized that there is likely to be a moderating role of perceived social support between loneliness and life satisfaction in widowed. *Correlational research* design and snow ball sampling technique was used to recruit the participants. Sample ($N=100$) was consisted of both male and female widowed. Perceived Loneliness Scale (Jha, 1997),

Multidimensional Perceived Social Support Scale (Zimet, Dahlem, Zimet, & Farley, 1988) and Satisfaction with Life Scale (Diener, Emmons, Larsen & Griffin, 1985) was used as measures of assessment. The results revealed that perceived social support plays a moderating role between loneliness and life satisfaction in widowed. The results were compared and discussed in the light of indigenous and western researches. The findings have practical implications in solving the problems of widowed and for the betterment of their life styles.

ICP2-118 Self-Esteem and Social Emotional Impairment in Physically Handicapped Children
Ifzonia Babar & Arif Nadeem

Department of Applied Psychology, Government College University, Faisalabad

The study was conducted to explore the association between self-esteem and social-emotional impairment in children with physical disabilities (i.e., deaf and dumb, and cerebral palsy). A sample of 120 (i.e., 60 normal and 60 physically handicapped) children was selected from different special education and main stream schools of Faisalabad city by using convenient sampling technique. Beck Youth Inventories (Beck, Steer, & Carbin, 1988) and an indigenously standardized Rifai Self Esteem Scale (Rifai, 1999) were used for data collection. The results revealed that children with physical disabilities were having significantly lower level of self esteem and self concept as compared to the normal children. Further it was found that there was significant positive correlation between self esteem and self-concept where as the negative correlation was identified between self esteem and remaining four domains of social emotional impairment (i.e., depression, anxiety, anger and disruptive behavior). The findings imposed a significant picture of social emotional problems in children with special needs for early remedial as well as preventive measures to be taken.

ICP2-119 Compassion, Rumination and Psychological Well-Being in Young Adults
Shahzad Anwar & Afifa Anjum

Institute of Applied Psychology, University of the Punjab, Lahore

The current research was designed to investigate the relationship between compassion, (self and toward others), rumination and psychological well-being in young adults. It was hypothesized that there would be relationship between compassion, (towards self and others), rumination and psychological well-being in young adults. Moreover rumination is likely to be a mediator in relationship between compassion and psychological well-being. Further, gender was expected to play a role in difference in study variables. Correlational research design was used. Convenient sampling technique was used to recruit the participants, both male and female university students. Sample size was 50 in each group. Self-Compassion Scale-Short Form (Neff, 2011) was used to assess self-compassion, The Compassion scale (Pommier, 2011) was used to assess compassion with others, Rumination Scale (Nolen-Hoeksema, 2003) was used to assess rumination level in young adults and Bradburn Scale of Psychological Wellbeing (Bradburn, 1969) was used to measure psychological well-being. Pearson product moment co-relation, independent samples t-test, and mediation analysis through hierarchical regression analysis were applied. There was positive relationship between self-compassion and compassion with others, negative relationship between self-compassion and rumination and positive relationship between self-compassion and psychological well-being. Rumination partially mediated the relationship between compassion with others and psychological wellbeing. Females were high on compassion with others and psychological well-being, whereas males were high on self-compassion and rumination. The study has important implications for male and female young adults for solving the problems and improving their wellbeing.

ICP2-120 **Tough Times Don't Last; Tough People Do**

Maha Azhar & Sara Subhan

Institute of Clinical Psychology, University of the Management and Technology, Lahore

Resilience is an ineffable quality that allows individuals to come back stronger than ever when the life puts them down. They do not allow challenges to overcome them and drain them, instead they find a way to rise from the ashes no matter how traumatic the failures were. The current case study of a 24 year old male was self-referred with the presenting complaints of poor reading skills, anger, and preoccupation especially when his exams are coming near. However, he was using the best of his resilience so far to overcome the challenges. Pre-assessment was carried out with modalities like behavioural observation, counselling interview, subjective ratings, functional assessment of his pre-occupation, Attachment Questionnaire for Adults (AQA, Hazen & Shaver, 1987) and Student Problem Checklist (SPCL, Mahmood & Saleem, 2011) which revealed that he has set high standards for himself due to the past negative experiences (sexual abuse), making him difficult to maintain his concentration in reading long passages, which is making him helpless leading to anger. Using the crisis intervention model, Cognitive Behaviour Therapy was used to manage his attention/concentration and preoccupation without addressing the trauma in depth to meet the need of the hour i.e. getting good grades in exams. Counselling sessions consisted of 8 number of sessions and the post assessment of Student Problem Checklist and Subjective Ratings indicated the outcome of 60% with the marked reduction in pre-occupation and setting up of realistic standards.

ICP2-121 **Use of Experiential Exercises and Reflection in Learning and Assessment of Positive Psychology Undergrad Course**

Iftikhar Ahmad

Department of Psychology, University of Management and Technology, Lahore

This study is about learning strategy and assessment applied in Positive Psychology, following course objectives that students would demonstrate knowledge, understanding and application of the course contents and perform exercises, field work and a project to have firsthand experience of the concepts. Instructional methods included lectures, in-class discussion, experiential exercises and reflection. The main assessment of the course was a short-answer term-exam based on knowledge created in experiential exercises and reflections. Quizzes involved recognition and understanding of the basic concepts. Assignments were open-ended tasks requiring students to make presentations of positive stories they constructed about acquaintances and peers. There were 45 participants in the class. They were administered 'Thinking Strategies Questionnaire' one week after the semester assessments were completed. It measured extent of deep and surface thinking strategies of the students. It was found that relationship between three major assessments were non-overlapping and moderately significant ($r = .326 - .362, p < .05$). Scores on surface thinking and deep thinking were split across the median point to identify students in four categories. Analysis revealed that cluster of students who were high in deep thinking but low on surface thinking achieved higher on term exam than those low on deep and high on surface thinking. Students high or low on both the thinking modes performed still lower. Interaction between the deep and surface strategies predicted performance on term-exam significantly ($p < .04$). The study underscores utility of assessments that involve use of reflection and experiential learning as a tool for deep learning.

ICP2-122 **Living with the Dementia Patients: Experiences of the Female Spouses**

Memoona Qadeer & Syeda Shahida Batool

Department of Psychology, Government College University, Lahore

Dementia is a clinical term that is defined through the occurrence of a group of symptoms associated with memory problems, difficulty recalling events, language impairment, and psychological changes, accompanied by psychiatric impairments in everyday activities. Alzheimer is the most common type of Dementia. Alzheimer's disease causes the death of nerve cells and loss of brain tissues. The present study aimed to explore the life experiences of female spouses of patients who had been suffering from Alzheimer for the last 3-6 years. A sample of 6 women of age between 50 and 65 years was selected by using a purposive sampling technique from Alzheimer's Pakistan, Lahore (Day care). Analysis of the verbatim was done by using the principles of interpretative phenomenological analysis. Analysis yielded many emergent themes in each case. The similar and differently emerged themes were clustered under superordinate themes. The master table was developed after developing tables of superordinate themes for each case. Female spouses reported the experiences of stress, feeling of depression, hopelessness and worry. They also encountered issues regarding their physical health, economic burden, issues of children marriages, intimate relationships, and social scrutiny. They recounted the use of coping strategies to reduce the distress of their life experience. Implications and limitations of the study are also discussed.

ICP2-127 **Revisiting Bystander Effect: An Experiment**

¹MubeenaMunir, ²Musfirah Nasr Chaudhry, ³ArifaKhadim, &⁴NaumanaAmjad

¹Centre for Clinical Psychology, University of the Punjab, Lahore, ²University of Central Punjab, Lahore, ^{3,4}Institute of Applied Psychology, University of the Punjab, Lahore

The study investigated the effect of bystanders on the helping behavior of female adults. It was hypothesized that there is likely to be negative relationship between helping behavior of female adults and number of bystanders. Experimental research design was used in which a lab experiment was conducted. Through purposive sampling, a sample of female adults (N= 24) between the age range of 20-24 years were recruited. Experiment consisted of two groups i.e. one with no bystander and one with bystanders. Results were generated using Chi-Square Test of Association. Result showed that there is a significant negative relationship between helping behavior and number of bystanders which indicated that there is a significant decrease in helping behavior in the presence of bystanders. Female adults showed more diffusion of responsibility in the presence of bystanders as compare to male adults. The following research can be helpful to study this phenomenon on further in the field of social psychology. This research can be used to teach people the phenomenon of bystander effect through community services and social skill training programs, so that people can learn how bystanders effect the helping behavior and teaching the importance of helping other people when encountered with a situation that include bystanders.

ICP2-128 **Effectiveness of Fine Motor Skill Activities for Developing Pre Hand Writing Skill in Intellectually Delayed Children**

Misbah Waqar

Army Special Education Academy, Rawalpindi

The study intends to investigate the efficacy of activities being done for the development of fine motor skills activities which play an active role to develop of pre hand writing skill in intellectually challenged children. The pretest and posttest were given to the children .Effect of fine motor skill activities on pre hand writing skills were measured. The sample of the study comprised ten student of Army Special Education Academy Fort Road Rawalpindi. Parameters were designed comprehensively to measure

pretest and posttest of the student regarding pre hand writing skill activities. The difference of each activity was measured and interpreted according to the pretest and posttest results. The study indicated that there is difference between the pretest and posttest of pre hand writing skill of intellectually challenged children. The difference measured by comparing the last year results of the student with the activities recently performed and evaluated by the researcher. The result also indicated that with the passage of time pre hand writing skill improves among intellectually challenged children if they practiced continuously. The study recommended parameters may be used for evaluating the performance of the students so those teachers easily assess the status of the students.

ICP2-129 Perceived Parental Abuse in Adolescent: Emotional Dysregulation and Post Traumatic Stress Disorder (PTSD) Symptoms

¹Faiza Niazi & ²Farzana Ashraf

¹Department of Psychology, University of Management & Technology, Lahore

²Department of Psychology, COMSATS Institute of Information Technology, Lahore

Parental abuse in adolescents is an adverse issue that may consequence into serious issues for the society and the individual as they face emotional imbalance and suffer from PTSD symptoms when exposed to abuse. The present study hypothesized that parental abuse has adverse consequences in the form of emotional dysregulation and PTSD symptoms in adolescents. Through simple random sampling, the 478 adolescents (male=247, Female=231) ages between 13 to 18 years ($M=15.18$, $SD=1.45$) from government schools located in Lahore city were selected. The Child Abuse Scale: Adolescent Version (Ghaffar & Malik, 2015), Emotion Regulation Questionnaire (Kausar, 2014) and Hopkins Symptoms Checklist (Halepota & Wasif, 2002) administered. The findings show that in male adolescent, the prevalence of paternal abuse exists more as compared to female adolescents. The analyses also reveal that adolescents with higher scores on abuse show more PTSD symptoms and difficulty in emotion regulation. The findings report that child abuse is a significant predictor of PTSD symptoms and emotion regulation. The results manifest that there is a significant gender difference on parental abuse. The current study findings indicate that parental abuse is a crucial and unavoidable issue in the development of adolescent as well as societal level. Therefore, there is great need to prevent these malpractices and design suitable management plans to identify and treat its severe consequences.

ICP2-130 Prevalence and Risk Factors of Postpartum Depression

¹Zainab Tariq & ²Ayesha Sheeraz

¹Lahore School of Management, University of Lahore

²Department of Applied Psychology, University of Central Punjab, Lahore

The study was conducted to measure the prevalence and risk factors of postpartum depression. Purposive sampling technique was used as 100 postnatal women were identified and consented to take part in the research study. Respondents were screened through the Edinburgh postnatal depression scale (EPDS), from which 40 women out of 100 were identified with the symptoms of postpartum depression. Postpartum Depression Predictor's Inventory Revised (PDPI-R) developed by Beck in (2001) was used to measure the risk factors of postpartum depression in women. To analyze the data SPSS (16.0) version was used. Results indicated that postpartum depression is equally prevalent in women belonging to lower, middle and high socio economic status. Women identified with postpartum depression are highly affected with their low self-esteem level, history of previous depression, low social support, life stress, child care stress, infant temperament and lack of marital satisfaction. The results also indicate that unplanned pregnancy has more depression as compared to planned pregnancy. Postpartum depressive symptoms are

more prevalent in women living in joint family system as compared to nuclear family system. This study can be beneficial for physician and pregnant women as they have to aware of the causes and risk factors of postpartum depression and how it prevails in society.

ICP2-131 Post Traumatic Stress Disorder, Posttraumatic Growth, and Resilience in Cancer Survivors

¹Nida Sohail & ²Farzana Ashraf

¹*Department of Psychology, University of Management & Technology, Lahore*

²*Department of Psychology, COMSATS Institute of Information Technology, Lahore*

Cancer survivors face transient and long haul difficulties in the context of physical and psychological wellness, family, working, and support of a solid way of life during and after treatment. The present study is carried out to investigate the relationship between the posttraumatic stress disorder (PTSD) symptoms, posttraumatic growth (PTG) and resilience in cancer survivors. There is evidence about the influence of PTSD, PTG and resilience in cancer survivors in past studies. So, it is hypothesized that PTSD is negatively correlated with PTG and resilience. In addition, PTG is also hypothesized to positively correlate with resilience. In this correlational study, a sample of 108 cancer survivors distributed across both genders, taken from cancer departments in Govt and private hospitals of Lahore city. These participants were recruited through purposive sampling technique and assessed on the *Hopkins Symptoms Checklist (HSCL; Parloff, Kelman, & Frank, 1970)*, Posttraumatic Growth Inventory (PGI; Tedeschi & Calhoun, 1996), and Brief Resilience Scale (BRS; Smith & Bernard, 2008). For present study translated version of *HSCL (Helepota & Wasif, 2001)*, PGI (Kausar, 2010) BRS (Ashraf & Sohail, 2016) are used to assess study measures. Pearson Product Moment Correlation Analysis reveals significant negative correlation of PTSD with PTG and resilience and positive correlation of PTG with resilience. Variations across gender also exist in PTSD symptoms, PTG and resilience in cancer survivors. Research not only focused on detection of distress, but its major emphasis on the positive changes in cancer survivors and viewed the potentially misleading picture of adjustment to cancer.

ICP2-133 Friendships beyond Childhood: Peer Attachment as a Predictor of Self-Compassion and Achievement Motivation in Young Adults

Gull Zareen & Haya Fatimah

Department of Psychology, University of Management & Technology, Lahore

Based upon attachment theory and research, the significance of strong attachment has been established for healthy psychological development. The present study explores the impact of current peer attachment on two important psychological outcomes: self-compassion and achievement motivation. We hypothesized that strong peer attachment will predict high self-compassion and achievement motivation. Furthermore, we aimed to see if gender moderated the associations. For this purpose, 300 young adults were conveniently sampled from different colleges and universities of Punjab. Participants age ranged from 18 to 22 years ($M = 19.26$, $SD = 1.92$). Self-report questionnaires Self-Compassion Scale Short Form (Raes, Pommier, Neff, & Van Gucht, 2011), Inventory of Peer Attachment (Armsden & Greenberg, 1987) and Achievement Motivation Questionnaire (Ray, 1975) were administered. As hypothesized, peer attachment significantly predicted self-compassion ($\beta = .288$, $p < .001$) and achievement motivation ($\beta = .221$, $p < .001$). However, gender did not moderate the relationship. The current study elucidates the importance of peer attachments beyond childhood and early adolescence, and hence has clinical and research implications.

ICP2-135 **Depression between Students with Congenital and Adventitious Vision Loss**

¹Faiza Jaleel, ²Muhammad Akram Sabir & ³Shazia Maqsood

¹University of Management & Technology, Lahore, ²Allama Iqbal Open University, Islamabad,

³Government Training College for the Teachers of Blind, Lahore

The key purpose of this study was to investigate the depression in students with congenital and adventitious vision loss. The population of this study consisted on students with congenital and adventitious vision loss at school, college and university level. The purposive sampling technique was used to select sample. A sample of 81 students (51 with congenital and 30 with adventitious) with visual impairment was selected from different educational institutions of Punjab province. A five point rating scale was developed that was consisted on 23 items. The researchers personally approached to the participants to collect data. Reliability of developed rating scale on this sample was calculated and coefficient Alpha was found .79. Data was analyzed by using independent t test and ANOVA on SPSS. Independent sample t-test was used to see the significant difference in depression of students with congenital and adventitious vision loss. Results of t-test showed high significant difference ($t = -2.285^*$) of depression between students with congenital and adventitious vision loss. Adventitiously Visually Impaired students (mean, 65.70) were more depressive than congenitally visually impaired (mean, 58.37). Results also showed no significant difference (-0.856) between male and female students with vision loss. But females had high mean of depression (63.31) than males (60.25), it showed females were more depressive than males. To know about the difference of depression among age groups, ANOVA was applied. It showed there is no significant difference ($F, .113$) of depression among three age groups. As result revealed adventitiously visually impaired are more depressive because of their late onset so they should be needed psychological counseling to cope their depression.

ICP2-136 **Relationship of Quality of Life with Depression, Self Esteem, Coping and Rejection Sensitivity among Infertile men and Women**

¹Rabia Bhatti & ²Masha Asad Khan

¹Applied Psychology Department, Kinnaird College for Women, Lahore

²Psychology Department, Forman Christian College: A Chartered University, Lahore

The present study aimed to investigate the relationship of Quality of life with rejection sensitivity, depression, self esteem and coping among infertile men and women of Lahore. Through purposive sampling, data was collected from 120 infertile individuals ($F=68$; $M=52$), with females age ranging between 22-45 years ($MA=30.91$; $SD= 5.26$) and males age ranging between 24-53 years ($M=35.1$; $S.D=6.97$). The Adult Rejection Sensitivity Questionnaire, Beck Depression Inventory-II, Rosenberg Self Esteem Scale, FertiQuality of Life Scale, Coping Inventory for Stressful Situations and Demographic Questionnaire were administered on participants. The results showed significant relationship of quality of life with depression, self esteem and emotion focused coping whereas, a non significant relationship of quality of life with rejection sensitivity, avoidance and problem focused coping was found. Moreover, high quality of life was found significantly related with high self esteem, and with greater use of avoidance and problem focused coping among infertile individual. Whilst, low quality of life was found significantly related with high depression, high rejection sensitivity and with the employment of emotion focused coping. The study suggests educational and intervention based programs for people experiencing infertility, especially with a grander focus on the use of effective coping strategies in order to improve one's quality of life and for the development of positive mental health.

ICP2-137 Managerial Outlook towards Teachers in Private School as Causes of Depression and Stress among Teachers

Sidra Zafar & Muhammad Irfan

Department of Clinical Psychology, Riphah International University Faisalabad

The aim of current study was find out the relationship between stress and depression among teachers in private schools. The cross sectional research design was used in this study. This study was conducted in government and private sector schools of the Faisalabad. Stratified random sampling strategy was used to divide the data in to two sections and divide the two categories governments and privates. The sample was consisted on the 200 participants 100 males and 100 females (50%) from the public sector and (50%) with the age range from the 18 year to 40years old were selected from the private sectors, participant's qualification of the teachers was Inter, Bachelor and master. The Teachers Stress Inventory Scale (Urdu version) (Hanif, & Pervez, 2003) and Siddiqui shah depression scale (Siddiqui& shah, 1997) were used. Data was analyzed o the basis of SPSS 19-version. The result showed that significance positive correlation between stress and depression in teachers. The results of study showed age, gender, education and monthly income insignificant difference between stress and depression among teachers in private and government schools. Results are discussed in the light of practical implication and suggestions for teachers counseling according to the specific cultural context of Pakistan.

ICP2-138 The Fractured self's Delineation within Postmodernist Theories: Biopsychosocial-Spiritual Model and Crises of Representation

Muhammad Furqan Tanvir

Department of English Language and Literature, University of Management and Technology, Lahore

This paper aims at locating the biopsychosocial-spiritual model in clinical psychiatry against the background of a general epistemological crisis of representation in postmodern theories, thereby highlighting the paradox of an expanding frame of reference for diagnosis and a correspondingly unrepresentable sphere of practical solutions. It will be argued that the impetus for ever-increasing lucidity in biological explorations of personality ideologically does not seem to harmonize with post-Marxist critiques of psychosocial and spiritual phenomena that emphasize the intrinsically fragmented nature of postmodernist constructs of the self. From the Frankfurt School's accentuation of the loss of individual will by regimes of control to Foucault's problematics regarding the birth of the clinic, from R. D. Laing's famously controversial effacement of boundaries between the psychiatrist and his/her subject to Marshall Berman's reinvestigation of modernity as a condition that liquidates solid social reality, from the anxiety about the psychotherapist's "historical reluctance to self-disclosure" to that of the discipline's transformation of "normal sorrow into depressive disorder," the basic problem confronting a scientific assimilation of the subject's biopsychosocial-spiritual description is the unfixing of ideologies and representation mechanisms that reduce potential meaning to self-referential, paradoxical and adjourning language games.

ICP2-139 Emotional Maturity, Stress and Academic Achievement among University Students

Iqra Zainab & Nafees Akhtar

Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar

The current study was aimed to explore the relationship between emotional maturity, stress and academic achievement among university students. A sample of 200 university students of Social Sciences (n=100; 50 Applied Psychology & 50 Economics) and Pure Sciences (n=100; 50 Mathematics & 50 Botany) with

age range of 20-30 years by using purposive sampling technique was drawn from sub-campus of a public sector university of Bahawalpur. Emotional Maturity Scale (McCoy, 2008), Stanford Acute Stress Reaction Questionnaire II (Cardeña, Koopman, Classen, Waelde, & Spiegel, 2000), and Cumulative Grade Point Average (CGPA) were used to measure emotional maturity, stress, and academic achievement respectively. The findings revealed that there is a significant negative correlation between emotional maturity and stress while positive relationship between emotional maturity and academic achievement among university students. Moreover, male were found to be more mature emotionally, and displayed more academic achievement as compared to the female. While, female depicted more stress than that of male. However, no significant differences were found in other demographic properties of the participants e.g., age, no. of siblings, birth order, family system etc. Meanwhile findings indicate significant difference in term of demographic variable of mother's literacy. Indigenous implications of the findings and recommendations for future research were also discussed in the study.

ICP2-140 Parenting Styles is a Predictor of Emotional & Behavioral Problems among Eliminatory School student of Gojra

Muhammad Irfan & Nveed Shibli

Department of Clinical Psychology, Riphah International University Faisalabad

The primary objective of current study was exploring the relationship of parenting styles and emotional & behavioral problems among eliminatory school. A cross sectional was used with stratified random sampling technique on 200 school students (boys = 100, girls = 100) of public and private school. Parental Authority Questionnaire (PAQ) (Urdu version) by Babree (1997) were used for measuring perceived parenting styles of children and School Children's Problems Scale (SCPS) developed by Saleem & Zahid (2011) for measuring emotional & behavioral problems. Findings the study revealed that there was significant positive relationship between authoritarian parenting style and school children emotional and behavioral problems, where as significant negative between authoritative parenting style and school children's emotional and behavioral problems. Findings and implication of study are discussed.

ICP2-143 Sexual Harassment and Subjective well being among University Faculty Members

Tayabba Maqbool & Syeda Salma Hasan

Department of Psychology, Government College University, Lahore

The present research aimed to investigate the phenomena of sexual harassment among university teachers. It also aimed to investigate the gender differences in terms of sexual harassment and subjective well-being and also to explore the relationship between sexual harassment and subjective well-being. A purposive sample of 200 university teachers was drawn which comprised 100 male and 100 female university teachers with the age range of 24 to 50 years was gathered from universities situated in Lahore. Kamal and Tariq's (1997) Sexual Harassment Experience Questionnaire and Diener's (1985) Satisfaction with Life Scale were used to measure the variables. Result of multivariate analysis indicated that gender and age are predictors of gender harassment, unwanted sexual attention, and sexual coercion. Females experienced significantly more sexual harassment in all the subscales as compared to males and female teachers who were younger in age experienced more sexual harassment than middle aged women. Experience and qualification also have a significant effect on sexual coercion. Results of multiple linear regression showed that other demographics such as marital status or designation had no significant effect on sexual harassment. Result of simple linear regression showed that sexual harassment had an overall adverse effect on the subjective well-being of individuals.

ICP2-145 **Personality Traits and Conflict Resolution Styles among Single and Married Individuals**

Zanub Ansariand & Saadia Rana Dildar

Department of Psychology, University of Gujrat, Gujrat

The present study aimed at exploring the relationship between personality traits and conflict resolution styles among single and married individuals. In addition to this, gender differences in conflict resolution styles among single and married individuals were also examined. Sample comprised of one hundred and twenty (n=120) participants including 60 single (n=30 male, n=30 female) and 60 married (n=30 male, n=30 female). The entire sample was taken from general community of Lalamusa while convenient purposive sampling was used to select single and married individuals. Data were collected by using Big Five Inventory (John and Srivastava, 1999) and Organizational Conflict Management Inventory (Anis-ul-Haque, 2003). Obtained data were analyzed by using Pearson's Product Moment Correlation Coefficient and one-way ANOVA. Results of the present study revealed that a significant relationship exist between different personality traits and conflict resolution styles. Moreover, findings suggested that both single and married individuals vary in the way of managing conflicts. The conflict resolution styles of married individuals are adaptive and healthy as compared to single individuals.

ICP2-146 **Intrinsic and Extrinsic Religiosity in Muslim and Christian College Students**

Momna Sarwat & Zahra Asad Bukhari

Department of Applied Psychology, Government Post Graduate College for Women Satellite Town, Gujranwala

The present research aimed to investigate intrinsic and extrinsic religiosity in Muslim and Christian college students. It was hypothesized that there was a difference in extrinsic and intrinsic religious orientation in Muslim and Christian college students. The sample was comprised of 100 participants (50 college girls and 50 college boys, 25 Muslim girl students and 25 Christian girl students, 25 Muslim boy students and 25 Christian boy students). Religious orientation scale by Allport (1967) was used. Independent sample t-test was applied to measure the difference in extrinsic and intrinsic religious orientation in Muslim and Christian college students. Results showed that Christian college students have more extrinsic religious orientation as compared to Muslim college students. Girl college students have high intrinsic religious orientation than boy college students. The implication of the study is to promote religion in upcoming generations as youngsters are going to form nations.

ICP2-148 **Analyzing Effects of Low Intensity Cognitive Behavior Therapy Program for Obsessive Compulsive Disorder**

¹Sumaira Zahra, ²Saba Ajmal, ³Rizwana Ameen

^{1,2}*Department of Applied Psychology; The Women University Multan,*

³*Department of Applied Psychology, Bahauddin Zakariya University Multan*

All human beings have some irrational thoughts to act upon that can be ignored but there are some persons who cannot and get an irrational motive for performing repetitive actions, even against their wills, this phenomena is called Obsessive Compulsive Disorder. For the treatment of OCD certain therapies are applied on OCD patients and Cognitive Behaviour Therapy (CBT) is one of these. The purpose of this present study was to measure the severity of symptoms of OCD patients and to check how much the intensity of OCD can be reduced by CBT. Comorbidity was also focused in this experimental study. The experimental research was conducted on 10 OCD patients who were selected through purposive and random sampling from out door of Nishtar Hospital, Multan. Their age range was between 18-35 years

old. Observation were recorded on self-monitoring form and Exposure Response Prevention Therapy (ERP Therapy) hierarchy form. In the research Yale-Brown obsessive compulsive scale developed by Goodman, M.D (1986), and Hospital Anxiety and Depression scale translated into Urdu version by Naeem, F. et al (2008) were used. Results indicate that CBT is an effective treatment for OCD. The findings show that by using Y-OBCS symptoms of OCD have been reduced through CBT. Two scales were used, one reduced OCD symptoms while others helped in minimizing the anxiety and depression.

ICP2-149 Perceived Parenting Styles, Parental Acceptance Rejection, and Depression in Children

Rabia Salahuddin & Mariam Gul

Lahore College for Women University

The purpose of this study was to investigate the "Role of perceived parenting styles in parental acceptance rejection and depression in children" the sample consisted of ($N = 300$, $n = 152$ boys, $n = 148$ girls) children from public school aged ranged from 9 to 13 year ($M = 11.96$, $SD = 1.09$) following stratified sampling method. Urdu versions of Parental authority questionnaire (Buri, 1991; Alkharusi, 2011; Mushtaq, Naheed & Kausar 2015), Child Parental Acceptance-Rejection Questionnaire: Father-Short Form or Mother -Short Form, (Rohner, 2005; Malik, 2011) and Childhood Depression Scale (Nawaz & Malik, 2009) were used. Results indicated significant mean differences on three perceived parenting styles on depression and its subscales. Girls experienced more rejection as compare to the boys, whereas boys experienced more depression as compare to the girls.

ICP2-151 Role of Maternal Anxiety in Developing Social Interaction Anxiety among Offspring

Riffat Sadiq & Sonia Shahid

Department of Applied Psychology, Government College Women University, Faisalabad

The present endeavor was to rule out the role of maternal anxiety in developing social interaction anxiety among offspring. In this regard, it was hypothesized that offspring of anxious mothers would significantly suffer from more social interaction anxiety than offspring of non-anxious mothers. For that purpose, about two hundred and forty ($n = 240$) participants, including mothers ($n = 120$) and their offspring ($n = 120$), were recruited from Faisalabad city applying snowball sampling method. Anxiety, the subscale of Depression Anxiety Stress Scale (DASS-42) and Social Interaction Anxiety Scale (SIAS) were used to measure the variables. In the light of statistical finding, it is deduced that offspring of anxious mothers are at great risk of developing social interaction anxiety irrespective of gender.

ICP2-153 Adult Attachment Styles, Cognitive Emotion Regulation and Marital Adjustment among Depressed Patients

Kanza Khalid & Saadia Dildar

Department of Clinical Psychology, Government College University, Lahore

The present study aimed to find out the relationship between attachment styles, cognitive emotion regulation and marital adjustment among depressed individuals. It also explored attachment styles, cognitive emotion regulation strategies and different demographics, i.e. age, gender, education, type and duration of marriage as predictors of marital adjustment. Furthermore, gender differences in study variables were also investigated. Purposive sampling technique was used to collect the data. Sample consisted of 100 married depressed individuals (50 males, 50 females) with age ranged of 19-60 years, recruited from different government teaching hospitals of Lahore. Different research instruments i.e. Revised Adult Attachment Style (RAAS), Cognitive Emotion Regulation Questionnaire (CERQ) and

Revised Dyadic Adjustment Scale (RDAS) along with demographic questionnaire were used to collect data from the participants. Pearson product movement correlation was used to assess relationship between the study variables. Results revealed that avoidant attachment style, catastrophizing and other-blame were significantly negatively correlated with marital adjustment. On the other hand, focus on planning and positive reappraisal was significantly positively correlated with marital adjustment. Multiple liner regression was used to predict the different factors of marital adjustment. Analysis revealed that attachment styles and cognitive emotion regulation were non-significant predictors of marital adjustment, except self-blame (subscale of CERQ). Further, findings indicated that different socio-demographics, i.e. age, gender, duration of marriage, education, age difference between spouses, and types of marriage were also non-significant predictors of marital adjustment except income less than 10,000. There were highly significant gender differences were found in avoidance, anxious attachment styles, self-blame, other-blame and consensus. Individuals living in nuclear and joint family system were equally adjusted in their married life. Individual in rural and urban areas were significantly different in relation to consensus: one dimension of marital adjustment. Implications of the findings are identified in relation to marital counseling.

ICP2-156 Parental Marital Adjustment and Home Chaos as Predictors of Externalizing Behavior Problems of Children

Aqsa Sultan & Muazzama Abidi

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The reason of conducting the present study is to identify the predictor of externalizing behavior problems of children. The main aim is to investigate the connection amongst marital adjustment and home chaos and their effect on externalizing behavior problems of children. The sample was taken from Rawalpindi and Islamabad, thus including 82 families having at least two children's including one girl and boy and their age range from 6-12 years. Dyadic Adjustment Scale (DAS; Spanier, 1976), Confusion, Hubbub and Order Scale (CHAOS; Matheny, Ludwig, Wachs, & Phillips, 1995) and Child Problem Checklist (CPCL; Tariq & Hanif, 2007) were used in the study. The indices of reliability and correlation of the instruments were found to be highly significant. The results showed that parental marital adjustment has a significant negative and home chaos has significant positive predictor of externalizing behavior problems of children. Conclusion was drawn, practical implications were discussed and suggestions for future research were also made.

ICP2-158 Women Inheritance Practices and Native Perceptions: A Case Study of Karimabad Hunza, Gilgit-Baltistan, Pakistan

Beenish Murtaza & Zubair Ahmed

Department of Behavioral Sciences, Karakoram International University, Gilgit-Baltistan

This anthropological study intended to describe the customary inheritance law in Hunza Gilgit Baltistan, Pakistan. This document focused on women's rights in terms of inheritance and study to know about various social and cultural challenges. Women's property and social change remained one of the highly subjective interventions of the present day. A sample of 40 (20 from each gender) were interviewed by using stratified sampling method. In this context, the actual population of the target community consists of 5695 population. In addition to that, participant observation and case studies helped researcher to gathering possibly valid data and getting up to native's perspectives. The data has been analyzed qualitatively also quantified in numbers and percentages through tabulation. The research findings revealed that women for protection of their own respect, maintaining decorum and values of her family

and also due to over enforcing questioning about social protection, she cannot stand and protest against her rights. Female has been deprived of their property rights due to social, cultural and traditional reasons. Culture has dominant role in the community of Hunza in most aspects of life. This inheritance related issues lies in hands of man, so this gender setup is thoroughly depending on cultural norms and traditional values as these prime structures are based on patriarchic society.

ICP2-163 Parenting Style, Religiosity and Drug Abuse among Young Adults

Sana Waheed & Bisma Zubair

Department of Applied Psychology, Lahore College for Women University

The purpose of this study was to investigate the relationship between Parenting Style, Religiosity, and Drugs Abuse among Young Adults. The sample of the study consisted of 150 men (Drugs abusers), $n=150$. A correlational research design was used. Sample was selected by using purposive sampling technique. To meet the purpose of study Scale of Parenting Style (Gafoor&Kurukkan, 2014) and Religiosity and Spirituality Scale for Youth (Brittany C. Hernandez, 2011) were used. Pearson product moment correlation and regression was used. Relationship between father control and responsiveness and mother control and responsiveness was found highly correlated. Relationship of religiosity and parental control and responsiveness was also found highly correlated. Authoritative parenting style was found to be more prevalent among drug abusers i.e. 54.7% drug abusers reported authoritative parenting style. 49% of the population was found highly religious. Linear regression analysis was used parental control predicted highly significant relationship with religiosity. 82% of the population (drug abusers) reported peer influence on them.

ICP2-164 Gender Difference in Perception of Interparental Conflict

Saiqa Ashraf, Maria Mukhtar, Sana Sarwar, Aneela Naveed, & Rubab Pall

Department of Psychology, University of Gujrat

The aim of this study was to explore gender difference in perception of interparental conflict. The present study examined the extent to which individuals exposed to frequent and intense interparental conflict and how they behave differently to this conflict according to their gender. Quantitative study using correlation-descriptive research method was applied. A sample of 50 boys (24) and girls (26) age 10-15 years from district Gujrat were selected by the non-probability purposive sampling technique. Interparental conflicts of respondents were elicited by Children Perception of Inter-parental Conflicts (CPIC) scale. Through analysis it was revealed that there was a significant difference between boys and girls on interparental conflicts which indicated that Interparental conflict has more negative influence on boys than girls. Another significant result, there was significant difference found between rural and urban areas. While on the other hand gender was not significantly related to interparental conflicts. Findings indicated that there is significant gender difference in perception of interparental conflicts. Results are discussed in cultural implications and gender differences. Findings have strong implications in family settings.

ICP2-165 **Depression, Anxiety and Sexual Dysfunction in Women with Arthritis**

Momna Saeed & Hina Javed Rana

Centre for Clinical Psychology, University of Punjab, Lahore

The aim of the study was to find out the relationship between psychiatric morbidity (depression and anxiety) and sexual dysfunction in the women with arthritis. It was hypothesized that psychiatric morbidity (i.e. depression and anxiety) is likely to predict sexual dysfunction in the women with arthritis. In the current study, correlational research design and purposive sampling strategy was employed. The sample of the study included women having arthritis falling in the age range 30-50 years ($M=38.98$, $SD=6.9$). The data ($N=88$) was collected from different public and private hospitals of Lahore-Pakistan. Depression Anxiety Stress Scale and Sexual Functioning Questionnaire were used for assessing psychiatry morbidity and sexual functioning of women with Arthritis. Results of this study showed that depression and anxiety are the predictors of sexual dysfunction in women with arthritis. Findings also highlight the importance of psychological treatment along with the medical treatment for the women with arthritis. Results would also be helpful for future researches in a way to design effective management plan for the women with arthritis who are vulnerable towards psychological illnesses that lead disturbance in their sexual life.

ICP2-166 **An Education Based Comparative Study in Perception about Quality Of Life after Being Exposed To a Trauma**

Dania Javaid & Rubina Hanif

National Institute of Psychology, Quaid-i-Azam University Islamabad

Life satisfaction is typically viewed as a cognitive (rational) evaluation of one's life (Morris, Suissa, Sherwood, Wright, & Greer, 2010). The essential character of any life is difficult to define, and in the case of facing any trauma there are special complications. Traumatic events are those that are unexpected, perceived as uncontrollable, involve the threat or experience of physical harm, are unusual and have irreversible negative consequences (Calhoun & Tedeschi, 1999). The study was conducted on a purposive convenient sample of 400 individuals (192 females, 208 males) who had faced any trauma with an age ranged from 18 to 75 years ($M = 34.28$, $SD = 12.68$) in past one year. A trauma exposure checklist and 26 items WHO- QOL BREF scale by Orley, Kuyken, Sbazzo, & WHOQOL Group (1995) and a demographic Sheet were used in order to achieve the objectives. Statistical analysis of the study showed that exposure to trauma significantly threatens the individual's quality of life. Results on one-way MANOVA showed that Education played a significant role in individuals perception about their quality of life i.e., Wilks's Lambda (λ) = .90, $F = 1.69$, $p < .05$, effect size = .02. Results of post hoc analysis revealed the fact that uneducated individuals scored significantly low on individuals' satisfaction with their physical, psychological, environmental, social and global functioning as compared to educated individuals (e.g., graduates, post graduates etc). The implications of the study were discussed with reference to its theoretical and cultural significance.

ICP2-174 **Depression, Anxiety and Stress in Patients with Dermatological Issues**

Zehra Mohsin & Talat Sohail

Applied Psychology Department, Lahore College for Women University, Lahore

The aim of the study was to see depression, anxiety and stress in patients with dermatological issues. Cross-sectional research design was used and a sample of 60 patients ($M=26.63$, $SD=7.10$) was purposively selected including 35 women and 25 men. The research protocol included a demographic form and Depression, anxiety and stress scale (DASS-42) (Lovibond, 1995). Independent t test analysis

was applied to see the difference of depression, anxiety and stress in men and women with dermatological issues. The results revealed that depression, anxiety and stress were significantly higher in women patients with dermatological issues than men. The findings of this study can be help for health psychologists to device programs in reducing psychological issues in dermatological patients.

ICP2-175 Psychological Health of the Mothers with Special Children

Ayesha Rasheed & Talat Sohail

Applied Psychology Department, Lahore College for Women University, Lahore

The aim of this study was to investigate the psychological health of the mothers with special children. The study consist of ($N=30$, female) mothers with special children form Outreach Unit of an reputable special education institute that worked for the welfare of mentally retarded children. A correlational research design and ANOVA was used for the analysis. Sample was selected by using purposive sampling technique. A series of questionnaire General Self-Efficacy Scale (Jerusalem & Schwarzer, 1992), Adult Hope Scale (Synder, Anderson & Harris, 1991) & Quality of Life Scale (WHOQOL-BREF, 2004) was administered to the mothers with special children. After data collection Correlation and ANOVA was used to analyze data. The data been collected to find out the level of hope, self-efficacy and Quality of Life of the mothers of boys with disability and mothers of girls with disability. To find out the relationship between these variables, and to study the relationship between self-efficacy, hope and quality of life of the mothers of special boys and the mothers of special girls correlational coefficient was calculated to check the nature of relationship. The second hypothesis explores the nature of relationship between self-efficacy and hope with demographic variables. The results show that both hypotheses are accepted.

ICP2-177 Correlates of Binge Eating Behavior among College and University Female Students

Ayesha Zafar & Amna Muazzam

Department of Applied Psychology, Lahore College for Women University

Binge eating has acquired great attention in the psychological literature due to its increasing health consequences. Frequency of binge eating is becoming eminent among college and university female students. The objective of this study was to identify binge eating behavior and to find its association with distorted body image, guilt and shame among college and university female students. Link between binge eating behavior and BMI has been assessed. It is hypothesized that binge eating is more prevalent in college and university women. A sample was consisted of 350 female students of 18-26 years from public and private educational institutions. Correlational research design with non probability purposive sampling technique was applied to select sample. After getting consent from participants, data was collected using Binge Eating Scale (Gormally, Black, Daston & Rardin, 1982) Body Image Scale (Moeen Muazzam & Zubair, 2013) and Guilt and Shame Proneness Scale (Cohen, 2011) to explore binge eating behavior and its correlates. To evaluate the association between weight and Binge Eating, the BMI was calculated based on self reported weight (kilograms) and height (meters). Results indicate that there is significant relationship among all study variables and binge eating behavior is a significant predictor of distorted body image and guilt and shame. Furthermore, it is found that BMI is a positive indicator of compulsive eating behavior.

ICP2-179 **Workplace Stress and Burnout among Pakistani and Chinese Experienced and Less Experienced Employees Working in Private Sector Organizations**

¹Hamid Bilal, ²Syeda Salma Hasan, & ³Gang Wang

^{1,2}*Government College University, Lahore, ³Nanjing University, China,*

The present study examined workplace stress and burnout among Pakistanis and Chinese experienced and less experienced employees working in private sector organizations. Sample of the study comprised of 402 employees consisting of 211 respondents from Pakistan and 191 employees from China with an age range of 18 years to 59 years. Workplace Stress Scale (The American Institute of Stress, 2011) and Shirom-Melamed Burnout Measure (SMBM) containing 3 subscales -physical fatigue, cognitive weariness, emotional exhaustion (Shirom and Melamed, 2005) were administered on employees of both countries. Results for MANOVA showed that level of experience and country have significant effect on workplace stress, physical fatigue, cognitive weariness, emotional exhaustion, and burnout whereas significant gender differences were found only for workplace stress. Furthermore, Stepwise regression analysis also revealed that among demographics family income, gender, qualification, and experience, predicted workplace stress. Age, family size, and qualification significantly predicted physical fatigue while country, experience, and personal income significantly predicted cognitive weariness. Age, country, experience, personal income, earning members, and qualification significantly predicted burnout. The study has a wide implications for employees counseling.

ICP2-180 **Short Term and Long Term Effects of Corporal Punishment in Schools: A Qualitative Analysis**

Safi Aslam, Almas Irfan, & Saima Ghazal

Institute of Applied Psychology, University of Punjab, Lahore

Corporal Punishment (CP) has been a common practice in Pakistani educational system especially at school and madrassa level. This study tended to explore the accounts of victims of C P. Aim was to explore experiences of victims who had confronted CP during school days, what are its short-term and long-term effects, what are certain coping styles that helped them cope with the effects, and what do they think about the future of CP in schools. The study conducted in-depth interview with 7 university students who scored most on CP scale. The participants were selected from a convenient sample of 50 university students. Three categories of themes were generated: Superordinate themes, subordinate themes and initial themes. The finding revealed that CP is frequently practiced in schools as a tool to discipline school children. Its initial effects are lack of creative ability, lack of confidence, extreme fear of teachers and schools, anxiety/stress. Coping styles included family support and encouragement, motivation from certain other teachers and self-motivation. In long-term it seems to effect students' self-esteem/self-image, their attitudes towards teachers, education and system, and their feelings (more fearful or aggressive). The participants suggested that psychological punishment/techniques could be used, if needed, instead of CP. Counselling should be provided for students at school level. The findings of the study have implications to reduce CP in schools.

ICP2-181 Relationship between Maternal Separation Anxiety and Work and Social Adjustment among Working Women: Moderation by Family Structure

Kubra Zahid & Jamil A. Malik

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present study is aimed to investigate the moderating role of family support for the relationships between maternal separation anxiety and work and social adjustment in working women. The study was conducted on a total of 200 working women from various organizations including both private and government sector of Rawalpindi and Islamabad. The inclusion criteria were married working women with a minimum one year of working experience and who have a child of less than 5 years of age. Data was collected on maternal separation anxiety scale (Hock, McBride & Gnezda, 1989) and work and social adjustment scale (Mundt, Marks, Shear, & Greist, 2002). Correlational analysis showed that work and social maladjustment is significantly negatively correlated maternal separation anxiety and ($r = -.22$, $p < .01$) and maternal concerns about child ($r = -.16$, $p < .05$). Multiple linear regression analysis was conducted to test moderating effect of family structure on the relationship between maternal separation anxiety and work and social maladjustment using *Process Macro* (Hayes, 2015). The results showed that family structure moderated the effect of maternal separation anxiety (B interaction = .57, $p < .01$; $\Delta R^2 = .07$) and maternal concern about child (B interaction = .6, $p < .01$; $\Delta R^2 = .25$) on work and social adjustment. The moderation model explained a total of 50% variance in work and social adjustment. It is concluded that working mothers living in joint family system experience less separation anxiety and have less separation concerns. Findings show that joint family system is a safeguard against separation anxiety among working mothers.

ICP2-182 Ostracism, Personality and Workplace Deviant Behaviours in Employees of Private Organizations

Zehra Keshf & Afifa Anjum

Institute of Applied Psychology, University of the Punjab, Lahore

Being social animals, human beings interact with others. Ostracism rejects it as the ostracized individual is avoided by others. In workplace, ostracism can lead to deviant behaviours which can be moderated by personality. Exploring the relationship of demographics with ostracism, personality and workplace deviant behaviours; relationship between main study variables and moderating role of personality between ostracism and workplace deviant behaviours, using Workplace Ostracism Scale (Ferris, Brown, Berry & Lian, 2008), Ten Item Personality Inventory (Gosling, Rentfrow, Swann, 2003) and Interpersonal and Organizational Deviance Scale (Bennett & Robinson, 2000) while data was taken from 120 private organization employees through convenient sampling. Results indicated that current job position was negatively related to ostracism. Ostracism was significantly linked to workplace deviant behaviours. Agreeableness showed negative relation to Ostracism. Emotional stability had significant negative relation with both ostracism and interpersonal deviance. Using the two subscales of interpersonal and organizational deviance scale as separate variables, moderation through hierarchical regression was carried out. Agreeableness, emotional stability and openness to experience moderated the relationship of ostracism and interpersonal deviance. Emotional stability moderated the relationship of ostracism and organizational deviance. Results were discussed and limitations, suggestions and implications were presented.

ICP2-185 Psychotherapeutic Interventions as Effective Strategies in Coping Psychological Distress among Hospitalized Patients

Abdur Rashid & Muryam Nawaz

Foundation University Rawalpindi Campus

Healthy mind is necessary for healthy body. Coping with mental illness results in improved relationship with physical health. The current study was designed to explore and analyze the effectiveness of psychotherapeutic interventions in hospitalized patients for coping psychological distress. The sample of the present study consisted of 100 patients (44 male and 56 female). For the present study, Brief COPE by Carver (1997); and Mental Health Inventory (MHI) by Veit & Ware (1983), were used. The difference in the means of male and female hospitalized patients on MHI showed their comparison of psychological distress among hospitalized male and female patients. The findings on MHI proved that hospitalized female patients had higher levels of psychological distress as compared to hospitalized male patients. The difference in the means of male and female hospitalized patients on Brief COPE confirmed that male patients had better coping strategies as compared to female patients. The difference in the means of male and female hospitalized patients on MHI proved that psychotherapy was positively correlated with psychological distress. The male ($n=44$) had a mean of 78.90 on psychological distress with standard deviation ($SD=13.36$) on coping, while females ($n=56$) had a mean of 74.75 on psychological distress with standard deviation ($SD=13.20$) on coping. The mean for first condition (facilitation of psychotherapy) was 78.25, with $SD=12.82$, for second condition (absence of psychotherapy), mean=75.82, and $SD=13.62$.

ICP2-186 Nature Relatedness and Mental Wellbeing in Depressed Patients

Sara Hassan & Zahra Asad Bukhari

Department of Applied Psychology, Government Post Graduate College for Women Satellite Town, Gujranwala

The current study was designed to investigate the relationship between nature relatedness and mental wellbeing in depressed patients. It was hypothesized that the more nature relatedness leads to the high level of mental wellbeing. The sample was consisted of 50 patient of depression from outdoor units of private and public hospitals of Gujranwala. Non probability convenient sampling strategy was used to draw sample. Age range of sample was 20-40 years. The data was collected by using Nature Relatedness Scale (NR) developed by Nisbet & Zelenski (2009) and Warwick-Edinburgh Mental Wellbeing scale (WEMWBS) by Warwick & Edinburgh Universities (2006). Pearson Product Moment Correlation was used to find out relationship between Nature Relatedness and Mental Well being. Result indicated that there was a strong positive relationship between nature relatedness and mental wellbeing in patients of depression. Current study had practical implication in clinical, environmental and health psychology.

ICP2-188 Effects of Humor Styles and Altruism on Psychological Distress among Trainee Clinical Psychologists

Rabia Afzal & Syed Asghar Ali Shah

Department of Applied Psychology, Foundation University Rawalpindi Campus

The research examined the effects of humor styles and altruism on psychological distress among trainee clinical psychologists. The sample included 222 (Male= 72, Female= 150) trainee clinical psychologists with age ranging from 20 to 29 years. The humor styles questionnaire, adapted self-report altruism scale and depression anxiety and stress scale were used. Results of the study showed that higher scores on positive humor styles (affiliative & self-enhancing) and altruism negatively predict psychological distress

e.g. depression, anxiety & stress, while increased use of negative humor styles (aggressive & self-defeating) positively predict psychological distress e.g. depression, anxiety and stress. Males were higher on negative humor styles (aggressive and self-defeating) as compared to females. Trainees with more clinical experience depicts higher levels of altruism and lower levels of psychological distress e.g. depression, anxiety and stress, as compared to trainees with less clinical experience. The present study showed that humor styles and altruism are the most persuasive factors in the development or diminution of psychological distress. The current study has highlighted the role of humor styles and altruism that play a significant role in better adaptation and dealing of psychological distress of trainee clinical psychologists in intolerant and unavoidable situations.

ICP2-189 Peritraumatic Distress Peritraumatic Dissociation and Mental Health in Police Officers and Paramedics: A Comparative Study

Ainee Sajid & Sadaf Ahsan

Foundation University Rawalpindi Campus

The aim of conducting the present study was to find the effect of Peritraumatic distress and Peritraumatic dissociation on mental health in police officers and paramedics. 200 participants including both genders and age ranging from 20 to 55 were administered "Peritraumatic distress inventory" developed by Brunet)2001(, "Peritraumatic dissociative experience questionnaire" developed by ,Marmar (1997) and "mental health inventory" developed by Veit and ware (1983). The sample was taken from different hospitals and police stations of Rawalpindi, Islamabad. Results reveal that reliability coefficient of all the scale were greater than .70 indicating satisfactory internal consistency. Peritraumatic distress has significant positive correlation with Peritraumatic dissociation and Peritraumatic distress and Peritraumatic dissociation have significant negative correlation with mental health. Moreover Peritraumatic distress and Peritraumatic dissociation was higher in police officers than paramedics. As suggested by results peritraumatic distress and peritrumatic dissociation were higher in experienced and aged police officers and paramedics.

ICP2-191 Social Anxiety Disorder and Cognitive Behaviour Therapy: A Case Study

Saleha Bibi & Iffat Rohail

Foundation University Rawalpindi Campus

Social anxiety disorder (SAD) is a debilitating and chronic illness characterized by "a marked and persistent fear of one or more social or performance situations involving exposure to unfamiliar people or possible scrutiny by others. Negative life events play a significant role in the development of signs and symptoms of anxiety disorder. This study presents a case study of 24 years old female. She was self referred to the counselling centre of Foundation University Rawalpindi Campus with the presenting complaints of intense anxiety in social situations, avoidance of social situations and physical symptoms of anxiety in social situations. Diagnosis was made according to criteria given in DSM-5. After initial intake interview, psychological tests including House-tree-person (HTP), Thematic apprehension test (TAT), Rotter's Incomplete Sentence Blank (RISB), Beck Depression Inventory (BDI), Raven Standard Progressive Matrices and Social Phobia scale were administered on the client. Lack of social support and family history of psychiatric disorders (anxiety and personality disorders) were the causal factors of her problem. After exploring the causal factors of her problem in diagnostic sessions, therapeutic sessions were conducted. Cognitive behaviour therapy was selected for the client as CBT have strong empirical evidence for effectively treating anxiety disorders. Cognitive behaviour therapy was applied in a systematic way properly following the steps of CBT. After achieving the goals of the psychotherapy set at

1st session with the help of client and having satisfactory results of post-testing and the therapist observations of the client progress, psychotherapy was terminated. Follow up sessions were conducted to monitor the progress of client. This case study will contribute significantly in the knowledge of scientific community by supporting the efficacy of cognitive behaviour therapy in the treatment of social anxiety disorder. Our research study has clinical and community implications and adding positively in the theoretical and conceptual foundations of cognitive behaviour therapy for anxiety disorder.

ICP2-193 Preoperative Anxiety among Surgical Patients: A Review

Saleha Bibi

Foundation University Rawalpindi Campus

Preoperative anxiety is turning out as a challenging concept in preoperative care of patients. Preoperative Anxiety is consider a vital dilemma involving patients who are about to undergo surgery. Patients mostly view the day of their surgery as the most threatening and biggest day of their lives. This paper aims at examining the preoperative anxiety among surgical patients. Patients who undergo surgery experience acute psychological anxiety in the preoperative and postoperative period. 7 studies having independent samples were systematically analysed. It was concluded that information given to patient about their surgery reduced level of anxiety among surgical patients. Three types of information which were indentified by the researcher that patients perceive as important to overcome preoperative anxiety level are details of surgery, details of nursing care to surgery and information on anaesthesia. Patient education programmes also play important role in reducing the level of pre-operative anxiety in surgical patients. Some factors which may enhance the preoperative anxiety level among surgical patients are trait anxiety, single and divorced, time of operation and socioeconomic status, social support and optimism. So this paper advances the scientific knowledge by concluding that health professionals working in the hospital should provide anxiety related information to patients undergoing surgery. Increased knowledge of patients regarding the surgery the may reduce the preoperative anxiety among surgical patients.

ICP2-194 Gender Differences on the Level of Perceived Stress, Coping Strategies and Interpersonal Social Support among University Students

Saleha Bibi & Bushra Mussawar

Foundation University Rawalpindi Campus

Student academic life is always challenging and demanding. Their perception about stress, coping strategies and interpersonal social support differ from person to person and this difference would be dominant when talking about gender differences. The present study was conducted to investigate the gender differences in perceived stress, coping skills and interpersonal social support among university students. Study was done on the sample size of 300 university students. Sample was selected by purposive sampling based on cross-sectional deign. Sample of the study was collected from the universities of Rawalpindi and Islamabad. Brief COPE scale developed by (BCS;Carver, 1997) was used to assess coping strategies among students, perceived stress scale by (PSS; Cohen et al, 1988) was used to access the level of stress in students and social support was measured by using interpersonal social support evaluation list developed by (ISEL;Cohen& Hobermen, 1983). Data was statistically analysed by using independent sample t-test to find out the gender differences among medical students on the level of perceives stress, use of coping strategies and interpersonal social support. Results of our study supported our hypothesis that level of perceived stress is high in female medical students as compared to males in our culture. Study further revealed that in response to stress, females use maladaptive coping strategies including self-distraction, behaviour disengagement and self blame whereas males use more adaptive

coping strategies including instrumental support, humour, planning and use of religious beliefs while coping with stress. Furthermore study suggested that males score high on the level of interpersonal social support as compared to females. Findings of the study recommend the need of hour to make supportive programs for the women improved role in the society.

ICP2-196 Depression, Anxiety and Stress as Negative Predictors of Life Satisfaction in Male and Female University Students

Farhana Saba & Syeda Razia Bukhari

National Institute of Psychology, Quaid-i-Azam University, Islamabad

This study is aimed to study the role of depression, anxiety and stress in prediction of life satisfaction in male and female university students. The present research involved 200 students. (100 males and 100 females) participants were selected by using purposive sampling technique from different universities of Islamabad. Age range of participants was 19-30 years (mean 21.79, SD 2.970). Depression anxiety stress scale-21 (DASS-21; Lovibond & Lovibond, 1995) and Life Satisfaction scale (Dinner et al 1985) were administered on sample. The result of present study indicated that depression anxiety and stress significantly predict life satisfaction among male and female university students. It is concluded that university students who are facing depression anxiety and stress are more vulnerable to low levels of life satisfaction. Present study is helpful for counsellors and health care providers to conduct comprehensive assessment of the cognitive and behavioural coping of students who come with the symptoms of depression, anxiety and stress. Encouraging students to describe how their thoughts and behaviours interact with their feelings may help develop a care plan that targets the depression, stress and anxiety-triggering thoughts and behaviours. With the help of this, student's can experience higher level of satisfaction with life.

ICP2-197 Fear of Missing Out (Fomo) and Compulsive Smartphone Usage in University Students

Ayesha Khawar Butt, Hafiza Saleha Inaam & Faiza Safdar

Centre for Clinical Psychology, University of the Punjab, Lahore

People use their smart phones to be in touch with their social environment constantly, to strengthen their ties and to obtain instant access to the latest information by means of smart phone features and network services. Due to the convenient connectivity featured in smart phones and portability of smart phone devices, the desire to stay connected to the outside world is nowadays stronger than ever. Therefore, constant connection with the world can result in FoMO which consists of variety of negative outcomes such as low self-esteem, and anxiety (Hogan, 2014). The present study was conducted to examine the relationship between fear of missing out (FoMO) and compulsive smart phone usage in university students. It was hypothesized that there would be positive relationship between fear of missing out and compulsive smart phone usage. Research design was correlational whereas the sampling strategy used was convenience in the study. To serve the purpose, a sample of 120 university students (Men= 60, Women=60) were taken of age range 18-24 (M= 21.12). Fear of Missing Out scale by Przybylski, Murayama, DeHaan and Gladwell (2013) and Cell phone addiction scale by Koo (2009) were used as instruments in the present study. Descriptive as well as inferential statistics (Pearson Correlation) were used to compute the results. Main findings of the study revealed a significantly positive relationship between fear of missing out (FoMO) and compulsive smartphone usage ($r=.74$) which correlates with the finding of Hato (2013) and Przybylski (2013). The findings of the present research highlight the presence of FoMO in the Pakistani culture and its role in compulsive smartphone usage.

ICP2-198 **Bullying /Victim and Different Personality Dimensions in Adolescence**

Zill e Huma & Asma Shiraz

Department of Applied Psychology, Bahauddin Zakariya University, Lahore

The aim of the present study is 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 old. Participants have high frequency in 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 show 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, where boys are more than girls are engaged in bullying. Still in the countries in third world like Pakistan, there is no such work done in this subject. This research might provide a platform for the researchers and the schools to consider the issue of bullying in Pakistan far more seriously.

ICP2-199 **Custom and Traditions of Shemales in Lahore**

Zill e Huma & Mariam Chishti

Department of Applied Psychology, Bahauddin Zakariya University, Lahore

In Pakistan society there is a firm belief that Hijras and khusra's are individuals born with abuses. Some take them as abuse and other sides of coin people believe on their blessings full prays considered potent. The goal of this paper is to provide a forum of discussion about the Hijra community, people consider them as a 3rd generation, Hijra live all over the country in small communities which is named as "Hijra" community, lay man give them attention. The goal of the research is explore the custom and the Tradition of the Hijra communities. In Custom and tradition we explored about the "The way of Funeral ceremony" "Adoption of Hijra child" "Getting education" "Eid Celebration" "Earning Traditions" "their religious Practices" "Birthday celebration" "Guru". Recent researches only focus on the Experiences and problems of the Hijras and explaining their genders but nobody explore their custom and tradition which is basically the huge need to understand the community in minority. In our research we asked them their Traditions and Custom Through using In-depth Interviews, due to this we find out their beliefs. This study reveals Custom and traditions of Hijras communities, their traditional role depends upon their individual talent, ability to face hostility and ridicule.

ICP2-203 **Happiness and Resiliency as Predictors of Mental Health of University Students**

Summia Ilyas, Tamkeen Saleem & Anika Asghar

Department of Psychology, International Islamic University Islamabad

Students are the mainstay of progress and development of any nation that is why, physical as well as mental health of students is crucial for better future of any nation. Mental health problems can have a deep impact on all aspects of university life, at the individual, interpersonal, and even the institutional level. At the individual level, mental health problems can affect all aspects of the student's physical, cognitive, emotional, and interpersonal life. Mental health depends on many factors out of which

happiness and resiliency are more important. The aim of the present study was to check if happiness and resiliency predicts mental health in male and female university students. The present research sample consisted of 200 male and female students ($n=100$ female, 100 male) of International Islamic university Islamabad. The sample was selected by using convenient sampling method. To measure the variables, Oxford Hills and Argyle's Happiness Questionnaire (2002), Corner and Davidson's resiliency scale (2003) and the Goldberg and Hiller's General Health Questionnaire (1972) were used. For data analysis, linear regression analysis was used to test if the happiness significantly predicted mental health. The results of the regression indicated predictor explained 10% of the variance, $F(1, 198) = 23.90$, $p < .000$, with an R^2 of .10. It was found that happiness significantly predicted mental health ($\beta = -.328$) $p < .1$. Linear regression analysis was used to test if the resilience significantly predicted mental health. The results of the regression indicated the predictor explained 8% of the variance, $F(2, 198) = 1.65$, $p < .000$, with an R^2 of .008. It was found that resiliency significantly predicted mental health ($\beta = -.091$), $p < .001$. It was found that resiliency significantly predicted mental health as did happiness. In addition to the fact that people who experience more positive emotions and happiness can find better ways to solve problems and manage their life, hence they are more resourceful while dealing with critical or dangerous situations.

ICP2-204 Perceived Stress, Ego-Depletion (Low Self-Control) and Subjective Fatigue in Medical Internees

Urwa Naseer & Rabia Dasti

Centre for Clinical Psychology, University of the Punjab, Lahore

The present study was a correlational research aimed at finding the relationship of perceived stress, ego depletion (low self-control) and subjective fatigue. The sample was collected through purposive sampling and consisted of 157 medical internees from surgery department ($n=78$) and pediatrics department ($n=79$) with age range of 23 to 27 years ($M=24.82$, $SD=1.012$). It was hypothesized that there will be a positive relationship between perceived stress and subjective fatigue and these variables will be negatively related to self-control. It was also hypothesized that self-control will mediate the relationship between perceived stress and subjective fatigue. Internees of surgery department will likely to experience more perceived stress; ego depletion (low self-control) and subjective fatigue than pediatrics department were also hypothesized. Demographic questionnaire, Perceived Stress Scale developed by Cohen (1986), Self-control scale developed by Tangney, Baumeister and Boone (2004) developed by Michielsen et al., (2004) and Fatigue assessment scale were administered to the participants to assess participant's demographic characteristics, perceived stress, ego depletion (low self-control) and subjective fatigue. The research data was analyzed by using Pearson Product Moment Correlation, Mediation analysis and independent sample t-test. Correlation analysis found significant positive correlations between perceived stress and subjective fatigue however both these variables are found to be significantly negatively related to ego depletion (low self-control). The results of Mediation analysis concluded that the ego depletion (low self-control) partially mediates the relationship between perceived stress and subjective fatigue. Furthermore, significant differences were found in the perception of stress among internees of surgery and pediatrics department. It was concluded that the medical internees experiencing high stress will experience fatigue but if they have self-control their subjective fatigue lowers. The results of the present study will help for the possible implications of the measures that will help in reducing stress and fatigue in internees thus increasing their affectivity.

ICP2-205 **Resilience as a Moderator between Perceived Public Stigma and Burden among Primary Caregivers of Psychiatric Patients**

Farah Saleem & Kehkashan Arouj

Department of Psychology, International Islamic University, Islamabad

Primary caregivers are considered as a backbone of family system. They play a significant role in the supervision of all mental illness. Most of the primary caregivers are spouses, parents, children and siblings. The aim of the present study was to investigate the moderating role of resilience on the relationship between perceived stigmatization and burden among primary caregivers of psychiatric patients. The present research sample (N=250) comprised of equal numbers of male and female caregivers with age range 20-60. Data was collected on Urdu translated version of Resilience scale (Naz, 2011) to assess resilience, Urdu translated version of Perceived Public Stigma Scale (Yaqoob&Kausar, 2014) to assess public/social stigma, and Urdu translated version of Burden Interview (Butt & Bashir, 2014) to assess caregiver burden. Psychometric properties of scales revealed satisfactory reliability for the study sample. For data analysis, Pearson product moment correlation and multiple regression analysis was used. Results indicated that resilience was negatively correlated with burden and perceived public stigma. The findings are highly significant at $p < 0.01$. Multiple regression analysis further revealed that resilience ($\beta = -1.028$, $p < .001$) moderates the relationship between burden and public stigma. The predictor explained 42% of variance, $F(60.89)$ and $p < .001$. This significant interaction proposed that positive relationship between burden and stigma as a result of resilience. These findings highlighted the need for intervention plans to reduce stigma and burden among caregivers for their mental health.

ICP2-208 **Barriers in Achieving Gender Equality in Higher Education: Claiming Women Rights in Pakistan**

¹Asma Shiraz & ²Ahmed Usman

¹Bahria University Lahore Campus, ²University of the Punjab, Lahore

The aim of the research study is to investigate concept of gender equality in higher education from a critical dimension. It explores the research questions as how Pakistan has gone through enacted and adopted gender equality policies in educational institutions of higher education. First Data source in this research inquiry are educationists and policymakers. Second data source was policy documents about gender equality, human rights, and higher education in Pakistan. Review of the previous education policies provided the sense of policy trends in education in Pakistan and the researcher identified the problems and difficulties in achieving gender equality and education quality in Pakistan. In-depth interviews from the policy makers and educationists have been conducted to get in core analysis of viewpoints on the situation in higher education institutions. After reviewing the relevant literature and transcribing the interviews on gender equality and higher education, five themes were emerged. These deduced themes were expanded to be explored in detail. Moreover, the proposed policy for ensuring gender equality in higher education has also been proposed for the policy makers.

ICP2-211 **Perceived Father acceptance-rejection and Social Anxiety in Children of Fathers Working Abroad**

Sana Rahat Ali & Ayesha Sheraz

Government M.A.O College Lahore

The purpose of the present investigation was to analyze the perception of perceived father acceptance – rejection and social anxiety in children of fathers working abroad. It was hypothesized that children whose fathers are in abroad will perceive a higher level of father rejection and high social anxiety as

compared to the children of fathers working in Pakistan. Additionally the study assessed a relationship between father acceptance-rejection and social anxiety. The sample of the study will consist of 140 school going children, age range from 11 to 13 years. Two groups were made in children, one group whose father are working in abroad and other group comprised of children who are living with their father. Purposive sampling technique was used to collect data. Demographic information sheet was used to obtain the basic information about the participants. Perceived parental acceptance- rejection Questionnaire (Father short version) (PARQ, Rohner, 2005) was used to assess the father acceptance rejection and Interaction Anxiousness Scale (IAS, Leary, 1983) to measure social anxiety. To analyze the demographic information descriptive statistics were used. Independent sample *t*-test were applied, to test the main hypothesis of the study. To study the relationship among variables, co-relational analyses were conducted. The result shows that children whose father are working abroad are more rejected from their fathers and have high level of social anxiety than the comparison group whose father are living with them. Father rejection is significantly positively correlated with social anxiety in both groups. Father rejection predicts social anxiety in children whose fathers are working abroad as well as in children who are living with their fathers. Additionally, gender differences were concluded the results shows that girls perceive higher level of social anxiety than boys.

ICP2-212 Impact of Emotional Intelligence on Burnout in Bank Employees

Anam Tahir & Sonia Naeem

Kinnaird College for Women, Lahore

The present study was conducted to investigate impact of emotional intelligence on burnout in bank employees. The sample consisted of 130 male and female bank employees ($N = 130$). Participants completed Trait Emotional Intelligence Questionnaire and Maslach Burnout Inventory. The results indicated an inverse weak but significant relationship between emotional intelligence and burnout. An inverse, weak but significant relationship was also seen between emotional intelligence, depersonalization and personal achievement. The findings give a broader view to psychologists about emotional intelligence and how it impacts burnout.

ICP2-213 Deafness: Consequences of Deaf Parents on Family

Tahira Jabeen & Amina Muazzam

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

It is believed that disability not only influence disabled person itself although has an impact on family members and expose them toward etiology of mental illness. Present studies adequately high lights prevalence of psychological impacts of parental deafness with relative index of demographic characteristics of 120 hearing adults of the deaf community. Cross sectional survey research design was used with referral sampling to access the participants in deaf community of Pakistan. A validated psycho-social problem scale for hearing adults of deaf parents specifically developed for deaf community by Jabeen & Muazzam (2015) was used. The scale measures the symptoms of anxiety, depression, emotional and adjustment problems caused by parental deafness. The prevalence of psycho-social problems has been found 89% and multiple regression analysis revealed the significance prediction ($p > .05$) of deaf family and birth order.

ICP2-214 **Women's Sexual Experience in Pakistan: Associations of Patriarchy and Psychological Distress**

Sana Tahir & Haya Fatimah

Department of Psychology, *University of Management and Technology, Lahore*

Sexuality is a social construct which is considered as the most confidential affair among individuals where women tend to refrain themselves more from sexually explicit behavior than men (Baumeister & Vohs, 2004). Patriarchy has an elevated influence on expression of female sexuality. While women's sexual experiences are suppressed men are entitled to pleasure themselves according to their desire (Rudman & Fetterolf, 2014). The purpose of this study is to explore how the internalization of patriarchy affects women's sexuality. The sample consisted of 100 (age 20-40) married women. Participants were selected through a combination of convenient and snowball sampling. Women were asked to provide data regarding patriarchal beliefs, sexual awareness and DAS Pearson Product Moment Correlation Analyze was conducted to examine the nature of relationship between patriarchal beliefs, sexual awareness and psychological distress in married women. There is a significant negative relation between sexual awareness and patriarchal beliefs ($r = -.391, p < .001$). There also lies a significant negative relation between sexual awareness and depression, anxiety, stress ($r = -.359, p < .001$) ($r = .301, p = .002$) ($r = -.221, p = .027$). The results reveal that women with strong patriarchal beliefs have less sexual awareness in terms of sexual consciousness, sexual monitoring, sexual assertiveness and sexual appeal consciousness. Similarly, women with strong patriarchal beliefs and less sexual awareness have high levels of depression, anxiety and stress.

ICP2-216 **Gender Differences in Academic & Career Problems Reported by University Students seeking Counseling Services: An Exploratory Analysis**

Sadia Shahzeb & Nashi Khan

Institute of Clinical Psychology, University of Punjab, Lahore

The present study explored the Academic & Career problems reported by University Students seeking Counseling Services since last six years. The archival data of N=320 students case records were analyzed in depth through Mixed Method Design. Phase I of the study explored the Academic & Career Problems reported by the students using Content Analysis of randomly selected thirty cases. A total of 10 problems were scrutinized from these case reports which were classified under the category of Academic & Career Problems. Problems reported were High Parental Expectations, Pressure/Stress due to Competition, Declined interest in studies, Decline in grades, Procrastination, Poor Concentration in Studies, Poor Time Management, Memory/Recall Problem, Inconsistency in Academic Work, Indecisive about Career /Dissatisfaction with choice of subject. Phase II of the study aimed to analyze these identified problems across all 320 cases. Gender wise analysis of results also showed some differences in reported problems as high parental expectations, pressure/stress due to competition, memory/recall problems and indecisive about career/choice of subject were reported more by male students as compared to female students.

ICP2-217 **Parental Practices of Children Diagnosed with Autism Spectrum Disorder and Attention Deficit Hyper Activity Disorder**

Rabia Zahid & Sonia Naeem

Kinnaird College for Women

The study was conducted to investigate parental practices of children diagnosed with Autism Spectrum Disorder and Attention Deficit Hyper Activity Disorder. Comparative research design was used. The research was based on purposive sampling technique. The sample consist of 120 parents of children

diagnosed with Autism Spectrum Disorder and Attention Deficit Hyper Activity Disorder, comprising of 60 parents of children diagnosed Autism Spectrum Disorder and 60 of children diagnosed with Attention Deficit Hyperactivity Disorder. Independent sample t test was used to find out comparison between two groups. The findings of the study revealed that there is significant difference in parental practices of children diagnosed with Autism Spectrum Disorder and Attention Deficit Hyper Activity Disorder. Results also showed that there is significant difference in level of laxeness and over reactivity among parents of children already diagnosed with Autism Spectrum Disorder and Attention Deficit Hyperactivity Disorder. This study is useful for parents during brought up of their children with special needs.

ICP2-222 Psychological Problems, Social Support and Quality of Life among Dialysis Patients

Almas Latif & Bushra Naz

Government College University Lahore

Dialysis is a prolong treatment procedures for dysfunctional kidney; it is very painful procedure which may lead to serious psychological strain and decrease quality of life. The present study aimed to find out the relationship between psychological problems, social support and quality of life among patients experiencing dialysis. It was hypothesized that Psychological Problems has a significant association with social support and quality of life among dialysis patients. Cross sectional design was employed. The sample was comprised of 60 (Men 32, women 28) patients that was taken from Nawaz Sharif hospital and Shahdrah Hospital. DASS (Lovibond, 1995) was utilized to measure psychological problems of patients. Social Support Scale (Rand Corporation 1991) was employed to measure social support and Satisfaction with life scale (Diener, Emmons, Larsen, & Griffin, 1985) was utilized to measure life satisfaction of the patients. Results showed significant correlations among the DASS stress, DASS anxiety and DASS depression. Social support scale has significant positive relationship with satisfaction with life. The Hierarchical Multiple Linear Regression Analysis showed that social support significantly predicts the quality of life among patients experiencing dialysis. The findings of this study revealed that we should use psychological interventions and social support techniques which can help to enhance the quality of life that will ultimately help in enhancing psychological well-being among dialysis patients.

ICP2-223 Self-Esteem and Social Anxiety among Male and Female Acne Vulgaris Patients

Iram Javed & Saira Maqsood

Department of Applied Psychology, Lahore Garrison University

The study was conducted to find the self-esteem and social anxiety among male and female acne vulgaris patients. 120 patients were selected in the study in which 60 were males and 60 were females. Cross sectional research design and purposive sampling strategy was used to collect data. Self-Esteem Scale and Social Interaction Anxiety Scale were used to collect data. Self-esteem of acne vulgaris patients measured by Self-Esteem Scale and social anxiety of acne vulgaris patients measured by Social Interaction Anxiety Scale. Independent sample T-Test, Pearson Correlation analysis and Linear Regression analysis was applied to find out results. The findings showed that males acne vulgaris patients have high Self-Esteem as compare to females acne vulgaris patients. Females have high social anxiety as compare to males. There was significant negative correlation between self-esteem and social anxiety and self-esteem negatively predict social anxiety. This study will help to females to boostup their self-esteem and reduced their anxiety level.

ICP2-224 Anger Experience, Expression and Control in Children with Emotional-Behavioural Problems in Comparison with Normal Children

Saima Majeed & Farah Malik

Institute of Applied Psychology, University of the Punjab, Lahore

Anger is a basic human emotion felt by almost everyone but people in different geographical regions and cultures may not experience and express it in the same way. Present research was designed to study anger expression, experience and control in children with emotional-behavioural problems in comparison with normal children with in Pakistani cultural context. Another important aim was to determine the gender differences regarding all study variables in children both normal and with emotional-behavioural problems. It was a correlation study with cross sectional research design. Non probability, purposive sample of 200 children with age range of 9 to 13 ($M=11.07$, $SD=1.58$) years was drawn from Children Library Complex and child psychiatrist units of three hospitals of the Lahore, Pakistan. Measures for data collection were Urdu translated version of State- Trait anger Expression Inventory-2 Children /Adolescents demographic information sheet and medical history form. Results illustrated that children with emotional-behavioural problems score high on anger experience both state and trait as well as on anger expression both in and out. They also score low on anger control subscale in comparison of normal children. There is significant positive relationship among subscales related to state anger, trait anger and anger expression both in and out whereas inverse relationship obtained between trait anger and anger control. Independent sample t test revealed no gender difference in both groups regarding anger experience, expression and control for present population. The present study has many practical implications on the part of parents, educators and clinicians.

ICP2-225 Attachment, Intimate Partner Acceptance- Rejection/Control in Pakistan

Sana Maryam & Shazia Gulzar

COMSATS Institute of Information Technology, Lahore

This present study investigated the relationship of Attachment, Intimate Partner Acceptance - Rejection and Control in Pakistan. It was hypothesized that there will be significant relationship b/w Adult Attachment and Partner Acceptance Rejection and there will be significant relationship b/w Adult Attachment and Control between partners. Moreover the current study also hypothesises that there will be significant gender difference in term of Partner Acceptance - Rejection /Control and Adult Attachment. The Adult attachment Scale (Hazan & Shave, 1987), Intimate Partner Acceptance –Rejection/ Control (IPAR/CQ) Questionnaire (Malik & Shazia, 2011) translated Urdu version were used to assess Attachment, and Intimate Partner Acceptance- Rejection/Control among Partners. The sample of the study included 100 Partners (50 Husband and 50 Wives) among different area of Lahore between the age range of 18 to 35 years ($M=1.50$, $SD=.503$). The results indicated the sample of the current study had severe level of rejection in their intimate relations. The husband control and the wife control score of our sample are $M=31.16$ and $SD=5.65$, which fall in the minimal control which mean that intimate partners had minimal control towards each other's in their intimate relations. The result of correlation analysis showed that adult attachment is significantly positively correlated with un-differentiate rejection and control. Whereas, warmth/ affection is significantly negatively correlated with hostility/ aggression, in-differentiate/ neglect, un-differentiate rejection and control. Moreover hostility in intimate relationships is positively correlated with the in-differentiate/ neglect, un-differentiate rejection, and control. Moreover the t-test showed that male and female don't differ in the term of their Attachment Patterns. Also they don't differ in term of Partner Acceptance- Rejection and Control. The results are discussed in the light of cultural context of Pakistan and existing literature.

ICP2-230 **Relational Aggression and Personality Traits in University Students**

Tehsina Haider, Sidra Afzal & Farzana Ashraf

Department of Psychology, University of Management and Technology, Lahore

The present study aimed to investigate the relational aggression and personality traits among university students. Cross-sectional design was used and data was collected through convenient sampling technique. The sample was comprised of 519 students from eight universities of Lahore. Two were government universities (GCU & PU) and four private universities (UMT, UCP, UOL, LUMS, FASTS & COMSATS). Subscale measuring relational aggression of Self-Report of Aggression and Social Behavior Measure (Morales & Crick, 1998) and Big Five Inventory (John & Srivastava, 1999), BFI-44 item along with few demographic questions was administered to the sample. Data were analyzed using Pearson Product Moment Correlation and Independent sample t-test. The results indicate that relational aggression is found to have an insignificant relationship with neuroticism but is significantly correlated with extraversion, agreeableness, conscientiousness and openness. Moreover, the findings revealed significant positive relationship between relational aggression and age ($r = .110^*$) and significant gender differences in terms of exhibiting relational aggression ($p < .004$) as males ($M = 52.28, SD = 13.83$) are more involved in relational aggression as compared to females ($M = 48.51, SD = 15.53$).

ICP2-232 **Translation of Criminogenic Cognition Scale into Urdu Language**

Muhammad Jamil & Shameem Fatima

Department of Humanities, COMSATS Institute of Information Technology, Lahore

The main purpose of the present study was to translate Criminogenic Cognitions Scale into Urdu language and to establish the psychometric prosperities of the Urdu version for Pakistani population. The process of translation was conducted through forward translation, backward translation, and pretesting followed by cross validation of the Urdu version. The study examined validity of Urdu translation against the original English scale. The data was collected from 452 bilingual adolescents (344 male and 108 females). Means and standard deviations of the Urdu and English scales were found to be significantly comparable as evident from high positive correlation and non significant mean differences across two versions. Statistical analysis revealed high positive correlation (between .67 - .76) between mean scores of two versions across five subscales and a composite score. Results from independent sample t-test also revealed no significant discrepancy across five subscales and a composite criminogenic cognition score. Further, item correlations also showed positive and high correlation across English and Urdu versions. Finally, all the subscales scores were found to be positively correlated with composite score (r from .68 - .85). Alpha coefficients of the Urdu version were also found to be satisfactory for all subscales and a composite score. Implications of use of Urdu version of the scale in educational, forensic, clinical, and research settings were discussed.

ICP2-233 **Family Rejection and Life Satisfaction among Transgender People**

Noreen Fatima & Shameem Fatima

*Department of Humanities and Social Sciences, COMSATS Institute of Information Technology
Lahore*

It is known that a large proportion of transgender people encounter family rejection, social isolation, and a lack of gratifying relationships, that in turn bring about various negative issues, including stress and a reduced life satisfaction. The primary objective of the current study was to examine the association between family rejection and life satisfaction among transgender people. The sample was 100 participants between age ranges of 30 - 55 years. They were selected from Lahore region through purposive sampling

technique. Participants were assessed on Urdu versions of Family Rejection Questionnaire (Yadegarfarid et al. (2012) and Satisfaction with Life scale (Diener, Emmons, Larsen & Griffin, 1985) to assess level of family rejection and life satisfaction. Pearson correlation coefficients indicated that level of family rejection experienced by transgender people was negatively and significantly associated with level of life satisfaction among the sample ($r = -.28, p < .05$). It is concluded that Family rejection related to gender identity is an understudied interpersonal stressor particularly in South Asian region that may negatively affect health outcomes for transgender. A better understanding of the role of close relationships in both risk and resilience for transgender individuals is critical in the development of effective public health interventions for this community.

ICP2-236 Perceived Social Support and Resilience among Pakistani Youth: Mediating Role of Self-Esteem and Self-Efficacy

¹Muhammad Adeeb, ²Muhammad Saleem, ³Naveed Shibli & ⁴Muhammad Waseem Tufail
¹⁻³Riphah International University Faisalabad, ²The Islamia University of Bahawalpur, ⁴University Pendidikan Sultan Idris, Kuala Lumpur, Perak, Malaysia

The present study was designed to measure the perceived social support and resilience among Pakistani youth; the mediating role of self-esteem and self-efficacy. In total, 471 youths were recruited by use of a multistage random sampling from four public sector universities of Pakistan (IUB, PU, UOP, & IIUI). The sample was vindicated by means of eight respondents per indicator (Lei & Wu, 2007). For the purpose of data collection, four questionnaires were employed; Multidimensional Perceived Social Support Scale (Zimet et al., 1988), The Child and Youth Resilience Measure (Ungar & Leibenberg, 2009), Self-esteem Scale (Rosenberg, 1965) and Self-Efficacy Scale (Schwarzer & Jerusalem, 1995). The collected data were analyzed using SPSS (23.0). The results revealed that perceived social support was significantly positively correlated with resilience. In mediation, Hayes (2016) approach was employed by using PROCESS macro plug in. The results revealed that self-esteem and self-efficacy endured significantly positively mediator between perceived social support and resilience. Further, the male youth were significantly higher in self-esteem and self-efficacy than female youth, while, the female youth were significantly higher in perceived social support as compared to male youth. The limitations and future avenues of the study were also considered.

ICP2-237 Gender Role, Disordered Eating Behaviours and Body Mass Index among Adolescents: Exploring Moderating Role of Gender

Qurat-UI-Ain & Irum Naqvi

National Institute of Psychology, Quaid-i-Azam University, Islamabad

Present study is an attempt to investigate the moderating role of gender on relationship between gender role identity, disordered eating behaviors and body mass index among adolescents. Sample comprised of 340 adolescents including girls ($n=170$) and boys ($n=170$) from different educational institutions of Islamabad with the age range of 16 to 20 years ($M = 38.82$; $SD = 8.91$). Instruments used in this study were Modified Bem Sex Role Inventory (Saleem, 2010) and Eating Disorders Inventory RF (Garner, 2004). Correlation revealed significant positive relationship of gender role identity with disordered eating behaviors. Adolescents gender role groups were identified as masculinity ($n=158$), femininity ($n=120$), undifferentiated ($n=37$) from overall adolescent sample with the help of hybrid scoring method and result shows significant gender differences among these groups. Under-weight ($n=130$), normal weight ($n=180$) and overweight ($n=30$) BMI groups were identified and their significant differences shows overweight individuals are higher on bulimia, drive for thinness and body dissatisfaction as compared to underweight

and normal weight individuals. Moderation analysis reveals that gender moderates the relationship of masculinity and bulimia and body dissatisfaction. Similarly, gender moderates the relationship between femininity and drive for thinness, bulimia and body dissatisfaction. Girls high on feminine gender role score higher on drive for thinness, bulimia and body dissatisfaction as compared to boys. Results also indicate that female with high femininity as their gender role is more inclined towards disordered eating behaviours (bulimia, drive for thinness and body dissatisfaction). The current result findings are new to literature as it fulfil the need to promote awareness among health professionals and general population about serious health consequences associated with gender role identity disordered eating behaviours in Asian cultures.

ICP2-239 Pain Severity, Illness Appraisal and Pain Acceptance in Patients with Chronic Pain

Khola Tahir & Humaira Naz

University of the Punjab, Lahore

The aim of the present study is to find the relationship between body image, self-compassion and self-esteem in breast cancer patients. A sample size will be determined through G-power analysis. Patients seeking treatment from the oncology department of both Government and private hospitals of Lahore will be recruited on the basis of inclusion and exclusion criteria. Hypotheses formulated i.e. there would likely be a relationship between body image, self-compassion and self-esteem in breast cancer patients and there would likely be a predictive relationship between body image, self-compassion and self-esteem in breast cancer patients. Demographic Questionnaire, Body Image Scale (BIS), Self-Compassion Scale (SCS) and Rosenberg Self-Esteem Scale (SES) will be administered. Pearson Product Moment and Regression analysis will be run while using the Statistical Package for Social Sciences (SPSS). Finally, the results will be reported.

ICP2-241 Suicidal Ideation in Relation to Academic Success: Role of Optimistic and Pessimistic Orientations in a non-Clinical Sample of Young Adults

Manoor Khan & Farzana Ashraf

Department of Psychology, COMSATS Institute of Information Technology, Lahore

Suicidal ideations may be consequent to pessimism school of thought. In recent year's suicidal ideation are frequently reported in numerous clinical samples. The current study is designed to test the impact of suicidal ideation on academic success and media ting role of pessimistic/ optimistic orientations. This cross-sectional research hypothesized suicidal ideation and pessimism as significant predictor of academic success. A random sample comprised of 200 young adults (girls=100, boys=100) completed Columbia-Suicide Severity Rating Scale, and Life Orientation Test- Revised scale. Academic success was measured by participants' cumulative grade point average. The correlation analysis demonstrated significant correlations between study constructs and a series of Hierarchical regression analysis support study assumptions. The present study emphasized on the need of early identification and timely management of suicidal ideations in young adults. Moreover, in non-clinical population, it is important to manage suicidal tendencies and pessimism so that it does not comes to a clinical level, which is a threatening sign at young age.

ICP2-242 **Psychosocial Problems of First Rank Policemen**

Zohaib Bashir, Sara Subhan & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

This study explored the psychosocial issues and their patterns in the policemen as they exist in Pakistani culture. For this purpose initially, 20 policemen were individually interviewed. The responses were recorded in their verbatim and after excluding the duplication and repetition 52 items were transformed into 4 point likert scale measuring the intensity of policemen psychosocial problems. Through purposive sampling 160 policemen were selected. Police Psychosocial Problem Scale was further given to 160 policemen with the age range of ($M=35.57$ $SD=8.12$) after selecting them through purposive sampling. Exploratory factor analysis extracted four factors i.e. Lack of Safety, Stressors, Lack of Facility and Unpredictable Routine. It was found that the scale has high internal consistency ($\alpha=.96$), concurrent validity ($r=.70$), and split half reliability ($r=.87$). The results indicated the important implications for front row policemen in relation to their daily life issues and their relevance for counselling services to overcome the issues.

ICP2-248 **Stress among Special Education Teachers in Pakistan**

Sidra Afzal, Sadia Saleem & Zahid Mehmood

Government College University, Lahore

Stress is a multifaceted process by which an individual responds to any external pressure, which is capable of disturbing the natural stability of the living body. Teaching being a stressful profession has been widely studied but the focus on special education teachers remained scarce. The present research aims to study the stress and the general health of the special education teachers working with children having developmental disorders i.e. Intellectual deficits, Down's syndrome, Autism, Cerebral Palsy, and Microcephaly. Moreover, it tries to identify the relationship of the various psychosocial variables and stress among the special education teachers. General Health Questionnaire 30 (Goldberg, 1978) and Special Education Stress Scale (Afzal, Saleem & Mehmood, 2010) was individually administered on 119 special education teachers. Correlational study design was used in this regard. Results revealed a significant positive relationship between stress and poor general health of the teachers. Moreover, 47.4% of the study participants were identified as experiencing severe level of stress. No difference in the level of stress was found on the basis of age, marital status, family systems, experience, number of students and qualification. This research also validated the previous research findings of stress in teaching profession and develops the understanding of phenomena of stress in special education teachers (particularly dealing with mental deficits).

ICP2-250 **Gender Disparities: Islamization and State Discourses in Pakistan**

¹Sadia Mehmood Falki & ²Dure Shahwar Bano

¹*Department of Political Science/International Relations Lahore College for Women University*

²*Department of Political Science, University of Management & Technology, Lahore*

Gender disparities and inequalities are the significant traits of state and society in Pakistan, where religion largely manifests the social identity of women. Construction of social identity on religious paradigm further specifies the restraining role of women in a political, economic sphere which makes them vulnerable to discrimination of various kinds and victim of violence as they lack voices in decision making processes despite forming more than half of the population of the state. This paper aims to highlight the role of Islamization in Pakistan as a state discourse, making religion a central theme of policy making under various governments and regimes which primarily augmented the existing gender

disparities and undermined the women's status. This research is an endeavor to enrich the understanding of gender disparities and its relation with symbolic and concrete notions of Islamization resulting in paradoxical development for women in Pakistan. This study argues that the Islamization process did not aim to disempower women and the prime focus of the process was the political intent of legitimacy, although Islamization of politics led to commence such laws and policies which radically shaped the gender inequalities in Pakistan as an outcome. This paper attempts to explain the course by which politics and religion are intimately infused and this would help to explain the politicization of gender and restrictive laws related to women for fostering the patriarchal ideology in Pakistan.

ICP2-252 The Impact of Blood Group on the Temperament of People

Roya Shahhiman Samina Saleem, Farhana Wahab & Sana Khurshid

Department of Psychological Studies, University of Swat

The present study is an attempt to know out the effect of blood group on temperament. i.e. personality. To make it more concise and to the point, 5 big personality factors are taken to assess its effect on personality. For the above mentioned purpose 160 purposive sample was taken into account, which comprised of 80 students and 80 academicians, i.e. teachers, professionals etc. For the study 5 big personalities (a self-report inventory) was used to analyze and assess the effect of blood groups on personality. Scores were analyzed by using SPSS 21⁹⁰, with Standard Deviation, Pearson correlation and t-independent sample test used for analyzing the scores. The results revealed a clear relationship between personality traits and blood group, with significant results indicating that different blood groups possess different personality traits peculiar to it. The results interpreted that the individuals with blood O are more social and optimist and that of blood group B are emotional.

ICP2-253 Development of Culturally-Specific Perception of Romantic Love Scale

Wahida Anjum & Iffat Batool

Department of Psychology, Government College University, Lahore

The current research was undertaken to develop and validate the indigenous tool on the Perception of Romantic Love (PRLS) by following two stages, in first stage scale was constructed and its psychometric properties were determined. While in stage two, convergent and discriminate validity of the newly developed indigenous scale was carried out. PRLS is based on those attributes which elicited by $n = 40$ adults during semi structured interviews and focus groups discussion. After following the standard procedure of scale development 99 items were finalized (after pilot study) and administered on $N = 1000$ participant with 5 point likert type response format ranged from 1 = strongly disagree and 5 = strongly agree. Final solution of Factor analysis retained 48 items with 7 subscales which named as General, Emotional, Cognitive, Behavioral, Marital, Sexual, and Spiritual aspects of Perception of Romantic Love. Chronbach's alpha reliability coefficient of the total scale was $\alpha = .91$ and its seven subscales ranged from $\alpha = .59$ (Behavioral) to $\alpha = .78$ (Emotional). Thus the split half reliability .85 ($p < .001$) and test retest reliability .89 ($p < .001$), inter-item $r = .58$ and item total correlation $r = .84$ ($p < .001$) revealed that the PRLS has high level of internal consistency. Results of convergent validity (with Urdu Passionate Love Scale by Hatfield & Sprecher, 1986) reported $r = .15$ ($p < .001$) and discriminate validity (with Urdu University of California Los Angeles Loneliness Scale by Russell, 1996) was achieved $r = -.01$.

ICP2-254 **Translation and Cross Language Validation of the Revised Adult Attachment Scale among Young Adults in Lahore, Pakistan**

Wahida Anjum & Iffat Batool

Department of Psychology, Government College University, Lahore

Objectives of the present study were to translate and validate the Revised Adult Attachment scale -RAAS (Collins, 1996) from English language to Urdu language by using Brislin (1976) forward-back translation procedure and committee approach. Convenient sampling technique was used. Age ranges of the participants was varying from 19 to 25 years ($M = 20.63$, $SD = 1.21$). Cronbach's alpha reliability coefficient of Urdu RAAS was found $\alpha = .88$. Results of cross language validation indicates highly significant positive relationship ranges varying from $r = .24$ ($p < .001$) to $r = .66$ ($p < .001$). Inter-item total correlation ranged from $r = .62$ ($p < .001$) to $r = .34$ ($p < .001$). Factor loading were from .28 to .68. Item number 1, 2 and 4 was deleted by the Confirmatory Factor Analysis as it showed $< .2$ factor loading. Final Urdu translated version of RAAS was consisted of 15 items instead of 18. It was concluded that the Urdu translated version of RAAS is a reliable and valid tool to measure the attachment patterns of Pakistani adults. Implications of the study were discussed in cultural context.

ICP2-256 **The Development of a Temperament Scale for Young Children: A Maternal Perspective**

Hajra Amin & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current study was designed to identify the manifestation of temperament of children. For this purpose, a three stage model was used to develop temperament scale for children with the age range of 3-12 years. In the main study 120 mothers of 204 girls and 179 boys were given Temperament Scale for Children Boys (TSCB) and the Temperament Scale for Children Girls (TSCG). Factor analysis revealed four factors for boys namely Rigid/Aggression, Carelessness, Passive/Withdrawn and Socialability. Similarly for girls four factors termed Rigidity, Oversensitivity, Social and Irritability/Demanding. The scales were found to have high internal consistency and split half reliability. The clinical, academic and practical use of these scales is also explained and evaluate in terms of cultural manifestations of temperament in Boys and Girls. Moreover the results were discussed for future counselling services to the mothers and children.

ICP2-257 **Health Anxiety and Self-Medicating Behavior in University Students**

Muniba Ansar & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The aim of this research was to find out the relationship among Self-Medication and Health Anxiety in undergraduate University Students ($N=200$). To measure self-medication an indigenous scale was developed and Health Anxiety Questionnaire was used to assess Anxiety among university population regarding their health (Lucock & Morley, 1990). Results revealed that there was a highly significant positive correlation among anxiety, fear, and dissatisfaction with doctors, health anxiety, self-medicating behavior. Furthermore results also revealed that availability of medicine leads to high consumption of self-medication and female university students have more health anxiety than male students. Results also revealed that higher level of health anxiety exists among early adulthood students than later years, which causes low general health in university students and leads to self-medicating behavior.

ICP2-258 **Relationship of Smoking with Anxiety and Self Esteem in University Students**

Zainab Qazi, Mian Allah Nawaz & Nabila Jamal

Department of Psychological Studies, University of Swat

The purpose of the study was to find out the relationship among smoking, anxiety and self esteem. The sample consisted of N=200 students of University of Swat, among which n=100 were smokers and n=100 were non-smokers. Rosenberg Self Esteem Scale and IPAT Anxiety Scale have been used to measure the self esteem and level of anxiety of the students respectively. It was hypothesized the smokers will have low self esteem as compared to non-smokers. Furthermore, it was assumed that the level of anxiety among smokers will be high as compared to non-smokers. On applying t-test there was found mean differences in the scores of self esteem of smokers and non-smokers. In other words, those people who smoke tend to have lower self esteem as compared to those who do not smoke. In addition to, results showed that anxiety levels were found higher of those students who smoke as compared to non-smokers. Hence, it has been concluded that smoking adversely affects the mental health of people causing them to be over anxious and have low self esteem.

ICP2-259 **Initial Psychometric Properties of Rmet Urdu Version**

Rabia Khawar & Ayesha Khushnud

Department of Applied Psychology, Government College University, Faisalabad

Considering the worth of "Reading the Mind in the Eyes Test" (RMET; Baron-Cohen, Wheelwright, Hill, Raste, & Plumb, 2001) in assessment of theory of mind abilities, the current research was aimed to establish the psychometric properties of the Urdu version of RMET, for Pakistani population. To serve this purpose, a convenient sample of 400 university students ($M = 20.58$, $SD = 1.68$; 50% male) was drawn from GC University Faisalabad. Emotional Empathy Scale and Mindfulness Attention Awareness Scale for examining the convergent validity and Reactive Proactive Aggression Questionnaire were administered for assessing the divergent validity. RMET Urdu version yielded a sufficient reliability coefficient ($\alpha = .68$). RMET scores had significant positive correlation with mindfulness and empathy, and an inverse relationship with both reactive and proactive aggression. It supports the construct validity of the translated measure. Psychometric properties of the Urdu version were compared with other translated versions of RMET. The result of MANOVA indicated that girls had better ToM abilities and greater empathy than boys. Conclusively, Reading the Mind in the Eyes Test Urdu version indicated good psychometric properties and was found suitable to be used for Pakistani population. Findings are discussed for implications of social cognitive abilities in clinical settings.

ICP2-260 **Case study on Efficacy of Exposure Response Prevention (ERP) in the Treatment of Obsessive Compulsive Disorder (OCD) to Rescue Interpersonal Relationship**

Qurratulain Sarmad

The case study describes in detail the management of Obsessive Compulsive Disorder in a young female (24 years) employing Exposure Response Prevention (ERP) treatment Procedure. The clinical treatment was carried out over a period of 4 months in 2015. The client presented with the complaints of recurrent intrusive thoughts which were markedly causing distress in her interpersonal relationship. It was hypothesized that ERP will reduce the intensity and duration of intrusive thoughts and will help the client in improving and maintaining her daily activity life and interpersonal relationship. ABA research design was employed in this case study. In the Phase-A, Psychological assessment was done that revealed V300.03 Obsessive Compulsive Disorder and V296.22 Major Depressive Disorder Single Episode, Moderate and traits of dependant personality with the marked distress of death of friend and teacher her

GAF current score was (41-50). Ms. DA was socialized with case conceptualization on Cognitive Behavior Therapy (CBT) model for OCD (Salvokis, 1986). During the treatment phase (Phase- B), Ms. DA was properly psycho-educated and given Exposure Response Prevention (ERP). Comparison of pre and post assessment showed marked decrease in the severity and duration of symptoms which reflect that ERP is an effective mode of treatment for the recurrent intrusive thoughts and improving interpersonal relationships.

ICP2-261 Predictors of Dark Triad in Creative Thinkers

Sara Kanwal & Rukhsana Kausar

Institute of Applied Psychology, University of the Punjab, Lahore

The present study aimed to explore the mediating role of creativity in the relationship between general intelligence (IQ), emotional intelligence (EI/EQ), social intelligence (SI/SQ), moral development and Dark Triad traits (Psychopathy, Narcissism, Machiavellianism) in creative thinkers (N= 192). Correlational research design and non-probability purposive sampling was used. Abedi-Schumacher Creativity Test (Abedi, 1994), Emotional Intelligence Scale (Schutte, et al., 1998), Social Skills Inventory (Riggio, 1986), Moral Judgment Test (Lind, 2008), Wechsler Abbreviated Scale of Intelligence (Wechsler, 1999) and Dirty Dozen Scale (Jonason & Webster, 2010) were used for assessment. Results revealed that creativity fully mediated the relationship between, EQ and Narcissism, EQ and psychopathy, SQ and Narcissism, MQ and narcissism, MQ and Machiavellianism. Furthermore, partial mediations were evident in the relationship between SQ and psychopathy, SQ and Machiavellianism, MQ and psychopathy respectively moreover, gender differences were observed specifically for narcissism and Machiavellianism. The findings of this study would be helpful to the professionals working in clinical settings with the creative thinkers to design and develop more effective and better strategies for managing the dark triad traits in a creative individual and maintaining the crucial balance between a positive and negative creative thinking style.

ICP2-263 Physical Disability as a Predictor of Loneliness and Life Dissatisfaction

¹Ruqia Safdar Bajwa, ²Iram Batool & ³Muhammad Qasim

¹⁻²Department of Applied Psychology, Bahauddin Zakariya University, Multan

³Department of Statistics, Bahauddin Zakariya University, Multan

It has long been observed that loneliness and life dissatisfaction is common among physically handicaps. It is another general perception that people with physical impairments stay alone and dissatisfied from their lives. In order to explore the reality of this observation this study was planned. It was aimed to examine loneliness and life satisfaction among physically handicaps. It was further planned to observe any gender difference on both variables. A non-probability purposive sample of 340 adults with age range of 19 to 35 were taken from different institutes of special education & Training centre for Special children of two cities. From the selected sample 182 were females and 158 were males. In order to measure life satisfaction Life Satisfaction scale by Ed Diener, 1985 was used. Russell, Peplu, and Cutrona, (1980) scale of loneliness was used to assess loneliness.. Results further revealed that significant gender difference was found on life satisfaction and loneliness. Females were found less satisfied from their lives and had high level of loneliness. Physical disability was found as a strong predictor of loneliness and life satisfaction.

ICP2-264 Relationship between Parental Bonding, Social Interaction Anxiety and Internet Addiction among University Students

Arooj Mujeeb & Nazia Hussain

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The aim of the present research was to assess relationship between Parental Bonding, Social Interaction Anxiety and Internet Addiction among University Students. Personal demographics were used in relation to major constructs of study. Sample size comprised of university students (N= 300) including both males and females in equal numbers. Instruments that were used in study to assess parental bonding, social interaction anxiety and internet addiction, were Parental Bonding Instrument (Parker, Tupling, & Brown, 1979), Social Interaction Anxiety Scale (Mattick, & Clarke, 1989) and Internet Addiction Test (Young, 1998) respectively. The results of the study showed that parental bonding was negatively related to social anxiety and internet addiction; however, social anxiety was positively related to internet addiction. Furthermore, there was negative relationship of social anxiety and internet addiction with parental care and positive relation with parental-overprotection. There was non-significant gender difference on parental bonding. Children with low parental care and high parental over-protection were high on social anxiety and internet addiction as compared to the children with high parental care and low-over-protection. Future recommendation and implications of the study were also discussed.

ICP2-266 Single Parenting: Experiences of Death and Divorce of Spouse, Psychological Well-being and Adjustment in Men and Women

Huma Asghar & Amina Tarar

Department of Psychology, Government College University, Lahore

The study determined the experiences, psychological well-being and adjustment of single parents. The main purpose of this study was to explore the experiences and relationship of well-being and adjustment among single parents. Mixed method approach was used. For study 1 that was empirical 80 single parents (60 single mothers, 20 single fathers) age range from 25 to 50 were selected through purposive sampling. Psychological Well-being scale Revisited (Carol Ryff, 1995) and Psychological Adjustment Scale (Fizza Sabir, 1999) were used. Data was analyzed by using statistical procedures that are: Correlation and Regression method, ANOVA and independent *t*- test. Results showed that there is a significant positive correlation between psychological well-being and adjustment among single parents. There is difference of well-being and adjustment in different socioeconomic classes. It is also indicated a significant difference of psychological well-being and adjust between economical independent and dependent group of single parents. It is determined that there is negative relationship between number of years of marriage and well being of single parents. It is also concluded a significant difference between joint and nuclear family system among single parents. Study 2 that was qualitative in nature. Semi structured interviews were conducted with 2 single mothers and 2 single father. Data was further analyzed using principles of IPA. The analysis yielded in nine major themes that are generated from the verbatim of single parents. These themes described the experiences of single parents. The major themes were: impact on psychological well-being, perception about life, economic stress, social needs, support system in relationship, personality trait, impact of single parenting on children and coping. The study has implications for the counseling of single parents for better adjustment.

ICP2-267 **Psychological Reactions of Friendship Breakup and Emotional Behavioral Problems in Adolescence**

Anam Fatima, Sara Subhan & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

Present studies investigate the relationship between self-concept, friendship breakup reactions and emotional behavioral problems in adolescence. A sample of 400 school students were selected through multistage sampling technique, comprising of 209 girls and 191 boys of 8,9 and 10 grades with the age range of 13-18 years ($M=14.56$ & $SD=1.38$). The participants were given Friendship Breakup Reactions Scale (Sarraz & Saleem, 2016) Self Concept Scale (Rehman & Jabeen, 2015) and School Children Problem Scale (Saleem & Mahmood, 2011) and demographic Performa. Hierarchical regression analysis revealed that the after friendship breakup the sense of loss and emotional exhaustion is the significant predictor of adolescent's mental health problems. Further the results were discussed in the significance of its cultural context and its implications in the light of the child's growth and development.

ICP2-268 **Development of Teachers' Stress Scale**

Fatima Shaukat, Zahid Mahmood & Sadia Saleem

Clinical Psychology Unit, Government College University Lahore

An indigenous scale was developed, *Teachers' Stress Scale (TSS)*, to understand the pattern of stressors and intensity of stress in government school teachers in Lahore, Pakistan. A three phase method was followed: the phenomenology phase, the tryout phase and lastly, the main study. A sample of 250 government school teachers (114 men and 136 women) filled out the scales, including a demographic performa. To establish the psychometric properties of the scale, the factorial structure, internal consistency, test retest reliability, split half reliability and concurrent validity were established. The three factor analysis emerged as the best solution; the subscales were *Administration-related Problems*, *External Problems* and *Class Teaching Problems*. The implications and limitations were also discussed.

ICP2-269 **Grief Felt So Like Fear**

Fatima Sana & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

A female of 20 years old, was self-referred for counseling with the presenting complaints of anger, overly sensitive, unable to avoid sarcastic comments, personalize everything, and white color phobia. Assessment was carried out with the help of Behavioral Observation, Counselling Interview, Subjective Unit Distress Scale (SUDS, Wolpe, 1969), Student Problem Checklist (SPCL, Mahmood & Saleem, 2011), Interpersonal Difficulty Scale (IDS, Saleem, Ihsan & Mahmood, 2014), and Dysfunctional Thought Record (DTR, Beck, 1995). The assessment results revealed that the client had lack of assertiveness and she was prone to anxiety due to pamper-ness from her mother, also loneliness, and fear of white color because of her mother's death that had led her feeling anxious and angry at times due to which she felt to be dysfunctional in her daily life. Total 8 numbers of sessions were conducted with the client. Counseling plan included rapport building, psycho-education about inter-connection of thoughts, feelings, and behavior with fight-or-flight response of anxiety, deep breathing exercises, anger management techniques, systematic desensitization, empty chair technique to resolved the unfinished emotions, use of coping statements, and assertive skills training. The overall 50% improvement was observed in the client through pre and post ratings.

ICP2-270 **I have an Inferiority Complex**

Zahra Bakhat Awaisi & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

T.A. 21 years old female, was self-referred for counseling with the presenting complaints of inferiority complex, irritability, anger outburst, low mood, and lack of self-confidence. Assessment was carried out with the help of Behavioral Observation (Bandura, 1963), Counseling Interview (Nelson-Jones, 2005), Subjective Rating (Wolpe, 1969), Baseline Chart (Beck, Steer, & Brown, 1996), Student Problem Checklist (SPCL, Mahmood & Saleem, 2011), and Personal Self-esteem Evaluation (Lopez & Synder, 2003). The results confirmed that the client had lack of self-esteem and lack of self-confidence. She focused on negative consequences of every situation instead of positive one. Total 7 numbers of sessions were conducted with the client. Counseling plan included the Psycho-education (to give her insight of her problem), Relaxation Training (to make her relax when she feel angry), Cognitive Behavior Therapy (it was used to convert her negative thinking about herself into positive one) and build up confidence and Self-esteem (to make her able to be confident in her life). The overall 43% improvement was observed in the client through pre and post scoring.

ICP2-271 **Emotional and Behavioral Problems among Children with Learning Disabilities**

Maheen Abid & Ruhi Khalid

Institute of Psychology, Beaconhouse National University, Lahore

The study explored the existence of Emotional and Behavioral Problems in Children suffering from Learning Disabilities. The study aimed at screening the children suffering from Learning Disabilities and then assessing Emotional and Behavioral Problems in them. Random Sampling was done to recruit cases with Learning Disabilities. A total number of 365 children was approached and 75 students were found to be having Learning Disability of a sort. Sample consisted of students (both boys and girls) from four different Private Schools of Lahore, studying in grades 3, 4 and 5. Learning Disabilities Diagnostic Inventory (Hammill & Bryant, 1998) and Child Behavior Checklist (Achenbach, 1991) were used to assess the variables. The results revealed that children with Learning Disabilities exhibited the problems of Self Destruction and Depression most frequently. While their least frequently reported problems were Inattention and Social Isolation. Moreover, it was found that Boys generally demonstrate Externalizing Problems while Girls more frequently display Internalizing Problems. It can be concluded that children with Learning Disabilities report varied types of Emotional and Behavioral Problems. The findings of the study also showed gender differences on different Emotional and Behavioral Problems.

ICP2-272 **Exploring the Determinants, Consequences and Coping styles of Spinsters**

Shaista Butt & Sumaira Rashid

Kinnaird College for Women, Lahore

The study was conducted to explore the determinants that predispose women to be spinster, the consequences faced by spinster and the ways of coping with these consequences. Qualitative research design was employed. Four spinsters aged 40 years and above were selected by snowball sampling technique. Semi-structured interview was used to gather the in-depth information about their life experiences. Interpretive phenomenological approach was used to analyse the data. Main determinants that predisposed women to be spinsters were found to be environmental factors, mate selection preferences, social parameters for selecting spouses and rejection. Psychological issues, depression, social stigma, social withdrawal, financial issues and attitudes of people were found to be the consequences of being unmarried as encountered by spinsters. Furthermore, various coping strategies were used by

spinsters as ways of coping with these consequences. Spreading the awareness regarding the determinants that can lead to spinsterhood and the effective coping strategies that should be applied by the spinsters in dealing with the consequences could be potential target for intervention.

ICP2-274 Wonderland

Noreen Fatima & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

R.N. was a 32 years old male. His world revolves around headache and getting anxious. He also had a history of auditory hallucinations in which he used to hear abusive words. He had loneliness and used to do less take care of himself. Assessment modalities were used to assess behavioral and emotional problems with the help of Behavioral Observation, Clinical Interview, Mental Status Examination, Subjective Rating and Baseline Chart for head ache and getting anxious, Behavioral Checklist for Personal, Social and Vocational Skills. According to the assessment client had schizophrenia with residual phase. For management of his current issues comprehensive plan was devised which included psychoeducation to enhance insight of his problems, motivational interviewing, cost benefit analysis and group therapy, assertive training and role rehearsal were used to enhance his socialization. Activity scheduling and vocational training was used to bring the productivity in his life. Client had the capacity to learn which show productive outcome and he developed skills which can help him for his wellbeing.

ICP2-275 Personality, Stress and Creativity in Fine Arts and Science Students

Zenab Imran & Iram Fatima

University of the Punjab

The study aimed to find out the difference among personality traits, stress and creativity in fine arts and science students. The sample (N=160) was comprised of final year fine arts and science students. It was hypothesized that there is a difference between personality traits, stress and creativity in science and arts group. Further it was hypothesized that openness, neuroticism and stress will predict creativity in both the groups. Between group research design and purposive sampling technique were used in the present study. Personality scale BFI-K 21 (Rammstedt, 1997), Perceived Stress Scale (Cohen et al., 1983) and Creativity Questionnaire (Smith, 2010), were used in the present study. The results indicated that fine arts students were more neurotic, open and creative than science students. Also, it was found that in general, openness and stress positively predicted creativity.

ICP2-276 Trait Forgiveness, Friendship Quality and Forgiveness Granting Communication Styles among Same Sex Friends

Asma Naveed & Iram Fatima

University of the Punjab, Lahore

A correlational study investigated the relationship of trait forgiveness and friendship quality with forgiveness granting communication styles (indirect, direct and conditional) and the moderation effect of friendship quality on relationship between trait forgiveness and forgiveness granting communication styles. In sample of 200 students with age range of 20 to 25. It was hypothesized that there would be a relationship of trait forgiveness and friendship quality with forgiveness granting communication styles. It was further hypothesized that friendship quality would moderate the link between trait forgiveness and forgiveness granting communication styles. The Trait Forgiveness Scale (TFS; Berry, Worthington, O'Connor, Parrott, & Wade, 2005), McGill Friendship Questionnaire (MFQ; Mendelson & Aboud, 2014) and the Forgiveness Granting Communication Scale (FGCS; Waldron & Kelley, 2005) were used to

assess trait forgiveness, friendship quality and forgiveness granting communication styles, respectively. The results indicated trait forgiveness predicted conditional forgiveness granting communication style negatively while friendship quality predicted indirect and direct forgiveness granting communication styles positively and conditional forgiveness granting communication style negatively. The results further revealed that with better friendship quality, increase in trait forgiveness would cause an increase in the use of indirect forgiveness granting communication style and decrease in the use of conditional forgiveness granting communication style.

ICP2-277 Functional Developmental Profile for Children (Girls) of 5-6 Years of Age: A Validation Study

Sana Riffat & Fatima Naeem

Institute of Clinical Psychology, University of Management & Technology, Lahore

Child development is an important but neglected section of our culture, which requires attention and awareness in many ways especially in relation to assessment. The purpose of current study was to develop culturally relevant developmental assessment tool for children. Furthermore, this research was exploring the relationship among all developmental areas as well as age class and school sectors differences on Functional Developmental Profile. At first validation of Functional Developmental Profile was assessed then Indigenous Functional Developmental Profile was developed. The psychometric properties were established through test-retest reliability total 52 children were taken as sample through multistage simple random sampling, from government and private elementary schools with the age range of 5-6 years ($M=5.54$, $SD=.50$). Functional Developmental Profile was used in this research. The results showed there is significant positive relationship among all developmental areas i.e. social/emotional, cognitive, communication, adaptive functioning and physical skills. Through this research study age, class and sector difference found on all developmental areas. This study also provide with an indigenous checklist which might be helpful for assessment of different developmental areas of children of age 5-6 years as well as provide a support for future researches.

ICP2-278 Emotional Intelligence and Aggression in Juvenile Delinquents

Arif Nadeem & Gulnaz Fatima

Department of Applied Psychology, Government College University, Faisalabad

The aim of the present study was to find out the relationship of emotional intelligence and aggression in juvenile delinquents. A sample of 160 participants (i.e. 80 juvenile delinquents and 80 mainstream adolescents) was taken by using stratified random sampling technique, from Borstal Jail and main stream Higher Secondary School of a major city from Punjab (Pakistan) respectively. Emotional Intelligence Scale (EIS) by Schutte (1998) and Aggression Scale (Urdu version) by Sultan and Tahir (2011) were used. The results showed significant negative correlation between emotional intelligence and aggression in the participants. It was also found that the juvenile delinquents have high level of aggression and low level of emotional intelligence as compared to mainstream adolescents. Implications of the findings were discussed and recommendations for future research were given.

ICP2-279 Development of an Indigenous Test Anxiety Scale: Perfectionism and Test Performance Anxiety in University Students

Sabrina Asim & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The study intended to explore the relationship between Perfectionism and Test Performance Anxiety in university students. An indigenous Test Anxiety Scale was developed to effectively measure the Test Anxiety of students in the Pakistani culture. The scale was established by dividing it into 4 phases. The first phase included exploring the phenomenology of Test anxiety on 40 participants, and carrying out an empirical validation for the cultural relevance of the scale in the second phase. The third phase included conducting a pilot study on 30 participants for identifying the comprehensibility of the scale, while the fourth phase involved establishing the psychometric properties of the scale. A 23 item Test Anxiety Scale was found to have highly reliable and valid psychometric properties. The main study was carried out on 300 participants (48% Males & 52% Females) between the age of 18-24 ($M = 21.03$, $SD = 1.65$). The correlational analyses revealed a significant positive relationship between Perfectionism and the Test Performance Anxiety of students. The cultural implications of the results are further discussed.

ICP2-282 Individual Differences on Indigenous Criminal Thinking Scale (ICTS) between Offenders and Non Offenders

Fatima Sana & Iffat Batool

Government College University, Lahore

The aim of the study was to investigate the individual differences in offenders and nonoffenders as measured by an Indigenous Criminal Thinking Scale (ICTS, Sana & Batool, 2015) with the assumption that there would be a significant difference between offenders and nonoffenders on ICTS. A sample comprised of 460 participants, both offenders ($n = 230$) and nonoffenders ($n = 230$) of age range 18-60 years, using purposive sampling. The participants were given the Indigenous Criminal Thinking Scale (ICTS) and a demographic performa. Significant difference ($p < .001$) was found between offenders and nonoffenders in terms of criminal thinking. Moreover, significant gender differences were found between offenders and nonoffenders for criminal rationalization ($p < .05$) and personal irresponsibility ($p < .01$) factors. Present results are discussed in terms of individual differences and culture that may be valuable in the field of forensic psychology.

ICP2-283 Development of Perfectionistic Tendencies Scale for University Students

Tabinda Masood & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current research explored the perfectionistic tendencies among university students in Pakistani cultural context. In the first phase, 25 university students were interviewed individually to generate item pool of 78 perfectionistic tendencies. After excluding duplication and repetition, the list of 75 items was piloted on 30 university students as a self-report measure of 5-point rating scale (Perfectionistic Tendencies Scale). Finally, a stratified sample of 312 university students (53% men and 67% women) were given the final list of items, Multidimensional Perfectionism Scale (Flett & Hewitt, 2002), and a demographic form. Principal Component factor analysis yielded a three factor solution namely Work Related Perfectionism, Critical to Self and Others and Interpersonal Idealism. The scale found to have high internal consistency, concurrent validity, and test-retest reliability. The results are discussed in terms of the implications of interpersonal difficulties for student counselling services.

ICP2-284 **Impact of Death Anxiety on Quality of Life in Cardiovascular Patients**

Areeba Ather Malik, Ahmad Bilal & Fatima Javaid

Department of Applied Psychology, The Islamia University of Bahawalpur

The present study investigates the impact of death anxiety on quality of life in patients of cardiovascular diseases. Death anxiety has been implicated as a strong risk factor and predictor of poor quality of life in cardiovascular patients in a number of studies. Two hundred and eighteen cardiovascular patients were recruited equally from the two leading hospitals of Southern Punjab namely Multan Institute of Cardiology (MIC) and Bahawal Victoria Hospital (BVH), Bahawalpur. To assess the impact of death anxiety on quality of life, Death Anxiety Scale (Templer, 1970) and WHO Quality of Life-Brief Version (Skevington, Lotfy, O'Connell, 1998) were administered after standardization in Urdu language with local population. The data were analyzed through SPSS (20.0). The results exhibited that death anxiety had significant negative impact on quality of life in cardiovascular patients. Furthermore, death anxiety was found to be more prevalent in patients hospitalized in BVH as compared to patients hospitalized in MIC. It was suggested that there was a need to improve the health care and support system for cardiovascular patients. Further research is needed to assess different factors that put negative effects on quality of life of cardiovascular patients in Pakistan.

ICP2-287 **Impact of Marital Emotion Work on Marital Quality among Married Couples**

¹Sadaf Ahsan & ²Rubina Hanif

¹*Psychology Department, Foundation University Rawalpindi Campus*

²*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

Interpersonal relationships are dynamic and require maintenance and nurturing, and often involve many intricate emotions from both sides. The present study was carried out to study the impact of marital emotion work on marital quality. The sample comprised of 308 married couples (616 married individuals). Age of the sample ranged from 23 – 58 years ($M=38.30$, $S.D= 8.02$). Only those individuals were selected who had been married for at least 2 year to 25 years ($M= 12.71$, $SD= 6.97$). All the participants had at least 1 child and held at least bachelor's degree. Adapted versions of Dyadic Adjustment Scale (DAS; Spanier, 1976) and Husbands' and Wives' Emotion Work scale (Erickson, 1993) were selected to measure marital quality and marital emotion work respectively. Two ratings were taken for marital emotion work scale. The first rating was termed as marital emotion work (self) which showed how much the respondent believed that he/ she engages in marital emotion work. The second rating was termed as marital emotion work (spouse) which showed how much the respondent believed that his/ her spouse engages in marital emotion work. Paired t-test and step wise regression analyses were used for data analysis. In case of husbands, the first model indicated marital emotion work of spouse as significant positive predictor of marital quality and accounted for 59% of the variance $\{R^2=.59, F(1, 306) = 437.25, p<.001\}$. In case of wives, the first model indicated marital emotion work by respondent as significant positive predictor of marital quality as accounting for 68% of the variance $\{R^2=.68, F(1, 306) = 634.49, p<.001\}$. Findings of the study clearly revealed that wives expressed more marital emotion work than husbands. Thus the study highlighted an important issue that needs to be addressed in solving many challenges that arise in interpersonal relationship of married couples.

ICP2-288 **Cognitive Behavior Therapy as an Effective Treatment for Obsessive Compulsive Personality Disorder**

Farhana Saba & Syeda Razia Bukhari

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present case is an 18 year's old girl from a middle class socioeconomic status Muslim family living in Islamabad. She is having symptoms of obsessive compulsive personality disorder including perfectionism, following rules and regulation, rigidity and inflexibility of beliefs, orderliness, anxiety and excessive attention to minute details. She is having these symptoms from 3 years when she was in metric. This study explores the effectiveness of cognitive behavior therapy for 18 years old girl who is suffering from obsessive compulsive personality disorder along with depressive symptoms. A case study method was used. Both qualitative and quantitative data for the case are presented using self report instruments along with interview and therapeutic sessions. Study contains 20 sessions of client in which cognitive behavior therapy is applied out of which 4 sessions were initial phase sessions, 5-16 were middle phase sessions and 17-20 were termination phase sessions. Patient showed improvement in middle stage of treatment, she showed gain of hope and increases in motivation and inspiration to get heal. At termination her symptoms were markedly reduced and relapse prevention strategies were taught to her for controlling her OCPD as well as depressive symptoms in future. It is concluded that Cognitive behavior therapy is an effective therapeutic technique to cure and reduce symptoms of obsessive compulsive personality disorder and improve psychological well being.

ICP2-289 **Moderating Role of Psychological Distress between Suicidal Ideation and Psychological Wellbeing among the Physically Disabled**

Naila Andleeb & Sadaf Ahsan

Foundation University Islamabad

Mental health workers have found that physical disability affects the psychological health of individuals. This research aims to investigate the relationship of suicidal ideation and psychological wellbeing being moderated by psychological distress among the physically disabled. Sample comprised of 150 physically disabled within the age range 15-35 years ($M = 28.3$; $SD = 1.38$) from 6 different cities Islamabad/Rawalpindi, Lahore, Abbottabad, Muzafarabad, Queta and Peshawar. Educational level of the respondents was at least matriculation. The suicidal ideation was assessed using the Modified Scale of Suicidal Ideation (Miller et al., 1986) and The Mental Health Inventory used by Veit and Ware (1983) were administered for data collection. The result revealed that Suicidal ideation had significant positive relationship with psychological distress $r(148) = .26, p < .05$, and significant negative relationship with psychological well-being $r(148) = -.20, p < .05$. Psychological distress was significantly and negatively related to psychological well-being $d(148) r = -.68, p < .01$ among the physically disabled. Results showed that psychological distress significantly moderated the relationship between suicidal ideation and psychological well-being $F(2,147) = 65.54, p < .001$ and variance was 46.64%. The present study can contribute in literature regarding psychological health and physical disability by involving their families in Pakistan. Moreover, the study can also be helpful in developing programs for physically disabled individuals thus ensuring their mental health.

ICP2-291 Effects of Societal Attitude on Personality Development of Persons with Hearing Impairment

Zarmeen Ahmed, Romaisa Qazi & Amna Arif

Department of Special Needs Education, University of Management and Technology, Lahore

Societal attitudes have a major influence on the development of persons with hearing impairment. There has been a growing evidence indicated a strong influence of perceived societal attitude, particularly in respect to their personality characteristics. The present study attempted to examine big five personality characteristics of persons with hearing impairment in relation to their perceived societal attitude towards them. The aim of the present study was to highlight the personality traits of persons with hearing impairment and how these traits affected by perceived societal attitude. The sample of the study was 200 persons with hearing impairment from 5 different schools of persons with hearing impairment in Lahore. Correlation Analysis showed significant positive correlation of neuroticism, extraversion and negative societal attitude. The results also revealed that who have hearing impairment from birth have traits of extraversion and openness. Females have more extroverted and conscientiousness as compared to males.

ICP2-293 Functional Developmental Profile for Children of 5-6 Years of Age: A Validation Study

M. Ali Jawad & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

Child development is an important but neglected component of our culture, which requires an attention in many ways specifically in relation to assessment. The purpose of this research was to develop culturally relevant developmental profile for children of 5 to 6 years of age. The study also explored the relationship between all developmental areas along with age (5-6 years) and class differences (nursery and prep) on functional developmental profile. The developmental profile construction was based on different steps i.e. at first activities were devised on the basis of previously developed western assessment measures. A total 50 children were taken as sample through purposive sampling, from elementary schools (private only) with the age range of 5 to 6 years old ($M= 5.52, SD=.50$). The psychometric properties were established as Cronbach's Alpha was .84 and profile was reliable. The results showed a significant positive correlation among social/emotional, cognitive, communication, adaptive functioning and physical skills. The differences were found on all developmental areas between 5-6 years and nursery and prep class. So the study provided with an indigenous checklist which might be helpful for assessment of different developmental areas of children of 5 to 6 years of age and can provide a support for further researches.

ICP2-294 Psychosocial Stressors of HIV Patients

Nosheen & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

As the world is stepping into new dimensions and the advancement and modernism is getting more prevalent, by the same hand man is facing new challenges' these challenges came fore in three different forms which are Bio, Psycho and Social but this triangle is always interlinked. For example the Challenge of HIV, which have terrifying psycho and social affects. It is an exploratory research. Seeing the necessity of time it is decided that a t study will be done on the people having HIV and measuring their psychosocial stressors by following prevalent study design that what kind of psycho and social stressors do they feel after having a diagnosis of HIV.

ICP2-296 Relationship between Humor Styles, Emotional Intelligence and Social Competence in Teachers

Rizwana Kanwal & Shiba Saeed

Applied Psychology, Government College Township Lahore

The present study aimed to investigate the relationship between humor styles, emotional intelligence and social competence among the sample of 100 teachers (40 male, 60 female) from various public and private schools, colleges and universities of Lahore Pakistan. Sample was required from University of Education, Govt.College for Boys, Lahore Grammar School for Girls, Nisa Girls College, The Ali Garh High School, and Misali Public School. The sampled teachers completed a questionnaire consisting of Humor Styles Questionnaire (Martin, Puhlik-Doris, Larsen, Gray & Weir, 2003), the Emotional Intelligence Scale (NicolaSchutte, 1998) and MESSY Scale (John Matson, 1983). To analyze data Pearson product moment correlation, SPSS and Amos has been used. Results showed that Humor Styles play a mediating role between emotional intelligence and social competence. Use of adaptive humor styles (Self-enhancing and Affiliate humor) mediates the relationship between emotional intelligence and social competence in a positive way. On the contrary maladaptive humor styles (aggressive and self-defeating humor) mediate the relationship between emotional intelligence and social competence in a negative way. The results also showed a significant positive relationship between emotional intelligence and social competence. Implications of these findings for future research are noted.

ICP2-299 Self-Objectification, Body Surveillance and Body Shame as the Predictors of Disordered Eating in Adolescent Girls

Arifa Siddiqui, Jaweria Fatima Naqvi, Fatima Safdar, & Afsheen Masood

Institute of Applied Psychology, University of the Punjab, Lahore

This research was conducted to investigate self-objectification, body surveillance, body shame and disordered eating among adolescent girls. This was hypothesized that there is likely to be a positive correlation between self-objectification, body surveillance, body shame and disordered eating among adolescent girls also it was further hypothesized that self-objectification, body surveillance, body shame is likely to be the predictor of disordered eating, while there is likely to be difference in disordered eating and relationship status in adolescent girls. The sample comprised of 150 girls, age ranging between 15-19 years from BS semester I and II of different public universities. The questionnaires for collecting data included Self-Objectification Questionnaire (Noll & Frederickson, 1998), subscales of Objectified body conscious scale (OBCS) (McKinley & Hyde, 1996) and Eating Attitude Test (EAT-26) (Garner, Olmsted, Bohr & Garfinkel, 1982) in addition to the indigenous demographic questionnaire. The result showed that there is significant positive correlation among self-objectification, body surveillance, body shame and disordered eating. While self-objectification, body surveillance, body shame proved to be predictors of disordered eating among adolescent girls. Moreover, engaged girls are more involved in disordered eating than single adolescent girls. The limitations were also given by considering the issues of the current study and further suggestions were also given to bring out better results for further studies. Implications were also given of the present study.

ICP2-300 Relationship and Gender Differences between Workplace Bullying, Attribution-Of-Blame and Forgiveness among University Teachers

Arifa Siddiqui, Nadia Ijaz & Afsheen Masood

Institute of Applied Psychology, University of the Punjab, Lahore

This research was conducted to investigate workplace bullying, attribution-of-blame and forgiveness among university teachers. This was hypothesized that there is likely to be a significant association between workplace bullying, attribution-of-blame and forgiveness among university teachers. It also further explored that there are gender differences between workplace bullying, attribution-of-blame and forgiveness among university teachers. The sample comprised of 100 male and female teachers, age ranging between 25-45 years of Lahore of different public and private sector universities. The questionnaires for collecting data included Workplace Bullying Risk Assessment Tool (WBART) (CIPD, 2005), Wade's Scale of Blame Attribution (Wade, 1989) and Wade's Forgiveness Scale (Wade, 1989) in addition to the indigenous demographic questionnaire. The data was analyzed through SPSS (version 21.0). The result showed that workplace bullying is significantly correlated with attribution-of-blame whereas no association of workplace bullying was reported with the forgiveness. On the other hand, the attribution of blame had significant negative correlation with the forgiveness. Moreover, the results of independent sample t-test showed that gender demographics have a difference with workplace bullying and forgiveness. The limitations were also given by considering the issues of the current study and further suggestions were also given to bring out better results for further studies. Implications were also given of the present study.

ICP2-302 Moral Development in Individuals with Cannabis Use Disorder and Nonusers: Comparative Study

Farhana Kiani & Sadaf Ahsan

Foundation University Islamabad (Rawalpindi Campus)

Drug use is a hidden activity in Pakistan because of stigma associated with its use. It is found to have adverse effects on psychological and physical health of an individual. The present research investigated the differences in moral development among individuals with cannabis use disorder and non users. The sample consisted of 200 individuals. Through purposive convenience sampling, 70 individuals with moderate or severe cannabis use disorder were selected from drug rehabilitation centers while 100 non users from various educational institutes and offices of Rawalpindi and Islamabad. Snow ball sampling was used to select 30 individuals with mild cannabis use disorder from educational institutes. The data included an approximately equal distribution of individuals with mild, moderate and severe cannabis use disorder. Educational level of the respondents was at least matriculation. Moral Development Interview Inventory (Khanam & Iqbal, 2010) and DSM-V criteria (American Psychiatric Association, 2013) were administered. Result revealed that nonuser participants are high on moral development than participants with the cannabis use disorder $t(193.9) = -17.69, p = .00, d = 2.25$. Present findings contribute in existing literature of Pakistan and might prove helpful for health care professionals in rehabilitation of this marginalized population.

ICP2-305 **Development of Role Identification Scale for Adolescents Perceiving Parental Disharmony**

Alishba Hania & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

As familial harmony is valued across cultures, its disharmony brings significant distress among family members. The buffering hypothesis suggested that it would be adaptive for an individual to seek out additional sources of support to assist in the coping process in the event of stressful occurrences. Therefore it can be proposed that during a stressful situation like parental disharmony, some roles will be identified. These identified roles may describe a person's way of coping through the stressful situation like parental disharmony. Current research was done to explore roles identified by adolescents perceiving disharmony between parents in Pakistani culture. First phase was based on interviewing 20 adolescents for generating item pool of 52 behavioral statements representing different role taxonomies. After duplication was excluded, 50 items were used for pilot study with 20 adolescents as self-report measure with 4 point Likert Scale. Final stratified sample was based on 390 participants (49% Boys, 51% Girls). Principle component factor analysis gave three factor solutions namely Hero, Withdrawn and Mascot. The scale found to have high internal consistency, concurrent validity, test-retest reliability and split-half reliability. The results can be discussed in terms of disharmony in families, behavioral outcomes in children and familial counseling services.

ICP2-306 **Depression, Anxiety and Stress among Premarital Stage**

Umer Shafiq, Hafeez Haider & Khalid Mehmood Bhatti

Department of Applied Psychology, Government College University, Faisalabad

The current study aimed find out the relationship among depression, anxiety and stress at premarital stage and compare the males and females depression, anxiety and stress with type of people at premarital stage. Correlation research design and comparative research design was used in the current research :Data collected from different areas of Faisalabad 2 month (March 2014 to May 2014) A total number of 40-sample 20 male and 20 female were selected through purposive and snowball sampling. Depression, anxiety and stress questionnaire use administered to assess people at premarital stage. It was found that depression, anxiety and stress can affected and create disturbance among people at premarital stage. Data collected from different ways at different area of Faisalabad. Premarital stage defines which collected data before one month of marriage, three week of marriage and two week to one day of marriage. Depression and anxiety has high positive correlation($r=.906$). Depression and stress has positive correlation($r=.740$). Anxiety and stress has positive correlation($r=.709$). Average of depression, anxiety and stress has greater than in females as compares to males. The statistical analysis reveals that there is significant relationship between depression, anxiety and stress among people at premarital stage. They are positively correlated. When stress level grows up, depression and anxiety level of people at premarital stage automatically reach the peaks level.

ICP2-307 Emotional Maturity, Academic Self confidence and Social Adjustment in University Students

Mehwish Naseer, Mustabshara Munir, Munazza Akbar, Laraib Nazair & Shiba Saeed

Department of Applied Psychology, Government College Township Lahore

The present research aimed to explore the relationship between emotional maturity, Academic self-confidence and social adjustment (Anger control, antisocial behavior, emotional distress and positive self) in university students. It further aims to examine the mediating relation of Academic self confidence between emotional maturity and social adjustment (Anger control, antisocial behavior, emotional distress and positive self). A sample of 150 students (75 men and 75 women) was recruited through non probability convenient sampling strategy from the two universities of Lahore. Emotional Maturity Scale (Friedman, 2015), Academic self-confidence Scale (Jones, 2001), and Reynolds Adolescent Adjustment Screening Inventory (Reynolds, 2001) were used to assess the emotional maturity, academic self-confidence, and social adjustment. Results of Pearson product moment correlation revealed that emotional maturity is positively related to academic self-confidence, anger control and positive self, whereas negatively related to emotional distress and Anti-social Behavior. A mediating model was tested through Structural Equation Modeling (SEM), which showed that emotional maturity and academic self-confidence positively predicts the Positive self and anger control, while negatively predicts antisocial behavior and emotional distress. Academic self-confidence is found positively mediating the relation between emotional maturity and self positively, whereas negatively mediating the relation of emotional maturity with emotional distress and antisocial behavior.

ICP2-308 Optimism, Quality of Life and Mental Health among Cardiac Patients

Afshan Afroz Bhatti & Sarwat Sultan

Department of Applied Psychology, Bahauddin Zakariya University Multan

The present study finds out the relationship among optimism, quality of life and mental health of cardiac patients. Correlational research design was used and data was collected from 200 cardiac patients from CPE Cardiology Center of Multan. The age ranges from 40-80 years. Participants were approached thorough survey method by using General health questionnaire, Quality of life questionnaire and Optimism scale. Reliability of scales was calculated. Pearson correlation coefficient was used to assess the correlation between variables whereas regression analysis was run to find out the impact of the optimism on mental health and quality of life. T-test and ANOVA was used to examine the differences on the scores of demographic variables with reference to other optimism, quality of life and mental health. Results show that there is significant correlation between Quality of life, mental health and optimism. Study also reveals that there is significant impact of optimism on quality of life and mental health but no significant differences were found among demographic variables.

ICP2-309 Gratitude Broadening Problem-Solving Strategies through Personality Traits

Ayesha Sadiq & Sarwat Sultan

Department of Applied Psychology, Bahauddin Zakariya University, Multan

Keeping the literature on the relationship of gratitude with problem solving strategies, this study was designed to examine the mediating effect of personality traits on the effect of gratitude on problem solving strategies among administrative heads. 400 college principals ranging in age 25 to 60 years provided responses on a booklet consisting of three questionnaires; Gratitude Resentment and Appreciation Test, Problem Solving Style Questionnaire, and Personality Big Five Inventory along with a demographic variable sheet. Results indicated the significant positive relationship of gratitude with

personality traits of agreeableness, conscientiousness, and agreeableness while negative relationship with neuroticism. Results further indicated the significant positive relationship of gratitude with intuitive and thinking styles. Findings showed that agreeableness personality trait played mediating role between the relationship of gratitude with thinking problem solving style. Findings suggested that organizations should recruit those employees who have agreeableness personality trait and thinking problem solving style.

ICP2-311 Lack of Adequate Parenting: Increase the Risk of Jealousy and Low Life Satisfaction

Hina Saleem, Javara Allah Bukhsh & Iqra Rasool

Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar

The current study was aimed to explore the relationship between mother and father overprotecting behavior on life satisfaction and the behavior of jealousy among adults. The purpose of this study was to check the level of jealousy and life satisfaction among the adults as the result of overprotecting behavior of parents. A sample of 100 university students (n=100; 50 Female & 50 Male) with age range of 20-30 years by using purposive sampling technique was drawn from sub-campus of a public sector university of Bahawalpur. Self Reporting Jealousy Scale (Bringle, Roach, Andle, and Evenbeck 1979), Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985) and Measure of Parenting Style Scale (Parker, Roussos, Hadzi, Mitchell, Wilhelm & Austin, 1997) were used to measure Overprotection of Parents, Jealousy, and low life satisfaction respectively. The findings revealed that there is a significant positive correlation between MOB (mother overprotecting behavior) and jealousy and negative with life satisfaction among university students. Parents were overprotecting behavior create jealousy and cause of low life satisfaction in adults. Males feel more jealousy as compare to Female. Moreover, Mother was more overprotecting as compared to father. Mother overprotection was more low life satisfaction as compare to father.

ICP2-312 Impact of Handling Interpersonal Conflict on Marital Quality of Married Couples

¹Sadaf Ahsan & ²Rubina Hanif

¹*Psychology Department, Foundation University Rawalpindi Campus*

²*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

Mental health workers and researchers agree that unresolved conflicts take away all energy and make people feel unhealthy and broken. The present study was carried out to study the impact of handling interpersonal conflict on marital quality. The sample comprised of 308 married couples (616 married individuals). Age of the sample ranged from 23 – 58 years (M=38.30, S.D= 8.02). Only those individuals were selected who had been married for at least 2 year to 25 years (M= 12.71, SD= 6.97). All the participants had at least 1 child and held at least bachelor's degree. Dyadic Adjustment Scale (DAS; Spanier, 1976) and Rahim's Conflict Inventory (ROCI-II; Rahim, 1983) were initially selected to measure marital quality and forgiveness respectively. CFA was run to confirm the factor structure of the scales and finally revised Dyadic Adjustment Scale and Rahim's Conflict Inventory were used. Regression analysis was used for data analysis. In case of husbands, three models emerged. Obliging and compromising style { $R^2 = .68$, $F(1, 306) = 649.49$, $p < .001$ }, integrating style { $R^2 = .71$, $F(2, 305) = 384.97$, $p < .001$ } and dominating style { $R^2 = .73$, $F(3, 304) = 266.97$, $p < .01$ } came out as significant positive predictors of marital quality. Avoiding conflict resolution style did not enter in the models. On the other hand in case of wives also, three models emerged. Integrating style { $R^2 = .63$, $F(1, 306) = 526.14$, $p < .001$ } came out as significant positive predictor, where as avoiding style { $R^2 = .65$, $F(2, 305) = 288.01$, $p < .001$ } and

dominating style $R^2 = .66$, $F(3, 304) = 199.41$, $p < .001$ came out to be significant but negative predictors of marital quality. Obliging and compromising conflict resolution style did not enter in the models. Although findings of the study clearly highlighted that husbands and wives were using different conflict handling styles but integrating conflict resolution style was enhancing marital quality and thus ensuring a healthy marriage for both husbands and wives.

ICP2-313 Underachievement-A Culture Oriented Look

Amna Aurooj & Zaira Abbas

Clinical Psychology Unit, Government College University, Lahore

The present single case study was conducted on the assessment and management of dependent underachiever. An 18 years old female, studying in grade 6th was referred with the problems in understanding the class lessons, apprehensions about failure in studies leading to low self-esteem accompanied with the somatic complaints of stomachache. The assessment was carried out on the basis of Semi-Structured Interview, portfolio assessment, Subjective ratings by the client, Bender Visual Motor Gestalt Test, School Children Problem Scale and Self-esteem Scale for Children. The results indicated that the client suffered from academic issues in both English and Urdu and apprehensions about academic performance which provided the basis of low self-esteem. On the basis of the observational assessment and the presentation of problems, the client was identified as the dependent underachiever. The counseling plan included Rapport building via Supportive Therapy, Psychoeducation, relaxation exercises, motivation building exercises, study skills including phonological awareness and word chunking, and self-esteem building exercises. In total 13 sessions were conducted with the client. The post assessment revealed that there was 23% progress in client.

ICP2-314 Academic Performance of University Students and its Relationship with Internet Gaming Disorder, Emotional Intelligence and Psychological Distress

¹Sadaf Zahra, ²Sadaf Ahsan & ³Shoaib Kiani

^{1,2}*Department of Psychology, Foundation University Rawalpindi Campus*

³*Chief Psychologist, Pakistan Army, General Head Quarters, Rawalpindi*

The present study was aimed at finding Academic Performance of University Students and its relationship with Internet Gaming Disorder, Emotional Intelligence and Psychological Distress. Educational psychologists and researchers have shown keen interest in finding impact of playing internet games on students' academic performance. A sample comprised of male and female students ($N = 315$) was selected through purposive convenient random sampling technique from different renowned universities. Education level ranges from BA/BSc to Mphil/MS. Internet Gaming Disorder is measured through IGDT-20. Emotional Intelligence is measured through WLEIS. Psychological distress is measured through DASS-21. A series of statistical analysis i.e. α reliability coefficients, inter-item correlation, inter-correlation of all scales and their subscales, t-test, and ANOVA analysis were performed in order to test hypotheses. Academic performance of students i.e. previous and current performance in terms of CGPA / Grade / Division was compiled from available research data and relationship was found with Internet Gaming Disorder, Emotional Intelligence and Psychological Distress among university students. The results are helpful in the school psychology field as reveal information with respect to increasing trends of playing internet games in Pakistani university students resultantly having a negative impact on their academic performance. It encourages escalating research efforts to develop guidelines for healthy gaming activity.

ICP2-315 Psycho Social Stressors, Coping Strategies and Mental Health Problems of Mothers of Children with Thalassemia

Ummay Kulsoom, Fatima Naeem & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The aim of the current research was to explore psycho social stressors coping strategies and mental health problems of mothers of children with thalassemia. 100 mothers with the age range of 20-50 ($M, 30.05$ SD 2.52), were selected from government hospitals and thalassemia foundation, through purposive sampling strategy. To assess psychosocial stressors and coping, two indigenously developed scales, namely psychosocial stressor scale and coping strategies scale was used. The factors of psychosocial stressor scale were "Lack of emotional regulation", and "Lack of social support". Similarly, coping strategies scale has two factors namely "Active" and "Passive coping". To assess mental health problems Depression Stress Anxiety Scale (DASS, Lovibond & Lovibond, 1995) was used. The results showed that lack of emotional regulation, lack of social support and passive coping were found to be significant positive predictor of mental problems in mothers of children suffering from thalassemia. The result of t -test indicated that mothers of male child suffering from thalassemia experience more difficulty in regulating their emotions as compared to mothers of female child. The results were discussed in terms of implications for health counseling services.

ICP2-316 Cultural Translation, Adaptation and Cross Validation of Work Related Basic Need Satisfaction Scale

Muhammad Saqib Shabir & Sarwat Sultan

Department of Applied Psychology, Bahauddin Zakariya University, Multan

The aim of present study was to translate and validate the English version of Work Related Basic Need Satisfaction Scale (WBN-S) into Urdu language to make it more reliable and comprehensible for Pakistani population. Translation and adaptation of Work Related Basic Need Satisfaction Scale was done in three phases. In first phase Work Related Basic Need Satisfaction Scale was translated by bilingual experts; committee of experts was approached to check out the difficulty and ambiguity in Urdu language and other issues. Translation and validation was done by standard procedure of APA back to back translation. In second phase, a sample of 50 bilingual participants were selected and divided into two groups and both version of Work Related Basic Need Satisfaction Scale was administered by test re-test technique. In third phase to check out the reliability, validity and psychometric properties of Translated version of Work Related Basic Need Satisfaction Scale Results shows that Cronbach alpha for the 1st administration of Urdu version was 0.69 and for English version 0.73 and their correlation was ($r=0.80$) at .01 alpha level and for the second administration cronbach alpha for Urdu version was 0.71 and for English version was 0.70 and their correlation was ($r=0.80$) at 0.01 alpha level.

ICP2-317 Self-Esteem and Self-Efficacy among Homeless Women

Saira Farooq & Subha Malik

Department of Gender & Development Studies, Lahore College for Women University, Lahore

Women are one of the most vulnerable groups in Pakistan and around the world especially those who are victims of violence and torture, poverty and injustice. This study investigated Self -Esteem and Self-Efficacy of homeless women and focused on the various factors that contribute in making homeless women strong. This was a quantitative survey type research in which purposive sampling technique was used to collect data from a sample of 120 women from different shelter homes of Lahore. Rosenberg Self-Esteems scale and Self-Efficacy scale of Matthias Jerusalem and Ralf Schwarzer was employed. The

demographic information of the women was also analyzed. The results of present study indicated that there was a difference in the self-esteem and self-efficacy of homeless women. Those women who were educated were more efficacious and had more self-esteem than uneducated and less educated women. Among the findings of the study is that women living in shelter homes were those who had willingly left their home and wanted to live a life according to their own choice.

ICP2-319 Unblocking the Blockage

Zobia Amin

Institute of Clinical Psychology, University of Management and Technology, Lahore

This case describes accumulative effect of a series of deaths in the family. The client was a 21 years old single female. Initially, she presented a markedly ambivalent reaction (smiling and crying spells in quick secessions). Her presenting complains were fear of death, sleep disturbance, scared of going out of home, anxiety, and fearful something wrong is going to happen and difficulty in expressing herself. She was assessed through Behavioral observation, clinical interview, and the Student Problem Checklist (SPCL). SPCL is indigenous scale developed for University students having four factors sense of being dysfunctional, loss of confidence, lack of self regulation and anxiety. Therapeutic approach used was a combination of bereavement therapy, Cognitive Therapy and some specific techniques of Gestalt therapy. After fourteen sessions she had to terminate counseling with largest improvement in “self regulation”. This case illustrated that the grief is an emotion that should be allowed to be expressed or may corrode oneself from inside making the person dysfunctional, which may in turn cause depression, withdrawal and make the person go down the spiral of depression.

ICP2-320 Burnout Tendencies in University Administrative Staff: A Psychometric Study

Sana Daud & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The purpose of the current study was to explore the experience and expression of Burnout tendencies and develop a valid and reliable scale for University Administrative staff. The current study was carried out in series of four phases comprising item generation, expert validation, pilot study and main psychometric study. In the first phase a list of 57 items was generated from 30 participants that were further validated by 10 experts. After pilot study the final list of 41 items were given to 193 participants along with a Demographic form and Depression Anxiety Stress Scale (DASS) for construct Validity. Results are discussed in terms of factorial structure, reliability and validity of newly constructed scale.

ICP2-321 A Journey from Dependence to Independence

Halima Khurshid & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology Lahore

One of the major goals for a child with special needs is to make the child independent and self-sufficient. This case-study is about a 7-year-old boy with Down's Syndrome who was referred by his teacher having the complaints of poor attention span and dependency in walking. Multidimensional assessment of the child showed that he lagged behind in the areas of cognitive and language skills with the functional age of 1-2 years and 0-1 years respectively. Different techniques of Behavior Modification such as positive reinforcement, prompting, shadowing and modeling were used with the child to enhance his socialization and independency in walking along with attention building exercises to increase attention span and use of low-tech assistive technology devices to enhance his fine motor skills. Total sessions conducted with the child were 12. Daily Performance Record Sheet was regularly maintained to record the behavior of the

child on the basis of the set goals. The attention span of the child was increased from an average of 19 seconds to 30 seconds per minute but the generalizability was low due to lack of practice and rehearsal. The child started doing handshake and hand waving 60% of the time with verbal reminders and started walking on his own 90% of the time with verbal reminders.

ICP2-322 Machiavellian Personality Tendencies and Interpersonal Difficulties in University Students

Aqsa Abdulkhaliq & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

The present study was conducted to determine the relationship between Machiavellian Personality Tendencies and Interpersonal Difficulties in university students. Sample of 300 students with age range of 17-28 years ($M=22.04$) taken from different government and private universities. To measure the Machiavellian Personality Tendencies in students, an indigenous tool was developed according to Pakistani culture. Interpersonal Difficulties scale (Saleem, Ihsan, & Mahmood, 2014) was used to measure the interpersonal difficulties in students. Results indicated that Machiavellian personality, gender, family system and birth order were the significant predictors of interpersonal difficulties in university students. It was revealed that students with high Machiavellian personality tendencies had more interpersonal Difficulties. These result discussed in the particular cultural context of Pakistan and their implications for future research and therapeutic work.

ICP2-323 Case Study of Transgender Living in Sialkot: Past Experiences and Future Aspiration

Saba Javed & Muhammad Shoaib

Department of Sociology, Government College Women University, Sialkot

The present study aims to explore the past experiences and future plan of transgender living in district Sialkot. There are more than one million transgender living in our country. A qualitative study design was used for the present study, data was collected by using snowball sampling. Fourteen transgender were interviewed and their past experiences and future plans were discussed. These transgender individuals have frequent experiences of intolerance, hatred and prejudice due to their gender deformity. The middle aged individuals were in deep trauma; where as the young individuals were having future plans when they were asked about any shifting their profession in future. They want to join other professions which they consider as honorable in society. All they need is societal and government support for normal population of society.

ICP2-324 Parenting Practices as Mediators between Positive/Negative Affect and Internalizing/Externalizing Behavior in Children (Slow Learners)

¹Akasha Asghar & ²Fauzia Naz

¹Queen Mary College, Lahore, ²University of Birmingham, United Kingdom

The present study explored mediating role of parental practices between positive/negative affect and internalizing/externalizing behavior in slow learners. The sample of 100 children (50 boys & 50 girls; slow learners), was recruited from government institutes of slow learners. The age range of the sample was between seven years to fifteen years and intelligence quotient ranged from 70 to 89. Assessment measures included Parenting Style Inventory (Darling & Toyokawa, 1993), Behavior Problem Index (Petersen & Zill, 1986) and Positive and Negative Scale (Watson & Clark, 1994) to assess parenting practices, internalizing/externalizing behavior and positive negative affect in slow learners. Results

revealed significant relationships between parenting styles and externalizing/internalizing behavioral problems and positive/negative affect. Parenting styles had significant mediating role between children's behavior problems and positive/negative affect. Implications of study are discussed to explore the compatibility of findings with Pakistani community and culture.

ICP2-325 Needs Help to Spread His Wings

Noor Zainab & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

The child was 11 years old boy with short height and lean weight. The child was referred to the trainee clinical psychologist for the assessment and management of his behavioral issues. The child was referred with the complaints of no toilet training, poor cognition and weak in studies. It was observed that the learning readiness skills were developed in the child. The child's mother reported the delayed developmental milestones of the child i.e. walk and stand without support. The child's mother and teacher were interviewed to get the information about the problematic behaviors of the child. The assessment was completed using Children's Adaptive Behavior Scale (CABS), Memory for Design, and Cognitive Assessment Battery i.e. digit span and paired associate learning test. The results on the CABS showed that the child's functional age was 10 years old i.e. discrepancy of 1 year was found. The results of memory for design test, digit span and paired associate learning test showed that the child had might difficulty in recalling the things in first trial but from the assessment of paired associate learning test it was concluded that the child could learn if he was given repeated trials. From the assessment and history, it was found that the child was suffering from diplegic cerebral palsy associated with learning difficulties. Keeping in view the assessment and clinical interview, the management plan of the child was designed using different behavioral therapy techniques i.e. to eliminate the passing urine in pants, to enhance the learning abilities of child, to increase the participation of child in class etc. The management was limited due to unavailability of the child and noncompliance behavior of the teacher.

ICP2-326 Life Rending Signs in Depression and Their Treatment: An Integrative Approach

Zohaib Bashir & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

Loss is understood as a natural part of life, but we can still overcome the shock and confusion, that can lead to prolong period of sadness or depression. The current case is related to the situation of loss and grief and the therapeutic means that were used to empower the person effected by it. At the time of intake evaluation, the client came with the presenting problem of suicide attempt and associated features of low mood, poor appetite, lack of socialization and suicidal thoughts. He was assessed with the help of Mental Status Examination, clinical interview and subjective ratings and Siddiqui-shah depression scale (Siddiqui & Shah, 1997). Self-blame was found to be an excessive element that render the problem and resulted in multiple attempts of suicide. An integrative approach was employed in order to increase the motivation of the client towards life and cognitive restructuring to challenge and change the dysfunctional thoughts. The therapeutic process was committed through 12 sessions, conducted over 5 weeks and 2 follow-up sessions, completed over a subsequent 1 month. Post assessment indicated marked improvement and suicidal thoughts were significantly decreased. Other complaints i.e. low mood, poor appetite and lack of socialization were found to be changed positively.

ICP2-328 **The Axe Forgets but the Tree Remembers**

Anila Sarwar & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

Three important aspects of psychology: Bio, Psycho and Social, are running after each other for causing some problem as well as helping practitioners for finding solutions of those problems. Same was the case of a lady who was 33 years old and referred by her psychologist to the trainee clinical psychologist for the purpose of assessment and management of her problems of aggression, weeping spells, harming self and others and poor relations with others. Total 12 sessions were conducted with her including the assessment modalities of Clinical Observation of client's behavior in participant and non participant dimensions, Clinical Interviews, Mental Status Examination, Subjective Ratings and Trait Anger and Expression Scale. The results showed that she had been going through unstable conditions, had unhealthy relations and great expression of her anger towards others. The goals were planned according to the results of assessment which primarily focused on increasing socialization and rehabilitation by implementing the techniques of Cognitive Behavior Therapy including Deep Breathing, Activity Scheduling; Behavior Modification: Rehabilitation and Group Therapy. The results were satisfactory as the client had started restoring her skills, attending assembly, taking initiative for conversations and reattributed her thoughts towards family.

ICP2-329 **Anatomy of Dependence**

Arif Nadeem, Zahid Mahmood, & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

Dependence is a hallmark of our culture. Being in a collectivistic culture we not only encourage but we cultivate dependence particularly in female population. The current paper presents a Dependence Assessment Scale for females. A sample of 200 female university students 18-23 years old ($M = 20.58$, $SD = 1.17$) was selected randomly. The scale was developed according to our standard four stage model and we ended up with 63 items in final scale comprising five independent factors namely: Social Shyness, Inferiority Feelings, Encouragement Seeking, Help Seeking, and Pleasing Others. The psychometric properties of the scale have been addressed. The results are discussed in terms of expression of dependence in our collectivistic culture.

ICP2-330 **Caregiver Burnout of Mothers of Children of Cerebral Palsy**

Samia Rani, Fatima Naeem, Sadia Saleem, & Zahid Mahmood

Institute of Clinical Psychology, University of management and Technology, Lahore

The aim of the study was to identify experience, manifestation and expression of caregiver burnout in mothers of children with Cerebral Palsy. The current study was carried out in series of phases. In the first phase the phenomenology of Caregiver Burnout Scale was explored from ten mothers of children with Cerebral Palsy. After pilot study an indigenous scale of Caregiver Burnout given to the 92 participants age range 20 to 50 ($M=34.39$ & $SD=7.65$) who were the mothers of children with Cerebral Palsy along with demographic performance. The results of factor analysis revealed three factors of Caregiver Burnout Scale namely Somatic, Withdrawal, Reactivity have high correlation with each other. The results are discussed in terms of factorial structure, psychometric properties, and demographic presentation in experience of burnout.

ICP2-332 Perception of Parents about Healthy Diet for Pre-School Children

Waliya Zaffar, Farah Shahbaz & Azher Hameed Qamar

University of Management and Technology, Lahore

The most important thing for child in their growing years is the intake of nutritious which helps them to grow strong and provides them energy. Many years back parents strongly relied on home remedies and belief. They were against artificial ways of providing health and supplements to their children. But now these beliefs are starting to narrow down and Pakistani parents are beginning to take the advice of nutritionist and providing vitamins and supplements to overcome the deficiency in a child's body. The diet of a child is influenced by many things, the most highlighted influence is of family, peers and siblings. While that is consistent with previous literature. The choice of a child is mainly influence by their parents and the children are more likely to favor the food that is liked by their parents (Roberts, 2006). Qualitative approach was used to investigate the perception of parents regarding the health diet of preschool children. There were total four participants in which three were mothers of preschooler children while the forth participant was a father of a preschooler child, among which 2 were from higher socio-economic status and two were from low socio-economic status. Semi-structured interviews were conducted. The main research questions were, "What is the perception of parents regarding healthy diet of a child"? & "What are the concerns of parents about the healthy diet of a child"? Interview guide was created which consists of 18 questions. Thematic analysis was used and then the analyzed data was transcribed, coded individually and main themes were extracted. In low socio-economic status, main themes were 1). Priority, Influence, lack of awareness, parenting, timetable, contribution (Child labor) and role of father. While in high socio-economic status, themes were priority, influence, consequences, prevention, rules, method, association, choice and interaction. The research has implications for Parents teachers and children.

ICP2-333 Cognitive Distortion and Aggression

Farah Shahbaz, Waliya Zaffar, Maryam Hafeez & Rabia Farooqi

Department of Psychology, University of Management and Technology, Lahore

According to cognitive behavioral theories anger is considered to be an emotional consequence of cognitive processing, while violence is the behavioral consequence. Moreover, the aggressive people would make more hostile interpretation of other's people behavior. These researches indicate that cognitive distortion is linked with aggressive behavior in an individual (Capuano, 2007). An individual engages in cognitive distortions when he wants to protect themselves from any self-blame or negative consequences of their aggressive behavior (Cate, 2011). Delinquents scored higher in cognitive distortions and non-delinquents scored lower in cognitive distortions, findings were consistent with other researches (Barriga & Gibbs, 1996; Barriga et al., 2000; Liao et al., 1998). To investigate the relationship between cognitive distortion and aggression and to investigate gender differences in cognitive distortion. 80 undergraduate students (40=males and 40=females) were selected from a private university. Aggression Questionnaire (Buss & Perry, 1992) and Inventory of Cognitive Distortions (Roberts, 2015) was used to collect data. There is a positive correlation between aggression and cognitive distortion ' $r(156.3) = .656, p < .01$ '. However, no gender difference was observed in aggression and cognitive distortion as $t(80) = -.399, p > .05$ and $t(80) = -.085, p > .05$.

ICP2-335 **Marital Adjustment as Predictor of Psychological Problems among Pregnant Women**

Khalid Mehmood & Ambreen Ejaz

Department of Applied Psychology, Government College University, Faisalabad

The current study was conducted to find out the relationship between marital adjustment and psychological problems like as depression and anxiety among pregnant women. Total number 120 pregnant women were selected through purposive sampling technique from maternity home and gynecology of public and private hospitals, Faisalabad. Comprehensive Marital Satisfaction Scale and Depression, Anxiety, Stress scale (DASS) were administered. Pearson's Product Moment and the t-test were used for statistical significance of data. It was found that there was significant negative relationship between marital adjustment, depression and anxiety. There was a not significant difference between demographic variables (age) on depression and (education, family structure and socioeconomic status) on anxiety. Moreover there was a significant difference between demographic variables (age, education, Income, family structure and socioeconomic status) on marital adjustment.

ICP2-336 **Internet Addiction, Cognitive Distortions and Relationship Satisfaction in Adults**

Sana Nawaz, Javara Allah Bukhsh & Ammara Syed

The Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar

In the ever growing world the internet has appeared as a foremost technique of joining people laterally with other past making creations such as the telephone, television, cell-phone, telegraph, and radio. The following study discusses problems which create due to internet use and its effects on cognitive distortions and relationship satisfaction among adults. For this purpose survey method research design was used in this study. Sample was recruited through Purposive sampling technique which consist of 100 Participants (40 female and 60 male) of Islamia University Bahawalnagar Campus were selected. It was hypothesized that Internet addiction is a powerful factor in the formation of relationship dissatisfaction in adults. Data was collected through following scale: Internet addiction scale (Young, 1996), inventory of cognitive distortions (Yurica & ditomasso, 2005) and relationship assessment scale (Hendrick , 1988). The data was analyzed using Pearson correlation .Pearson Correlation of cognitive distortions and internet addiction these two variables confirms that there is positive relationship exists between cognitive distortions and internet addiction. Internet addiction and relationship assessment have negative the negative correlation sign indicates that there is negative relationship exist between internet addiction and relationship assessment as if the internet addiction increases than the relationship satisfaction decreases. It was concluded that internet addiction cause cognitive distortions and relationship dissatisfaction in adults. It was also showed that internet addiction and cognitive distortions have positive correlation.

ICP2-337 **Attachment Styles and Love in Long Wed Individuals**

Maria Khan, Wafa Kamran & Farah Malik

Institute of Applied Psychology, University of the Punjab, Lahore

The current research investigated the relationship between attachment styles and love in long wed individuals. It was hypothesized that there would be a positive relationship between close and depend attachment dimension and love components; intimacy, passion and commitment in long wed individuals. Anxiety attachment dimension would have a negative relationship with passion, commitment and intimacy in long-wed individuals. Moreover, there would be gender differences in levels of intimacy, passion and commitment. The sample for the current research comprised of 50 men and 50 women (N=100), with duration of marriage of at least 10 years. Data were collected through convenient

sampling. Urdu version of Adult Attachment Scale (Collins, 1996) and Sternberg Love Scale (Sternberg, 1988) were used. Results showed that the close attachment dimension was significantly positively related to intimacy and anxious dimension was significantly negatively correlated with intimacy, passion and commitment. The results also revealed that gender was significantly positively related with passion. Hierarchical regression revealed that anxiety dimension significantly negatively predicted intimacy, passion and commitment. Moreover, results of independent sample t- test revealed significant gender differences in passion but not in intimacy and commitment. The results of the study were discussed in Pakistani socio-cultural context.

ICP2-338 Role of Internal and External Locus of Control in Predicting Students Success and Failure in Education: A Survey in South Punjab, Pakistan

¹Aqeel Ahmed Khan & ²Durr-e-Sahar

¹*Department of Applied Psychology, the Islamia University of Bahawalpur*

²*National College of Business Administration and Economics, Bahawalpur*

The current Research was carried out to check the core role of internal and external locus of control in relation with student's success and failure. A sample of (N=300) graduate and undergraduate University students of IUB and BZU were selected by using convenient sampling technique. To collect the data, a Locus of Control Scale by Rotter's (1966) was administered. The student's success and failure was assessed by their current (CGPA). The data was analyzed by SPSS. By Overall comparison, it was concluded that the Locus of Control of BZU students was high as compared to students of IUB. Results also showed the relationship of Locus of Control with academic Performance across different grades in both universities IUB and BZU. Locus of Control in graduate students was high as compared to under graduate students of both universities IUB and BZU. Most of the findings were in line with the hypothesize assumptions. The limitations and suggestions have also been discussed.

ICP2-339 The Sowing Seed of 9/11 from Germination to Blooming as the Mental Illness

Sadia Rehman & Asma Ijaz

Institute of Clinical Psychology, University of Management and Technology, Lahore

A young adult of twenty five years who was presented the complaints of strong drug and sexual craving, restlessness, aggression, and fear of rejection from others, feelings of being a failure and disappointment from his life. In the assessment the Behavioral Observation, Clinical Interview, Mental Status Examination, Cognitive Assessment Battery, Subjective Ratings of anger, sexual urges, restlessness and other irrational thoughts and Baseline chart of craving and delusion of grandiosity were carried out. It was divulged through the detailed assessment that the lack of parent's attention and adjustment problems in the school made the client vulnerable to the maladaptive behaviors patterns which trigger being bullied by the peers on the 9/11 attack. Subsequently, the stronger religious affiliation and use of various drugs over a long time period was given birth to sexual and drug craving, delusion of grandiosity and other irrational beliefs linked to the low self-esteem. Hence, the management was completed through the rapport building, psychoeducation, thought stopping, using different techniques of cognitive behavior therapy, assertive training, positive coping statements, deep breathing with focused muscle relaxation, role playing, career counseling, craving management, relapse prevention and worksheets related to boosting the self-esteem. After the eleven sessions the outcome of the management showed the remarkable progress in the intensity and frequency of the sexual urges, aggression, delusion of grandiosity and others irrational beliefs as compared to the craving for the drug. Thence, the family psychoeducation and follow-ups were suggested deem appropriate to subside the chances of relapse in the future.

ICP2-341 **Exploring Attitudes towards Honour Killings in Pakistan: Perpetrators Perspective**

Sadia Huda & Anila kamal

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present study aimed at exploring the attitudes and nature of reasons behind honour killings, by taking the perspective of perpetrators of this crime. The sample of the study included 4 perpetrators in the district jail of Lahore (Punjab). Also, the semi structured interviewing technique was employed to collect the data. The data was coded and major themes were extracted by employing thematic analysis. The major themes that emerged out of interviews are causal factors, perpetrators personal attitude, family response, rationale behind murder, religious understanding, steps taken before killing, openness in marriage, settlement in conviction, economic status, internalization of values and the influence of society. Implications and recommendations of the study suggest that if profiling of the perpetrators needs to be done in some other academic study, this research implies that most of the people associated with this crime will be found to be impatient, impulsive, egoistic, and aggressive individuals who possess a strong desire to control. Such people are also not introverts. They value the way they are perceived and judged in the society and remain willing to go to any lengths to make a name for themselves. By doing personality profiling of these criminal's; psychological intervention strategies can be planned and implemented at higher levels.

ICP2-342 **Role of Brief Culturally Adapted Cognitive Behavior Therapy (CBT) In Psychotic Depression: A Case Study**

Muhammad Aslam

Fountain House, Lahore

To demonstrate the effectiveness of Brief Culturally adapted Cognitive Behavior Therapy (CaCBT) in the treatment of Psychotic Depression. This case study was conducted on outdoor patient with Brief Culturally adapted Cognitive Behavior Therapy (CaCBT) in the treatment of Psychotic Depression at Recovery Addiction Rehab and Psychotherapy Clinic Lahore. This Patient was assessed at baseline (Pre Therapy session) with Panss and Hospital Anxiety & Depression Scale (Depression Subscale & Anxiety Subscale). The patient was re assessed on the same scales at the end of sessions in a follow up assessment session. This patient received six sessions of Brief Culturally Adapted Cognitive Behavior Therapy (CaCBT). There was significant difference on post testing between the scores of Brief Psychiatric Rating Scale (BPRS) and Hospital Anxiety & Depression Scale (Depression Subscale & Anxiety Subscale). This can be concluded that Brief Culturally Adapted Cognitive Behavior Therapy (CaCBT) is effective in the treatment of Psychotic Depression.

ICP2-343 **My Hands Are My Strength, I Can Speak Through Them**

Farah Iqbal & Maryam Rizvi

Institute of Clinical Psychology, University of Management & Technology, Lahore

S.U, a 9 years old boy was student of red group at NSETC. The client was referred by his teacher to trainee clinical psychologist with reason of speech problem and taking others things without asking permission. He was assessed through behavioral observation, clinical interview and portage guide to early education. The PGEE results showed that he had deficits on language area, cognitive area and socialization area, whereas he performed well in the self-help and motor area. Discrepancy between child's chronological and functional age was found to be 7-8 years on PGEE. . Management plan was designed according to the need of child and for this purpose different behavioral modification techniques were used. Therapy goals were made keeping in view the pre-requisites that were already present e.g.

developed learning readiness skills. Intervention plan comprised of rapport building, psychoeducation and some other goals such as "asking permission when taking things and saying salam through modelling and rehearsal. Color recognition (matching, pointing), body parts recognition, concept of boy and girl, concept of small and large through visual sensory approach. Writing phone through chaining. Total eleven sessions were conducted with the client.

ICP2-347 Relationship between Narcissism and Social Adjustment among University Students
Khalid Mehmood Bhatti & Sadia Nasim Aslam

Department of Applied Psychology, Government College University, Faisalabad

The present research was conducted to check the Relationship of Narcissism and Social Adjustment among University Students. A sample of 160 (i.e. 80 male and 80 female) participants, age (18 – 25) was selected and respondents were further divided into groups according to the ordinal position in the family followed by first, and last born through using convenient sampling technique. The main hypothesis of the research was "Relationship between Narcissism and Social Adjustment among Male and Female University Students". Narcissistic Personality Inventory and Bell Adjustment Scale were used to collect the data. The Pearson Product moment correlation and independent sample t-test was used through SPSS for statistical analysis with the help of SPSS 22. Research findings showed that there was a significant correlation between Narcissism and Social Adjustment at ($P < 0.05$). T-test showed that there was a significant difference between high and middle socio economic status on narcissism whereas no difference was found in social adjustment. Similarly, no difference was found between first and last born on narcissism as well as Social Adjustment. A significant difference was present between male and female university students on narcissism and social adjustment as well.

ICP2-349 Placid-Irritation Dimension of Temperament and I.Q Level among the Male Students of Hec-Recognized Institutions and Deeni Madaris in Punjab

¹Muhammad Riaz & ²Muhammad Hamid Sheikh

¹*Department of Applied Psychology, Government College University, Faisalabad*

²*Institute of Applied Psychology, University of the Punjab, Lahore*

The present study aims at studying Placid-Irritable Dimension of Temperament and I.Q level of male students enrolled with HEC-recognized institutions and HEC-recognized Deeni Madaris at post-graduate level. A convenient sample of 700 students (350 representing each of two sub samples) was tested. The participants were administered Demographic Information Performa (DIP), Jaiza Mizaji Kafeya by Sheikh et al., (1990) and Zahanat Paima by Sheikh et al., (1979). T-test for independent samples was run to find the difference between the students of HEC-recognized institutions and Deeni Madaris on Placid-Irritable Dimension of Temperament and I.Q level. The findings of the study revealed that students of HEC-recognized institutions were significantly higher on the temperament dimensions of placidness. No significant differences were found between the two groups on I.Q level. Hierarchical regression analyses were also done to estimate the relative contribution of demographic variables, I.Q level and educational institutions in the variance of scores on placidness. The independent variable of educational institutions was the strongest predictor of placidness. Number of sibling and I.Q level showed significant effect. Moreover, the findings suggested a weak significant positive relationship of I.Q level with Placid-Irritable Dimension of Temperament.

ICP2-350 **Religiousness, Social Support and Subjective Well-being among Substance Abusers**

¹Ahmed Mujtaba Owaisi, ²Talat Habib, ³Sidrah Mohsin, ⁴Zartashia Kynat, & ⁵Muhammad Adeeb

¹⁻³Nishan Rehab Islamabad, ⁴Government College University Faisalabad & ⁵Riphah International University Faisalabad

The recent study was planned to measure the religiousness, social support and subjective well-being among substance abusers. The total sample of 192 (Alcoholic =65, Cannabis abusers= 60 and Smokers = 67) substance abusers was engaged by snow ball sampling from four public sector universities (IIUI, QAU, IUB, & GCUF) of Pakistan. The mean of age remained; [M (23.81±2.91)]. Four questionnaires were used in the present study for the purpose of data collection. The Muslim Religiosity Personality Inventory (Krauss et al., 2005), the Duke-UNC Functional Social Support Questionnaire (Broadhead et al., 1988), Satisfaction with Life Scale (Diener et al., 1985) and Subjective Happiness Scale (Lyubomirsky & Lepper, 1999). The collective quantitative data was analyzed using SPSS (23.0). The results revealed that religiousness, social support and subjective well-being were found at low level among substance abusers. Further, bivariate the Pearson product-moment correlation coefficient presented that religiousness (Ritual, World view and Mu'amlat) domains and social support (quantity of support, confidant support, affective support, and instrumental support) with four subscales were positively associated with subjective well-being (satisfaction with life and subjective happiness). The limitations and future avenues were also deliberated.

ICP2-351 **Self-Concept, Perceived Social Support and Mental Health Problems in Infertile Females**

Mehwish Munir & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The main objective of this study is to find out relationship self-esteem, perceived social support and mental health problems in infertile females. The three hypotheses of this study are; there would be a positive relationship between Perceived Social Support and self-concept in infertile females. There would be an inverse relationship between Mental Health and self-concept in infertile females. There would be an inverse relationship between Perceived Social Support and Mental Health in infertile females. Correlation design was used and data were collected through purposive sampling technique from 170 infertile females from Services hospital Lahore. Three research tools: Self-Esteem, Perceived Social Support scale and Depression, Anxiety, Stress Scale (Lovibond & Lovibond, 1995) were used for data collection. The findings reveal that there is a noteworthy positive association among Self-Concept and DASS, both of them have significant negative correlation with perceived social support. Furthermore, significant gender difference and females who have less duration of marriage and less time for taking treatment have a significant impact on self-esteem, perceived social support and mental health problems in infertile females.

ICP2-352 **Emotional Intelligence and Difficulties in Emotional Regulation as a Predictor of Mental Health in Adolescents**

¹Fatima Salman & ²Saima Dawood

¹Department of Applied Psychology of Lahore Garrison University

²Institute of Clinical Psychology, University of the Punjab, Lahore

The present research aimed to see the relationship of emotional intelligence and difficulties in emotion regulation and their predictive effect on mental health of adolescents. Correlational design was employed

and a sample of 300 students, with an age range between 17-19 years. The sample was collected through the purposive sampling and was collected from different government institutes: Gulberg College for Women; Lahore College for Women University and private institutes: Garrison College for boys and University of Management and Technologies. The instruments included a self-constructed demographic form, Scale for Emotional Intelligence- Adolescent version (Dawood, 2012); Difficulties in Emotional Regulation Scale (Roemer & Gratz, 2004) and Symptom Checklist-R (Dawood, Rahman, Mansoor, Rehman & Ali, 2009). For data analysis, Pearson product moment coefficient correlation and t-test were used. Results indicated significant negative relationship of different subscales of emotional intelligence with depression and anxiety and significant positive relationship between difficulties in emotional regulations and mental health: depression, anxiety and level of frustration of adolescents. t-test revealed significant gender differences in depression and level of frustration. It is concluded that students who have high emotional intelligence have better mental while those with high difficulties in emotional regulation have poor mental health and emotional intelligence.

ICP2-353 The Best Way to Teach is through Love

Rabia Khadim & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology, Lahore

A number of factors can be attributed to the poor academic performance of children from shanties; two among them are the lack of basic skills (social, cognitive, academic) and ineffective teaching strategies which can hinder the real potential of the child. A girl, Z.N. of age 10 years was referred with the complaints of lame excuses, careless attitude towards studies, academic difficulties. Multi-dimensional approach revealed that child had the ability to learn and there was no discrepancy between her chronological age and functional age respectively. Curriculum based assessment was used to assess the eligibility of Z.N. in reading, writing, copying and dictation. It was found that the class tasks were not according to the needs and demands of child for which teacher was psychoeducated on individual differences and needs. Different behavior modification techniques like contingency management, differential reinforcement were used to enhance motivation of child, personal hygiene, reducing the cheating behavior, differentiating between "b" and "d" and phonics awareness to improve her reading comprehension. Total 13 sessions were conducted with child and the management plan enhanced her motivation and improved her basic academic skills.

ICP2-354 Social Networking, Self-Expression and Interpersonal Communication in Youth

Iqra Ismail, Sadaf Iqbal, Anila Shahzadi, Zunaira Bashir, & Shiba Saeed

Department of Applied Psychology, Government College Township, Lahore

The study examined the links between Social networking (Smartphone, General social media usage, Internet searching, E-mailing, Media sharing, Text messaging, Video gaming, Online friendship, Phone calling, T.V viewing, Facebook Friendship), Self-Expression and interpersonal communication in youth. It was hypothesized that more use of social networking positively relate to interpersonal communication skills in youth through self-expression. The sample of 220 students ($M=110$, $W=100$) was recruited through non probability convenient sampling technique from different universities and colleges. Data was collected on Media technology usage scale (Rosen, Whaling, Carrier, Cheever, & Rokkum, 2013) College self-expression scale (Gallassi et al., 1974) and Interpersonal communication competence self – assessment (Spitzberg & Cupach, 1984). The results indicated that social networking relates and predicts self-expression and interpersonal communication. Testing of mediation model through AMOS revealed the meditational relation of self-expression between online friendship and interpersonal

communication skills. For other types of social networking usage, self-expression could not mediate the relation between social networking and interpersonal communication. The research findings can help communication experts to develop intervention for improvement of interpersonal communication.

ICP2-356 Self Concealment and Marital Relationship Quality in Married Women

¹Faiz Younas Butt & ²Ammara Sana Ullah

¹*Institute of Applied Psychology, University of the Punjab, Lahore, ²Fountain House*

Present research investigated the relationship between self concealment and relationship quality. It was hypothesized that there was a significant relationship between self concealment and relationship quality. Moreover it was also hypothesized that there was a significant difference in the relationship quality of working and non-working women. The sample consisted of $n = 100$ married women. ($n = 50$ working, $n = 50$ non-working) with age range (25- 50) years. ($M=38.5$, $SD= 8.2$). Co relational method was used. Sample was drawn by convenient sampling strategy from working teachers and housewives. Self Concealment Scale (Larson & Chastain, 1990) and Relationship Assessment Scale (Susan & Hendrick, 1998) were used to collect data. Correlation and Independent sample t-test was conducted through SPSS and results were generated. The findings of this research show that there is a significant negative relationship between self concealment and relationship quality of working and non-working women. The present research has implication in the field of Counseling Psychology.

ICP2-357 Caring Behavior and Emotional Contagion among Nurses: Role of Occupational Stress

Rehana Akram & Khizra Iqbal

Department of Applied Psychology, Bahauddin Zakariya University, Multan

The purpose of current study was to explore the correlation amidst occupational stress, caring behaviors and emotional contagion. Present study was conducted on Nurses to explore how occupational stress affects their caring behavior towards patients and how emotions of others influenced on their emotions. The sample was consisted of 125 nurses and their age range was between 25 to 60 years. Participants were selected from different private and public hospitals by using convenient sampling technique. Expanded nursing stress scale, caring behavior inventory scale and emotional contagion measures were used to collect data. Correlation and regression analysis showed that there was significant impact of occupational stress on caring behavior and emotional contagion among nurses as the positive correlation had been found among the research variables. Findings showed that nurses' caring behavior and emotional contagion regressed upon occupational stress.

ICP2-358 Development of Depression Scale for Clinical Population (DCP)

Sara Subhan & Maryam Habib

Institute of Clinical Psychology, University of Management and Technology, Lahore

In this study, Indigenous Depression Scale for Clinical Population was developed which aims to measure the intensity of the depressive symptoms. The data was collected through purposive sampling. The population was the people who were diagnosed with the depression. The sample comprised of 122 patients with equal proportion of males and females with the age range from 22-45 ($M=35.52$, $SD=11.92$). At first, the phenomenology of the Depression was explored by interviewing 5 patients of Depression, the themes generated were validated by 10 experts as the items were then reduced from 64 to 50 items. Then pilot study was done by administering the scale on 10 patients and finally main study was conducted by administering scales on 122 patients of depression. The scales used were indigenously

developed Depression Scale for Clinical Population (DCP) and the Depression Anxiety Stress Scale (DASS; Lovibond & Lovibond, 1995) for measuring the concurrent validity of the Indigenous scale as it also measures the symptoms of Depression. The results showed only one component factor solution in the indigenous scale and the scale measures the intensity of the depressive symptoms.

ICP2-360 Don't let Anyone Dull Your Sparkle

Rabbia Basharat & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

H. A was 24 years old girl with presenting complaints of headache, sleeplessness, loss of interests, low mood, poor appetite and panic attacks, who was referred by the clinical psychologist for the purpose of assessment and management. The assessment was completed through Behavioral Observation, Clinical Interview, Mental Status Examination, Baseline Chart and Subjective Ratings. The assessment revealed that the client had depressive symptoms with anxiety features and manifested through migraines and panic attacks. The management plan would be device according to the need of the client which would involve psycho-education on panic attack with the help of vicious cycle, relaxation exercise to control the bodily symptoms due to anxiety, activity scheduling with master pleasure technique to boost the self-esteem level of the client, ABC model to understand how the thoughts create feeling and followed by consequence. Identification of cognitive distortions through vertical decent and thought record form, evaluating and changing the thoughts using cost benefit analysis, problem solving skills to cope with stressful situations. Total 8 sessions were conducted with the client and goals were achieved with the positive feedback from the client.

ICP2-362 Perfectionism, Achievement Goal Orientation and Academic Achievement in Undergraduate Students

Asma Jabeen & Syeda Salma Hasan

Department of Psychology, Government College University, Lahore

Present research aimed to investigate the differences in low, average and high achievers in terms of perfectionism, achievement goal orientation and academic achievement. A sample of (N=250) undergraduate university students with a distribution of Males (N= 135) and Females (N=115) was selected from public university by using purposive sampling technique. Perfectionism and Achievement Goal Orientations were assessed by using Multidimensional Perfectionism Scale (Hewitt & Flett, 1991) and Achievement Goal Questionnaire (Elliot & Church, 1997) respectively. Academic Achievement was measured in terms of Cumulative Grade Point Average. Two Way Multivariate Analysis of Variance, Pearson Product Moment Correlation and Multiple Regression Analysis were used to analyze data. Results of multivariate analysis revealed that High, Average and Low achievers differed significantly on self oriented, socially prescribed perfectionism, performance approach goals and mastery goals. Results further indicated that self oriented perfectionism has significant positive correlation with performance approach, performance avoidance, mastery goals and academic achievement. Other oriented perfectionism showed a significant positive correlation with performance approach goals, performance avoidance goals. Socially prescribed perfectionism showed significant positive correlation with performance avoidance goals, and negative correlation with academic achievement. Both performance approach and mastery goals showed significant positive correlation with academic achievement and there existed no correlation between academic achievement and performance avoidance goals. Furthermore, gender, performance approach goals and mastery goals positively and socially prescribed perfectionism negatively predicted academic achievement. The study has its implications in educational settings.

ICP2-363 **I am Neither an Optimist nor Pessimist, but Possibilist**

Sadia Irfan & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

A.R was a 6 years old boy studying in the visually impaired section of N.S.E.C. He was admitted there since 2015. The child was referred by his class teacher with presenting complaints of visual impairment, lack of social skills and less participation in class. He had history of delayed developmental milestones as walking. Behavioral observation in all settings was done with him and it was observed from his observation that he lacked social skills and had low self-confidence. Clinical interviews with teacher and parents and his history also depicted his inability to socialize and taking initiative in class. Based on the assessment results, a management plan was devised to enhance his social skills for making friends, saying thank you and apologize by role playing, modeling and rehearsal and enhance his self-confidence by learning sixer (a learning tool used by visually impaired children) from him. Total 7 assessment sessions had been conducted with him. Lack of time served as a limitation in working on further goals with the child.

ICP2-364 **Mindfulness Breathing: as Clinical Intervention to Diminish Behavioral Problems in Children with Special Needs**

Momina Abid

Special Education Department, Government of the Punjab

This research project was conducted to explore the effect of mindfulness breathing to diminish behavioral problems in children with special needs. The Aberrant Behavior Checklist-Community (Aman & Singh, 1994) was utilized to measure the severity of behavioral problems and through simple random sampling 25 students recruited in study those have severe level of behavioral problems. Mindfulness breathing employ as a clinical intervention to diminish the behavioral problems. Pre-testing and post-testing were performed to evaluate the significance of mindfulness breathing. Result indicated significant differences on the mean score of before and after behavioral problems.

ICP2-366 **Personality Traits and Academic Achievement among Undergraduate University Students**

Fozia Akram & Marriam Rauf

Department of Applied Psychology, Government College University, Faisalabad

The current study was designed to explore the relationship between personality traits and academic achievement among undergraduate university students. A sample of 160 undergraduate university students (80 males & 80 females) was selected through purposive sampling technique from Government College University Faisalabad. The age range of participants was taken from 18 to 25 years ($M = 21.55$, $SD = 1.79$). The scale used in this research was Big Five Inventory (BFI) by John & Srivastava (1999). Academic Achievement was measured by student's Cumulate Grade Point Average (CGPA). Pearson product moment correlation coefficient and independent sample t-test were computed for statistical analysis of data through Statistical Package of Social Sciences, 19. The results showed that conscientiousness, openness to experience, agreeableness ($r = -0.47$, $r = -0.23$, $r = -.311$ respectively) were negatively correlated with academic achievement among undergraduate university students. The personality trait neuroticism, extraversion ($r = .23$, $r = .20$ respectively) were positively correlated with academic achievement among undergraduate university students. Furthermore, it has been indicated that male undergraduate university students have high scores ($M = 1.3750$, $SD = 0.48$) on academic achievement as compared to female undergraduate university students ($M = 1.1375$, $SD = 0.34$).

ICP2-368 **Relationship between Religiosity, Self-Compassion and Life-Satisfaction among Youth**

Samaira Amir, Ayesha Afzal, Asma Ajmal, & Sheeba Saeed

Department of Applied Psychology, Government College Township, Lahore

The Main Objective Of The Study Was To Find Out The Relationship Between Religiosity, Self-Compassion (Common Humanity, Self-Judgment, Isolation, Mind Fullness, 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.

ICP2-371 **Marital Adjustment, Hopelessness and Social Support Related Problems in Infertile Women**

Afia Shabbir& Shamaila Asad

Department of Applied Psychology, University of the Sargodha, Lahore

The present research aimed at investigating the marital adjustment, hopelessness and social support related problem in infertile women of Lahore. It was hypothesized that a significant relationship is likely to exist among marital adjustment, social support, hopelessness and infertility. It was also hypothesized that infertility is likely to be the significant predictor of marital adjustment and social support. Survey research design was used. The sample was drawn by using non probability purposive sampling strategy. The sample comprised of 200 married women age ranged between 20 to 40 years, who were undergoing treatmentforinfertility. FPI(Newton, 1999) was used to measure infertility related problem,RDAS(Busby, Christensen & Crane and Larson,1995)was used to measure marital adjustment, MPSS(Zimet, Dahlem, Zimet & Farley, 1988) was used to identify social support and HDSQ(Metalsky & Joiner, 1991) wasadministered to measure hopelessness tothe participants of Jinnah hospital Lahore, Lady Walington hospital Lahore and Gangaraam hospital Lahore. Descriptive and inferential statistics was employed for data analysis. Pearson Product Moment Correlation was applied to assess the relationship among marital adjustment, social support, hopelessness and infertility and regression analysis was applied to identify the prediction of marital adjustment and social support for infertile females. The results indicated indicted significant positive relationship among perceived stress related to infertility and marital adjustment and also calculated from the results that perceived social supporthas significant negative relation with hopelessness for infertile women. It was calculatedfrom the result that marital adjustment is the positive predictor of perceived stress relatedinfertility. The findings from current research carry significant implications for future researchers and health professionals.

ICP2-372 Premenstrual Syndrome, Anxiety and Positive Negative Experiences in Sports Girls

Sarah Ahmad & Mahira Ahmad

Department of Psychology, Kinnaird College for Women, Lahore

The current study explored the relationship between premenstrual syndrome, anxiety and positive negative experiences in sports girls. It further intended to determine the predictors of positive and negative experiences of the sports girls. A purposive sample of 250 sports girls was selected from educational institutes of Lahore. Premenstrual Syndrome Scale, Hamilton Anxiety Scale, and Scale of Positive Negative Experiences were used. Result of Pearson Product Moment Correlation Coefficient revealed that there is a significant positive correlation between premenstrual syndrome, anxiety and negative experiences. Multiple hierarchal regression analyses revealed that years of playing games, premenstrual syndrome and anxiety likely to predict negative experiences in sports girls. Independent sample *t* test showed that there is significant relationship between years of playing game and positive negative experiences of sports girls. This research has great implication for sports psychology.

ICP2-373 Personality Attributes of Juvenile Delinquents

Arif Nadeem & Faiza Anwer

Department of Applied Psychology, Government College University, Faisalabad

The current study was designed to explore the personality traits of juvenile delinquents. A sample of 120 (12-18 years old) adolescents was taken from a Borstal Jail and a main stream school of a major city from Punjab, Pakistan using stratified sampling technique (60 juvenile delinquents and 60 school children). Big Five Inventory (BFI) by Oliver and Benet (1998) was used for the data collection. The juvenile delinquents were found to have lower level of extraversion, agreeableness, conscientiousness and openness to experience as compared to school children whereas; neuroticism was high in juvenile delinquents as compared to the school children. The analysis of demographics, implications of the study and suggestions for future research were discussed.

ICP2-375 Depression, Anxiety, Stress and Life Satisfaction among Diabetic Patients

Minahil Athar & Khalid Mahmood Bhatti

Department of Applied Psychology, Government College University, Faisalabad

The present study was planned to estimate the relationship of depression, Anxiety, Stress and Life Satisfaction among Diabetic Patients. The total sample consists of 100 diabetic patients (males 50 & females 50). The study was performed using a standardized questionnaire Depression, anxiety and stress scale (Lovibond & Lovibond, 1995) and Life Satisfaction Scale (Mehmood, 2013) on diabetic patients from different private and general Hospitals, Faisalabad. The data was statistically analyzed using correlation and independent sample T test. The results showed that depression, anxiety and stress ($r = -.606$, $r = -.354$, $r = -.339$) were negatively correlated with life satisfaction at 0.01 significance level. The depression was positively correlated with anxiety ($r = .617$) and stress ($r = .572$). Furthermore, the anxiety ($r = .533$) shows positive correlation with stress. The demographic variable such as gender also shows significant differences. The female score high on depression ($t = -2.146$, $p = .034$), anxiety ($t = -3.045$, $p = .003$) and stress ($t = -2.426$, $p = .017$) as compared to males. And the male score high on life satisfaction ($t = 3.067$, $p = .003$) as compared to females. This study would be helpful in suggesting certain strategies to reduce its prevalence rate in Pakistan.

ICP2-377 **Stress and Coping Behaviors of Spouses of Deployed Military Personnel**

Maryam Shaiq, Subha Malik & Madiha Nadeem

Gender and Development Studies Department, Lahore College for Women University

Pakistan has been the victim of terrorism from last many decades. In this regard, several military operations have been launched and completed in different affected areas of the country. During these operations, military officers frequently experienced deployment. In this situation, families of military personnel had to fight against the insecurities of losing their loved ones in the war against terrorism. Female spouses of military officers, especially, looking after their children alone and waiting and praying for the safety of their spouses was a struggle in their everyday life. This study investigated the deployment stress and coping strategies used by Army officers' wives having deployed partners. For this purpose, survey method using the Perceived Stress Scale (PSS) by Sheldon Cohen and Brief COPE Scale by Carver were employed. Data was collected from 200 army officers' wives from the TFC Survey Unit by using purposive sampling and was analyzed by using ANOVA, T-test and Correlation. The findings revealed that deployment area, designation of army officer's, deployments span, working status, educational background and method of communication, positively impact army officers' wives' stress and coping strategies. Family structure has no impact on stress level of army officers' wives. Army officers' wives used different coping strategies according to their designation, educational background and area of husbands' deployment. Pearson correlation revealed that army officers' wives used a variety of coping strategies to cope with their stress. This research has implications for military psychologists to deal with feelings of fear and loneliness and for policy makers to give weightage to issues like deployments, relocations and the methods of communication tools.

ICP2-379 **Personality Traits and Social Support of Drug Addicts**

Khalid Mahmood Bhatti & Faiza Anwar

Department of Applied Psychology, Government College University, Faisalabad

The present research was conducted to check the relationship of personality traits and social support of drug addicts. For this purpose a sample of 120 (i.e., 60 alcohol users and 60 poly drug users) by using quota sampling technique. Big Five Inventory and Social Support Scale was used for the data collection. Correlation and independent sample t-test was used through SPSS for statistical analysis with the help of SPSS 20. The results research revealed that extroversion, agreeableness and openness high in alcohol drug users as compare to poly drug users. whereas conscientiousness and neuroticism low in alcohol drug users as compare to poly drug users. The result of second hypothesis revealed that there is no significant difference of social support between alcohol drug users and poly drug users.

ICP2-380 **Effect of Selfie on Personality Traits, Psychopathy and Self-Esteem**

Zaibunisa & Arooj Nazir

Department of Psychology, Government College University Lahore

Selfie-taking behavior has been extensively increasing among new generations. Many studies have been evident in proving the adverse effects on personality and lifestyle of adolescents and young adults. The purpose of the current study was to find out the relationship between personality traits, psychopathy and self-esteem with selfie taking behavior among late adolescents and young adults. For this study a sample was comprised of N=198 including 99 males and 99 females with two age groups of late adolescents and young adults (16-23) were recruited through purposive sampling technique from various colleges and universities. The correlational research design was used and statistical analysis including correlation, regression, MANOVA and post hoc revealed the number of selfies had negative correlation with self-

esteem and primary psychopathy. It was found that highly significant positive relationship between neuroticism and psychopathy. In addition, high consciousness in a personality would direct to low self-esteem in people who indulge in selfie taking behavior. Further the regression model predicts that neuroticism will predict psychopathy with 29% power of predictability. The post hoc comparison shows neuroticism significant at .09 with borderline category of selfie-taking behavior. There was no gender differences found on number of selfies, personality traits, self-esteem and psychopathy.

ICP2-382 Social Relations as a Predictor of Depression and Loneliness in late Adulthood

¹Shamshad Bashir & ²Muhammad Aslam

¹Department of Psychology, University of Lahore,

²Department of Psychology, University of Sargodha

Objectives to investigate the impact of age on social relations and how social relations effects on psychological health (depression, loneliness) in late adulthood. Correlation design was used for this purpose. The study was conduct in one year and participants were selected from different locality of Faisalabad city Pakistan. This study was carried out on 200 late adult people (both male and female) age 59-80 and above eighty years was selected by using convenient, purposive sampling method. Provision of Social Relation scale was used to measure the social relations. (PSR) scale by (Turner, Frankel, & Levin, 1983) with the Urdu translated version (Ayub, 2004) was used to determine social relations of the respondents. Depression was measured with DASS21 (Lovibond & Lovibond, 1995b). Farooqi & Habib converted this scale in Urdu. The loneliness measure with the revised UCLA (University of California, Los Angeles) loneliness scale (Russell et al., 1980) before administered it convert into Urdu through proper procedure. Construct of social relation and depression demonstrated negative correlation. Correlation analysis displayed social relation is significant negative correlate with loneliness. Linear regression analysis displayed social Relations as a significant negative predictor of depression and loneliness.

ICP2-383 Increasing Friend List Decreasing Friends: Social Media Usage and Loneliness among Adults

¹Nazia Yaqoob, ²Syed Muhammad Imran Haider Zaidi, ³Shumaila Mehnaz, ⁴Ammarah Saleem

^{1,3,4}Department of Applied Psychology, Government College Women University, Faisalabad,

²Department of Psychology, Government Municipal Degree College, Faisalabad

In current era use of social media increasing day by day with enhancement of gadgets. This easy access supporting a large number of people to use social media most of the time. On one hand this situation is helping people to connect with all the world in no time but on the other hand driving people away from nearby peoples. Current study aims to measure the relationship between use of social media and loneliness among adolescence. A sample of N=120 (60=men, 60=women) adolescents mean age 19.68±1.11 elected from different academic institutions of Faisalabad. The Revised UCLA Loneliness Scale developed by Russel, Peplau, & Ferguson (1978) and Social Media Addiction Scale developed by Jamal (2015) used to measure level of loneliness and social media usage correspondingly. Results specified a significant positive relationship between media usage duration and age, social media usage, duration of usage and loneliness, and a significant negative relationship between media type and loneliness at $p < 0.05$. Using independent sample t-test it was concluded that Facebook user have high level of loneliness as compare to WhatsApp, Tweeter, and Google+ users at $p < 0.05$. Current findings indicated that increase in use of social media particularly Facebook increases the loneliness among adolescence.

ICP2-384 **Perceived Social Support and Coping among Substance Abusers**

Saman Arshad, Bushra Sadaf, Ansa Ejaz & Abida Hanif

Virtuous Study Consultants Bahawalpur

The present research was aimed to determine the perceived social support and coping strategies among substance abusers. Through correlational research design, the sample of 100 (Male=100) substance abusers were selected on the basis of nonrandom purposive sampling technique. The Urdu version of Multidimensional scale of perceived social support (Akhtar et al., 2010) and the scale of brief cope inventory (Carver, 1997) were used to collect data. The Urdu version of Multidimensional scale of perceived social support (Akhtar, et al., 2010) consists of 12-items that measures social support from three areas: family, companions, and a significant other. The scale of brief cope inventory (Carver, 1997) consists of 28 items to measure different coping strategies. Data was analyzed through SPSS version 21.0. Results showed that coping strategies (active coping, planning, acceptance, positive reframing, religion and denial) and perceived social support were low while, coping strategies (use of instrumental support, use of emotional support, humor, behavioral disengagement, self-distraction, self-blame, substance use and venting) were high among substance abuser. Moreover the result found that active coping, planning, acceptance, use of emotional support, positive reframing and venting were found to be significantly positively correlated with social support, while, humor, substance use were significantly negatively correlated with social support. This study can be helpful in assessment and management of substance abusers in clinical setups by psychologists, psychiatrists and other mental health professionals.

ICP2-385 **Gypsies in Pakistan: Impact of Social Exclusion on their Mental Health**

Kanwal Shoukat, Ghalia Arfan & Rabia Farooqi

Department of Psychology, University of Management and Technology, Lahore

There are striking inequalities faced by gypsies, even when compared with people from other ethnic minorities or from socio-economically deprived groups. This study determined to explore the mental health status of gypsies and to uncover their concept, ideation, and perception about mental health and illnesses and how social exclusion directly and indirectly affected their mental health. Major objective was to investigate the impact of social exclusion on the mental health of gypsies. Secondly, we aimed to explore what are their general experiences regarding health beliefs. Moreover, it intended to explore the social pressure on them. A qualitative research design with a snow ball sampling was used to collect data from homogenous sample of 4 participants including men and women age ranging from 30 to 45. In-depth, face-to-face, semi-structured interviews was conducted for exploration about their belief practices, experiences and what contributes to their belief and point of view. Interpretative Phenomenological Analysis (IPA) was used for analysis as we were exploring the lived experience; major themes of the results were daily wagers, basic needs, perception about themselves, psychological impact, social exclusion impact, negative self-image and expected future goals. Results indicated that gypsies were socially excluded at many stages of their lives. Moreover, the social exclusion at different levels impacted on their mental health and men reported more aggression towards their spouse when they face any stress. Majority of them shared that, they want a secure future for their children just like normal people had with employed jobs. They had a desire of their own shelter, food and financial support for the upbringing of their children.

ICP2-386 Soul of Kindness: Compassion Satisfaction, Traumatic Stress and Job Bur Out Among Rescuers

¹Syed Muhammad Imran Haider Zaidi, ²Nazia Yaqoob, & ³Husnain Mirza

¹Department of Psychology, Government Municipal Degree College, Faisalabad

²Department of Applied Psychology, Government College Women University, Faisalabad,

³Department of Applied Psychology, Government College University, Faisalabad

Role of emergency response services is noteworthy in crises. People providing emergency services are always ready to go to help the needy. Current study aims to measure the level of compassion satisfaction, traumatic stress and job burn out among rescue service providers (rescuers). A sample of N=185 men with mean age 32.45±5.64 paramedics working in Rescue 1122 (n=100) and firefighters (n=85) were selected from Faisalabad and Chiniot City. Professional Quality of Life scale developed by Stamm (2009) was used to measure the level of compassion satisfaction, Traumatic Stress and Job burnout among paramedics. Results declared a significant negative relationship between age, compassion satisfaction, socio economic status, birth order, nature of job and marital status at $p < 0.05$. A significant positive relationship observed between age, nature of job, compassion satisfaction, traumatic stress, and job burnout at $p < 0.05$ among rescuers. Further a significant difference assessed on compassion satisfaction and Traumatic Stress among married and unmarried rescuers. Unmarried and young adult rescuers have high level of compassion satisfaction and low level of traumatic stress as compared to married and adult rescuers. Paramedics and adults have significantly high level of job burn out as compared to firefighters and early adults at $p < 0.001$.

ICP2-387 Translation, Adaptation and Validation of Mental Health Inventory

Shumaila Khalid, Sarwat Sultan & Rabia Muneer

Department of Applied Psychology, Bahauddin Zakariya University, Multan

Present research was purposed to translate, adapt and validate Mental Health Inventory. A need to translate Mental Health Inventory (Veit & Ware, 1983) into Urdu language for the measurement of individuals' mental health in Pakistan especially in Southern Punjab. This research was conducted in three phases. In phase I, the translation of Mental Health Inventory was done by back translation method. Phase II involved the validation of Mental Health Inventory. For this purpose, sample was comprised of 40 bilinguals with age range of 23 to 40 years. Internal consistency, inter item correlation, item total correlation and cross language validation was significant for this measure. Phase III aimed at establishing psychometric properties of the measure. To assess these properties, sample was consisting of 610 (310 males and 300 females) with the age range of 13 to 64. Psychometric properties were determined by Confirmatory Factor Analysis (CFA) through AMOS. Factor analysis revealed six factors namely anxiety, depression, loss of behavioral/emotional control, general positive affect, emotional ties and life satisfaction. Implications for the future study were also discussed.

ICP2-388 Quality of Life and Death Related Feelings among Chronic Disease Patients: Mediating Role of Perceived Social Support

¹Zartashia Kynat, ²Muhammad Adeeb, ³Muhammad Saleem, ⁴Muhammad Riaz, & ⁵Abida Ajid

¹⁻⁴⁻⁵Govt College University Faisalabad, ²Riphah International University Faisalabad,

³The Islamia University of Bahawalpur

Quality of life and perceived social support condense death related feelings among chronic disease patients. The contemporary study was set out to measure the quality of life and death related feelings

(death anxiety & death depression) among chronic disease patients: when perceived social support mediates. In total, 120 (Cancer = 40, Cardiac = 40 & Diabetes = 40) patients were recruited by non-random purposive sampling from two public sector hospitals (Allied Hospital & Civil Hospital) of Faisalabad. Four questionnaires were used for the purpose of data collection; Multidimensional Self Perceived Social Support Scale (MSPSS-12), Quality of Life Questionnaire (WHOQOL-Brief-26), Death Anxiety Questionnaire (DAQ-15) and Death Depression Scale (DDS-17). The data were analyzed through SPSS (23.0). The results showed that quality of life was significant negative correlated with ($r = -.43, p < .001$) death anxiety and ($r = -.57, p < .001$) death depression. In mediation, a process macro Hayes (2016) approach were employed. The results revealed that perceived social support endured significant mediator between quality of life and death related feelings. In gender, the female patients were significantly higher in perceived social support, death anxiety, and death depression than male patients.

ICP2-390 An Integrated Model of Craving Management and Motivational Interviewing for Addiction Treatment

Syeda Namrah Mahmood & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

Craving is broadly defined as an intense desire to use drugs which increase the likelihood of persistent use of these drugs, hence, influence the effectiveness of any treatment modality. The current study is about a case of 27 years old male presented with complaints of cannabis use for five years, a number of withdrawal symptoms and lack of motivation for treatment. The psychological assessment of client included detailed Clinical Interview, Mental Status Examination, Perceived Ratings of Presenting Problems, Symptom Checklist and Functional Analysis. The management model of the case included strategies of Craving Management (CM) along with Motivational Interviewing (MI). Basic purpose of MI is to reduce ambivalence and enhance behavior change relative to drugs. The combination of both strategies supposed to enhance the effectiveness of each other, simultaneously i.e. MI helps client to execute CM strategies with great motivation whereas reduction in distressing symptoms in turn enhances motivation towards treatment. The management strategies involved decision balance matrix, confidence ruler, activity monitoring schedule, positive self-statements, going with the craving, recalling negative consequences etc. A significant reduction in the presenting problems had been achieved using the strategies. The study suggests the use of an integrated and more flexible model to effectively deal with the drug addiction and promote sobriety.

ICP2-392 Moderating Role of Forgiveness in Linking Anger Expression with Suicidal Behavior among University Students

Zainab Bibi, Sammrh Javaid, & Rizwana Amin

Department of Applied Psychology, Bahaudin Zakria University, Multan

Anger is an emotional state and may be underlying cause of poor physical and mental health, resultant in suicidal behavior. Suicide accounts for almost 2% of the world's death (WorldHealth Organization, 2005). Inappropriate expression of emotional state (anger) may develop guilt and shame which can lead to suicidal behavior. Forgiveness is thought to be an important construct for reducing anger that enables people to abandon guilt by expressing anger in healthy ways. The present study investigates the moderating role of forgiveness in linking anger expression with suicidal behavior among students. The purpose of the present study was to explore the association between anger expression and suicidal behavior and check the moderating effect of forgiveness. The sample consisted of 250 students (120 males and 130 females) taken from Bahauddin Zakariya University Multan by using convenient sampling

technique. Their age range was between 19-26 years old. Suicidal Behavior Questionnaire- Revised (Osman, & Bagge, 2001); Heartland forgiveness scale (Thompson, Snyder, & Hoffman, 2005) and Novaco anger scale (Novaco, 2003) were used to measure suicidal behavior, forgiveness attitude and anger expression respectively. Results showed significant relationship among all variables and forgiveness moderates the relationship of anger expression and suicidal behavior. Implication of the studies were discussed.

ICP2-393 Relationship between Resilience, Self-Esteem and Coping Styles among Bullies

Khalid Mehmood Bhatti & Sumaira Hayat

Department of Applied Psychology, Government College University, Faisalabad

Present study was aimed to explore the relationship between resilience, self-esteem and coping styles among bullies. The sample of 140 students (70 males & 70 female students) was drawn from different schools and colleges of Faisalabad (selected by using convenient sampling technique). To find out the relationship Rosenberg Self-esteem Scale (RSS), Resilience Scale (RS), Coping Response Inventory (CRI) and Illinois Bully Scale (IBS) were applied. For this purpose current study focused on their age, gender and education. Results of Pearson Product Moment Correlation reveal that there was significantly positive correlation between resilience and Approach Coping Styles at $p < 0.01$. Further the analysis reveals that there was significantly positive correlation between Approach Coping Styles and Avoidance Coping style. The t-test was applied to compare the mean score of the male and female on resilience, self-esteem scale and coping response inventory scale which showed no significant difference between both genders in our population.

ICP2-394 Approaches to Learning as Mediator of Link between Parental Conflicts and Academic Performance

¹Afsheen Masood, ²Nadia Ijaz, ³Sumaira Rashid, & ⁴Shahzada Qaisar

^{1,2}*Institute of Applied Psychology, University of the Punjab, Lahore*

³*Kinnaird College for Women, Lahore, ⁴University of Education, Lahore*

The empirical childhood studies reveal that there is negative relationship between parental conflicts and academic achievement patterns. This research therefore has unraveled a different dynamic by investigating the approaches to learning as mediator of the relationship between parental conflicts and academic performance among children in middle and late childhood. The approaches to learning (ATL) has emerged as significant predictor of academic performance in recent years. It is hypothesized that ATL mediates the link between parental divorce and academic achievement. Fixed effects regression was utilized to test for mediation, and subsequent moderation analyses examining gender and age at time of conflicts exposure also were conducted. The findings reveal that parental conflicts' patterns were significantly associated with poorer academic performance than ATL whereas ATL significantly mediated 19% and 16% of this association in specific courses of languages and mathematics. The proposed model established the relationship and role of ATL as significant mediator of relationship between parental conflicts and academic performance of the students in middle and late childhood.

ICP2-398 Boosting Pro-social Behaviors in Children with Down Syndrome through Media

Farhan Hashmi, Madeha Naz & Rabia Iftikhar

Clinical Psychology Unit, Government College University, Lahore

Electronic media is a powerful medium to help learn something. However at large, the view towards prevalent media is of negativity and disapproval based on the portrayal of violence which in turn affects

people in many ways. Using the power of observational learning, this medium can also be used to foster pro-social behaviors in people, especially in children with developmental pathologies. The present experimental study was conducted on a sample of 12 Down syndrome children who were shown videos from the Pakistani adaptation of Sesame Street, "SimSimHamara." A total of 12 exposure sessions were done. The assessment of pro-social behavior was done using Pro-social Behavior Assessment Scale by Hashmi, Naz&Iftikhar (2014) and a significant change was found in the pro-social behavior of the children on the basis of their pre and posttest mean differences. The relationship between parental education and family system with the resultant pro-social behavior of the children was also found. A post experimental naturalistic observation phase was also conducted in order to find out the change in the learning of the children.

ICP2-399 Role of Attachment; Coping Strategies and Subjective Wellbeing of Orphans Living In Residential Care

Sheeza Mahak& Sabahat Haqqani

Fatima Jinnah Women University, Rawalpindi

There are 72 million orphan children in South and East Asia, where Pakistan hosts nearly four million of them. The changing demographic scenario with increased female participation in labor market, increasing individualistic trends and nuclear families call for increased reliance on orphanages to take care of the orphans, which were previously accommodated within the social and familial setup of society. Therefore, it is necessary to understand development (attachment, coping and wellbeing) of orphans living in orphanages. Orphan adolescents (N=209, 10-19 years age, 184 male, 25 female) from orphanages of Rawalpindi and Islamabad completed Adolescent Relationship Scales Questionnaire (Scharfe, 2002), Brief Cope Scale (Carver, 1997) and BBC Wellbeing Scale (Pontin, Schwannauer, Tai, & Kinderman, 2011). Most of the adolescents' (N=191) father was deceased and 86 adolescents indicated mother as primary attachment figure. Correlational analyses in SPSS 20 indicated that death of parents (one or both) has significant association with insecure attachment style (fearful) ($U=11.82$, $p=0.003$), wellbeing. Orphans with insecure attachment style tended to adopt more dysfunctional coping strategies, whereas orphans with secure attachment style tended to use more problem and emotion focused coping strategies. Secure attachment is positively associated with wellbeing. This study will help in establishing policies and practices in orphanages that will help them in their development process.

ICP2-401 Attention-Deficit/Hyperactive Disorder Specify Co-Morbid With Oppositional Defiant Disorder

Anum Atiq & Rabia Farooqi

Department of Psychology, University of Management of Technology, Lahore

The client is 9½ years old male who belonged to middle socioeconomic status and lived in joint family. He was referred by Amin Maktan for psychological assessment and management. His present complaints were lacks attention, restless, short temper, aggressive and have seen being violent. He was diagnosed with Attention-Deficit/ Hyperactive Disorder Specify comorbid with Oppositional Defiant Disorder on the basis of formal and informal assessment which included behavior observation, Raven Color Metric Progressive Test and The Vanderbilt ADHD diagnostic teacher rating scale. His management plan was based on the techniques of Behavior Therapy with psycho-education of the mother and teacher of their role and the importance of medication as prescribed. The client thoroughly followed the management plan and reported great improvement in his condition.

ICP2-403 **Parent Attachment Styles as Predictors of Personality and Personality Disorders**

Farah Toqeer & Syeda Salma Hassan

Department of Psychology, Government College University, Lahore

The present study was designed to explore the relationship among Parent attachment styles personality traits and personality disorders. A sample of 300 young adults was drawn with a distribution of 168 males and 132 females. Purposive sampling was used. Parent attachment questionnaire, IPIP Big Five Factors and Personality Diagnostic Questionnaire were used. It was hypothesized that Parent attachment styles predict personality traits and vulnerability of personality disorders. Findings revealed that secure parent attachment style lead least personality disorders. Furthermore study indicates no significant gender differences in terms of parent attachment styles and personality traits. Significant gender differences were reported in terms of Personality disorders, vulnerability of schizotypal personality disorder, schizoid personality disorder and antisocial personality disorder were high in males. This study have strong implications in the area of clinical and educational psychology.

ICP2-406 **Psychosocial Reactions of Pregnant Women and Mental Health during Three Trimesters**

Amber Ashfaq & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The purpose of the study was to examine the effects of pregnancy on women's mental health and their psychosocial reactions during the stage of pregnancy. To find out the impact of pregnancy on mental health, different scales were used such as POS (Pregnancy Outcome Scale) that is indigenous scale especially developed for pregnant women, DASS (Depression Stress Anxiety Scale) to see the level of depression, stress, and anxiety during pregnancy, and MRS (Marital Relationship Scale) to find out the relationship problems between husband and wife during pregnancy and positive negative self concept. Data was collected from pregnant women from different places. Mostly data was collected from private and government hospitals. The ethical considerations were used in all steps during data collection. A significant positive correlation was between POS, DASS and MRS Scales. To check the validity of results, t-test, ANOVA, and Regression were used. At the end, it was found that pregnancy is a condition in which women suffer from many psychosocial issues and their mental health affect during this time period.

ICP2-412 **Effects of Divorce and Spouse death on Cognitive functioning among Males and Females of Bahawalpur, Pakistan**

¹Masood Nadeem, ²Fatima Javaid & ³Areeba Ather Malik

^{1,2}*Department of Applied Psychology, The Islamia University of Bahawalpur*

³*Psychologist, Government Special Education Department, Punjab*

The current study aimed at identifying the effects of divorce and spouse death on cognitive functioning among males and females of Bahawalpur, Pakistan. Random sampling technique was used for the selection of participants with the sample of (N=124) divorcee and widows / widowers. Cognitive functioning was identified through FACT-Cog (version 3) scale developed by Cella (2002). The collected data was analyzed by SPSS version 20. T- test showed that cognitive functioning is effected more among male death spouse population as compare to females. Furthermore by comparison of male and female divorced people, male population have more effect on cognitive functioning as compared to female people.

ICP2-414 **Stress and Coping among Single Working and Non-Working Women**

Maryam Amjad & Ehd Afreen

COMSATS-Institute of Information Technology, Lahore

The aim of this correlational study was to find out the relationship between perceived stress and coping among single working and non-working women. 50 single working females taching at two government and private universities of Lahore and 50 non-working females were taken , age ranging 25-40 years. Perceived Stress Scale (Cohen, Kamarck, & Mermelstein,1983) and Brief Cope Scale (Carver, 1997) were used with both single working and non working females. Significant differences between single working and non-working females were found on perceived stress ($p < 0.01$) and supportive coping ($p < 0.05$). Results revealed that working and non-working females differ in terms of perceived stress ($M = 25.52$; $SD = 4.38$) and supportive coping ($M = 15.34$; $SD = 3.21$). Moreover , Perceived Stress in age range 35-30 and 31-35 was higher than the later age range of 35-40 years ($p < 0.05$), wheras significant differences were found on any kind of coping at any age. The findings would be helpful to identify and resolve the stress of the working and and non-working women with single marital status as well as to teach and strengthen their coping skills.

ICP2-415 **Development of an Indigenous Scale on Inferiority Complex: A Pilot Study**

Maryam Amjad & Rimsha Saif

COMSATS-Institute of Information Technology, Lahore

Prevalence of inferiority complex among student population is aggravated with the increase in competitive behavior, by several means elevating the pressure to strive to impress others. The aim of the research is to develop an indigenous scale to measure inferiority complex of the students, age ranging 18-25 yrs. This study follows a pilot inquiry while following all the steps of exploring the phenomenology of the concept being studied; generation of items by conducting in-depth interviews with the students followed by Expert validation. 30 expressions were listed in the form of simplified and refined statements with 4 point Likert scale i.e. always, often, sometimes and never. Pilot study was then done with 20 students of COMSATS-Lahore, after which two more items were added up. As the scale development was inspired by Alfred Adler's theory of Inferiority Complex, hence most of the items were found on the Organ Inferiority and few on the Secondary Inferiority Complexes. The scale acquires Face and Construct validities and after further intended study to elicit psychometric properties, the scale would be used to investigate potential expected development of psychopathologies among students of the same age.

ICP2-417 **Relationship between Perceived Body Image, Perceived Maternal Rearing Practices and Self-Esteem among Female University Students**

Fariha Tariq & Tahira Yasmeen

Institute of Clinical Psychology, University of Management and Technology, Sialkot

The purpose of this study was to examine the relationship between perceived body image, perceived maternal rearing practices and self-esteem among female university students. Three scales were administered for the assessment. Body perception scale Fallon and Rozin (1985) was used to measure the participant's perception of their current and preferred body shape. EMBU_A scale it was used for the female perception of their maternal rearing practices. Four type of maternal rearing practices measuring emotional warmth, rejection and overprotection. Self-esteem Scale Saleem and Mahmood (2011), was administered for the assessment of the self-esteem. The sample was taken from female students at private and government university students form the classes of BS1, BS2, BS3 and BS4. The data supported the hypotheses that maternal rejection, over protection will have positive relationship with poor body image

and low self-esteem. Results showed that maternal emotional warmth; over protection have positive relationship with body image and high SES sociability. Maternal rejections have negative relationship with body image and low self-esteem and low SES Competence and low sociability. Moreover, results indicate a significant relationship between maternal rejection, poor body perception and low self-esteem among female university students.

ICP2-420 Perceived Spousal Relationship and Mental Health Problems in Type 2 Diabetics

Noreen Safdar & Fariha Tariq

Institute of Clinical Psychology, University of Management and Technology, Sialkot

The aim of this research study is to explore the relationship between perceived spousal relationship and mental health problems in patient with diabetes. In present study correlation research design was used to measure the relationship between the variables of perceived spousal relationship and mental health problems in type 2 diabetes. Purposive (non-probability) sampling technique was used for data collection. The data was gathered from government and private hospitals and clinics of Sialkot. Sample of the study consisted of 150 male and female patients of type II diabetes from different Govt. and private hospitals and clinics of Sialkot. Demographic Form, Depression Anxiety and Stress Scale (DASS) and Two Factors of Perceived Spousal Relationship scale was used. Better marital satisfaction was related to higher levels of diabetes-related satisfaction and less impact, as well as less diabetes-related distress and better general quality of life. It was found that the patients with type 2 diabetes who had positive perceived spousal relationship had better mental health.

ICP2-422 Attachment Styles and Communication Competence as Predictors of Marital Satisfaction

Maryam Shah & Tahira Jibeen

Department of Psychology, COMSATS Institute of Information Technology, Lahore

This study is an effort to explore how attachment styles and communication competence predicts marital satisfaction. The objective of this study was to investigate the relationship between attachment styles, communication patterns, and marital satisfaction in married Pakistani individuals. Based on attachment theory, it is theorized that attachment patterns influence marital quality and effective communication predicts marital satisfaction. The sample of this study comprising of married men and women (N = 300), was selected through purposive and convenient sampling technique from Islamabad Capital Territory. Participants completed the Kansas Marital Satisfaction Scale (Schumm, Nichols, Schectman, and Grigsby, 1983), the Adult Attachment Scale (Collins & Reads 1990) and the Communicative Competence Scale (Wiemann 1977). In the present study, data was analyzed using Independent *t*-test, Pearson Product Moment Correlation Analysis and Regression Analysis. Pearson Product Moment Correlation Analysis revealed that secure and dependent attachment styles and communication competence were positively associated with marital satisfaction where as anxious attachment style was negatively associated with marital satisfaction. Further, Regression Analysis indicated secure and dependent attachment styles along with communication competence significantly positively predicted marital satisfaction where as anxious attachment style negatively predicted marital satisfaction. The clinicians and counselors need to address communication strategies and attachment styles as part of a relationship therapy as secure and dependent attachment styles and communication competence can significantly improve the quality of marital relationships.

ICP2-423 Gender Roles and Conflict Resolution Strategies as Predictors of Marital Adjustment

Rida Ghaffar & Tahira Jibeen

Department of Psychology, COMSATS Institute of Information Technology, Lahore

The present study examined the relationship between gender roles, conflict resolution strategies and marital adjustment in adults. The data was collected from married individuals (N=200; age, 25-50) living in Lahore Metropolitan City who completed Demographic Information Sheet, the Marital Adjustment Scale (Locke & Wallace, 1959), the Conflict Style Questionnaire Scale (Kenneth & Ralph, 1976) and the BEM Sex Role Inventory (Bem, 1944). These analyses were performed on the data obtained from the study; Pearson Product Moment Correlation, t-test for independent groups, step wise regression analysis. The current findings indicated that Competing, subscales of Conflict Style Questionnaire negatively predicted the Marital Adjustment whereas Compromising positively predicted Marital Adjustment. Furthermore, findings suggested that Masculinity negatively predicted Marital Adjustment while Androgyny positively predicted Marital Adjustment. The study has implications for marriage counselors and psychologists to create awareness for married people on available Conflict resolution strategies. The clinicians and counselors need to address gender role beliefs and communication styles as part of a relationship therapy as positive resolution strategies (compromising, collaborating and accommodating) and androgynous or balanced gender role beliefs can significantly improve relationships and ultimately prevent relationship dissolution.

ICP2-426 Personality Factors, Emotional Expressivity and Emotional Empathy among Low Achiever College Students

Tooba Fazil & Muhammad Riaz Zinjani

Department of Applied Psychology, Government College University, Faisalabad

The current study examined the relationship of Big five personality Factors, Emotional Expressivity and Emotional Empathy among male and female low achiever college students. Purposive sampling technique was used to select the sample. A sample consisted of 200 low achiever college students were taken from Faisalabad, Jhumra and Sanglahill. The sample was further divided into (n=100) male and (n=100) female. The age range of patients were taken 17 to 24 years. Big Five Inventory developed by Costa & McCrae (1992) Emotional Expressivity Scale (Kring, Smith, & Neale, 1994) Emotional empathy scale translated by Shazia Ashraf (2004) used for the study. For all statistical analysis SPSS 22 version was used. Pearson Product Moment Correlation Coefficient, Independent Sample T-Test and Regression were calculated for statistical analysis. These findings indicate that there is significant positive relationship between Agreeableness and Emotional Empathy. Conscientiousness is positively related to Emotional Empathy. On Neuroticism and Openness to experience male and female low achiever students are different. It is believed that this study may add knowledge about helping low achiever college students to understand their personality, emotions and emotional outcomes.

ICP2-431 Experiences of Breast and Prostate Cancer: It's Influence on Patients and their Spouse's Marital Adjustment and Quality of Life

Abeeha Shaloom & Amina Tarrar

Department of Psychology, Government College University Lahore

The study examined the experiences of breast and prostate cancer patients and their spouse that how it effects the marital adjustment and quality of life. The aim of the study was to explore breast and prostate cancer and its influence on patients and their spousal marital adjustment and quality of life. Mixed

method approach was used. The sample was consist of approximately 100 participants, (25 breast cancer patients, 25 prostate cancer patients, spouses 50 (Female 100 male, female 100). Sample will be drawn with purposive sampling technique. Age range of breast and prostate cancer patient and spouse will be 30-60years. There were two scales used in the current research WHO QOL-BREF (WHO, 1996) and Marital Adjustment scale (MAT) (Locke, H. J., & Wallace, K. M., 1959).correlation method and t test was used to analyze the results The results showed that significant correlation between quality of life and marital adjustment. Results of analysis indicated that quality of life has significant positive ($p < .01$) relationship with marital adjustment in cancer patients and there was a significant difference in the scores of male quality of life and of female quality of life. It also indicated that the significant differences of marital adjustment between female and male cancer patients in study 2 that were qualitative in nature semi structured interviews were conducted with 1 spouse of breast cancer patient and one spouse of prostate cancer patient. Data was further analyzed using principles of IPA. Ten main themes were generated through verbatim and results showed that breast and prostate cancer influence both the patient and partner's marital adjustment and quality of life.

ICP2-432 Educational Inequalities: An Analysis of Policy, Law, Government Initiatives and Challenges

Asmaa Nouman

University of Management and Technology

The focus of quality and equality in education should be without gender biasness and focus diversity. Whereas our schools are dull like such shopkeepers who thinks that the needy customers will automatically come. While: they should behave like entrepreneurs to make all efforts for equal educational access. In compiling this research based concept paper the major interest of the researcher was to highlight the gaps in achieving the global agenda of EFA. Government of Pakistan has taken a number of initiatives towards inclusive education, making sure the access of all children aged 5yrs-16yrsto free compulsory education. Inclusive education is economical and helpful to inculcate tolerance, acceptance and appreciation for diversity. We need to break down resistance by facilitating infrastructure, resource rooms, teachers' training and professionals in setting up assessment protocols, curriculum adaptations and evaluation. A major paradigm shift in policy and education administration is called for in this regard.

ICP2-436 Family Environment, Peer Relations, Self-Regulation and Positive Development in Youth

Syeda Fatima Hasnain & Farah Malik

Institute of Applied Psychology, University of the Punjab

This correlational research investigated the influence of family environment and peer relations on positive development in youth taking self-regulation as a mediator. It was hypothesized that effective family environment, good peer relations, and self-regulation would be positively related to positive development in youth. Further, self-regulation would mediate the relationship between family environment, peer relations, and PYD. A sample of 344 young individuals was drawn with an age range of 14-24 years ($M = 17.95$, $SD = 2.74$) using convenient sampling technique. Self-report Family Inventory (Beavers & Hampson, 2000), Peer Relations Scale (Petersen, Schulenberg, Abramowitz, Offer, & Jarcho, 1984), Short Self-regulation Questionnaire (Carey, Neal, & Collins, 2004), and Positive Youth Development Inventory (Arnold, Nott, & Meinhold, 2012) were administered in Urdu. The results showed that family environment was significantly positively related to good peer relations, self-regulation, and PYD. Good peer relations were significantly positively correlated with self-regulation and PYD. Family environment, self-

regulation and good peer relations were significant positive predictors of PYD. The results of mediational analysis using SEM revealed that self-regulation was a significant mediator between family environment and PYD and it also mediated the relationship between peer relations and PYD in presence of control variables.

ICP2-438 Psychosocial Issues and Quality of Life of Women with Post Menopausal Osteoporosis

Farwah Ali, Zahid Mahmood, & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The aim of the study was to rule out psychosocial issues of women with post-menopausal osteoporosis and how these psychosocial issues due to osteoporosis affect their quality of life. An indigenous scale was developed to measure psychosocial issues of women with post menopausal osteoporosis by following a three stage model of scale development. After factor analysis two factors were revealed (Psychosocial problems related to self and psychosocial problems related to others). This study was conducted with women having post menopausal osteoporosis ($N=100$). Women were selected through purposive sampling with age range 49 to 60 years ($M=56.13$, $SD=3.81$). The main study was carried out through an indigenous scale (Psychosocial Issues of Women with Postmenopausal Osteoporosis (PSWO) Scale), demographic form and WHO Quality Of Life –Brief Scale (Khan, Akhter, Ayub, Alam & Laghari, 2003) questionnaire from orthopedic department of major public and private hospitals of city. Cronbach Alpha of the indigenous scale was .87. One week test re test reliability on 10 % ($N=10$) was .84 that showed that test was highly reliable. The results identified psychosocial issues of women with post-menopausal osteoporosis and their impact on quality of life. Whereas it was found that there was a negative relationship between psychosocial issues and quality of life among women with postmenopausal osteoporosis. It was found that duration of problem (osteoporosis) and Psychosocial Issues of Women with PSWO Factor 1 and Psychosocial Issues of PSWO Factor 2 were significant predictors of lesser quality of life due to post menopausal osteoporosis. The study will help in understanding the psychosocial problems that are created by osteoporosis and how they affect quality of life of women.

ICP2-439 Relationship of Goal Adjustment and Psychological Well-being among Women with Veil and Unveil

Rabeyah Rashid & Uzma Ilyas

Lahore Garrison University

The present research aimed to see the relationship of goal adjustment and psychological well-being in veiled and unveiled women. The between research design was used in this research. A sample of 240 women ($n=120$ veiled women; $n=120$ unveiled women) was collected through purposive sampling. The sample was collected from Lahore, Pakistan. The research instruments included Goal Adjustment Scale (Wrosch, Scheier, Miller, Schulz & Carver, 2003) and Psychological Well-Being Scale (Ryff, 1998). In this study descriptive statistics, t-test, correlation and hierarchical regression were used. The results of Pearson product moment correlation coefficient revealed that positive relationship existed between the subscale of psychological well-being; self-acceptance and both goal disengagement and goal reengagement in veiled women. The results of t-test analysis indicated that veiled women are more psychological well than unveiled women. While negative relationship was found out between psychological well-being and goal disengagement in unveiled women. This study also revealed that goal adjustment capacities predict psychological well-being.

ICP2-441 The Dynamics of Psychological Approach in Designing spaces– A Study of Architecture Students

Sana Malik & Farah Jamil

School of Architecture and Planning, University of Management & Technology, Lahore

The psyche of human minds is best expressed through architecture and interior design of buildings. No doubt, Architecture and psychology are interconnected domains of educational experience as research has referred building design as physical illustration of creative perception of human psyche. The human interaction with built environment prompts the senses to perceive and react in different logical manners through unique spatial expression of every single designer. Each individual has the different meaning of translating the space experience through his or her creativity driven by their own mindset. Being an architectural educationist, it has been observed that the students as future architects while tackle with design projects, put their own spatial experiences of interaction with built environment. Students of architecture bachelor's program at University of Management & Technology, Lahore, Pakistan were interviewed informally to document their psychological approach towards spatial thinking and interpreting into architectural designs of diverse quality. The study has significance as a contribution towards previous little research on the psychological implications of architects for a well-designed built environment.

ICP2-443 Problems Faced By Teachers in Dealing with Children with Attention Deficit Hyperactivity Disorder (Adhd)

Hina Fazil, Fariha Ashraf, Khushboo Shabnam, & Ulfat Jamil

University of the Punjab Lahore

The present study is conducted to find out the problems faced by teachers in dealing with students with Attention deficit hyperactivity disorder (ADHD). The nature of the study was descriptive. The population of the study was the teachers of the students with Attention deficit hyperactivity disorder (ADHD) studying in different special and regular schools of Lahore. Researchers have purposively selected a sample of 205 teachers dealing with students with ADHD (male=59, Female=146) from 21 normal and 7 special schools of Lahore city. Researchers have used self-made questionnaire for the collection of data. The instrument was consisted of two parts the first part deals with demographic information whereas the second part consisted of 32 items related to the teacher's problems in dealing with students with ADHD. The respondents were provided 4 options to respond. The reliability of the questionnaire was .932. Frequency distribution, independent samples t-test and Cross tabulation procedures were used to analyze the data. The results have shown that no association in the teacher's problems on the basis of qualification and experience were found. Teacher's professional knowledge and training program to improve the teacher's problem dealing with students with ADHD is recommended by the research.

Abstracts

Poster Presentation

ICP2-002P **Styles of Humor, Self-esteem and Psychological Well-being in Mental Health Professionals**

¹Khadija Fiyaz & ²Saima Majeed

¹University of Sargodha, ²Punjab Institute of Mental Health

The present study aims to investigate styles of humor, self-esteem and psychological well-being in mental health professionals. The purposive sample of 134 mental health professionals (determined by G power analysis) was drawn from four hospitals of Lahore city. Hypotheses were that there is likely to be a relationship between Styles of humor, Self-esteem and Psychological well-being and men and women mental health professionals are likely to be performing differently across study variables. The scales that were used in the study were Humor Styles Questionnaire (Martin, 2003), Rosenberg Self-esteem Scale (Rosenberg, 1965) and Psychological Well-being Scale (Ryff, 1989). For statistical analysis SPSS (version 20) was applied. To see relationship Correctional analysis (Person Product Moment) was carried out and results revealed statistically significant relationship among all study variables. For explaining gender difference independent sample t-test was computed. Results explained that men and women mental health professionals are significant different between all variables accept psychological well-being.

ICP2-004P **My Attitude Is Based On How U Treat Me**

Saba Aslam & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

Childhood traumas lead towards the problems in further life as the effect of those incidences remains fresh in adulthood. Childhood trauma and continue stress in life cause negative impact on person's emotional and psychological health. The current case study is of K.R., 40 years old female presented with the complain of palpitation, irritability, run away from home, odd behaviors like tie the clothes with knots, also had auditory and visual hallucinations. Ten sessions were conducted; multi mode assessment were used in different settings as Behavioral Observation, Clinical Interviews, Mental Status Examination, Subjective Rating, Baseline Charts, Hygiene and Social Skills Checklist. After the complete assessment of the client it was concluded that client had some features of schizophrenia as auditory, visual hallucinations and odd behavior. Predisposing factors were genetic predisposition as the client had family history of schizophrenia. Goals were elicited on the bases of assessment and presenting complaint management was planned accordingly by using Behavior therapy and CBT as Rapport building was developed to build a trustworthy relationship with the client. Psycho education was used to give insight the client regarding his symptoms, Deep Breathing was taught to relaxed the client and to manage the complain of irritability and palpitation, Activity Scheduling was used to schedule the daily routine activities, To improve social skills role play and role rehearsal was used, to manage the auditory and visual hallucinations distraction techniques and alternative coping statements were used. After the implication of management plan, progress was checked by using the pre and post assessment strategy which shows positive outcome of therapeutic plan.

ICP2-009P Effect of First Female Childbirth on the Depression, Anxiety and Happiness of Mothers

Affaf Rahman & Nafja Fatima

Kinnaird College for Women Lahore

The present research aims at studying the effect of depression and anxiety on mothers. A total number of 120 mothers ($M = 35.30$, $SD = 3.69$) were recruited from public and private hospitals of Lahore. It was hypothesized that (a) There will be a significant association between happiness and age of women having first female baby. (b) There will be a significant association between happiness and education of mothers having first female baby. (c) There will be a significant association between happiness and monthly income of mothers having first female baby. (d) There will be a significant association between anxiety and age of mothers having first female baby. Demographic variables monthly income, age and education level of mothers was also associated with depression, anxiety and happiness. Tools used for collection of data were Beck Depression Inventory, Manifest Anxiety Scale, and Subjective Happiness Scale. An ex-post facto research design was used. Data was analyzed using Chi square. Post-hoc analyses were done to detect the cause of the difference. The results showed that majority of women (84.2%) were happy on first female baby and 90.8% fall into the normal category for depression. Only 46.7% of women had intermediate score of anxiety. Furthermore, there was a significant relationship between happiness and monthly income of respondents ($p < .03$). Women with less than 25,000 Rs. Income were happier than women with higher income. There exist an insignificant relationship between happiness with age and educational level. No significant relationship was observed between anxiety with age, education level and monthly. Furthermore, there was no significant relationship between depression with education, age and monthly income. The present study can be helpful in creating awareness that depression or anxiety in mothers is not necessarily related to the birth of a female child. The study also negates the social taboo related to female birth refuting the pervasive and long held belief that a birth of a female baby is received negatively by the family.

ICP2-016P Personality Characteristics and Machiavellianism Predicting Irrational Beliefs among Management and Social Sciences Students

Rabia Zonash, Kehkashan Arouj & Tauba Rahna

Department of Psychology, International Islamic University, Islamabad

The present explored the predictive effect of personality characteristics and Machiavellianism on irrational beliefs among university students. Correlational design was utilized. For study purpose convenient sample of 200 students (boys = 100 & girls = 100), of management and social sciences departments of Islamic university were taken. The age range of the student was 18-25 years. The analysis revealed that personality characteristics e.g., worrying, rigidity, problem avoidance and Machiavellian characteristics have significant positive correlation with each other. Emotional irresponsibility has significant negative correlation with personality characteristics and machiavellian characteristics. Institute differences showed that social sciences' students are higher than management sciences' students on all the study variables except emotional irresponsibility. Gender differences revealed that males are high on all the subscales of personality characteristics, irrational beliefs (except emotional irresponsibility) and machiavellian characteristics as compare to female students. Predictive analysis revealed that overall personality characteristics extraversion ($\beta = .25$, $p < .001$, agreeableness ($\beta = .17$, $p < .01$), conscientiousness ($\beta = .16$, $p < .01$), neuroticism ($\beta = .22$, $p < .001$), and openness ($\beta = .39$, $p < .001$), explained a total of 67 % variance in irrational beliefs. The machiavellian characteristics ($\beta = .54$, $p < .001$), explained 29% of variance on irrational beliefs.

ICP2-044P Differences in Health Locus of Control in Relation to Demographic Variables among Students

Saba Ajmal & MahinTaelah

Department of Applied Psychology, The Women University of Multan

The present study aimed to investigate health locus of control coping strategies among students. The sample consisted of N=100 respondents, in which n=50 males and n=50 were females, collected from BZU and Women University Multan. The age range of the sample was 18-23 and 24-29 years. Sample was approached with convenient sampling technique. In the present study instrument; Multi-dimensional Health Locus of control (MHLC) scales (Julian B Rotter, 1996) along with demographic sheet (gender, age and education) was administered on sample. Independent sample t- test was utilized to measure the study hypotheses. The showed that high internal health locus of control determines high level of success among the students and it also revealed that due to individual differences, both female and male sometimes has high and low level of internal health locus of control. Furthermore, results of the study revealed significant gender and age differences in internal health locus of control.

ICP2-045P Association of Dark Triad of Personality and Social Media Usage across Gender and Age Groups

Sana Nawab & Rizwana Amin

Department of Applied Psychology, Bahauddin Zakariya University, Multan

The present research aims to identify the association of dark triad of personality and social media usage across gender and age groups. This research determines the impact of dark triad of personality on social media usage across gender and age. For this purpose, N=800 young adult males and females were recruited. Two scales were used to collect the data. The first was Dark Triad of Personality Scale (D3-short) the second was The Media and Technology usage and Attitude Scale. Reliability and Validity were found to be 0.60 and 0.90 was 100% respectively. Statistical techniques of Pearson correlation, standard deviation, T-test, Anova and mean were calculated to process the results. Findings of the study suggest that there is a significant correlation between dark triad of personality and social media usage. Results also revealed that dark triad of personality predicted the social media usage and selfie posting behavior. Conclusively, it was found that there are differences in social media usage and selfie posting behavior across gender and age groups.

ICP2-055P Effectiveness of Cognitive Behavioral Group Therapy in Reducing Math Anxiety among Adolescents

¹MehvishShafiq, ²Saba Ajmal & ³Rizwana Ameen

^{1, 2}*Department of Applied Psychology: The Women University, Multan*

³*Department of Applied Psychology, Bahauddin Zakariya University Multan*

The current study evaluates the effectiveness of Cognitive Behavioral Group Therapy in reducing the levels of math anxiety among adolescents. The sample comprised of 24 high math-anxious students as indicated on the measurement tool Abbreviated Math Anxiety Rating Scale (A-MARS) studying math as a compulsory subject, which were randomly assigned to experimental and control group. There were 12 subjects in experimental group (5 males, 7 females) and 12 in control group (6 males, 6 females). The subject's age ranged from 13 years -17 years. Pre testing was followed by the intervention into the experimental group. The 8 week intervention consisted of 16 sessions of tailored Cognitive behavioral Group Therapy involving 90 minute session twice per week. After the intervention terminated, both groups were tested again with A-MARS. Descriptive statistics as well as t-test comparison of both paired

and independent data was used to analyze the data. Statistical significance indicates that the intervention was highly effective in remediating math anxiety and three subscales (Math test Anxiety, Math course Anxiety and Numerical Anxiety) of A-MARS.

ICP2-059P Deep Breathing: A Combative Tool for Fears

Mahreen Naeem

Hamza Foundation Academy for the Deaf, Lahore

Deep breathing is wonderful behavior therapy technique proved a combatant against worries, fears, and stressors as evident in case of 37-year-old male, self-referred, married with two children, who developed aveophobia instead of having any worse experience since his first flight in 2011 to date. His fear developed since 2013 after compulsive watching and high interest in air-crashing movies and excessive exaggerated reporting of social media. His fear was most during local flights, but he can somehow manage it in international flights. Due to multiple unexpected life security threats and attacks, rumors on social media, he adapted anxiety-prone personality. Due to his nature of job, he was unable to avoid flights and it dragged him to more stressed and anxious whenever he came to know he had flight. Assessment carried out through behavioral observations and clinical interview confirmed that he had fear of flight and compulsive recurrent negative thoughts. Management was done through deep breathing, relaxation exercise, imagery, systematic desensitization, thought stopping, coping statements and cost and benefit analysis. After 9 sessions, he reported to overcome his fears and was able to have stress-free life, became able to have flight either local or international without having fear.

ICP2-062P Cognitive Errors as Predictor of Interpersonal Difficulties and Mental Health Problems in University Students

Khadija khaliq, Sadia Saleem & Zahid Mahmood

Institute of Clinical Psychology, University of Management & Technology, Lahore

The current research aimed to explore the cognitive errors and their relationship with interpersonal difficulties and mental health problems in university students. For this purpose cross sectional research design was used. Research was carried out in series starting from Phenomenology exploration, Pilot study and end up in Main Study. A sample of 308 university students with age range of 18-25 years ($M=20.59$, $SD=1.71$) (51% Males, and 49% females) was selected through stratified sampling strategy. Participants were given Indigenously developed Cognitive Error Scale, Interpersonal Difficulties Scale (Saleem, Ihsan & Mahmood, 2014), Student Problem Checklist (Saleem & Mahmood, & Naz, 2013) and a Demographic form. Results indicated that a positive relationship was found between CE, IDS and MH. The results are discussed in factorial structure and implications for student counseling.

ICP2-064P Conventional Versus Functional Academic Skills

Alia Sharif & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology, Lahore

Every special educational institute conducive to make a child functional, the abilities and the aptitudes of a child can be raised. Every mentally challenged child may be raised equally to a normal child by utilizing his own potentials. A.M was ten years old boy who was referred with the complaint of forgetfulness, poor memory and reading problems. The learning environment was characterized by a lack of differentiation and by task assignments that were not well adapted to the needs of the child. In-depth cognitive and academic assessment revealed that the child has ability to learn. On the basis of observed presenting problems and the results of administering tools the management plan was developed to enhance the

practical and conceptual skills of the child which will facilitate him in seeking independence on his growing age of adolescence like giving him money handling and time concept, one into one and two digit addition sums, and learn him reading and writing Urdu by using the behavior modification techniques. The child was able to recognize the money and change up to five rupees and able to solve the addition sums. All improvements were maintained over the period of three months. This case study illustrated that the child was functional as compared to his class fellows so there should be separate class including specific strategies or groups for such children so the child can learn adaptive skills according to the demand of his age.

ICP2-066P Violence against Women in Pakistan: A Study of Management Perspective of Gender Violence

Sarmad Ahmed Ghani

Post Graduate Institute of Law, University of Lahore

The study was conducted to emphasize the contributing role of Islamic Teachings, Dowry System, Lust, Low Self Esteem, Weak Socio economic, Economics Dependence among women and men of Pakistan. The study revealed that 84% of men are possessive about women and this factor results to violence against women. Secondly, the factor that results to violence in women is drug addiction; its ratio according to our survey is approximately 80%. Thirdly, misconceptions of Islamic teachings about man's right on women is also under notice of this survey, the rate of this type of violence is 85%. Most of people of our country are unaware of their rights approximately 81% is recorded in this report. Illiteracy is another factor that affects 82%. 40% of our sample disagrees and 73% of our sample agrees that intermarriages/sister exchange marriages and cousin marriages are the not the reason for violence but bad behavior and language of women that hurts men's ego is the root cause for violence in women.

ICP2-071P Cognitive Behavioral Therapy is Effective Treatment for Social Anxiety Disorder

Syeda Ishrat Fatima & Syeda Razia Bukhari

¹*Government College University, Faisalabad,*

²*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

The current case is a 29 year's old lady from middle socioeconomic status, Muslim family living in Rawalpindi. She has symptoms of social anxiety disorder including fear, anxiousness, discomfort, shivering in voice and hands, low self confidence, crying spells and negative thinking. Five years ago when she was delivering a presentation at university, her teacher criticized her and in a response, she became much disturbed. She felt that she lost her confidence and self-esteem. This study considers the effectiveness of Cognitive behavioral therapy for lady who is suffering from social anxiety disorder. A case study method was used. Both qualitative and quantitative data for the case are presented using self report instruments along with interview and therapeutic sessions. Treatment consisted of 12 sessions of client in which behavioral schedule and psycho education techniques were applied. Out of these 12 sessions, 3 sessions were initial phase sessions, 4-8 were middle phase sessions and 9-12 were termination phase sessions. Patient showed improvement in middle stage of treatment, she showed motivation and show interest in treatment. At termination her symptoms were clearly reduced and relapse prevention strategies were taught to her for controlling her social phobia. It is concluded that behavioral schedule and psycho education are effective therapeutic techniques to cure anxiety and improve psychological well being.

ICP2-074P Stress, Self-Efficacy Beliefs, Self-Esteem and Life Satisfaction among Married Working and Non-Working Wome

Zara Ahmed & Toseef Najeeb

Lahore College for Women University, Lahore

The objective of this study was to find out the comparison between Stress, Life Satisfaction, Self-Efficacy and Self-Esteem among married working campus lecturers and non working women. Moreover study also assessed the impact of demographics on working women. The sample was comprised of total 300 females both from working (n=150) and non working (n=150) status which lies in age range of (25-50) years. A cross sectional research design was used. For data collection Non probability purposive sampling was used because it relies upon the accessibility and willingness of the research participants. Following were the inclusion criteria for the selection of the sample:

- Working lecturers of different colleges of Lahore and non-working married women belonged to middle and upper classes were included.
- Participant's lies in age range of (25-50) years.
- University lecturers who had minimum 2 years of job experience were included.

ICP2-076P Impacts of Professional Work on the lives of Pakistani Women

¹Pulwasha Anwar, ²SahiraMuzaffar, & ³Amina Muazzam

^{1,2}*Department of Psychology, Lahore school of Management, University of Lahore,*

³*Department of Applied Psychology, Lahore College for Women University*

The purpose of this study is to explore the impact of professional work on the life of Pakistani women. Qualitative research design was used in the research and six working women were interviewed during the process in order to explore the influence of professional work on the personal lives of women. In-depth interviews were conducted and through using Interpretive Phenomenological Approach (IPA) major themes and sub-themes were formulated. Six semi structured interviews resulted in the emergence of seven major themes including Social impacts, Psychological impacts, Physical health impacts, Family life, Personal impacts, Age and professional work and Higher level of confidence. Results showed that due to dual responsibilities Pakistani women undergoes significant psychological issues such as anxiety, depression and frequent mood swings. Lack of family support leads to delayed fulfillment of domestic responsibilities which along with professional burden results into many physical problems such as fatigue and weight issues. They usually do not get appropriate time for look into their personal needs such as proper diet, better physical appearance and bodily rest. One positive aspect underlined was that with increasing age and work experience, the confidence level of women escalates which eventually results into better balance between professional and personal life. The study significantly highlights the effects of professional work on the daily life of working women.

ICP2-078P **Bio Psychosocial Stressors and Coping Strategies among Young Female Adults**

¹Zainab Tariq, ²Amina Muazzam & ³Sahira Muzaffar

^{1,3}Lahore School of Management, University of Lahore

²Department of Applied Psychology, Lahore College for Women University

The aim of the study was to explore the bio-psychosocial stressors of young female adults. Semi-Structured interview technique was used for in-depth analysis of young female adult's perception or experience of their stressors and their coping strategies. Purposive sampling strategy was used in order to collect data from participants by using qualitative method research. Interview was administered individually and questions asked about stressors and their copying strategies. Data was conducted from 4 female patients diagnosed for stress as per DSM V criteria. Sample for the interview was taken from Itfaq hospital Lahore and Fountain House Lahore. The age ranges of young female adult were 25-35 years and selected in order to collect data. Interpretive Phenomenological Analysis was used to analyze the data which produce five major themes including reason of stressors, biological factors, psychological factors, social factors, copying strategies. Results showed that stressors of young female adults disturb them physically, psychologically and socially and some women cope with their stress in very positive way and some women cope negatively. Working women adopted more positive coping strategies as compared to non-working women. Health care institutes, organizations and NGO's working for the women issues could get benefit from this issue.

ICP2-090P **Effect of Parenting Styles on Self-Esteem, Self-Efficacy and Sociability of Adolescents**

Najma Iqbal Malik & Sania Rasheed

Department of Psychology, University of Sargodha

The present study was conducted to explore the effect of parenting styles on self-esteem, self-efficacy and sociability of adolescents (N=100). Parental Authority Questionnaire (PAQ), Rosenberg's Self-Esteem Scale (RSES), Generalized Self-Efficacy Scale (GSES) and Sociability (Soc) sub-scale of California Psychological Inventory were used for the assessment of parenting styles, self-esteem, self-efficacy and sociability respectively in the study. Purposive sample was selected from different colleges of Sargodha and University of Sargodha. The psychometric properties of the measures revealed all the scales were reliable and valid for present study. Results further showed that the parenting styles were significantly associated with self-esteem, self-efficacy and sociability. Specifically, those adolescents whose parents used higher levels of authoritative and authoritarian parenting were also scored higher on self-esteem, self-efficacy and sociability. Permissive parenting styles of both father and mother proved to have a significant negative relationship with self-esteem, self-efficacy and sociability. Linear regression analyses revealed authoritative parenting style as significant positive predictor of self-esteem, self-efficacy and sociability among adolescents whereas authoritarian and permissive parenting styles were significant negative predictors of self-esteem, self-efficacy and sociability. Female adolescents scored higher on self-esteem and sociability while male adolescents scored higher on self-efficacy. These results clearly showed that adolescents experiencing different kinds of parenting styles tend to have different levels of self-esteem, self-efficacy and sociability. Furthermore, the parenting styles predicted different patterns of self-esteem, self-efficacy and sociability for adolescents. Limitations of the current study and suggestions for future empirical endeavors have been discussed.

ICP2-095P **Gender Differences in Ways of Coping among Cardiovascular Diseases (CVDs)**

Patients: An IPA Study

¹Bushra Jabeen, ²Gul Zareen, ³Amina Muazzam, & ⁴Sahira Muzaffar

^{1,2,4}Lahore School of Management, University of Lahore

³Department of Applied Psychology, Lahore College for Women University

The present study intends to investigate the ways of coping among (CVD) cardiovascular diseases patients. This study included 6 participants with (CVD) diagnosed three of them were men and three of them were women. All the participants were interviewed in detail to fulfill the requirements of qualitative research. Semi structured interviews were done. The sample was taken from the Cardiac Department, Civil Hospital Sahiwal, Punjab and Cardiac Department, Ittefaq Hospital Trust Lahore, Punjab. This study was conducted from June 2016 to August 2016. Interviews were analyzed qualitatively. The findings showed that the respondents have employed many methods to cope with the illness. The IPA method was used to analyze. It was found that male patients use more problem focused coping and emotion based coping, whereas the female patients limit their ways of coping and use avoidance, denial, and prefer to cope with their disease alone.

ICP2-098P **Psychological Implications of Single Parent on Adolescents Mental Health**

Nigar Zahra & Abdur Rashid

Department of Psychology, Foundation University, Rawalpindi

The current study was intended to examine the implications of a single parent on adolescents mental health. The sample of the study comprised of two hundreds adolescents with age range between 15 to 25 years. Respondents were approached from different colleges and universities of Rawalpindi/Islamabad by using Purposive and Convenient Sampling Technique. Mental Health Inventory (Khan, 2015) has been used for the assessment of Mental Health. The findings of the study revealed that single father has an insignificant negative relationship with adolescent's mental health whereas single mother has an insignificant positive association with adolescent's mental health.

ICP2-101P **Social Interaction Anxiety as Outcome of Emotional Accumulation in Youn Adults**

Mehreen Malik & Farzana Ashraf

Department of Psychology, COMSATS Institute of Information Technology, Lahore

An emotion when not expressed is the cause of precipitating it and disturbs ones interacting capabilities. In transition from adolescence to adulthood, the greater challenge is to cope up with the emotions. Therefore, young adults are more prone to emotional problems as compared to other age groups. Emotional accumulation is said to be related with social isolation and apprehensions causing a person to be worrying about the other persons thought process about oneself. The aim of the present study is to explore emotional accumulation in relation to social interaction anxiety. A correlational study was structured to test the hypothesis that emotional accumulation predicts social interaction anxiety in students with the consideration of men and women differently. Social Interaction anxiety scale and emotional regulation questionnaire were administered on 120 randomly selected participants and equally distributed in men and women. The findings indicate that emotional accumulation is related to social interaction anxiety. In addition, regression analysis shows that emotional accumulation is a strong predictor of social interaction anxiety for sample of men as compared to women. The current study findings conclude that untreated and unidentified emotional accumulation may develop several mental health problems and emphasize on the timely and well-structured interventions to deal with emotional accumulation and its severe outcome for young adults.

ICP2-126P **Personality Traits and Academic Achievement in University Students**

Arif Nadeem & Ambreen Ejaz

Department of Applied Psychology, Government College University, Faisalabad

The current study was aimed to explore the relationship between big five factors of personality and academic achievement in university students. A sample of 100 (i.e., 50 graduate and 50 undergraduate) students was selected by using stratified sampling technique. Big Five Inventory (BFI) by John and Sarivastava (1999) and Cumulative Grade Point Average (CGPA) of the participants were used to measure big five personality traits and academic achievement respectively. Analysis of the results revealed the significant positive correlation between three personality traits (i.e., agreeableness, openness to experience, and neuroticism,) and academic achievement in university students whereas, significant negative correlation was found between extraversion and academic achievement. Furthermore, it was revealed that graduate students were having significantly higher level of openness to experience, agreeableness, extraversion, conscientiousness, and lower level of neuroticism than that of undergraduate students. Implications of the findings were discussed and recommendations for future research with reference to the indigenous perspective of personality were given.

ICP2-132P **Love Thyself: Self-Compassion Predicts Emotion Regulation and Achievement Motivation in Young Adulthood**

Gull Zareen & Haya Fatimah

Department of Psychology, University of Management & Technology, Lahore

A massive body of empirical research has demonstrated that deficits in emotion regulation can put individuals at risk of mental illness (Kim & Cicchetti, 2010; McLaughlin, Hatzenbuehler, Mennin, & Nolen-Hoeksema, 2011), rendering it an important construct to study. Also, where self-esteem has been studied as a predictor of several psychological disturbances (Juth, Smyth, & Santuzzi), self-compassion is a recent, seldom studied phenomenon which might deliver a better insight into the development of psychopathology. The aim of the present study was to explore self-compassion as a factor associated with psychological outcomes related to both well-being and success, namely, emotion regulation and achievement motivation. We hypothesized that self-compassion will predict both facets of emotion regulation: cognitive reappraisal and expressive suppression, along with achievement motivation in young adults. In this correlational study, 300 students were conveniently sampled from different colleges and universities of Punjab. Participants age ranged from 18 to 22 years ($M = 19.26$, $SD = 1.92$). Self-report questionnaires Emotion Regulation Questionnaire (Gross & John, 2003), Self-Compassion Scale Short Form (Raes, Pommier, Neff, & Van Gucht, 2011), and Achievement Motivation Questionnaire (Ray, 1975) were administered. As hypothesized, self-compassion significantly predicted cognitive reappraisal ($\beta = .217$, $p < .001$), expressive suppression ($\beta = .113$, $p < .05$), achievement motivation ($\beta = .204$, $p < .001$). Interestingly, emotion regulation was significantly associated with achievement motivation. Although the current study implies a relationship between emotion regulation and self-compassion, causal inferences cannot be made based upon this observational study. Future research is suggested to aim to identify other factors that might contribute to emotion regulation, and self-compassion.

ICP2-141P Parenting Styles, Psychosocial Problems and Coping Strategies in Students living in University Hostels

Zarnosh Sarwar & Afsheen Masood

Institute of Applied Psychology, University of the Punjab, Lahore

The current research examined the relationship between parenting styles in the experience of psychosocial adjustment, and the way of coping with the feelings involved. A sample of 100 first-year female university students living in hostels age ranging from 18 to 22 years was selected. It was hypothesized that, there is a relationship between parenting styles, psychosocial problems and coping strategies. The assessment measures used were Parenting Styles Questionnaire by Robinson, Mandlco, Olsen and Hart, (1995), Homesickness Questionnaire by Archer, Ireland, Amos, Broad and Currid (1998) and Adult Homesickness Coping Questionnaire (AHCQ) by van Tilburg, Van Heck and Vingerhoets. All of the questionnaires were translated in to Urdu. Analysis was done by using SPSS 16.0. Pearson product moment correlation was used to find the relationship. Results showed that there was a significant relationship in parenting styles, psychosocial problems and coping strategies.

ICP2-159P Fear of Success and Procrastination in University Students

Zunaira Shafique, Sana Zaheer, & Wajeeha Khalid

Centre for Clinical Psychology, University of Punjab, Lahore

The present study intended to investigate the relationship between Fear of Success and Procrastination in late adolescence and young adults of students of University of the Punjab, Lahore. It was hypothesized that there would likely be a relationship between fear of success and procrastination in university students. The data was collected from the sample of 30 women and 30 men between the ages 17 to 25 years old from the different departments of the University of the Punjab, Lahore. The tools used in the present study to assess fear of success and procrastination were Fear of Success Scale (FOSS) (Zuckerman and Allison, 1976) and the General Procrastination Scale (Lay, 1986). The tools were translated and permission for translation were taken from the original author. The results were obtained using Pearson Correlation and Independent sample t-test analysis. The results of Pearson Correlation showed that there is a weak and negative correlation ($p > .05$) between fear of success and procrastination. The results of the Independent-Samples t-test reveal a significant gender difference in the fear of success ($p = .003$). It was concluded that there is a weak negative relationship between fear of success and procrastination. The present study highlighted the significant gender differences in reporting the fear of success.

ICP2-160P Psycho Social Risk Factors of Heroine Abuse among Young Addicts

Ibtasam Thakur & Mumtaz Akhter

Special Education Department, University of the Punjab, Lahore

The focus of this study is to get insight about the psycho social risk factors of heroin abuse. Data was collected from 50 heroine drug users of Fountain House Lahore and Punjab institute of Mental Health Lahore. The population of the study was distributed in different hospitals of Lahore. But according to the age and type of drug use above mentioned two organizations were selected. Instrument questionnaire 3 point rating scale was developed for this study. Reliability was established on the revised instrument. Data was analyzed with the help of Statistical Package of Social Sciences (SPSS-15) software package. Research design was descriptive and chi-square was used. The findings of the study unfold that psycho social risk factors mainly parent child relationship and peer group affects the young minds and lead them towards heroin abuse. It was recommended that latest information in the area of heroine drug addiction

for further research programs in the area of heroine abuse. It was also recommended Motivational programs and healthy activities should be introduced in schools and in society so that trend towards drug addiction could be avoided. Media should come forward to play role in introducing anti drug education.

ICP2-161P Exploring the Factors and Attitudes Regarding Non-Suicidal Self-Injury among Young Adults

Israh Anwar & Asma Shiraz

Department of Applied Psychology, Bahauddin Zakariya University, Lahore

Non-suicidal self-injury is widespread among young adults. It is often a behavior without verbal expression, seeking relief from a distressed state of mind. This research article reviews the factors that are involved in displaying the behavior pattern of non-suicidal self-injury. It aims to increase the understating of the attitudes, emotions and characteristics predicted in the live hood of the young adults as they self-harm. This qualitative research article involves five participants from both genders (3 female, 2 males), conveniently selected, whose age ranges from 21-30 years. The in depth interview gave insights of the participant's emotions and feelings, depicting that they felt instant joy and relieve from hurting themselves, and that fatal suicidal ideation wasn't the core of such behavior. Description of the data is made by indicating thematic analysis, that are based on the accounts of verbatim responses from the data collected, reporting that the rationale behind the on-going self-injury is to regulate the emotions and to elicit attention. Interpersonal conflicts with friends of opposite gender were very familiar among the respondents, whereas in the course of the interview such a relationship was sensed as a tribulation. Both the genders face similar circumstances when going through the self-injury procedure but the ways to tackle the guilt and penitence differed.

ICP2-162P Relation of Perfectionism and Self-Efficacy among Academic Procrastinators

Israh Anwar & Rabia Butt

Department of Applied Psychology, Bahauddin Zakariya University, Lahore

The focus of this research is to explore the relationship of perfectionism and self-efficacy among the academic procrastinators and the gender difference in the level of procrastination among the graduates and post-graduates students. It was hypothesized that there is likely to be a significant relationship between academic procrastination and perfectionism. It investigated the relationship of Perfectionism with General Self-efficacy among the students. For this purpose Academic procrastination scale (APS), Almost-Perfect scale – Revised (APS-R), General self-efficacy scale (GSE) and a subscale Self-efficacy for learning and performance were administered on 300 students, 150 of each gender. Reliability of the scales for the current study were calculated to be from $\alpha = .95$ to $\alpha = .81$. Results highlighted that a negative significant correlation between academic procrastination and perfectionism exists among the participants, $r(298) = -.148, p = .011$ and there is significant difference at $p < .05$ level in the General Self-efficacy scores for the three different level of academic procrastinators, $F(2, 297) = 5.47, p = .005$. Results of this research would benefit both the students as well as the institution in terms of creating a more flexible time management chart for themselves. The study will also benefit students and other researchers who are keen in exploring the topic in future.

ICP2-167P **Emotion Regulation Strategies and Mental Health Problems in Adolescents**

Tehmina Yasser & Sadia Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current study aimed to explore the phenomenon of emotion regulation and its relation with the mental health problems in adolescents. For this purpose cross sectional research design was used. This research was carried out in series. The total number of participants was 364 (53% boys and 43% girls) with an age range 10-19 years. An indigenous scale was developed for the assessment of emotion regulation, namely Emotion Regulation Questionnaire for Adolescents (ERQA) along with demographic performa, and for mental health problems School Children Problem Scale (SCPS) (Saleem & Mahmood, 2011) was administered. Factor analysis revealed three factors, namely Internalizing, Active Resolution and Distraction. Hierarchical Regression Analysis was run, which showed that the Internalizing factor of ERQA was the positive predictor of the mental health problems and Active Resolution was found to predict mental health problems negatively. Distraction was not found to be the predictor of mental health problems. Gender, sector and attachment styles were also strong predictors of mental health problems. Research results were discussed in terms of clinical and research implication, cultural differences and its impact on the mental health problems of the adolescents.

ICP2-178P **Women Empowerment, Decision Making & their Role in Agricultural Sector: The Case of Village Bahuman, District Sheikhpura, Punjab, Pakistan**

AneeqaSaif, Subah Malik, & Madeeha Nadeem

Lahore College for Women University, Lahore

In Pakistan women work shoulder to shoulder with men in agriculture sector. In this context, this study investigated the phenomena of women's empowerment along with factors considered significant in determining the status and empowerment of the rural women in agriculture in the Village Bahuman, located in District Sheikhpura, Punjab. Furthermore, the study explored the women's status in decision making in agriculture activities, Pakistan. For this purpose, quantitative method was used in this study. Information about demographic and other variables was collected from 100 women aged between 20 to 60 years by using purposive self-constructed questionnaire sampling technique. Data was analyzed by using 'T-test, ANOVA and Correlation. The analyses revealed the impact of demographic variables in the decision making and women's empowerment. While significant relationship was found between women's empowerment, age, farm size as well as between decision making and farm size, whereas negative relationships between decision making and family size were found. The findings suggested that policy makers should design and execute gender sensitized policies to improve the status of women in agriculture.

ICP2-183P **Religiosity Social Support and the Level of Distress in Miscarriage**

Tehreem Arshad & Nayab hafeez

Center for Clinical Psychology, University of the Punjab, Lahore

The present research was conducted to find out the level of distress in women with miscarriage and their difference from women without the miscarriage and its relationship with religious rituals, spiritual and social support. Ex post facto research design was employed. Sampling strategy used in the study was purposive sampling. Sample consisted of 100 participants which were divided in two groups, containing 50 participants each. Both groups were matched on age, education, income level, occupation, family system and the factor of having children and no children. Sample was taken from two different hospitals of Lahore. It was hypothesized that there might be significant difference in level of distress in

miscarrying women as compared to non-miscarrying women. Demographic questionnaire, Religious Activity Scale (RAS: Sitwat, 2005), , Spiritual Support Scale (SSS; Maton, 1989) , Multidimensional Scale of Perceives Social Support (PSSS; Zimet et al., 1988) and Center for Epidemiologic Studies Depression Scale (CES-D; Radloff, 1977) were employed to assess religious activities, beliefs, social support and level of distress in miscarriage. Findings depicted that there was a marked difference in distress of women with miscarriage and women without miscarriage. Further results showed that the relationship of religiosity and social support was not significant with level of distress while social support was significantly related with level of distress. It indicates that social support should be increased in order to diminish level of distress in miscarrying women.

ICP2-190P Social Adjustment and Coping Strategies in Hostel living and Day Scholar University Students

Zahid Mahmood & Hifza Muzammal

Institute of Clinical Psychology, University of Management and Technology, Lahore

The current study was aimed to determine the difference of social adjustment issues and coping strategies of hostel living and day scholar university students, for this purpose cross sectional research design was used. Total participants were 320 BS (in which $n=160$ hostel living and $n=160$ day scholars), with age range of 18 to 24 years ($M=20.13$, $SD=1.38$). Three measures were used namely as Attachment Questionnaire for Adult (AQA), COPE Scale (CS) and an indigenous tool Social Adjustment Scale (SAS). Result found that significant difference on adjustment problem of the hostel living and day scholar students as hostel living students face more isolation and lack of facilities than the day scholars and there was no differences in coping expect Seeking Help is more use by the hostel living students. Results were discussed in terms of Clinical and research implication of social adjustment and coping strategies of university students.

ICP2-192P Exploring Cultural Differences in Deviance: A Qualitative Study

Saleha Bibi & Tanvir Akhthar

Foundation University Rawalpindi Campus

Deviance like many other psychological construct has huge cultural variations. Deviance vary dramatically across cultures. Cultural norms are relative, which makes deviant behavior relative as well. Deviance is described as actions or behaviors that violate formal and informal cultural norms so every culture have different definition of deviant behaviour. The aim of the present study was to explore cultural difference in deviant behaviours, to investigate in which kind of deviant behaviours Pakistani people are more involved and to explore the causal factors of involvement in deviant behaviours in Pakistani context. Data collection method of present study was focus group interviews which come under qualitative research paradigm. Researcher used structured interview guideline while conducting focus groups. The role of moderator in focus group discussion was minimal to get unbiased results. Members of the focus group were from different areas of the study. Focus groups were homogenous in nature (with regard to age, educational level and social economic status). During analysis of the focus group discussions, different themes were generated. Categories having same responses were formed and common themes were dig out from focus group discussion. Results of the study support the previous literature by showing that there exist huge cultures differences in deviance and every culture has its own standards for deviant behaviours. Furthermore our study have concluded based on the focus group discussions that Pakistani adolescents are more involved in these kinds of deviant behaviour including disobeying teachers, playing truant, physical aggression, sexual promiscuity, substance abuse, stealing,

house breaking, running away from homes, hunting or killing an animal for food or sport, smoking, selling illicit drugs, cheating on an exam, cheating on taxes, watching a pornographic movie, shoplifting, homicide, suicide, theft and robbery. Causal factors of deviant behaviour which our study found are poverty, communication problems with family, lack of social support, genetic influences, peer pressures, media, poor parenting, emotional instability and low self esteem. Our study has clinical, community and forensic implications. Our study is supporting theoretical and conceptual foundations of deviant behaviours and pointing out the dare need for taking initiatives on personal and government level for controlling the outgrowing number of antisocial people in our Society.

ICP2-200P Working Women and Time Management

Zill e huma & Asma Shiraz

Department of Applied Psychology, Bahauddin Zakariya University, Lahore

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 is made by indicating thematic analysis that are based on the accounts of variation of responses from the data collected. Shared responsibilities was very familiar among these women, where the support of family is linked to diminished work – family conflict. Working hours 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.

ICP2-226P How Does Electronic Media Impact Violence and Victimization in Offenders? A Self Perceived View

¹Havaida Munir & ²Farzana Ashraf

¹*National Institute of Psychology, Quaid e Azam University, Islamabad*

²*Department of Psychology, COMSATS Institute of Information Technology, Lahore*

Diversity of communication sources such as electronic media play significant role in reducing the distance and make world as a global village. There are many benefits of electronic media but it also carries some negative impact on human behavior. The purpose of the present study is to examine the impact of electronic media content on victimization and violent behavior in offenders. Effect of electronic media content is hypothesized to correlate with victimization and violent behavior and a predictor of victimization and violent behavior in offenders. Further victimization is likely to be predictor of violent behavior and that media content is likely to differently correlate with victimization and violent behavior in offenders from urban and rural areas. Sample of this study consists of 112 male offenders recruited from district jail Gujrat and administered adapted and translated versions of Violent History Questionnaire (McGrawan, 2005) and Victimization Scale (Orpinas, 1993). In the present study, obtained

data is statistically analyzed by Pearson Product Moment Correlation Analysis and Regression Analysis. Findings of present study reveal that those who watch more romantic comedy and violent content are more prone to be victimized by their peer offenders and victimization is associated with violent behavior. By concluding this research, in current situation media content leaves a negative impact on offenders by developing victimization and violent behavior which affect the overall wellbeing of offenders. In increasing ratio of crime in Pakistan, findings of current study can help to make strategies to bring stability in society.

ICP2-227P They Call Me Stubborn: I Feel Being Misunderstood

Sajjad Hussain & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

U.B was 10 years old boy referred by his class teacher for assessment and management of his problems such as hitting, beating other children, lack of Speech (use only non-verbal cues), stubborn and noncompliant. Initially the child was assessed through behavioral observation, clinical interview and Portage Guide to Early Education (PGEE). The overall discrepancy was 9-10 years on PGEE. Observation revealed that child had unusual features as child had flattened nose, protruding tongue, slanted eyes, small inward hands and small height which shows that child had Down syndrome and Intellectual Disability. The goals were selected according to the need of the child i.e. to reduce stubbornness; increase the compliance, recognition of colors and greeting to others. Management was done with differential reinforcement, modeling, and chaining, prompting, and fading techniques of behavior modification. Total 10 sessions was conducted with child and post assessment indicated 60 % change in the child on the basis of goals achieved. Some of the limitations were faced during the therapeutic process i.e. distracting environment as well as the poor follow up of sessions.

ICP2-228P Yes, it's Very Easy to Complain, but it's Really Hard to Say Thanks

Mehwish Iqbal & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

This is a case of 17 years old girl S.A from 9th grade, who used to be quite in class but had spark in her eyes to become a gem of success. Her teacher disclosed that she was very hard working student but still her performance was not up to mark because there might be some issues regarding home environment. However, the client reported that she wanted to be higher achiever and for this purpose she was struggling hard but some events made her psychologically distress. So, the multiple assessment modalities which results showed that the client had inferiority complex that she would never be a loveable person at home. The client was discounting the positives regarding her family and had rigid irrational beliefs like no one cares about me. The present case is conceptualized using the Alfred Adler's theory of inferiority complex. Sessions goals were elicited which includes solution focused therapy, miracle questioning to reduce emotional and behavioral problems; learning ladder, study skills, rehearsal and time management for academic achievement, the role rehearsal and letter writing to mother was used. Management outcome was found to be favorable.

ICP2-231P Intellectual Disability; Causes, Comorbidities and Treatment

Sadia Haq & Talat Sohail

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

Intellectual disability is a disorder with onset during the developmental period that includes both intellectual and adaptive functioning deficits in conceptual, social and practical domains. The aim of the present study was to understand the physical and behavioral issues faced by mentally retarded children and to provide assistance to their parents to learn specific skills to deal with their child's problematic behaviors. The data was collected from Amin Maktab; an institute working for the well being of intellectually disable children. Five short cases and two long cases of mild mental retardation were taken as a sample. A history form used by Amin Maktab was considered to take information regarding presenting complaints, history of illness, developmental milestones and temper tantrums etc. Long cases were further assessed through Portage Guide to Early Education. On the basis of specific problems, mothers were provided with counseling that merely focused on management of problematic behaviors, learning of self help skills and development of fine and gross motor skills.

ICP2-238P Traits of Recovery Officers and Attributes of Chronic Loan Defaulters

Muhammad Atif & Kashif Fida

Department of Psychology, Government College University, Lahore

The present research aimed to explore the traits of recovery officers and attributes of chronic loan defaulters. The purpose of the study was to measure and identify the personality traits, emotional intelligence, communication styles and religiosity of recovery officers, chronic loan defaulters and loan payers. The study also aimed to find out and have purpose to develop different models to predict the traits and attributes of successful recovery officers, chronic loan defaulters, loan payers and compliance among loan takers. The sample was consisting of total two hundred and fifty participants (N=250) from which 125 (50%) recovery officers, 60 (24%) chronic loan defaulters and 65 (26%) loan payers from different banks and areas of Faisalabad city of Pakistan were participated in current study. The purposive sampling technique was used to collect data and information. Therefore, four standardized measurement tools Big Five Inventory - BFI-10 (Rammstedt & John, 2007), Trait Emotional Intelligence Questionnaire - Short Form - TEIQue-SF (Petrides & Furnham, 2001), Communication Style Survey (Douglas, 1998), Quest Religiosity Orientation Scale - Quest Scale (Batson & Schoenrade, 1991) and self-constructed Demographic Questionnaire, self-constructed Open ended Questionnaire were administered on all participants. The descriptive, correlation and ANOVA were applied to find out the statistical significance of the results. The results of this study concluded that recovery officers, chronic loan defaulters and loan payers have high scores on personality traits like extraversion, agreeableness, conscientiousness, and openness, emotional intelligence like well-being, self-control, emotionality and sociability, communication styles like director, expresser, thinker and harmonizer. They have low scores on religiosity and subscales of religiosity. Only loan payers have high score on subscale of religiosity like self-criticism and perception of religious doubt as positive. The traits can be overlap and variation is different. All variables interlink with each other on some extent and significance difference also exist between them.

ICP2-262P A Comparative Analysis of Stress and Personal Identity among Teenagers and Adults

Umi-e-Mariyam, Ruqia Safdar Bajwa, Iram Batool & Umi-e-Habiba

Department of Applied Psychology, Bahauddin Zakariya University, Multan

The present research was conducted to measure the level of stress and to explore the personal identity among teenagers and adults. It was further aimed to explore the gender differences on level of stress and personal identity. The sample consisted of 200 participants out of which 100 were teenagers and 100 were adults. The sample was taken from different educational institutes. Two close ended questionnaires were used, perceived stress scale to measure level of stress and Erikson identity scale to investigate sense of personal identity. The result concluded that stress among adults is higher than teenagers. Gender wise analysis revealed that females have more stress as compared to males and females. Negative impact on identity was also found.

ICP2-265P Relationship between Achievement Goals, Academic Locus of Control and Academic Achievement

Sundas Anjum & Arooj Mujeeb

National Institute of Psychology, Quaid-i-Azam University, Islamabad

The present study examined the relationship between achievement goals, academic locus of control and academic achievement among university students. Relationship of demographics with achievement goal and academic locus of control were also analyzed. Data was collected from public universities. The sample comprised of 300 university students, 150 males and 150 females. Trice Academic locus of control scale (Trice, 1985) and achievement goals questionnaire (Murayama, 2008) were used to assess academic locus of control and achievement related goals among university students. Academic achievement of students was taken in the form of original GPA. Results indicated that mastery approach goals were positively related to internal academic locus of control while performance avoidance goals were positively related to external academic locus of control. Students with higher academic achievement had internal academic locus of control while students with lower academic achievement had higher external locus of control. Gender differences were also observed in achievement and academic locus of control with females having more internal locus of control and adopting mastery goal orientation. Results and implications of the study were further discussed.

ICP2-295P I Am Not Me, I Am What People Have Made Me

Nosheen & Maheen Saleem

Institute of Clinical Psychology, University of Management and Technology, Lahore

Anger is an intense, uncomfortable emotional response to a perceived provocation, hurt or threat. Anger can occur when a person feels their personal boundaries are being or going to be violated (Videbeck, Sheila 2006). The male's spirit is lively, given to violent impulse it is slow getting angry and slower being calmed (Peter Albano, 2005). This case is of a 30 years old male with presenting complaints of being aggressive, relationship problems with family and at work place with his colleagues, shouting behaviour with family and lack of socialization and sharing. Assessment was carried out by behavioural observation, clinical interviews, subjective rating, mental state examination and self-report measure of anger which showed that the client was with anger issues and his unhealthy expression of anger was damaging his personal and occupational life at broader level. It was revealed that client's helplessness over being treated as an arrogant and dull minded person and imposing decisions on him leads him towards anger. Moreover communication gap and conflicted relationship with family and father further triggered his

problem and created feelings of anger, inferiority and low self-esteem in him and made him vulnerable for psychological stress. Management plan was tailored comprising of rapport building, anger management, sharing to enhance socialization, ABC model, anger cycle, deep breathing, cost and benefit analysis of anger, distraction techniques, role play, assertive training and restructuring of anger thoughts through triple column technique. Total ten therapeutic sessions were conducted and significant improvement was observed in client's complaints.

ICP2-298P Excessive Motivation: A Drive towards Learning

M. Ali Jawad & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

This was a case of the child R.U, 13 years old boy referred with complaints like unable to pay attention on class work and used to disturb others. Psychological assessment was based on Behavioural Observation, Clinical Interview, Portage Guide to Early Education (PGEE) and Baseline Charts. Assessment results revealed that child was hyperactive, had poor attention span and eye-hand coordination. Overall discrepancy was 8-9 years from his chronological age on PGEE. Individualized training program was devised according to the child's needs and strengths. Management was done by using behavioural modification techniques like differential reinforcement, shaping, chaining, prompting and fading. The goals for the therapeutic sessions of the child were tuck in shirt, to increase attention span, improve pencil grip and colouring within the lines. The post management assessment revealed the child's significant improvement on goals. Total 12 sessions were conducted and there were also some limitations in the case such as the parents were not available to provide the necessary details regarding child's problem.

ICP2-301P A Comparative Study of Big Five Personality Traits and Test Anxiety among Medical and Engineering Students

Tayyba Iqbal & Aliyha Ghumman

Department of Psychology, University of Gujrat

The present study was aimed to compare the difference of Big-Five Personality traits and Test anxiety among Students of Engineering and Medical Sciences, Moreover the relationship between Big-Five Personality Traits and Test Anxiety was also assessed. All the students from the faculties of Engineering and Medical sciences were the part of population. A sample of 200 students was drawn by using Stratified proportionate random sampling technique including 100 students from faculty of Medical sciences and 100 students from faculty of Engineering. Big Five Inventory (BFI, John, Donahue & Kentle, 1991) was used to measure Big-Five Personality traits and Westside Test Anxiety Scale (Driscoll, 2007) was used to assess test anxiety of the students. Data were collected through questionnaires. Independent sample t-test was used to find out the difference of Big-Five Personality Traits and Test Anxiety with respect to the faculties of Engineering and Medical Sciences. Pearson Product Moment Correlation Coefficient was employed to find out the relationship between Big-Five personality traits and test anxiety of the respondents. A significant difference was explored on Agreeableness with respect to faculty and gender, whereas there was no difference on other Personality Traits. A significant negative relationship was assessed between Extraversion, Conscientiousness, and Test Anxiety, while a significant positive relationship was explored between Neuroticism and Test Anxiety of Respondents.

ICP2-310P **Nerves and Butterflies are Fine**

Sonia Mukhtar & Fatima Naeem

Institute of Clinical Psychology, University of Management and Technology, Lahore

M.S was 23 years old female was self-referred client taken from T.S Government College for the psychological assessment and management of lacking self-confidence, feeling afraid of talking to boys and in a group. Assessment modalities include behavioral observation (Gibson & Mitchell, 2006), structured and semi-structured interview (Gladding, 2009), Subjective Rating of the problems (Joseph, 1969), Functional Behavior Assessment (Martin & Pear, 1992), Student Problem Checklist (SPCL, Saleem & Mahmood, 2011), Self-Esteem Scale for Adults (SES, Zafar, Saleem & Mahmood, 2012) and Draw-a-Person test (Gilbert, 1980). In 8 sessions various intervention strategies were used including rapport building, diaphragmatic breathing, progressive muscle relaxation, Psychoeducation, homework, behavioral experiment, working on polarities, role play and role reversal, behavioral rehearsal, social skills training, gradual exposure to feared situation exercises, and built self-esteem. Outcome indicated 40% increase in confidence, 40% decrease fear of talking to boys and 40% decrease in fear of talking in a group in post subjective rating of the client.

ICP2-331P **Expression at Appropriate Times is Necessary before it turns to Conversion**

Mehwish Nasreen & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

Conversion disorder is the most common disorder in Pakistan and mostly prevalent in women because women in our culture are mostly suppressed, they cannot express their feelings and desires and are dependent on others for their happiness so the suppressed desires, feelings and stress manifest in the form of bodily complaints. A female client of age 42 years were referred to the trainee clinical psychologist with the presenting complaints of speech problem, physical complaints (e.g. pain in shoulders and back bone). The assessment of the client was completed with behavioral observation, clinical interview and baseline charts. Assessment results showed that client was having conversion disorder with depressive feature. The goals of the management were rapport building, psych-education to the client and family, stress management, communication skills training and cognitive restructuring of her self-defeating thoughts. The outcome showed that bodily symptoms of the client was improved 40%, speech was improved 100%, stress was reduced to 30% and frequency of convulsion attacks was decreased 40%.

ICP2-334P **Perception of Men Regarding the Protection of Women against Violence Bill 2016**

Waliya Zaffar, Farah Shahbaz & Haya Fatimah

Department of Psychology, University of Management and Technology, Lahore

In order to protect women from acts of violence, the government of Pakistan has issued a bill outlining the penalty for wife battering, a bill that has been widely opposed. The psychological factors influencing the perception might include domestic violence myth acceptance and sexist attitudes in general. The objective of this study was to examine if underlying hostile and benevolent sexist attitudes influenced men's perception towards this bill, and if they feel that the male community is being discriminated against. Furthermore, we examined if domestic violence myth acceptance was associated with sexist beliefs, and perception of the bill. Seventy married men were selected using purposive and snowball sampling. Self-report data were collected on the following psychometrically strong scales: Ambivalent Sexism Inventory (ASI; Glick, & Fiske, 1996); Domestic Violence Myth Acceptance Scale (DVMAS; Peters, 2003). To measure the perception towards the bill, we added one question about the extent to which they agree with it, and the responses were recorded on a 6-point Likert format. Against our

expectation, agreeing with bill was not negatively related to domestic violence myth acceptance ($r=.125, p=.30$), or hostile sexism ($r=.228, p=.058$), but had a marginal positive relation with benevolent ($r=.238, p=.047$). Intuitively, among the facets of domestic violence myth acceptance, character blaming correlates positively with the perceived minimization of domestic violence incidence ($r=.858, p<.001$), and behavioral ($r=.276, p=.02$). More interestingly, hostile sexism was significantly correlated with character blaming ($r=.246, p=.04$). Benevolent sexism was associated with positive perception towards the bill, but hostile sexism did not have an association. Hostile sexism was related with character blaming and behavior blaming in the context of domestic violence.

ICP2-340P My Mistakes Reflect My Efforts

Pakeeza Tanveer & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

S.A was a 13 years old boy. He was referred with the complains of motor and speech problem. Different assessment modalities were used like behavioral observation, Teacher and Mother's clinical interview and mother and Portage Guide to Early Education (PGEE). History and results of PGEE revealed major deficits in language area and this deficit eventually had drastic effects on the child's overall functioning. Discrepancy between child's chronological and functional age was found to be 12-13 years on PGEE. Therapy goals were made keeping in view the pre-requisites that were already present e.g. developed learning readiness skills. He was taught to write his name and phone number through chaining. His hygiene was maintained through prompts and fading and fine motor skills and social skills were enhanced through different activities and by giving reminders. The child was reinforced to generalize these skills with his peers and siblings. The child showed positive outcome and learned to write his name and phone number, his hygiene was improved and social skills were enhanced. Total 11 sessions were conducted with him.

ICP2-344P Cheer My World with Visual Learning instead of Language Apprehension"

Hajra Amin & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

This is the case of 8 years old boy referred with the complaints that he had no speech, hyperactive and unresponsive. Child was assessed through Behavioral Observation, Clinical Interview and Portage Guide to Early Education (PGEE). The assessment procedure revealed that the child had undeveloped Learning Readiness Skills and had severely autistic features as he was unaware by his surroundings and took minimal initiative to interact with other people and has some minor peculiarities such as clumsiness, repetitive movement like hand flapping and poor coordination as well as poor on seat behavior and eye contact which affects the child's personal, social and educational communication. The main focus on the management plan was to increase the attention span, develop on seat behavior and to establish eye contact with the help of behavioral techniques like prompting, differential reinforcement and physical restraint. It was done on the basis of 8 sessions and the child showed significant improvement in goals.

ICP2-345P **Things which were not Mine, Became My Identification**

Ushna Farrukh & Ali Jawad Raza

Institute of Clinical Psychology, University of Management and Technology, Lahore

Special needs children have associated problems which are often miss interpreted by teachers and parents this case study has raised a similar issue. M.F. was 14 years old boy studying in a Special education centre. The child was referred by his class teacher for assessment and management with the complaints of difficulty in learning (reading and memorizing), teasing behaviour with other children and had sexual problem. Multiple assessment techniques were used including behavioural observation, clinical interview, Portage Guide to Early Education (PGEE) and Memory for Design (MFD). Behavioural observation revealed client's appearance, Developmental delays were reported by his mother in clinical interview and his teacher reported about educational history and class performance of the child. Overall assessment results revealed that speech problem, difficulty to memorizing the lessons and developmental delays as discrepancy between his functional and chronological age was 9-10 years. The score was found above than 7 on MFD. Sexual and teasing behaviours was not observed in sessions and the child was bullied from his teacher; she beat and scold the child as it was observed that she used to harassed the child by repeating his sexual activities in front of him and said to him he was a bad boy. Case formulation was done according to the bio, psycho social model and the child was hypothesized to be with intellectual disability. The management was completed through rapport building, psychoeducation and behaviour modification techniques. The goal of therapy was to build rapport with the client through playing activities, psycho-educate to his teacher, saying salam through prompting and positive reinforcement, recognition of blue colour through chaining and identification of own name through chaining. Total 12 sessions was conducted with child and goals were achieved more than 80% to 90 % but some limitations were faced like there were no proper sitting arrangements for conducting the session.

ICP2-348P **The Effects of Cognitive Behavior Interventions on the Management of Pain of Cancer Patients**

Saadia Qadeer & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The research was conducted to assess the effects of cognitive behavior interventions on the management of pain of cancer patients. For this purpose clinical training program for cancer patients was developed, and described in manual, consisted on psycho education, guided imagery and progressive muscles relaxation technique. The sample of 45 of cancer patients (16 male and 29 female) was selected from two government hospitals, Mayo Hospital, and Institute of Nuclear Medicine and Oncology, in city of Lahore with convenience sampling technique. The data of research was collected by three indigenous scales Brief Pain Symptoms (BPS), Pain Symptoms Scale (PSS) and Pre/Post-Pain Rating Scale (PRS) developed by researcher to measure the nature of pain, pain related problems and pre and post treatment of pain. The SPSS version 16.0 was used and the results by Descriptive Statistic Mean and Standard Deviation indicated to the effectiveness of cognitive behavior interventions that were very helpful in the pain management of cancer patients. The results by Wilcoxon Paired t- test indicated that cognitive behavior interventions were effective in pre and post treatment pain in female cancer patients rather. The gender differences were exposed on BPS and PSS (Qadeer & Mahmood, 2014) by Kruskal Wallis Test.

ICP2-355P Self Deception, Self Esteem and Life Satisfaction in University Students

Wardah Rehman, Noor-ul-Huda, Amna Riaz, Tayyaba Ali, & Sheeba Saeed

Department of Applied Psychology, Government College Township, Lahore

The present research was conducted to explore the relationship between Self Deception (Self Deceptive Denial, Self Deceptive Enhancement, and Impression Management), Self Esteem and Life Satisfaction in the University students. Correlational research design was used in the study. Convenient sampling strategy was used to select the sample. Sample of 150 students was taken from the two Universities of Lahore. Self-deception Scale (Paulhus, 1991), Self Esteem Scale (Rosenberg, 1973) and Life Satisfaction Scale (Diener & Emmons, 1985) were used to measure the Self Deception, Self Esteem and Life Satisfaction respectively. Results of Pearson product moment correlation indicated negative relation between Self-deceptive denial, self-deceptive enhancement, self-esteem and life satisfaction, whereas impression management is found to have positive relationship with self-esteem and life satisfaction. Results of mediation model, when tested through AMOS, self-esteem is found to have mediating relation between self-deceptive denial, self-deceptive enhancement and life satisfaction. Self-esteem did not mediate the relation of impression management and life satisfaction. It was concluded that self-deception links to self-esteem and life satisfaction. The frequent use of negative deception may reduce the life satisfaction through self-esteem.

ICP2-361P To Heal a Wound you Need to Stop Touching it

Sana Fatima & Umaiza Bashir

Institute of Clinical Psychology, University of Management and Technology, Lahore

The present case study was of a 25 years old male. He was brought to the psychiatry ward with complaints of auditory hallucinations, addiction, restlessness and sleep problems. He was assessed through Behaviour Observation, Clinical Interview with client and Family, Mental Status Examination, Visual Analogue Rating and Thought Diary was used to determine the functional analysis of the problem. Assessment results revealed that client had drug induced psychosis. To manage his problem therapeutic work was done in which main goal was psycho education about the problem, relaxation techniques and cost benefit analysis of drugs, craving management and warning signs and symptoms identification was done as well as cognitive therapy for the commanding hallucination was also used. Assertive training was taught for the relapse for long term effect of management plan. Total 9 sessions were conducted in which client showed marked improvement and decreased the intensity or severity of problems.

ICP2-365P Motivation: The Core Component to Enhance Abilities

Ayesha Amin & Ali Jawad Raza

Institute of Clinical Psychology, University of Management and Technology

Hemiplegia in children is a type of Cerebral Palsy that results from damage to the part (hemisphere) of the brain that controls muscle movements. This damage may occur before, during or shortly after birth, means a weakness on one side of the body. A.U has difficulty in left side of his body that become the case of child inability or difficulty in fine and gross motor skill therefore he find difficulty in pencil holding and walking. On the other hand the development delay of child leads him to delay in speech and cognitive therefore the child has problem in understanding and interaction although child was very motivated. He was referred with the complaints of having difficulty in attention and concentration, and in fine and gross motor skill, unable to maintain eye contact, take excessive time in class activities and his speech was not clear. Assessment was completed through Behavioral Observation, Clinical Interview, Daily Performance Record and Portage Guide to Early Education. Assessment revealed that client has

inappropriate eye-hand coordination, poor attention span, unclear speech and difficulty in fine and gross motor skills and overall discrepancy was 7-8 years from his chronological age on PGEE. There were 11 sessions conducted with child, individualized training program was devised according to the child's needs and strengths. Different strategies of behavior therapy were used i.e. prompting and fading to improve pencil grip, compliant behavior and improve eye hand coordination while group activity to enhance interaction with others. The post management assessment indicated significant improvement in child. For future recommendations parent-psychologist collaboration was found to be a key of effective management.

ICP2-367P Turning Intentions into Actions: A CBT Based Case Study

Sana Daud & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

Personal relationships are central to human beings and establishing these relations is an inborn component of human nature. Intimate relationships are most prevalent part of human experiences (Guerrero, Anderson & Afifi, 2011). Most self-referred adults with relationship issues report intimate relationship issues that hinder their life goals and achievements. Seeing as the psychosocial treatment for adult having intimate relationship issues that intervenes at the level of self-regulation, cognitive and behavioral issues, it is important that interventions directly target these implementation problems. The goal of this case study is to discuss a 23-year-old boy who has difficulty in maintaining the relationships, decision making and academic issues. This case highlights the importance of understanding the relationship from the client's perspective emphasizing no judgment and clarifying the client's choices and the consequences of his choices. In particular cognitive-behavioral therapy approach that emphasizes implementation strategies designed to help adults with follow-through on their plans is illustrated.

ICP2-374P The Use of Technology in Treatment of Selective Mutism: A Case Study of Silent Sufferer with Intellectual Disability

Syeda Namrah Mahmood & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology, Lahore

Selective Mutism (SM) is a rare type of anxiety disorder that is mostly found in children. The management of SM and its associated features (e.g., social anxiety, social skills deficits) are often challenging due to its complex etiological factors. The study presents a case of 12-year-old female with SM and comorbid Intellectual Disability. Only few noted treatment modalities are available for SM among which stimulus fading and play therapy are considered most effective. Initially, traditional interventional activities of stimulus fading and play therapy were employed that gave minimal or almost no improvement in speech. Reconceptualization of the management plan led to the incorporation of activities using tasks requiring vocalization but engage children in reinforcing game-like activities may shift direct focus away from speaking, which in turn could decrease social anxiety and allow speech to occur. Android applications such as Talking Tom were used to execute Play therapy along with graduated exposure following Stimulus Fading that gave remarkable results. The study favored the use of modern technology in conjunction with traditional behavioral interventions. This will offer an appealing and flexible package by which to effectively apply behavioral interventions in this population, and should be considered for use in future interventions.

ICP2-376P Relationship between Rejection Sensitivity, Self-Esteem and Social Anxiety among Young Adults

Khalid Mehmood Bhatti & Aamnah Mustafa

Department of Applied Psychology, Government College University, Faisalabad

The current study was conducted to investigate the Relationship between Rejection Sensitivity, Self-Esteem and Social Anxiety among Young Adults. A sample of 160 participants (80 males; 80 females) was collected from Faisalabad through convenient sampling technique. Adult - Rejection Sensitivity Questionnaire (Downey & Feldman, 1996), Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Social Interaction Anxiety Scale (Mattick & Clarke, 1998) were used for data collection which measure Rejection Sensitivity, Self-Esteem and Social Anxiety among Young Adults and the results were analyzed through SPSS 20 using Pearson Product Moment Correlation, Regression Analysis, Independent Sample t-test and ANOVA. Result of the Pearson Product Moment correlation shown the significant negative correlation between Rejection Sensitivity and Self-Esteem ($r = -.179, p < .05$) while no significant relationship was found between Rejection Sensitivity and Self-esteem as well as Self-Esteem and Social Anxiety. Further analysis shown that demographic variables (gender, age, socioeconomic status) predict 17% Rejection Sensitivity while Self-esteem predicts 3.9% ($p < .05$) meanwhile Self-Esteem played no significant role in prediction of Social Anxiety. T-test analysis shown no significant difference between males and females on Rejection Sensitivity, Self-Esteem and Social Anxiety while according to the results, adults of first age group (18-22 years) obtained higher scores on Self-Esteem as compared to second age group while no significant difference was found on the scores of Rejection Sensitivity and Social Anxiety among young adults.

ICP2-378P The Words They Say Make Bruises That Don't Fade Away

Sadaf Farooq & Sara Subhan

Institute of Clinical Psychology, University of Management and Technology, Lahore

Parents and teachers play an important role in child's every aspect of life and in better mental health. The following case is a reflection of this; a 12 years old girl was referred by her teacher with the presenting complaints of declined academic performance and upset during class room. The child was assessed at different levels using Behavioral Observation, Counseling Interview, Subjective rating of the problem, Paired Associate Learning test, and Draw a Kinetic family. The results revealed that the child is facing issues at her home due to this her academic performance was affected and the child was complaining other issue related to her studies like difficulty in learning history subject and difficulty in reading English large words. The bio-psycho-socio factors were interfering her academic performance, communication and relation with her family and her personality. To manage the child's mental health issues effectively, Cognitive Behavior Therapy and Solution focus therapy was employed. Total 09 sessions were conducted and on the basis of pre and post assessment, the outcome was that her issue decreased 60%.

ICP2-381P Old Age a Burden in Disguise

Arooj Nazir & Faiza Mukhtar

Clinical Psychology Unit, Government College University Lahore

The concept of respect and honor is associated with the obedience of older generation in Asian countries. In contrast insults, defiance and lack of understanding from younger generation leads to older generation to reevaluate their life. Similarly a case of 65 years old man was reported to have shown symptoms of weak heart, headaches, dizziness, change in voice tone, weak eyesight, indigestion along with weight loss, weakness and lethargic feelings, disturbed sleep, and helplessness. The client was assessed through

Behavioral Observation, Clinical interview, Mental Status Examination, Dysfunctional Thought Record Form, Beck Depression inventory(Beck,1988) and Pre and Post Subjective Ratings of client. The client diagnosed as having major depressive disorder. The management strategies focused on relaxation, removing cognitive errors and induced pleasure activities to help the client reevaluate his life with positive attitude. Lastly therapy blueprint was given to the client to help him eliminating the chance of relapse and practice the management techniques taught in sessions. Overall, the prognosis was good. Total number of sessions was 13. The overall outcome of was 11 % reduction in presenting complaints.

ICP2-389P A Case Study of a Down syndrome Child

¹Shehnaz Akhter & ²Farzana Razi

¹Bahauddin Zakariya University ²Amin Maktab

A child S.A of 5 years, 2nd born among 3 siblings with features of slanted eyes, flat face and head, small hand and fingers was referred to the trainee clinical psychologist with complaints of stubbornness and speech problem. Multiple assessment techniques such as behavioral observation, clinical interview, perceived rating of the symptoms, baseline chart and Portage Guide to Early Education were used. Behavioral observation revealed that child's different appearance and non-cooperative attitude. Developmental delays and physical issues were reported in clinical interview. The overall age discrepancy on PGEE was 2 years and baseline charts were maintained to record child's stubborn behavior. After conducting in-depth psychological assessment, the child was hypothesized to be with Down syndrome. The behavior modification techniques such as prompting, reinforcement, DR and backward chaining were used. Management goals were selected from the results of assessment and according to the needs. The goals included rapport building with the child, psycho education, improving child's attention span, stubbornness, pasting, putting on socks and saying salam. Twelve sessions were conducted with the child and goals such as improvement in child's attention span and on seat behavior from 5 seconds to 10 minutes, pasting of 7-8 patches, says salam to others on asking, puts on socks and follows instructions were achieved but some limitations were faced like there was no proper sitting arrangements for conducting the session.

ICP2-402P Level of Sensation Seeking and Self Esteem among University Student

Javed Iqbal & Zahid Mahmood

Institute of Clinical Psychology, University of Management and Technology, Lahore

The University population very important part of our society, because it our future generation and young generation which will lead the society. The aim of this study is to investigate the relationship between sensation seeking and self esteem among university student. The cross sectional research design was used in this study. This study was conducted in government and private sector universities of the Faisalabad and Lahore. Stratified random sampling strategy was used to divide the data in to two sections and divide the two categories governments and privates. The sample was consisted on the 250 participants only males, (50%) from the public sector and (50%) from the private sector, BS honors, student with the age range from the 18 year to 25 (M 21.22, SD 1.68) years old were selected. The indigenous scale Sensation Scale for University Students (SS) (Iqbal, 2013) was used to measure the level of the Sensation Seeking and Self-esteem Scale for University Students (SES) (Saleem, & Mahmood, 2011). was used to measure the level of the Self-esteem of the universities' students. The result showed that significance negative correlation between sensation seeking and self esteem among university student. Results are discussed in the light of practical implication and suggestions for student counseling according to the specific cultural context of Pakistan.

ICP2-404P Impact of Parenting Style on Child's Emotional & Behavioral Problems: A Case Study of Children Studying in Government and Private School of Bahawalnagar
 Muhammad Bilal & Virdah Iram Gull

Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar

Parenting style has been studied for years (Demo & Cox 2000) and scholars reported that parenting style has an enormous effect on children's emotions and behaviours (Lee, Daniels & Kissinger, 2006). Therefore, the focus of this current study is to explore the effect of parental acceptance and behaviour on the development of child's emotion and behaviour. Another purpose of this study was to examine the association of parenting styles with children's scores on a measure of emotional and behavioural difficulties. Systematic random sampling technique was incorporated to collect the data from hundred school students which were selected from ten different Government and Private Schools of district Bahawalnagar. The demographic questionnaire, Parenting Style Index by Steinberg, Darling, Mounts, and Dornbusch (1992) to assess parenting style, and a test to assess children's emotional and behavioral problems devised by Goodman, Meltzer, and Bailey (1998) was used in the current cross sectional study. Results were calculated by using Pearson correlation and Regression analysis on SPSS 21. Findings revealed that greater the acceptance parents showed towards children the lower would be the emotional and behavioral difficulties in the children. Thus, parental acceptance is positively correlated with low behavioral problems in children. Authoritative parenting, which includes high behavioral control and high acceptance, has been found to be the most effective parenting style leading to the healthiest outcomes for children and thus the lowest difficulties score.

ICP2-405P Substance Use Disorder: Substance Dependence
 Virdah Iram Gull

Department of Applied Psychology, The Islamia University of Bahawalpur, Bahawalnagar

Nicotine is an addictive drug which causes mood-altering changes in the brain which are temporarily pleasing, making people want to use it more and more. The client was 28 years old, belonged to middle socioeconomic background. He was referred with the presenting complaints of tobacco consumption. Total 11 therapeutic consecutive sessions were focused on assessment and case formulation. Clinical interview, behavioral observation, mental status examination, subjective rating of presenting complaints and Baseline readings were taken on problem areas. The Depression Anxiety Stress Scale (DASS) was also used to measure the level of depression, anxiety and depression so that differential diagnosis is done. In later sessions therapeutic interventions to the client were introduced through psycho-education was used to give psychological information to the client about his nicotine dependence. Imagery relaxation exercises i.e., deep Breathing, relaxation exercise (Jacobson, 1929), were incorporated to make him understand the rationale of the deep breathing, that he won't be anxious when he is in relaxed state. Cognitive restructuring techniques including three column technique, alternative thoughts technique and Cost and benefit analysis were used to help the client identify his thinking pattern, logical errors that make him believe that he benefits from smoking, moreover, he was asked to produce and record alternative thoughts. Contract of quit smoking was also signed to help him improve and monitor his daily activities and to manage nicotine dependence. In the last session post subjective ratings were taken from the client to see the difference he thinks he had, Client reported that he has successfully managed to reduce his cigarette consumption over the course of therapy and now he has quit smoking. At the end, the client was explained that the therapy was ending and the client was equipped with techniques to help him. Relapse prevention plan involved assertiveness techniques behavior diversion activities, and improved problem solving skills and acquiring emotional support.

ICP2-409P **You Cannot Break My Denial**

Tayyba Iqbal & Umaiza Adnan

Institute of Clinical Psychology, University of Management and technology, Lahore

A.P young, 19 years old boy referred with complaints of drug addiction and refusal to leave drugs. He was assessed through Behavioral Observation and it was found that the client was friendly and welcoming, but had aggressive tendencies. Clinical Interview, Trait Anger and Expression scale and Baseline Chart for anger were used. Assessment result showed that client had symptoms of Alcohol withdrawal. Management of the case was done on the principles of drug addiction therapy and cognitive behavior therapy. The management goals included rapport building, psycho education by giving disease concept and vicious cycle of drug, managing his withdrawal symptoms like craving, aggression and working on relapse prevention. Total six sessions were conducted with the client in which outcome of therapeutic work was not satisfactory as client was in denial and there were the limitations in the case like the disturbance in the ward etc.

ICP2-411P **Assessing Emotional Disturbances and Coping Strategies in Undergraduate Male Students**

¹Shoaib Kiani, ²Sadaf Zahra, & ³Rabia Hussain

¹Pakistan Army, General Head Quarters, Rawalpindi,

²Department of Psychology, Foundation University, Rawalpindi Campus,

³NIPCONS, National University of Science & Technology (NUST), Islamabad

Five hundred and twenty-seven undergraduate male students (18 to 22 years) from colleges of Abbottabad participated in this study. Depression Anxiety Stress Scale and Brief COPE Scale were administered. Demographics such as age, socioeconomic status, academic grades, and birth order were also taken into account. Descriptive and inferential statistics i.e. cross-tabulation, correlation, and ANOVA were used for data analysis. Alpha reliability of tools was also reported. Results showed that depression, stress and anxiety are significantly correlated with self-distraction, active coping, denial, substance use, use of emotional support, use of instrumental support, behavioral disengagement, venting, planning, acceptance, religion, and self-blame. Neither positive reframing nor humor suggested the trends of positive correlation with depression. However, students from middle class socioeconomic status reported better coping strategies in terms of planning, acceptance, and religion as compared to students from upper socioeconomic status. Whereas students from lower middle socioeconomic status used religion and active coping as coping strategies in order to deal with emotional disturbances as compared to students from upper socioeconomic status. The findings of this research will contribute in fields of educational psychology and counseling.

ICP2-416P **I'm Not Bad I Actually Model**

Fariha Tariq & Hafsa Shafi

Institute of Clinical Psychology, University of Management and Technology, Sialkot

P.H was a 14 years old boy with the presenting complaints given by his teacher and mother was he had vague speech, poor on seat behavior, short term memory, mild visual impairment, wrote the spellings randomly and low attention span. A total numbers of fifteen sessions were conducted with him during which child's observation, assessment through Children Adaptive Behavior scale, clinical interview with the mother and teacher and referral form was done. The assessment showed that overall age discrepancy of the child was about 5 years. The management of the child was done by working on learning readiness skills and CABS items of independent functioning, language development, family role performance,

economic vocational activity and socialization by using multiple behavioral modification techniques like prompting, fading, chaining and reinforcement to teach the child multiple items which were proved to be very successful because it enhance the child's learning. Some limitations were faced e like the distracting environment of the session hall, poor on seat behavior of the child and difficulty in understanding the child's vague speech. There should be a proper speech therapist who works on the child's speech. The child had visual impairment that must be treated.

ICP2-418P I Know What I Need To Know

Fariha Tariq & Heera Qayyum

Institute of Clinical Psychology, University of Management and Technology, Sialkot

N.K was 12 year old girl. She was referred by her teacher due to complain of cognitive deficits and speech problems. The child was observer in participant and non-participant observation. The learning readiness skill of the child was appropriate. Her language was not developed as she was very delayed in her language. Eight session was carried out with the child in which different task was given to her. The child assessment was carried out with the help of interview with teacher, mother, Portage Guide to Early Education, Bender GestalTest(Bnder, 1938). The child was diagnosis intellectual disability at moderate level. Management plan was carried out as psycho education of the parents; reinforce identification, positive reinforcement and prompt fading used with the child. The child was can Name three shapes she can count 1-25 by rote, she can Prints own first name using primary line she can Print to half and whole objects she can color remaining within line 95% , she can Jump from 12 inches height can name 3 color names.

ICP2-419P I Am More than My Disability

Iqra Tahir & Fariha Tariq

Institute of Clinical Psychology, University of Management and Technology, Sialkot

Z.A was a 6 years old girl with the presenting complaints that she has speech problem, Attention problem. She was Stubborn and moody. Total number of sessions was 15 which were done with her. During these sessions was done through observation, Portage Guide of Early Education, interview with teacher and grandmother. Child's functional age was lagging behind from her chronological age. She had delayed in cognition, language, socialization, self-help as well as motor skills. Her LRS were also not fully developed. The management of the child was carried out through task analysis of the activity tasks of PGEE with the help of using different techniques of behavior modification i.e. Reinforcement, prompting. Shaping. Chaining, and fading. Total 7 behaviors of the child were managed. And there were a marked difference between her performance after making her learn those behaviors. Success rate was different with respect to the different activity. Her LRS were also improved during the management. The problem which was faced during the assessment of the child was her mother was not available and sometimes she was not well so she didn't want to take the sessions. Environment is also another factor because of the distraction sometimes she didn't concentrate on the things. The recommendation given to the school and also to her guardian is that they should work on her and give her special attention. Teachers should work on her LRS and also speech therapy should be given to her.

ICP2-421P Status is Everything

Iqra Tahir & Tayyba Iqbal

Institute of Clinical Psychology, University of Management and Technology, Sialkot

S.T was a 34 years old male with the presenting complaints of suicidal thoughts, worthlessness, hopelessness, grief, sadness and disturbed sleep. The assessment of the client was carried out through different assessment tools behavioral observation (Bellack, 1998), clinical interview (Shoai, 2014), Mental status examination (Iakeman, 1995), saddique shah depression scale (Rashid & saddique, 2005). The management of the client was carried out through Psycho-education, challenging of negative thoughts, cognitive reattribution, sleep hygiene, happiness building, stress management, social skills training and setting future goals. There was a marked difference has been seen. Total no of sessions with the client was six. The problem which was faced during the assessment of the client was lack of time and incorporation of the management over there and at the time of session the unavailability of the client also causes hindrance for taking session. Environment was also another factor because of the distraction sometimes he didn't concentrate on the things.

ICP2-424P Greatest Pleasure Is Doing What People Say You Cannot Do

Rabbia Basharat & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

H.S was 11 years old boy with presenting complains of restlessness, poor on seat behavior and excessive talking with class fellow who was referred by the teacher. He was from cerebral palsy section. The client was observed in different settings, with the purpose of assessment through rapport building, reinforcers identification, assessed leaning readiness skills and Children adaptive behavioral Skills (CABS) were administered to assess the functional level of the client. The results of CABS indicating that the client's functional level was equal to the 9 years old child. Goals were identified on the basis of assessment, which were time concept in hours, money exchange of rupees ten, combing, shoe lacing, name of week days, months name, color recognition, which were taught using behavioral modification techniques. Total 14 sessions were conducted which also involved group sessions. Client achieved the goals and further suggestions were given related to the management. The teacher and parents' cooperation were much necessary to establish some home and class rules for generalization of child learnt behavior.

ICP2-425P I Can't Speak, But Make You Comprehend

Hafiza Neelam Younas & Maryam Rizvi

Institute of Clinical Psychology, University of Management and Technology, Lahore

M.T. was 10 years old boy. The child was referred with problem in eye-hand coordination, poor attention span, speech problem. The client was assessed via multiple assessment modalities such as Behavioral Observation, Clinical Interview, Reinforcement identification and Portage Guide to Early Education (PGEE). In order to manage his problems, different techniques were used such as Rapport building and maintenance, To tie laces to enhance self-help skills, Buttoning to enhance self-help skills, Sandwich making to enhance self-help skills, Threading the beads to improve eye-hand coordination, To say Salam in order to enhance socialization, Matching and pointing red, yellow and blue color to enhance cognitive skills, To reduce his walking speed. The child was able to match and point red and yellow color, to tie shoe laces, button his shirt, to say salam and to make sandwich at his own. So the outcome was satisfactory.

ICP2-427P Parental Overprotection, Social Anxiety and Psychological Wellbeing among College Students

Ghulam Hafsa & Muhammad Riaz Zinjani

Department of Psychology, Government College University, Faisalabad

The purpose of current study was to investigate the relationship between parental overprotection, social anxiety and psychological wellbeing among college students for private type colleges and government type colleges. The non-probability samples of 200 students were selected from different institutes. Demographic questionnaire, translated version of parental bonding instrument, social anxiety and psychological wellbeing scale were administered to the students. Descriptive statistical analysis was conducted for demographic variables and for manifestation of basics information about data. Correlation analysis was carried out for assessing association among all above mentioned variables and independent sample t test was computed to differentiate between the participants of government type and private type colleges. For all statistical analysis SPSS 20 version was used. Results of the study indicate that there is significant difference of mean parental over protection for fathers and parental over protection for mothers of the students of government colleges and private colleges. Analysis of mean reveals that students of private colleges are higher on parental over protection for fathers and parental over protection for mothers as compared to the students of government colleges. The hierarchal regression shows gender and Parental overprotection for fathers significantly predicts social anxiety. Parental overprotection for fathers remained the strongest predictor of social anxiety.

ICP2-429P Love the Adict,Hate the Addiction

Nimra Wahid & Umaiza Bashir

Institute of Clinical Psycholog, University of Management and Technology, Lahore

S.T was the male of 42 years of age. He had complaints of drug addiction and restlessness. Initial assessment was carried out in multi-mode dimensions with the help of Behavioral Observation, Clinical Interview, Mental Status Examination, Subjective Rating, hygiene and social skills check list. It was concluded that he had not any knowledge about his problem. He was having craving problems, restlessness and low motivation about leaving drugs. Therapeutic strategies were used to achieve the goals like rapport building to build harmonious relationship with the client. Psycho-education was given to teach the client about the nature of the illness through disease concept, its treatment, to empower him. Motivational interviewing was used to motivate the client for leaving the drugs and deep-breathing was taught to make the client relax. Relapse prevention and distraction techniques were also used for achieving the goals of craving management and to make him assertive. After the implication of the management plan progress was checked through pre and post rating. Total 10 sessions were conducted which had productive outcome.

ICP2-434 The Impact of Environment on Psychology of Human Population Groups

Alvina Fatima, Sarmad Salahuddin & Rumana Khan Shirwani

School of Architecture and Planning (SAP), University of Management and Technology, Lahore

High Performance buildings/spaces have positive outcome in terms of psychological healing on human health. Environment plays an important role towards human health. This study is concerned about what happens with the human experience when expose to the environment. We are often unconscious of environmental impacts and changes. Willy Hellpachis said to be the first to work on "Environmental Psychology" in one of his books, *Geopsyche*, he discusses the impact of environments on human mood. The end of World War II brought about a higher demand for developments in the field. Today

environmental psychology is being applied to many different areas such as architecture and design etc. This paper focuses on the benefits of the contact with natural environment and its effect on human health. How and why natural views and environment might influence psychological health and behavior of occupants on their outcome performances of human or of different population groups. We not only depend on nature for our material needs; water, food, shelter, etc. but also for our psychological, emotional and spiritual needs. The data was collected through different research done on the subject. Psychosocial contact with nature has proven useful for treating stress-related disorders.

ICP2-435P Let Me Get a Chance

Fatima Ashraf & Ali Jawad Raza

Institute of Clinical Psychology, University of Management and Technology, Lahore

R.M ten years old boy child was observed in Shanty Town section of SETC School by trainee clinical psychologist. Child referred to trainee by the assessment and management of presenting complaints difficulty in learning and memorizing of class work, language problem, fighting and snatching behavior, according to his teacher. Trainee conducted 9 sessions for the assessment and management of presenting complaints. For the assessment of client trainee behaviorally observed along with administering of Children Adaptive Behavior Scale test to assess his functional age and Memory for Design test used for brain damage. On the basis of assessment result his three year functional age discrepancy to chronological age and MFD result indicated brain damage. On the basis of assessment case was formulated according to bio-psycho-social model. It was observed that some goals were implemented with coordination of teacher and different techniques role playing, contingency management along with chaining used to attain goals. The child showed compliance and actively participates in session activities that play key role in the achievement of implementing goals.

ICP2-437P I Am Rarely Bored Alone, I Am Often Bored in Groups and Crowds

Farwah Ali & Ayesha Jabeen

Institute of Clinical Psychology, University of Management and Technology, Lahore

The child S.T age 7 years was a girl studying in prep class one of shanty town section of S.E.T.C was referred to the therapist by teacher with the complaints of lack of confidence, lack of initiative taking, lack of participation in activities. Total sessions taken with the client were 14. Different assessment tools, e.g. observation, clinical interview with teacher, mother and child and Children Adaptive Behavior Scale (CABS) were used and it was found that she was very well behaved and cooperative girl but with poor social skills. Children Adaptive Behavior Scale (CABS) revealed that her socialization area was found to be weaker than all other areas. The focus of the management was to improve her social skills e.g. taking initiative by saying Salam and thanks, saying Allah Hafiz and improving confidence. Therapeutic techniques involved were differential reinforcement, verbal prompting, fading and shaping. After implementation of intervention plan client was somehow started giving the outcome of the goals. She started to say Salam and Allah Hafiz without verbal reminder and started saying thanks in a loud voice without verbal reminder 70 % of the time. The teacher was suggested to assign any responsibility to improve her confidence level.

ICP2-442P A Scientific Study of Religion as Catalyst to Bring in Positive Change in Human Behavior

Naveed Shibli, Mudassir Ahmad, Anwar -ul-Haq, Noshaba Anjum, Alia Randhawa,
Muhammad Irfan, Sadia Arzoo, Asima Maqsood & Muhammad Adeeb Nasir

Riphah International University Faisalabad

Religion influenced human kind through the course of history is established, irrespective of the strength of its influence and its permanence that reflects its relatedness with human existence we assume that the lesser befitting implementation of 'moderation' in the ancient tradition of religion is one of the causes of lesser religious productivity and positivity in the present day life and perhaps such is the case among all the Abrahamic religions. I and my friends have experimented an amalgamation of tradition and moderation in a chain of a school system and the psychological and scientific follow ups of the outcomes support that the religion possess the ability to brought in positive and desirable 'behavioral change' in given direction and 'peace' is an internationally known positivity.

ICP2-444P Physiological Effects of Natural Light in Building Spaces: A case of Student's Performance in Design Studio

Beenish Mujahid & F. Khilat

School of Architecture and Planning, University of Management and Technology, Lahore

Natural light has a major effect on the behavior and performance of the building users. Human beings cannot perform their task in an effective manner without proper lighting. The aim of this study was to determine the physiological effect of natural lighting on the performance of human as inadequate lighting causes discomfort and anxiety. The design studios of School of Architecture and Planning, UMT, Lahore, was taken as a case study to determine the student's performance. The studios located at different orientations were analyzed with respect to number of windows and sizes. The methodology adopted was based on literature review and in-depth interviews with faculty and students. It was concluded that student's performance can be improved if their design studios are more lighted and they can perform more efficiently.

ICP2-446P Depression and Effectiveness of CBT

Heera Qayyum & Zubia Ihsan

Institute of Clinical Psychology, University of Management and Technology, Sialkot

J.I was man of 34 year. He was Major depressive disorder. The client was refer by his doctor with complains of headache, hopelessness, isolation, anhedonia, lack of sleep, poor appetite, heart palpitation, aggressive behavior and suicidal ideation. The total number of 9 sessions was conducted with the client. The assessment was carried out with the help of Behavioral Observation, Mental Status Examination, and Interview with client, SadiqqiSha Depression Scale Siddique. S., & Shah., S.A.A.(1997), Rotter Incomplete Stance Blank Rotter, J.B. and Rafferty, J.E.(1950), Pre rating of complains, Base line chart for anger and Operationalize the term Leahy, R.(2003). The case was formulated with Bio Psycho Social model. The client was diagnosis with sever, Major depression disorder. The major technique use for management were based on cognitive therapy and behavioral modifications Leahy, R.(2003) techniques such as Rapport building, Psycho education, pre and post rating were used for management. The client had response the entire task about 80% and giving 90% compliance toward trainee.

ICP2-447P No one Cares, they're Just Pretending

Hafsa Shafi & Fariha Tariq

Institute of Clinical Psychology, University of Management and Technology, Sialkot

H.L was an 25 years old male with the presenting complaints of being depressed, guilty, restless, loss of interest in daily activities, social withdrawal, being suspicious about others, feeling down and worthless. He was also suffering from disturbed sleeping and appetite patterns. A total number of 5 sessions were conducted with the client during whom the assessment of the client was done in a multimodal form such as Behavioral Observation, Clinical Interview with mother, Mental Status Examination, Siddique Shah Depression Scale, Thematic Apperception Test, Baseline Chart for Sleep Problem, Baseline for Anger and the subjective ratings of presenting complaints. The assessment showed that the client problem started after his brother's death and the financial crisis and incomplete degree which leads him towards the Bipolar I Disorder. On the basis of assessment further intervention plan was devised which included; rapport building, psycho-education, Behavioral Reattribution such as relaxation training and deep breathing, activity scheduling with mastery and pleasure activities, sleep hygiene ,cognitive restructuring including challenging negative thoughts(Evidence For and Against and Operationalizing the Terms), social skills training, anger management, stress management and self-esteem building. The client could not come for further sessions so, the proposed management plan was devised for upcoming like Mood Monitoring and Relapse. The overall outcome was not as progressive but the areas in which he gained success were the anger, sleep hygiene and the loss of pleasure as well. As the client's family reported that he had specific changes in his behavior after the management.

ICP2-448P A New Vision of Life

Maria Arsalan &Fariha Tariq

Institute of Clinical Psychology, University of Management and Technology, Sialkot

A male A.S of age 46 years was observed and assessed in 7sessions, in institute T.B.C. He had presenting complaints of having stomachache, pain in legs and in different body parts, negative thoughts, aggressive behavior, lack of feeling pleasure and sleep disturbance. He was assessed using ; Behavioral Observation, Mental Status Examination (MSE), Siddique-Shah Depression Scale, Baseline of Sleep and Subjective Rating of Presenting Complaints. It was identified that he had Mild Major Depressive Disorder. Outcome was good as his anxiousness, body pain and negative thoughts were reduced to great extent.

ICP2-449P Playing - a Sparkle

Maria Arsalan Zubia Ihsan

Institute of Clinical Psychology, University of Management and Technology, Sialkot

A boy A.A of age 11 years was observed, assessed and managed in 13 sessions, in institute T.L.C. He had presenting complaints of speech problem, becomes hyper and starts fighting with others, can't work in group as a team, can't tolerate hunger, unable to make new friends, follows instructions but depends on his mood, slow learning and intellectual disability. He was assessed and modalities including; observation, identification of reinforcers, clinical interview with teacher, clinical interview with mother and Portage Guide to Early Education (PGEE) , it was identified that his self- help skills, motor skills and socialization were better than his cognition and language. He was managed with the techniques of reinforcement and praise, by using chaining, shaping, modeling, prompting and verbal and physical aid. After learning the behavior, fading was done. Outcome was good as he learned behavior to great extent and up to the degree of success which was thought to achieve, while doing task analysis.

ICP2-450P **Nobody Understands Me**

Shafia Akram & Fariha Tariq

Institute of Clinical Psychology, University of Management and Technology, Sialkot

The client was 22 years old female who was observed through participant and non participant observation. The client was referred by psychiatrist for assessment and management with the presenting complaints of fatigue, fits, muscles pain and disturbed sleep. Client was assessed through using different assessment modalities such as, Behavioral Observation, Mental Status Examination (MSE), Clinical Interview, Thematic Apperception Test (TAT), base line chart for sleep and Dysfunctional Thought Record (DTR). The case was conceptualized as bio psycho social model for evaluating different factors behind client's problem. The suspected problem was hypothesized as conversion disorder according to DSM V criteria. The intervention plan was devised for client's illness which included different strategies such as; rapport building, psycho educate to client/family, progressive muscle relaxation training, extinction, activity schedule, mastery and pleasure activities, challenging thoughts, evidence for and against, bill of right, assertive training, problem solving, worry time and coping statements. The session was terminated after 8 sessions and the outcome was positive as she had achieved high rate of success in different symptoms.

ICP2-451P **Bas Khatm**

Zumer Raffique & Zubia Ihsan

Institute of Clinical Psychology, University of Management and Technology, Sialkot

The child was 10 years old boy. His presenting complaints as reported by teacher were memory problem, speech issues, gross motor skills, fine motor skills and Learning Readiness Skills was not much developed. He was suffering with drooling problem. Trainee observed him in different settings like in class room, tuck shop, and playground and in break time. Also assessed his Learning Readiness Skills, socialization and Gross motor skills and Fine motor skills through different assessment tools like initial observation (different settings and also in session), identification of reinforcers (praise for him), Portage Guide to Early Education (different areas like cognition, motor, language and self-help skills etc.), clinical interview (with mother and class teacher) etc. the child was suffered with intellectual disability if Cerebral Palsy. Trainee started management through different techniques like chaining, visual aid, shaping and fading etc. of different items like name two common objects show in pictures, buttoning of his shirt, and walk on stairs with alternating feet. Child could not learn properly as he forgot immediately due to memory issue. So prognosis was not favorable.

ICP2-452P **Reflection of Innocence**

Jannat Ashraf & Zubia Ihsan

Institute of Clinical Psychology, University of Management and Technology, Sialkot

M.D was 4 years old boy with the presenting complaints of hyperactivity, stubbornness, biting others. Child was observed in participant and nonparticipant manners to assess his functional level. He was observed in multiple settings in nonparticipant manner and during session in participant manner. Total nine sessions had done with the child. Different assessment modalities had used with the child for assessment such as observation, identification of reinforcers, Portage guide to early education and interview with teacher and mother. Then case had formulated according to bio-psycho-social and 4 P's. Prognosis of the child was favorable. After all these intervention plan had evaluated which included; rapport building, psycho-educate the mother and teacher, and different behaviors on PGEE had taught to the child with the use of different behavioral modification techniques. Speech therapy and father's warmth and responsiveness had recommended for the child.

ICP2-453P **Want to take Discharge from army**

Nataysha Tanveer & Tayyaba Iqbal

Institute of Clinical Psychology, University of Management and Technology, Sialkot

M.R. was 20 years old young adult with appropriate hygiene condition and with presenting complaints of less interest in job, problem in fulfilling the requirements of job, taking tension without any reason, angry behavior with most of the people, cut on his arm and wanted to take discharge from the Army. Assessment was carried out by using different assessment tools such as behavioral observation, clinical interview with the client, mental status examination, subjective rating of the presenting complaints, functional assessment of anger and Trait anger and expression scale. Total 6 sessions were conducted with the client and it was assessed that client's problem started due to anger which further provoke the problems in adjustment from one environment to another. Multiple management techniques such as rapport building, psychoeducation, deep breathing, anger volcano, assertiveness training, problem solving, coping statements and sleep hygiene were used to manage the client's behavior. The outcome of applied management techniques was that client's anger level was reduced; he had feeling of guilt and embarrassment and decided to control his anger.

ICP2-454P **Emotional Resilience of Teachers and Their performance at Higher Education: A Co-relational Research**

¹Asia Iqbal, ²Abdul Basit Rana, ³Sumaira Abdul Basit, ⁴Muhammad Bilal Ch

¹Department of Wild life and Ecology, UVAS, Lahore, ²Department of Special education, Government of the Punjab, Lahore, ³Government College University, Faisalabad

The purpose of study was to find out the relationship between teacher's emotional resilience and their performance at higher education. Further gender differences in emotional resilience were also investigated in the study. For this purpose the researchers conducted a correlation research. The population of the study was all teachers at higher education in Punjab. A sample of 75 university teachers from three universities of Punjab was taken by using convenient sampling technique i.e 25 teachers from each university. The researchers used questionnaires to measures the level of teachers' emotional resilience and their performance. The data collected in terms of participant's ranking responses was analyzed by applying descriptive and inferential statistical techniques such as means, t-test and pearson r. The data analysis showed that there is a strong positive relationship between teachers' emotional resilience and their performance. The teachers who have higher level of emotional resilience perform better at their workplace as compare to those who possess low level of emotional resilience. Moreover it was also found that the female teachers possess lower level of emotional resilience as compare to male teachers at higher education. The study has greater implementation for the betterment and development of teachers at higher education.

Preconference Workshops

Workshop Title	
1.	Understanding the Mysteries of Underachievement: A Functional Approach Dr. Fatima Naeem <i>Assistant Professor, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>
2.	Love Thyself: How? Ms. Sara Subhan <i>Assistant Professor, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>
3.	The Training Triad in Special Education Setting Ms. Ayesha Jabeen <i>Lecturer, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>
4.	Clinical Counselling in Action: Undoing the Knots! Ms. Zobia Amin <i>Clinical Counsellor, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>
5.	Mediation and Moderation Analysis: Revealing the Secrets in Psychological Research Dr. Ahmed Siddiqi <i>Professor, Quantitative Department, SBA, University of Management and Technology, Lahore</i>
6.	Your Handwriting: Your Selfie in Words? Dr. Rafiq Dar <i>Assistant Professor, Institute of Clinical Psychology, University of Management and Technology, Lahore</i>
7.	Renovate Thyself: Getting a New Meaning to Life Col. Dr. Nadeem Ahmed <i>Head of Mental Health Department Combined Military Hospital, Skardu</i>
8.	AIDS in 2017: Current trends in Psychological Assessment and Management Ms. Tahira Rubab <i>Clinical Psychologist, Jinnah Hospital, Lahore</i>
9.	Interpretative Phenomenological Analysis Dr. Urusa Fahim <i>Assistant Professor, Kinnaird College for Women University, Lahore</i>
10.	Intricacies of Human Relationships: Holding On or Letting Go Dr. Suneel Samuel <i>Head of Psychology Department, Forman Christian College Chartered University, Lahore</i>
11.	Treating Bipolar Disorder: Cognitive Behavioral Therapy Dr. Syeda Razia Bukhari <i>Assistant Professor, National Institute of Psychology, Quaid-i-Azam University Islamabad</i>
12.	Dialectical Behavior Therapy Major Dr. Haroon Ur Rashid <i>Clinical Psychologist at Armed Forces Institute of Mental Health, Rawalpindi</i>
13.	Psychological First Aid: For Trauma Victims Dr. Sajjad Ahmad <i>Clinical Psychologist, Calgary, Canada</i>