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MESSAGE

Dr. Javed Ashraf
Vice Chancellor
Quaid-i-Azam University, Islamabad

I am truly proud that National Institute of Psychology (NIP), Centre of Excellence, Quaid-i-Azam University, Islamabad, has managed to organize another International Conference on the issue of great significance since the universe was set in. Gender is the niche area embedded in all settings and situations, which has attracted participation, nationally and internationally. With such diverse and relatively large participation, I am sure that this conference will achieve its intent - to serve as an effective platform for us, the research community to learn, share, and supplement each other's research, while keeping abreast of the latest trends in this arena. This conference, I hope, true to its theme, will address some of the challenges and the issues men and women face in their respective roles. Are they becoming capable enough in achieving the delicate balance in their lifestyle, family, workplace, social settings, and future endeavors? Is gender gap reducing or widening apart? Being gendered, do we have power to maneuver obstacles together and become productive member of the society? These are a few questions that need researchers’ attention. I am positive that this jam-packed conference with a host of expert keynote speeches, pre-conference workshops, research paper presentations, and panel discussions will surely achieve the objective.

For the past, many years, NIP has achieved the excellence in organizing conferences of international significance. Keen leadership of Prof. Dr. Anila Kamal along her dedicated team of professional has brough a good name to the Institute as all are thriving for much intellectual pursuits. I am positive that like previous, this jam-packed conference with the host of expert keynote speeches, pre-conference workshops, research paper presentations, and panel discussions will surely achieve the objective of being pace setter for future research and deliberations.

I am extremely happy that many international experts and delegates are attending the conference to present their papers and also deliver key notes and talks. Such a huge conference cannot be organized without the whole-hearted commitment and involvement of many people, be it faculty or students or sponsors. I admire their commitment and congratulate them on the success of the conference. I also thank all the sponsors for their effort to encourage academic research by way of generous sponsorships. We at Quaid-i-Azam University hope to further sharpen our research skills by organizing more of such international conferences in future. I sincerely hope that this conference will facilitate the establishment of international joint research programs and collaboration with developmental sector. I wish the conference a grand success.
MESSAGE

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

With great pleasure and gratitude, I welcome you all on the 6th International Conference on Psychology of Gender in Perspective: Issues and Challenges. I feel honored and privileged to serve as the Chief Organizer of the conference. Over the past many years, National Institute of Psychology (NIP), Centre of Excellence, Quaid-i-Azam University, Islamabad, has provided a cross-disciplinary avenue for researchers and practitioners to address the rich space for Psychology and other sister disciplines to share their empirical work through national and international conferences. This year, our aim is to focus on psychosocial and cultural context of gender that has been planned couple of years ago being 6th International Conference in the series. We assume that this conference will be a cornerstone in bringing academia and developmental sector together in pursuit of gender mainstreaming and reducing gender gap through empirically based gender analysis. There are extensive scientific sessions for oral presentations, keynote speeches, panel discussion, workshops, and poster presentations all knitted around themes related to challenges and issues confronted in understanding psychology of gender. This will provide ample opportunities for discussions, debate, and exchange of ideas and information among conference participants.

To make it an event full of activities and celebrations, pre-conference workshops have been held before the Conference that represent our success story in knowledge and information transfer. A conference of this size relies on the contributions of many collaborators. I would like to extend my gratitude to conference sponsors: Higher Education Commission and Oxfam. Their invaluable help made this mega event possible. I acknowledge scientific committee members for their extensive reviews for the empirical work presented in the Conference in the field of Psychology of Gender. Special thanks to the Keynote Speakers, Dr. Peter Smith, Dr. Ravi Thiarai, Dr. Christine Harrison, and Dr. Ruhi Khalid for accepting our proposal for sharing their professional views on theme of the Conference. We are also grateful to all the authors who trusted the conference with their work. I am thankful to all resource persons of the workshops, panelists, and session chairs who have joined us to make this event a success and spared their valuable time to our auspicious. The Conference would not have been possible without the enthusiastic and hard work of my colleagues. I would like to express heartfelt appreciation for organizer of the Conference Dr. Sobia Masood, my faculty, administrative staff of NIP, students, and administrative staff of National Center of Physics who put their toil to make the event a real happening. We look forward to an exciting day of insightful presentations, discussions, and sharing of ideas with colleagues from around the world. To add flavor of celebration to the efforts put in all days’ activities, conference is followed by a social evening, and all are invited to join in celebration. I thank you for attending the conference and hope you enjoy your visit to the Islamabad, The Beautiful.
ABOUT ORGANIZING INSTITUTE

National Institute of Psychology (NIP) was established in 1976 by the Federal Ministry of Education, Government of Pakistan. Owing to the quality of research being carried out by the Institute, it was given the status of the Centre of Excellence in 1983; NIP has since then been housed in Quaid-i-Azam University, Islamabad. The Institute maintains the quality that was established by its founders and strives for the excellence year after year. NIP has terrific students, brilliant staff, a dazzling track record in learning, research, arranging conferences, workshops, and seminars; for which it enjoys an enviable reputation at national level. The Institute is emphatically investing in building facilities and services with emphasis on innovation in both academic and research pursuits. The objectives are to bring about marked improvement in the field of higher education to contribute in the social and economic development of the country. Institute is functioning with the objectives to:

1. Engage in goal-oriented high level teaching and research work.
2. Establish M.Sc., M.Phil., Ph.D., and other educational programs in Psychology.
3. Promote cooperation in interdisciplinary relationship with other teaching and research establishments.
4. Arrange conferences, workshops, seminars, and refresher/training courses for the development of teaching and research in the field of Psychology.

Information dissemination and debate on national and international issues have been a treasured endeavor; NIP has organized many International Conferences to address diverse and relevant field/issues in Psychology that were acclaimed and appreciated as successful ventures and professionally rewarding too. All those International errands were not only well received, but were also very well attended and deliberated. Arranging conferences, workshops, and seminars help the Institute in promoting interdisciplinary relationship with other teaching and research establishments, hence, is a prominent area in which NIP excels. For the past few years, NIP has taken the prerogative to organize International Conferences in succession on areas of significance in the field of Psychology like role of psychologists in psychosocial development of Pakistan; terrorism and extremism; developmental psychopathology; research in indigenous and cultural context; status of industrial/organizational psychology in Pakistan; educational psychology; etc. Main objective of the conferences was to focus on researches not only in indigenous and cultural context, but also considering international perspective. Organizing such events each alternate year in the start of fall semester gives a fresh start to researchers, our students, and faculty to mobilize their mental faculties through sharing their research related pursuits. Present is the 6th International Conference on “Psychology of Gender in Perspective: Issues and Challenges” organized on December 1-2, 2016.
ABOUT THE CONFERENCE

The major objectives of the 6th International Conference “Psychology of Gender in Perspective: Issues and Challenges” (ICPGP) is to provide opportunities for social scientists, academicians, civil society organizations, and students from all over the world to share research based knowledge and experiences to highlight the gender related issues and challenges in various settings including education; social change and roles; relationships and marriage; health and well being; sexuality and reproductive health; trauma, violence, and vulnerability; human rights and justice; work; decision making, leadership, and activism; culture and media; politics and governance; religion, race, and ethnicity; etc. The issues of gender are so entwined in the norms of society and daily practices that diverse opinions and exchange of innovative ideas can change the narratives around psychology of gender.

We are looking to offer a collection of exciting sessions to reflect upon the dynamic approaches characterizing Psychology of the Gender in a culture of oppression and patriarchy with the intent to promote physical, social, emotional, and intellectual development in community across gender. This Conference will provide a chance to debate the opportunities and the impediments that keep gender equality at bay. Esteemed delegates are invited to exchange their views and experiences and debate on current challenges and future prospects for theory and research. The conference delegates belong to diverse fields. We have been successful in bringing together scholars, professionals, academics, rights activists, and students not only to present research work through oral and poster presentations, but also to share their thoughts and views through keynote speeches, panel discussions, and workshops embarking interdisciplinary approach.

Before and during the Conference many workshops were/are planned that helped in knowledge transfer form the intellectuals from all over Pakistan through interactive sessions. These were planned throughout the year 2016 that not only helped in transfer of knowledge but also in generating funds for the Conference. We are indeed very grateful to all resources persons who spared their precious time and put a lot of effort to our facilitiation. Without them, organizations of this Conference would have not been so enriching.

Finally, the proposed output of the Conference is to serve the purpose for devising future guidelines for academicians, government, NGOs, private sector, civil society, and media to address the issues of gender gap and equity to secure and advocate equal rights for all. Papers and other activities presented at the conference will be compiled in the form of conference proceedings and selected research papers will be published in a Special Issue of Pakistan Journal of Psychological Research (PJPR) which is a Biannual publication of NIP, recognized as X-category by HEC. NIP would like to continue the global dialogue initiated at the conference through our website. We foresee that Conference will facilitate high-impact partnerships and synergies between multi-stakeholders including academic scholars, researchers, field experts, policy makers, and representatives from the government, nongovernment organisations, international and national development agencies etc., to foster channels for research and action to create a sustainable impact.

Dr. Sobia Masood
(Organizer, Assistant Professor)
ABOUT COLLABORATORS

This Conference has been possible due to the collaboration of our sponsors Higher Education Commission, Oxfam, and USEFP. Their financial assistance by these organizations enabled us to meet the logistic need of the conference and inviting speakers across the world.

HIGHER EDUCATION COMMISSION

NIP being Centre of Excellence comes under Ministry of Education and Quaid-i-Azam University which is a public-sector university. For organising conferences, we are grateful to HEC for providing financial assistance to organise this conference. HEC has been our collaborator in all the conferences that we have organised in the past under its programme related to “Grants for Organising Seminars, Conferences, Symposiums, Workshops”.

The main objective of this programme is to disseminate academic and research experiences/achievements at national as well as international level along with giving exposure of international community to teachers and researchers working in their respective fields. Under this programme, financial assistance is extended to public sector universities for conducting/hosting seminars/conferences/symposiums/workshops etc. University faculty is encouraged to organize such events, which not only create healthy competitive atmosphere in academic/research institutes but also provide guidance to industry and commerce regarding resolution of their certain problems. By funding conferences, HEC is in a way facilitating in providing forum for interaction between academicians and researchers to assess their academic and research capabilities/achievements taking into consideration national requirements and international scenario. It helps in consolidating such experiences and achievements at national and increases opportunity of exposure to academician and researchers with international community. Grants are sanctioned subject to proper acknowledgement of HEC contribution in proceedings of the event and on all printed material of the event.

We have always tried to fulfill the HEC’s strict criteria for getting funds to organise such events and has disseminated the related information through Abstract Book & Proceedings of the Conference with due acknowledgement for HEC. Having good experience with each other is making this relationship long lasting.

OXFAM

We have the honor of being additionally funded by Oxfam, a developmental sector international organization, which is has currently taken up objective of promoting research and development in higher academic setting, hence, collaborating with NIP in joint venture as partners. This conference is also part of this effort. Such linkages between academia and the development sector hopefully will prove to be beneficial for the research and development in the long run. Research in academic setting can facilitate development sector in their efforts for community development and addressing rights’ advocacy.

Oxfam is an international confederation of 17 independent non-governmental organizations, working with partners in over 90 countries; to reduce poverty, hunger, and inequality. Oxfam in Pakistan works with and for marginalized people, especially, young people and women, and with the government try to promote social justice and equal rights for all. Oxfam supports local partners and work with government authorities, policy makers, academicians, and the media to improve the livelihoods of those living in poverty, reduce inequality and marginalization, and provide humanitarian assistance to those affected by natural
and human induced disasters. During the course of four decades, humanitarian assistance, development programmes, and advocacy/campaigning have been three key areas of Oxfam’s work which have benefited millions of people in Pakistan. In line with Pakistan’s national development framework – Vision 2025, Oxfam works to achieve a just world without poverty.

Youth Life Skills Program (YLSP) is Oxfam Pakistan’s national level program to promote sexual and reproductive health rights (SRHR) as a fundamental human right for youth in Pakistan. YLSP’s ultimate goal is ‘A society where young people can claim and exercise their rights for their sexual well-being’. Oxfam works through awareness raising, capacity building of key stakeholders, lobbying, and advocacy with government through creating evidence on the SRH issues in Pakistan.

Gender Empowerment and Institutional Development Programme (GEIDP) is a cross-sectoral Oxfam project that seeks to develop an informed and skilled cohort of youth, caretakers, and gatekeepers, who are enabled to claim, practice, and support adherence of SRHR in a more favorable policy environment in Pakistan. GEIDP is also aimed to focus on enhancing knowledge and capacities of youth, parents, teachers, government, media, parliamentarians, and political parties to ensure that the youth can claim their fundamental rights. It also focuses lobbying with Government for creating a favorable policy environment.

With vast experience of being a service based organization, Oxfam is now focusing more on establishing itself as knowledge resource organization around thematic areas of its work. Under the GEID project, YLSP has planned various researches on key youth issues around sexual and reproductive health rights. In this regard, collaborations are being developed with academia to undertake such research projects.

Oxfam is privileged to have collaborated with the prestigious Quaid-i-Azam University, Islamabad, to make use of her qualified researchers and vast experience, and to carry out research and later presenting in this conference organized by the National Institute of Psychology. Research in the field of gender, sexual, and reproductive health explores the dynamics underlying Pakistani youth’s awareness and understanding of their rights and practices in indigenous context.

USEFP

The United States Educational Foundation in Pakistan (USEFP) was established in 1950 by the governments of Pakistan and the United States. One of 49 Fulbright Commissions located throughout the world, USEFP is guided by a binational board composed of an equal number of Pakistanis and Americans. Since 1951, when the first group of Pakistani grantees traveled to America and in 1952 when the first American grantees visited Pakistan, the USEFP has fostered mutual understanding between the people of Pakistan and the United States through educational and cultural exchange. Nearly 5,000 Pakistanis and almost 900 Americans have participated in USEFP managed exchange programs.

USEFP is managing 12 exchange programs for Pakistani students, teachers, and professionals. The most important of these is the Fulbright Student Program. Fulbright is the flagship scholarship program of the U.S. Department of State and operates in 155 countries; Pakistan’s Fulbright Program is the largest in the world in terms of U.S. government contribution. Under this program since 2005, more than 1,650 students have completed or are scheduled to complete Masters (about 1,300) or doctoral degrees (about 380) in a wide variety of subjects at excellent universities in the U.S.

USEFP operates EducationUSA Advising Centers in Lahore, Islamabad, and Karachi, which are part of a global network of hundreds of advising centers in more than 170 countries around the world supported by the U.S. Department of State. All of USEFP’s EducationUSA
advisers have first-hand experience of studying in the U.S. and provide accurate, comprehensive, and current information for no cost about how to apply to U.S. colleges and universities through one-to-one advising sessions, and various programs and events addressing the application process.

For over two decades, USEFP has been administering a variety of paper-based, computer-based and Internet-based tests in Pakistan. These include standardized tests that are required for admission to U.S. universities, as well as licensure certifications for professionals to achieve their career goals. USEFP has state-of-the-art testing facilities with DVR monitoring, power backup and standby generators and is capable of delivering over 30,000 tests per year. For more details, please visit: www.usefpakistan.org.
CONFERENCE COMMITTEES

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Prof. Dr. Thomas Holtgraves, Ball State University, Muncie, Indiana, USA
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CONFERENCE PROGRAM OVERVIEW

Day-1 (December 1, 2016)

08:30 am – 09:00 am  Registration
09:00 am – 09:30 am  Guests to be seated
09:45 am – 10:30 am  Inaugural Session (Hall A)
10:30 am – 11:00 am  Tea Break
11:00 am – 11:30 am  Keynote Addresses (Hall A, B, C, D)
11:40 am – 13:00 pm  Scientific Session 1 (Hall A, B, C, D, E)
13:00 pm – 14:00 pm  Lunch and Prayer Break
14:00 pm – 15:00 pm  Scientific Session 2 (Hall A, B, C, D, E)
15:00 pm – 15:30 pm  Tea Break
15:30 pm – 17:00 pm  Panel Discussion (Hall A)

Poster Presentations
Posters and stalls will be displayed outside the hallway of the main auditorium throughout the day.

Day-2 (December 2, 2016)

09:30 am – 11:00 am  Scientific Session 3 (A, B, C, D, E)
11:00 am – 11:30 am  Tea Break
11:30 am – 12:30 pm  Closing Ceremony (Hall A)

Poster Presentations
Posters and stalls will be displayed outside the hallway of the main auditorium throughout the day.

Training Workshops

09:00 am – 13:00 pm  Training Workshop I (Hall F; 1st Dec 2016; Day-1)
14:00 pm – 17:00 pm  Training Workshop II (Hall F; 1st Dec 2016; Day-1)
9:30 am to 12:00 pm  Training Workshop III (Hall F; 2nd Dec 2016; Day-2)
SUMMARY OF KEYNOTE ADDRESSES
Gender and Mental Health: Beyond Numbers

Prof. Dr. Ruhi Khalid
Director, Institute of Psychology, Beaconhouse National University, Lahore

Over the last few decades a lively debate has been going on regarding psychological differences across gender. However, conspicuous by its absence is the discussion on differences in mental health problems of men and women. Who is more likely to suffer from different mental health problems men or women? The best way to answer this is to examine critically the global as well as indigenous empirical evidence on the issue.

If one gender is truly more vulnerable to psychological problems compared to the other then it necessitates attention. Moreover, categorization of mental health troubles as a male or female problem would be inaccurate without looking into the causes of these “troubles”. The aim indeed should be not to dwell on the statistics of mental health problems only, but to move beyond numbers. To unmask and examine the impact of vast range of physical, psychological and social influences responsible for the prevalence rate of mental health problems highlighted by research on the issue. The ability to do this will be hampered if it is assumed that gender is not important. The fact is that more often, gender may be the crucial element for the existence of that particular mental health problem. Awareness and appreciation of the role of gender as a core factor underlying the increased vulnerability of one gender over the other for a certain mental health problem is essential. It is needed, not only for reducing stigmatization, but also for developing appropriate programs for prevention and treatment for both genders. This approach gives way to incorporation of new knowledge on the issue that hopefully would translate into appropriate, informed and beneficial mental health policies. These policies should promote the need for a rich applied research agenda. This indeed would be a step in the right direction for encouraging social change resulting in the betterment of all the members of the society.

Gender Differences in School Bullying: What Are They and Why Are They There?

Dr. Peter K. Smith
Emeritus Professor of Psychology, Unit for School and Family Studies, Goldsmiths, University of London, UK

School bullying, both traditional or offline and cyber or online, is an important issue internationally. It affects a significant minority of children and young people, and there are detrimental correlated consequences for all involved and especially for victims. Following an introduction to the nature of school bullying and how it has been studied internationally, this presentation will focus on gender differences in the phenomenon. Topics covered will include: Typical gender differences in roles such as victim, bully, and defender; gender differences along types of bullying, including online and offline; consistency in gender differences across ages; and consistency of gender differences across countries. Finally, I will discuss how these gender differences might be explained, and any implications they might have for intervention strategies.
Mad Women: Impact of Domestic Violence on Women’s Mental Health

Dr. Ravi K. Thiara  
Principal Research Fellow and Centre Director, Centre for the Study of Safety and Well-being,  
School of Health and Social Studies, University of Warwick, UK

A direct link between women’s experiences of domestic violence and heightened rates of depression, trauma symptoms, and self-harm has been clearly established. Research in the area of suicide also points to significantly heightened rates of suicide attempts among women who have been subjected to domestic violence. Those from minority ethnic groups have been shown to be disproportionately impacted by these issues. Women in our research spoke about their experiences of severe emotional distress, which they referred to as the ‘symptoms of abuse’. Despite evidence of these links, it is the first connection to be lost once women become involved in mental health and child protection services. In my presentation, I will explore the links between domestic violence and mental health through the reported experiences of women. It will be argued that the erasure of domestic violence from women’s experiences/accounts serves to reinforce the construction of abused women as ‘mad’ women.

Gender, Sexual Violence and Intersectionality: Understanding the Impact of Multiple Oppressions

Dr. Christine Harrison  
Associate Professor in Social Studies, Centre for Lifelong Learning,  
University of Warwick, UK

This presentation explores the relationships between gender and other oppressions in the perpetration of sexual violence. Arguing that intersectionality can maintain a focus on gender and incorporates analysis of power related to age, race, and disability; it demonstrates how sexual violence is perpetuated through multiple structures of oppression. Male perpetrators target already marginalised women and children who have extensive experience of adversity and trauma. The result is a whole range of physical and psychological harm and a sometimes-indelible impact on women’s identity. The impact of marginalisation and the compounding impact of sexual and other forms of gender violence present formidable barriers to social and criminal justice and recovery. Extending our understandings is crucial in order to understand fully the impact of sexual violence on the health and well-being of already compromised women and children and to improve social and criminal justice interventions.
ABSTRACTS OF
ORAL PRESENTATIONS
Impact of Perceived Gender Discrimination on the Mental Health Problems of University Students

Summira Aslam¹, Zahid Mahmood², and Sadia Saleem²
¹Government College University, Lahore
²University of Management and Technology, Lahore

There is a recent surge of interest in prevailing discriminatory attitudes towards female gender. However, there is a lack of research in this area. This study is planned to explore the phenomenon of gender discrimination experienced by female in the family context. The impact of perceived gender discrimination is explored on mental health and its manifestation across various demographic variables. An indigenous Gender Discrimination Scale was developed as a self-report measure for this research. A sample comprising 250 female university students were given a Demographic Performa, Gender Discrimination Scale, and Student Problem Checklist (SPCL) for measuring mental health problems of university students. Factor analysis of Gender Discrimination Scale revealed three factors namely Unequal Treatment, Social Restriction, and Lack of Freedom of Choice. The internal consistency was .94 and the split-half reliability was .90 (p < .001). The results showed a significant positive correlation between perceived gender discrimination and the overall level of mental health problem (r = .445, p < .001). Multiple regression analysis revealed that perceived gender discrimination was a significant predictor of psychological distress among female university students. Non-significant difference was found in level of perceived gender discrimination and demographic variables. The results are discussed in terms of collectivistic cultural context and its implications for the future research.

Increasing Vulnerabilities to Trauma and Violence: Media as a Source of Indirect Exposure

Ayza Yazdani, Zainab F. Zadeh, and Khalida Shafi
Institute of Professional Psychology, Bahria University, Karachi

In an increasingly turbulent world; individuals are constantly exposed to violent happenings. While, Pakistan has greatly suffered from natural and man-made catastrophes; systematic knowledge about the range and exposure or impact on adolescents is scarce. Indirect knowledge of violent events happening to another can cause feelings of chronic anxiety in varying degrees. The present study is drawn from a doctoral research which was aimed at investigating the prevalence of vicarious trauma in adolescent girls and boys by assessing them for presence of moderate symptoms of Posttraumatic Stress Disorder. Having found significant gender differences in the main study, the current paper is aimed to explore objective elements which are considered sources of indirect exposure, such as intensity, frequency, and duration and are said to have reliably occurred in the environment. A purposive sample (N = 1074) of adolescents between 14 - 16 years was administered the Events Exposure Questionnaire developed by the researcher. The second measure, Impact of Events Scale – Revised (Weiss & Marmar, 1997) was administered with modifications to time frame. While, the frequency of indirect exposures to traumatic events was not important; however, occurrence of the traumatic event as exposure might have occurred more than a year ago. Exposure to information through several sources such as media and social interactions was used as a measure of duration of traumatic events.
Overall, figures indicated high percentage of affirmative responses in all categories and television was found to be the main source of the continuation of the trauma. Gender differences were then observed as adolescents obtained information from different sources, with girls relying more on family, while, boys preferred peers and internet. Statistical tests of significance were carried out. The research found high levels of traumatic exposure and moderate trauma symptoms. Usage of media reflects a society where girls and boys follow strict rules of socialization. Endemic characteristics of the society were identified. Culture specific results have implications for creating active roles for educational psychologists in schools; developing mental health policies and crises intervention strategies; and eventually aiding disaster management at national level.

**ICPG 2016-053**

**Stress, Dependency, and Empowerment in Working and Nonworking Mothers of Multan City**

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The purpose of the current study was to explore the comparison between working and nonworking mothers in level of stress, dependency, and empowerment. The study based on cross-sectional research design using purposive sampling technique, consisted of 150 Mothers (working mothers = 75, nonworking mothers = 75). Sample of working mothers has been taken from different working organizations in Multan City that is from Banks, Hospitals, NGO’s, Educational Institutes, etc. and sample of nonworking mothers has been taken from different residential areas of Multan City. Age range of sample was 20 - 60 years. Mothers belonged to different education levels, socioeconomic backgrounds, and family system. A semi-structured questionnaire was developed for the present study which measured stress, dependence, and empowerment in mothers. Statistical analyses indicated different stressors for both working and nonworking mothers. Nonworking mothers were found to be more stressed and lonely while staying at home and their nonworking status made them more dependent. Working mothers were economically more independent than nonworking mothers. In case of child rearing, working mothers were found to be more dependent on their in-laws. Most of working mothers wanted to leave job, but could not do so because of their circumstances. Analysis of empowerment showed that working mothers were found to be more empowered, as they were capable to increase their assets more, after marriage. Job status of working mothers had strong impact on their high level of independence and empowerment. However, nonworking status of mothers living in homes had negative impact on their decision-making power. As far as demographic of family system was concerned, mothers living in joint family system found to be more dependent on their in-laws as compared to mothers living in nuclear family system.

**ICPG 2016-060**

**Impact of Intimate Partner’s Violence on Women’s Emotional Health and Well-Being**

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The goal of the current study was to investigate the relationship between abusive behaviour and emotional health and well-being of battered women. For this purpose, mixed method research design was used to explore the experiences of abused victims through qualitative method and measured the emotional health and wellbeing of battered women. Sample of the study consisted
104 women with age range 25 to 40 years. Abusive Behaviour Inventory and Warwick-Edinburgh Mental Well-being Scales were used to assess level of abuse. It was hypothesized that abusive behaviour by partners would negatively predict emotional health and well-being problems among women. Simple regression analysis was used for hypothesis testing. Interpretative Phenomenological Analysis was used in current study to explore the experiences of battered women towards violence. Sample for study Interpretative Phenomenological Analysis consisted of 4 women. Analysis of the semi-structured interview of 4 women showed six major themes including living with unwanted self; undesirable feelings; insecurity; spirituality; need for social support; optimistic about future. These major themes were describing the experiences of women towards violence. The results of the study provided complete support to the hypothesis. Results showed that abusive behaviour was found to be a significant predictor of emotional health and well-being. Results were showing that women experienced emotional problems and had low self-esteem due to abusive behaviour towards them. The findings have major implications for guidance of new researchers, serving as a guide for family and friends of battered women for future betterment.

ICPG 2016-075

Social Intelligence, Coping Strategies, and Sexual Harassment Experiences in Bus Hostesses

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The aim of present study was to assess the relationship between social intelligence, coping strategies, and sexual harassment experiences in bus hostesses. It was also aimed to find out the predictors of sexual harassment experiences in bus hostesses. A correlational research design was used in this study. Sample was recruited through purposive sampling technique. Tromso Social Intelligence Scale (Silevra, Martinussen, & Dahl, 2001), Sexual Harassment Experience Questionnaire (Kamal, 1997), and Coping with Harassment Questionnaire (FitzGerald et al., 1990) were used and some potential psychosocial correlates were assessed through demographic questionnaire. It was hypothesized that there is likely to be a relationship between social intelligence, coping strategies, and sexual harassment experiences in bus hostesses; coping responses are likely to have relationship with type of the harassment experienced and social intelligence, coping styles; and participants’ person and situation related characteristics are likely to predict sexual harassment experiences in bus hostesses. The data were analyzed through Pearson Product Moment Correlation and regression analysis. Results of the study revealed that social intelligence was significantly positively correlated with coping, while social intelligence and coping responses were negatively correlated with sexual harassment experiences. Regression analysis revealed that participants’ perception of their physical attractiveness, their range of monthly income, social information processing, social awareness, and coping styles namely avoidance, denial, and endurance were significant predictors and explained 35% of variance of sexual harassment experiences in bus hostesses.
Body Image, Social Support, and Quality of Life among Middle-aged Breast Cancer Patients

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The present research was aimed to find out the body image, social support, and quality of life among middle-aged breast cancer patients. The sample consisted of breast cancer women ($N = 100$). The sample were taken from the Inmol Hospital Lahore. The age range of participants was 36 to 55 years. It was hypothesized that breast cancer women have more body image concern, poor quality of life, and perceived more social support from significant others, family, and friends. Body image assessed by the Body Image Scale (Hopwood, Fletcher, Lee, & Al Ghazal, 2001), social support was assessed by Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988), and quality of life was assessed by Quality of Life Scale/ Breast Cancer Patient Version (Ferrell, Grant, & Dow, 1995). The data were analyzed by using Statistical Package for Social Sciences (SPSS 16.1). One sample $t$-test was used to analyze the data. Results revealed that breast cancer women had more body image concern, poor quality of life, and perceived more social support from significant others, family, and friends. Bivariate analysis revealed significant negative relationship between social support (significant others and friends) and body image concern. Significant negative relationship was found between social support from friends and physical well-being. Social support from friends and significant others showed positive correlation with the spiritual well-being dimension of quality of life. Moreover, body image was positively correlated with the physical well-being. Moderation analysis revealed that social support has its impacts on physical well-being and spiritual well-being. It mitigated the effects of body image concern and enhanced the physical well-being and spiritual well-being of breast cancer patients. Further, social support was a predictor of physical well-being and spiritual well-being.

Adult Attachment Style as A Determinant of Depression, Anxiety, and Stress: A Comparison between Single and Nonsingle Adults

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The present study is aimed to explore the differences in levels of depression, anxiety, and stress of single as well as nonsingle adults based on their attachment styles. Adult attachment styles, which may be secure or insecure (dismissing, fearful, and preoccupied), have been studied in regards to close relationships, particularly romantic relationships. Studies have also been conducted to assess vulnerability to depression and anxiety in individuals with insecure attachment styles. It was assumed that people in a relationship (committed, married, and engaged) would have higher levels of emotional disturbance if they have an insecure attachment style to begin with. This assumption was tested in the present study, where 104 adults (52 single and 52 nonsingle) were given the Experiences in Close Relationships Revised Scale (Farley, Warner, & Brennon, 2000) and Depression, Anxiety, Stress Scale Short Form (Henry & Crawford, 2005). Results revealed that there was significant difference between individuals with secure and insecure attachment styles in terms of level of depression and anxiety as well as stress, but only in nonsingle individuals. In single participants, nonsignificant difference existed.
in the level of depression, anxiety or stress regardless of whether they have a secure or insecure attachment style. Results have been discussed with respect to relationship related anxiety and concerns, and societal pressure.

ICPG 2016-104

**Bengal's Baul: Mystic Minstrels to Hybrid Entertainers?**

*Identity Shift Over Changing Time*

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Bauls are a group of mystic musical minstrels of Bengal, both a syncretic religious sect and a musical tradition searching for divined oneness. Being a mystical tradition of sexoyogic *sadhana*, Baul is also a life philosophy that practices austerity and rejects many things that are believed to be essential for modern life. Considering that ‘roots of psychologies are in local ideologies’ (Poortiga, 1997), oriented with an indigenous heuristic, the present ethnographic research seeks to explore the changes in identity of Bauls with changing time the slow transition from once ‘*sadhakasingers*’ to the today’s ‘entertaining performers’ identity, accompanied by many changes in value system, attitudes, faith, and traditions. Freedom from moral codes and institutional structures that gave Bauls an identity of the ‘other’ resulted in marginalization from other mainstream religious communities. Acceptance of the Bauls in the modern mainstream urban culture seems to involve appropriation signifying the all engulfing consumption practices.

ICPG 2016-105

**Emotion Regulation Strategies in Functional and Dysfunctional Families**

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Family plays a vital role in development of children both emotionally as well as socially. In fact, indirect as well as direct emotional socialization mould the experiences of emotion among children. The family conflicts are destructive and may lead to emotional or social problems in children. Family functioning is acknowledged as having formative influence on the emotion regulation of the children in family. These constructs have been examined separately, limiting the ability to understand how emotion regulation strategies are employed in families that have healthy family functioning or dysfunctional family functioning. The present study endeavored to investigate emotion regulation in functional and dysfunctional families by screening out the functioning of the families via Multidimensional Family Functioning Scale. A purposive sample of 400 adolescents were selected for the study belonging to functional (*n* = 200) and dysfunctional (*n* = 200) families. The age range of the sample was 13 - 18 years. The data for functional families were collected from schools and colleges and for dysfunctional families, it was collected from hospitals and counseling centers of Islamabad and Rawalpindi. The scale used to collect information regarding emotion regulation was Emotion Regulation Questionnaire (Gross & John, 2003). For the analysis of the results, *t*-test was applied. The findings highlighted that there was a significant difference in emotional regulation between adolescents from functional and dysfunctional families. Cognitive appraisal was more common in adolescents of functional families as compared to dysfunctional families. Findings also
indicated that expressive suppression is higher in adolescents of dysfunctional families than adolescents from healthy family functioning.

ICPG 2016-111

Socio-Psychological Problems of Working Mothers: A Pakistan Case

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Working women face a number of psychological and social problems. Factors causing these problems include social resistance in and outside home and psychological tension and burnout as a result of the demands of their dual role as mothers and housekeepers on the one hand and working professionals on the other. The current study was aimed at exploring the perceptions of female university academicians who were also mothers of young children. Data were collected in the form of semi-structured interviews with 10 respondents for exploring their social and psychological problems. Initial findings revealed that respondents faced a number of problems of social and psychological nature that could be attributed to their dual role as mothers of young children and as working women/academicians. Social disapproval, resistance in an outside home, access to the workplace, and the demanding nature of the workplace seemed to have been significant factors affecting the psychological and mental well-being of the working women. Psychologically, respondents seemed to feel guilty for being unavailable to their young children and husbands at the time of their need. Some of the respondents expressed the desire to have more time for their families (children and husbands) or to switch-over as full-time mothers/housewives. There was, however, variation in such aspirations and some of the respondents wanted to carry on with their jobs as this brought them more economic independence and psychological fulfilment. Others felt that the complete restriction to home would be a negation of their individuality and identity as independent beings. Better workplace facilities and perks were identified as factors that could enhance women academicians’ satisfaction with professional life, and hence, their performance.

ICPG 2016-113

Exploration of Psychological Issues among Male and Female Chronically Ill Patients: A Multi-informant Perspective

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Chronic diseases always accompany the hardships which are not only physiological in nature, but also psychological in nature. Sometimes, patients suffer from two or more psychological problems at a time, so there is a need to explore these issues. Psychological issues (mood disorders) are more in female chronically ill patients as compared to male (Mayou, et al., 1991; Powell, 1997). Due to these psychological issues the quality of life of patients get effected (Dow, Ferrell, Leigh, & Gulasekaram, 1997; Uhlmann & Pearlman, 1991). The present study was conducted to explore the psychological issues that is, depression, anxiety, anger, etc. among male and female chronically ill patients (cardiac, diabetes, and cancer; 29 females and 20 males; age ranging from 25 - 63 years). To meet the objective, a qualitative approach with multi-informants that is, patients, caregivers, doctors, nurses, and paramedical staff were used. To collect the data, total 24 focus group discussions and 24 in-depth interviews were conducted. The guidelines for focus group and interview were prepared following the theoretical
framework of diathesis–stress model (Ingram & Luxton, 2005), self-determination theory (Deci & Ryan, 2002), and the disability stress coping strategy (Wallander & Varni, 1998). The data was organized, coded separately, and then themes were generated through content analysis approach (Berelson, 1984). The obtained themes were finalized through a committee approach. Both, data of focus group discussion and interviews, indicated almost the same themes. The themes showed hopelessness, crying spells, sleeping difficulty, loss of interest in life, sadness, appetite problems, and loss of interest in everything; physical and verbal aggression as major indicators of psychological issues. The female chronically ill patients were high on hopelessness, crying spells, sleeping difficulty, loss of interest in life, sadness, appetite problems, and loss of interest in everything; whereas, male patients were high on physical and verbal aggression. The findings may help in psychological consultancy of patients along with their treatment to improve the quality of life and well-being. Further, gender-wise differences highlight the significance of cultural connotation of gender related issues.

Psychosocial Challenges of HIV Positive Widows:
A Qualitative Study from New Delhi, India

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Widowhood carries an inherent stigma since times immemorial. With an estimated number of 40 million, India is the home to the largest number of widows in the world. Widows in India endure social and psychological deprivation in addition, to economic hardship. Deeply engrained patriarchal customs and orthodox social milieu push the widows towards deprivation, stigmatization, abuse, and marginalization from the mainstream. HIV positive diagnosis further compounds the problems, as now they get doubly marginalized by virtue of being a widow and being HIV positive. Psychosocial and cultural factors are responsible for rendering sections like women, particularly, widows more vulnerable than others. Though literature is available regarding issues confronted by HIV positive women, in general, but there is paucity of literature related to HIV positive widows. Purposive sampling was used to select 50 HIV positive widows from HIV clinic at New Delhi, India. Employing open-ended interviews, the major domains that were focused upon were: Neglect and outcast faced from family; grief of the lost husband; reactions towards realizing of one’s widowhood; reactions towards realization about HIV; psychological challenges such as feelings of sadness, hopelessness, and anxiety; social issues ranging from relationship with family and neighbors; stigma or discrimination due to HIV, widowhood or any other reason; and economical condition. Qualitative approach using thematic analysis was used to decode the acquired data. Analysis showed that HIV positive widows faced wide-range of issues and troubles in day-to-day life owing to their widowhood status and an addition of HIV. Marginalization from the community as a result of being a widow was common to majority of the respondents. Fear of being “alone” and economic repercussions followed by the death of husband, disillusionment, dejection, and fear of rejection were the first reactions of the patients when they became aware of their HIV status. The most striking part of results showed that no severe form of stigma or discrimination due to HIV per say was reported by the respondents. Instead, it was the financial dependence of widows upon in-laws which led to their abandonment and social exclusion. Natal families and neighbors were reported to be supportive. Further, worries pertaining to raising children; emergence of natal family as emotional and financial supporter; and role of NGOs emerged as crucial elements in the study.
Labelling Psychology a Feminine Subject in Pakistan: Reflections of Students and Teachers

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Gender based labelling of subjects is an educational issue in Pakistan. This qualitative study was conducted to explore the reasons for labelling the subject of Psychology as a feminine subject in Pakistan. The purposive sample of four participants was selected from the departments of Psychology from two universities of Lahore. The sample comprised two male and two female students and faculty members. Semi-structured interviews were conducted to gather qualitative data and all the participants were interviewed individually. The interview protocol consisted of 10 broad questions and thematic analysis was used to analyze the data. The main research question was, “Why is Psychology perceived as a feminine subject in Pakistan”? Main themes extracted were: Male chauvinism; psychology is about abnormality; psychologists are crazy people; limited scope; parental influence; and peer pressure. Participants discussed that parents, peers, and general Pakistani community had wrong perceptions about this discipline. Psychology has wide scope and attractive job openings in diverse areas of life. It is an important discipline for boys with variety of specialized fields. At international level, it is equally popular among boys and girls. This research has important implications for psychologists, parents, and career counsellors.

Role Ambiguity and Role Conflict as Predictors of Work-Family Conflict

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The present study was aimed to examine the relationship between work-family conflict, role ambiguity, and role conflict among government colleges and public university teachers. The present era of work responsibilities on both genders may pose a risk for their conflict in work as well as families. In this context, it seems imperative to investigate the conflicting factors associated with both work and family domains in a teacher’s life. Role of various demographic variables (gender, marital status, level of education) on work-family conflict among government and private college/university teachers was also investigated in the present study. The sample comprised of 200 teachers of Islamabad and Rawalpindi, selected through purposive and convenience sampling techniques. Data were collected through the help of three questionnaires: Work-Family Conflict Scale (Netemeyer, Boles, & McMurrian, 1996), Role Ambiguity, and Role Conflict Scale (Rizzo, House, & Lirtzman, 1970). Reliability analysis was performed on the instruments; and Pearson Product Moment correlation, regression analysis, t-test, and ANOVA were applied for hypotheses testing. The results indicated a positive correlation of work-family conflict and its subscales (Work-to-Family Conflict and Family-to-Work Conflict) with role ambiguity. Male teachers experienced more work-family conflict and role ambiguity as compared to the female teachers. Female teachers scored high on role conflict. Married teachers experienced high level of work-family conflict, role ambiguity, and role conflict than unmarried teachers. Role conflict and ambiguity was experienced more with the increasing job experience among the teachers, whereas, the results of this research showed that lesser the job experience more was the work-family conflict. Role ambiguity was the positive predictor of work-family conflict, whereas, role conflict was a negative predictor of work-family conflict.
Cross-sectional nature of data and the reliance on self-reported measures was the limitation of the study. Implications of the study and suggestions for the future research have also been discussed in detail.

ICPG 2016-138

Life-style of Pulmonary Tuberculosis Patients

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This paper investigated the life-style of persons affected by Pulmonary Tuberculosis (PTB), as perceived by them through structured interview schedule and life-style with their selected personal variables viz., age, gender, education, occupation, income, place of residence, duration of illness, presence of complications due to PTB, and number of counseling and health education sessions attended with regard to PTB. Life-style refers to the abilities of persons affected by PTB to perform the activities of daily living, to maintain relationship with others, to continue his occupation, to seek healthy behavior, and to have usual sleep patterns, etc. as measured through structured interview schedule. A total number of 100 PTB patients with equal distribution along gender and age range 21 to 40 years were selected through purposive sampling technique from District Tuberculosis Clinic, Shiv Prasad Gupta Hospital, Varanasi; Sir Sunder Lal Hospital (Chest Department) BHU, Varanasi; District Tuberculosis Clinic, Rajendra Nagar, Lucknow; and Delhi Tuberculosis Association, New Delhi. Only those patients were selected who were diagnosed by T.B. specialists. Only those patients were selected who did not have any history of psychiatric problem. Data were collected by using structured interview schedule and they were provided counselling. Obtained data were analyzed by using descriptive, frequency, percentage, and Chi-square. Result revealed that significant association between level of impact of PTB on life-style with age, gender, income, and place of residence, indicating that level of impact of PTB is influenced by these selected personal variables. There nonsignificant association was found between level of impact of PTB on life-style with educational status, occupation, duration of illness, and number of counselling and health educative sessions attended, which indicated that impact of PTB on lifestyle was not influenced by these personal variables. Findings revealed that there was lack of counseling and health education rendered by all the health workers; and lack of motivation and awareness among PTB patients regarding protection, prevention, and management of PTB, which has perhaps had increased the impact of PTB on lifestyle. Hence, the effort towards improvement of counseling, health education programmes, and motivation is essential to lessen the impact of PTB on lifestyle of patients with PTB.

ICPG 2016-142

Experience of Abuse among Female Domestic Workers

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Abusive behavior pattern called domestic abuse in every type of relationship that one’s partner wants to gain or sustain power or pressure other partner. Literature on domestic abuse mainly focus on partner and parental abuse. The aim of this study is to show that abusive behavior
towards house help should also be considered a form of domestic abuse, especially, in countries like Pakistan where quite a large number of house helps (both male and female) spend year and sometimes their entire life working for the same household. Semi-structured interviews were conducted on 6 female domestic workers. Data were analyzed using an Interpretative Phenomenological Analysis. Analysis revealed that various forms of abusive behavior towards house help exist, which generally include psychological, physical, and sometimes sexual abuse by owner or domestic member of owner, beside a person employed as a domestic help. House help abuse, though an important global issue, is poorly acknowledged in scientific literature and is an under-developed area of research. These hidden domestic issues point to various types of abusive behaviors targeted towards house help that exist in Pakistani Society, to study their effects on an individual’s mental health and study the coping strategies used by those individuals.

ICPG 2016-144

Psychosocial Impact of Early Marriages among Women in Ghizer

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Early marriages or child marriage is a dilemma in Middle East and Asian countries which affects young girls from all over the world and this dilemma is also practiced in Ghizer valley district of Gilgit Baltistan. The present study was conducted to determine the psychosocial impact of early marriages among women. Influence of cultural and family roles on the young girls and women was also addressed. Ethnographical tools such as focus group discussion, in-depth interviews, and life histories were used to gather data. Findings of this study revealed that early marriages foster the psychosocial and emotional problems in young girls and women. Some women supported the perspective of early marriages and it may strengthen the women’s physical health and social support in a family.

ICPG 2016-152

Perceived Stress, Coping Strategies, and Health of Working Women

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Working roles of women are facing considerable changes, which contributes to their health problems and other negative outcomes (Khatoon, 2005). This study is to identify the effects, originated in working women, due to interaction of their health problems, stress, and coping strategies (Birknerova, 2011; Vaillant, 2000). Demographic information and data (N = 300) were collected using purposeful and convenient sampling from women with varied professions between ages 21 to 59 years. GHQ 28 (Goldberg & Hillier, 1979) was used to assess the general health and coping strategies were measured by COPE (Carver, Scheier, & Weintraub, 1989). Stressor Scale (WWSS) developed by Asad and Najam (2013) was used to assess stressors. Correlation analysis indicated relationship between stress, health, and coping strategies. One Way Analysis of Variance showed significant difference between stressors and health along age groups, marital status, and work experience. Regression analysis revealed different personal/daily stressors and coping strategies (focus on venting emotions, denial, and acceptance) as predictors of women’s general health.
Environmental Stress and Its Correlates in Women

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The objective of the study was to observe the relationship between environmental stress, life satisfaction, and interpersonal stressors among women with employed status. Self-reported scale was used to measure the variables. Correlation was used to study relationship between variables. Results showed that there was significant correlation among variables in both groups. It is concluded that environmental stressors remains significant factor in life of Indian women as they affect their performance in daily lives. How effectively they face these stressors also depends on their coping strategies and contribute to mental health. Gender is concept that put men and women in a different social environment. As well as different kind of roles are expected by them when faced same stressors. It is assumed that social environment is not women friendly, thus, women are meeting greater environmental hassles in their daily life, which affect their coping and mental health.

A Comparative Study of Gender Role Attitudes, Career Aspirations, and Career Choices

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Globally, gender roles have seen a sharp shift as they become more egalitarian in the face of waves of gender equality movements that have swept the developed nations. With changing times, it becomes imperative to systematically study the changing social roles and status among men and women in Pakistan where this change in social and gender roles have been relatively slow. This study looks at changing gender roles from the vantage point of career aspirations and career choices that are credited as the driving forces behind the emancipation and liberalization of women in today’s society. Sample of the study consisted of 126 intermediate students (63 males and 63 females) who were administered the Islamic Attitude Towards Women Scale (Khalid & Freize, 2004) and Career Aspirations Scale (Gray & O’Brien, 2007). The career choices of the participants were elicited by the use of a semi-structured interview after which the career choices were divided into traditional and nontraditional careers in accordance with Standard Occupational Classification System (Bureau of Labor Statistics, 2010). The results revealed that men had more conservative gender role attitudes and lower career aspirations than women. Furthermore, women chose more nontraditional careers for themselves than men. More egalitarian gender role attitudes were found to be associated with higher career aspirations and nontraditional career choices among men and women. The study entails important implications for the changing gender roles and social status of women in today’s society and draws significant association between career aspirations and social emancipation of women. The study provides important implications for career and school counselors to provide a framework for youth to assist them in understanding their own career choices and helping them make more informed decision on which career to adopt. The results of this study can be adapted to help career counseling personnel in conducting career developmental guidance programs that will provide relevant information regarding the career choices that young students are aspiring for.
and also provide career exploration opportunities, so that students look farther from traditionally
gender-stereotyped occupations and explore nontraditional career choices as well.

ICPG 2016-199

Sexuality Education in the Girls with Intellectual Developmental Disabilities (IDD) and
Role of Mothers

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The research was conducted to investigate the strategies used by mothers to give sexual
education to their girl child with Intellectual Developmental Disabilities. The study also
revealed that what type of problems mothers usually face, while, trying to educate their girl
child about their sex. A mixed descriptive approach was used for this study. It was
hypothesized that mostly mothers prefer to use modeling techniques as compare to oral
communication methods to educate their girls. By using the simple random sampling method,
 thirty mothers whose girls were enrolled in different special schools of Karachi were selected as
sample. It was kept in view that all the girls whose mothers were selected for the study must be
between the ages of 10 - 18 (i.e., onset age of puberty to adolescence). A structured
questionnaire, which served as the instrument of the study was designed by using adaptations
from instructional manual for parents of Florida Developmental Disability Council. The
percentage method was used to analyze demographical data. The chi-square statistical method
was used to test hypotheses of the study. In the light of obtained results, it is recommended that
mothers need support and guidance from school administration and from other professionals to
provide sex related education to their girl child.

ICPG 2016-202

Thinking Styles and Belief in Superstitions: Moderating Role of Gender in Young Muslim
Adults

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Despite recent modernization and enlightenment, superstitious beliefs still persist in our society.
This study was aimed to investigate role of gender and thinking styles in predicting belief in
superstitions among young Muslim adults. It was hypothesized that rational thinking style
would negatively predict belief in superstitions and experiential thinking style would positively
predict belief in superstitions. It was also hypothesized that gender would moderate the
relationship between thinking styles and belief in superstitions. A sample of 260 undergraduate
students (with equal representation of men and women) was approached in a private university
of Lahore. Participants’ age ranged between 20 to 24 years. Rational Experiential Inventory
(Pacini & Epstein, 1999) and Belief in Superstitions Scale (Maqsood, 2015) were administered
along with a demographic information questionnaire. The results showed that women scored
significantly higher on belief in superstitions than men. Experiential thinking style positively
predicted belief in superstitions whereas rational thinking style negatively predicted belief in
superstitions. It was further found out that gender significantly moderated the relationship
between thinking styles and belief in superstitions. Implications regarding social progression are
discussed. The future study should be conducted on larger sample and also focus on other
factors like education and other socioeconomic classes.

ICPG 2016-204
Impact of Sexual Satisfaction on Emotional and Sexual Infidelity: Comparison of Male and Female Pakistani Fertile Individual and Infertile Patients

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The current aim of this study was to investigate the moderating role of infertility status between sexual satisfaction and infidelity (emotional and sexual infidelity) among Pakistani men and women. The data of this study included (100 infertile and 100 fertile individuals) age ranged 20 to 40 years. Purposive sampling technique was used based on cross-sectional design. Data were collected from different hospitals of Islamabad and Rawalpindi. Two scales were used to measure sexual satisfaction and attitude towards infidelity including sexual infidelity and emotional infidelity among fertile and infertile men and women. This study revealed that infertility status was the moderator between fertility status between sexual satisfaction and infidelity (emotional and sexual infidelity) in Pakistani men and women. The result also revealed that infertile patients had shown more sexual satisfaction as compared to fertile individuals. The result also revealed that fertile patients had shown more emotional infidelity and sexual infidelity as compared to infertile individuals. The result suggested that fertile individuals were more vulnerable on sexual satisfaction as compared to infertile male and female individual. Recommendation of the study is that fertile individuals can get more benefit by addressing the sexual satisfaction. It would be helpful for health and clinical setting to resolve the psychological and health problems of the infertile patients and fertile individuals.

Perceived Social Support among Newly Divorced and Widowed Women: Role of Psychological Problems and Psychological Well-being

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The present study was conducted to examine the impact of perceived social support among newly divorced and widowed women on psychological problems and psychological well-being. The sample of the present study was 100 widowed \( (n = 50) \) and divorced \( (n = 50) \) women selected through convenience sampling technique. To measure the study variable; Depression Anxiety Stress Scale, Multidimensional Scale of Perceived Social Support, and Warwick Edenberg Mental Well-being Scale were used. First the psychometric properties were checked for the study variables and found satisfactory reliabilities. Results of the study revealed that perceived social support had significant negative correlation with psychological problems whereas perceived social support had significant positive correlation with psychological well-being. Findings indicated that widows perceived higher social support and psychological well-being as compared to the divorced. Differences between age groups were also found. Limitations, suggestions, and implications of the study were also discussed.
Relationship of Maternal Employment with Child’s Aggression and Emotional Development

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The purpose of the current study was to explore the differences in states of emotional development and level of aggression in children of employed and unemployed mothers. The sample consisted of 200 students (100 males and 100 females) taken from different schools of Multan. Their age range was 5 - 15 years. Emotional Development Scale (Afzal, 2000) and Aggression Scale (Orpinas & Frankowski, 2001) were used to assess the level of emotional development and level of aggression, respectively. Results indicated significant differences in the level of emotional development and level of aggression in boys and girls. The findings of the results showed that the children of unemployed mothers had high intensity of emotions and low level of aggression as compared to the children of employed mothers. The comparison suggested that the emotional development of those children who had more than four siblings was better as compared to the emotional development of those children who had four or less than four siblings.

Relationship of Organizational Justice Perception and Workplace Reactivity Moderated by Gender among Telecommunication Employees

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The present study was intended to investigate the predictive role of organizational justice for workplace reactivity and to study the moderating effect of gender among the relationship of these variables. The sample comprised of 187 employees of telecommunication sector; among them 123 were male and 64 were female employees from private and semi-government telecommunication companies. Instruments used to measure the study variables were Organizational Justice Scale (Neihoff & Moorman,1993) and Workplace Reactivity Scale (Ogungbamila & Udegbe, 2014), while, Stober’s (2001) Social Desirability Scale was used to control the element of social desirability among participants. Regression analysis revealed that all facets of workplace reactivity were negatively predicted by perceived organizational justice except interpersonal violence. Moreover, interactional justice was found to be the best predictor of workplace reactivity among all other types of perceived organizational justice (distributive justice and procedural justice). Men were found to have higher level of workplace reactivity than women and they also had better perception for interactional justice. Gender was found to have significant moderating effect in predicting workplace reactivity from organizational justice perception such that workplace reactivity fluctuated along with fluctuating levels of organizational justice perception for men, but for women the level of workplace reactivity remained constant whether the organizational justice was perceived to be high medium or low. Shortcomings of this study were acknowledged and practical implications were also discussed.
Sexual Harassment among Salesgirls: Nature of Experiences, Risk Factors, and Coping

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Women in Pakistan are increasingly employed in a variety of work settings holding various job positions. Harassment experienced by women at workplaces and public places is a major source of distress which influences their mental well-being and performance. Human rights organizations in Pakistan are nowadays actively running campaigns to formulate anti-harassment policies. This requires clear understanding about nature of experiences and risk factors in variety of job settings. Limited empirical evidence is available on this, particularly, in a vulnerable population such as salesgirls in Pakistan. This cross-sectional research survey was conducted to address this gap. More than 200 on-shop salesgirls from all major markets of Islamabad were requested to participate in the survey. A total of 108 gave their consent, thus, yielding a response rate of 54%. This low response rate was mainly due to refusal by their employers, thus, itself indicative of low independence of salesgirls at their workplaces. Data on demographic and job related variables were gathered with a demographic sheet. Sexual Harassment Experience Questionnaire (Kamal & Tariq, 1997) and Coping with Stranger Harassment Questionnaire (Fairchild & Rudman, 2008) were used to collect data about nature of harassment experiences and coping strategies, respectively, employed by salesgirls. The reliability of tools was adequate as demonstrated by internal consistency of scales and subscales. Findings showed that more than 95% of participants endorsed at least any one item on Workplace and Public Harassment subscales indicating very high prevalence of harassment experiences. Among the three dimensions of harassment, Unwanted Sexual Attention (M = 28.29, SD = 8.66) was more frequently experienced than Gender Harassment (M = 11.09, SD = 3.78) followed by Sexual Coercion (M = 8.21, SD = 2.42). Statistics on mean differences indicated statistically significant differences existed in sexual harassment experiences and coping strategies employed by salesgirls across different categories of variables (e.g., age, education, marital status, wages, job position, work experience, work shifts, and means of transportation). Self-blame was found to be significantly associated with both Workplace Harassment (r = .26, p = .01) and Public Harassment (r = .25, p = .01). Implications of findings in context of targeting factors which increase salesgirls' vulnerability for harassment are discussed.

Exploring the Role of Gender in Relationship of Career Decision Making Self-efficacy and Career Thoughts with Career Decision Making Among Adolescents

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Career decision making is a complex process and cognitive factors influencing career choice is interesting for researchers (e.g., Betz & Hackett, 1981; Sampson, Reardon, Peterson, & Lenz, 2004; Super, 1990). The present study deals with relationship of self-efficacy beliefs and career thoughts with career certainty and career uncertainty in the theoretical framework of social cognitive career theory. Sample comprised 392 adolescents from different universities of private and public sector. To measure self-efficacy belief, Career Decision Making Self-efficacy Short Form (Taylor & Betz, 1983) was adapted comprising five facets: Self-appraisal, Occupational Information, Goal Selection, Planning, and Problem Solving. The career related thoughts were
measured by Career Thought Inventory (Sampson, Peterson, Lenz, Reardon, & Saunders, 1998) comprised four facets: Decision Making confusion, Commitment Anxiety, External Conflicts, and Nature of Dysfunctional Thought. To assess level of certainty and uncertainty, Career Decision Scale (Osipow, Carney, & Barak, 1976) was adapted. The results revealed that girls were more capable of utilizing available information and boys had lower certainty level. Further, girls were facing more external conflicts in career decision process. The findings suggested that girls were forced to opt traditional careers. This might be the reason that they are unable to balance importance of one’s own desire for particular field with the importance of input from significant others. Furthermore, boys experienced peer pressure for competing in nonacademic activities, therefore, might be less motivated for academic activities, as a result they were uncertain in career decision process. The findings are discussed in particular reference to Pakistani perspective.

ICPG 2016-235

Comparative Study on Relational Jealousy and Marital Satisfaction between Working and Nonworking Women

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The current study was conducted to study the difference in the level of relational jealousy and marital satisfaction between working and nonworking women. Multidimensional jealousy types that is cognitive jealousy, behavioural jealousy, and emotional jealousy; and marital satisfaction were examined on the basis of professional status between working and nonworking women. For this purpose, the data were collected from 200 married women among whom 100 were working and 100 were nonworking. To investigate the difference in the level of relational jealousy and marital satisfaction, Multidimensional Jealousy Scale (Pfeiffer & Wong, 1989) and Couple Satisfaction Index (Funk & Rogge), respectively, were administered on the selected sample. Results were analyzed through Independent sample t-test. Results showed that there was a significant difference in the level of relational jealousy and marital satisfaction between working and nonworking women as indicated by vivid difference in mean values of relational jealousy and marital satisfaction on all multidimensional jealousy types. The working women exhibited less marital satisfaction and more relational jealousy on the basis of multidimensional jealousy types which showed that there was more behavioural and cognitive jealousy among working women than nonworking women, whereas there was less emotion jealousy among working women than nonworking women. So according to the current study findings, it could be perceived that the level of relational jealousy was considered to be more in working women, than nonworking women, whereas marital satisfaction was perceived to be present more in nonworking women than working women.

ICPG 2016-238

Personal Strains and Resources of Married Students Pursuing Higher Degrees: A Comparison of Gender

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Due to remarkable competition for better career and professional excellence, there is noticeable upsurge in enrollment at higher education level in Pakistani academic institutes. Such
competitive trend is equally widespread among men and women irrespective of their age, marital and socioeconomic status. Studies show that such competitive environment, despite of increase in motivation, may cause some mental stress and strains for students, especially, when they are married. Married students are assumed to fulfill multiple roles and related responsibilities along with academic demands. In Pakistani society, particular entrenched with eastern culture, married women and men both are further laden with diverse domestic and social responsibilities. In order to investigate the nature of strains challenging the married male and female students and the coping resources employed by them to alleviate those strains, the present study was carried out. For this purpose, a sample \((N = 200)\) consisting of 100 men and 100 women enrolled at MS, M.Phil. or PhD programs as regular students in different universities of Rawalpindi and Islamabad, was selected. All the respondents were married with at least 1 year marital duration. Personal Resources Questionnaire (Osipow, 1998) and Personal Strain Questionnaire (Osipow, 1998) were used as instruments to measure the variables. The statistical analysis of collected data showed a significant relationship between overall perceived personal strains and personal resources for both genders. However, nonsignificant difference in personal strains across gender was found, while, difference in utilization of personal resources was indicated by data. Some other important findings were recorded with respect to demographic correlates of both genders. It can be concluded that academic strains are almost similar for male and female married students pursuing higher degrees, while, the utilization of their personal resources differ as coping mechanism against strains. Furthermore, duration of marriage, number of children, family system, employment, and socioeconomic levels reflect upon gender differently.

**Work Centrality, Life Role Salience, and Dyadic Adjustment in Emergency Service Providers**

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Dyadic adjustment is a major facilitating factor in the grueling lifestyle of emergency service providers, leading to optimal adjustment in various life roles. This research was aimed to examine the relationship between work centrality, life role salience, and dyadic adjustment in emergency service providers. The study further explored the moderating role of thought suppression. After the detailed literature review, it was hypothesized that work centrality and life role salience are likely to be positively related to dyadic adjustment of emergency service providers. It was further hypothesized that thought suppression is likely to moderate the relationship between work centrality, life role salience, and dyadic adjustment. Within group research design was used. The sample of 110 male emergency service providers with age range from 24 to 40 years was obtained from rescue service providers. Dyadic Adjustment Scale by Spanier (1976); Work Centrality Scale by Paullay, Alliger, and Stone-Romero (1994); Life Role Salience Scale developed by Amatea, Cross, Clark, and Bobby (1986); and White Bear Thought Suppression Inventory by Wegner and Zanakos (1994) were translated in Urdu Language and individually administered. Pearson Product Moment Correlation indicated that occupational role commitment has significant positive relationship with dyadic adjustment, while parental role commitment and homecare role commitment had significant negative relationships with dyadic adjustment of emergency service providers. Hierarchal Moderated Regression revealed that thought suppression significantly moderated the relationship between variables. This research offers an insight into the lives and trauma alleviating strategies of the people who are involved in this profession on a daily basis. This research is also helpful, as it provides empirical support
to the personnel’s conflicts in the course of their work and its consequences on their dyadic and parental roles. It offers an avenue to researchers to explore the trauma coping strategies and their influence on people employed in other healthcare professions and implement couple and counseling therapies to the recipients of such stressful conditions.

ICPG 2016-252

Mother’s Expressiveness and Behavior Problems in Preschool Children

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The study examined the relationship between mother’s expressiveness and child’s behavioral problems (conduct problems, emotional problems, hyperactivity, and peer problems). It was hypothesized that there is likely to be a positive relationship between negative expressiveness of mother and behavior problems in preschool children. Further, it was hypothesized that negative expressiveness of mother is likely to positively predict behavior problems in preschool children. Lastly, it was hypothesized that boys are likely to show more behavior problems than girls. The Modified Version of Self-Expressiveness in the Family Questionnaire (Mizokawa, 2013) and Strengths and Difficulties Questionnaire (Youth-in-mind, 1998) were used for assessment. Through correlational research design and purposive sampling technique, a sample of (N = 104) mothers was recruited. Results were generated using Pearson Product Moment Correlation and Hierarchical Multiple Regression. Result showed that there was a positive relationship between negative expressiveness of mother and behavior problems that is emotional problems, conduct problems, and hyperactivity in children. It was further revealed that mother’s negative expressiveness was likely to predict behavior problems in children. Lastly, it was revealed that girls showed more emotional problems than boys. The findings implied important role in improving parent-child relationship and to address child’s personality development.

ICPG 2016-255

Procedural Knowledge versus Psychological Stress Faced by Women Undergoing In-Vitro Fertilization Procedures: A Cross-sectional Study

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In the study, aim was to study the level of stress faced by women undergoing in-vitro fertilization (IVF) as treatment and to compare the degree of stress faced by women having detailed knowledge of procedures involved in the treatment with those having limited or no knowledge of it. It was a cross-sectional study conducted in private hospitals of Delhi, India. One hundred and one women undergoing IVF treatment were included. Pre-and post-treatment psychometric tests were administered. Result showed that women undergoing IVF treatment showed higher levels of anxiety and emotional tension during the procedures. Significant level of stress was observed in women who were having limited or no knowledge of the physiology involved, procedures applied, and changes in the body during and after the procedure when compared with those who did extensive research on the whole procedure. Conclusion is that infertility is a psychological trauma for couples, often experienced as the most stressful event in their lives. The interventions include a number of traumatic aspects which involve daily injections, blood samples for diagnostic purpose, ultrasound, laparoscopic surgery, specified diet and exercise regime, and a constant fear of failure throughout the whole procedure. Besides,
The purpose of this study was to explore how implicit relationship beliefs and conflict resolution styles influence marital satisfaction for both men and women. The sample comprised of 65 couples that is 130 individuals (husbands = 65, wives = 65). Correlational analysis was carried out to find relationship among study variables; Path analysis was performed to validate the mediating relationship of conflict resolution style and implicit beliefs in predicting marital satisfaction. Results showed that among five conflict resolution styles only accommodating and competing style was significantly correlated with marital satisfaction. While, a partially mediating path between implicit beliefs (destiny), competing conflict resolution style, and marital satisfaction was observed. This approves presence of mediating relationship between implicit beliefs and conflict styles in predicting marital satisfaction. It was observed that in Pakistan, women have higher implicit belief in destiny and among conflict resolution styles; compromising style is most common; while, men practice competing style and implicit belief of relationship called growth belief. This is a main root cause of alarmingly increasing high rate of divorces. If we can change the way people believe and the way they deal with circumstances, we can change the whole picture. This research likewise may have suggestions for readiness to look for help when confronted with relationship challenges.

ICPG 2016-258

Self-Silencing as Predictor of Marital Adjustment: Moderational Role of Gender

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The main purpose of the present study was to explore the moderating role of gender in relationship between self-silencing and marital adjustment. Convenient sample comprised of 217 married participants taken from Sargodha District. Men and women both were given representation in the sample (men = 100, women = 117). Silencing the Self Scale (Naheed & Ghayas, 2014) was used to measure self-silencing and marital adjustment was assessed using Marital Relationship Questionnaire (Kousar & Khalid, 2003). Regression analysis yielded that self-silencing was a significant and negative predictor of marital adjustment. Results revealed that gender played a role of significant moderator in relationship between self-silencing and marital adjustment. Analysis depicted that relationship between self-silencing and marital adjustment was negative among women and the same relationship was found positive among men.
Body Dissatisfaction, Perfectionism, and Media Exposure among Adolescent Girls and Boys

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The purpose of this research was to study the relationship between body dissatisfaction, perfectionism, and media exposure among adolescents. The sample consisted of 376 students including boys ($n = 174$) and girls ($n = 202$) of age range from 16 to 21 years ($M = 18.2, SD = 1.24$). Multidimensional Self-relations Questionnaire Appearance Scale by Cash (2000), Perfectionism Inventory by Hill et al. (2004), and Media Exposure List by Hayee (2012) were used to study variables. The results showed that appearance evaluation and body area satisfaction had negative correlation, while, appearance orientation and overweight preoccupation had positive relationship with perfectionism. Significant gender differences were found. Girls scored high on appearance orientation, overweight preoccupation, self-classified weight, and perfectionism, while, scored low on appearance evaluation and body satisfaction as compared to boys. Moderation analysis revealed that media exposure significantly moderated the relationship between body satisfaction and perfectionism. The present findings have important implications for future prevention and intervention efforts, which need to target adolescents, especially girls at early age when beliefs and concerns about weight and shape are less strengthened. It may be useful to help vulnerable group of adolescents in doing separate evaluative comparisons of physical attributes with reference to health. The present study also shed light on the severity that how girls and boys set the standards and high goals which are often irrational and leads to many problems.

Moderating Role of Gender between the Relationship of Physical Attractiveness and Sexual-esteem among Adults

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The present study is designed to investigate the relationship of physical attractiveness and sexual esteem among men and women. The major emphasis was to explore the gender differences on the study variables along with other demographic variables such as age, marital status, and family monthly income. The sample consisted of ($N = 320$) adults including 130 men and 190 women within age range of 18 to 35 years. Sample was collected from Islamabad and Rawalpindi. Multidimensional Body Self Relations Questionnaire – Appearance Scale (Cash, 2002) was used to measure physical attractiveness and sexual esteem was measured by the subscale of Multidimensional Sexual Self-concept Questionnaire (Snell, 1998). The findings indicated that all the dimensions of physical attractiveness are significantly correlated with sexual esteem except self-classified weight. The findings of $t$-test indicated gender differences on appearance evaluation. There were no gender differences on other variables of the study. Hierarchical multiple regression analysis was used to predict the moderating role of gender between the relationship of physical attractiveness and sexual esteem. Gender did not moderate the relationship of any of the dimensions of physical attractiveness and sexual esteem. Among married individuals, those having arranged marriages scored high on sexual esteem as compared to those having love marriages. ANOVA was used to analyze the mean differences along marital status on variables of the study. The findings indicated that single individuals had high
physical attractiveness as compared to married and engaged individuals. The study findings provide a better understanding about the role of physical attractiveness and need of sexual esteem in developing and maintaining relationships.

ICPG 2016-268

Honour Killing in India: A Psychological Analysis

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This research paper is based on an exploratory study done to explore different psychological aspects of ‘Honour Killing’ based on the reports, research studies, and anecdotes published and observations made with an intensive approach on the concept. It is a study designed to identify and research different psychological dimensions like Culture, attitude, honour belief morality, etc. and its bearing on ‘honour killing’ based on the conflict between the individual and the family due to various reasons like choice of sexual/marital partner; education and employment; dress; behaviour and contact with the opposite sex; sexuality; general conformity to the family and community’s culture; and expectations. This exploratory study was carried out as a qualitative research under Indian scenario based on secondary data available in the area, which, also included basic references on international incidents on the same. The research enquiry focused on several research questions: What is ‘honour killing’ and its various types? How the psychological aspects of culture, honour, morality, attitude, and belief are connected with ‘honour killing’? Why the above said psychological concepts in human beings are stronger than the other psychological concepts in them like feelings, emotions, sentiments, humanity, and other social traits when they commit homicides in the name of ‘honour’? Why people are inclined to obey and follow biased and communal based Khap Panchayats instead of the existing legal and constitutional provisions and systems in the country, while, treating issues or incidents? The study points out how the multifarious psychological aspects influencing ‘honour killing’ and to what extent it creates panic and havoc in the society which deter the stability of social life, thereby, ends life of many citizens in a nation as well as affects the development of a nation.

ICPG 2016-270

Indicators of Narcissism and Hysteria in Early Adulthood: Gender-based Comparison

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This research was designed to assess the prevalence of narcissism and hysteria among young adults of both genders with age range 20 - 30 years. This has been done by using survey method on a sample of 194 young adults (97 from each gender). The instruments used were Narcissistic Personality Inventory and Minnesota Multiphasic Personality Inventory using its subscale of Hysteria. The results where compared and evaluated by applying independent sample t-test, using SPSS. The outcome was highly significant ($p < .05$) which showed that hysteria is more prevalent in women ($M = 91.02, SD = 6.67$) as compared to men ($M = 87.28, SD = 7.93$), whereas nonsignificant differences were found ($p > .05$) in case of narcissism between men and women, in fact, women scored a little higher ($M = 59.43, SD = 4.97$) as compared to men ($M = 58.3, SD = 3.67$). The emphasis of this research is on gender differences, which arise primarily due to personality traits (particularly narcissism and hysteria). Social obligations and cultural
discrepancies can alter the attitude of both men and women. The research, however, is restricted to Pakistani social setup. Minimal research has been made on hysteria, thus, the research endeavored to study this aspect for better understanding of hysteria in comparison to narcissism.

ICPG 2016-277

Women Leadership, Work Autonomy, and Organizational Citizenship Behavior in Banks

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This research was aimed to investigate the women leadership, work autonomy, and organizational citizenship behavior in banks of Lahore. It was hypothesized that there is likely relationship among women leadership, work autonomy, and organizational citizenship behavior. The sample comprised of 160 employees working under women leadership in various departments of banks. Managerial Grid Questionnaire measuring leadership style as perceived by employees (Blake & Mouton, 1982), Work Autonomy Scale (Breaugh, 1985), and Organizational Citizenship Behavior Scale (Spector & Fox, 2001) were used for assessment purposes. After seeking formal permissions from authors, tools were administered in order to collect data. The data were analyzed using SPSS version 21.00. Series of correlation analysis, Hierarchical Regression analysis, and one-way ANOVA were run in order to test the hypotheses. The results of the current study suggested that team leader style and authoritarian style were related to method, schedule, and criteria autonomy given to employees; whereas team leader style was strongly related to organizational citizenship behavior shown by the employees. Workplace experience of women in the organization was found to be significant for team leader, authoritarian style, criteria autonomy, and organizational citizenship behavior. The research findings carry significant implications for the phenomenon of women leadership.

ICPG 2016-279

Experiences of Wives Whose Husbands are Involved in Infidelity

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The purpose of this research was to explore the phenomenological experiences of wives whose husbands had committed infidelity. The decline in marriage rates across the globe has been linked with a number of factors including financial expectations, preference for living relations, issues of race, etc. However, there is one area of concern that has been subject to limited attention in psychological research. This problem has been commonly referred to as “infidelity”. The research questions of this study were designed to explore the experiences, the contributing factors leading to infidelity, and the factors responsible for sustained marriage of wives with infidel husbands. The study employed exploratory qualitative research design. The sample for the study included 5 participants who were selected through purposive sampling and whose husbands had committed infidelity. The criterion for inclusion was to include women who were married and whose husbands had committed infidelity. The age range of the participants was from 25 to 35 years of age (M = 30, SD = 2.32). Semi-structured interviews were used for data collection. Ethical issues and concerns were given due regard during this investigation. The data were analyzed using interpretative phenomenological analysis, a technique specifically designed to conduct a phenomenological assessment of different psychological constructs. The superordinate themes identified in this investigation included: Process of discovering infidelity, emotional impact, contributing factors, and factors responsible for sustained marriage. Future
Psychology of Gender in Perspective: Issues and Challenges (December 1-2, 2016)

Gender Stereotypes Regarding Anger Expression: A Myth or a Reality?

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It has long been considered that difference in anger expression is gender oriented. It is a general perception that girls express more depression, anxiety, fear, internalized anger; whereas, boys express externalized anger, non-compliance, and aggression. In order to explore the reality of this stereotypical thinking, a study was planned to examine gender differences in anger expression styles of children both normal and with emotional-behavioural problems. A nonprobability purposive sample of 400 children including 200 normal children (100 boys and 100 girls) was drawn from 2 public and 2 private schools; and 200 children with emotional-behavioural problems (102 boys and 98 girls) were drawn from child psychiatric units of two hospitals including Mayo Hospital and Services Hospital, Lahore, Pakistan. In order to measure anger expression styles an Anger Expression Scale for Children (Majeed & Malik, 2015) was used. Results indicated children with emotional-behavioural problems scored high on Anger Expression Scale as compared to normal children. For exploring gender difference, independent sample t-test was carried out. Results depicted that there was no gender difference regarding anger expression styles in normal children. Their mean scores were same on all the four subscales. Whereas in children with emotional-behavioural problems, girls scored high on internalized anger expression style as compared to boys. However, on all other scales, they showed nonsignificant difference. Results also confirmed other empirical findings. Empirical evidence is different from general orthodox thinking. In some studies, difference exists that may not be due to gender as biological phenomena, but gender role difference as determined by the society.

Work Family conflict, Emotional Exhaustion, and Workplace Well-Being in Female School Teachers

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The present study was conducted to find out the relationship among work-family conflict, emotional exhaustion, and workplace well-being in female school teachers. It was hypothesized that (a) there would be a positive relationship between work-family conflict and emotional exhaustion in female school teachers; (b) there is likely to be a negative relationship between work-family conflict and workplace well-being in female school teachers; (c) there is a negative relationship between emotional exhaustion and workplace well-being in female school teachers; and (d) work-family conflict and emotional exhaustion are likely to predict the workplace well-being in female school teachers. Sample comprised of 100 married female school teachers with age range of 22 - 54 years ($M = 37.01, SD = 8.90$). Sample was selected from government schools of Lahore. Work-family Conflict Scale (Haslam, Morwaska, & Sanders, 2012), Copenhagen Burnout Inventory (Borritz, Villadsen, Christensen, & Kristensen, 2005) and Workplace Well-being Questionnaire (Hyett & Parker, 2014) were used for assessment. Pearson Product Moment Correlation, Stepwise regression analysis, and
Independent Sample $t$-test were performed for data analyses. Results revealed that there was significant positive relationship between work-family conflict and emotional exhaustion. Results also showed that there was significant negative relationship between work-family conflict and emotional exhaustion. Work-family conflict, family-work conflict, work related emotional exhaustion, and student related emotional exhaustion were significant predictors of work place well-being in female school teachers. Differences were found between middle school and high school teachers on family-work conflict. Schools must support teachers to balance their workplace responsibilities along with household tasks.

ICPG 2016-302

**Moderating Impact of Gender on the Relationship between Emotional Autonomy and Behavior Problems among Adolescents**

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The present study was designed to investigate the relationship of emotional autonomy and behavior problems (externalizing/internalizing) moderated by gender among adolescents. The sample comprised of 215 adolescents within age range 16 to 18 years, boys ($n = 85$) and girls ($n = 130$), from the educational institutions of Islamabad and Rawalpindi. Emotional autonomy was assessed using the Emotional Autonomy Scale (Steinberg & Silverberg, 1986) and behavior problems by using the Child Problems Checklist (Tariq & Hanif, 2007). The results revealed positive relationship between emotional autonomy and behavior problems (internalizing/externalizing behavior problems). Boys were found to be more emotionally autonomous, while, girls were high on internalizing behavioral problems. The adolescents of public sector institutions were high on emotional autonomy. Gender was found to be a moderator for the effect of emotional autonomy on externalizing behavior problems. Nonsignificant moderation effect was observed for overall behavior problems and internalizing behavioral problems. This research is of significance for educational institutions, practitioners, parents, and adolescents.

ICPG 2016-307

**Quality of Life and Psychological Well-being of Women Consulting Gynecologist, With and Without Menopausal Complications**

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The aim of present study was to investigate the difference between quality of life and psychological well-being of women consulting gynecologist, with and without menopausal complications. It was hypothesized that women with menopausal complications would likely to have high scores on quality of life and psychological well-being. Secondly, women with perimenopausal complications would likely to have high scores on quality of life and psychological well-being. Between group research design was used. Purposive sampling strategy was employed for the selection of sample. Sample consisted of 70 menopausal women from the gynecological out departments of hospitals with age range of 40 - 65 years ($M = 50.7$, $SD = .50$). Women with menopausal complications had $M_{age}$ of 45 years ($SD = .23$) and women without menopausal complication with $M_{age}$ of 57.5 years ($SD = .28$). Quality of life and psychological well-being were assessed through Menopause Specific Quality of Life Questionnaire by Hilditch et al. (1996) and Trait Well-being Inventory by Delbart (1992), respectively. Results showed that women with menopausal complication reported impairments
in vasomotor and physical related quality of life. Similarly, psychological well-being (mood level and general life satisfaction) was also found to be affected in women with menopausal complication. Women with peri-and post-menopause complications reported similar scores on quality of life and psychological well-being. It was concluded that quality of life of women suffers, predominately physical and vasomotor symptoms, as a subsequent of menopausal complication. They are also prone to experience emotional changes and less satisfaction with present, past, and future life well-being. This highlights the need of counseling, while, targeting the psychosocial and physical implications of menopausal complication and help the women to cope with this debilitating transition.

ICPG 2016-308

Examining the Peer Attachment among University Students:
A Gender-Wise Comparative Study

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Adequate social relationships are of great importance for good psychological and physical happiness. Peers represent important actors within individuals’ social network along the entire life-span (e.g., Bukowski et al., 1996). Attachment theory by Bowlby (1969) provides a valuable framework for understanding how peer relationships and attachment bond develop in adolescence and in later stages (cf. Cassidy & Shaver, 2008). This attachment bond represents a “special type of social relationship” that may be characterized in terms of development of preferences for certain individuals through repeated contact in a critical context within which the individual organizes emotional experience and regulates “felt security” (Sroufe & Waters 1977). The present study was aimed at exploring the role of gender in peer attachment among university students. The study was conducted on a convenient sample of 363 university students with an age ranged from 18 to 25 years ($M = 21.77$, $SD = 1.80$). Peer Attachment subscale of Inventory of Parent and Peer Attachment Scale (IPPA) by Armsden and Greenberg (1987) including three domains trust, communication, and alienation was used in order to achieve the objectives. One-way MANOVA was computed to test the role of gender in peer attachment. Results showed a statistically significant gender difference in Peer Attachment, $F(3, 353) = 5.63$, $p < .001$, Wilk’s $\Lambda = 0.954$, partial $\eta^2 = .05$. It was found that gender had a statistically significant effect on trust, $F(1, 355) = 16.44$, $p < .0005$, partial $\eta^2 = .04$; and communication scores, $F(1, 355) = 11.28$; $p < .001$, partial $\eta^2 = .03$. Female students scored significantly higher on trust and communication as compared to their counterparts. However, nonsignificant differences were found on alienation. The implications of the study are discussed in reference to its theoretical and cultural significance.

ICPG 2016-310

Effect of Facebook Use upon Marital Satisfaction among Pakistani Married Facebook Users: A Model Testing

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The impact of social networking sites, especially, Facebook in marital relationships is increasing in Pakistan. A model based on negative-effect hypothesis about SNS use was designed to test the effect of Facebook use intensity on marital satisfaction among married Facebook users through a process where Facebook related jealousy and online surveillance were
the mediators and trust and Facebook use intensity were the predictors. Sample comprised of 302 married Facebook users (Age range: 19-52 years; $M = 31.14$, $SD = 5.45$) from capital city of Pakistan. Men were found to be more satisfied, having more trust on their wives as compared to women. Whereas, women possessed more jealous feelings and indulged in more surveillance on Facebook of their spouses as compared to men. This conceptualization showed the causal relationship between Facebook usage and marital satisfaction that can help in studying the impact of growing technology upon marital relationships in Pakistani context.

ICPG 2016-312
Sexual Harassment and Coping Strategies among Domestic Female Workers
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The present research was designed to explore the relationship between sexual harassment and coping strategies among domestic female workers. The research also aimed to explore the differences on the basis of different demographic variables (i.e., age, marital status, working hours, total number of houses they work, total family members, total monthly income, religion, and residence) for sexual harassment and coping strategies among domestic female workers. This study was conducted with 100 domestic female workers from different slum areas of Islamabad and Rawalpindi. The age range of domestic female workers was 12 - 43 years ($M = 23.43$, $SD = 5.85$). Convenient sampling technique was used and data were collected with the help of Sexual Harassment Experiences Questionnaire (Fitzgerald, 1990a) and Coping Strategies with Harassment (Fitzgerald, 1990b). Both were translated in Urdu by Anila (1998). Results indicated that gender harassment and unwanted sexual attention were the most common experienced types of sexual harassment than sexual coercion. The results provided evidence of negative relationship of sexual harassment with some of internal coping strategies and positive relationship with avoidance as external coping strategy. Age was found to be negatively significant related to the internal focused coping strategies and positively significant to the external focused coping strategies. The study found married domestic female workers experiencing higher frequency of sexual harassment compared to single domestic female worker.

ICPG 2016-314
Work-Family Interference and Work Related Outcomes among Employees of Service Sector Organizations: A Gendered Perspective
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The present study aimed to investigate the moderating role of gender in work-family interference and outcomes among working men and women. The instruments used in the current study were Work Family Conflict Scale (Carlson et al., 2000), General Job Satisfaction Scale (Hackman & Oldham, 1975), Turnover Intention (O’Driscoll & Beehr, 1994). The purposive sample comprised of 366 fulltime working adults including 222 men (60.82%) and 143 women (39.17%). Participants’ average age was 34.3 years ($SD = 7.02$) and had an average work experience of 9.2 years ($SD = 5.35$) of total work experience. Findings of the study found the moderating role of gender and revealed that it significantly moderated the relation between work-family interference and work related outcome, that is, turnover intentions, but not for Job satisfaction. Results when compared for gender differences revealed that women were...
significantly high on work family interference than men. The implications and future directions of the study are also discussed.

ICPG 2016-322

Career Preferences and Late Marriage among Women: Being Empowered a Social Change or Cultural Upset?

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21st century has emerged new demographic entity “the career single woman” result from social capitalization is one of social setback in Pakistan; women pursue a career as a major life goal and to be single. This research is aimed to explore the social change in our society for late marriages and career preferences in Pakistan. Interviews were conducted with conveniently selected 100 working women (70 unmarried, age of 25 – 35 years; 30 married, age of 27 – 40 years) from different cities of Pakistan. Online interviews were also conducted. Content analysis concluded that being a working woman is important to be financially independent, can have compatible life partner, trust self-strengths, get enough time to experience life, to make mistakes and learn lessons by self. Women perceive late marriage as an advantage of being more evolved self-identity, sense of achievement, and self-reliance (emotionally and financially). Finding reveals that financial independence and intolerant attitude is contributing to high rate of divorce in Pakistan. Major reasons of late marriage preference are social distress, life standards, and earning preferences of middle class families. It is cultivating unbalance in society, social issues, health and psychological issues. Findings suggest that education and awareness should highlight tolerance for individual differences and self-identity. Trainings, focus groups, and positive media role is required to create tolerance for social boundaries and over emphasis of own self. More research is required to investigate social issues to prevent social upset and to insure the well-being of society.

ICPG 2016-323

Exploring the Common Perceptions about ‘Punjab Protection of Women against Violence Act-2016’ among Educated Youth-FGD Based Narratives in Focus

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The purpose of this qualitative research was to explore the common perceptions about Punjab Protection of Women Against Violence Act (PPWAVA2016), through Focus Group Discussion (FGD) with educated youths from Southern-Punjab, Pakistan. Two homogenous FGDs were conducted, in which twenty eligible (with a self-claimed sufficient awareness of the PPWAVA2016) educated youths were purposefully recruited. As an inclusion, both male and female students (M = 24.61±4.08 years) were engaged with equal ratio to record their verbatim in Urdu (from IUB & BZU). The FGD protocol was finalized with specific questions (i.e., How you describe PPWAV2016?), consideration of nonverbal cues, and interpretative strategy (inductive content analysis). The data were translated carefully into English by a veteran panel of field experts with a minimum of five years’ qualitative research experience. To arrive at thoughtful findings, data were classified into three codes; meaningful verbatim, selective codes, and context codes. Further, two judges were engaged to recheck the prudent findings so that
biases could be taken into account. Conclusively, two prominent narratives came up; an increase in the female sense of protection, and lack of security and frustration among male youth. There was consensus about the impending danger of potential increase in the divorce ratio in Punjab as a result of execution of this decree. This research would suggest to social scientists and government agencies to launch further broad-spectrum research projects to arrive at a clearer picture regarding the implications of this law.

ICPG 2016-324

An Exploratory Study of Communication between Parents and Adolescents Regarding Sexual and Reproductive Health

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The purpose of present research was to explore the process of communication between parents and adolescents regarding sexual and reproductive health. In order to explore the process of communication, 12 focus group discussions were conducted. Data obtained from the focus group discussions were analyzed by using thematic analysis. Findings indicated that factors like attitudes, content of communication, feelings, frequency, age, societal norms, and values effect the process of communication between parents and adolescents regarding sexual and reproductive health. Based upon these key identified areas, an in-depth semi-structured interview guide was formulated. Twenty-four in-depth interviews were conducted with an aim of exploring further the key thematic areas across dyads that is Mother-Daughter dyad and Father-Son dyad. Data obtained from the interviews was further analyzed using Thematic Analysis and Immersion Crystallization. Findings indicated that though mothers communicate with their daughters about issues related to sexual and reproductive health, but this communication is on superficial level. In most of the cases, this communication was restricted to issues like menstruation, cleanliness during menstruation, and hair growth. Both mothers and daughters reported that they felt embarrassed and uncomfortable during such discussions. Consequently, mothers either used vague terminology or avoided such discussions. In most of the cases, these discussions were initiated and dominated by mothers and daughters reported to be more at the passive end. The frequency of communication was also low, as mothers were of the view that it is enough to share information once with the child. A conflicting area highlighted was age at which information about sexual and reproductive health should be shared. Mothers were of the view that information should be given at the onset of puberty whereas daughters were of the view that prior awareness is important. In Father-Son dyads, father shared that they did not talk to sons about issues related to sexual and reproductive health. They were of the view that boys ultimately learn this from environment that is friends and Internet. In most of the cases, the discussions between fathers and sons were centered on issues related to friends, academics, and career. Diffusion of responsibility was evident among fathers, as they were of the view that teachers, religious personnel, and friends are in a better position of guide them. They were of the view that social norms and values discourage such discussions. They were also apprehensive that they might lose the control and respect if they would talk openly with the child about issues related to sexual and reproductive health. Findings of the research were discussed in the light of existing researches.
ICPG 2016-325

Relationship between Positive Beliefs about Rumination and Negative Well-being across Gender: Elaborating Role of Meta-worry and Emotion Oriented Coping

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The study was aimed to explore the moderating role of gender on the relationship between positive beliefs about rumination and negative well-being serially mediated by meta-worry and emotion oriented coping. A total of 514 employed professionals from different organizations participated in the study. Responses were collected from the participants on Positive Beliefs about Rumination Scale, Anxious Thought Inventory, Coping Inventory for Stressful Situation, and Well-being Questionnaire (WBQ12). Correlation analysis showed significant positive relationships among study variables (ranging from .11 to .40; \( p < .01 \)). Both direct and indirect paths were tested for moderating effect of gender. Result showed that the only direct path between meta-worry and emotion oriented coping is moderated by gender (\( \beta = .13, p < .01 \) and \( \beta = .06, p > .05 \) for males and females, respectively). Positive belief about rumination was mediated by meta-worry (\( \beta \) indirect = .04, \( p < .05 \)) on emotion oriented coping which further mediated effect of meta-worry on negative well-being (\( \beta \) indirect = .02, \( p < .05 \)). These mediations appeared to be significant for men only suggesting a moderating role of gender on the indirect effects. The indirect path form positive beliefs about rumination to negative well-being is serially mediated by meta-worry and emotion coping for both men (\( \beta \) indirect = .06, \( p < .01 \)) and women (\( \beta \) indirect = .01, \( p < .01 \)) suggesting no moderation by gender.

ICPG 2016-326

Interpersonal Relationships, Psychological Distress, and Coping Strategies among Acid Burn Female Victims

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The present research was aimed at exploring the interpersonal relationships, psychological distress, and coping strategies among female acid burn victims through in-depth interviews. A sample of seven female acid burn victims was collected from two cities of Pakistan that is, Lahore and Jhelum. Research was conducted in two phases. First phase comprised of brainstorming sessions and development of interview guideline. During second phase, interviews were conducted with all acid burn victims. Mean age of the sample was 32.6 years. Ten categories emerged through directed content analysis including effects of acid attacks on family relations, attitudes of extended family, role of friends, causes of attacks, psychological effects, physical effects, facial disfigurement and body image, people's attitudes towards victims, reactions of victims towards unpleasant concern, and coping strategies. Research was helpful in adding to literature on psychological effects of acid attacks which is an under researched area in Pakistan. It also highlighted the significance of such disturbing social issue which should be brought to the limelight. Findings of the research can be implemented in areas of clinical psychology and psychology of women.
ICPG 2016-328

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

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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 having a child of less than 5 years of age. Data were 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 was significantly negatively correlated with maternal separation anxiety ($r = .22, p < .01$) 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* (Hyvè, 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 was concluded that working mothers living in joint family system experienced less separation anxiety and had less separation concerns. Findings show that joint family system is a safeguard against separation anxiety among working mothers.

ICPG 2016-329

Impact of National and International Policy-Recommendations on Support for Women’s Rights: Psychological and International Law Perspectives

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In our contemporary globalized world, international as well as national institutions and organizations are responsible for developing and promoting human rights. One of the most important domain of human rights pertinent to most developing countries, including Pakistan, is women’s rights. Due to the intervention of the United Nations, progress on women’s rights has come a long way from the nonexistence of treaties to policy developments at the national levels. In essence, programs at international and national levels may influence countries to improve their women’s rights practices. In this study, we explored how such national and international endorsement of the same policies to improve women’s rights condition in Pakistan is perceived. We conducted a survey experiment with 618 participants, all university students (Males = 51%; Mean age = 22). The experiment was designed to test whether respondents were more likely to support policies aimed at improving women’s rights when they learned that the reforms were proposed by the National Government (*National condition*) or by the United Nations (*International condition*). As a comparative baseline, we added a control condition in which the source of proposals was not mentioned (*Control-condition*). Experimental results are summarized in three important aspects. First, compared to the control condition, the respondents in the national and international condition expressed higher support for the women’s rights
policy reforms. Second, participants in the national and international condition were more likely to express willingness to “mobilize” in ways that would help in the implementation of the reforms. Finally, on a policy recommendation level, our experiment supports the claim that the national level endorsement of the policies compared to the United Nations’ endorsement of policies makes it easier for the public propagation and acceptance.

ICPG 2016-330

**Difference in Perceptions of Marital and Nonmarital Rape Situations among University Students**

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The widespread cultural belief that a husband has a right to sex and has a right to use his wife's body, makes it difficult for many in mainstream Pakistani culture to recognize sexual coercion in marriage. ‘How can a husband be guilty of taking something that belongs to him’ is an encultured view in our society. Western research suggests that the victims of marital/partner rape suffer long lasting trauma compared to victims of stranger rape. Current research enhanced understanding about the perceptions related to blaming, reporting, and severity in the context of marital rape situations as compared to the context of nonmarital rape situations in the Pakistani context. Firstly, this study dealt with the development of the Rape Scenario Questionnaire and two experimental and control vignettes related to rape. Three hundred university students (50% female participants) from Islamabad were recruited and were primed with the ‘Husband’ (experimental group) or ‘Stranger’ (control group) rape contexts. After the priming, they were asked to respond to Rape Scenario Perception Questionnaire. It was found that marital rape contexts were perceived as less physically and psychologically harmful as compared to nonmarital rape contexts. Victims of the marital rape situations were blamed more than victims in nonmarital rape situations. Higher reporting was suggested in nonmarital rape contexts. Moreover, participants in martial rape situation less characterized sexual assault as rape than participants in nonmarital rape situations. One reason for such results is thought to be the lack of social validation of such issues in Pakistan. Results are discussed in the light of existing theories of feminism and social constructionism.

ICPG 2016-331

**Death Anxiety, Satisfaction with Life, and Coping Strategies among Pregnant Women**

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The study aimed to explore relationship between death anxiety, satisfaction with life, and coping strategies among pregnant women. Employing the technique of convenience sampling, data were collected from 200 pregnant women from different hospitals of Rawalpindi and Islamabad. Death anxiety was assessed by Death Anxiety Scale (Goreja & Pervez, 2000), life satisfaction was measured by Satisfaction with Life Scale (Diener, Emmons, Larson, & Griffin, 1985), and Coping Strategies were assessed with the help of Brief COPE (Carver, 1997). The results indicated that death anxiety had a significant negative relationship with satisfaction with life, problem-focused coping and positive coping. There was a significant positive relationship between active avoidance coping, denial and death anxiety. Moderating role of coping strategies
was explained. Results indicated that venting, self-distraction, behavioral disengagement, and denial coping moderated the relationship between death anxiety and satisfaction with life. Practical implications of the study were discussed and suggestions for further research were made.

ICPG 2016-334

Perception and Experience of Romantic Love among Adults: A Mixed Method Study

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Objective of the present study was to find out the gender differences in perception and experience of romantic love among adults in Lahore. This aim was achieved in two stages. In first stage, survey was conducted on perception of romantic love among 300 individuals (sample calculated through Aprior sample size; Soper, 2016) with equal distribution of gender (n = 150 men and n = 150 women). While in second stage, 6 semi-structured in-depth interviews was carried out on experience of romantic love. Composite scores of the Perception of Romantic Love Scale and schedule of semi-structured interview were used. Multistage sampling technique was applied. Age range of the participants varied from 19 to 60 (M = 20, SD = 1.02). Results of two-way analysis of variance indicated a significant main effect of gender F (1, 233) = 10.968, p < .001. Mean values of romantic love showed that women (M = 39.34, SD = 15.77) had more positive attitude towards romantic love as compared to men (M = 33.04, SD = 16.93). A significant main effect of experience of romantic love (p < .001) was calculated. A nonsignificant interaction between the gender and type of experience of romantic love was found. In Stage 2, results of Interpretative Phenomenological Analysis indicated that women perceived romantic love as a blessing of life. They reported that to love and being in love inculcated in them the sense of security, pride, satisfaction, and sense of completion. They were happily ready to sacrifice their social, emotional, and economic gains for the completion of love (i.e., marriage) as compared to men. While, men perceived that emotional, intellectual, and sexual satisfaction is the best part of romantic life rather than marriage. Implications of the study were discussed according to the cultural context of the Pakistan.

ICPG 2016-335

How to Say No: Art Therapy and Sexual Abuse for Girls With and Without Disability

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Art is an easy method for expressing oneself and one's feelings. So expressing and using colors are of great importance for the imagination of the people with and without disabilities. Just like any individual, the girls with disabilities need to create, paint, and relate with others in society. There are many ways through the various forms of expressive therapies for the girls to achieve this. Sexuality plays an intricate role in our lives and throughout our lives; it is influenced by class, age, education, marital status, religion, race, and ethnicity. Sexual abuse is the sexual act between an adult and a mature child, boy or girl. It includes some formats and some cases through art program. The program stresses the possible fun and seems beautiful to improve the quality of life and self-achievement. Also, it helps build self-conceived self-confidence and promotes socially acceptable behaviors. This program encourages girls to contribute and integrate in society, in addition, to be protected from sexual exploitation. So, parents play an important role in this program to encourage their girls to say what happened without fear. The
The goal of art therapy is not to produce beautiful art, nor is it to instruct talented well-taught artists. The goal of art therapy is to help people feel good about themselves; help them communicate with others; and help them take charge of their lives responsibly. Art therapy has been used successfully with people of all ages. It is helpful for people with low self-esteem; and people who feel they have little control over their lives. It is also useful for people who have trouble expressing themselves verbally. Art therapy improves the quality of life for many of its participants, as they tap their creative potential and experience themselves in new and meaningful ways. Art activities are considered fun and entertaining, but should be carried out as an instruction. People with disabilities are protected against violence and all relevant stakeholders work together to address the issue. Slides show will be used to see some paintings for some girls to express some sexual problems.

**ICPG 2016-337**

**Role of Perceived Self-efficacy and Spousal Support in Psychological Well-being of Female Entrepreneurs**

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The present study attempted to investigate the role of perceived self-efficacy and spousal support in psychological well-being of female entrepreneurs. It was also intended to determine the moderating role of spousal support in the relationship between psychological well-being and perceived self-efficacy. The sample comprised of 205 female entrepreneurs with age range from 22 - 49 years. Generalized Self-efficacy Scale (Schwarzer & Jerusalem, 1995), Family Support Inventory for Workers (King, Mattimore, King, & Adam, 1995), and Affectometer-2 (Kammann & Flett, 1983) were used in the present study to assess perceived self-efficacy, spousal support, and psychological well-being, respectively. Results showed that perceived self-efficacy was positively associated with spousal support and psychological well-being. Similarly, spousal support was positively linked with psychological well-being. Regression analysis indicated, spousal support as significant moderator in explaining the relationship between psychological well-being and perceived self-efficacy. Significant group differences were found in the availability of spousal support with female entrepreneurs indicating more perceived self-efficacy and psychological well-being. Similarly, significant differences were found on family system with female entrepreneurs living in joint family system reflected better perceived self-efficacy, spousal support and psychological well-being as compared to nuclear family system. Significant differences were also found on types of entrepreneurship in relation to perceived self-efficacy, spousal support, and psychological well-being.

**ICPG 2016-340**

**Role of Empathy and Learned Optimism in Distress Tolerance among Female Medical Professionals: A Cross-cultural Perspective**

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The major objectives of the present study were to investigate the role of empathy and learned optimism in distress tolerance among female medical practitioners. It was also intended to determine the comparative differences between Pakistani and American female medical professionals in relation to major constructs of the study. A convenient sample (N = 428) of
female medical professionals (including doctors, nurses, paramedics) was acquired from the hospitals of Pakistan (230) and America (198). Self-report measures of Toronto Empathy Questionnaire (Spreng, Mckinnon, Mar, & Levine, 2009), Life Orientation Test (Carver et al., 2010), and Distress Tolerance Scale (Simon & Gaher, 2005) were used to assess empathy, learned optimism, and distress tolerance; respectively. Findings showed that empathy and learned optimism positively predicted distress tolerance. Overall, American female medical professionals displayed higher empathy, learned optimism, and distress tolerance as compared to Pakistani counterparts. Results of multivariate analysis showed that medical professionals with extended work experience having permanent jobs and working in emergency wards reflected elevated levels of empathy and learned optimism. However, female practitioners working in psychiatric wards showed high distress tolerance as compared to those working in surgical and emergency wards. Future implications of the study were also discussed.

Adult Attachment and Its Association with the Marital Satisfaction among Pakistani Couples: A Gendered Perceptive

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The present research was carried out to explore the adult attachment and its association with the marital satisfaction among couples in Pakistan. The main objective of the current study was to find out the relationship of adult attachment for marital satisfaction among couples and also to find out the relationship of husbands’ attachment dimensions on the wives’ marital satisfaction and impact of wives’ attachment dimensions on the husbands’ marital satisfaction. Study was conducted with 175 couples ($N = 350$) on diverse groups on the basis of age, education, income, family system, length of relationship, and number of children. Two scales were used, Experiences in Close Relationships Revised Questionnaire (Fraley, Waller, & Brennan, 2000) and Enrich Couple Scales (Olson, 1996). Correlation coefficients were computed as indices to verify the magnitude and direction of relationship among variables. Finally, it was concluded that couples with anxious and avoidant attachment reported less marital satisfaction as compared to those showing secure attachment tendencies. There was a significant role of different personality variables in strengthening the marital satisfaction. In the end, the findings are discussed in light of Pakistani cultural context and its implications in the Pakistani society. To test the hypothesis a path model was drawn using AMOS software and this model was based upon Actor Partner Interdependence Model (APIM) and it showed that husbands’ avoidant and anxious attachment was affecting wives’ attachment related variables and vice versa, which then effected their marital satisfaction. The results were also discussed using the role of some demographic variables.

Role of Community in Gender Disparity in Education Sector

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It is generally believed that education is one of the basic rights of every human being, irrespective of sex, age, creed, religion, etc. Moreover, the target of universal primary education cannot be achieved without women’s access to educational opportunities. In Pakistan,
significant gaps remain between the educational achievements of women and men, boys and girls. Of particular concern is the continued high dropout rate for girls before completing primary education as compared to boys. The main concern of this paper is to assess the role of community in gender disparities in education sector. This study has followed qualitative and quantitative survey method to find out the reasons of raising girls’ dropout rate in district Gujranwala; to find out the causes of not sending girls in the schools; and to review the parents’ preferences for sending their male child to the schools. The household survey and focus group discussions with community members including religious leaders, local citizens, students, councilors, schoolteachers, etc. were conducted in district Gujranwala to explore the number of challenges and issues explaining gender disparity and why do girls’ dropout from schools. These were poor quality of education; teachers’ attitude; access issues; poverty and economic difficulties; school funds; burden of domestic; cultural values and family pressure; caste issues; feudalism/class; girl’s sexual security; health issues; adolescent marriages; lastly, parents’ preference to invest more on a son’s education, because they were considered most likely to provide some return on their investment. There is need of specific strategic interventions for reducing the dropout of girls across the province; variations in literacy, rural-urban gaps, and the gender gap require gender targeted interventions in specific groups of districts.

ICPG 2016-360

Spirituality, Coping Strategies, and Psychological Well-being among Primary and Secondary Infertile Women

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The present study was aimed to investigate the relationship between spirituality, coping strategies, and psychological well-being in primary and secondary infertile women. A sample of 120 infertile women (60 primary and 60 secondary) with the age range 18 - 45 years ($M = 1.39, SD = 0.49$) was taken from different hospitals and clinics of Lahore and Peshawar. Spirituality was measured by Spirituality Assessment Inventory (SAI; Hall & Edward, 1996), coping was measured by Brief COPE (Akhter, 2005), and psychological well-being was measured by Psychological Wellbeing Scale (PWB; Jabeen, 2012). Translation and adaptation of Spirituality Assessment Inventory was done in the present study and the translated version (Urdu) of other two questionnaires were used in the study. Psychometric properties of the measures were also determined and the Cronbach’s Alpha of SAI ($\alpha = .87$), PWB ($\alpha = .60$), and Brief COPE ($\alpha = .50$) were found to be satisfactory for the current study. The results of inter-correlation matrix showed that spirituality had significant positive correlation with psychological well-being and psychological well-being also had positive relationship with coping strategies. t-test indicated significant mean differences in terms of education and age of infertile women on their psychological well-being. Results of ANOVA indicated that socioeconomic status had significant impact on the level of psychological well-being of infertile women ($p < .05$). The results of regression analysis indicated that spirituality and socio-economic status were significant predictors ($p < .001, p < .05$) of psychological well-being among primary and secondary infertile women. Coping strategies and its subscales explained nonsignificant moderating effect on spirituality and psychological well-being among infertile women. Results are discussed to explain the findings with reference to Pakistani culture and previous empirical evidences.
Impact of Interpersonal Problems and Psychological Distress among Adolescents:
Exploring the Role of Self-silencing and Social Skills

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The present study was aimed to investigate the impact of interpersonal problems on psychological distress among adolescents and the mediating role of social skills and self-silencing was also explored. A sample of 700 adolescents (344 boys, 354 girls) was approached through convenient sampling from different cities of Pakistan. Self-reported measures Index of Family Relations, Index of Peer Relations, Depression Anxiety Stress Scale, Scale of Emotional Intelligence, and Silencing the Self Scale were used. The study was conducted in four different phases. Phase I was try out of the instruments. In Phase II, translation of Silencing the Self Scale was conducted. Phase III comprised of pilot study, whereas Phase IV included hypotheses testing. The findings of the study revealed that psychological distress was positively predicted by interpersonal problems and self-silencing, whereas, social skills were negatively associated with psychological distress. Social skills partially mediated the link between interpersonal problems and psychological distress. High social skills reduced the strength of relationship between interpersonal problems and distress. Regarding gender-wise comparison, girls scored higher in self-silencing than boys. Self-silencing was negatively related to family problems in boys and mediated the link between family problems and psychological distress; whereas, in girls, self-silencing was positively related to peer relationship problems and mediated the link between peer problems and psychological distress. Birth order was significantly predicting psychological distress. Self-silencing was significantly predicted by total number of siblings as well as birth order of the participants. Practical and theoretical implications of these findings are discussed.

Gender Differences in Psychopathic Personality Traits, Perception of Peer Pressure, and Reckless Behavior in Late Adolescents

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The present paper is aimed to investigate the gender differences in psychopathic personality traits, perception of peer pressure, and reckless behavior in late adolescents. Further, aim was to investigate the moderating role of peer pressure in relationship between psychopathic personality traits and reckless behavior in late adolescents. The sample was comprised of 200 late adolescents (100 boys, 100 girls) from Lahore. For assessment, Self-report Psychopathy Scale (Phalus, 2007), Peer Pressure Scale (Esen, 2002), and Reckless Behavior Scale were used. Independent sample t-test, Pearson Product Moment correlation, and moderation through regression were applied for analyses. Results showed that boys had high level of psychopathic tendencies (erratic life style, interpersonal exploitation, and antisocial behavior), perceived more peer pressure, and reported more reckless behaviors as compared to girls. Girls had more psychopathic traits (callous effect) as compared to boys. Furthermore, results showed that peer pressure was significant moderator in relationship between psychopathic traits (erratic life style and antisocial behavior) and reckless behavior. Results have important implication for parents and school counselor to develop program for adolescents to reduce reckless behavior.
Translation, Adaptation, and Validation of Children’s Behavior Questionnaire-Teacher Form

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In past few decades, linguistic diversity emerged as one of the important cultural factors influencing the process of psychological assessment. The relevant literature in this area underscores the importance of translating and adapting assessment instruments not only to make them culturally relevant, but to improve the efficacy of those assessment instruments across cultures. The present study was planned to carry out translation, adaptation, and validation of Children’s Behavior Questionnaire – Teacher Form (CBQ; Rothbart, 2000) to assess the temperament of Pakistani children aged 5 to 7 years. In order to meet the objectives, present research was divided into two studies aimed to establish substantive, structural, and external validity of CBQ Teacher Form. In Phase I, CBQ was translated following the translation guidelines of MAPI and integrated model of cultural adaptation and translation proposed by Sidani et al. (2010). Culturally relevant changes were made to 5 items after consulting experts and original author followed by evaluation of psychometric strength of all CBQ items. In second study, the translated CBQ was filled by teachers of 463 students from different schools of Lahore to establish structural and external validity. Both girl and boy students were selected through random sampling technique at grade level with mean age of 6.18 years. The results revealed satisfactory to excellent Cronbach’s alpha coefficients for CBQ subscales in Urdu. Most of the inter-subscale and subscale-total correlations were significant ranging from .49 to .87 and .52 to .90, respectively. The results showed some significant findings with reference to demographic variables, particularly, gender. The findings, in general, supported the use of CBQ Teacher Form to assess the temperament of Pakistani children through adequate indicators of structural and external validity.

Perceived Discrimination, Social Support, and Psychological Distress in Transgenders

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The aim of the present study was to find the relationship between perceived discrimination, social support, and psychological distress in transgenders. It was also aimed to study the predictors of psychological distress in transgenders. A correlational research design was used in the present study. It was hypothesized that there would likely to be a positive relationship between perceived discrimination and psychological distress; there would likely to be a negative relationship between social support and psychological distress. It was also hypothesized that perceived discrimination would likely to predict psychological distress. Permission for using the questionnaires was taken from the authors of original tools and Urdu translated versions of the tools. The sample of 111 participants with age range of 20 - 65 years was recruited by using purposive and nonprobability snowball sampling techniques. Everyday Perceived Discrimination Scale (Williams, Yu, & Jackson, 1997), Multidimensional Scale for Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988), and Kessler Psychological Distress Scale (Kessler, 2002) were used to determine perceived discrimination, social support, and psychological distress, respectively, in transgenders. Results revealed that there was a significant positive relationship between perceived discrimination and psychological distress; a
significant negative relationship between social support and psychological distress; and there was also a significant negative relationship between perceived discrimination and social support. Similarly, the results indicated that perceived discrimination was a significant predictor of psychological distress. Additional findings revealed that perceived discrimination was found more in young transgenders than old age transgenders, while, social support by significant others was found more in older transgender than in their young age.

**ICPG 2016 -372**

**Gender differences in Third-person Effect, Cultural values, and Religious Orientation**

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Present study was aimed to explore the gender differences in third-person effect and cultural values among the people of Pakistan in context of Pakistani, Indian, and Western electronic entertainment media. It was speculated that gender related differences exist in media preferences, and therefore, exposure to certain media also effect its acceptance of impact on self, relatives, friends, and others in the society. Media exposure list and Third-person Effect Questionnaire (Hayee & Kamal, 2014), Urdu version of Schwartz Value Survey (SVS; Qureshi, 2010), and Urdu version of Religious Orientation Scale I/E revised (Ghous, 2003) were used to investigate these behaviors among purposive sample of 328 adolescents and young adults from Rawalpindi and Islamabad. To see the differences of Pakistani, Indian, and Western electronic entertainment media effects on self, relatives, friends, and others; One-way repeated measure ANOVA was used. The results showed that there was significant difference in perception about media effect when reporting about self, relatives, friends, and others in society. For gender differences, t-test was applied. Results indicated that women significantly scored higher than men on Pakistani media exposure, Western third-person effect, extrinsic orientation, tradition, benevolence, and universalism. In addition, women scored high on three out of four dimensions of SVS that were conservation, self-enhancement, and self-transcendence. Further, Hierarchical Multiple Regression was analyzed based on the approach of Wenner (1985) that is proceeding from general characteristics of the subjects to specific values. Results indicated that gender was an important predictor in two out of four dimensions of SVS that were conservation, and self-transcendence. Pakistani media exposure negatively predicted self-enhancement value. Western media exposure positively predicted openness to change values. Intrinsic religious orientation positively predicted conservation values, whereas, extrinsic orientation positively predicted self-transcendence value. Pakistani third-person effect negatively predicted conservation value; Indian third-person effect negatively predicted conservation value; Western third-person effect positively predicted self-transcendence value.

**ICPG 2016-380**

**Development and Validation of Global Psychological Empowerment Scale for Women**

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The study was aimed to develop a valid and reliable measure of global psychological empowerment among women. Initially, 45 items were empirically generated by following the model of psychological empowerment (Thomas & Velthouse, 1990). After different treatments,
29 items were mutually selected by the team of experts. The 29-item scale was subjected to exploratory and confirmatory factor analyses on a sample of 202 married women of age ranged between 22 and 60 years, recruited from different cities of Pakistan. After exploratory and confirmatory factor analyses, 21 items were retained under 5 well defined factors of global psychological empowerment: Impact, Problem Focused Coping, Meaningfulness, Self-efficacy, and Self-determination. The alpha coefficient was .86 for the total scale and for subscales alphas ranged from .64 to .84. Total variance accounted by the Scale was 45.18%. Convergent and concurrent validity of the Scale was determined by finding its correlations with the Psychological Empowerment Questionnaire for Employees (Spreitzer, 1995) and Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985). The results illustrated that the newly developed scale has promising validity and reliability.

ICPG 2016-381

**Gender Equality in Optimism, Psychological Well-being, and Quality of Life among Adolescents in Gujrat**

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The current survey research study was designed primarily not only to explore the presence of gender differences, but also to investigate the nature of relationship between optimism, psychological well-being, and quality of life as existed in adolescents of age range between 18 to 24 years. The sample of 300 students (85% females and 15% males) enrolled in bachelor of studies (BS Hons.), Masters of Science (M.Sc.), and professional (M.B.B.S) programs were conveniently selected from departments of psychology, physics, and medical sciences situated in University of Gujrat. Demographic information regarding birth order, number of siblings, grade point average (GPA), cumulative grade point average (CGPA), residential area, family system, parents’ education, and professions was also noted on a separate sheet. Life Orientation Test Revised (Scheier, Carver, & Bridges, 1994), Psychological Well-being Scale (Ryff, 1989), and Quality of Life Scale (Flanagan, 1970) were used to measure the variables. The Cronbach alpha reliability coefficient of the scales used were .72, .81, and .85, respectively, for the present sample. The results revealed that there were insignificant gender differences among optimism, psychological well-being, and quality of life. However, optimism and psychological well-being had significantly predicted quality of life in students, but only Environmental Mastery subscale of well-being had significantly moderated the relationship between optimism and quality of life, thereby, providing contextual implications of the research findings to be applied in counseling setting for the students of the University of Gujrat, in particular.

ICPG 2016-405

**The Gendered Nature of Work Bullying in The Context of Higher Education**

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The purpose of this cross-sectional study was to analyze the significance of gender in the occurrence of workplace bullying and exposure to its two forms that is work-related bullying and person-related bullying. The purposive sample was composed of 400 employees from higher educational institutes of Lahore. The age range of sample was 22 to 60 years. Workplace
Bullying Scale developed by Anjum (2012) and demographic information form were individually administered. Results revealed that women employees experienced workplace bullying more as compared to men employees. Women employees were much more likely to identify bullying behaviors as severe, unlike their men counterparts. Further, person-related form of bullying prevailed more frequently among female employees. Overall, results indicate that bullying cannot be divorced from gender and that such negative behaviors need to be seen in a gendered context.

ICPG 2016-406

Relationship between Self-acceptance and Purpose in Life among Female Acid Attack Survivors

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The aim of the present study was to investigate the relationship between self-acceptance and purpose in life among female acid attack survivors. It was attempted to highlight if an empirically significant quantitative relationship exists between a female acid attack survivors’ sense of self-acceptance and their tendency of being goal-oriented towards a purposeful life after having survived an acid attack. For this purpose, data were collected from 48 female acid attack survivors who have been attacked with acid 2 - 5 years ago. The age range of the participants was from 18 - 35 years. Data collection was done using a Demographic Information Form and Ryff’s Scale of Psychological Well-being. For the ease of comprehension, both measures were in Urdu. Findings from the statistical analysis of the data revealed that a strong positive correlation existed between self-acceptance and purpose in life among female acid attack survivors ($r = .63$, $p < .01$). This suggests that in order to live a successful post-attack life as an acid survivor, one must have to overcome any feelings of guilt, worthlessness, inferiority, and hopelessness. Accepting the self with harsh realities of a new life that may be full of scars is a difficult, but crucial step towards a purposeful life that would lead to reintegration of female acid attack survivors in to the society. Research implications and recommendations for future researchers have also been detailed out, so that a deeper insight might be gained into the aspects of psychological health among female acid attack survivors.

ICPG 2016-417

Moderating Role of Gender in the Relationship of Adaptive and Maladaptive Sense of Humor with Perceived Stress among Undergraduate Medical Students

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The present study proposed moderating role of gender in the relationship of adaptive and maladaptive sense of humor with perceived stress in a convenient sample of 220 (116 boys and 104 girls) undergraduate medical students of University of Sargodha. Multidimensional Sense of Humor Scale (James, Thorson, & Powell, 1991) and Perceived Stress Scale (Cohen, Kamarck, & Mermelstein, 1983) were used to operationalize the constructs of the present study. Significant gender differences were found in all the constructs, as boys were higher in adaptive sense of humor; whereas, girls were higher in maladaptive sense of humor and perceived stress. In multiple regression analysis, adaptive sense of humor negatively, whereas maladaptive sense of humor positively predicted perceived stress after controlling for gender. Hierarchical regression analysis suggested that gender moderated the relationship of both adaptive and
maladaptive sense of humor with perceived stress. Findings have been discussed in our indigenous cultural settings.

ICPG 2016-431

Intimate Partner Violence and Its Association with Contraceptive Use among Women in Pakistan

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Objective of the study was to assess the association between intimate partner violence (IPV) and contraceptive use among married women in Pakistan. The analyses were conducted using the Demographic and Health Survey from Pakistan (2012-13) in ever married women aged 15 - 49 years who responded to IPV module (N = 3687). The dependent variable contraceptive use and independent variable IPV were categorized as “no” or “yes”. Association between IPV and contraceptive use were measured by multivariate logistic regression. In total 3687 women, 38% reported that they had experienced IPV, 31.3% reported emotional and 28.3% reported physical violence in their marital life. Women who had reported IPV were significantly more likely to report that they had used contraceptive as compared with women who had not experienced IPV (adjusted OR 1.494, 95% CI [1.242 - 1.727]). Women who experienced emotional and physical violence had used more contraceptive as compared to women who had not experienced (adjusted OR 1.441, 95% CI [1.238 - 1.676]) and (adjusted OR 1.412, 95% CI [1.209 -1.650]), respectively. There was a positive association between contraceptive use among ever married women and IPV in Pakistan. Among women who had experienced IPV including emotional and physical violence were more likely to use contraceptive. The conclusion is that victims of IPV are capable to acquire and practice family planning services, but need additional support to endure effective contraceptive use.

ICPG 2016-434

Trait Emotional Intelligence and Gender Differences among University Students

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The purpose of present study is to examine the difference in the level of trait emotional intelligence in university students with reference to gender. For this purpose, sample was collected from various universities of Karachi comprising of 300 participants (150 male and 150 female). Participants’ age ranged from 19 to 30 years (M = 21.48, SD = 2.298). Demographic information form and Trait Emotional Intelligence Questionnaire Form (Petrides & Furnham, 2003) were administered to measure the variables of study. Data were analysed through SPSS (version18). Independent t-test analysis depicted that there is difference in the level of trait emotional intelligence in male and female university students, t (298) = 4.211, p < .001. Female (M = 137.35) university students had higher level of emotional intelligence than male (M = 129.08) university students.
Psychological Effects of Infertility: Risk and Protective Approach

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Since infertility is one of the most distressing conditions in our culture. Few studies have been undertaken to assess the impact of infertility in-depth. The current paper highlights psychological reactions of 196 infertile women. Results indicate that this health condition has a profound psychological effect on one’s life and there are numerous personal, social, and emotional factors that may play a role of risk or protective factors. Implications for helping the suffers’ wellbeing are also discussed.

Marriage Proposal Rejection in Females

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This study is aimed to explore the psychological reactions of women who experience marriage proposal rejection in our culture. For this purpose, in the first phase, phenomenology was explored from 20 female participants and initially a list of 37 items were generated. After omitting the repetitive statements, 33 items scale was piloted on 20 female participants. Then the Female Marriage Proposal Rejection Scale and demographic form was given to 167 female participants selected through purposive sampling with the age range of 18 - 30 years (*M* = 24.31, *SD* = 2.29). Principal component analysis showed three factors named as Frustration, Internalized Anger, and Externalized Anger. This scale was found to be highly internal consistent (α = .93) and results were discussed in terms of the implications of women’s counselling on their psychological reactions, while, experiencing marriage proposal rejection.

Concept of Masculinity in Men and Their Attitude towards Women

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The present study was aimed to investigate the relationship between concept of masculinity in men and their attitude towards women. It was hypothesized that there is likely to be a significant negative relationship between concept of masculinity in men and their attitude towards women. Also, it was hypothesized that concept of masculinity is likely to predict attitude towards women among men. Cross-sectional correlational research design was used for the current study. Further, purposive sampling was used to recruit the sample of men (*N* = 100). Male Role Inventory (Snell, 2013) and Attitude towards Women Scale (Spence, Helmrich, & Stapp, 1978) were used to assess the study variables. Prior to the data collection, permission from the respective authors of the scales was sought. For the analysis of the collected data, Pearson Product Moment correlation and hierarchical regression analysis were applied to analyse the data through SPSS version 21. Results approved the current study hypotheses that there existed a negative relationship between the concept of masculinity in men and attitude towards women, while, the concept of masculinity proved to be a predictor of attitude towards women. This study does not only serve as an insight into the concept of masculinity in Pakistani men, but also
enables to devise strategies to change men’s attitude towards women in combating violence against women.

**ICPG 2016-450**

**Psychosocial Reactions of Osteoporosis: A Phenomenological Approach**

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The present study is aimed to develop a valid and reliable indigenous scale to identify psychosocial issues of women with osteoporosis. The sample comprised 100 women with the age range of 49 - 60 years ($M = 56.13$, $SD = 3.16$) selected from 3 hospitals. A list of problems was generated from 20 women with osteoporosis. The list was validated by experts (3 orthopedic doctors and 3 clinical psychologists). The results were discussed in terms of factorial structure and psychometric properties of newly developed scale along implications for health counselling services and mental health status.

**ICPG 2016-467**

**Attitude of Male and Female University Students towards Gender Discrimination**

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The present study is aimed to investigate the attitude of male and female university students towards gender discrimination. Sample consisted of ($N = 150$) university students (75 male and 75 female students) from different universities of Islamabad. Gender Attitude and Beliefs Inventory (McCabe, 2013) was used to study the attitude regarding gender discrimination of university students. Effects of some demographic variables like age and education were also explored. Results showed that female students had higher scores indicating that they had positive attitude towards gender discrimination than male university students. There were nonsignificant differences between university students on the basis of education (graduate and undergraduate) and age (below and above 20 years of age). This study has strong implication that gender discrimination is decreasing in a male dominated Pakistani society.

**ICPG 2016-469**

**Self-esteem, Body Image, and Self-consciousness among Women after Rejection of Marriage Proposals**

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The purpose of this study was to identify the phenomena of proposals’ rejection among working and nonworking women after rejection of marriage proposals. It was hypothesized that there is significant difference in self-esteem, body image, and self-consciousness of working and nonworking women after rejection of marriage proposals. It was also hypothesized that there is significant relationship in self-esteem, body image, and self-consciousness of working and nonworking women after rejection of marriage proposals. The sample was comprising of ($N = 170$) women from which 79 were working women and 91 were nonworking women. Sample was recruited by using snowball sampling technique. Mix-method research design was used in this study. The major tools of this study were Rosenberg Self-esteem Scale (Rosenberg, 1965),
Body Image Scale (Moeen, Muazzam, & Zubair, 2013), and Self-consciousness Scale Revised (Scheier & Carver, 1985). These aforementioned tools were used after taking consent from the participants. Linear regression was used to find out the strong predictors of proposals rejection. Independent sample t-test and Pearson Product Moment correlation was applied on the data. Finding showed that body image, proposals rejected by self, number of siblings, younger married sisters, designation, and age were predictors of proposals rejection faced among working and nonworking women. The other findings revealed that there is nonsignificant difference in self-esteem, body image, and self-consciousness among working and nonworking women after rejection of marriage proposals. The implications and recommendations were also given.

ICPG 2016-482

Occupational Stress and Marital Conflict Resolution Ability in Male and Female Adults

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Present research is an effort to explore the occupational stress and marital conflict resolution ability in male and female adults. For this purpose, nonprobability purposive sampling technique was used in the present research. Sample of 100 adults was selected from different areas of Sahiwal that is Farid town, Shahman town, and High Street Sahiwal. Among these adults, 50 were working men and 50 were working women. Demographic characteristics of the sample considered were gender, age, qualification, nature of job (private/government), job experience, working hours, institute name, and area. Male and female adults with age range of 30 to 50 years (working in private sector or a government sector) were included in the sample. Correlation cross-sectional research design was used. Occupational Life Stress Scale developed by Fontana (1989) and Conflict Resolution Scale developed by Kurculek (1994) were used as research instruments. For statistical analysis, SPSS was used. It was hypothesized that there would be a significant relationship between occupational stress and marital conflict resolution ability in adults. The results showed the significant correlation between occupational stress and marital conflict resolution ability in adults. This statistic showed the positive correlation among them, which showed that if adults had occupational stress then they try to maintain their marital relation to reduce stress. The other hypothesis was that there would be a significant difference between male and female adults in reference to their occupational stress. The results showed that female adults had high mean score than male adults in reference to their occupational stress. Another hypothesis was, there would be significant difference between male and female adults in reference to their conflict resolution ability. The results showed that female adults had high mean score than male adults in reference to their marital conflict resolution ability.

ICPG 2016-486

Role of Communication Patterns in Enhancing the Marital Quality of Married Couples

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The present study was carried out to study the role of communication patterns as predictors of marital quality. The sample comprised of 308 married couples (616 married individuals). Age of the sample ranged from 23 – 58 years (M = 38.30, SD = 8.02). Only those individuals were selected who had been married for at least 2 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 version of Dyadic Adjustment Scale (Spanier, 1976) was used to measure marital quality of husbands and wives. Communication Patterns Questionnaire Short Form (Christensen & Sullaway, 1984) was used to assess the interaction patterns of couples during conflict. The scale generated scores on three subscales: Mutual Constructive Communication, Demand Withdraw Communication, and Mutual Avoidance and Withholding. Stepwise regression analyses were applied for data analysis. Two different models emerged for both the genders that explained which specific types of communication patterns were predictors of marital quality for husbands and wives. Mutual constructive communication pattern came out to be a significant positive predictor of marital quality for both the genders. On the other hand, the second model for wives included mutual avoidance and withholding communication pattern as a significant negative predictor of marital quality. Whereas, demand withdraw communication pattern did not enter in the model. In case of husbands, the second model included demand withdraw communication pattern as a significant negative predictor of marital quality. Whereas, mutual avoidance and withholding communication pattern did not enter the model. Constructive communication pattern has been associated with self-report marital adjustment in other studies too (Christensen & Shenk, 1991; Heavy et al., 1995; Noller & White, 1990). Similarly, studies have also shown that couples who report a pattern of demanding, withdrawing, avoiding or withholding tend to experience decline in relationship satisfaction over time (Heavy, Christensen, & Malamuth, 1995) and divorce (Gottman & Levenson, 2000). Thus, findings of the present study support the existing literature and are of immense significance for both genders. The study not only highlighted the communication pattern that should be encouraged, but also revealed the communication pattern that should be discouraged to enhance the quality of marriage in the current era for both genders.

Impact of Personality Traits on Procrastination among Male and Female University Students
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Present research was aimed to examine the effects of personality traits on procrastination and also to investigate how personality traits play an integral role in the development of procrastination among male and female university students. The construct of personality traits was thoroughly explained by trait theory and the concept of procrastination by cognitive approaches. It was assumed that different personality traits had its positive and negative impact on procrastination. The sample was selected by using two-way cluster sampling that included 254 students (74 males and 180 females) from The Islamia University of Bahawalpur. Tuckman Procrastination Scale (Tuckman, 1991) and HEXACO Personality Inventory Revised (Ashton & Lee, 2009) were administered. Results pointed out positive relationship among honesty, humility, extraversion, agreeableness, conscientiousness, openness to experience, and procrastination, while, emotionality and metacognition both had negative correlation with procrastination. It was indicated through multiple regression analysis that personality traits were stronger predictor of procrastination. In sum, the present findings provide adequate understanding of the relationship of some positive and negative impact of personality traits on procrastination and the moderating effect of gender. The implications of the findings are discussed and recommendations are taken into consideration for future research.
Dynamics of Identities in the Hijra Community: A Case Study of Pakistani Hijra community

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The hijras are identified by various terms in the Indian subcontinent. These terms indicate about their biological morphology, sexual orientation, and gender roles. An identification of the hijra in mainstream society is interpreted through sociocultural roles and ritualistic performances. However, the dynamics of the hijra community and variety of identities due to various reasons like social, cultural, psychological, religious, economics; make the situation complex to understand the various identities of the hijra community in comprehensive manners. Through qualitative research methods, this was tried by researcher to examine various identities of hijra community which they construct through myths and stories. The symbolic interactionist approach was used to understand this process of identities constructions within the hijra community of Pakistan. Results show that hijra developed sense of self through the process of socialization. The myth and stories that are prevailing within hijra community played an important role in this process of the identities constructions. Resultantly, apart from khwajasarah, hijra identity which is legitimized through sociocultural practices of mainstream society of Pakistan; hijra community also provide the basis for construction of other identities like aqwa hijra, and narban hijra. These two identities: aqwa hijra and narban hijra are not recognizable by mainstream society. Therefore, hijra adopt multiple identities; these are based on multiple selves. So, the career of the aqwa identity negotiate identity in different social spaces like from mainstream society to hijra community subculture; from family, social space to hijra community social space. Through the identity negotiation, aqwa hijra remain in the process of self-representation and adopt identity politics to remain consistent and coherent in the identity performance. Therefore, I concluded that self-image or sense of self is based on multiple selves that leads towards multiple identities in the social world where an individual exists.

Intimate Partner Violence and Psychological Distress: Mediating Role of Stockholm Syndrome

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Intimate partner violence and its physical and psychological effects have been extensively studied. What the literature still lacks is the understanding of the role of Stockholm Syndrome in explaining the relationship between intimate partner violence and psychological distress, especially, in a nonwestern setting. Psychological distress is considered as a natural consequence of intimate partner violence; in the present study, it is intended to be explore when victims choose to justify the abuse they experience, hence, diminishing the negative psychological effects. The current study undertakes Stockholm Syndrome as a mediator between intimate partner violence and psychological distress in a community sample of 212 individuals in married or dating relationships (from the cities of Islamabad and Rawalpindi, Pakistan). The three aspects of Stockholm Syndrome; Core Stockholm Syndrome; rationalising
abuse through distorted cognitions, psychological damage; negative effects of ongoing abuse, and love-dependence; and the belief that survival is only possible through the love and compassion of the abuser, were tested as mediators. The analyses revealed that Core Stockholm Syndrome did not mediate the relationship between intimate partner violence and psychological distress. Psychological damage fully mediated the said relationship, and love-dependence partially mediated the relationship between intimate partner violence and psychological distress. The differences among gender, marital status, and having children were also found and discussed in the light of previous literature.

ICPG 2016-496
Communal Orientation as Determinant of Flourishing Marital Relationship: Examining the Role of Gender
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Literature supports the notion that individuals who experience more supportive relationships with others tend to enjoy higher levels of subjective satisfaction and well-being (Seeman, 2000). There has also been a rapid growth to understand the phenomena of marriage and the factors that contribute towards the flourishing of married individuals (Johnson, 1991). Detailed investigation of the current literature has depicted the truth that there has been a lack of direction in understanding the determinants of a flourishing relationship. Moreover, there has also been a debate in both eastern as well as western cultures that who is contributing more for a flourished marital relationship? Either a wife or a husband? The present study is designed to investigate the communal orientation as determinant of the psychological flourishing; further, examining the role of husband or wife in this relationship. Both qualitative and quantitative techniques were employed to achieve the study objectives. The first phase, was carried out for the indigenous understanding of the concept of flourishing relationship. Data collected through FGDs and interviews were used to develop an indigenous measure to quantify the concept of psychological flourishing. Content analysis technique was used to design the measure. The second phase was carried out to empirically investigate the study objectives. Two questionnaires that is, Psychological Flourishing Questionnaire and Urdu version of Communal Orientation Scale (Clark et al., 2004) were administered on sample of 300 married individuals (165 wives and 130 husbands). Findings revealed that communal orientation was a significant predictor of flourishing relationship. Further, wives played significant moderating role in predicting above relationship. Gender was also tested further as mediator, but nonsignificant findings were found. The findings of present study are discussed with particular reference to the role of husband and wife in flourishing relationship of married individuals.

ICPG 2016-509
Association of Parental Divorce and Parental Loss with Depression in Male and Female Adolescents
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The objective of the present study was three-fold: Firstly, it was aimed at investigating the differences in the level of depression between adolescents with parental divorce, adolescents with parental death, and adolescents living in intact-two parent families. Secondly, investigating the gender differences in the level of depression between male and female adolescents with
parental divorce. Thirdly, investigating the gender difference in the level of depression between male and female adolescents with parental death. The sample consisted of 60 adolescents with parental divorce, 60 adolescents with parental death, and 60 adolescents living in intact-two parent families. The representation of gender was equal in all three groups. Measures employed were Demographic Form and Siddiqui Shah Depression Scale (Siddiqui & Shah, 1992). One Way Analysis of Variances (ANOVA) and t-test were utilized to test the hypotheses of the present study. The results indicated statistically significant difference between adolescents with parental divorce, adolescents with parental death, and adolescents living in intact-two-parent families, \( F (2,177) = 4.058, p < .05 \), on the scores of depression. Further, there was nonsignificant difference among male adolescents with parental divorce and female adolescents with parental divorce on the scores of depression, \( t (58) = .035, p > .05 \). Furthermore, the statistically significant difference was observed among male adolescents with parental death and female adolescents with parental death on the scores of depression, \( t (58) = 4.619, p < .05 \). These findings have implications for clinical interventions and these also open avenues for future research.

A Qualitative Analysis of Perception of Romantic Relations among Adolescent Girls in Pakistan

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The main objective of the study was to gain an indigenous understanding that how girls perceive romantic relations during adolescence. On the basis of literature review, that include review of different theories and scales, a focus group guideline was developed. Two focus group discussions were held. Each focus group consisted of seven girls who belonged to two different colleges of Rawalpindi. Age range of girls was 16 to 18 years and were students of grade 11 and 12. Both focus group discussions were transcribed and content analysis was conducted on NVivo version 8.0. Twenty-two Free Nodes were generated which were representing twenty two independent themes. Among these themes, most common was Commitment which had 32 references. It was found that girls gave maximum importance to commitment in romantic relationships. Although, some of the girls said that there is commitment in romantic relations, but most of them had the view that usually there is no commitment in these relationships and these relations are of short duration. They also said that usually boys did not have romantic relations with one girl for long period of time. Companionship and Sincerity were also given importance as both had 25 references. Girls said that adolescents, who had romantic relations, spend a lot of time together through mobile, facebook and sometimes at public places. It was found that girls gave importance to Sincerity. They said that sincerity is necessary for long term romantic relationships. They said that girls are usually sincerer in romantic relations than boys. Least importance was given to theme of Assistance which had only 5 references. They said that boys and girls, who have romantic relations, assist each other in case of having some problem. Overall analysis showed that there was diversity in perception of romantic relations, but there were some common themes which emerged after content analysis such as commitment, companionship, sincerity, dating, expectations, fascinations, etc.
Role of Attachment and Intimate Partner Violence in Marital Adjustment among Married Individuals

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Present study was aimed to examine the relationship between attachment, intimate partner violence, and dyadic adjustment. Sample comprised of married men ($n = 100$) and women ($n = 100$) from Rawalpindi and Islamabad. Instruments used in the present study were Social Desirability Scale (Stoeber, 2002), Relationship Questionnaire (Bortholomew & Horowitz, 1991), Conflict Tactic Scale (Straus, 2004), and Revised Dyadic Adjustment Scale (Bean, 2000). Results showed secure attachment style was positively related with negotiation and marital adjustment, while negatively related to assault, injury, psychological aggression, and sexual coercion. Insecure attachment styles (i.e., preoccupied, dismissive, and fearful) showed positive relationship with negotiation and marital adjustment and negative correlation with negotiation and marital adjustment. Preoccupied and fearful attachment styles were found as significant moderator in relationship between negotiation and dyadic adjustment. Dismissive and fearful attachment styles were found as significant moderator in relationship between assault, psychological aggression, and sexual coercion. Furthermore, results revealed nonsignificant differences between men and women on violence, which indicated men and women are equally abusive and experience violence in marital relationship. Individuals who were in marital relationship for longer time span were more adjusted as compared to newly married individuals. Arrange marriage was perceived more secure as compare to love marriage. Individuals having children were found more adjusted and less violent as compared to individuals not having children.

Social Psychological Dynamics Related to Wearing Hijab (Veil) among University Students

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The present paper has attempted to identify a theoretical framework around the phenomenon of hijab practice among Pakistani women. Pakistan is a country where state does not influence its citizens on the matters of their attire. The present work has drawn on the experiences of Pakistani Muslim women enrolled in different universities. Besides hijab, women wearing other dress were also involved. Five focus groups were conducted with women practicing different types of dress including hijab. One discussion was also conducted with a group of male university students. The study was carried out under grounded theory model. The analysis involved open, axial, and selective coding, accompanied by constant comparisons between coding and data. The analysis discovered three core categories, namely, religious commitment, environmental adjustment, and psychological satisfaction. These three factors operated as conditions under which one wears hijab. However, the same also worked as context, and functioned differently for different wearers under different situations. Propositions and hypotheses relating to phenomenon of hijab have been extended for future research.
**ICPG 2016-537**

**Significance of Attitude towards Menstruation in Social Adjustment and Mood States of Young Women**

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The present study was aimed to explore the relationship between attitude, social adjustment, and mood states related to menstruation among female students. Instruments used in the present study were Attitude towards Menstruation Scale (Aflaq & Jami, 2005), Social Adjustment Scale (Weissman & Paykel, 1974), and Mood States Scale (Terry, Lane, Lane, & Keohane, 1999). Instructions of Social Adjustment Scale were modified in reference to adjustment in menstruation period which is carried out after considering the expert opinion and try out. Main study comprised of sample including 317 girls age ranged from 18 to 26 years ($M = 22.21, SD = 1.74$). Data were collected from the different colleges and universities of Islamabad and Rawalpindi. Reliability estimates of scales indicated good reliability for current sample. The findings supported the assumption that social adjustment had negative significant relationship with mood states and significant positive relationship with attitude towards menstruation. Results also showed that there was negative significant relationship between mood states and attitude towards menstruation. In mediation analysis, results indicated that attitude towards menstruation is a significant predictor of social adjustment explaining 4% variance. This variance was increased to 19% on adding mood state as a mediator, which indicated its indirect effect causing 15% variance in social adjustment. Significant role of demographic variables with change in activity level, energy level, and total sleep related to menstruation was also observed. As attitudes and mood states influence social adjustment of girls’ life, hence, intervention should be planned that involve attitude and mood states to enhance social adjustment.

**ICPG 2016-539**

**Marital Satisfaction and Mental Health of Working and Nonworking Infertile Women**

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This research was aimed to find out the difference between marital satisfaction and mental health of working and nonworking infertile women. A purposive sample of 200 infertile women, of which 100 were nonworking and 100 were working women, ranging in age from 25-50 years with infertility duration ranging from 5-33 years belonging to different cities of Hazara division. To measure the mental health and marital satisfaction, Mental Health Inventory and Couple Satisfaction Index were used. The results indicated that nonworking infertile women demonstrated higher levels of psychological distress, depression, anxiety, and loss of emotional control as compared to working infertile women. Working infertile women were materially dissatisfied as compared to nonworking infertile women. Findings of the study also suggested that as infertility period increased the infertile women tend to have higher level of psychological distress, anxiety, depression and loss of emotional control. Findings also proposed that there was a negative relationship found between mental health and marital satisfaction of infertile women.
ICPG 2016-540

Moderating Role of Gender in the Impact of Perceived Organizational Politics on Certain Attitudinal and Behavioral Work Outcomes among University Teachers

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The present study is aimed at exploring the moderating role of gender in the impact of perceived organizational politics on affective commitment, in-role job performance, organizational citizenship behavior, job satisfaction, turnover intention, and job stress among university teachers. The sample of the study included 450 university teachers from the universities of Islamabad, Punjab, Sindh, and Balochistan. Pearson Product Moment correlation was computed to explore the relationship between variables. The results of the correlational analysis showed perceived organizational politics to be positively related to turnover intention and job stress; while, perceived organizational politics was found to be negatively related to affective commitment and job satisfaction. Perceived organizational politics was found to have a nonsignificant relationship with in-role job performance and organizational citizenship behavior. Independent sample t-test analysis was computed to study the mean differences among all the study variables in terms of gender. The results of this analysis showed that only perceived organizational politics, affective commitment, and job stress had significant mean difference in terms of gender, where men were found to express higher perception of organizational politics and job stress in comparison to their female counterparts, whereas, women expressed higher affective commitment in comparison to their male counterparts. Finally, hierarchical multiple regression analysis was applied to study the moderating role of gender in the impact of perceived organizational politics on affective commitment, in-role job performance, organizational citizenship behavior, job satisfaction, turnover intention, and job stress. Results showed gender to be moderating the relationship of perceived organizational politics with organizational citizenship behavior and turnover intention only; such that higher perception of organizational politics increased organizational citizenship behavior in men, while its higher perception decreased organizational citizenship behavior among women. On the other hand, higher perception of organizational politics increased turnover intention more among women in comparison to their male counterparts. Limitations and suggestions for the study are also discussed.

ICPG 2016-541

Emerging Issue about *Hijras* in Pakistan: Geographical Analysis of Attitudes and Myths Related to Them

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*Hijras* are recognized sexual minority in Pakistan since centuries. Latest decisions on mainstreaming the third gender by the Supreme Court of Pakistan and giving it a place in ID cards by NADRA, working on Supreme Court’s decision, has brought it as an emerging issue that require various interventions at government and provincial level. Attitudes hold great significance in our life that vary with geographical locations, since people living together share common core values, normative beliefs, and standards for gender expression. Aim of the study was to determine role of geographical location in attitudes and myths related to *hijras*. Data of 1034 people with minimum education matric and age 18 years were collected from capital/
major cities of four provinces and federal area of Pakistan including both men and women. Attitude towards Hijra Scale and Myths related to Hijra scale so developed for this purpose were utilized for data collection. It was assumed on the basis of focus group discussions conducted earlier for scale development that people from Balochistan would have more positive attitudes than rest and same were the findings achieved through ANOVA. Least positive attitudes were found for Punjab and Sindh. Punjabis had more strong belief in myths related to hijras. Regression analysis revealed that being member of all other regions lead to more negative attitudes in comparison to Balochistan. Further, moderating role of gender through Univariate analysis of variance was also assessed that showed significant main effects of gender and geographical locations, so is the interaction effect of both variables. Women of all regions had more accommodating attitudes than men in all regions, while nonsignificant difference existed for Sindh. Findings of the present study are discussed in the cultural context and need for future interventions for hijras were suggested.

ICPG 2016-542

Role of Maternal Feeding Styles and Feeding Practices in Children’s Eating Behaviors

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Early childhood is the time when children start learning about food and eating and also is the time when caregivers’ and parents’ influence is quickly responded by them. There is an increase in eating issues regarding children, which if not treated can sustain to adolescence leading to different eating disorders. In majority of the families, mothers are still primarily responsible for feeding the children, as compare to fathers. The main objective of the study was to explore the role of feeding practices and styles used by the mothers in children’s eating behaviors. Role of different demographic variables on study variables was also analyzed. The sample consisted of mothers (N = 180) of children (4 to 9 years old) with an age range of 21 to 52 years (M = 34.15; SD = 5.69). Sample was approached through schools and hospitals. Three questionnaires along with a detailed demographic sheet were used in the study. The questionnaires include Caregiver’s Feeding Styles Questionnaire (Hughes et al., 2005), Child Feeding Questionnaire (Birch et al., 2001), and Child Eating Behavior Questionnaire (Wardle, Guthrie, Sanderson, & Rapoport, 2011). The reliabilities of the questionnaires were satisfactory. Various statistical analyses were run to test hypotheses. Correlation analysis showed that authoritative mothers were high on perceived responsibility and pressurized their children to eat. While, authoritarian mothers were high on restriction and monitoring of child’s food intake, also their children showed more food avoidance. Children of indulgent mothers showed less avoidance. Children of mothers who put more restriction and pressure on child’s food intake showed more approach and avoidant eating behavior among children, respectively. Regression analysis revealed that certain styles could lead to food avoidance or food approach behaviors as well can predicted certain types of feeding practices utilized by the mothers. Nonsignificant gender difference of children was found for all variables. The findings can lead to better understanding that how mother’s feeding practices can be harmful or beneficial in development of eating behaviors among children.
ICPG 2016-543

Personality Traits and Gender: A Study of Human Service Professionals from Jammu and Kashmir

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The present study is an endeavor to explore personality traits among 340 male and female professionals working in various human service organizations functioning in Jammu and Kashmir state. After screening the data and establishing normality, exploratory factor analysis and confirmatory factor analysis was carried out to validate the proposed model of personality traits. To check whether the sample group differs significantly with respect to gender, $t$-test was carried out and it came to the forefront that among personality traits, the calculated $t$-values in case of openness, conscientiousness, extraversion, and agreeableness were nonsignificant, but the calculated $t$-value in case of emotional stability was found to be significant ($t = 2.7, p = .007$). A comparison of means revealed that female human service professionals ($M = 5.58$) were more emotionally stable than their male counterparts ($M = 5.18$). The reason behind the same may be that in a patriarchal society like Kashmir where the participation of women in public life is discouraged and job choices are limited, once a woman gets an opportunity to opt a humble and high profile job, she may shed feelings of exclusion and alternatively her emotional stability gets an edge. The research implication of this finding is that an in-depth investigation is needed to study emotional stability among professionals of human service organizations with respect to gender through adoption of broader measures for assessment.

ICPG 2016-544

Defense Mechanisms, Perceived Social Support, and Martial Satisfaction: A Study of Fertile and Infertile Women

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The act of bearing the children is one of the most important factors that make marriages satisfactory and successful. However, some women are unable to ever bear a child either due to the inability to become pregnant or the inability to carry a pregnancy to a live birth. This becomes a turning point, which lead to various psychological consequences which can be social, psychological, or existential. This study was undertaken to examine defense mechanisms, perceived social support, and marital satisfaction among fertile and infertile women (primary and secondary infertile). A sample of 174 women was taken for the purpose of this study from various hospitals of district Srinagar of Kashmir Valley. Out of 174 women, 55 were normal (i.e., fertile), 55 had primary infertility, and 64 had secondary infertility. The tools used in the study were Defense Style Questionnaire (Thygesen, Drapeau, Trijsburg, Lecours, & de Roten, 2008), Multidimensional Scale of Perceived Social Support (Zimmet, Dahley, & Farley, 1988), and Couple Satisfaction Index (Funk & Rogge, 2007). Results revealed a significant difference between normal, primary, and secondary infertile women on perceived family social support, perceived significant other social support, marital satisfaction, and global defense functioning. Significant positive correlation was found between marital satisfaction and perceived social support.
Exploration of Job Satisfaction among Human Service Professionals in Relation to Gender

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The present study was carried out to explore job satisfaction in relation to gender among 340 professionals working in various human service organizations functioning in Jammu and Kashmir state. After screening the data and establishing normality, exploratory factor analysis and confirmatory factor analysis were carried out to validate the proposed model of job satisfaction. To check whether the sample group differs significantly with respect to gender, t-test was carried out and it came to the forefront that the calculated t-value in case of cognitive job satisfaction was nonsignificant, but in case of affective job satisfaction, the same was significant ($t = 2.0, p = .04$). A comparison of means revealed that male human service professionals ($M = 5.83$) scored high on affective job satisfaction than their counterparts ($M = 5.57$). This finding is in consonance with the research carried out by Indian researchers like Varkkey and Korde (2013) and can be attributed to the fact that female professionals do not yield influence in decision making and key organizational policies. Bentley and his colleagues (2013) in a book entitled “Job Satisfaction around the Academic World” while presenting the broad picture of job satisfaction in the international arena (Argentina, Australia, Brazil, Canada, Finland, Germany, Japan, Malaysia, Portugal, South Africa, and United Kingdom) also support the assertion that men have high job satisfaction levels than their counterparts. Thus, there continues to be an important gender difference in the various professions, a fact that administrators of human service organizations and policy makers need to address.

Gender Role Conflict of University Students: A Psychometric Approach

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This study is aimed to develop a reliable and valid scale for measuring gender role conflict in university students. A standard three stage model was used to develop a scale comprising phenomenological exploration, expert validation, and establishing psychometric properties. Participants comprised 223 university students (undergraduate year 14). Results are discussed in terms of factorial structure, cultural, and counselling implications of university students.

Self-criticism and Mental Health Problems in Male Drug Addicts

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The present study determined the relationship between self-criticism and mental health problems in male drug addicts. Sample of 135 drug addicts with age range of 25-45 years ($M = 28.30, SD = 5.77$) was selected from different rehabilitation centers in Lahore. An indigenous Self-criticism Scale was developed using a three stage model according to Pakistani culture. Two factors emerged using Principal Component Analysis that is Self-blaming and Negative
Cognitions. Depression Anxiety Stress Scale was used to measure the mental health problems in addicts. Results revealed that DASS was a highly reliably measure of mental health problems. Multiple Regression Analysis indicated that age, Self-blaming and Negative Cognition were the significant positive predictors of mental health problems in addicts. Results are discussed in detail in relation to demographic and cultural context of Pakistan.

**Intended Purpose of Assessment as a Key Component of Gender Differences in the Students' Performance**

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Keeping the negative stereotype about the poor scientific skills of girls that indicates female students generally under-perform male students, the current research investigated the role of underlined purpose of assessment; performance-oriented and mastery-oriented assessment, in the performance of male and female students in Math class. In total, 113 female and 87 male students attending Math classes were taken as sample from public high school in Multan. One trained experimenter delivered the same lecture in one lesson of mathematics in three different classes at school. Participants attended math lesson, while requiring a performance-oriented assessment (i.e., an assessment designed to compare and select students), a mastery-oriented assessment (i.e., an assessment designed to help students in their learning), and no-assessment of this lesson. Results indicated that the performance of both male and female students was similarly high in the mastery-oriented assessment condition, whereas, the performance of female students was reduced in performance-oriented assessment condition. Results pertaining to no-assessment condition indicated that male students performed poor as compared to female students. Findings suggested that female students' performance on math test can be increased by presenting assessment as a tool for enhancing learning rather than comparing their performance with male students in class.

**Family Interactions and Self-harm Among Female Prisoners**

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Literature indicates that women who indulge in self-harming behaviors during their imprisonment have underlying many strained interpersonal family relations during their adolescent years. The current study was designed to assess interpersonal family interactions and self-harm in women prisoners. A correlational research design was employed. The sample comprised of 38 female prisoners recruited from Kot Lakhpat Central Jail Lahore, Pakistan. Structured interview was devised by researcher to assess interpersonal family relations during adolescence (i.e., home environment, relationship with parents, siblings, husband, and physical abuse) of female prisoners who indulged in self-harming behaviors. Results revealed that adolescence was an average age of self-harm in majority of female prisoners who continued their self-harming behaviors during imprisonment. Female prisoners experienced strict environment, unsatisfactory relations with parents and siblings. They also faced physical abuse during their adolescent years. Results also indicated that they had unsatisfactory relations with their husband and faced physical abuse by their husbands during adolescence and adulthood. Due to all these reasons, they engaged in self-harm. Self-harming behaviors in female prisoners...
became a key concern for forensic psychologists. The current findings are useful for policy makers to consider the availability of psychological interventions in prison settings for uplifting the mental health of female prisoners.

ICPG 2016-586

Gender Differences on Character Strengths, Mindfulness, and Social Competence among Pakistani and Russian University Students

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The present study was aimed to determine gender differences on character strengths, mindfulness, and social competence among university students of Pakistan and Russia. The sample comprised of 496 university students from Pakistani and Russian universities including both men and women (age range = 20-35 years). Self-report measures of Brief Strength Test (Peterson, 2004), The Mindfulness Attention Awareness (Brown & Ryan, 2003), and Social Competence Scale (Shehzad, 2001) were used to measure character strength, mindfulness, and social competence, respectively. Results showed that character strengths and mindfulness positively predicted social competence in both samples. Moreover, mindfulness significantly moderated the relationship between character strengths and social competence. Results also revealed that both Pakistani and Russian women exhibited more wisdom, humanity, justice, temperance, and transcendence and mindfulness as compared to men. Similarly, Pakistani women displayed better social competence as compared to Pakistani men; while, nonsignificant gender differences were found in Russian sample. Findings further showed that overall Russian students reflected more strength of wisdom, courage, justice, and transcendence and social competence as compared to Pakistani students; conversely nonsignificant cultural differences were found on mindfulness. Future implications of the study were also discussed.

ICPG 2016-589

A Study of Need for Certainty and Communication Competence: Do Men and Women Differ in Their Needs?

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The current paper examines the differential need for certainty in men and women and explores its implications on their communication competence in the work place. The study consisted of 300 respondents belonging to four different cities of Pakistan. The study also established that the relationship is inverse in nature that is higher the need for certainty, the lower the communication competence of the individual. Women respondents had relatively low need for certainty as compared to men in the present sample. Employees of nongovernmental organizations were found to have significantly low need for certainty as compared to those belonging to governmental organizations. The difference in scores of men and women on communication competence was found to be statistically nonsignificant. Similarly, nonsignificant differences were present in communication competence of employees of
government and nongovernment organizations. It is concluded that need for certainty is an important aspect of human communication patterns and it varies between men and women.

ICPG 2016-624

**Early Marriages Issue in Pakistan**

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The issue of early/child marriage is a serious concern throughout Asia due to its dynamics and consequences. Globally, regionally and at state level there have been efforts to engage with the problem at every possible stage including legislative measures, promulgation of laws, education, training and advocacy. Likewise, in Pakistan the issue of early marriages is being pervasive and has serious consequences for the society in large and especially for females. According to a UN report published in 2014, one in every five girls in South Asia is married off before her 15th birthday. Where Pakistan is concerned, approximately 29% of girls in the rural and 16% in the urban areas are reportedly married off before they are 18 years. Similarly, the data of demographic and household survey\(^1\) showed that 15% of the girls aged 15-19 got married and 13% of girls are married before they reach the age of 15. This research study will aim to answer the following research questions:

1) What is the current average age of marriage in the project districts? How is this different from national averages and has this trend changed over time?

2) Key drivers of early marriages overall and also in different ethnic cultures.

3) What is the relationship between age of marriage and various outcomes like maternal and child health, emotional health, and economic complications in the household? A model should be proposed in terms of above relationship.

4) What is the relationship between age of marriage and power dynamics in the household? Including relationship between the couple, relationship with mother in law, amount of decision making power that younger women have about economic decision, health decisions, and education related decisions vs. older women.

5) What is the prevalence of ownership of CNIC by women over 18 years in the research sites and is there a relationship between CNIC ownership and age of marriage?

ICPG 2016-625

**Youth’s Quality of Life in Context of Sexual and Reproductive Health and Life Skills: A Gender-based Analysis**

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In Pakistan, information available regarding the sexual and reproductive health (SRH) of Pakistani is based on data provided by NGO sector, academic research seems to have failed to give proper attention to knowledge, attitudes, and practices related to SRH, its antecedents, and its outcomes. Additionally, the transitional age group of young adulthood has been ignored as research has paid most attention to adolescence. In terms of outcomes, western researches have

\(^1\) Pakistan Demographic and Health survey 2012-13  
shown that poor knowledge and practices, and negative attitudes towards SRH issues create health complications, poor psychological well-being, and quality of life. However, in terms of antecedents, apart modern gender role attitudes and less endorsing sexual double standards, life skills as abilities for adaptive and positive behavior to deal effectively with the demands and challenges of everyday life, help promote psychological well-being and quality of life. Based on preliminary research data, current study using a cross-sectional research design, looks at gender differences of SRH knowledge, attitudes, and practices, its antecedents and outcomes. In order to measure the variables of this study, Knowledge and Practices related to Sexual and Reproductive Health Questionnaire developed for the project; Checklist on Experiences related to Menstruation (Aflaq & Jami, 2005), Attitude Towards Sexuality Scale (Fisher & Hall, 1988); Emotional Intelligence Scale (Batool & Khalid, 2011) to measure life skills, Gender Role Attitudes Scale (Anila & Ansari, 1992), Scale for the Assessment of Sexual Standards among Youth (Emmerink et al., 2016), WHOQOL-BREF (World Health Organization, 1996), WHO (Five), Well-Being Index (World Health Organization, 1998), and a detailed demographic sheet are used. Using convenience sampling, data is collected from male and female participants (19 to 25 years’ age), both in and out of school/college. Gender differences are explored in study variables along role of gender in the relationship between variables. The results of the study and their implications are discussed in the local cultural context.

Mental Health and Disordered Eating Behaviors of Adolescents in Context of Sexual and Reproductive Health, Life Skills, and Body Image: A Gendered Perspective

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Adolescence is the phase when pubertal changes and related hormonal, sexual, and reproductive changes are at its peak leading towards stress and storm condition. Adolescents face much challenges in handling them appropriately. Since in our culture, discussing issues related to sexual and reproductive health (SRH) are considered taboos, therefore, adolescents are usually reluctant and feel embarrassment while sharing their concerns related to SRH with parents and significant others. Lack of awareness and knowledge is also due to the inhibition at the part of parents and teachers to discuss such issues that is otherwise a natural phenomenon, which in turn is leading towards mental health issues including body image and eating concerns. Previous research shows that those who are well-equipped in terms of life skills are less likely to face mental health problems. These outcomes differ along gender. The present study is based on preliminary data aiming at studying gender differences in the mental health of adolescents in context of body image, disordered eating behaviors, and SRH with the role of life skills in promoting better mental health. For measuring variables of the study, Knowledge and Practices Related to SRH questionnaire developed in the project; Checklist on Experiences related to Menstruation (Aflaq & Jami, 2005), Attitude Towards Sexuality Scale (Fisher & Hall, 1988); Social Skills Scale (Khan & Pervez, 2005) and Questionnaire of Executive Functioning (Geurten et al., 2016) to measure life skills; translated version (Naqvi, 2016) of Multidimensional Body Self-relations Questionnaire Scale (Cash, 2000); Body Image Guilt and Shame Scale (Thompson, Dinnel, & Dill, 2003); WHO (Five) Well-Being Index (WHO, 1998); and Disordered Eating Behavior Scale (Muazzam, 2011), and a detailed demographic sheet are used for data collection from adolescent girls and boys (in school) with age range from 13 to 18 years through convenience sampling. It is assumed on the basis of literature that girls experience more body image dissatisfaction, shame and guilt related to body, and disordered eating
behaviors as compared to boys. Those with better life skills have better mental health, better body image, less shame and guilt related to body, and less eating problems in context of SRH. Role of gender will be explored in a given relationship of predictors and outcomes. The findings of the study and their implications will be discussed in cultural context.

ICPG 2016-627

Knowledge, Attitude and Practices of Sexual and Reproductive Health, Life Skills, and Its Outcomes among Children: Preliminary Gender Analysis

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Sexual and reproductive health (SRH) is one of the most significant components of health and rights of young people including children undergoing pubertal changes. Research in the respective field has long been ignored in Pakistan as general population considers it a taboo topic to talk about. Limited available research is in reference to adolescents and youth and less has been explored in reference to children between 10-12 years of age when pubertal changes start to set in their pace. Difference in regarding SRH and its impact on mental health varies with respect to gender. Such knowledge and practices are often based on myths and misconceptions. Research is needed to propagate correct knowledge to promote healthy SRH practices and mental health of children. The current study is based on preliminary data with an attempt to scrutinize the gender differences among children on knowledge, attitude, and practices of SRH as well as in its outcomes. Besides, role of life skills in promoting mental well-being in context to sexual and reproductive health is also explored. School enrolled children of age 10-12 years, using convenience sampling, were interviewed through a structured interview format. For this purpose Knowledge and Practice Questionnaire developed during project; Checklist of Experiences related to Menstruation (Aflaq & Jami, 2012) to measure experiences of those girls who have experiences menstruation; Social Skills Scale (Khan & Pervaiz, 2005) and Questionnaire of Executive Functioning (Guertena, Catalea, Geurtenb, Wansarda, & Meulemansa, 2016) to measure life-skills; Children's Knowledge of Abuse Questionnaire (Tutty, 1995) to measure knowledge of good and bad touch; WHO- Mental Wellbeing Scale (Snoek, 2006) to measure mental health; and The Children’s Body Image Scale (Gardner & Brown, 2010) to measure satisfaction related to body are used. The study is planned in four phases. In the first phase, translation of instruments is done. The second phase is tryout of measures. The third phase is validation of instruments; and phase four is comprised of main study. Here, we will share gender analysis on the preliminary data. The findings of the study and their implications will be discussed in cultural context.
ABSTRACTS OF POSTER PRESENTATIONS
ICPG 2016-015

Looking Through Gender Lens on Mediating Role of Emotional Labor Strategies between Perceived Display Rule Demands and Job Satisfaction

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The present study explored the dynamics by which gender may influence the effects of perceived display rule demands and acting mechanisms of emotional labor on job satisfaction in a convenient sample of \( N = 232 \); equal number of men and women) Customer Services Representatives (CSRs) of Cellular and Banking sectors of Islamabad and Sargodha. Emotion Work Requirement Scale (Best, Downey, & Jones, 1997); Emotional Labor Scale (Brotheridge & Lee, 2003); and job satisfaction subscale of Michigan Organizational Assessment Questionnaire (Camman, Fichman, Henkins, & Klesh, 1979) were used to operationalize the constructs. Path analysis through AMOS demonstrated that for both genders, perceived display rule demands of expressing positive emotions predicted deep acting whereas perceived display rule demands of hiding negative emotions predicted surface acting. Among male CSRs, deep acting positively and surface acting negatively predicted job satisfaction; however, the same paths were non-significant for female CSRs. Furthermore, a display rule demand of expressing positive emotions was significant predictor of only female CSRs’ job satisfaction. Comparison of nested models indicated that the proposed model was varied on two paths: female CSRs were more likely to surface act in response to perceived display rule demands of hiding negative emotions whereas male CSRs were more likely to be satisfied with their job as a result of deep acting. Furthermore, the indirect effect of perceived display rule demands of hiding negative emotions on job satisfaction through surface acting was significant for only male CSRs, which suggested that gender moderated the mediating influence of surface acting between perceived display rule demands of hiding negative emotions and job satisfaction. Findings of the study are discussed in indigenous cultural settings.

ICPG 2016-016

Role of Friendship and Romance in Enhancing the Marital Quality of Married Couples

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The present study was carried out to study the role of friendship and romance as predictors of marital quality. The sample comprised of 308 married couples (616 married individuals). Age of the sample ranged from 23-58 years \( (M = 38.30, SD = 8.02) \). Only those individuals were selected who had been married for at least 2 year to 25 years \( (M = 12.71, SD = 6.97) \). All participants had at least 1 child and held at least bachelor’s degree. Adapted version of Dyadic Adjustment Scale (DAS; Spanier, 1976) was used to measure marital quality of husbands and wives. Eros and storge sub-scales of short form of the Love Attitude Scale (Hendrick, Hendrick, & Dicke, 1998) were used to measure romance and friendship. Stepwise regression analyses were applied for data analysis. Results revealed that in both the cases whether husbands or wives were reporting, romance came out to be a significant positive predictor of marital quality. On the other hand, friendship did not predict marital quality for both husbands and wives. Romance is generally associated with females but findings of the study clearly revealed its
significance for both the genders. Thus the study highlighted an important issue that was neglected in the past and that should be addressed by future researchers to enhance the quality of marriages in current era for both the genders.

ICPG 2016-042

Moderating Role of Rejection Sensitivity between Self-compassion and Depression: Looking through Gender Lens

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The primary goal of the present research was to examine the role of gender in the dynamic interplay among self-compassion, rejection sensitivity, and depression in a convenient sample (N = 310; equal number of girls and boys) of university students taken from University of Sargodha. Rejection sensitivity, self-compassion, and depression were operationalized through Rejection Sensitivity Questionnaire (RSQ, Downey & Feldman, 1996), Self-Compassion Scale (Neff, 2003), and Depression Subscale of DASS-21 (Lovibond & Lovibond, 1995) respectively. The correlation matrix revealed that the constructs of present study were correlated in expected directions. Independent sample t-tests revealed significant gender differences in rejection sensitivity and self-compassion. Hierarchical regression analysis revealed that control variables of age and gender did not predict depression (R² = .01, F = 1.75, p > .05) whereas self-compassion was negative (ΔR² = .08, Fchange = 26.24, p < .001) and rejection sensitivity was positive predictor of depression (ΔR² = .04, Fchange = 14.35, p < .001). Finally, path analysis through PROCESS macro for SPSS (Hayes, 2013) revealed that rejection sensitivity and gender moderated between self-compassion and depression; gender moderated between rejection sensitivity and depression; and the three-way interaction between gender, self-compassion, and rejection sensitivity in relation to depression was also significant. In other words, it was observed that gender moderated the moderating influence of rejection sensitivity between self-compassion and depression. Findings were discussed in indigenous cultural settings and recommendations for future research were suggested.

ICPG 2016-046

Psychological Impacts of Advertisement on Unconscious Mind of Genders That Result In Frustration and Criminal Behavior

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This article analyzes the psychological impact of advertisement on the unconscious minds of different gender that results in frustration and criminal behavior. Different affective advertisements of reputable brands were shown to the two groups. First group (of 100 males and females) was from reputed organization, after exposure to different advertisements, its affects after analysis were compared with the second group (of 100 males and females) who were loyal with brands and were brand conscious but were not in position to purchase luxurious brands as they were purchasing in past due to financial distress. From first group 78 % were showing frustration after getting hidden luxury brands with local labels and cheap advertisement so both male and female were not interested in the luxury products due to local tag of fake brands. From second group 83 % were showing frustration as well as were willing to get the luxury products of luxury brands from illegal means after getting hidden luxury brand with local label and fake brands and with cheap advertisement. Results indicated that people receive information in their
schemas from different advertisements that move from their conscious to subconscious mind and after filtration procedure they move into unconscious mind where it is permanently saved but can be retrieved when necessity is shown by the self of both male and female individuals about different products. If the need is not fulfilled frustration arise because of set standards and thinking patterns that can also result in criminal behavior sometimes. In this study SPSS and AMOS softwares were used for the purpose of data analysis.

Effectiveness of CBT in Major Depression Due to Another Medical Condition

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A case of an old man with major depression due to another medical condition is presented. The aim of the case study is to manage major depression due to another medical condition with cognitive behavior therapy (CBT). Case study involved weekly CBT sessions of 45 minutes and follow up sessions. At the beginning and the end of both of the therapeutic process, the client was assessed with Beck Depression Inventory (BDI). At the end of weekly sessions, the client exhibited significant improvement in the BDI. Furthermore, the client seemed also to have benefited from CBT sessions.

Relational Satisfaction, Fear of Abandonment, and Dissociative Symptoms: A Comparative Study

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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). Empirical view revealed that better mental and physical health depends upon healthy relationships particularly when nature is intimate relationship. The aim of this study was to investigate the interactive effect of relationship status and gender on relational satisfaction, fear of abandonment, and dissociative symptoms among adults having formal and informal relationships. It was hypothesized that gender and relationship status have significant impact on relational satisfaction, fear of abandonment, and dissociative symptoms among adults. In this between group research a sample of 96 adults (men = 48, women = 48) having formal or informal relationship, was assessed on study variables. Participants were selected through purposive sampling technique form private and public sectors universities. Measures included Relationship Assessment Scale (RAS; Hendrick, 1988), Experiences in Close Relationships-Revised Questionnaire (ECR-R; Fraley, Waller, & Brennan, 2000) and Physical Symptom Inventory (PSI; Spector, 2011). Results of two way (2 X 2) ANOVA didn’t reveal any significant mean difference in study variables. It could be attributed to the fact that other factors such as family environment, demographic characteristics and mental health factors may intervene in purposed differences. Further research in the same area is purposed with larger sample size.
Assumed gender roles and social injunctions for their difference in shape the interpretation of life experiences in children and influence their mental conditions differently. Children with or without some explicit deprivation like loss of parents and placement in an orphanage, all endure through almost same pattern, as reported by earlier researches. However, the children who encounter loss of both parents due to some natural disaster or some other reason are more prone to psychological distress compared to those who live with parents. Present study intended to investigate gender differences among orphans in development of anxiety symptoms in response to possible exposure to negative life events. In addition, moderating role of cognitive coping has also been attempted in the study. Study was carried out with a sample of 200 (N = 200; 100 boys & 100 girls) orphan adolescents of age range 16-18 years who had lost both parents. Data was collected by using convenient sampling technique from different orphanages in Islamabad and Rawalpindi. Participants were asked to fill in the Negative Life Events Scale (Kaarlij & Garnefski, 2003), Cognitive Emotion Regulation Questionnaire (Garnefski, 2001), and Screening Children for Anxiety Related Emotional Disorders (SCARED; Brimaher & Khetarpal, 1999). Multiple hierarchical regression analysis and t-test showed that negative life events were positively correlated with symptoms of anxiety among females and males both while cognitive coping also played a moderating role between the two. Furthermore, females scored higher on anxiety while males scored higher on cognitive coping. It can be concluded that females are more sensitive to feel negative life events intensely while males display mental strength through adopting better cognitive patterns to deal with possible anxiety.

The main aim of the present study was to investigate the moderating role of the gender between coping strategies and development of stress, anxiety, and depression. The data for this study consisted of 150 men and women (n = 75 working males, n = 75 working females). Only men and women aged 20-60 years were included for the present research. Two scales Depression Anxiety Stress Scale (DASS) and Ways of Coping Scale (WAYS) were used to assess stress, anxiety, depression, and ways of coping. Participants were approached at different organizations, companies, and Pakistani banks in Gharibwal, Khewra, Rawalpindi, and Islamabad. Purposive sampling was used based on cross-sectional design. This study revealed that distancing coping strategy had significantly predicted depression (β = .76, p < .05). The result also revealed that Gender × distancing coping strategy had significantly predicted depression (β = -.49, p < .05). Further it was indicated that Gender × accepting coping strategy had significantly predicted anxiety (β = -.52, p < .05). The result also revealed that Gender × escape coping strategy had significantly predicted anxiety (β = -.48, p < .05). Analysis revealed
that gender was the moderator between coping strategies (distancing, accepting, and escape) and development of depression and anxiety. Working women are more vulnerable on anxiety and depression as compared to working men. It would be helpful for clinical and organizational settings to resolve psychological problems of the male and female employees. It can enhance our abilities to adopt a healthy body with a healthy mind to overcome the distress regarding work and for the improvement of our coping strategies.

ICPG 2016-062

Construction and Validation of Transphobia Scale

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Transphobia is marked with negative attitude and feelings about transsexual and transgender people. Recently transphobia is getting attention from the researchers of various fields. The present study aimed at developing Transphobia Scale for Pakistani population. Behaviors that show sign of transphobia were identified by using theoretical and empirical method. Those behaviors that depict transphobia of general population were transformed into items. Response format selected for Transphobia Scale (TS) was five point Likert type scale. For pragmatic evaluation sample comprised of 210 individuals conveniently drawn from Sargodha District. From the item pool 15 items were retained and 2 factor solution was obtained by using principal axis factoring and direct oblimin method respectively along with .36 to .55 item loading. Factor I “Intolerance for Transgenders” contain eight items (α = .73), and Factor II “Social Marginalization” contain seven items (α = .63). Item analysis and alpha reliabilities reveal high internal consistency for TS (α = .80). Confirmatory factor analysis revealed good fit to the data with two factor structure. In order to establish convergent validity, TS-15 and Genderism and Transphobia Scale (GTS) were administered on a sample of sixty individuals. Results indicated significant positive correlation between TS-15 and GTS (r = .30, p < .05) which provided the support for the convergent validation of TS-15.

ICPG 2016-063

Humor, Self-Efficacy, and Emotional Intelligence as Predictors of Quality Of Life among University Teachers

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The study is an attempt to explore the predictive relationship among sense of humor, self-efficacy, emotional intelligence, and health related quality of life among university teachers. It also identifies various sociodemographic predictors of health-related quality of life among university teaching faculty and focuses on the strengths of these predictive relationships among variables. The study sample consisted of 200 men and women university teachers from the public-sector universities of Lahore. Cross-sectional survey was used as a research design. The sample of the study was drawn using nonprobability purposive sampling technique. The major tools used to collect data included Sense of Humor Questionnaire 6 (SHQ-6; Svebak, 1996), General Self-Efficacy Scale (Schwarzer & Jerusalem, 1995), Schutte Self-Report Emotional Intelligence Test (SSEIT; Schutte, 1998), and World Health Organization Quality of Life (WHOQOL-BREF; WHO, 1996). Statistical techniques such as linear regression, correlation,
independent sample t-test, path analysis, and descriptive statistics were used to draw results. The results were drawn by using SPSS version 17.0. Results of study indicated a significant relationship among the variables. Also the results declared that health related quality of life was better for women university teachers as compared to men university teachers.

ICPG 2016-064

**Experiencing Computer Anxiety by University Students**

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The present study was conducted to assess the experience of computer anxiety by university students. Sample of 150 students (75 girls and 75 boys) participated in this study. Computer Anxiety Rating Scale (CARS; Heinssen, Glass, & Knight, 1987) and Depression Anxiety Stress Scale (DASS; Lovibond & Lovibond, 1995) were used to collect authentic and appropriate data from the students. The finding of this study revealed that usually the university students experience stress, anxiety, and depression while using computer at first time.

ICPG 2016-066

**Materialism, Depression, and Compulsive Buying Among University Students**

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The paper examined the relationship of materialism, depression, and compulsive buying among university students. Moreover, it aimed to see the role of demographic variables in the relationship between these variables. Material Value Scale (Richins & Dawson, 1992), Compulsive Buying Scale (O'Guinn & Faber, 1989) and the subscale of depression from Depression Anxiety Stress Scale (Lovibond & Lovibond, 1995) were used to measure materialism, compulsive buying, and depression respectively. The sample comprised of 430 university students within the age range of 18 to 24 years ($M = 21.55, SD = 1.95$) from five universities of Islamabad and Rawalpindi. A significant positive relationship between depression and materialism was found. A significant difference between males and females on materialism and depression was found with males scoring significantly higher on both as compared to females. However, no significant difference was found between males and females on compulsive buying. There was a significant difference among adolescents and adults on materialism with adults scoring higher as compared to adolescents, while no significant differences were found on depression and compulsive buying.

ICPG 2016-067

**Parental Psychological Control as a Risk Factor in Developing Behavioral Problems (Aggression & Depression) among Girls**

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The present research was conducted to explore parental psychological control and behavioral problems among girls. It was hypothesized that (a) there is likely to be a positive relationship between parental psychological control and behavioral problems of girls and (2) parental psychological control is likely to predict behavioral problems (aggression & depression) in girls.
Sample comprised in 30 college students (girls) of M.Sc from the different departments of Queen Marry College, Lahore. Their age ranged from 20 to 21 years. Parental Acceptance-Rejection Questionnaire (PARQ; Rohner, 2005) was used to assess parental psychological control of the girls. Patient Health Questionnaire (PHQ-9) was used to measure depression symptoms of the girls. Buss-Perry Scale was used to assess behavioral problems of the girls. Results showed significant positive relationship between maternal indifference/neglect, undifferentiated rejection, control and rejection, and depression and aggression. Maternal rejection had significant association with depression. Results are discussed especially in Pakistani cultural context.

ICPG 2016-068

Internalization of Patriarchal Ideas and Its Psychological Impact on Women: A Learned Helplessness Perspective

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The primary objective of this study is to explore the factors associated with endorsement of patriarchal beliefs. We investigated if education negatively impacts patriarchal belief system in men and women. Furthermore, the influence of the internalization and acceptance of patriarchal ideology on women’s self-esteem was studied. Self-report data was provided by two hundred participants recruited from University of Management and Technology, including students, teachers and staff-workers (aged > 18), years of formal education, patriarchal beliefs, and self-esteem using Urdu translations of respective psychometrically valid instruments; Self-esteem Scale (Rosenberg, 1965), and Patriarchal Beliefs Scale (Emery et al., 2013). There was a significant negative correlation between the level of education and patriarchal ideology in both men and women ($r = .038, p < .05$). Moreover, there is a significant negative correlation between the patriarchal beliefs and self-esteem in women ($r = .039, p < .05$). Findings show that education protects against the maintenance of patriarchal ideology. In women, the endorsement of patriarchal beliefs is associated with a lower self-esteem and hence could be a risk factor for psychological distress in vulnerable population. Instilling feminist ideology may promote self-esteem and mental health in Pakistani women.

ICPG 2016-070

Co-occurrence of Anxiety and Disruptive Behaviours in Children and Adolescents: Gender Differences

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Although less is known about the causality relationship between anxiety and disruptive behaviour but several studies have suggested the co-occurrence of these disorders. Based on this evidence, current study aimed at finding the gender differences in prevalence rates and comorbidity for anxiety and disruptive behaviours. For the said purpose, schools of Rawalpindi and Islamabad were approached. Informed consent was signed by both parents and teachers of the children. By using convenient sampling technique, questionnaires regarding anxiety and disruptive behaviours were being filled up by $n = 322$ students of 8-11 age range, among these $n = 160$ were girls and $n = 162$ were boys. To assess anxiety in children Screening Children for
Anxiety Related Emotional Disorders (SCARED) was used that assess anxiety in following domains: panic somatic, generalized anxiety, separation anxiety, social anxiety, and school avoidant. Disruptive behaviours were assessed by using Disruptive Behaviour Disorders Rating Scale (DBDRS) that has following domains: inattention, hyperactive-impulsive, oppositional defiant disorder, and conduct disorder. Results indicated that girls experience more separation anxiety than the boys ($\chi^2 = 5.79, p < 0.05$). Results are of immense importance in context of their implication in treating anxiety (clinical implication) as well as for educational purpose.

Protection and Empowerment of Women in the Legal Frame of Pakistan

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The current study aimed at highlighting the rules and regulations in the legal frame work of Pakistan with particular focus on the laws that were designed to protect and empower women. The study further focused and emphasized the importance of awareness as to these laws among women. It discussed on the basis of certain relevant evidences that rights and laws protecting and ensuring such rights were good for noting if the target population were not properly aware of it. It has been elaborated that the Constitution of Pakistan, 1973 being the Supreme law of the land contained various provisions that made the State responsible for the protection of and the empowerment of women. Moreover, it has been established by the analysis of the relevant provisions of the constitution that providing privileges to the women such a quota in the government jobs and certain other privileges were in no way the negation of the well celebrated rule of “Equality in the eye of law”. After conducting a thorough probe, it has been concluded that recent legislations not only cater the needs of women at domestic level but also at the professional platform. Apart from certain cosmetic steps and lip service provided by the Governments, the legal frame work of Pakistan is evident of solid steps taken to boost the empowerment of female population of country. It has been depicted that during the last decade, State appeared to have performed this duty very actively and consciously. Hence, it has been urged that it was the need of hour to create and develop awareness among women as to the relevant laws and rules guaranteeing rights may be adopted in case of the infringement of these rights.

A Pilot Study Examining the Gender Differences for the Prevalence of Psychological Distress and Its Impact on the Well-being of Adolescents

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Mental health is a serious issue in Pakistan. Adolescents are more vulnerable in this context. Present study aimed at examining the gender differences in their level of psychological distress and well-being. Further, this study also explored the impact of psychological distress on well-being among adolescents. For the said purpose, by using convenient sampling technique, 280 (145 girls and 135 boys) adolescents belonging to 11-18 years of age were recruited from five different schools located in the area of Rawalpindi. Psychological distress was defined as participant score on Self Reporting Questionnaire (SRQ; Harding, 1983) and well-being on BBC Wellbeing Scale (Kinderman et al., 2010). Results were computed by using SPSS version 22.0. 31 % females and 29 % males were screened as high on psychological distress. Boys
scored higher ($M = 68.73, SD = 15.02$) on BBC Well-Being Scale as compared to females ($M = 66.13, SD = 15.28$). Independent sample $t$-test analysis revealed that girls are more vulnerable to experience symptoms of psychological distress ($t = 4.23, p < 0.05$). Psychological distress was negatively associated with well-being ($r = -.50, p < 0.001$). Result of linear regression showed that psychological distress accounts 18% of the variance in adolescents’ well-being. Study results are important for clinicians as well as for teachers.

**ICPG 2016-080**

**The Impact of Close Supervision on Job Burnout among Personal Assistants**

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The current study investigates the impact of close supervision on job burnout among personal assistants. Data on personal assistants were collected from personal assistants $N = 50$ ($n = 25$ men and $n = 25$ women) working in Wah Medical College and POF Hospital, Wah Cantt, their age ranged from 25 to 40 years. The main instruments utilized in the study were the Close Supervision Scale consisting of 20 items and Maslach Burnout Inventory (Maslach, 1986) consisting of 22 items. Alpha coefficient for the Close Supervision Scale was .79 and, for Maslach Burnout Inventory was .82. The findings of the present study show that significant negative effect of close supervision on job burnout. There is also significant negative relationship found between close supervision and job burnout. The result revealed nonsignificant gender differences on close supervision and job burnout was found among personal assistants.

**ICPG 2016-082**

**Perception of Hunzai Inhabitants towards Mental Health**

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Mental health is one of the neglected domains in mountainous and rural areas of Gilgit-Baltistan. This ethnographical study assesses perception of mental health in general population/inhabitants of Karimabad Hunza, a mountainous valley in terms of the perception of mental health, the perception of mental illness and treatment of mental illnesses in general population. The data was collected by forty in-depth interviews and six focus group discussions (FGDs). Findings suggest that people of Hunza have difficulty in coping with social, cultural, economic, and environmental tribulations related to mental health due to dependency on natural resources such as glaciers, high peaks, and lopsided agricultural land areas. In spite of all this, Hunzai people believed that simple life and happiness is the key to mental health.

**ICPG 2016-084**

**Anthropological Investigation of Death and Dying in Hunza Valley**

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This study explored the concept of death and dying in terms of funeral customs and rituals in Hunza valley. Psychological and sociological explanation, interpretation, death awareness
processes, and experiences of death in Hunza valley were investigated and analyzed. Thirty interviews and five focus group discussions were carried out. Findings suggest that the accepted wisdom about death and soul reflected different concepts regarding death and dying. However, specific traditional and cultural funeral customs were observed in the Hunza valley, in Karimabad Hunzai people perform a ritual on third day of the deceased person known as Cheragh Roshan. In Hunza, a particular family having pre signs and indications of death and dying in their family were also interviewed and their case studies were analyzed.

ICPG 2016-086

The Moderating Role of Pregnancy among Coping Strategies and Development of Depression Anxiety and Stress in Pakistani Women

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The purpose of this study was to investigate the moderating role of pregnancy among coping strategies and the development of stress, anxiety, depression across Pakistani women. The sample for this study constituted married women $N = 200$ ($n = 100$ pregnant, $n = 100$ nonpregnant) age ranged from 20 to 40 years. Purposive sampling technique was used based on the cross-sectional research design. The married, pregnant and non-pregnant women were inquired at the Gynecology and Obstetrics Department of Military Hospital, Combined Military Hospital, Fauji Foundation Hospital Rawalpindi, and Tehsil Headquarter Taxila. Two scales were applied, these included the Brief Cope Scale (BCS) and Depression Anxiety Stress Scale (DASS) to measure active avoidance coping, problem focused coping, acceptance and emotional/social support, religious/denial coping, depression, anxiety, and stress among pregnant and non-pregnant married women, respectively. The study revealed that coping strategies (active avoidance coping, problem focused coping, acceptance and emotional/social support, and religious/denial coping) were a significant predictor for depression, anxiety, and stress among pregnant women. Analysis revealed that pregnancy was a moderator among coping strategies and development of depression, anxiety, and stress in Pakistani women. The recommendation of the study is that pregnant and nonpregnant women will benefit by addressing depression, anxiety, and stress. It would be helpful for health and clinical settings to provide pregnant women with better psychological wellbeing insuring their health and the health of expected offspring.

ICPG 2016-087

Men Avoiding Female Role: The Skewed Symmetry of Gender Role Transgression

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This study explored the relationships between gender role attitude (GRA), social desirability (SD), and attitude towards gender role transgression (GRT) among Pakistani youth by using a causal comparative research design. Objectives of our study were to examine the relationships among gender role identity, social desirability and, gender role transgression and explore the relationship of gender and family type with the participants’ attitude towards gender role transgression. Sample of 161 participants was taken from Quaid-i-Azam University Islamabad. Sample was matched on age (18-25 years), education (12-16 years), and socioeconomic status (middle class). Gender Role Attitude Scale (Anila & Ansari, 1992) was used to measure gender
role attitudes and translated version of Social Desirability Scale (Sobia, 2004) was used to measure social desirability. Attitude towards gender role transgression was assessed by the willingness of the participant to step into an opposite gender role in a given scenario. Significant positive relationship between gender role attitude and gender role transgression was found. Women reported high gender role transgression as compare to male which supported the research hypothesis. Women also scored high on gender role attitude as compare to male indicating egalitarian gender role attitudes. Gender did not moderate the relationship between gender role attitude and gender role transgression. Participants from nuclear families reported high gender role attitudes and gender role transgression as compared to participants from joint families.

ICPG 2016-091

Retirement: A Gap between Expectation and Reality

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A generation ago, retirement meant moving from a life of full time work to one focused on full time leisure. This research was conducted to better understand the retirement journey currently experienced by older population including to what extent retirement realities match up to expectations. The objective of this study was to explore the life experiences of old people in the retirement phase of their life. Qualitative research design was used in this regard. Ten elderly men were selected using purposive sampling technique. In-depth interviews were conducted with participants to know about their beliefs and expectations towards life after retirement. Interviews were being conducted in Urdu language and the data was transcribed, coded, and analysed. Three themes namely, life satisfaction, subjective happiness, and psychological well-being emerged from the data and found to be positive contributors in the life after retirement. Moreover, it was identified that there was no gap between the post retirement expectations and realities of the participants.

ICPG 2016-094

Development and Validation of Supervisor-Supervisee Relationship Questionnaire (SSRQ) at Postgraduate Level

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The theoretical framing of postgraduate research supervision process found condensed around the two major factors support and structure by Gatfield (2006). Based on these two factors Supervisor-Supervisee Relationship Questionnaire (SSRQ) was developed to assess the effectiveness of supervisory process in the four distinct phases of research supervision. More than forty articles were reviewed and yielded the project management (PM) and workload management (WM) as the sub-factors of “Structure” and Intellectual support (IS), pertinent research skills (PRS), interpersonal communication skills (IPCS), and supportive skills (SS) as the sub-factors of “Support”. A cross-sectional survey was conducted on (N = 422) supervisees in different phases of their research at postgraduate level. The content validity (from 8 subject matter experts) and reliability (not less than .70) for the sub-factors of questionnaire were ensured. Further, confirmatory factor analyses (CFAs) of multi-disciplinary samples were conducted and the items with factor ladings less than .40 were excluded from subsequent analyses. The final questionnaire consisted of 58 items. The major findings of the research
implicate the usefulness of SSRQ for identifying the support and structure related potential institutional and supervisors’ supervision problems. Moreover, the SSRQ questionnaire revealed its effectiveness for assessing supervisory management process in our context specific supervision problems.

ICPG 2016-096

Antecedents of Career Aspirations of Management Sciences Students of Public Sector Universities of Islamabad

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This research highlights antecedents of career aspirations and correlation within those antecedents to improve decision making through detailed investigation. The methodology of the study was empirical in nature and based on quantitative analysis through SPSS, using ANOVA, t-test, and bivariate correlation. Data was gathered from public sector universities situated in the federal capital of Pakistan including secondary analysis of available literature, reports, and observations. Career Aspirations Scale (CAS; Brien 1996) was used as a measure to compare career aspirations of students on gender basis who are enrolled for higher education, measuring sub-levels of educational aspirations, leadership aspirations, and achievement aspirations. Further Self-esteem Scale (Rosenberg 1965) was utilized to measure the level of self-esteem of students and its effects on career aspirations. Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet, & Farley, 1988) was used to measure perceived parental support. The research was aimed to understand and study the difference in career aspiration between graduates studying at the same level. Sample of this research was the BS management sciences students of public sector universities in Islamabad. Results of study highlight particular domains to improve the career aspirations of young students at higher education institutions. The results provide significant evidences to improve higher education policy and national education policy with reference to observed differences on the basis of gender. This research determines career aspirations and their correlation with socio-economic status, perceived parental support, and self-esteem to progress in selected career. This study concludes with a focused approach to recommend individuals and institutes to consider the impact of career aspirations in determination of future goals and take corrective actions for career progression of youth.

ICPG 2016-097

The Mediating Role of Quality of Life between Coping Strategies and Psychological Distress among Women with Primary and Secondary Infertility in Pakistan

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The main aim of present study was to investigate the experience of infertility for women living in Pakistan. The objective of the current study was to investigate the mediating role of quality of life between coping strategies and psychological distress among Pakistani infertile women. The data for this study consisted of 150 women (N = 76 primary infertility, N = 74 secondary infertility). Women aged 20 - 40 years were included for the present research. Urdu translated versions of two scales, Brief Cope (BC; Akhtar, 2005), Psychological Distress (PD; Mehwish, 2013) were used to assess coping style and psychological distress respectively. Participants
were approached at different public and private hospitals of Islamabad and Rawalpindi, Pakistan. Purposive sampling technique was used based on cross-sectional design. This study revealed that positive coping significantly predicted psychological distress ($\beta = -.35$, $p < .001$; $\beta = -.06$, n.s. for primary infertile women and secondary infertile women respectively), quality of life ($\beta = -.27$, $p < .05$; $\beta = -.28$, $p < .05$ for primary infertile women and secondary infertile women respectively). This study also displayed that quality of life significantly predicted psychological distress ($\beta = -.48$, $p < .001$; $\beta = -.68$, $p < .001$ for primary infertile women and secondary infertile women respectively). The results suggested that psychological distress is both directly and indirectly (through quality of life) effected by positive coping among primary infertile women and secondary infertile women. It also suggested that though indirect effect is not approximately equal for both primary infertile women and secondary infertile women yet primary infertile women are more vulnerable to direct effect of positive coping on psychological distress. The results suggested that quality of life is partial mediator between positive coping and psychological distress among secondary infertile women. Recommendations of the study will help psychologists as well as social scientists to create awareness in the society about this important issue. Moreover, it also assists in developing effective prevention and intervention programs to overcome this problem.

ICPG 2016-099

Self-efficacy and Sex Role Liberalism in Young Adults: A Look into Predictors and Relationship

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Sex role liberalism is central notion for equal status of men and women in society. Sense of self-efficacy might lead to sex role liberalism or vice versa, sex role liberalism might promote sense of self-efficacy in both genders specially women. The aim of current study was to investigate the nature of relationship between both these variables and to explore demographic predictors (gender, parental education, & mothers’ employment status) of sex role liberalism and self-efficacy in young adult working population as well as its relation with self-efficacy. Participants were teachers ($N = 240$; Lecturer and Assistant Professor Cadres) from both private and public sector universities of Lahore. Sex Role Liberalism (Clarkberg, 1995), General Self-Efficacy Scale (Jerusalem & Schwarzer, 1993), and demographic questionnaire were used as assessment measures. No significant difference was observed for type of university or cadre on study variables, so data was combined for analysis. Joint Principal Component Analysis revealed no conceptual overlap between both constructs. Directionality of relationship was analyzed through Structural Equation Modeling in AMOS. Self-efficacy and sex role liberalism predicted each other independently as well as reciprocally with stronger contribution of sex role liberalism to self-efficacy. Regression analyses revealed significant effect of gender, mothers’ employment status and interaction of gender with employment on sex role liberalism. Higher sex role liberalism was found in males with working mother whereas in females with nonworking mothers. Directionality of relationship between self-efficacy and sex role liberalism was analyzed through Structural Equation Models in AMOS. Competing models were constructed. Results revealed better fit for the model with self-efficacy as predictor of sex role liberalism. Thus support was there for the notion that sense of self-efficacy in oneself leads to greater sex role liberalism. Self-efficacy in young adults might serve as a mean to promote sex role liberalism and ensure progress through contributions of both genders.
The Moderating Role of Pregnancy among Aggression and development of Depression, Anxiety and Stress in Pakistani Women

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The purpose of this study was to investigate the moderating role of pregnancy among aggression and the development of depression, anxiety and stress in Pakistani women. The sample for this study constituted 200 married women (N = 100 pregnant women, N = 100 nonpregnant women) age ranged 20 to 40 years. The sample was selected through purposive sampling technique based on the cross-sectional research design. The married, pregnant and nonpregnant women were inquired at the Gynecology and Obstetrics Department of Military Hospital, Combined Military Hospital, Fauji Foundation Hospital Rawalpindi, and Tehsil Headquarter Taxila. Two scales were applied, these included Buss-Perry Aggression Questionnaire (BPAQ) and Depression Anxiety Stress Scale (DASS) to measure aggression, depression, anxiety, and stress respectively among pregnant and nonpregnant married women. The study revealed that pregnancy was a moderator between aggression and depression, anxiety, and stress in Pakistani women. The results also revealed that aggression was a significant predictor of anxiety (β = .41, p < .05; β = .35, p < .05 for pregnant and non-pregnant Pakistani women respectively), stress (β = .35, p < .05; β = .45, p < .05 for pregnant and nonpregnant Pakistani women respectively), depression (β = .33, p < .05; β = .40, p < .05 for pregnant and nonpregnant Pakistani women respectively). The study recommends that both, pregnant and nonpregnant women can get equal benefits by addressing anxiety, stress, and depression. This study would be helpful for health and clinical settings to provide pregnant women with better psychological wellbeing insuring their health and the health of the expected offspring.

The Moderating Role of Pregnancy among Aggression and Positive Affect and Negative Affect across Pakistani Women

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The purpose of this study was to investigate the moderating role of pregnancy among aggression and positive and negative affect in Pakistani women. The sample for this study constituted 200 married women (N = 100 pregnant women, N = 100 nonpregnant women) age ranged 20 to 40 years. The sample was selected through the purposive sampling technique based on the cross-sectional research design. The Married, pregnant, and nonpregnant women were inquired at the Gynecology and Obstetrics Department of Military Hospital, Combined Military Hospital, Fauji Foundation Hospital Rawalpindi, and Tehsil Headquarter Taxila. Two scales were applied, these included Positive Affect and Negative Affect Scale (PANAS SF-I), Buss-Perry Aggression Questionnaire (BPAQ), to measure Positive and Negative emotions and aggression respectively among pregnant and nonpregnant married women. The study revealed that aggression was a significant predictor of Negative Affect (β = .151, p < 0.5 for pregnant women). Results further revealed that pregnancy is the moderator aggression to depression, anxiety, and stress link among pregnant women. The study recommends that pregnant women...
will benefit by addressing negative affect. It would be helpful for health and clinical settings to provide pregnant women with better psychological wellbeing insuring their health and the health of expected offspring.

ICPG 2016-103

**Role Ambiguity and Resource Inadequacy as Predictors of Health of Government Secondary School Teachers**

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The teaching profession is an occupation of high risk. The purpose of this study was to investigate how role ambiguity and resource inadequacy act as predictors of health indicators of Government Secondary School teachers. The sample consisted of 200 Government Secondary School teachers in which 100 men teachers and 100 women teachers. Cross-sectional design was used for this study. Purposive sampling technique was used for the purpose of data collection. Questionnaires namely Role Ambiguity, Resource Inadequacy of Occupational Role Stress Scale, General Health Questionnaire, and Psychological Well Being were used in Urdu language. Independent sample t-test was computed for data analysis. The results of this study showed that women Government Secondary School teachers experience more Role Ambiguity and Resource Inadequacy than men Government Secondary School teachers. It was evident from research findings that Role Ambiguity and Resource Inadequacy were found to be predictors of health of Government Secondary School teachers.

ICPG 2016-106

**Efficacy of Positive Psychology Interventions on the Subjective Well-Being of Orphaned Females**

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Past researches have mostly focused on the psychological deprivations of orphaned children. However, not much work has been done on improving the quality of life of this group. How effective are positive psychology interventions in increasing the subjective well-being of institutionalized orphaned females? To investigate the efficacy of positive psychology interventions in increasing the subjective well-being of institutionalized orphaned females, it was hypothesized that positive psychology interventions would increase their subjective well-being and females subjected to receive these interventions would report greater subjective well-being as compared to those females who received no intervention. The hypotheses were tested by using the matched group, mixed experimental design. The participants were divided equally by random selection to the experimental and control groups. Structured self-report questionnaires were utilized to assess the subjective well-being of the participants in pre and post control and experimental periods. The comparison between the experimental and control group was checked quantitatively. Both hypotheses were highly significant at $p < .05$. Females subjected to positive psychology interventions reported much higher subjective well-being as compared to those who received no intervention. There was also a significant difference in the pre and post test scores of females in the experimental group which indicates that positive psychology interventions were effective in increasing their subjective well-being. The scientific observation and analysis of the data provides the evidence that positive psychology interventions are effective in increasing the subjective well-being of institutionalized orphaned...
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females. The results further lend support to the notion that positive psychology interventions are suitable to be utilized as a complementary strategy in mental health promotion and treatment in the Pakistani culture and open doors for such interventions.

ICPG 2016-108

Superstitious Beliefs in Islamic Culture with Respect to Fear of Death

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Superstitious beliefs, that any future event can be influenced by specific, unrelated behaviors or occurrences. It is also present in collectivistic Islamic culture like ours, with respect to religiosity and fear of death. The aim of this research is to explore the differences of superstitions, religiosity, and fear of death among university students. Multistage sampling was used. University students age range 19-25 years \( M = 21.75, SD = 1.12 \) were given an indigenous scale of superstitions along with Religious Orientation Scale (ROS) for religiosity and Templer Death Anxiety Scale (TDAS) for fear of death. Results are discussed in term of cultural context.

ICPG 2016-110

Identification and Prevalence of Social Anxiety across Gender in Pakistani Youth

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Social anxiety disorder previously known as social phobia (DSM-IV) is one of the leading disorders found to be prevalent globally across gender, cultures, races, and socioeconomic status. Purpose of current study was to identify the prevalence of social anxiety in university students and to explore gender differences in the experience of the said construct. Study was conducted on a sample of university students \( N = 500 \) including both men \( n = 250 \) and women \( n = 250 \) aged 18-30 years. The Social Anxiety Scale (Zubair & Muazzam, 2016) was administered and responses obtained on the questionnaire were used to get scores for social anxiety; interaction and performance. Social anxiety was found to be highly prevalent in the student population (48 %) whereas high percentages of interaction anxiety (50 %) and performance anxiety (44 %) were also seen. Gender differences were significant \( (p < .01) \) and women were found to be experiencing higher levels of interaction, performance, and overall social anxiety than men. Social anxiety was also found to be inversely correlated with age \( (r = -.20, p < .01) \) as well as education \( (r = -.25, p < .01) \). The study shows that social anxiety is highly prevalent in our student population. Often people diagnosed with social anxiety disorder avoid important activities. This withdrawal results in lower achievements in vital domains of their daily lives that end in impaired occupational, academic, and family functioning.

ICPG 2016-116

Determinants of Stress among Primary School Teachers of Government Sector

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The present research aims to develop an indigenous scale of stress for government primary school teachers. This research comprised of three parts. In first part, identification of the
stressors was done through semi-structured interviews of government primary school teachers with equal number of both genders (N = 10). Afterwards, overlapping stressors were eliminated. In part II, content validity of stressors list was established by sending the stressors list to 10 experts (clinical psychologists and senior educationists). In part III, main study was done. Permission was taken prior to data collection, demographic form along with indigenously developed Stress Scale for Primary School Teachers (SSPST) was administered on sample (N = 300) of government primary school teachers (n = 150 men, & n = 150, women). Results showed that mean of the SSPST was 106.3 (SD = 38.0, α = .95). Total 5 factors of SSPT emerged which are lack of resources, workload, job insecurity, lack of support/cohesiveness, and effect on physical and psychological health. There is a significant difference between men and women school teachers on SSPST as women school teachers are more stressed than men school teachers. SSPST will be a reliable and valid tool for assessing stress among government primary school teachers.

ICPG 2016-118

Correlates of Turnover Intention among Rescue 1122 Workers

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Aim of this research was to explore the correlates of turnover intention. The correlates included organization-based self-esteem, job stress, emotional intelligence, and health risk behavior among Rescue 1122 workers. The study also aimed to explore emotional intelligence as a predictor of turnover intention, organization-based self-esteem, job stress, and health risk behavior among Rescue 1122 workers. The sample of the study consisted of male Rescue 1122 workers (N = 200) of Lahore city. Systematic random sampling was employed to gather data from participants. Correlational research design was used. The major tools of this study included Turnover Intention Scale, Organization-Based Self-esteem Scale, The Subjective Job Stress Scale, Emotional Intelligence Scale, and Health Risk Behavior Questionnaire. These tools were used after taking consent from the participants. Correlation and regression analysis were applied on data. The results showed that there was significant positive relationship between turnover intention and job stress. Furthermore, there was significant negative relationship between turnover intention and organization-based self-esteem. Moreover, Emotional intelligence was a significant predictor of organization-based self-esteem, job stress, and health risk behavior.

ICPG 2016-119

The Moderating Role of Gender between Coping Strategies and Development of Depression, Anxiety, and Stress in Pakistani Students

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The aim of present study was to investigate moderating role of gender between coping strategies and development of stress, anxiety, and depression in Pakistani students. Purposive sampling technique was used based on cross-sectional design. Sample comprised of 150 university students, taken from different universities of Rawalpindi and Islamabad. Ages ranged from 19-27 years. Two scales Depression, Anxiety, and Stress Scale (DASS) and Brief Cope Scale were employed to assess development of depression, anxiety, stress, and coping strategies among men and women Pakistani students. The result revealed that active avoidance coping strategy...
and religious coping strategies had significant positive association with depression, anxiety, and stress for women students. The result revealed that active avoidance coping strategy and religious coping strategies were significant predictors for development of depression, anxiety, and stress for women Pakistani students. The result revealed that gender was a moderator between coping strategies and development of depression, anxiety, and stress among Pakistani students. The result suggested that women students were more vulnerable on development of depression, anxiety, and stress as compared to men students. Recommendation of this study is that female can get more benefit by addressing depression, anxiety, and stress. It would be help for pedagogical and clinical settings to resolve the psychological problems of students.

ICPG 2016-120

Psychological Empowerment and Psychological Well-Being in Police Officers of Lahore

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The aim of present study was to examine the relationship between psychological empowerment, and psychological well-being in police officers of Lahore. It was hypothesized that psychological empowerment is likely to have positive relationship with the psychological well-being. Present study was conducted following correlational design and convenience sampling method was employed to collect data. The sample consisted of men police officers (N = 120) from different police departments of Lahore with age range 25-55 years (M_{age} = 39.1, SD = 9.8). Data was collected using demographic sheet, Psychological Empowerment Tool (Menon, 2000), and Psychological Well-Being Scale (Ryff, 1989). Certain work related stress questions were also asked in order to check the effect of these stressors on psychological well-being and psychological empowerment. These tools were translated in Urdu language according to the MAPI guidelines. The findings showed that the psychological empowerment has significant positive correlation with psychological well-being. Results of present study can be applied to reduce the work related stressors and for enhancing the psychological empowerment in order to improve psychological well-being of police officers.

ICPG 2016-121

Stroop Interference and Emotional Intelligence among Abused Children

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The present study was designed to explore Stroop interference and emotional intelligence in abused children. Purposive sampling technique was employed to draw the sample of 50 physically (25 boys & 25 girls) and 50 sexually abused (25 boys & 25 girls) children with age of 9 to 14 years from government and private NGOs’. Child Abuse Scale-Revised was used as a screening tool for categorizing children under these groups. Modified Stroop Paradigm was used to assess the cognitive interference and Bar On Emotional Quotient Inventory (EQ-i YV; Bar On & Parker, 2000) was used to determine the emotional intelligence among abused children. The results of the present research indicated the differences in Stroop bias scores among physically and sexually abused children with delayed responses on emotional violent and sexual words. The gender differences were also very evident on the four conditions of Stroop task, the girls showed more reaction time on emotional violent, emotional nonviolent,
and neutral words whereas, boys showed latencies on sexual words. It was evident from the results that sexually abused children have better emotional intelligence than the physically abused children. Findings have also indicated that the reaction time, socioeconomic status, educational level, and mothers’ occupation as a strong predictors of children’s performance of Stroop task. The study concludes with a discussion of the overall findings with special consideration to cultural perspective, the limitations of research using this paradigm, the implications of findings, and suggestions for future research.

ICPG 2016-123

A Gender Study of Sexual Dysfunctioning and Marital Satisfaction among Patients with Obsessive Compulsive Disorder

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The present study aimed to investigate the level of sexual dysfunctioning and marital satisfaction among patients suffering from Obsessive Compulsive Disorder (OCD). A sample consisted of 80 OCD patients (40 males & 40 females) selected through purposive sampling from different private and government hospitals of Faisalabad and Lahore. The age range of the participants was 35-55 years ($M = 34.9$, $SD = 6.38$). Urdu translated version of Sexual Functioning Questionnaire (Munir & Mohsin, 2013) and Comprehensive Marital Satisfaction Scale (Khan, 2006) were used to collect the data. Pearson product moment correlation coefficient and independent sample $t$-test were computed for statistical analysis of data through Statistical Package of Social Sciences (SPSS) version 20. Results showed that there was significant negative relationship between sexual dysfunctioning and marital satisfaction among OCD patients. Further, results indicated that female OCD patients had high level of sexual dysfunctioning as compared to male OCD patients but nonsignificant gender differences were there on the level of marital satisfaction among OCD patients. Moreover, female OCD patients...
had high scores on interest, desire, arousal, activity, orgasm, masturbation, relationship, and problems subscales as compared to male patients. On the other hand, male OCD patients had high score on satisfaction subscale as compared to female patients.

ICPG 2016-127

Social Interaction Anxiety: A Subway for Journey between Social Interaction and Social Networking Interaction

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The present study was aimed to investigate relationship among social interaction anxiety, social interaction, and social networking interaction. It was assumed that social interaction mediates the relationship between social interaction anxiety and social networking interaction. Data was collected on Social Interaction Anxiety Scale (Mattick & Clark, 1998), Network of Relationship Inventory-Social Provision Version (Furman & Buhrmester, 1985), and Social Networking Behavior Scale (Bumgarner, 2007). Sample comprised of 424 university students from Rawalpindi and Islamabad with ages ranging from 18 to 36 years with \( M = 21.65, \text{SD} = 2.39 \). Structural validity was assessed by confirmatory factor analysis and reliability was estimated with Cronbach Alpha. All three scales showed good structural validity and reliability indices. The mediation analysis was carried out by process macro for SPSS which suggested that social interaction anxiety had significant effect on Social Networking Interaction, \( B = .10, p < .01 \). Here the total variance explained was 2 %. In Model 2, social interaction anxiety significantly affected social networking interaction \( B = .15, p < .01 \) by explaining the effect of social interaction anxiety on social networking interaction where social interaction is mediator \( B = .12, p < .01 \). There was significant direct effect \( B = .15, p < .01 \) and an indirect effect where social interaction anxiety had significant impact on social networking interaction through social interaction as mediator \( B = -.04, 95 \% CI = -.07, -.01 \). Overall model 2 explains 3 % variance. The statistics for Sobel \( z = -3.19 (p < .01) \) also confirmed the indirect effect. It is concluded that social interaction serves as a subway for the journey between social interaction anxiety and social networking interaction. It is recommended that the relationship may also be explored with other personal and social factors relating to perception of self and communication patterns with other people.

ICPG 2016-128

The Impact of Social Support and Job Stress on Development of Depression, Anxiety, and Stress: Comparison of Men and Women Educators and Health Professionals

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The aim of this study was to investigate the moderating role of social support between job stress and development of depression, anxiety, and stress among educators and health professionals. The data for this study consisted of total sample \( N = 162 \) where there were educators \( n = 89 \) and health professionals \( n = 73 \) both from education and health related institutions. The age ranged from 20 to 50 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate job stress, social support, and depression, anxiety, and stress among educator and health professionals. This study revealed that social support was the moderator between job stress and development of depression, anxiety, and stress among...
educators and health professionals. The result also revealed that men health professionals have shown more job stress and social support as compared to women health professionals. The result further revealed that women educator professionals have shown more social support as compared to men educator professionals. The results suggested that men health professionals are more vulnerable on job stress as compared to women health professionals. The results suggested that women educator professionals are more susceptible to gain social support as compared to men educator professionals. Recommendation of the study is that men health professionals can get more benefit by addressing the job stress. It would be helpful for health and clinical settings to resolve the conflict of educator and health professionals.

ICPG 2016-129

Pakistan’s Transgender Community: An Economic Issue or True Gender Dysphoria

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There is a common view that the transgender community of Pakistan is primarily motivated by economic reasons and therefore, the idea of gender pathology does not apply to them. This study examines if the transgender people of Pakistan experience true gender dysphoria or if it is only an economic issue. Moreover, it was further explored what other problems they might face in their struggling life. Major objective of research paper was to give an account to whether economic reasons are main cause of transitioning or is it true gender dysphoria that motivates them to join the hijras community. Secondly, we aimed to explore their experiences of life including abuse, relationship with family members, and psychological distress. An exploratory research design with a purposive sampling including the snowball technique was adopted to collect data from 7 hijras. In-depth interviews were conducted about their beliefs, experiences, and what contributes to their identity. Additionally, Utrecht Gender Dysphoria Scale (UGDS) was used as a template for a structured interview from 30 participants. This scale was translated into Urdu language with committee method and was administrated in an interview format. The scores on the UGDS revealed that the sample had high levels of gender dysphoria. From a possible range of 0-30, sample had mean of 11.36 (SD = 3.86). Furthermore, the in-depth interviews showed that their decision for transition was not an economic one, but had strong psychological underpinnings. They joined hijras community for the livelihood where they live, cross dress, dance, sing, wear feminish clothing, use feminish names and identified themselves as a woman. They had been socially excluded at many stages of their lives from performing normal social functions. This lack of occupational and educational opportunities pushed them towards entering the hijra community and also forced them into sex work.

ICPG 2016-131

Psycho-Social Problems of Working Women Domestic Workers: Case Study from Karachi Rural Area

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Rural area of the Karachi is a separate part of the city. In past, people living in rural area were leading prosperous lives. Due to this they did not accept the job offers given by the government of that time. Vegetables and fruits were the speciality of the area and were supplied to Karachi city and other parts of the country. Currently, due to shortage of water most of the cultivable and green land transformed in to a desert. Over the years economic back bone of the people of
Karachi rural area has broken down. People who were once prosperous are now spending miserable lives. Such a situation has increased vulnerability of women in this locality. Women, no doubt are an important part of every family for taking up the role of housekeeping. Studies have shown that when a woman leaves home, rest of family members suffer. In a rural society, a woman manages the entire affairs of the home. At present the huge number of women are compelled to work in bungalows of Karachi city. The study was conducted with 150 women who are working as domestic workers in the city area. In-depth Interviews (IDIs) were conducted to collect the data. These women pass through various critical situations on daily basis and were facing a number of psycho-social problems. The study also addressed the ways to manage their families, personal life, family life, and financial matters. The evidences show that mostly young women face sexual harassment and abusive language from the house owners. The behavior of elite ladies was discriminative and feudalistic. These women were paid low wages. Job insecurity was one of the leading issues they were going through. A few women were raped during the way back to homes in late evening. Such kinds of issues were creating depression, anxiety, and several psycho-social problems. They were unable to manage the home affairs properly. Mostly, children of domestic workers have left their education. Proper care of neonates was lacking. Though they were playing their part to contribute for family’s financial responsibilities but at the same time these contributions were being done at a high cost. This study suggests that their problems should be discussed and highlighted. These workers should be registered in Social Security Institutions. Furthermore, a media campaign should be initiated to change the mind set of elite class so that they consider them domestic workers rather than slaves.

School Effectiveness and Male/Female Leadership Style: A Study of Selected Karachi Secondary Schools

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This study was an attempt to enquire academic background of the leaders, style of male/female leadership adopted in making the schools effective by the head teachers, skills and techniques related with supervision, coordination, cooperation, and monitoring the responsibilities assigned to their co-educators in the achievement and success of schools. The objectives of this research were to analyse the variables of school effectiveness in relation to the schools’ male/female leadership in the public and private sector secondary schools and male/female leadership styles of the head teachers of the public and private sector secondary schools in making their schools effective. Due to the nature of the research topic, quantitative research approach was selected to measure impact of school effectiveness by the different types of male/female leadership styles of Principals of the secondary schools of public and private sectors of education in Pakistan. Questionnaire was adopted as a tool for data collection which holds a quantitative nature. By studying the school effectiveness based on different male/female leadership styles of Principals, it was hoped that data collected would help schools leaders to develop a better implementation plan for enhancing the effectiveness of their schools within the public and private secondary system. To review the effectiveness of different male/female leadership styles within the public and private sectors of Karachi, three research questions were drafted in present study. To answer these research questions five hypotheses were constructed. To test the hypotheses, fifty items were formulated. A total of 150 participants on equal distribution were taken for the study. The hypotheses were tested using Chi-Square value through SPSS. The participants of the schools were of the opinion that the democratic leadership style is more successful and effective among
female and an autocratic is more effective leadership style among male. It is therefore, recommended that democratic style may be adopted by female leaders and an autocratic style may be adopted by male leadership according to situation for school improvement and effectiveness.

ICPG 2016-137

The Moderating Role of Emotional Intelligence between Time Management and Development of Stress, Anxiety, and Depression among Male and Female University Students

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The aim of study was to investigate the moderating role of emotional intelligence between time management and development of stress, anxiety and depression among male and female university students. The data for study consisted of a total sample 200 university students including male students (n = 73) and female students (n = 127). Data was collected from the different universities of Islamabad and Rawalpindi. The ages ranged from 18 to 40 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate time management, emotional intelligence, stress, anxiety and depression among male and female university students. Study results revealed that emotional intelligence was the moderator between time management and development of anxiety for male university students. This study also revealed that emotional intelligence was the moderator between time management and development of stress for male and female university students. Recommendation of the study is that both male and female students can get benefited by addressing the stress and anxiety. It would be helpful for educational and clinical settings to resolve the conflict of male and female university students.

ICPG 2016-139

Translation and Validation of Gratitude Questionnaire for University Students

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The current study was aimed at translation and cross validation of Gratitude Questionnaire (GQ) for university students. The questionnaire was translated by three bilingual experts. Statistical analysis showed that Urdu translation of GQ-6 has high reliability (α = .67). Confirmatory factor analysis indicated that six item model is a better fit. Furthermore, a total of 200 university students, including male (n = 86) and female (n = 114) students (Mage = 20.93, SD = 1.61) completed the Gratitude Questionnaire-Six-Item Form (GQ-6; McCullough, Emmons, & Tsang, 2002), Subjective Happiness Scale (SHS; Lyubomirsky & Lepper, 1999) and Depression Subscale of DASS (Lovibond & Lovibond, 1995). The data was collected from different departments of University of Sargodha. Results of the study revealed a significant negative relationship between gratitude and depression while nonsignificant correlation was found between gratitude and happiness. Additional analysis of the study revealed that there were significant mean differences in terms of gender among study variables whereas nonsignificant differences were found on age groups and education. Limitations, suggestions, and implications were also discussed.
Relationship of Gratitude with Subjective Happiness and Depression among University Students

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The current study was aimed at determining the relationship of gratitude with subjective happiness and depression among university students. Gratitude Questionnaire-Six-Item Form (GQ-6; McCullough, Emmons, & Tsang, 2002), Subjective Happiness Scale (SHS; Lyubomirsky & Lepper, 1999), and depression subscale of Depression Anxiety Stress Scale (DASS; Lovibond & Lovibond, 1995) were used in the current study. It was carried out on the sample of 200 (86 males, 114 females) to assure the psychometric properties and to test the hypothesis of the study. The data was collected from different departments of University of Sargodha. Results of the study revealed a significant negative relationship between gratitude and depression. While nonsignificant correlation was found between gratitude and happiness. Additional analyses of the study further revealed that there were significant mean differences in terms of gender among study variables whereas nonsignificant differences were found on age groups and education. Limitations, suggestions, and implications were also discussed.

Work Locus of Control, Self-Efficacy, Perception of Life Satisfaction and Burnout in Traffic Wardens

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The study aims to explore the relationship among Work Locus of Control, Self-Efficacy, Perception of Life satisfaction and Burnout among 120 male traffic wardens in Lahore city. A correlational research design was employed by using purposive sampling technique in study. Work Locus of Control Scale, General self-efficacy scale (GSES), Satisfaction with Life scale (SWLS) and Maslach Burnout Inventory- General Survey (MBI-GS) were used. To calculate the relations and predictability between the variables, Pearson product moment correlation coefficient and multiple regression analysis were employed. As a result of analysis, the relationship in Work Locus of Control, Self-Efficacy, Perception of Life satisfaction and three scales of burnout (professional efficacy, Cynicism and exhaustion) were statistically found significant at 0.01 and 0.05 levels. The results of regression analysis proved the hypothesis and showed that Work Locus of Control, General Self-Efficacy and Life Satisfaction were significant predictors of all Burnout. Further-more demographics of age, family income, number of years in this job, number of hours spent on work place was found to be significant predictors of burnout.
How do Female Commercial Pilots Experience Commercial Aviation in Pakistan

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This study provides a qualitative analysis of the experiences of the Pakistani female pilots and gender related behavioral issues in the field. This research pursues the question, how do female pilots experience working in commercial aviation and what gendered behavior do they face while working in this field in Pakistani cultural context? The objectives of this study were to explore the subjective experience of female pilots, perception of being a woman pilot in our culture, gender related issues, acceptance from society, and male members’ attitude towards female pilots. With these questions, this study brings to light the subjective experience of a woman as a commercial pilot. With a small sample of five female pilots (aged 22 to 35) working as commercial pilots or trainees of commercial flying in Lahore Flying Club (LFC), this study used semi-structured interview method. Interpretative Phenomenological Analysis (IPA) technique was used for data analysis. Participants reported that commercial aviation is a unique field in which despite of much bullying, gender discrimination from outside of commercial aviation, male resistance, peers’ discouraging attitude, and distinguishing behaviours of the co-pilots by various means they still perceive it as a charming and satisfying field and they never felt regret against joining commercial aviation. Staff related to their field, intrinsic motivation, trainers, family support, charming uniform, and flying plane itself were the encouraging factors that suppressed their fears of giving up while facing barriers from society, the field, and fear of being failed or crashing planes and other relative failures. The study suggests the need of more empirical qualitative work to explore social hindrances that force many of the girls who wish of becoming female pilots not to join commercial aviation.

Relationship between Social Support and Suicidal Intentions among Depressive Patients

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Many factors like hopelessness, lack of social support, helplessness etc. have been associated with the increased levels of suicidal ideation and suicidal attempts among depressive patients. Present study was conducted to study the relationship between social support and intensity of suicidal behaviors among depressive patients. Sample of present study consisted of clinically diagnosed patients of Major Depressive Disorder. Sample of depressed patients (N = 120) including male (n = 60) and female (n = 60) patients were taken using purposive sampling technique from various psychiatric departments of Rawalpindi and Islamabad. Perceived Social Support Scale (Rafai, 1991) was used to measure social support and Beck Suicide Intent Scale (Beck, Schyler, & Herman, 1974) was used to measure suicidal tendencies among depressive patients. Findings of present research reflect that lack of social support tremendously increased the risk of suicidal behavior. Furthermore, regression analysis reflected that lack of social support was a strongest predictor of suicidal ideation and suicidal intent among depressive patients. On the basis of present study it can be concluded that provision of social support decrease the suicidal tendencies among depressive patients as it provides patients a sense of self worth and social approval.
The Impact of Coping Strategies and Tinnitus on Development of Depression, Anxiety, Stress: Comparison of Male and Female Pakistani Tinnitus Patients

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The purpose of this study was to investigate the moderating role of coping strategies between Tinnitus and development of depression, anxiety, and stress among Pakistani Tinnitus patients. The data was collected from patients with Tinnitus complaints \(N = 100\) ages ranged 18 to 80 years. Random sampling technique was used based on cross-sectional design. Patients having Tinnitus complaints were evaluated at the ENT Department, Hearts International Hospital, Rawalpindi and Alam Audiology Clinic, Lahore, through complete otorhinolaryngological (ear) examination. Four scales Tinnitus Handicap Inventory (THI), Pure-Tone Audiometry (PTA), Depression Anxiety and Stress Scale (DASS) and Brief Cope scale (BCS) were employed to assess Tinnitus, depression anxiety, stress, coping strategies among Tinnitus patients. This study revealed that active avoidance coping strategy was the moderator between Tinnitus and development of depression, anxiety, and stress among Tinnitus patients. The result also revealed that women Tinnitus patients have shown depression, anxiety, and stress as compared to men Tinnitus patients. The results suggested that women Tinnitus patients are more vulnerable on depression, anxiety, and stress as compared to men Tinnitus patients. Recommendation of the study is that women Tinnitus patients can get more benefit by addressing the psychological problems associated with Tinnitus. It would be useful for health and clinical settings to resolve the psychological and health issues of Tinnitus patients.

Exploring Death Anxiety: Difference in Gender and Age Groups

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The current study is an attempt to measure death anxiety among middle and older adults across gender. The objective was to measure the difference between men and women and middle and older adults in terms of death anxiety. The research was quantitative in nature and survey method was used for data collection. Death Anxiety Scale (DAS; Conte, Weiner, & Plutchik, 1982) was used to measure the responses. DAS includes five subscales: fear of the unknown, fear of suffering, fear of loneliness, fear of personal extinction, and other aspect of death anxiety. Data was collected from a sample \(N = 90\) comprising men \(n = 45\) and women \(n = 45\). Results of independent sample \(t\)-test revealed that there was no significant gender difference found in five subscales of DAS i.e., both men and women have no difference in experiencing death anxiety. The results however revealed significant age differences on five subscales of DAS, where middle adults were shown experiencing more death anxiety as compared to older adults.
Development and Validation of Emotional Intelligence Scale for Youth: A Pilot Study

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The present study was conducted to develop and validate Emotional Intelligence Scale for youth. Emotional intelligence is the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's thinking and actions (Mayer & Salovey as cited in Katyal & Awasthi, 2005). The concept of emotional intelligence is being studied all over the world, but there is scarcity of research in the field of emotional intelligence in Pakistan, the reason might be the nonavailability of local scale of emotional intelligence for youth. Therefore, the present research work was planned to fill the gap by developing a local scale of emotional intelligence for youth. The scale was designed on the basis of Goldmans' theory explaining it in terms of four factors such as self-awareness, self-management, social awareness, and relationship management. This pilot study was conducted on a sample of 142 students selected by using simple random sampling technique, their ages ranged from 14-19 years. A self tailored Emotional Intelligence Scale was used for data collection. The content validity was assured from three experts. The test-retest and Cronbach alpha reliability was .74 and .91 respectively. Then factor analysis was performed and items were reduced from 85 to 75. Seventy items were loaded on first factor and five were loaded on second factor. Seventy items were selected for pilot study. Results were computed by using descriptive statistics and t-test. Findings indicated that there were significant mean difference in the level of emotional intelligence among youth with respect to age and gender. It was also indicated that there was positive relationship between age and the level of emotional intelligence of youth. The study will help the teachers in the measurement of emotional intelligence of youth at the school and college level.

Emotional Intelligence and Marital Satisfaction among Addicts and Non-Addicts

Maryem Zia, Najma Iqbal Malik, Zaib Kanwal, and Rabia Fatima
Department of Psychology, University of Sargodha, Pakistan

Present study aimed to explore the relationship of emotional intelligence and marital satisfaction among addicts and non-addicts (N =100) taken from Sargodha city. Wong's Emotional Intelligence Scale (Wong & Law, 2002) and Marital Satisfaction Scale (Blain & David, 1993) were used to measure the constructs under study. Purposive sampling technique was used for recruiting both addicts (n = 50) and non-addicts (n = 50). Pearson correlation analysis revealed that emotional intelligence was found to be significantly positively related with marital satisfaction among non-addicts whereas they were negatively related among addicts. Similarly regression analysis further revealed that emotional intelligence was significant positive predictor of marital satisfaction among non-addicts and significant negative predictor of marital satisfaction. Moreover, t-test results indicate that non-addicts had high emotional intelligence as compared to addicts. Additional analysis revealed that non-addicts of urban area and less than matriculation education had high marital satisfaction and emotional intelligence as compared to non-addicts of rural areas and above matriculation education level. Implications, suggestions, and limitations have also been discussed.
Does Emotion Regulation Varies Across Genders: Role of Perceived Parental Abuse in Childhood

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Abuse among children and adolescents is an adverse issue that may lead to serious consequences for society and the individual. This group of population faces fluctuations in emotion regulation when exposed to abuse and neglect (emotional, physical, & sexual). Brodys’ (1999) biological sociological model of gender variation postulates that temperamental predispositions and the socialization of boys and girls adopt gender related display rules for emotion expression. These gender variations may be interesting to explore when this population experience adverse circumstances such as abuse. This study was structured to test these assumptions in adolescents (N = 104) with age range 13 to 18 years, across both genders. Systematically randomized sample of adolescents from main stream schools of Lahore were administered Child Abuse Scale-Adolescent Version (Ghaffar & Malik, 2015) and Emotion Regulation Questionnaire (Kausar, 2014) to identify participants with high and low exposure of abuse, neglect, and emotion regulation respectively. Findings reveal significant mean differences (F = 15.82, p < .001) in emotion regulation among boys and girls identified with low and high exposure of perceived maternal and paternal abuse and neglect. Boys identified with high exposure of maternal and paternal abuse reported poorer emotion regulation than other groups of adolescents i.e., girls with high, boys with low, and girls with low exposure (respectively) of maternal and paternal abuse. Findings emphasized upon the dire need of screening, assessment, and management of abuse and neglect by both parents in main stream school setting. Further, efficient and active role of school psychologists or counselors is strongly recommended.

Feminism but Chivalry: A Conflict of Interests?

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Feminism aims for an egalitarian world however the society still contains chivalry as vital component which technically opposes the notion of feminism. Paternalistic chivalry is defined as attitudes that are both courteous and considerate to women but place restrictions on behavior considered appropriate for women during courtship (Viki et al., 2003). Ideally, feminism should be negatively correlated with chivalry since feminism in its true essence is about women living with complete independence rather than hanging like a trophy on mans’ arms. This study examined womens’ need for chivalry and feminism in order to measure any conflict of interests. The study aimed to understand if women who identify as feminists understand the cost associated with it. For present study, 100 women aged between 20-30 years were conveniently selected. Self-report instrument Feminist Identity Development Scale (Bargad & Hyde, 1991) was used to assess the level at which each woman identified with feminism. This scale has five subscales i.e., passive acceptance, revelation, embeddedness-emanation, synthesis, and active commitment. Need for chivalry of the individuals was measured through the Paternalistic Chivalry Scale (Viki et al., 2003). As hypothesized, there was a positive correlation between the need for chivalry with passive acceptance of patriarchy (r = .263, p < .05), and with synthesis (r
= .235, \( p = .03 \)). However, there was no correlation between the need for chivalry and active feminism (\( r = -.01, p > .05 \)). The analysis indicates that women who have a higher need for chivalry identify less with feminism. However, the lack of association between active commitment and the need for chivalry reveals that false feminism is being propagated.

**The Moderating Role of Gender between Tinnitus and Hearing Impairment among Pakistani Tinnitus Patients**

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The objective of this study was to examine the moderating role of gender between Tinnitus and hearing impairment among Pakistani Tinnitus Patients. The present study consisted of patients with Tinnitus complaints \( N = 100 \) ages ranging from 18 to 80 years. Random sampling technique was used based on cross-sectional design. Patients having Tinnitus complaints were evaluated at the E.N.T. Department, Hearts International Hospital, Rawalpindi and Alam Audiology Clinic, Lahore through complete otorhinolaryngological (ear) examination. Two scales Tinnitus Handicap Inventory (THI), Pure-Tone Audiometry (PTA) were employed to assess hearing loss and Tinnitus among Tinnitus patients. This study revealed that gender was the moderator between Tinnitus and hearing impairment among Tinnitus patients. The results suggested that there is a nonsignificant difference between men and women on hearing impairment. Recommendations of the study are that both men and women Tinnitus patients can get more benefit by addressing the hearing impairment. It would be helpful for health and clinical settings to resolve the psychological and health issues of Tinnitus patients suffering from hearing loss.

**Gender Differences in Self-regulation, Self-efficacy and Affect among University Students**

Ziasma Haneef Khan, Aleeya Siddiqui, Tooba Gufran Roghay, and Muhammad Shozaib

University of Karachi

The objective of present study was to examine gender differences in relation to self-regulation and how it is linked to or influenced by self-efficacy, positive affect, and negative affect. It was hypothesized that there will be gender differences in self-regulation, self-efficacy, positive affect and negative affect among university students. It was also hypothesized that there will be a relationship between self-regulation, self-efficacy and positive and negative affect among university students. Convenience sampling technique was used to collect data from male and female students \( (N = 178; \ M_{age} = 20.80, SD = 1.6684) \) from different universities in Karachi. The Self-Regulation Questionnaire (Ryan & Connell, 1989), Positive and Negative Affect Schedule (Watson, Clark, & Tellegen, 1988), and General Self-Efficacy Scale (Schwarzer & Jerusalem, 1989) were used to assess self-regulation, positive and negative affect, and self-efficacy respectively. Pearson product moment correlation and independent sample \( t \)-test were applied for data analysis. Results revealed a statistically significant positive correlation between all the measured variables with the exception of a nonsignificant correlation between positive and negative affect. Independent sample \( t \)-test revealed no significant gender differences.
between male and female students on any of the key variables. The findings imply that gender differences do not exist in the studied variables, suggesting a strong possibility that the impact of self-efficacy on self-regulation in higher education students may be equally influential in males and females, such that females should not be treated any differently from the opposite gender. It also helps to identify what aids self-regulation and lays groundwork for further research on variables that could affect self-regulation in order for students to achieve their goals.

ICPG 2016-162

**Association between Life Orientation and Mental Health Problems among Nurses**

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There is a general observation that female workers have more responsibilities like household chores, child care, child birth which makes them prone to physical and mental stress as compared to their counterparts. In Pakistan nursing is a kind of profession that dominates female workers. On their jobs they have to face various forms of burdens which include irregular shifts that are likely to make them vulnerable to poor physiological functioning and mental health problems. Literature has proposed that optimistic attitude presents good quality of life including resilience as compared to pessimistic attitude. Present study was designed to explore mental health problems in relation to life orientation of nurses. It was hypothesized that pessimistic life orientation is likely to predict dominance of mental health problems. This correlational study conveniently sampled 100 nurses from two hospitals of Lahore, participants’ ages ranged from 23 to 40 years ($M = 20.47$, $SD = 6.20$). Self-report questionnaires including Life Orientation Test- Revised (Scheier, Carver, & Bridges, 1994) and Depression Anxiety Stress Scale 21-item (Lovibond & Lovibond, 1995) were administered. Pearson product moment correlation analysis revealed no significant correlation between pessimism and mental health problems ($p = .78$). Reason could be attributed to the element that their pessimistic attitude might be intervened by the other factors like education or the social support they have. Although negative consequences of mental health issues among nurses are well known, less is known about psychological causes and effective prevention of this growing problem. Thus future research should aim toward the assessment of factors that leads to development and maintenance of mental health problem among nurses, and propose coping strategies that can be helpful in alleviation of these mental health problems.

ICPG 2016-163

**The Impact of hearing Loss and Tinnitus on Development of Depression, Anxiety, and Stress: Comparison of Male and Female Pakistani Tinnitus Patients**

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The purpose of current study was to investigate the moderating role of hearing impairment between Tinnitus and development of Depression, anxiety, and stress among Pakistani Tinnitus patients. A total of 100 patients were taken with Tinnitus complaints age ranged 18 to 80 years. Random sampling technique was used based on cross-sectional design. Patients having tinnitus complaints were evaluated at the E.N.T. Department, Hearts International Hospital, Rawalpindi
and Alam Audiology Clinic, Lahore, through complete otorhinolaryngological (ear) examination. Three scales: Tinnitus Handicap Inventory (THI), Pure-Tone Audiometry (PTA), Depression Anxiety and Stress Scale (DASS) were employed to assess hearing loss, Tinnitus, depression, anxiety, and stress among Tinnitus patients. This study revealed that hearing loss was the moderator between Tinnitus and development of stress, among Tinnitus patients. The result further revealed that women Tinnitus patients have shown more depression, anxiety, and stress as compared to men Tinnitus patients with hearing loss. The results suggested that both men and women Tinnitus patients are more vulnerable due to hearing loss. Recommendations of the study are that both men and women Tinnitus patients can get more benefit by addressing the psychological problems associated with Tinnitus and hearing loss. It would be helpful for health and clinical settings to resolve the psychological and health issues of Tinnitus patients suffering from hearing loss.

ICPG 2016-164

Impact of Depression on Basic Psychological Needs Satisfaction among Male and Female Adults

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This study examined to measure the level of depression and basic needs satisfaction of adults. Present study aimed to find out the relationship between depression and basic needs satisfaction and also aimed to investigate the differences on the level of depression and basic needs satisfaction in term of gender and socio-economic status. Participants (N = 200) were approached conveniently from different institute of Multan which were divided in two groups male (n = 100) and female students (n = 100). The age ranged from 18 to 25 years. Depression level was evaluated through Beck Depression Inventory (BDI-II; Beck, Steer, & Brown, 1987) and Basic Psychological Needs Satisfaction Scale- General Version (Ilardi, Leone, Kasser, & Ryan, 1993) was used to measure satisfaction of psychological needs: autonomy, competence, and relatedness. Results indicated that depression and basic needs satisfaction had a strong positive correlation. Depression has significant impact on basic needs satisfaction. Nonsignificant gender differences were founded on the level of depression among male and female adults and there is a significant gender based difference on level of basic needs satisfaction. Findings indicated that there is a significant difference on the level of depression but nonsignificant difference on the level of basic psychological needs satisfaction among three levels of socio-economic status.

ICPG 2016-166

Impact of Facebook Addiction on Development of Depression, Anxiety, and Stress across Male and Female University Students

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The present study aimed to investigate the impact of facebook addiction along with six core elements (mood modification, withdrawal, salience, tolerance, conflict, and relapse) on development of depression, anxiety, and stress across male and female university students (N = 180) ages ranging from 18-30 years. Purposive sampling technique has been used based on
cross-sectional design. The data was collected through two questionnaires. Two scales were used, to assess facebook addiction with six core elements (salience, mood modification, tolerance, withdrawal, conflict, and relapse) and depression, anxiety, and stress. The results displayed that facebook had significant positive correlation with depression \((r = .31, p < .05)\), anxiety \((r = .33, p < .05)\), and stress \((r = .26, p < .05)\) among university students. Further it was revealed that stress had significant positive correlation with depression \((r = .690, p < .05)\) and anxiety \((r = .636, p < .05)\) among university students. This study revealed that gender was significant moderator between withdrawal core element of facebook addiction and depression \((\beta = .58, p < .001)\), anxiety \((\beta = .50, p < .05)\), and stress \((\beta = .84, p < .001)\) among university students. This study has further shown that gender was significant moderator between conflict core element of facebook addiction and depression \((\beta = .63, p < .05)\) and anxiety \((\beta = .69, p < .05)\) among university students. The results suggested that gender is moderator between two important elements of facebook addiction (withdrawal and conflict) and development of depression, anxiety, and stress among university students. Recommendations of the study are that it would be helpful for clinical and pedagogical settings to prevent development of psychological problems such as depression, anxiety, and stress and resolve conflict among university students.

**ICPG 2016-167**

**Impact of Health Locus of Control on Development of Depression, Anxiety, and Stress across Male and Female University Students**

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The present study aimed to examine the impact of health locus of control on development of depression, anxiety, and stress across male and female university students \((N = 180)\) ages ranging from 18-30. Purposive sampling technique was used based on correlational design. The data was collected through two questionnaires to evaluate internal health locus of control, external health locus of control, psychological problems such as depression, anxiety, and stress. The results revealed that health locus of control had significant positive correlation with depression \((r = .164, p = .05)\), anxiety \((r = .156, p = .05)\), and stress \((r = .275, p = .01)\) among university students. This table further revealed that stress had significant positive correlation with depression \((r = .690, p = .01)\) and anxiety \((r = .686, p = .01)\) among university students. This study revealed that gender was significant moderator between external health locus of control and stress \((\beta = .65, p < .001)\) among university students. It was also shown that external health locus of control was significant predictor for depression \((\beta = .27, p < .05)\) and stress \((\beta = .31, p < .05)\) among university students. The study further indicated that internal health locus of control was nonsignificant predictor for depression, anxiety, and stress among university students. The results suggested that gender is moderator between external health locus of control and development of stress among university students. Recommendations of the study are that it would be helpful for clinical and pedagogical settings to prevent development of psychological problems such as depression, anxiety, and stress and resolve conflict among university students.
Internet Addiction in Relation to Narcissism, Social Anxiety, and Self-esteem among Adolescents and Young Adults

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The present study was aimed at studying the impact of internet addiction on narcissism, social anxiety, and self-esteem among adolescents and young adults. The study was carried out on a sample of adolescents and young adults (N = 240) by using convenience sampling technique. To measure the study variables Youngs’ Internet Addiction Test (IAT), Narcissistic Personality Inventory-16 (NPI-16), The Leibowitz Social Anxiety Scale (LSAS), and Rosenberg Self-Esteem Scale (RSES) were used. The psychometric properties were checked and scales had significant reliabilities for both the groups. Results revealed that internet addiction had significant positive relationship with narcissism and social anxiety. However, significant negative correlation with self-esteem was found. Gender differences were also found i.e., males had high levels of internet addiction and narcissism as compare to females whereas females had high levels of social anxiety and self-esteem. The present study was an effort to highlight the problems related to the excessive use of internet and the negative impact of use of internet excessively on the personal and social life of an individual.

Life Satisfaction of Young Adults Living in Nuclear and Joint Family Systems

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The objective of this research was to study life satisfaction of young adults living in nuclear and joint family systems. It was assumed that there would be a significant difference between life satisfaction of young adults who live in a nuclear family and those who live in a joint family. The participants were young adults (N = 150) with ages ranging from 19-25 years. Half of the participants belonged to joint families and half belonged to nuclear families. Data was collected use of consent form at first and subsequently using demographic information sheet, Family Quality Of Life Scale, and Satisfaction with Life Scale. Independent sample t-test indicated a highly significant difference (p < .001) between life satisfaction of young adults in nuclear and joint families.

Parental Acceptance-Rejection, Self-Perception, and Coping Styles of Patients with Depression

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The present study employed the correlational research design to explore the relationship between parental acceptance-rejection, self-perception, and coping styles of patients with depression. It was assumed that parental rejection, self-perception, coping styles, and depression would be related. Moreover, parental rejection, self-perception, and coping styles are likely to predict depression. One hundred patients, both men (n = 50) and women (n = 50) of age range
19-45 years ($M = 32.27$, $SD = 8.64$) with depression (mild and moderate severity) were recruited from psychiatric departments of five different hospitals of Lahore, Pakistan using purposive sampling. Short form of Parental Acceptance-Rejection Questionnaire (PARQ-Adult; Rohner, 2004), Personality Assessment Questionnaire (PAQ-Adult; Rohner, 2004), Brief COPE (Carver, 1997), and Centre for Epidemiological Studies Depression Scale (CES-D; Radloff, 1977) were used. Maternal rejection, paternal rejection, self-perception (hostility/aggression, negative self-esteem and negative self-adequacy) and coping styles (active coping, use of emotional support and planning) had significant positive correlation with depression. Maternal rejection, paternal rejection, self-perception (negative self-adequacy and negative worldview), and coping styles (use of emotional support, positive reframing, and planning) emerged as significant predictors of depression in clinical population. Significant gender differences were also found for maternal rejection. Females perceive their mothers to be more rejecting as compared to males. Present findings implicate the significance of parental rejection, inadequate self-perception, and certain coping styles in relation to depression that would be helpful for health professionals and parents.

**The Impact of Emotional Intelligence and Job Stress on Development of Stress, Depression and Anxiety: Comparison of Male and Female Educators and Health Professionals**

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The aim of this study was to investigate the moderating role of emotional intelligence between job stress and development of stress, anxiety, and depression among educators and health professionals. The data for this study consisted of total sample 162 educators ($n = 89$) and health professionals ($n = 73$) both from education and health related institutions. The age ranged from 20 to 50 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate job stress, emotional intelligence, and stress, anxiety, and depression among educator and health professionals. This study revealed that emotional intelligence was the moderator between job stress and development of stress, anxiety, and depression among educators and health professionals. The result also revealed that male health professionals have shown more job stress, as compared to female health professionals. The results suggested that male health professionals are more vulnerable on job stress as compared to female health professionals. Recommendation of the study is that male health professionals can get more benefit by addressing their job stress. It would be helpful for health and clinical settings to resolve the conflict of educators and health professionals.

**The Moderating Role of Truancy between Perceived Parental School Involvement and Aggression in Pakistani Male and Female Students**

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Foundation University, Rawalpindi

The present study's aim was to investigate moderating role of truancy between perceived parental school involvement and aggression in Pakistani male and female students. Purposive sampling technique was used based on cross-sectional design. Sample ($N = 660$) comprised of
adolescents; school truant students \((n = 299)\), park truant students \((n = 62)\), and punctual students \((n = 299)\) taken from different school and colleges of Haripur, Rawalpindi, and Islamabad. Ages ranged from 12-20 years. Two scales were employed to assess perceived parental school involvement and aggression. The result revealed that mothers’ school involvement had significant negative association with physical and verbal aggression in punctual boys and girls. The result showed that school truant boys were more predisposed to have physical aggression than school truant girls. It was further indicated that park truant girls were more predisposed to physical and verbal aggression than park truant boys. The results have also shown that punctual students were more predisposed to parental school involvement than school truant students and park truant students. Moreover, park truant students were more predisposed to have physical aggression and verbal aggression than punctual students and school truant students. The results revealed that truancy was a moderator between mother school involvement and physical and verbal aggression. The result suggested that truant girls were more vulnerable as compared to park truant boys. It would be help for pedagogical and clinical settings to understand the etiological and consequence factors of truancy and how to tackle these kinds of problems of truant students.

Gender Difference in Posttraumatic Stress Disorder Symptoms and Resilience among Cancer Survivors

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Poor medical health conditions have severe impact on psychological health of individual. It has been observed that individual identified with medical conditions have psychological problems such as depression and anxiety. Previous literature suggests that these conditions may vary across gender. This study explores gender difference in posttraumatic stress disorder (PTSD) symptoms and resilience among cancer survivors. Sample \((N = 82)\) of cancer survivors both women \((n = 43)\) and men \((n = 39)\), age range 30-56, was taken from four hospitals of Lahore. PTSD and resilience were assessed by Hopkins Symptoms Checklist (HSCL; Helepota & Wasif, 2001) and Brief Resilience Scale (Christopher & Bernard, 2008) respectively. Independent sample \(t\)-test revealed that there is gender difference in depressive symptoms in PTSD as men had shown more depression as compared to women. The reason that may contribute to less depression in women as compared to men is that participants included in this study were those who ended up the treatment with some disability. Men being earning member of a home and any disability caused them to be unable to perform their responsibility as compared to women so they are more depressive than women. The study concluded that gender difference exist in depression among cancer survivors. The matter addressed in this study plays an important role to deal the cancer survivors with some disability due to cancer treatment.
Perception of Stress and Issues of Coping in Mothers of Down Syndrome Children

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Woman being a mother face a lot of challenges if she has to deal with her special child. Purpose of current study was to explore the relationship and comparison of perceived stress and identification of different coping styles of mothers of down syndrome children and mothers of normal children. The study based on cross-sectional research design, consisted of mothers (N = 150) in which mothers of children with down syndrome (n = 55) and mothers having normal children (n = 55). Sample of mothers having down syndrome children had been taken from different special education schools and rehabilitation centers from Multan, Lahore, and Rawalpindi. The sample of parents of normal children has been taken from normal schools of these cities through purposive sampling technique. Mothers belonged to different age range, socio-economic background, family system, and family size. Two scales; Perceived Stress Questionnaire (Cohen et al. 2001) and Brief Cope Scale (Hasting et al. 2005) were used in their Urdu versions. Statistical analysis indicated that perceived stress is negatively correlated with coping styles of parents. Independent sample t-test indicated that mothers of down syndrome children have higher level of stress as compared to mothers of normal children. Demographic analysis regarding gender indicated that mothers have higher level of stress as compared to fathers and mothers have more active/avoidance and religious/denial coping styles while fathers have more problem focused coping styles. Comparison between parents regarding age and family system were not significant. Chi-square analysis shown that parents of down syndrome children are more inclined toward religion, bear more financial costs, and have more social withdrawal as compared to parents of normal children.

Relationship between Perceived Impact of Terrorism and Optimism in Adults of Karachi, Pakistan

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Terrorism is a serious problem faced by Pakistan and has been affecting its citizens since past few years. There have been many researches regarding terrorism and the negative emotions however; very few published researches have explored the relationship of terrorism and positive emotions. Stability of optimism has been evident in relation to terrorism and coping behavior. Present study aimed to identify the relationship between perceived impact of terrorism and dispositional optimism of adults of Karachi, Pakistan. It was hypothesized that there would be a negative correlation between perceived impact of terrorism and dispositional optimism of adults. A total of 100 participants including men (n = 72) and women (n = 28) were recruited through convenience sampling from various organizations of Karachi, Pakistan. The age of participants ranged between 25 to 40 years with minimum education level of Intermediate/A-levels. Data was collected through Terrorism Impact Scale and Life Orientation Test-Revised (LOT-R) scales. The results of present study revealed nonsignificant correlation (r = -.10, p > 0.05) between the variables, signifying that the perceived impact of terrorism had no relationship with dispositional optimism in adults. Results of the study could be attributed to
habituation of the situation as people have become accustomed to the war conditions, existing Zarb-e-Azb operation or current drop in terrorist activities that might has increased hope and lessened the perceived impact of terrorism for the time being. Further studies are needed to explore the existing optimism in the presence of terrorism in a Pakistani context, keeping in view the limitations of the reported study.

**Perceived Parenting Role in the Development of Identity**

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Identity is a big challenge for the adolescents and parents. Parents also have their role in the identity development of the adolescents. The present study highlights the relationship between perceived parenting styles and identity among adolescents. Multistage sampling was used to sample the adolescents, age range was 13-18 years ($M = 14.37$, $SD = 1.23$). Adolescents were given an indigenous scale of Identity along with EMBUC (Castro et al., 1993). Results are discussed in term of cultural context and counselling implications for adolescents.

**Personality and Vocational Interests in High School Students**

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Present study was designed to find out the relationship between personality based on five factor model (FFM) and vocational interests based on Hollands’ model among high school students. The relevance of these two heuristic models in Pakistani culture has been explored. NEO Personality Inventory (NEO PI-R) was used to measure personality profile of students and Self Directed Search (SDS) was used to establish vocational interests. The sample of 596 students (319 boys & 277 girls; $M = 15.73$ years) from 7 government schools was selected using systematic random sampling technique. The results indicated considerable internal consistency of the research instruments. A moderate relationship was found between FFM and Holland model. Generally the results are in accordance with the existing literature. The results provided partial support for relevance of five factor model and Hollands’ model in Pakistani culture. Some pertinent areas like low internal consistency of openness domain and noncoherent hexagonal representation were identified for future research. The findings may be valuable in the field of personality psychology and for policy makers in the field of vocational education.

**The Mediating Role of Aggressive Behaviour between Personality Traits and Development of Delinquency across Male and Female University Students**

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The current research aimed to investigate the mediating role of aggressive behaviour between personality traits and development of delinquency across male and female university students.
Sample consisted of 558 university students, including both female ($n = 285$) and male ($n = 273$) students with age range 18-30 years in Pakistan. Purposive sampling technique was employed based on cross-sectional design. Three scales were used to assess aggressive behaviour, personality traits, and delinquent activities of person with his/her friends’. This study revealed that extrovert trait of personality significantly predicted delinquent activities for female ($\beta = .24, p < .000$) and male ($\beta = .28, p < .000$) students and aggressive behaviour for female ($\beta = -.06, n.s.$) and male ($\beta = .20, p < .000$) students. In turn, aggressive behaviour significantly predicted delinquent activities for female ($\beta = -.70, p < .000$) and male ($\beta = -.62, p < .000$) students. The results suggested that personality traits are indirectly (through aggressive behaviour) affected delinquent activities. It also suggested that though indirect effect is approximately equal for both female and male students yet female students were more vulnerable to direct effect of aggressive behavior on delinquent activities. Recommendations of the study are that both female and male university students can equally be benefitted by an intervention addressing delinquent activities however, female students can get more benefit by addressing personality traits. Current study is that it would be helpful for clinical and pedagogical settings to prevent delinquent activities of university students and resolve conflict for university students.

ICPG 2016-184

**Waiting For the Right One: Phenomenological Analysis of Contemporary Delayed Matrimonial Relationships in Pakistan**

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Matrimonial relationships are the mainstay in Pakistani society. However, change in marriage time is not the new phenomenon but in 21st century there are some emerging issues to sustain women singlehood and delayed marriages in Pakistan. The number of never married women in Pakistan is increasing considerably, negligible attention has been paid to this emerging social reality. This research sheds light on the determinants and concerns of contemporary delayed matrimonial relationships in Pakistan through in-depth interviews with never married women ($N = 30$), aged 33 years and above. This study adopted qualitative paradigm for in-depth phenomenological inquiry of the perceptions and experiences of single women about the realities of delayed marriage. Participants recruited through purposive paradigm for in-depth individual interviews. Phenomenological narratives of never married women revealed the experiences of delayed marriages in detail. The thematic analysis of the transcripts declared that underlying realities are the freedom of choice for intimate partner selection, higher education, economic independence, caste system, status consciousness, and changing family systems that were highlighted from the narratives of single women. In addition, the consequences of delay conjugal relationships are made on psychological health of women, and adjustment with their lives. The study shows implications for balancing the delayed matrimonial challenges of 21st century in Pakistan with, that marriage market should be free from social status hierarchies and hegemonic forces of society.
Significance of media for any culture and society cannot be ignored. In process of role taking and identity formation of women, psycho-cultural aspect comes into play where media especially television (TV) dramas are ranked on top of the list. The study aims to find out the effects of most popular HUM = TV drama serials on females in Pakistan. Purpose of this investigation is to find out the answers of research questions related to portrayal and empowerment of women and depiction of women as oppressed and helpless beings. The research is an attempt to analyze the role of women (heroine) and its effect on young ladies. Moreover, it is intended to investigate that whether the popular dramas are limiting or empowering females in Pakistani society. Feminist and cultivation theories have been applied in this regard. HUM TV dramas, Zindagi Gulzaar Hai and Sadqy Tumhary were been selected for this research. Both of the dramas bagged HUM TV Best Drama Serial Awards (popular category) in years 2014 and 2015 respectively. Viewers of dramas vote for the best and most liked drama in popular category. Triangulation of quantitative and qualitative methodologies is used in this research. Quantitative survey method and qualitative in-depth interviews were employed. In depth interviews of five media scholars under qualitative method and a total number of 200 female university students were surveyed. Data was collected from five different universities including University of the Punjab, Lahore College for Women University, Government College University, University of Education, and University of Central Punjab.

Predictors of burnout were assessed among a sample of 427 school teachers from 21 public schools of Lahore. A hypothesized model of burnout and its predictors was tested in LISREL analysis with post hoc modifications. Maslach Burnout Inventory (MBI; $\alpha = .81$) was used for assessing burnout rate among teachers with its three aspects such as emotional exhaustion (EE), depersonalization (DP), and lack of personal accomplishment (PA). A questionnaire comprising predictors of burnout ($\alpha = .78$) including career growth, work family conflict (WFC), salary and incentives, poor pupil behavior, and job facilities was administered among same respondents. The results showed paths in line with predicted notion among proposed variables in the model and gender differences were observed on all three aspects of burnout. Personal growth was good predictor of emotional exhaustion (EE) and depersonalization (DP), WFC and salaries were found to predict emotional exhaustion (EE) whereas pupil behavior and facilities predicted depersonalization (DP) and personal accomplishment (PA). Implications for practice were also discussed.
ICPG 2016-187

Qualitative Analysis of Psychological Problems of Left behind Families in Azad Jammu and Kashmir

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Present study aimed at investigating psychological problems of left behind wives of overseas migrants. Sample comprised of 200 left behind wives of overseas migrants. Sample was selected on the basis of snow ball sampling technique from Sudhanotti and Poonch Districts of State of Azad Jammu and Kashmir. Age range of left behind wives was 20-59 years. Present study was conducted in two phases. During phase I focus group discussions were held and on the basis of emergent themes an answer record sheet was designed. In phase II qualitative data of the study was collected by using answer record sheet along with a demographic sheet. Results were analyzed by using qualitative data analysis NVivo software Version-7 (QSR-International). Data was analyzed by using content and thematic analysis and emerging themes were drawn pictorially. Findings of the study showed that left behind wives have suffered at psychological level and they mostly report symptoms of depression, anxiety, and stress. Along with expressing their symptoms in culture free context i.e., somatic (physical & medical), psychosocial problems (depression, loneliness, family relation, adjustment, & behavioural problems) other psychological problems, and economic (financial) problems. Left behind wives also reported the symptoms in culturally expressed form i.e., psychosocial problems (pareshani, uljhan, tursh, budkhawasi, zidi, uktahat, mutazubzub, bedilli, & bebasi) and psychosomatic problems (besakooni, ghabrahat, mayoosi, khinchaoo, & sar mein chakar). Left behind wives frequently expressed their problems in the form of pareshani and besakooni. Findings of the present study can be useful for mental health practitioners highlighting the need for dealing with psychological problems of Pakistani community by considering their cultural context.

ICPG 2016-188

Study on Gender Harassment: Difference in Experience of Men and Women

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It is commonly believed that sexual harassment is an issue faced primarily by women. Literature, too, supports this to some extent as the perpetrators of violence are men and it is typically directed against women (Phillips & Schneider, 1993). Under the patriarchal influence, men are rarely studied as a target of sexual harassment (McLaughlin, Uggen, & Blackstone, 2012), which make mens’ harassment an emerging research topic as the world comes closer to recognizing similarities among men and women. The aim of the study was to investigate if men, too, face sexual harassment and if the intensity and frequency of their harassment experiences is significantly different from or similar to womens’ sexual harassment experiences. After informed consent was obtained, 96 conveniently sampled men (n = 48) and women (n = 48) participated in the study. The sample included undergraduate students from both public and private sector universities. Sexual Harassment Experience Questionnaire (SHEQ; Tariq & Kamal, 1997) was used to get the responses from the participants. SHEQ has three sub-scales: gender harassment, unwanted sexual attention, and sexual coercion. The independent samples t-test was used to assess gender differences. There were nonsignificant differences between men and women in their experiences of gender harassment t (df) = -.35 (94), p > .05; unwanted sexual attention t (df) = 1.569 (94), p > .05; and for sexual coercion t (df) = .15 (94), p > .05.
Findings of the study show that men reported sexual harassment in Pakistani society, just as much as women did, on all aspects of harassment measured. This contradicts the perception in our culture that sexual harassment is against women only, and is in line with the idea that both men and women are targets of violence and harassment by men.

**Does Gender Predict Experience of Fear**

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This study explores gender differences in the experience of fear of objects and entities. A between group research design was employed in this study. The sample consisted of university students ($N = 600$) including both men ($n = 300$) and women ($n = 300$). The age range of sample was 21-26 years ($M = 22.86$, $SD = 1.62$). Gender differences in experiencing fear were measured by Farooqi Ajmal Fear Scale (FAFS; Farooqi & Ajmal 2014), an indigenous fear scale. The scale uses a 4-point rating scale and consists of 34 items. Moreover, it demonstrates a high internal consistency ($\alpha = .89$). Descriptive analysis indicated similarities as well as differences between the objects that generate fear among men and women. The highest rating was given to “Fear of Allah” by both genders. The least feared object for men and women was “cat”. The results also indicated that women experience more fear as compared to men and gender is a good predictor of fear. Gender is also a significant predictor of disgust, horror, and anxiety which are the subscales of FAFS. Chi-square was also computed to examine the relationship between two genders in experiencing fear. Results demonstrated that on majority of items there was a significant difference in experiencing fear among gender however, there are three items on which no gender difference exist regarding experiencing fear. These items were fear of future, death and after life, and scolding by parents. On the basis of research findings it can be concluded that gender plays a significant role in the experience of fear.

**Relationship between Social Support and Coping Strategies among Cadets**

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Present study was conducted to explore the relationship between social support and coping strategies among cadets. The research was carried out in Risalpur Academy of Punjab with a sample of ($N = 120$) cadets i.e., male ($n = 80$) and female ($n = 40$) cadets. Multidimensional Scale of Perceived Social Support (Zimet et al., 1988) and Brief Cope Scale (Carver, 1997) were used to study the relationship between social support and coping strategies. Results indicated significant positive correlation between overall social support and its types i.e., family, friends, and significant others with overall coping and its types i.e., problem focused, emotion focused, and adaptive coping. However, maladaptive coping style was found to be significantly negatively related to social support and its types. Regression analysis further revealed that social support from family, friends, and significant others were significant positive predictors of adaptive, problem focused, and emotion focused coping. The study also found that female cadets scored higher on social support as compared to male cadets. Limitations, suggestions, and implications were also discussed.
Development of General Wellness Assessment Schedule (GWAS)

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The aim of the present study is to develop an indigenous instrument for measuring general wellness of adult Muslim population. General Wellness Assessment Schedule (GWAS) will be able to measure the capacity of individuals with respect to health in the light of bio-psychosocial model and system theory. For this purpose, items for the scale will be pooled from already performed empirical study and these items will also be validated with help of theory. Survey method will be used for the proposed study. Committee based approach will be used for the construction of initial scale. Afterwards four point Likert scale will be constructed and the initial scale will be administered on a sample of 500, drawn through convenient sampling, so that factor analysis can bed one to construct different dimensions of the scale. Finally the psychometric properties of the scale will be examined by applying Cronbachs’ alpha reliability, primary component analysis for assessing the construct validity of the scale and paired t-test will be used for assessing the responsiveness of GWAS.

Resilience and Psychological Adjustment among Faculty of Special Education and Inclusive Education Schools

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Current study was conducted to examine the association between resilience and psychological adjustment among faculty of special education and inclusive education schools. State Trait Resilience Inventory (STRI; Hiew, 2003) and Psychological Adjustment Scale (Sabir, 1999) were used to find the relationship between resilience and psychological adjustment. The research was carried out in government and private schools of Sargodha city with a sample of teachers (N = 110) divided into two of job types i.e., faculty of special education (n = 55) and faculty of inclusive education (n = 55) selected through purposive sampling technique. Results show significant positive correlation between resilience and psychological adjustment. Multiple regression analysis indicate that psychological adjustment, positive self-image, ability to cope with stress, anxiety, and good interpersonal relationships has significant positive relationship with resilience total as well as with trait and state resilience. Independent sample t-test revealed nonsignificant gender differences in relevance to study variables. Limitations, suggestions, and implications were also discussed.
The Impact Emotional Intelligence and Job Stress on Development of Depression, Anxiety, and Stress: Comparison of Men and Women Educators and Health Professionals

Saba Fatima, Muhammad Aqeel, Tanvir Akhtar, Marium Khalid, Tehmina Khan, and Waqas Shabbir
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The aim of this study was to investigate the moderating role of emotional intelligence between job stress and development of depression, anxiety, and stress among educators and health professionals. The sample (N = 162) for this study consisted of educators (n = 89) and health professionals (n = 73) taken from respective institutions. The age ranged from 20 to 50 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate job stress, emotional intelligence, and depression, anxiety, and stress among educators and health professionals. This study revealed that emotional intelligence was the moderator between job stress and development of depression, anxiety, and stress among educators and health professionals. The result also revealed that men health professionals have shown more job stress, as compared to women health professionals. The results suggested that men health professionals are more vulnerable on job stress as compared to women health professionals. Recommendation of the study is that men health professionals can get more benefit by addressing their job stress. It would be helpful for health and clinical settings to resolve the issues of educators and health professionals.

Effect of Parenting Styles on Self-esteem, Self-Efficacy, and Sociability of Adolescents

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The present study was conducted to examine the impact of parenting styles on self-esteem, self-efficacy, and sociability on a sample of (N = 100) adolescents using convenient sampling technique. To measure the study variables Parental Authority Questionnaire (PAQ), Rosenberg Self-Esteem Scale (RSES), Generalized Self-Efficacy Scale (GSES), and sociability subscale of California Psychological Inventory (CPI) were used. The psychometric properties were checked and significant reliabilities were found. Results of the study revealed that authoritarian parenting style has significant positive correlation with self-esteem, self-efficacy, and sociability. Furthermore authoritative parenting style had significant positive correlation with self-esteem, self-efficacy, and sociability however; permissive parenting style had significant negative correlation with self-esteem, self-efficacy, and sociability. Gender differences were also found in present study i.e., girls had high levels of self-esteem and sociability as compared to boys whereas boys had high level of self-efficacy as compare to girls. Limitations, suggestions, and implications of the study were also discussed.
ICPG 2016-198

Moderating Role of Social Comparison between Facebook Addiction and Depression, Anxiety, Stress among University Students

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The present study aspired to investigate relationship of facebook addiction with depression, anxiety, and stress. Further it also aimed to investigate the moderating role of social comparison between facebook addiction and depression, anxiety, and stress among university students. Purposive sampling technique was used and sample comprised of 300 university students, including both women \((n = 150)\) and men \((n = 150)\). Data was collected from different public and private sector universities of Rawalpindi and Islamabad with age range of 18 to 30 years. Social Comparison Scale (Gibbons & Buunk, 1999), Facebook Addiction Scale (Andreassen, 2012) and Depression Anxiety Stress Scale (Lovibond, 1995) were used for the measurement of study variables. Data was analysed using \(t\)-test, correlation, and regression analyses applied through SPSS version 21. Findings of the study showed positive correlation among study variables. Significant gender differences have also been indicated. Present study further found that social comparison moderates the relationship between facebook addiction and depression, anxiety, and stress.

ICPG 2016-200

Relationship between Insomnia and Psychological Distress: Role of Coping and Emotional Intelligence among Medical Students

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Present study was conducted to find out the relationship between insomnia and psychological distress among medical students keeping in view the role of coping and emotional intelligence in this relationship. The Pittsburgh Sleep Quality Index (PSQI) (Buysse et al., 1989), Kessler Scale of Psychological Distress (K-10; Kessler & Mroczek, 1994), the Brief Cope Scale (Carver, 1997), and Wong and Law Emotional Intelligence Scale (Wong & Law, 2002) were used to measure insomnia, psychological distress, coping, and emotional intelligence respectively. Sample of medical students was drawn using purpurusive sampling from different medical colleges of Punjab with age range 19-30 years. The study was carried out on the sample medical students \((N = 369)\). Results of Pearson correlation analyses revealed that insomnia had significant positive relationship with psychological distress. It was further found that insomnia had significant negative relation with adaptive coping but a significant positive relation with maladaptive coping. However, insomnia was found to have nonsignificant negative relationship with emotional intelligence. Furthermore, results showed that psychological distress had significant negative correlation with overall coping and adaptive coping but had significant positive relationship with maladaptive coping. Yet psychological distress had nonsignificant relationship with emotional intelligence. Additionally, study further showed that emotional intelligence had significant positive relationship with adaptive coping but had significant negative relationship with maladaptive coping. Simple linear regression analysis showed that insomnia (sleep quality) and coping (adaptive and maladaptive) were significant predictors of psychological distress. Moreover, results indicated that low level of coping was significant moderator in positive relationship of insomnia and psychological distress which strengthen this
relationship. Independent sample t-test results showed that students with 5 or more siblings had significantly high emotional intelligence as compared to the students with less than 5 siblings. Further it was evident that junior students (1st and 2nd year) had significantly high psychological distress and used more maladaptive coping than senior students. Subsequently, it was also indicated through t-test that day scholars had high emotional intelligence as compared to hostelized students. Further, ANOVA findings showed that level of distress was high in 1st born child and they used more maladaptive coping strategies as compared to middle born and last born children.

ICPG 2016-203

Terrorism Perception in Urban Residents of Lahore

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Terrorism has become one of the most important topics of research now-a-days due to its physical, psychological, social, economic, and emotional impact on individuals. The aim of the present study was to develop a scale on terrorism. The study consisted of two phases. Phase-I consisted of literature search of the existing scales and material available. The search revealed that only western scales were available. No indigenous scale on terrorism was there in Pakistan. Phase-II of the study included focus group, structured interviews, and expert clinical psychologists’ interviews in order to gather phenomenological evidence. The themes extracted from Phase-I and Phase-II were transformed into a scale which consisted of 46 items. Redundant and repeated themes were deleted. Psychometric properties of the scale were determined using factor analysis on a sample of 224 Pakistani residents. The alpha coefficient of the entire scale was .96 which shows that scale is a reliable measure of terrorism. The alpha coefficients of the subscales: physical, psychological, social, emotional and economic were .92, .88, .91, .70, and .82 respectively. The subscale of physical impact of terrorism has the highest alpha coefficient of .92.

ICPG 2016-205

The Impact of Emotional Intelligence and Personality Traits on Delinquency: Comparison of Men and Women University Students

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The aim of current study was to investigate the mediating role of emotional intelligence between personality traits and development of delinquency among Pakistani men and women university students. The data of this study included 558 university students, including both women (n =285) and men (n = 273), ages ranging from 18 to 30 years. Purposive sampling technique was employed based on cross-sectional design. Data was collected from different universities of Islamabad and Rawalpindi. Three scales were used to assess the emotional intelligence, personality traits, and delinquent activities of person with his/her friends. This study revealed that extrovert personality trait significantly predicted delinquent activities ($\beta = .03$, n.s; $\beta = .15$, $p < .001$ among women students and men students respectively), and emotional intelligence ($\beta = .26$, n.s; $\beta = .38$, $p < .05$ among women students and men students respectively). In turn, emotional intelligence significantly predicted delinquent activities ($\beta = .09$, $p < .001$; $\beta = .08$ $p < .05$ among women students and men students respectively). The results suggested that extrovert
personality trait is indirectly (through emotional intelligence) affected by delinquent activities. It also suggested that though indirect effect is approximately equal for both women and men students. This study further indicates that extrovert personality trait significantly predicted delinquent activities and emotional intelligence ($\beta = .24$, n.s; $\beta = .65$, $p < .05$ among women students and men students respectively). In turn, emotional intelligence significantly predicted delinquent activities ($\beta = .09$, $p < .001$; $\beta = .08$, $p < .05$ among women students and men students respectively). The results suggested that openness personality trait is indirectly (through emotional intelligence) affected by delinquent activities. This study further showed that conscientiousness personality trait significantly predicted delinquent activities and emotional intelligence ($\beta = .85$, $p < .001$; $\beta = .84$, $p < .001$ among women students and men students respectively). In turn, emotional intelligence significantly predicted delinquent activities ($\beta = .09$, $p < .001$; $\beta = .08$, $p < .05$ among women students and men students respectively). The results suggested that conscientiousness personality trait is indirectly (through emotional intelligence) affected by delinquent activities. This study further suggests that there is a negative relationship between aggression and emotional intelligence while there is a positive relationship between emotional intelligence and delinquency among women students and men students. The results also reveal that delinquency is negatively correlated with aggression and positively correlated with emotional intelligence for both men and women students. Recommendations of the study are that both men and women university students can equally be benefitted by an intervention addressing delinquent activities however; women students can get more benefit by addressing personality traits. This current study would be helpful for clinical and pedagogical settings to prevent delinquent activities among university students.

Understanding Gender Differences in Age Discrepancy and Marital Satisfaction among Middle Class Couples

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This study aims to determine the relationship of age discrepancy with overall marital compatibility and compatibility of age discrepant couples with respect to gender differences. A total sample of 65 couples in the age range 18 to 45 years belonging to middle class was purposefully obtained from Karachi. Twenty couples with age difference among spouses were selected as of 0 to 2 years age difference, twenty five were selected as of 5 years age difference, and twenty couples were selected with age difference among spouses as of 10 years and above. Only the married couples, where husband was older than wife were selected. Revised Dyadic Adjustment Scale (RDAS) was used to analyze the compatibility of both the spouses. The results were analyzed using Pearson Correlation. This study suggested negligible correlation ($r = -.02$) between age discrepancies and overall marital compatibility in adult couples and presence of weak negative correlation ($r = -.27$) between age discrepancy of males and marital compatibility and weak negative correlation ($r = -.28$) between age discrepancy of females and marital compatibility.
Translation, Adaptation, and Cross Language Validation of Tinnitus Handicap Inventory (THI)

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The term Tinnitus is developed from Latin word *tinnire* meaning to ring (Habets, 1995). The noises that can be heard which include hissing, whistling, buzzing, and ringing etc. Around a quarter of adults experience Tinnitus at any one time (Shargorodsky, Curhan, & Farwell, 2010). The noises heard have changeable intensities along with different pitch, duration, and loudness. Moller (2000) stated that Tinnitus noise in terms of intensity ranges from just noticeable to that of roaring noise therefore affecting all facets of life. Tinnitus can have a major effect on an individual’s quality of life and is very complex to measure. Lee, Kim, Hong, and Lee (2004) have mentioned that Tinnitus is not a kind of hallucination of psychiatric illness. One of the most accepted questionnaires used in this area is the Tinnitus Handicap Inventory (THI; Newman, Jacobson, & Spitzer, 1996). The aim of this study was to determine the reliability and validity of Urdu translation of the Tinnitus Handicap Inventory (THI-U). This study was performed in collaboration with the Psychology Department of Foundation University, Islamabad and otolaryngologists/Audiologists from Islamabad and Lahore. A total of 60 patients aged between 14-80 years with Tinnitus completed the THI-U. Test-retest correlation scores were highly significant. The THI-U and its subscales showed good internal consistency ($\alpha = .78-.98$). High to moderate correlations were noted between THI-U, Tinnitus symptom rating, and psychological impact. The results suggest that the THI-U is a reliable and valid tool which can be used in all clinical settings to evaluate and quantify the impact of Tinnitus on the quality of life of a Tinnitus patient.

The Moderating Role of Gender between Narcissism and Body Image in Pakistani Students

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Present study was aimed to investigate moderating role of gender between narcissism and body image in Pakistani students. Purposive sampling technique was used based on cross-sectional design. Sample comprised of 150 university students which were taken from different Universities of Rawalpindi and Islamabad. Age ranged from 20-40 years. Two scales were employed to assess’ narcissism and body image among female and male Pakistani students. The result revealed that narcissism had significant negative association with body image in female students. The result revealed that narcissism was a significant predictor for body image ($B = .31, p < .05$; $B = .02$, n.s for female students and male students respectively). The results revealed that gender was a moderator between narcissism and body image in Pakistani students. The results suggested that female students were more vulnerable on narcissism and body image than male students. It would be helpful for pedagogical and clinical settings to understand the personality problem of university students.
ICPG 2016-215

The Impact of Marital Status at the time of Attack on the Psychological Well-Being of Female Acid Attack Survivors

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The present study was conducted with an aim of empirically endorsing the impact of marital status at the time of acid attack on the psychological well-being of the female acid attack survivors. It attempted to quantitatively validate the influence of marital status at the time of acid attacks, on the post attack psychological well-being of female acid attack survivors. For this purpose 48 female acid attack survivors were contacted through purposive sampling who have been attacked 2-5 years ago and have undergone their reconstructive surgery. They were interviewed with the help of a semi-structured demographic information form and their psychological well-being levels were analyzed through Urdu translated Ryff Scale of Psychological Well-Being. The results revealed that the levels of psychological well-being among female acid attack survivors vary by the pre-attack marital status with p < .05.

ICPG 2016-216

Work-Family Conflict, Stress, and Workplace Deviance among University Teachers

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The current study focused on work-family conflict, stress, and its relationship with workplace deviance among university teachers, gender, and teaching sector differences were also explored among them. Sample comprised of participants (N = 225), including both men (n = 103) and women (n = 122). The age range of the participants was 25 to 60 years. The data was obtained by using three scales, Work-Family Conflict Scale (Carlson et al., 2000), Teachers Stress Scale (Muazzam, Mubeen, Hassan, & Batool, 2013), and Workplace Deviance Scale (Bennett & Robinson, 2000). Demographic information was assessed by using percentages and frequencies. The data was analyzed by using bivariate correlation and t-test. The outcomes of this study showed that work-family conflict and stress has a significant relationship with workplace deviance and there were significant gender differences and teaching sector differences in work-family conflict, stress, and workplace deviance.

ICPG 2016-217

Attitude towards Sex Biases in Hiring

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The present research was aimed at exploring the attitude toward sex biases in hiring. A representative sample of faculty from educational institutes was taken from the universities of Islamabad. Participants (N = 90) were approached through purposive convenient sampling method with age range 24-64 years. A demographic sheet, detailed resume and Gender Role Attitude Scale (GRAS; Saqib & Kamal, 2004), was used for the data collection. Several demographic variables and factors were assessed through various statistical methods. Results showed that being male candidate had more chances of selection over female and third gender
candidates. Third gender was also accepted due to sympathies with them as they are discriminated and had fewer opportunities. Significant difference was found on Gender Role Attitude Scale for hiring participants, it was observed that participants who hired male candidate scored significantly lower than participants who hired female candidate and third gender. Logistic regression results also proved that traditional gender role attitude predicts selection of male candidate while modern gender role attitude predicts selection of third gender. Implications, limitations, and suggestions for future research are discussed as well.

ICPG 2016-227

Impact of Negative Life Events on Mental Health among Old Age People: Moderating Role of Social Support

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Older people may be particularly prone to mental health problems because of the increased likelihood that they will be experiencing stressful life events. Present study was carried out to examine the moderating role of social support on the relationship between negative life events and mental health among old age people. Sample consisted of 154 old age people including both men (n = 84) and women (n = 70). Data was collected through convenient sampling technique. Negative Life Events (Wills, 1996), Mental Health Inventory (Veit & Ware, 1983), and Social Support Scale (Cohen & Hoberman, 1983) were used to collect data. Pearson product moment correlation coefficient was used to assess correlation among variables. Hierarchical regression was applied to find out the moderating effect of social support between negative life events, psychological distress, and psychological well-being among old age people. Findings suggest that provides and develop some intervention and prevention programs for old people and should pay attention to the occurrence of negative life events and their mental health in old age.

ICPG 2016-229

Perceived Stress in Student Nurses: A Study of Gender Difference

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The aim of present study was to investigate if there is a gender difference in the level of perceived stress among student nurses in Karachi, Pakistan. Nursing has long been considered one of the most stressful professions worldwide. Nurses reportedly encounter endless stress while pursuing their undergraduate program (Evans & Kelly, 2004). Research conducted over many years, demonstrates a consistent high level of stress experienced by student nurses (Gibbons et al., 2008) that was related to various academic, clinical, and personal aspects encountered throughout their academic and training period (Gibbons et al. 2008; Pryjmachuk & Richards 2007). Data was gathered during the year 2013 from various nursing schools of Karachi. It was hypothesized that there would be a significant gender difference in the levels of perceived stress in trainee nurses. The sample consisted of trainee nurses (N = 106) including both male (n = 53) and female (n = 53) nursing students of age range 19-27 years (Mage = 21.88, SD = 2.292), which were recruited from various nursing schools of Karachi, by using random sampling technique. Perceived Stress Scale (PSS; Mushtaq, Ahmad, & Khanam, Unpublished Article) originally developed by Cohen, Kamarck, & Merlmerstein (1983) along with the demographic sheet was administered on participants. Independent sample t-test was applied to
analyze the data by using Statistical Package of Social Sciences (SPSS) version 16.0. Findings revealed nonsignificant gender difference in the levels of perceived stress ($t = -1.419$, $df = 104$, $p < 0.159$). It can be concluded that due to the stressful nature of the nursing profession, both genders have equal risk to experience stress. The findings of the study have highlighted the need to plan effective interventions to decrease stress level and its deleterious effects for this noble population, not only from nursing educators, but also from curriculum developers. Current study will also play an important role to get attention of researchers and mental health professionals to conduct further researches for making improvement for this neglected population.

**ICPG 2016-230**

**Relationship between Religiosity and Death Anxiety: Moderational Role of Gender among Pakistani Older Adults**

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The present study proposed a moderating role of gender in the relationship between religiosity and death anxiety among Pakistani older adults. A sample of 515 older adults from different urban and rural areas of Punjab (Pakistan) was purposively chosen for this study. In order to measure religiosity Urdu translated Religious Practice and Belief Scale (Ghayas & Batool, 2016), Urdu Translated Brief Religious Orientation Scale were used, and Urdu translated Arabic Scale of Death Anxiety was used to measure the death anxiety level of participants. Hierarchical regression analyses provided empirical support for the proposed model and revealed that relationship between extrinsic religious orientation and death anxiety is moderated by gender. Results revealed that extrinsic religious orientation is positive predictor of death anxiety among men but in women extrinsic religious orientation is not determinant of death anxiety. Moderational analysis showed that gender was not playing the role of moderator in relationship of intrinsic religious orientation and religious practice with death anxiety but relationship of religious belief and death anxiety appeared to be moderated by gender. It was found that the positive relationship between religious belief and death anxiety is found only in men. Limitations and suggestions for future research have also been discussed.

**ICPG 2016-233**

**Trust and Perceived Social Support as Predictor of Marital Satisfaction among Love and Arrange Marriage Couples**

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The present research was designed to investigate that trust and perceived social support predict marital satisfaction among love and arrange marriage couples. It was hypothesized that the trust, perceived social support, and marital satisfaction would be high in females as compared to male. The sample ($N = 120$) comprised of love marriage couples ($n = 60$) and arrange marriage couples ($n = 60$). Data related to study was collected from married couples on personal level from their homes. Trust, perceived social support, and test your own marriage satisfaction scales were used to explore these phenomena. The reliability analysis were computed for all the measures and found to be significant. The independent sample $t$-test revealed that there was nonsignificant difference between men and women on these variables. It was further revealed that trust and perceived social support positively predict the marital satisfaction of married couples. Furthermore data showed that irrespective of gender, trust and perceived social
support had an equal effect on the marital satisfaction of men and women. It was also revealed from results that marital satisfaction was high among arrange marriage couples as compared to love marriage couples. Possible reason behind this finding is that arrange marriage couples have the trust and social support from their family and society which enhance their marital satisfaction but on the other hand love marriage couples have issues with regard to trust and social support which further influences their marital satisfaction negatively. Limitations and implications of the study were also discussed.

ICPG 2016-237

Relationship between Appearance-Related Social Pressure and Appearance Comparisons

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The purpose of the present study is to investigate the relationship between appearance-related social pressure and appearance comparisons with neuroticism as a mediating variable. It is seen that the strongest influences on the development of body image and body image disturbance in societies are socio-cultural factors, particularly in women (Thompson, 1996). Social influence can be defined as a real or imaginary pressure exerted by others that shapes an individuals’ behavior. A concern of self-presentation, social physique anxiety, is expressed as worry about others’ negative evaluation of ones’ appearance in a social context. It is likely to result when an individual compares his or her body shape to the ideal shape culturally promoted (Sabiston, Crocker, & Munroe-Chandler, 2005), particularly when a discrepancy is perceived. In this study, it is hypothesized that neurotic people who experience high social pressure related to their appearance will engage in higher appearance comparisons with others. The sample consists of 150 adults (males and females) above 18 years of age. The measures used in the study were: demographic information form, pressure subscales of Socio-cultural Attitudes Towards Appearance Questionnaire (SATAQ-4; Heinberg et al., 1995), Physical Appearance Comparison Scale (PACS-R) and neuroticism subscale of Big Five Personality Inventory (John & Srivastava, 1999). Inferential statistics including Pearson correlation was used to explore the relationship between study variables. Results are discussed in the light of self objectification and influence of media on ones’ body image, as well as personality traits that affect self image.

ICPG 2016-240

Multitasking and Job Satisfaction among Working Men and Women: A Mixed Method Approach

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The current study was aimed to investigate gender differences on multitasking and job satisfaction among university teachers by employing the mix method approach. The study comprised of two stages. In stage I a quantitative design was employed, in which a sample of 114 university teachers including men (n = 56) and women (n = 58) teachers (M = 32.43, SD = 9.65) were selected to collect the data on Communication/ Media Multitasking Measurement Instrument (CMMI; Kushniryk 2008) and General Job Satisfaction scale (Heckman & Oldham, 1975). The demographics (gender, age, education, marital status, job experience, profession, no. of children, and no. of dependents) information was also collected in order to study the effects of these variables in relation to multitasking and job satisfaction. In stage II, the individuals scored high on multitasking identified in the stage I through the quantitative method were
selected to conduct the in-depth interviews in order to get the rich and indigenous understanding of the construct. Results of independent sample t-test indicated nonsignificant differences on age and gender for multitasking and job satisfaction but mean values were slightly higher among female teachers. The results of moderation found no significant variance caused by gender and multitasking on job satisfaction. However nonsignificant positive relationship between multitasking and job satisfaction was also found in quantitative study whereas; in qualitative study it was reported that multitasking enhances the performance through time management, and task prioritization. Moreover, there is a significant difference between two groups of no. of dependents on multitasking and its two sub scales general multitasking ability and primary and secondary tasks simultaneously ($p < .05$).

ICPG 2016-241

Social and Cultural Aspects of Gender Disparity at Secondary School Level: District Battagram

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This descriptive study aims to investigate social and cultural aspects of gender disparity at secondary school level in District Battagram. Despite the different initiatives taken by the Government in the light of Millennium Development Goals (MDG), the net enrolment rate for girls is still just 29 % at secondary school level in Pakistan. Social and cultural factors are mainly responsible for this inequality in the region of Khyber Pakhtunkhwa. The data was collected from 300 respondents (100 teachers and 200 students from rural and urban area) through self-designed questionnaire consisting of 26 items. Descriptive and inferential statistics were used to analyze data. Parents and community attitude toward girls education, preference of male education over female, concept of honor, early marriages, lack of awareness regarding the importance of female education, school distance, and limited number of schools for girls were the major causes for gender disparity at secondary school level in District Battagram. It is recommended to launch sensitizing campaign for female education through print and electronic media by community involvement. There is a dire need to open more schools for girls to provide education at their door steps in rural areas.

ICPG 2016-243

Demographic Effects on Social Intolerance, Emotion Regulation, and Psychological Distress among Cardiac Patients

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Reluctant defiance for intolerant situation creates different emotion regulation strategies and level of psychological distress which are diversely affected by social characteristics. For that the present study explored the effect of different demographic characteristics on social intolerance, emotion regulation, and psychological distress. Purposive sample of 150 cardiac patients (53.3 % men & 46.7 % women), with age range 20-60 years were selected. To assess the study variables the Frustration Discomfort Scale (Harrington, 2005), Emotion Regulation Questionnaire (Gross & John, 2003), and Depression Anxiety Stress Scale (Levibond & Levibond, 1995) were used. Results of t-test analysis revealed that discomfort intolerance, achievement frustration, expressive suppression, and depression were higher among men.
Emotional reappraisal and anxiety was higher in women. Emotional intolerance, discomfort intolerance, and anxiety were prominent in patients from nuclear families. Depression was more prominent in cardiac patients from joint family. Age differences have shown diverse age effects on social intolerance, emotion regulation, and distress among patients. Recommendations have been discussed for future research.

**ICPG 2016-244**

**Marital Adjustment, Aggression, and Quality of Life in Patients with Rheumatoid Arthritis**

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The present study aimed to investigate the relationships among marital adjustment, aggression, and quality of life of Rheumatoid Arthritis (RA) patients. The sample for the current study comprised of 100 married RA patients, including both men \((n = 15)\) and women \((n = 85)\). The age range of the sample was from 21 to 60 years. The data was obtained by using three scales Locke-Wallace Marital Adjustment Scale (Locke & Wallace, 1959), Buss-Perry Aggression Questionnaire (Buss & Perry, 1992), and the Ferrans and Powers Quality of Life Index Arthritis Version-III (Ferrance & Powers, 1985). These measures were translated in local language to obtain more authentic outcomes. Data was analyzed using \(t\)-test and correlation. The outcomes of the study illustrated significant positive relationship between the quality of life and marital adjustment of RA patients. Furthermore, the inferences revealed the significant negative association between marital adjustment and aggression among the participants. The analysis showed significant negative correlation between quality of life and aggression. There were nonsignificant differences in early and middle adulthood regarding quality of life and marital adjustment of patients with RA.

**ICPG 2016-247**

**Quality of Life and Happiness among University Students**

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Quality of life and happiness are critical determinants among men and women university students. Students are cream of any nation which makes future of country. Quality of life and happiness are interrelated. As everyone has right to pursue happiness, present research aimed at investigating the relationship between the quality of life and happiness among university students. The study also aimed to investigate the relationship between the associated domains of quality of life with happiness among university students. A sample of 200 university students were collected including both men \((n = 100)\) and women \((n = 100)\) from International Islamic University, Islamabad. Data was collected by using purposive sampling. Two standardized instruments were used to test the variables, WHO Quality of Life Scale and Subjective Happiness Scale. Correlation and linear regression analysis were used for data analysis. Results of correlation revealed that quality of life has significant positive correlation with happiness. It implies that when quality of life improves level of happiness increases among men and women university students. It was further indicated that quality of life significantly predicted happiness i.e., the one who has good quality of life will be happier and satisfied in life. The findings have important implications for social workers for enhancing happiness among students.
Revisiting Bystander Effect: An Experiment

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The study investigated the effect of bystanders on the helping behavior of women. It was hypothesized that there will be a negative relationship between helping behavior of women and number of bystanders. Experimental research design was used in which a lab experiment was conducted. Through purposive sampling, a sample (N = 24) including both men and women, 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 indicate that there is a significant decrease in helping behavior in the presence of bystanders. Women showed more diffusion of responsibility in the presence of bystanders as compare to men. The following research can be helpful to study this phenomenon 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 affect the helping behavior. Likewise, teaching the importance of helping other people when encountered with a situation that include bystanders.

Aggressive Behavior and Coping Strategies in Type A and Type B Behavior Patterns among Cardiac Patients: Gender Perspective

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The present study was conducted in order to explore the aggressive behavior and coping strategies in type A and type B behavior pattern among cardiac patients. The study was also aimed to assess the gender differences among cardiac patients with respect to coping strategies and aggressive behavior. A sample of cardiac patients (N = 101) was taken from the different private and government hospital of Multan and Faisalabad. The sample had both male (n = 55) and female (n = 45) patients. Purposive convenient sampling technique was used to select the sample. Buss-Perry Aggression Questionnaire, Brief Cope Inventory, and Anjum Khalique Type A Scale were administered for the data collection. For data analysis independent sample t-test and intercorrelational matrix were used. The findings show that there were significant differences in emotional and problem focused coping strategies with respect to gender among cardiac patients [t (99) = -3.79, p < .05] but there is nonsignificant difference between avoidant coping strategies and gender [t (99) = -1.61, p = n.s.] male and female cardiac patient were same in their level of aggression in both type A and type B behavior patterns. The results also show negative correlation between level of aggression and age among cardiac patients (r = -.33, p < .01). The findings also have also shown that with reference to age groups significant differences were there in problem focused coping strategies. But there were nonsignificant differences in age groups on emotional focused coping and avoidant coping strategies among cardiac patients [t (99) = 3.10, p < .05].
ICPG 2016-259

Psychological Distress as a Predictor of Interpersonal Functioning and Life Satisfaction among Drug Addicts

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Present study explored psychological distress as a predictor of interpersonal functioning and life satisfaction among drug addicts. Data was collected from 160 drug addicts (cocaine, cannabis, heroine, and alcohol users) of age range 18 to 65 years from different rehabilitation centers of Islamabad and Rawalpindi i.e., Islamic Medical Centre (Islamabad), Devotion Rehab Centre (Rawalpindi), Institute of Rehabilitation and Drug Addiction (IRADA; Rawalpindi), and Najaat Trust (Rawalpindi). Three standardized scales were used in the research that were highly reliable Kessler Psychological Distress Scale (α = .82), Satisfaction With Life Scale (α = .74), and Interpersonal Relationships Questionnaire-Short Form (α = .72). Results of the study revealed that psychological distress has strong positive correlation with interpersonal functioning and life satisfaction. Psychological distress is a strong predictor of interpersonal functioning and life satisfaction. Psychological distress is also a significant predictor of subscales of interpersonal functioning i.e., avoidance of interpersonal intimacy, disagreement, conflict, emotional experience, and expressing emotions whereas it is nonsignificant predictor of interpersonal connection. The research is conducted to throw light on interpersonal and intrapersonal functioning of drug addicts in order to deal with psychological distress and unhealthy coping strategies (drug addiction) so as to increase their functioning in different aspects of life.

ICPG 2016-261

Moderating Role of Gender in Relationship between Self Esteem and Social Anxiety among Young and Middle Adults

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The present study aimed at exploring the relationship between social anxiety and self-esteem among young and middle adults (N = 300) from Sargodha city. The data was collected through convenient sampling technique from men (n = 150) and women (n = 150) with education matriculation or above. The Urdu translated versions of Self-Esteem Scale (Rosenberg, 1965), and Social Anxiety Scale (Liebowitz, 1987) were used to measure the constructs of the present study. Before assessing the relationships among the variables of study, the psychometric soundness of the instruments for measuring various constructs was examined. For this purpose, descriptive statistics and internal consistency levels for all scales were determined. Correlation matrix demonstrated that self-esteem and social anxiety are negatively correlated with each other. Regression analysis revealed self-esteem as negative predictor of social anxiety. Furthermore, t-test revealed significant gender differences in self-esteem and social anxiety. Moderation analysis demonstrated moderating role of gender in relation between self-esteem and social anxiety. Implications of the study along with its limitations were discussed and recommendations for future research were suggested.
Gender Role Identity, Body Mass Index and Disordered Eating Behaviours among Adolescents: Moderating Role of Gender

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Present study is an attempt to see moderating role of gender on relationship between gender role identity and disordered eating behaviors among adolescents in Pakistani context. Sample 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 ($M = 38.82; SD = 8.91$) were taken. Instruments used were Modified Bem Sex Role Inventory (Saleem, 2010) and Eating Disorders Inventory Referral Form (Garner, 2004). Result of correlation revealed significant positive relationship between gender role identity and disordered eating behaviors. Adolescents with following gender roles were identified as masculinity ($n = 158$), femininity ($n = 120$), and undifferentiated ($n = 37$) with the help of hybrid scoring method and result shows significant gender differences among these groups. Body Mass Index (BMI) groups were identified as underweight ($n = 130$), normal weight ($n = 180$), and overweight ($n = 30$). It was indicated that overweight individuals were higher on bulimia, drive for thinness, and body dissatisfaction as compared to underweight and normal weight individuals. Moderation analysis revealed that girls high on masculinity score less on bulimia and body dissatisfaction while opposite trends can be seen in boys. 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. While on undifferentiated group, gender did not predict the relationship between undifferentiated and drive for thinness but moderates the relationship between undifferentiated, bulimia, and body dissatisfaction. Results also indicate that female gender with femininity is more inclined towards disordered eating behaviours (bulimia, drive for thinness, and body dissatisfaction). The findings are new to literature as it fulfils the need to promote awareness among health professionals and general population about serious health consequences associated with gender role identity and disordered eating behaviours in Asian cultures.

Moderating Role of Gender between the Relationship of Physical Attractiveness and Sexual Esteem among Adults

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Present study was designed to investigate the relationship of physical attractiveness and sexual esteem among men and women. The major emphasis was to explore the gender differences on the study variables along with exploring for other demographic variables such as age, marital status, and family monthly income. The sample consisted of adults ($N = 320$) including males ($n = 130$) and females ($n = 190$) with age range 18 to 35 years. Sample was collected from Islamabad and Rawalpindi. Multidimensional Body Self Relations Questionnaire- Appearance Scale (MBSRQ-AS; Cash, 2002) was used to measure physical attractiveness and sexual esteem was measured by the subscale of Multidimensional Sexual Self-Concept Questionnaire (Snell, 1998). The findings indicated that all the dimensions of physical attractiveness were significantly correlated with sexual esteem except self-classified weight. The findings of $t$-test
indicated gender differences on appearance evaluation. There were no gender differences on other study variables. Hierarchical multiple regression analysis was used to predict the moderating role of gender between the relationship of physical attractiveness and sexual esteem. Gender did not moderate the relationship of any of the dimensions of physical attractiveness and sexual esteem. Among married individuals, those with arranged marriages scored high on sexual esteem as compared to those with love marriages. ANOVA was used to analyze the mean differences with respect to marital status for study variables. The findings indicated that single individuals had high physical attractiveness as compared to married and engaged individuals. Study findings will provide a better understanding about the role of physical attractiveness and need of sexual esteem in developing and maintaining relationships.

Gender Differences with Regard to Affluenza, Self Esteem, Life Satisfaction, and Psychological Well-Being among Adolescents

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The aim of present study was to discern relationship of affluenza with self esteem, life satisfaction, and psychological well-being among adolescents and to explore the gender differences in terms of affluenza. The study was carried out on a sample of students (N = 341) including boys (n = 158) and girls (n = 183). The sample was approached through convenient sampling technique. Mattison Affluenza Scale (Mattison, 2012), Self Esteem Scale (Rosenberg, 1965), The Satisfaction With Life Scale (Diener, 1985), and Psychological Well-being Scale (Ryff, 1989) were used to achieve the said objectives of the present study. Results indicated that affluenza was positively correlated with life satisfaction but it had negative relationship with self-esteem and psychological well-being. Predicting role of affluenza with self esteem, life satisfaction, and psychological well-being was also computed to find the extent to which affluenza influence these. Multivariate analysis showed nonsignificant gender differences on self esteem, life satisfaction, and psychological well-being. Moreover, the interactive analysis showed that the level of affluenza is high among males in joint family system than females, this is because of the reason that males need to compare their success with other male members of the family that is why they score high on affluenza. Affluenza is symptomatic of a culture that holds up financial success as one of the highest achievements, so in our culture it came out to be very important to be considered successful in financial terms to have some achievement in the eyes of society that is why males scored high on affluenza. Implications and suggestions have also been discussed.

Gender Differences With Regard To Prevalence of Workplace Bullying

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Workplace bullying is a noteworthy issue that prevails in different organizations and has devastating impacts on employees as well as on organizations. This issue has an equally negative impact on men and women employees. The present research is an attempt to find out the gender differences with regard to experience and prevalence of workplace bullying. To achieve this objective, Negative Acts Questionnaire comprising of 29 items was used. A sample
of employees ($N = 538$) were selected from four different professions (Doctors, University Teachers, Bank Employees, and Telecommunication Employees). After taking the permission from the concerned authorities data were collected from employees. The reliability analysis showed acceptable values ranging from .87-.94. Results revealed that significant gender differences exist in terms of experience/perception of workplace bullying as men experience high workplace bullying than women. Study further reveals that men score high on both forms of workplace bullying i.e., person-related and work-related. It means that men becomes target by experiencing attacks on personal life as well as are being criticized on their work life. Study further revealed that highest prevalence of workplace bullying is found to be in the telecommunication sector where employees have to deal with customers as well while lowest prevalence rate was found to be among university teachers. Significant gender differences were also found on perpetrator of workplace bullying as men reported greater incidence for being bullied by the supervisor as compared to the women. Men also scored high on past bullying as compared to women. So it can be summarized that men become more targets of workplace bullying as compared to women. Limitations and suggestions are also discussed.

**Keywords:** Workplace bullying, experience, prevalence, employees

**ICPG 2016-269**

**Impact of Resilience and Optimism on Psychological Well-being among University Students**

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Aim of the present study was to measure the impact of resilience and optimism on psychological well-being among university students. The sample consisted of ($N = 360$) university students with males ($n = 172$) and females ($n = 188$) from university of Sargodha. Resilience Scale was used in the study while to measure psychological well-being and optimism Warwick-Edinburg Mental Well-Being Scale and life orientation tests were used respectively. Data was analyzed by using correlation and linear regression analysis. Gender differences were measured and results indicated that resilience and optimism were significant positive predictors of psychological well-being. Findings of study indicate the need for specific interventions in order to develop more resilient and mentally sound members of the society.

**ICPG 2016-278**

**Self-Perception of Ageing and Mental Well-being: An Exploratory Inference on Gender Difference**

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"My glass shall not persuade me I am old" (Shakespeare)

Self-perceptions of aging refer to general evaluations of ones’ own aging process determined in terms of gain and loss with perception of growth and decline in age. Subjective age was first conceived as an indicator of age that might be related stronger to a persons’ level of functioning than chronological age (Havighurst & Albrecht, 1953). The main objective of the study was to determine relationship of self-perception of ageing with psychological well-being and then try
to establish gender difference through it. It was hypothesized that positive age perception impels psychological well-being among male and female of working class. It is ascertained that gender difference is moderating element in age perception and mental well-being. The sample size comprised of \((N = 150)\) with age range 30-60 years including three age groups. Data was collected through convenience sampling. Instruments used in current study were The Brief Ageing Perceptions Questionnaire (B-APQ; Sexton, King, Morgan, & McGee, 2014) and the short version of Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS; Brown et al., 2007) with higher psychometric properties. Results were drawn through applying correlation, \(t\)-test through SPSS. Over all it was evident that self-perception have positive correlation with psychological well-being. Although self-perception of ageing shows no difference among working male and female but difference exists among male and female on psychological well-being. Detailed findings are elaborated further.

ICPG 2016-283

**The Analysis of Antecedents of Customer Loyalty within Pakistan White Good Industry**

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In todays’ business scenario competition is becoming more and more aggressive in all industries day by day. Firms are required to establish a long-run lucrative relation with consumers and get customer loyalty. The objective of this research was to check the antecedents of consumer loyalty concentrating white good industry within Pakistan. An investigative model is made to test the association among perceived product quality, trust, brand image, and perceived switching cost. These all are actual antecedents of consumer loyalty, usually loyal consumers purchase extra, ready to pay additional costs, and become a source of positive word of mouth. Many organizations are losing customers day by day at a very high rate and this is a very alarming situation for all the companies. All the companies are trying to pull in new customers and are trying to retain them for long time through different marketing tactics. This study checked the association between the five variables in proposed model (perceived product quality, brand image, perceived switching cost, trust, and customer loyalty), within Pakistan White Good industry. Saving the time and cost, the population is selected only from the area of Lahore and sample size of questionnaire will be 200. We will contact different segments like parents, professionals, and students for receiving authentic information.

ICPG 2016-286

**Development and Validation of Indigenous Child Anger Expression Scale**

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The aim of present study was to develop an indigenous measure of anger that provides rapid and thorough assessment of anger expression and its intensity in children both normal and children with emotional-behavioral problems especially within Pakistani cultural context. The study was carried out into two phases; in the first phase, a pool of 81 items was generated while conducting two separate focus groups with parents and teachers, personal in-depth interviews with ten children and four child mental health professionals. After establishing content validity, items were pretested for comprehension. In the second phase, psychometric properties of the scale were determined. A purposive sample of 405 children with the age range 9 to13 years (\(M\)
Sample of normal children \((n = 205; M = 11.18, SD = 1.56)\) including 101 boys and 104 girls were drawn from two public and two private schools and 200 children with emotional-behavioural problems \((M = 11.73, SD = 1.23)\) including 102 boys and 98 girls were drawn from child psychiatric units of two hospitals in Lahore. Principal component analysis (PCA) with varimax rotation and Kaiser normalization generated four factors which were labeled as externalized anger, feeling of rejection, hostility and violence, and internalized anger. Convergent validity was determined with the help of State Trait Anger Expression Inventory-2 for Children and Adolescents (Brunner & Spielberger, 2009). The specificity and sensitivity index was also calculated through ROC analysis. The findings were discussed in terms of the structure of the anger expression within Pakistani cultural context. Implications were made along with recommendations.

ICPG 2016-287

**Self-Compassion and Adjustment among Married Men and Women**

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The aim of present study was to explore the relationship between self-compassion and adjustment among married individuals. Sample comprised of 263 married individuals including women \((n = 130)\) and men \((n = 133)\) with age range 20 to 60 years \((M = 35.63, SD = 8.69)\) from Islamabad and Rawalpindi. Purposive convenience sampling was employed for data collection. Urdu versions of Self-Compassion Scale (Imtiaz, 2012) and Dyadic Adjustment Scale (Naseer, 2000) were used for data collection. Findings showed that there is a significant positive relationship between self-compassion and marital adjustment. Multiple regression analysis showed that self-kindness subscale of Self-Compassion Scale was significant predictor for marital adjustment for women whereas for men over-identification subscale of Self-Compassion Scale was the significant predictor for marital adjustment.

ICPG 2016-288

**Mediating Role of Performance Failure Appraisal between Impulse Control and Active Procrastination: A Gendered Perspective**

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The present study aimed at examining the relationship among impulse control, performance failure appraisal, and active procrastination with reference to gender in a convenient sample of undergraduate students \((N = 305)\) of University of Sargodha. Active Procrastination Scale (Choi & Moran, 2009), Impulse Control Scale (Goldberg et al., 2006), and Performance Failure Appraisal Inventory (Conroy, Poczwardowski, & Henschen, 2001) were used for measuring their corresponding constructs. Impulse control had a positive correlation with active procrastination whereas performance failure appraisal and its dimensions were negatively related to active procrastination and impulse control. Hierarchical regression analysis for active procrastination revealed the control variables of age and gender as significant predictors \((R^2 = .03, F = 4.36, p < .05)\), impulse control as positive predictor \((\Delta R^2 = .027, F_{change} = 8.48, p < .01)\), and performance failure appraisal as negative predictor \((\Delta R^2 = .20, F_{change} = 79.57, p < .001)\). Among various dimensions of performance failure appraisal, fear of upsetting significant others and fear of devaluing ones’ self-estimates turned out to be the negative predictors of active procrastination.
procrastination \( (\Delta R^2 = .06, F_{\text{change}} = 5.84, p < .001) \). Path analysis revealed that fear of upsetting important others and fear of devaluing one’s self estimate mediated between impulse control and active procrastination. Gender moderated the mediational influence of fear of upsetting important others between impulse control and active procrastination. Findings have been discussed in indigenous cultural context.

The Moderating Role of Emotional Intelligence between Procrastination and Development of Depression, Anxiety, and Stress among Male and Female University Students

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The aim of this study was to investigate the moderating role of emotional intelligence between procrastination and development of depression, anxiety, and stress among men and women university students. The data for this study consisted of total sample 200; including both men students \( (n = 73) \) and women students \( (n = 127) \), taken from the different universities of Islamabad and Rawalpindi. Their ages ranged from 18 to 40 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate procrastination, emotional intelligence, and depression, anxiety, and stress among men and women university students. This study revealed that emotional intelligence was a moderator between procrastination and development of anxiety for men. The result revealed that men were more vulnerable on anxiety as compare to women. Recommendation of the study is that men students can get more benefit by addressing the anxiety. It would be helpful for educational and clinical settings to resolve the conflict of university men and women university students.

The Link between External Assets and Self-Perceived Freedom of Marginalized Youth

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The present study was set out to gauge the nature of linkage between external developmental assets and multidimensional self-perceived freedom of youth living in marginalized zones of Punjab, Pakistan. In sum, 437 (seven respondents per indicator along with a 20% attrition rate) marginalized youth were sampled from two least quality of life containing divisions of Punjab (Multan = 211 & Bahawalpur = 226; \( M = 22.14, SD = 7.11 \)). The multi-stage sampling was used to collect the data. The Developmental Assets Profile and Multidimensional Self-Perceived Freedom Questionnaire were employed. The data was analyzed using of SPSS version 21.0 and results depict that support and empowerment had significant positive relationship with self-perceived freedom. Moreover, boundaries and expectations had significant negative correlation with self-perceived freedom. Finally, the constructive use of time found positive but nonsignificant relationship with self-perceived freedom. Conclusively, external asserts should be taken care positively to enhance the self-perceived freedom of marginalized youth. Limitations and future avenues of the study are also cordoned off.
ICPG 2016-296

Emotional Regulation and Self-esteem among Patients with Generalized Anxiety Disorder

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The research was aimed to study self-esteem and emotion regulation among patients with generalized anxiety disorder (GAD). A total sample of 30 patients, both men (n = 15) and women (n = 15) GAD patients were presented in sample. Sample was selected on the basis of non-random purposive sampling technique. The Rosenberg Self-Esteem Questionnaire was designed by Rosenberg (1965) consists of 10 items to check the self-esteem in patients. The Emotion Regulation Scale was developed by Gross and John (2003) consists of 10 items to check the emotion regulation in patients. Data was analyzed through SPSS version 21.0. Statistical techniques such as frequency distribution, descriptive analysis, and correlation were used for analysis. Current study has shown that self-esteem and emotion regulation were low among GAD patients. As compared to men, self-esteem was low in women GAD patients. Age was significantly correlated with self-esteem and emotion regulation. Results also revealed a significant positive correlation between self-esteem and emotion regulation. Due to shortage of time sample size was limited. This study can be helpful because the prevalence of GAD is increasing day by day. Due to lack of time data was only taken from Bahawalpur. Every person is experiencing the symptoms of GAD, so it will be helpful for mental health professionals to understand psychological management of patients.

ICPG 2016-303

Relationship between Parenting Styles and Academic Performance of Students

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Present research was aimed to study the relationship between parenting styles and academic performance and to explore the effects of parenting styles on children academic performance. The scale used was Urdu translated version of Parental Acceptance-Rejection Control Questionnaire (PARQ/C; Varda, 2005). There were two forms of the Questionnaire i.e., a father form and a mother form. Pilot study was done with 12 students (including boys & girls) from different schools. Main study consisted of 100 students, including both girls (n = 50) and boys (n = 50). The questionnaire contains 73 items. It measures five domains i.e., perceived maternal or paternal warmth/affection, hostility/aggression, indifference/neglect, undifferentiated/rejection, and control. Relationship between parenting styles were analyzed through computation of Pearson Product Moment Correlation between scores on PARQ/C father and mother forms and academic percentages of students. The results indicated that correlation was in the desired direction but could not achieve statistical significance. Group differences based on five academic performance groups (based on percentages of academic scores) were analysed on PARQ/C-F using analysis of Variance (ANOVA). Mean differences were significant among different percentage groups. Results indicated academic performance of students who faced rejecting parenting style from their parents (both father and mother) was significantly lower than those who faced accepting parenting style from the parents.
Psychology of Gender in Perspective: Issues and Challenges (December 1-2, 2016)

ICPG 2016-309

The Link between Resilience and Subjective Well-Being of Pakistani Youth: Mediating Role of Perceived Social Support - A Gender Focussed Study

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The current study examined the direct and indirect effects of resilience (as process) on subjective well-being of Pakistani youth living in three major cities of Punjab, Pakistan, when perceived social support emerge as a mediator. The multistage random sampling technique was employed to collect the data from public and private sector higher learning institutes that comprised of 420 respondents in total, including girls \( n = 204 \) and boys \( n = 216 \), with age ranging from 18 to 29 years. For sample calculation, a-priori sample size is deliberated online (Soper, 2016). Further, eight participants per indicator along with a 20 % attrition rate were also considered. The four valid and reliable instruments were utilized i.e., Child and Youth Resilience Measure-28 (Ungar, 2013), Multidimensional Scale of Perceived Social Support (Zimet et al., 1988), Satisfaction with Life Scale (Diener, 1985), and Subjective Happiness Scale (Lyubomirsky, 1999). The data were analyzed through SPSS version 20.0 and hypotheses testing were done through regression, independent sample \( t \)-test, and mediation analysis (Baron & Kenny, 1986). The results indicated that resilience (as process) was seen to be a positive and significant predictor of subjective well-being. Similarly, perceived social support had shown significant positive mediation for the relationship between resilience and subjective well-being. Importantly, gender was found to be a nonsignificant factor. It can be inferred that resilience in the presence of social support positively enhances subjective well-being of youth, regardless of gender. The limitations and future avenues of this study were also cordoned off.

ICPG 2016-315

Gender as Moderator in Relationship between Distress Tolerance and Problematic Internet Use among Adolescents

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The present study examined whether gender distress tolerance predicts problematic internet use and whether the possible association is moderated by gender among adolescents. Sample \( (N = 420) \) of study was adolescent girls \( (n = 204) \), adolescent boys \( (n = 216) \) from different educational institutions in the premises of Rawalpindi and Islamabad with age range 15 to 19 years \( (M_{age} = 16.54, \ SD = 1.29) \). Translated versions of Problematic Internet Use Questionnaire (PIUQ; Thatcher & Goolam, 2005), Distress Tolerance Scale (DTS; Simon & Gaher, 2005) were utilized. Results indicated that girls have lower distress tolerance \( (p < .05) \) as compared to boys while boys have increased problematic internet usage than girls \( (p < .05) \). Distress tolerance and problematic internet use were significantly correlated in negative direction \( (r = - .16, p < .001) \). Regression analysis found distress tolerance as a significant predictor of problematic internet use where variance explained was 26 % in problematic internet usage. Gender was not found to be a significant moderator between distress tolerance and problematic internet use.
ICPG 2016-316

Attachment Styles, Resilience, and Acculturative Stress in National and International Female Hostel Based University Students

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National and international students are two types of hostel based university students that go through the process of adjustment in host cultural settings. Current study aimed to explore the difference in national and international hostel based female university students in acculturative stress, attachment styles, resilience, and psychological distress. Between group research design was used and purposive sampling was done. A total of 124 students, national \( n = 62; M = 22.25 \) years, \( SD = 1.8 \) years and international \( n = 62; M = 22.5 \) years, \( SD = 1.6 \) years were recruited from 11 girls hostels of University of the Punjab, Lahore. Acculturative Stress Scale for International Students (ASSIS), Attachment Style Questionnaire (ASQ), State Trait Resilience Inventory (STRI), and Depression Anxiety Stress Scale (DASS) were administered on the sample. Results revealed that international students experienced more acculturative stress, depression, and anxiety in comparison to national students. No difference was found between two groups on attachment styles, resilience, and stress. Acculturative stress did not predict psychological distress (depression, anxiety, and stress) in national and international hostel based female university students. Possible explanations of findings, limitations, and implications of the study are also discussed in Pakistani context.

ICPG 2016-317

Parenting Styles and Gender Differences in Self Efficacy and Optimism of Young Adults

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The current study examined the role of parenting style in self efficacy and optimism of young adults. It was hypothesized that there will be a positive relationship between authoritative parenting style, self efficacy, and optimism. A negative relationship was hypothesized between authoritarian parenting style, self efficacy, and optimism. Similarly a negative relationship was hypothesized between permissive parenting style, self efficacy, and optimism. Moreover, it was hypothesized that there will be gender differences in the level of self efficacy, optimism, and parenting style. The sample comprised of young adults \( N = 200 \), including both women \( n = 100 \) and men \( n = 100 \) between age range of 20 to 30 years taken from Beaconhouse National University, Lahore. The assessment of parenting style, self efficacy, and optimism was done using Parental Authority Questionnaire (Buri, 1991), General Self-Efficacy Scale (Jerusalem & Schwarzer, 1995), and Life Orientation Test-Revised (Scheier & Carver, 1994) respectively. Results of the study revealed presence of a significant positive relationship between authoritative parenting style, self efficacy, and optimism but at the same time presence of a significantly weak relationship of authoritarian and permissive parenting style with self efficacy and optimism. Findings also suggested significant gender differences in the level of self efficacy of young adults suggesting high levels of self efficacy in women as compared to men. Gender differences were also observed in the level of optimism of young adults. Furthermore findings were also indicative of gender differences in parenting styles.
ICPG 2016-320

**Parental Stress and Fear after Watching Crime Reenactment Shows related to Child based Crime**

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The present research aimed to investigate the parental stress and fear related to children related crime reenactment shows. It was hypothesized that exposure to children related crime reenactment shows is likely to predict parental stress and fear. Survey method was used to measure the parental stress and fear after watching the crime reenactment shows regarding children. The sample for the current research comprised of 157 parents, including both fathers \((n = 78)\) and mothers \((n = 77)\) taken from Islamabad on the basis of purposive and convenient sampling. Only parents of children up to 16 years were included in the sample. The measures for collecting data included an indigenous demographic information sheet, Perceived Stress Scale (PSS), Impact of Events-R Scale, and Exposure to Crime Reenactment Shows. Data was entered into the statistical package for sciences software (SPSS) version 20, in order to carry out statistical analysis. Independent sample \(t\)-test and correlation method were applied to test the hypotheses. Findings revealed that mothers take more stress than fathers after watching such programs. The findings also revealed that there is a significant relationship between exposure to child based crime reenactment shows and parental concern. The findings carry significant implications of the present study.

ICPG 2016-321

**Relationship between Brooding Rumination, Reflective Rumination, Depression, and Poor Sleep Quality among University Students**

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Present study examined the relationship between brooding rumination, reflective rumination, depression, and poor sleep quality among university students. The study comprised of adults \((N = 250)\) of age range 20 to 30 years \((M = 22.73, SD = 1.86)\). The sample was taken from different public and private sector universities of Rawalpindi and Islamabad. Ruminative Response Scale (Treynor et al., 2003), depression subscale 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 was positively related with poor sleep quality \((r = .39, p < .01)\). Results did not indicate significant difference on the demographic variables. Findings of present study were discussed in the light of relevant literature. Use of self report measures and cross-sectional nature of the study are the limitations. Current study has certain implications for the mental health professionals. It will help the clinicians to understand the role of rumination in depression and poor sleep quality.
Shame Moderating the Relationship between Communication Pattern and Marital Adjustment

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Aim of the present cross sectional questionnaire based research is to explore the relationship between communication patterns and marital adjustment among married couples. Furthermore, the moderating effect of shame is also explored. The sample consisted 100 married couples, both wives ($n = 100$) and husbands ($n = 100$) from Rawalpindi and Islamabad with age 20 to 69 years ($M = 39.49$, $SD = 11.29$). Communication Pattern Questionnaire (Christensen & Sullaway, 1984), Revised Dyadic Adjustment Scale (Crane, Bean, & Middleton, 2000), and Test of Self-Conscious Affect-3 (Tangney & Dearing, 2002) were used to measure communication patterns, marital adjustment, and shame-proneness respectively. Gender differences indicated that females are significantly higher in demand-withdraw communication than males. Correlational results indicated that marital adjustment (cohesion, consensus, and satisfaction) are positively correlated with positive communication patterns ($r = .30$, $p < .01$) and negatively correlated with negative communication patterns ($r = -.40$, $p < .01$). Multiple linear regression analysis was conducted to test moderating effect of shame proneness for the relationship between communication pattern and marital adjustment using Process Macro (Hayes, 2015). Results showed that shame moderates the effect of positive communication and marital adjustment particularly for dyadic cohesion ($B$ interaction $= -.01$, $p < .01$) explaining 3 % added variance in dyadic cohesion. Shame also moderated effect of negative communication patterns total demand-withdrawal i.e., ($B$ interaction $= .01$, $p < .05$) and men demands women withdrawal i.e., ($B$ interaction $= .01$, $p < .05$) on dyadic cohesion and explained 2 % additional variance. The findings of the present study will help in increasing the adjustment in the married couples by experiencing balanced amount of self-conscious emotions.

Effect of Television Advertisements on Body Image and Materialism among Adolescents: A Gender Perspective

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The purpose of the study was to investigate the effect of television (TV) advertisements on the body image and materialism among Pakistani adolescents. The participants completed the research instruments which included Advertisements Questionnaire (Daud, Farooq, & Anwar, 2011), Body Image Questionnaire (Peter & Smith, 2010), and Material Value Scale (Richins & Dawson, 1992). The sample of the study was 400 participants; including both boys ($n = 200$) and girls ($n = 200$) with the age range 14-19 years, selected from educational institutes of Islamabad. Data analysis independent sample $t$-test and bivariate correlation analysis, using simple regression analysis, and one way ANOVA was used in the study. The results of the study indicated that exposure to TV advertisements lead to dissatisfaction with body image among adolescents and increased materialism. The results of the study also indicated that significant difference was found among boys ($M = 63.01$, $SD = 21.56$; $M = 59.78$, $SD = 6.47$; $M = 19.91$, $SD = 6.04$) and girls ($M = 63.00$, $SD = 19.90$; $M = 58.32$, $SD = 9.37$; $M = 22.98$, $SD = 5.96$) regarding their perception about body image and materialistic values. Adolescents compare
themselves with the media images and feel dissatisfied about their body. They might also engage in different behaviors in order to get the desired body image. This dissatisfaction related to body image is found in both boys and girls.

**ICPG 2016-333**

**Gender as a Moderator between Stress and Cognitive Failure among Bank Employees**

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The present study was conducted to find out the cognitive failures and stress levels among working male and female individuals. It was a comparative study that tried to find out the difference in the levels of cognitive failures and stress in male and female workers of different educational levels and of different occupations. Job stress is a chronic problem faced by conditions in the workplace that negatively affect an individual’s performance and overall well-being of his/her body and mind. These cognitive failures do result in poor work performance as a person may get exhausted. People do complain of having cognitive failures at work most of the time. A sample of bank employees (\( N = 240 \)) including male (\( n = 120 \)) and female (\( n = 120 \)) employees was taken. According to the findings female employees scored higher on stress scale hence had more cognitive failures as compare to male employees. One of the demographic taken was education level and the findings show that there were nonsignificant differences between the values which mean that education level differences did not contribute in this matter. Findings show that there was a significantly high correlation between cognitive failures and stress. Regression analysis showed that gender was a moderator between stress and cognitive failures. Further implications and suggestions were also discussed.

**ICPG 2016-338**

**Role of Academic Self-Handicapping and Self-Regulated Learning Strategies in Mastery Goal Orientation among Adolescents: Moderating Role of Gender**

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The present study attempted to investigate the role of academic self-handicapping and self-regulated learning strategies in mastery goal orientation among adolescents. It was also intended to determine the moderating role of gender in predicting mastery goal orientation. The sample comprised of 300 students of private and government schools of Islamabad and Rawalpindi including both girls and boys with age range of 13-18 years. Self-report measures of Self-Handicapping Scale (Jones & Rhodewal, 1982), Self-Regulation Inventory (Cleary, 2006), and Achievement Goal Questionnaire-Revised (Elliot & Murayama, 2008) were used. Results indicated that self-handicapping was negatively associated with self-regulated learning strategies and mastery goal orientation; whereas self-regulated learning strategies and mastery goal orientation were positively associated with each other. Results also depicted gender as a significant moderator in predicting mastery goal orientation among adolescents. Findings further indicated that girls showed less self-handicapping behavior and were more self-regulated and goal oriented as compare to boys. Moreover, adolescents enrolled in private schools were less engaged in self-handicapping behavior and were more self-regulated and achievement goal oriented as compared to government school students. In addition, adolescents with higher parental education engaged less in self-handicapping behaviors and were more self-regulated and achievement oriented. Furthermore, it has also been found that adolescents with highly
educated mothers engaged less in self-handicapping behaviors and were more self-regulated while adolescents with highly educated fathers exhibited more mastery goal orientation.

ICPG 2016-339

**Level of Stress and Depression among Diabetic Females**

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Present study was conducted to measure the impact of diabetes on mental health of females. It was a comparative study between females above and below 45 years of age. Present study comprised of females ($N = 200$) who were diagnosed with diabetes as participants, 100 females with type I diabetes [with below 45 years ($n = 50$) and above 45 years ($n = 50$) age] and 100 with type II diabetes mellitus. Different clinics of Havellian, Abbottabad, and Manssehra were visited for data collection. For data collection Urdu version of Depression Anxiety Stress Scale was used. Positive correlation between diabetes stress and depression was found ($r = .84$). The independent sample $t$-test revealed that there was no significant difference between level of stress in type I ($M = 39.40$) and type II ($M = 39.47$) diabetic female partients. Same trend was observed for depression in type I ($M = 37.46$) and in type II ($M = 37.18$) diabetic female partients. The mean difference indicated that the level of depression was high in insulin dependent diabetic females ($M = 38.79$) as compared to noninsulin dependent diabetic females ($M = 35.76$). The study also identified the significant difference in level of stress and depression in women above 45 years age ($M = 41.50$) and below 45 years ($M = 37.29$) through $t$-test.

ICPG 2016-342

**The Impact of Body Image and Social Phobia on Development of Stress, Anxiety, and Depression: Comparison of Male and Female Pakistani Students**

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Aim of this study was to investigate the moderating role of body image between social phobia and development of stress, anxiety, and depression among Pakistani students. The data for this study consisted of male and female college and university students ($N = 160$), age ranged from 18 to 26 years. Random sampling technique was used based on cross-sectional design. Data was collected from different universities in Rawalpindi and Islamabad i.e., Fatima Jinnah Women University, Arid Agricultural University, International Islamic University, and Fauji Foundation University. Students were evaluated using Social Phobia Inventory, Depression Anxiety and Stress Scale and Body Image Scale to assess social phobia, depression, anxiety, stress, and body image among students. This study revealed that body image was the moderator between social phobia and development of stress, anxiety, and depression among male and female students. The results also revealed that male students have shown more stress, anxiety, and depression as compared to female students. Study results suggested that male students with social phobia are more vulnerable on stress, anxiety, and depression as compared to female students. Recommendation of the study is that male students with social phobia can get more benefit by addressing the psychological problems associated with their social phobia. It would be helpful for health and educational settings to resolve the psychological and health issues of students.
Translation, Adaptation, and Cross Language Validation of UCLA Loneliness Scale-Version 3

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Aim of the study was to determine the reliability and validity of Urdu translation of the UCLA Loneliness Scale-version 3. It was designed to assess one’s subjective feelings of loneliness as well as feelings of social isolation (Russell, 1996; Russell, Peplau, & Ferguson, 1978). This scale is a 3rd revised version of original UCLA Loneliness Scale. It is a short scale of 20 items, where responses are made on a 4 point Likert-type scale ranging from the 1(never) to 4 (often). Total 60 students aged between 18-30 years, completed the UCLA Loneliness Scale. The scale has high internal consistency (α = .67) and a test-retest reliability measured through correlation over a fifteen days period of (r = .59). English version Loneliness Scale correlated well with Urdu version scale. The results suggest that UCLA Loneliness Scale is a reliable and valid tool which can be used in clinical settings to evaluate and quantify the impact of loneliness on the quality of life of Pakistani normal and abnormal Population.

Internet Gaming Disorder and Its Relationship with Emotional Intelligence and Psychological Distress

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The present study was aimed at finding the prevalence of internet gaming disorder and its relationship with the emotional intelligence and psychological distress among university students. The sample comprised of the male and female students (N = 300) from the different renowned universities. The education level ranges from B.A./B.Sc. to M.Phil./MS. Purposive convenient random sampling technique was utilized to select the sample. Internet Gaming Disorder is measured through IGDT-20. Emotional Intelligence is measured through WLEIS (Wong & Law, 2002). Psychological distress is measured through DASS-21 (Lovibon & Lovibond, 1995). A series of statistical analysis i.e. α reliability coefficients, inter-item correlation, inter-correlation of all the scales and their subscales, t-test, ANOVA, and regression analysis were performed in order to test the hypotheses. Gender differences were measured and the relationship was explored between the internet gaming disorder, emotional intelligence and psychological distress among the male and female university students. The results are helpful in the internet gaming disorder field and encourage escalating research efforts that may ultimately deliver more consistency in its classification, thereby improving clinical nomenclature as well as guidelines for healthy gaming activity.
The current research aims to investigate the midlife experience for women living in Pakistan. The specific aim of the study was to investigate the relationship among menopausal status and climacteric symptoms in middle age Pakistani women. Participants were approached at different public and private hospitals of Peshawar, Islamabad, and Rawalpindi, Pakistan. Purposive sampling technique was used based on cross-sectional design. Sample of this study was consisted of 150 women; including premenopausal women \( (n = 57) \), perimenopausal women \( (n = 33) \), and postmenopausal women \( (n = 60) \) with age range 40-60 years. Urdu translated version of Greene Climacteric Scale (Salik & Kamal, 2010) was used to assess the climacteric symptoms. The results revealed that there is positive relationship between menopausal status and climateric symptoms. The results further revealed that postmenopausal women were predisposed to have climacteric symptoms (psychological, somatic, and sexual dysfunction) as compared to premenopausal and perimenopausal Pakistani middle age women. This study would be helpful to understand health and psychological problems of menopausal women.

The intent of research was to evaluate psychosocial factors of the state sponsors of Talibanization. For data collection purpose sample \( (N = 100) \) was drawn by applying the nonprobability purposive sampling technique. Educated people from public and private universities and colleges of District Haripur participated in five focus group discussions \( (n = 10) \) in each group. With the help of committee approach developed the questionnaire for data collection. In ten focus groups which consist on ten numbers of participants conduct structured interview, in different institutes after completion of data collection. Content analysis was done to interpret collected data by using ATLAS.ti qualitative data analysis software. After editing the collected data start with one by one entry of scan questionnaires in ATLAS.ti. Then it started to make open coding, axial coding, and selective coding on the basis of similarity of open and axial coding. There emerged some main themes sectarianism, extremism, power motivation, religiosity, hostility for Pakistan and human rights violation, Islamic hostility, Islamic phobia, history, political interests etc. Consequently researcher concluded that highly influencing factors are sectarianism, extremism, power motivation and religiosity. This research registers its scope in forensic psychology, criminal psychology, and community psychology. State sponsorship can control and reduce by increasing tolerance and reducing the risk factors of Taliban sponsorship.
The Mediating Role of Suicidal Ideation between Parenting Styles and Development of Stress, Anxiety, and Depression in Married Couples

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The present study aimed to examine the mediating role of suicidal ideation between parenting styles and development of stress, anxiety, and depression in married couples. Purposive sampling technique was used based on cross-sectional design. Three scales were used to assess parenting styles, suicidal ideation, stress, anxiety, and depression. The result revealed that authoritative mother style was significantly and negatively correlated with suicidal ideation ($r = -0.21, p = .05$) and stress ($r = 0.23, p = .05$) in married couples. The result also revealed that suicidal ideation was significantly and positively correlated with stress ($r = 0.09, p = .05$) in married couples. It was also shown that authoritative mother style significantly and negatively predicted suicidal ideation ($\beta = -0.21, p = .05$) and stress ($\beta = -0.23, p = .05$) in married couples. In turn, suicidal ideation significantly and positively predicted stress ($\beta = 0.30, p < .01$) in married couples. Analysis revealed that suicidal ideation was a full mediator between parenting styles and development of stress in married couples. Recommendations of the study are that married couples can equally be benefitted by an intervention addressing suicidal ideation. This study would be helpful for clinical and pedagogical settings to prevent psychological problems and resolve conflict for married couples. This study would be helpful in clinical settings to raise the awareness for parents in order to effectively deal with their children.

The Moderating Role of Gender between Coping Strategies and Development of Stress, Anxiety, and Depression in Pakistani Students

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The aim of present study was to investigate moderating role of gender between coping strategies and development of stress, anxiety, and depression in Pakistani students. Purposive sampling technique was used based on cross-sectional design. Sample comprised of 150 university students were taken from different universities of Rawalpindi and Islamabad. Ages ranged from 19-27 years. Two scales, Depression, Anxiety and Stress Scale (DASS) and Brief Cope Scale (BCS) were employed to assess development of stress, anxiety, depression and coping strategies among female and male Pakistani students. The result revealed that active avoidance coping strategy and religious coping strategies had significant positive association with stress, anxiety, and depression for female students. The result revealed that active avoidance coping strategy and religious coping strategies was a significant predictor for development of stress, anxiety, and depression for female Pakistani students. The result revealed that gender was a moderator between coping strategies and development of stress, anxiety, and depression in Pakistani students. The result suggested that female students were more vulnerable on development of stress, anxiety, and depression as compared to male students. Recommendation of this study is that female students can get more benefit by addressing stress, anxiety, and depression. It would be help for pedagogical and clinical settings to resolve the psychological problems of students.
A Quantitative Analysis of Motivational and Restricting Factors in Adapting Healthy Lifestyle

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Present study was aimed to explore the factors that motivate and restrict university students for adapting with healthy lifestyle. A correlational research design and purposive sampling strategy was used to conduct the present study. Sample consisted of undergraduate university students \((N = 200)\), where there were male \((n = 100)\) and female \((n = 100)\) university students. The sample was taken from two government universities. The female sample was taken from Lahore College for Women University and male sample was taken from Government College University, Lahore. The age of university students ranged from 17-25 years. Three questionnaires in English version were administered on university students including Motivators and Barriers of Healthy Lifestyle Tool (MABS; Downes, 2008), General Health Questionnaire (GHQ; Goldberg & Williams, 1970), and Brief Cope Scale (BCS; Carver, 1997) for collection of data. Appropriate statistical analysis including \(t\)-test, correlation and ANOVA were applied on collected data to find out differences and relationship among study variables. Demographic information was evaluated by using percentages, descriptive statistics, and frequencies. Results indicated negative correlation between motivators and barriers and it was also shown that female university students were more motivated in adapting healthy lifestyle than male university students. However, results also revealed high percentage of students practicing unhealthy lifestyle thus it is recommended that health promoting programs should be arranged and organized in universities of Pakistan in order to aware students about the importance of healthy lifestyle.

Obesity, Depression, and Quality of Life among Postgraduate Students in Pakistan

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The present study aimed to investigate the relationship between obesity, depression, and quality of life in postgraduate students. Sample comprised of 200 students with approximately equal number of obese and non-obese students, taken from different colleges and universities of Wah Cantt and Islamabad. Revised version of Beck Depression Inventory (BDI; 1971) and Quality of Life (QOL; 2003) were used to measure the depression and quality of life, respectively. Body Mass Index was calculated with the help of BMI calculator (a measuring index of obesity). Nonprobability sampling was applied for data collection. Correlation, \(t\)-test, and regression analysis were computed to see the differences and relationship between the study variables consecutively. Results indicated that students with high body mass index experience high level of depression and poor quality of life. There was a negative association between obesity and quality of life. Depression was positively associated with BMI and negatively related with quality of life. Students belong to low socio-economic status experienced more depression and poor quality of life than high socio-economic status people did. Female students showed more depression as compared to males students.
Perfectionism and Coping Strategies among Patients with Depression and Anxiety Disorders

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Present study aimed to explore the relationship between perfectionism and coping strategies among depression and anxiety patients. A sample of 110 participants, having depression \((n=60)\) and anxiety \((n=50)\) was selected from psychiatric wards of hospitals in Lahore. Almost Perfect Scale (APS; Slaney & Ashby, 1996) was used to assess perfectionism. Discrepancy subscale distinguishes between adaptive and maladaptive form of perfectionism. The individual scoring higher on this scale has maladaptive perfectionist traits. Brief COPE (Carver, 1997) was used to distinguish between adaptive (problem-focused & positive coping) and maladaptive (religious, denial, & avoidant coping) coping strategies. The patients were screened before participation in the study using Symptom-Checklist (Rehman & Dawood, 2000). Correlation analysis was conducted. According to findings of the study maladaptive perfectionism had positive relationship with avoidant coping. Moreover, perfectionism was found as significant predictor of anxiety whereas maladaptive perfectionism was found as predictor of depression. Depressed patients scored higher on religious and denial coping strategy and ranked higher on maladaptive perfectionism as compared to patients of anxiety. On the other hand anxiety patients scored significantly higher on avoidant coping strategies. This study highlighted perfectionism as one of the leading factors in the development of anxiety and depression. So by providing proper therapeutic interventions like CBT for changing beliefs related to perfectionist approach future risk of the development of anxiety and depression can be reduced.

Meaning of Home and Running Away from Home for Women in Shelter Home

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Running away from home was observed as a youth rebellion and as a symptom of emotional problems. In recent times, run away is commonly observed as victim and running away as a social problem reflecting deficiencies in family working that looks to be most recent alternative for life (Hyde, 2005; Jabin & Tahira, 2014; Miller, Pauze, & Fournier, 2005; Peled & Cohavi, 2009). The present study was intended to explore the issues related to women from shelter home in Lahore Yatim Khana and the meaning they attach with running away along with consequences of such issues in the society. Two focus groups were conducted on 11 women from Shelter home. Data was audio recorded, transcribed, interpreted, and analyzed for identification of themes. Thematic analysis revealed issues such as family instability, poor living conditions, lack of education, poverty, authoritarian attitude, emotional, physical and psychological neglect, meaning of home, and meaning of running away. These socio cultural domestic issues set the stage for physical, psychological, and sexual abuse under uncertain conditions that the females frequently stated as the unseen and accurate reason of their running away.
ICPG 2016-370

Differences in Marital Adjustment between Women Diagnosed With Depression and Women without Depression

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The current study aimed to find differences in marital adjustment, a dynamic term used to describe the degree to which a husband and wife understand each other, between women with depression and women without depression. The study was conducted by recruiting two samples i.e., women with diagnosed depression ($n = 80; \bar{M}_{\text{age}} = 37.16, \text{SD} = 8.5$) and women without depression ($n = 80; \bar{M}_{\text{age}} = 36.64, \text{SD} = 7.7$) from various public and private hospitals of Lahore, Pakistan. The measures used were the Dyadic Adjustment Scale and DSM-V Checklist for Depression. All other psychiatric illnesses were ruled out. Age, education, marital status, and occupation were matched amongst the two groups. Findings of independent sample $t$-tests suggested significant differences on dyadic adjustment between women with depression and women without depression ($t = -9.48, p < 0.001$) with the first group having lower scores than the second. Dyadic consensus, dyadic satisfaction, and dyadic cohesion were also found to be significantly different between the two groups. The results show that women without depression have a greater degree of understanding with their marital counterparts as compared to the women who have depression.

ICPG 2016-371

Effect of Stress on Creativity in Teachers

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This study was designed to investigate the relationship between stress and creativity in teachers. It was hypothesized that there is significant negative relationship between stress and creativity in government and private sector’s male and female teachers. Depression Anxiety Stress Scale (Lovibond, 1995) has been used to assess the stress and Creativity Styles Questionnaire (Kumar & Holman, 1989) was used for assessing creativity. Sample consisted of 100 teachers, including male ($n = 50$) and female ($n = 50$) teachers with the age range 25-45 years. Purposive sampling technique has been used. Correlation and $t$-test has been used for analysis. Results showed that there is no significant relationship between stress and creativity. Findings also indicated that males and females teachers differ in stress experienced but not differ in level of creativity.

ICPG 2016-373

Executive and Psychosocial Functioning of Hearing Impaired Children Compared with Age Matched Hearing Controls

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Evidence from the literature indicates that children with hearing impairment may have limited cognitive abilities which can interfere with the process of learning and psychosocial development. This study was carried out to investigate executive functioning skills and psychosocial functioning on a convenient sample of five hearing impaired children, aged 10-12 years and compare them with five age matched controls taken from public schools of
Executive functioning was assessed by using NEPSY-II while psychosocial functioning was assessed by using Connor Davidson Resilience Scale-25 CD-RS (self-reported), Strengths and Difficulties Questionnaire SDQ (self-reported), and comprehensive Assessment of Strengths and Needs caregivers version (CANS) scales. The entire test administration took two to four hours per child. Results reflected significant differences in performances on visuospatial, memory and sensorimotor domains whereas no difference was observed on attention domain of NEPSY-II. Psychosocial assessment identified specific needs of children which were mainly concerned with seeking improvement in interpersonal skills, optimistic thinking, vocational guidance, language and social development. Resilience was found to be high in experimental group which could be due to the influence of environmental stimulations such as customized teaching and parenting. These results are of immense clinical importance and are useful to develop intervention plans based on specific executive and psychosocial functioning needs. NEPSY in particular may also be used to track performance over period of time and for research purpose.

**Exploring the Self-Actualization in Adolescents as a Function of Parental Involvement and Self-Regulation**

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The aim of study was to explore the impact of parental involvement on self-regulation of students and self-actualization status of students and to find out the impact of different demographic variables and gender difference on students. The sample of the study included 202 students, belonging to Rawalpindi and Islamabad. Parental inducement of academic self-regulation adopted by Martinez-Pons’ Multidimensional Scales of Perceived Self-efficacy (MSPS; Martinez-Pons, 1996) and Index of Personal Growth (IPG; Khalid, 2004) were used to measure the research variables. Results indicated that mother involvement turned out to be better predictor of self-actualization. The study investigated gender difference in self-regulation and self actualization and results indicated that two groups differ significantly on father involvement scale, mother involvement scale, self-regulation, and on index of personal growth. Girls were found to be more self-regulated as compared to boys. Similarly students whose mothers used more strategies for their own self-regulation were higher at their personal growth/self-actualization and self-regulation and those whose fathers were more educated were more self-actualized.

**Construction and Validation of Peak Experience of Music Scale**

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The aim of this study was to develop an indigenous, valid, and reliable scale to measure peak experiences of music in music and non-music students with ages ranging from 18 to 26 years ($M = 21.52$, $SD = 2.34$). An initial item pool of 57 items was generated through focus group discussion with 8 music and non-music students and in-depth interviews with seven music experts included music composers, professionals, and music teachers. They were asked their insight about peak experience of music particularly with reference to Pakistani sociocultural context. The sample data consisted of 312 students including music ($n = 155$) and non-music ($n = 157$) students.
(157) students drawn from University of the Punjab, Government College University, University of Lahore, National College of Arts, Al-Humra Art Council, Sanjan Nagar, and other private music academies of Lahore. Participants gave responses on 5 point Likert scale ranging from 1 (strongly disagree) to 5 (strongly agree). Principal component factor analysis was used to determine the construct validity along with computing item analysis which ended with 4 factors solution explaining 62.44% variance; the item selection criteria was factor loading of .50 and above. Four factors were labeled as cognitive experience, emotional experience, spiritual experience, and transcendental experience. Inter correlations among subscales indicated significantly high internal consistency for PEMS and its 4 subscales. Cronbach’s alpha for the total Peak Experience of Music Scale with 44 items ($\alpha = .98$) and four subscales ranged from .96 to .86. Therefore the results indicated that PEMS is as a reliable and valid self-report measure for assessing peak experience of music in music and non-music students.

ICPG 2016-378

The Moderating Role of Role Salience between Interrole Conflict and Its Outcomes

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The present study investigated the moderating role of different life role saliencies (work role salience, parental role salience, & family role salience) between interrole conflict, marital adjustment, and job performance. Using purposive sampling technique, 340 employees (both male and female) from different manufacturing industries were included in the study. Hierarchical regression analysis revealed that inter role conflict is negatively related to marital adjustment and job performance. The moderation analysis revealed that parental role salience worsens the effects of interrole conflict on marital adjustment and job performance. Moreover, family role salience also negatively moderated between interrole conflict and job performance. However, the moderation analysis of work role salience did not affect any of the criterion variables. Gender role identity is one of the major limitations of study.

ICPG 2016-379

The Inferiority Complex Scale Construction

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This study will be conducted for the construction of Inferiority Complex Scale for adolescents to middle adulthood. The proposed sample age is 13 to 50 years. The feeling of inferiority starts developing right in the childhood, when children consider themselves as weaker from adults. They consider themselves weaker in all aspects like intellectual and cognitive skills etc. Throughout their developmental years till adulthood, they keep on comparing themselves with others and meanwhile develop inferiority complex (Brink, 2009). The purpose of this study is to develop an indigenous scale covering various variables directly or indirectly linked to inferiority feelings and hence in the development of inferiority complex. The tentative research design for this study will be to pool the items empirically from the target population and then refining the items with the help of standard procedures involving judges whenever necessary. There items will be cross validated from the theory and a 4-point Lickert scale will be constructed with
options (1) not at all to (4) most of time. The scale will then be administered to a sample of 500 participants in order to run the exploratory factor analysis (EFA) as well as principal component analysis (PCA) for further construction of different dimensions of the scale. The test scale reliability will be checked by Cronbach alpha.

ICPG 2016-382

Gender and Educational System Differences on Tolerance Levels amongst Adolescents

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Present research aimed at investigating group differences based on gender and educational systems on tolerance levels amongst adolescents. A sample of students (N = 100) was purposively selected from three different schools of different educational systems i.e., a co-educational setting (n = 50; 25 boys & 25 girls) and single-sex school setting (n = 50; 25 boys, 25 girls). Tolerance levels were measured by using the Tolerance for Disagreement Scale (Teven, Richmond, & McCroskey, 1998). The scale consisted of 15 items measuring levels of tolerance in individuals regarding beliefs that are opposite to their own. Scoring was done in two steps. Results of Chi-Square Test showed that girls were more tolerant than boys. However, no significant difference was found on tolerance levels amongst both genders and with regard to both educational systems.

ICPG 2016-383

Problems and Possibilities in Reconciling Islam and Gender Equality Policies in Pakistan

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Purpose of this research was to explore the issues in the conciliation of Islam and gender equality policies and to direct the possibilities of conciliation among the two in order to propose a feasible gender policy for the State of Pakistan. The paper criticizes the distinctive conceptions of reconciling Islam and gender equality policies in Pakistan. It is qualitative in nature and involves textual analysis of policy documents and written teachings of religious scholars. In-depth interviews were conducted by using interview guide from five religious scholars. These scholars belonged to Hanafi, Ahl-Hadith, and Brelvi schools of thought. For this purpose, UDHR and CEDAW were translated into Urdu language for clear understanding of the background and context of state policies. All the interviews were noted down in written. Interview data was coded into different inductive themes. To ensure ethical considerations, final draft of the research was shared with religious scholars. On the basis of interview, it was concluded that to reconcile Islam and gender equality policies of Pakistan problems are many but possibilities are few. What is suggested by religious scholars is opposed by feminists and public offices and the government policies and feminist ideas have no legitimate standing for religious scholars.
Critical Analysis of Islamic Feminism in Islamic Perspective: A Case Study of Riffat Hassan’s Work

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This paper criticizes the distinctive conceptions of Islamic feminism about Quran and Hadith. Riffat Hassan’s work on Islamic Feminism is selected for review as she is prominent feminist theologian and advocates feminist ideas. Her claims, arguments, and interpretations are analyzed critically revealing the incoherence among them. The popular arguments of feminists are ultimately and intrinsically against themselves but they are not aware of the implications of these arguments. These ideas are incompatible with the teachings of Islam and an offshoot toward liberalism. Their fundamental mistake is that they ignore the fact that Islamic and liberal metaphysics are opposite to each other.

Psychosocial Problems of Eunuchs in Pakistani Society: Thematic Analysis

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Eunuchs are outcasted part of Pakistani society and downgraded to the bottom rung of social hierarchy in Pakistani community. Past studies showed that they suffer from identity problems throughout their life. The present study was conducted to investigate the perception of eunuchs about their social rejection in Pakistani society. The purposive sample of ten eunuchs was selected from different areas of Lahore. Semi-structured interviews were conducted to seek qualitative data and all the eunuchs were interviewed individually. The interview protocol consisted of 10 broad questions and thematic analysis was used to analyze the data. Findings indicated that eunuchs had experienced early childhood rejection from their family and friends. They suffered from sexual abuse in early age by friends and other students. To abstain from such situation, they leave their houses and join eunuchs’ communities which accept them. The feelings of rejection lead them towards the drug addiction and psychological crises. They are subjected to prejudice; people ridicule them in streets and bazaars. It was noticed that eunuchs have no access to respectable jobs therefore they start begging and dancing. They are not hopeful for their future. This study has important implications for the government, students of gender studies, and the NGOs’ working on eunuchs. This is also very useful for common people in understanding the condition of eunuchs and changing the attitude toward them.
Mental Health and Resilience in Displaced Children Exposed to Trauma

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Due to current challenging scenario of Pakistan, displacement of children is one of the most neglected and susceptible issue. These displaced children have experienced trauma therefore they are more vulnerable to develop emotional and behavioral problems along with posttraumatic stress disorder (PTSD) in later life. Aim of the present research is to find out prevalence of mental health concern in children who have been displaced and currently living in orphanages. The present paper reports baseline findings of a large scale study in which correlates of resilience are being investigated in a cohort of children who have experienced different types of trauma. For the said purpose, two foster cares in the area of Rawalpindi were approached that have children with diverse backgrounds in the context of ethnicity, language, culture, and financial status. By using convenient sampling technique participants (n = 400) were screened, out of them 120 were recruited as research participants as they scored high on Children Trauma Screening Questionnaire (CTSQ; Kenardy, 2006). Further Strengths and Difficulties Questionnaire (SDQ; Goodman, 1997) and Connor-Davidson Resilience Scale (CD-RISC; Connor & Davidson, 2003) were administered on these screened research participants in order to assess the emotional and behavioral problems and their resilience level. Results indicated that resilience had significant positive correlation with prosocial behavior of children ($r = 0.19, p < 0.01$) and negative correlation with impact supplement of SDQ ($r = -0.31, p < 0.01$) which shows that children show more resiliency than the children demonstrating emotional problems. Findings of the study are useful and can be incorporated in both clinical (intervention) and teaching practice.

Locating Gender in Matrimonial Ads: A Descriptive Content Analysis

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Parents post matrimonial ads in newspaper to find a suitable match for their sons/daughters. Matrimonial ads in this way serve as first mean of communication between the two parties. Hence the ads provide most important information regarding spouse choices to initiate first contact. This study focuses on locating gender and related expectations in 150 matrimonial ads appeared in a popular newspaper in Pakistan between October 2015 and February 2016. Sunday issues of the newspaper were selected as they carry classified pages on matrimonial ads. Careful selection was made for only those ads which were posted by parents/guardians. Both bride and groom wanted ads were included. A descriptive content analysis of these ads produced several themes that described the demand and self-description of the bride/groom. Based on the frequency of the content in each theme, the gender and related expectations were explored. The findings revealed the gendered pattern of the matrimonial ads depicting social positioning of the suitable match for bride and groom in Pakistani society. The significant themes were caste, social status, physical features, education, age, occupation, and nationality. This study suggests in-depth qualitative research on the comparison of the perceptions of young adults and their parents about mate choices.
Causal Relationship between Psychological Climate and Teacher’s Performance: A Case of Private Schools in Pakistan

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Educational institutions are facing new challenges with the fast changing global transformations that affect a country’s culture and economy. These drastic changes are demanding more from schools. The management of the schools has to fulfill these demands and lead the employees in the direction of organizational goals. Psychological climate plays an important role in the performance of teachers and hence the organization. The present study is aimed to investigate the causal relationship of psychological climate and teachers’ performance in the context of private school teachers in Pakistan. Quantitative data is collected through questionnaire from the sample of 407 private school teachers. Analysis is done using SPSS version 17.0 and regression analysis show the direct and significant effect of psychological climate on teachers’ performance.

Motherhood: It is a Hindrance or Encouragement in Career Growth of Working Mothers

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Homemaker is the status that is considered as a standard by which women are judged (Meis, 2002). In earlier times women who worked outside the home were often demonized as unfit mothers who were neglecting their families (Nieva & Gutek, 1981). In recent years women are seen in all professions. After taking the reins through social movements such as feminism, on the surface it appears that women are in control of their lives, personally and professionally. Paid involvement of women has shifted the role patterns of family, having a career posed challenges for women due to family and career responsibilities. It is a fundamentally proven truth that women are the main person to take care of home and its members, she may be a full time employee anywhere else (Gutek & Larwood, 1987). Married women with children who are in professional careers are often considered a liability because employers believe that they prefer their home over career when the inevitable juggling act occurs (Hudson, 2003). Taking in consideration the importance of this issue current study was conducted to recognize the impact of dual responsibilities on the work performance of women and to understand the family problems due to their jobs. For this purpose, 20 married working women with school going children in their mid or early careers were selected through purposive sampling. An interview guide was constructed in the light of study objectives. Then each of them was interviewed. The major findings of the study revealed that both domains are difficult to manage, due to these dual pressures, respondents often felt burden and think to quit the job, but along with that there is a sense of contribution to the families’ economy and also a contentment for securing better lifestyle for the children, which in future will increase their self-esteem and enhance their self-concept.
Early Marriage Experiences of Young Girls

Asiya Huma Khan and Iffat Batool
**Government College University, Lahore**

The research paper is based on analyzing the experiences of women who were married in their early age. Its primary purpose is to throw light on the adjustment issues faced by young girls when they get married at an immature stage of life. All the data was collected using semi-structured interviews. The participants included in the study were 4 women from different socio-economic backgrounds and areas of Punjab, Pakistan. The data was analyzed using Interpretative Phenomenological Analysis (IPA), a qualitative data analysis technique. The results of this study show that women are more prone to accept the reality of their marital relationship, even at an early age in the Pakistani society. This paper also offers recommendations about how this study can be further used to analyze the adjustment issues of love/arrange marriages because adjustment issues are not limited to early age marriages only.

Transitional Experiences of Educated Women in Arrange Marriage

Naveed Ahmed Khan and Iffat Batool
**Government College University, Lahore**

The research paper provides basis for analysis done on transitional experiences of educated women in arrange marriage particularly in joint family context. Study aims in highlighting the adjustment issues and coping techniques used in process of settlement. The data was collected using semi-structured interviews, which were later on transcribed using Interpretative Phenomenological Analysis (IPA), a technique used in qualitative data analysis. Sample of the study comprised of 4 educated women in their twenties belonging to the middle class of the society. Analysis yielded thirteen master themes namely; arrange marriage versus love marriage, arrange marriage in context of joint family, adjustment after marriage, presumed expectations after marriage, responsibility associated with marriage, emotional transitions, psychological well-being, relationship with spouse, support from social circle, impact on social life, initial and late reactions to marriage, formal studies and marriage, and anticipations for future. The results of the study propose that arrange marriage enjoys families’ endorsement and support from husband and in-laws matters a lot in transitional and adjustment processes. This research paper can also serve as basis for new research such as transitional experiences in love marriage both in joint as well as nuclear family setup.

Psychological Climate Influencing Organizational Citizenship Behavior: A Mediating Role of Job Satisfaction and Employee Performance

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The current study explains the relationship between psychological climate and organizational citizenship behavior with the mediating role of employee performance and job satisfaction in the context of private schools in Pakistan. Data was collected using convenience sampling from
407 respondents with the help of structured questionnaires. The mediated model was analyzed through Structure Equation Modeling (SEM) using AMOS version 22. The results of study exhibit strong association among the variables directly and indirectly. Moreover, there exists a partial mediation between exogenous and endogenous variables. Furthermore, results, conclusions, recommendations, practical implications, and limitations of the study are discussed.

Health-Related Quality of Life among Schoolgoing Children

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The aim of the research was to identify the health-related quality of life of the schoolgoing children. Data was collected using health-related quality of life (HRQoL) scales. Probability stratified random sampling was adopted for this study. School going participants (N = 300) were taken. Among them there was equal representation of private school students (n = 150) and public school students (n = 150). Each of these groups further had equal representation of boys (n = 75) and girls (n = 75). HRQoL scales have been used for children in numerous countries to evaluate the health related quality of life. HRQoL scales were used on a variety of special domains: physical, psychological, social, and spiritual health focusing on individual life encompassing the concept of the World Health Organization (WHO) definition of health. Children going to school in the city area of Haripur were assessed in a cross-sectional descriptive study. Data was collected through personally administering a Kiddo-KINDLR questionnaire, beforehand experienced to evaluate quality of life across six dimensions of health, which are physical well-being, emotional well-being, self-esteem, family environment, social environment, and school environment. Applied statistical technique was multiple linear regression analysis that indicated (p < .05) there is significant relationship between health related quality of life of the school children of both sexes and public and private sector academic institutes. Also the mean value of private sector school children was greater than public sector school children. On the whole quality of life scores of children are good on four dimensions. Special attention is needed towards the school environment, as majority of the participants are not satisfied with environment of their academic institutes. Correspondingly self-esteem scores were generally low in children. Although it is encouraging that majority of the participants have scored high on proportions of family and physical health. Based on study results a nation wide study is recommended to provide superior of health-related quality of life of school going children.

Role of Management Style in Level of Confidence among Professional Women

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The present research investigates role of two different type of management styles in womens’ confidence level at workplace. Sample was drawn from the area of District Haripur. Nonprobability purposive sampling was used in present research. The sample was of professional women (N = 200) for autocratic and democratic management styles where there was representation of autocratic public organizations (n = 100) and of democratic private
organizations \( n = 100 \). The sample was taken from hospitals, banks, universities, colleges, schools, and industries of District Haripur. Present research used General Confidence Scale for data collection. The statistical technique applied for findings was \( t \)-test. The statistical values \( p < .001, p < .05 \) have shown that there is significant relationship between level of confidence and management styles of women professionals. The hypotheses of present research were formulated to study the relationship between authoritative and democratic management styles in development of level of confidence among professional women. These were fully supported by present research. This study is applicable in social psychology, clinical psychology, and counseling psychology. The step towards improving an authoritative management style is to help the managers make small adjustments through coaching, discussions, seminars, books, and guidance. Employee should be provided with an environment free from authoritative management.

**ICPG 2016-403**

**Self-Compassion, Perfectionism, and Social Anxiety in University Students**

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Aim of the research was to assess the relationship between self-compassion, perfectionism, and social anxiety in university students. Correlational research design was used to collect data from both private and public sector universities of Lahore. Total 326 university students of age range 18 to 23 years \( M = 20.83, SD = 1.33 \) were selected through convenient sampling technique. Self-Compassion Scale (Neff, 2003), Almost Perfect Scale (Slaney, Rice, Mobley, Trippi, & Ashby, 2001), and Social Anxiety Questionnaire (Caballo, Salazar, Irurtia, Arias, Hoffmann, et al., 2010) were used to get required data. It was hypothesized that there is likely to be a positive relationship between maladaptive perfectionism and social anxiety and a negative relationship between self-compassion and maladaptive perfectionism as well as between self-compassion and social anxiety among university students. It was also proposed that two dimensions of self-compassion; self-judgement, isolation, and maladaptive perfectionism would predict social anxiety among university students. Results indicated that there was a significant positive relationship between maladaptive perfectionism and social anxiety and a negative correlation between self-compassion and maladaptive perfectionism as well as between self-compassion and social anxiety in university students. The outcomes also showed that two dimensions of self-compassion; self-judgement, isolation and perfectionism to be predictors of social anxiety in university students. This research has implications for addressing fear of evaluation in socially anxious students by promoting health strategies of self-compassion and countering unhealthy practices of maladaptive perfectionism.

**ICPG 2016-409**

**The Relationship between Spiritual Well-being and Quality of Life among Chronically Ill Individuals**

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The study aimed to find the relationship between spiritual well-being and quality of life among chronically ill individuals. The relationship between demographic variables with quality of life and spiritual well-being were reconnoitered. Nonprobability purposive sampling technique was
used with chronically ill individuals with age range 15 to 80 years. To measure spiritual well-being and quality of life, *Urdu* version of Spiritual Wellness Inventory (SWI-URDU; Hanif, 2010) and WHO Quality of Life-BREF (WHO-QOL-BREF) were used. A sample of 200 chronically ill patients were taken from four different hospitals of Rawalpindi and Islamabad. Reliabilities of both the instruments were computed as for SWI ($\alpha = .90$) and for WHO-QOL-BREF ($\alpha = .74$). The findings of the research displayed that quality of life and spiritual well-being were positively related among chronically ill individuals. Male patients were found to score high on spiritual well-being than female patients. Individuals with less education are more spiritually inclined as compared to individuals with high education. Individuals with higher education scored high on quality of life as compared those with less education. Married individuals had better quality of life than unmarried, separated, widowed, and divorced individuals. Patients with middle socio-economic status were having better quality of life than higher and lower status. Quality of life was high among individuals with high monthly income than those who have middle and low monthly incomes. Spiritual well-being is higher in middle adolescents (15-17 years) than in late adolescents (18-20 years). The current research can be implemented to design interventions with enhanced treatment plans. It would help to develop an insight that each patient is different and requires a different package of attention and care.

ICPG 2016-411

**Childhood Abuse, Neglect, and Personality Disorders in Drug Users**

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The aim of present study was to seek relationship between childhood abuse, neglect, and personality disorders among drug users. It was hypothesized that (1) there is likely to be a relationship between childhood neglect and personality disorder and (2) childhood abuse and neglect is likely to predict personality disorders among drug users. The data comprised of male participants ($N = 50$) taken from different teaching hospitals of Lahore; Mayo Hospital Lahore, Ganga Ram Hospital Lahore, Punjab Institute of Mental Health, and Fountain House. The data was collected with the help of demographic questionnaire, Childhood Abuse and Neglect Questionnaire (Sitwat & Yousaf, 2010), and Comprehensive Diagnostic Instrument for Personality Disorder (CDIP; Dawood & Khan, 2010). Pearson product moment was employed to find out the correlation between childhood abuse, neglect, and personality disorders. Stepwise regression analysis was done to see predictors of personality disorders. Results of Pearson product moment correlation among study variables revealed that emotional abuse and neglect was significantly and positively related with schizoid personality disorder whereas sexual abuse and neglect was significantly and positively related to narcissistic personality disorder. Results of regression analysis revealed that sexual abuse and neglect was the only variable which significantly predicted narcissistic personality disorder, whereas emotional abuse and neglect was found to be a significant predictor of schizoid personality disorder.
Breast cancer is the second most pervasive cause of mortalities around the world. Tamoxifen is the hormone therapy of choice in premenopausal estrogen receptor positive breast cancer women and sometimes in postmenopausal women. The environmental factors widely affect the pharmacokinetic parameters. Information regarding this ant-breast cancer drug shows that biodisposition of Tamoxifen has not been widely studied in local healthy adult female subjects. Disposition kinetics and adverse effects after single dose of Tamoxifen were investigated in eight healthy adult females of a specific age group i.e., 35-55 years. Blood samples were collected at various intervals after oral administration of 20 mg Tamoxifen tablet. Plasma concentrations were determined with HPLC. Plasma concentration versus time curve was analyzed with two compartment pharmacokinetic model to calculate the kinetic parameters such as half-life and volume of distribution etc. Volunteers were observed closely for four weeks to check any sign or symptom after Tamoxifen administration. The pharmacokinetic analysis revealed Cmax of 28.11 ± 2.11 ng/mL at mean Tmax of 7.7 hours. No adverse effects were observed during 4 weeks of observations in volunteers. The absorption and elimination half-lives were 5.34 ± 0.20 and 5.26 ± 0.05 hours, respectively. Due to decrease in Cmax attained after single oral dose, it is recommended that dosing interval of Tamoxifen should be decreased as to attain steady state levels for pharmacotherapeutic results in breast cancer females.

The present research was aimed to find out the psychological implications of trauma (flood) and efficacy of Teaching Recovery Technique (TRT) on natural trauma (flood) affected adolescents. The research consisted of two studies. Study-I was a correlational study in which psychological implications of flood were assessed and screening of the adolescents for study-II was done. Nonprobability purposive sampling was used and the sample of adolescents (N = 275) with age range of 11-16 years, was recruited from two schools, girls high school (n = 97) and boys high school (n = 178) of Muradabad village of District Muzzafargarh. Demographic form, Childrens’ Revised Impact of Event Scale (CRIES-13; Horowitz, 1979), Child Trauma Screening Questionnaire (CTSQ; Kenardy, 2006), and Depression Self-Rating Scale for Children (DSRS; Birleson, 1981) were used for assessment. Data was analyzed using Pearson product moment correlation, multiple linear regression, and independent sample t-test. Results revealed significant positive relationship between child trauma, post-traumatic stress symptoms (intrusion, avoidance, & arousal), depressive symptoms, and demographics. Age, female gender, and fathers’ death were found positive predictors of post-traumatic stress symptoms and depressive symptoms. Significant gender differences were found between post-traumatic stress
symptoms (intrusion & arousal) and depressive symptoms. No significant differences were found between two groups (those who experienced flood one time & more than one time) in post-traumatic stress symptoms, child trauma, and depressive symptoms. Study-II was an outcome study in which efficacy of Teaching Recovery Technique (TRT) on adolescents exposed to natural trauma (flood) was assessed. ABA within group research design, nonprobability purposive sampling was used and 56 adolescents were selected after screening from study-I. Intervention was provided to four intervention groups; two of girls (n = 27) and two of boys (n = 29). Paired Samples t-test was used which showed significant reduction in post-traumatic stress symptoms (intrusion, avoidance, & arousal), child trauma, and depressive symptoms in trauma affected adolescents at post assessment.

Breast Cancer Vaccination: An Envisioned Future

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It is possible to make breast cancer vaccine using body’s own immune system to cure this cancer. Preventing breast cancer in the manner as cholera, influenza, and polio were prevented earlier, is the key investigation of today’s work. Further prototypical strategies are presented for the development of prophylactic breast cancer vaccines. The main focus of this review is about various researches (2000-2014) and hypotheses for breast cancer vaccination which are on rise. To know various mechanisms employed to treat breast cancer and if it is long living and effective or not. A virus, called Human Mammary Tumor Virus (HMTV) has been found in 40% of breast tumors. Thus if we know the causative agent, a vaccine is possible. Various researches used different proteins and viruses plus prophylactic techniques to get a vaccination and remained successful or are progressing towards it. This review article depicts all those mechanisms one by one. Similarly what future vision can be drawn using all the recent work on breast cancer vaccination?

Impact of Love Styles and Conflict Management Strategies on Relationship Satisfaction: An Examination of Gender Differences

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Present study was aimed at exploring the role of conflict management strategies in the relationship of various love styles and relationship satisfaction in romantic relationships in a convenient sample (N = 295) of boys (n = 122) and girls (n = 173) studying in University of Sargodha. Love styles, conflict management strategies, and relationship satisfaction were operationalized by means of Love Attitude Scale (Hendrick & Hendrick, 1986), Conflict Management Strategies Scale (Cingoz & Lalonde, 2003), and Relationship Assessment Scale (Hendrick & Hendrick, 1988) respectively. Significant gender differences were found in ludus, storge, relationship satisfaction, and positive conflict management strategies. Multiple regression analysis revealed that after controlling for gender, eros predicted relationship satisfaction positively whereas ludus predicted it negatively. Eros was positive predictor of
positive conflict management whereas ludus and storge were its negative predictors. Ludus came up as significant negative predictor and pragma as significant positive predictor of negative conflict management. Only positive conflict management strategies positively predicted relationship satisfaction. In models of relationship satisfaction, negative conflict management strategies mediated between ludus and relationship satisfaction whereas positive conflict management strategies mediated the relationships of ludus and agape with relationship satisfaction.

Impact of Flattery and Gender on Helping Behavior among University Students

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The present research aimed at investigating the impact of flattery and gender on helping behavior in a field experiment. For this purpose, a 2 (flattery vs. no flattery) x 2 (boy vs. girl confederate) x 2 (boy vs. girl participant) between subject quasi-experimental design was adopted. Three different experimental scenarios for manipulating flattery and operationalization of helping behavior were presented to a committee of three faculty members of Department of Psychology, University of Sargodha. The committee selected the scenario whereby flattery was manipulated by excessively praising the looks of the participants and appreciating their kindheartedness and generosity. Helping behavior was operationalized in terms of participants’ compliance to the confederates’ request of writing a page from a textbook of psychology. The field experiment was undertaken in the library of University of Sargodha. Participants in the experimental group were excessively praised for their looks and generosity through specific sentences by one of the two confederates; a male and a female student of M.Sc. Psychology. Participants in the control group were not flattered and both groups were requested to write down the page by the confederates. The study was carried out on a sample of 200 students (N = 200) from the University. Both the experimental and control groups comprised of equal numbers of boys and girls and in each treatment condition, equal number of participants were requested by male and female confederates. The study concluded a significant impact of flattery as the experimental group demonstrated significantly more helping behavior in comparison with the control group. The impact of subjects’ academic discipline on helping behavior remained nonsignificant. However, the students of social sciences offered significantly more help. Confederates’ gender came out to be a significant factor in helping behavior as girl confederates were offered greater help. Maximum help was offered in experimental condition when the subject and confederate were of opposite gender.

Bullying, Victimization, and Depression among Male and Female Adolescents

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The purpose of this research was to explore an important aspect of peer relations and understand the nature of the relationship of depression with bullying and victimization. Random sampling procedures were used to select the sample consisting of 80 high school students between ages 12-18 years. Both variables related to peer relationships were analysed separately. Hence it was
hypothesized that there would be a relationship between depression and bullying as well as between depression and victimization. Adolescent depression was measured using The Center for Epidemiological Studies Depression Scale for Children (CES-DC; Weissman, Orvaschel, & Padian, 1998) while The Peer Relationship Questionnaire (PRQ; Rigley & Slee, 1993) was used to assess bullying and victimization among participants of study. The results indicated that depression has a moderate positive correlation with both bullying (r = .68) and victimization (r = .45). This has implications for mental health professionals and educationists centring on the need to introduce a bullying prevention program in schools.

ICPG 2016-420

Needs of Spouses across Gender among Pakistani Marital Couples

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The aim of this study was to find out needs of spouses across gender among Pakistani marital couples. A sample of 100 Pakistani marital couples was taken from Rawalpindi and Islamabad with ages ranging from 20-70 years. Qualitative approach was applied with convenient sampling technique. Interviews with open ended questions were used. Results indicate slight differences in needs of spouses across gender. The present research will be helpful to general population and marital counselors in improving the quality of marital life and knowing which gender demands what in a marriage so that proper intervention can be applied.

ICPG 2016-421

Facebook as Medium of Promoting Learning Activities, Academic Efficacy, and Academic Motivation among Female College Students

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This research has been devised to investigate the positive role of Facebook in promoting learning activities among female graduate students. In Pakistan technologically enriched setups in educational settings are on the rise. An online portal in order to stay in continuous interaction with the institute, department, and teachers is increasing multifold. The female college students taken as potential sample lied in the age range of 19 to 22 years (N = 150, 66 %) of all enrolled students, enrolled in graduate program, accessed from universities that have active portal set ups. After students’ admission into business studies through merit screening procedures, the students’ portal access was established. The scales for measuring academic efficacy and academic motivation were administered in pretest phase. Individual ‘Facebook pages’ were developed for four university courses containing information relevant to the courses and opportunities for teacher-student active interaction to clarify lesson related confusions, reference reading material, and latest developments in their study program. Then the students were made aware of the utility of the page in promotion of their learning and motivation. They were left for their intentional use of the page throughout the semester. At the time of winding up of semester, the students feedback was obtained and they were again administered the academic motivation scale and academic efficacy scale that revealed that perceptions of the effectiveness of the page as a learning tool were variant, with 70 % of students stating that it was efficacious in promoting their learning. Whereas posttest revealed that students who were active Facebook
users for their institutional pages had greater academic motivation and academic efficacy in comparison to their pretest scores. This finding imply that Facebook as a learning aid has crucial potential to promote concerted and cooperative learning, still focused research is required in future, to recognize if and how it can enhance learning outcomes.

ICPG 2016-422

Personality Traits, Celebrity Idealization, and Body Esteem among Adolescents and Young Adults

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The study aimed to examine the relationship and to compare the differences in personality traits, celebrity idealization, and body esteem among adolescents and young adults. It was a correlational study using a between group research design. The sample comprised of 256 participants, including 125 adolescents ($M = 15.10, SD = .80$) and 131 young adults ($M = 21.18, SD = 1.56$), from schools and universities. Urdu translations of Eysenck Personality Questionnaire Revised Abbreviated, Celebrity Attitude Scale, Body-Esteem Scale for Adolescents and 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. A positive relationship of extraversion was observed with celebrity idealization and body esteem in adolescents. While neuroticism and psychoticism had a positive relationship with celebrity idealization and negative relationship with body esteem in young adults. Extraversion had a positive relationship with celebrity idealization and body esteem in young adults ($p < .05, p < .01$). Two way analysis of variance (ANOVA) revealed that adolescents have more celebrity idealization and body esteem than young adults ($p < .001$). Boys in both groups have a higher inclination towards celebrity idealization and also high body esteem then girls ($p < .001$). Linear regression analysis revealed extraversion as significant predictor of celebrity idealization ($p < .01$). Neuroticism and extraversion appeared as significant predictors of body esteem ($p < .01, p < .001$). The present study will be helpful for mental health professionals and social psychologists to understand the consequences of high level of celebrity idealization among adolescents and young adults.

ICPG 2016-423

Work-Family Conflicts as Predictor of Failure in Continuing Professional Practice by Pakistani Female Doctors

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This research aims to investigate the predicting role of work-family conflicts in determining Pakistani female doctors’ failure to continue medical profession. Mix method approach was adopted. The goal of qualitative research strategies in initial phase was to identify all the probable risk factors that hinder female Pakistani doctors in continuing professional practice. In-depth interviews were conducted. Interpretive phenomenology approach was adopted in order to identify themes from verbatim of 30 doctors, who had worked in medicine and surgery domains
and who had recently given voluntary resignation for cessation of medical job/career. It was assumed that this data would complement the quantitative findings of the current research. The findings from qualitative phase revealed that family pressures after marriage, poorer social support, caretaking role for children, sound financial status, and husband from nonmedical profession were recurrently identified factors for leaving medical profession. The second phase of the current research explored the dimensional perspective of the issue by adopting quantitative approach of inquiry and the sample comprised of in-service female doctors in the domains of medicine and surgery. In order to examine study variables, Work-Family Conflict Scale was employed in addition to Profession-Adherence Motivation Scale, devised for female Japanese doctors. The sample age ranged between 26 to 40 years \( (n = 75) \) that was taken from different hospitals of public and private sector. The findings revealed that work-family conflicts were positively associated with intentions and inclination to leave the job. Regression analysis revealed work-family conflict as significant predictor of intentions to cease medical practice. The findings carry significant implications for policy makers in raising awareness about identified challenges for pursuing medical career in Pakistan and by managing these factors, the professional contribution may be achieved in a prompt manner.

Resilience, Cognitive Appraisal, Posttraumatic Growth, and Quality of Interpersonal Relationships among Flood affected Adolescents

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The present study aimed to investigate the mediating role of cognitive appraisal between resilience, post-traumatic growth and quality of interpersonal relationships in flood affected adolescents. It was hypothesized that there is likely to be a relationship between resilience, post-traumatic growth and quality of interpersonal relationships; resilience and cognitive appraisal is likely to predict post-traumatic growth and quality of interpersonal relationships; cognitive appraisal is likely to mediate between the relationship of resilience with post-traumatic growth and quality of interpersonal relationships. Correlational research design and purposive sampling technique was used and sample of 197 adolescents including both boys \( (n = 99) \) and girls \( (n = 98) \) was selected from schools of flood affected District Muzaffargarh. *Urdu* translated versions of State Trait Resilience Scale (Hiew, 2007), Stress Appraisal Measure (SAM; Peacock & Wong, 1990), Post-traumatic Growth Inventory for Children-Revised (PTGI-R; Calhoun & Tedeschi, 2006; Kilmer, 2006), and The Network of Relationships-Relationship Quality Version (Furman & Buhrmester, 1985) were used. Correlation analysis and mediation through Structure Equation Modeling (SEM), were conducted to test the proposed hypotheses. Results showed that state and trait resilience (inter & intra) had significant positive relationship with cognitive appraisal and post-traumatic growth. Cognitive appraisal had significant positive relationship with post-traumatic growth. Post-traumatic growth had significant relationship with quality of interpersonal relationships. Male gender is a significant predictor of post-traumatic growth and quality of interpersonal relationships. State Trait Resilience significantly predicted cognitive appraisal, post-traumatic growth and quality of interpersonal relationships. Almost all types of cognitive appraisals significantly predicted post-traumatic growth and quality of interpersonal relationships. Findings of mediation analysis showed that all types of cognitive appraisals were found significant mediators between state-trait resilience, post-traumatic growth, and quality of interpersonal relationships. The findings of this study will help to design prevention programs which could be introduced in the form of specific classroom lessons about trauma and its possible consequences and to train teachers about disaster recovery techniques.
Relationship between Personality Types and Interpersonal Communication Competence of Students

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Personality of an individual determines his behavior. Behavior is the way through which an individual responds to a particular situation while personality is the combination of differences in an individual’s characteristics, ways of thinking, his/her feelings and patterns of behavior. There are different dimensions of an individual’s behavior. Communication is an important dimension of an individual’s behavior and is affected by one’s personality traits. It also determines that how much an individual is competent in his/her interpersonal communication. Current study aims to investigate the relationship between Big Five personality traits and interpersonal communication competence. NEO Personality Inventory and Interpersonal Communication Competence Self-Assessment scales were used to gather relevant information. Sample comprised of university students ($N = 150$). Findings of the study indicated that interpersonal communication competence is positively correlated with agreeableness, conscientiousness, extraversion, and openness and a negative correlation exists between interpersonal communication competence and neuroticism.

Hunzai Child Well-being in Middle Childhood: Mixed Methods Approach

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This study explored child well-being in middle childhood by using mixed method approach including semi-structured interviews and a quantitative measure, Developmental Assets Profile by administering on 165 children of Hunza Aliabad aged between 9 to 11 years. Local children’s understanding of well-being was investigated and internal and external assets were identified. The dimensions included relationships, emotional well-being, and interests related with people, places, and things. However, themes such as support, empowerment, boundaries, and expectations, constructive use of time, commitment to learning, positive values, social competencies, and positive identity were also analyzed and discussed. The findings of this research can be pertinent for the child well-being in rural and mountainous areas of Pakistan and South Asia.

Conflict Management Styles of Working and Non-Working Women

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Purpose of this study was to examine the conflict management styles of working and non-working women. A sample of women ($N = 200$) was selected in which there was representation of both working women ($n = 100$) and non-working women ($n = 100$). Two age clusters were considered (25-35 years and 36-50 years) in this sample. The sample of working women was
collected from different banks and of non-working women from domestic areas of Rawalpindi and Islamabad. A comprehensive scale of Thomas Kilmann Conflict-Mode Instrument was applied to measure five different conflict management styles including competing, collaborating, avoiding, accommodating, and compromising conflict management styles of women. Results showed that working women use more competing and collaborating styles than non-working women. It was also shown that older women (36-50 years) use more competing and collaborating styles than younger women (25-35 years). But there were nonsignificant differences on avoiding, accommodating, and compromising conflict management styles among working and non-working women.

Teaching Styles as Moderator between Metacognitive Awareness and Study Habits among Male and Female University Students

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The present study aimed to examine the role of teaching styles as moderator between metacognitive awareness and study habits among male and female university students. Sample comprised of university students (N = 400), including both male (n = 200) and female (n = 200) students with age ranging from 18-25 years taken from different universities of Islamabad and Rawalpindi. The questionnaires used to assess study variables were Metacognitive Awareness Inventory (Schraw & Dennison, 1994) which measures the two-component model of metacognition including knowledge and regulation of cognition; Study Habits Inventory (Wrenn, 1941) which measures the study habits displayed by the students; and Teaching Style Questionnaire (Chen, 2008) measuring authoritarian style, democratic style, laissez faire, and indifferent teaching styles. Psychometric properties were determined by Cronbach’s alpha reliability coefficients. Results indicated that all the research instruments were reliable and positively correlated. Regression analysis indicated that metacognitive awareness predicted study habits among university students. Hierarchical regression analysis suggested that teaching styles significantly moderated the relationship between metacognitive awareness and study habits. Findings also indicated that gender acts as a moderator between metacognitive awareness and study habits. Current study also explored gender differences on teaching styles, metacognitive awareness and study habits. Future implications of the study were also discussed.

Gender Differences in Quality of Friendship in Bullies and Victims in Schools

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The study examined gender differences in quality of friendship among school bullies and victims. Initially, Friendship Qualities Scale (FQS; Bukowski, Hoza, & Boivin, 1994) was translated into Urdu and was evaluated for the construct validity. Contrary to the original 5 factor model, exploratory factor analysis for FQS-U yielded four factors. Model was confirmed with some modifications using CFA resulting in these factors; approval, intimacy, help, and conflict. The study further investigated the gender differences in quality of friendship also explored the buffering role of friendship quality against victimization. Gender differences in friendship quality of bully/victim groups (N = 672; M_age = 10.86; SD = 1.08) were identified. The results of ANOVA showed significant main effects of gender on quality of friendship.
Further analysis showed that despite demonstrating better quality of friendship, girls were significantly poorer in resolving conflict than boys. Additionally, the results showed that students categorized as bully-victim had significantly poorer quality of friendship than bullies, victims, and uninvolved students. Specifically, they showed poorer conflict resolution and intimacy as compared with uninvolved students. Interaction effects of gender and bully-victim groups were not significant. With regard to academic correlates, quality of friendship was significantly associated with presence at school, yet was not related with marks/percentages in exams. Quality of friendship was seen to be a significant predictor of both bullying and victimization. Findings are discussed with reference to implications for the role of gender in social scenario of bullying.

**ICPG 2016-435**

**Impact of Facebook Addiction on Sleep Disturbance: Comparison among Male and Female University Students**

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Main aim of present study was to investigate the moderating role of gender between Facebook addiction on sleep disturbance. The data for this study consisted of 150 university students including female (n = 75) and male (n = 75) students. Two scales, Pittsburgh Sleep Quality Assessment and Bergen Facebook Addiction Scale were employed to measure Facebook addiction and sleep disturbance respectively. Participants were approached at different private and government universities of Islamabad and Rawalpindi, Pakistan. Purposive sampling technique was used based on cross-sectional design. This study revealed that Facebook addiction had significantly predicted sleep disturbances (β = 1.513, p < .01). This study further revealed that gender had significantly predicted sleep disturbance (β = -.339, p < .001). This study also revealed that Facebook addiction x gender had significantly predicted for sleep disturbances (β = -2.023, p < .001). Analysis revealed that gender was the moderator between Facebook addiction and sleep disturbance. The results suggested that female university students are more vulnerable on sleep disturbance as compared to male university students. On the other hand, male university students are more predisposed to have Facebook addiction as compared to female university students. Recommendation of this study is that it would be useful for pedagogical settings to prevent the psychological problems and resolve the academic conflicts of the university students.

**ICPG 2016-436**

**Attachment Styles, Parenting Styles, and Embitterment in University Students**

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The current paper attempts to explore the experience and expression of embitterment in university students. A standardized three stage model was used to develop a valid and reliable scale for measuring embitterment in university students. In all 307 participants including men (52 %) and women (48 %) were selected through stratified sampling with the age range 18-24 years (M = 20.86, SD = 1.98). Participants were given Attachment Questionnaire of Adults and Indigenous Scale for Emibitterment. Results indicate that those university students who perceive their relationship as ambivalent have more embitterment as compared to those who have secure attachment style. Results are discussed in terms of factorial structure and gender differences.
Existential Predictors of Happiness, Psychological Well-being, and Life Satisfaction in Older Adults

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This research was designed to highlight the role of existential theory in explaining happiness, psychological well-being, and life satisfaction in older adults. Tradition psychosocial model of mental health explains well-being of older adults as affected by numerous outwardly generated factors such as social support, social resources, socio-economic level, health condition, and life events. However, recent focus of this stream of research has been on stressing the role of existential factors in explaining eudaemonic well-being of older adults. These existential factors include religiosity, spirituality, and personal meaning in determining eudaemonic well-being of older adults. Current study targeted the investigation of individual and collective role of diverse dimensions of religiosity, spirituality, and personal meaning in life as significant predictors of well-being among older adults. Study was conducted with two different samples of older adults i.e., community-residing older adults and institutional-care based older adults. In addition to a demographic sheet indigenously developed Religiosity and Spirituality Scale (Masood, 2013), Eudaemonic Well-Being Scale (Waterman, 2010), Oxford Happiness Scale (2012), Life Satisfaction Scale, and Meaning in Life Scale (Steger, 2006) were used. Results revealed that personal meaning in life, involvement in formal ritualistic activities of religion, participation in spiritual practices, level of comfort derived from religion, feelings of inner peace and harmony with self, and approachability to religious resources were significant predictors of well-being and life satisfaction but not for happiness in older adults. Furthermore, independent sample t-test was executed and made it evident that women were more religious than men. Thus, findings confirmed that existential measures of personal meaning, religiosity, and spirituality contributed more significantly to the variance in well-being and life satisfaction than did demographic variables such as income level and education. This study holds significant and insightful implications for health practitioners in promoting existential factors such as meaning-making, spirituality, and religiosity when dealing with older adults as they help them in transcending old age strains and enables them to sustain wellness in life.

Friendship Expectations, Friendship-Related Behavior, and Adjustment among Adolescents

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Individuals usually expect from each other in all relationships. Friendship expectations are considered to be influential in all social interactions. This study examined the associations among adolescents friendship expectations, their behavior within their friendships, their friendship adjustment, and their socioemotional functioning. Grade 7 through Grade 9 adolescents participated in the study in order to complete measures of their friendship expectations, friendship effort, friendship quantity, friendship satisfaction, loneliness, and fear of negative evaluation as an index of their social anxiety. Using structural equation modeling, higher friendship expectations were found to be associated with more positive friendship adjustment and better socioemotional functioning. Friendship effort mediated these associations.
Findings of research suggest that it is adaptive for adolescents to have high relationship standards for their friendships. There were no gender differences in friendship expectations as friendship expectations functioned in similar ways for girls and boys.

ICPG 2016-440

**Gender Differences in Burnout and Mental Health in University Staff**

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Burnout in professionals is on the rise. Burnout tends to adversely affect the mental health and functioning of professionals. The current paper aims to determine the relationship between burnout and mental health in university staff. Initially, a three stage model was used to develop a valid and reliable scale for measuring burnout. A sample of males (n = 145) and females (n = 53) were selected through purposive sampling and given a burnout scale and DASS. Results are discussed in terms of factorial structure, psychometric properties, and gender differences in the experience of burnout. Implications for occupational health are also discussed.

ICPG 2016-441

**Gender Roles: The effect of Male and Female Teachers on the Learning Outcomes of Students of Middle and Senior Section of Army Public School- COD Karachi**

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The present study aimed to highlight the differences in attainment of learning outcomes of the students of higher and middle school due to gender difference of the teacher in Army Public School-COD Karachi. For this purpose a gender based analysis of the attainment of learning outcomes of the students of middle and senior sections of school was done. The research sample consisted of 16 teachers including male (n = 8) and female (n = 8) teachers from senior and middle sections of the school. The students and the teachers were randomly assigned to each other. The attainment of learning outcomes was divided into four categories consisting of high level, above average, average, and unsatisfactory. The comparison of attainment of learning outcomes of students based on teachers’ gender reveals that the mean of high level attainment of learning outcomes was higher for female teachers, 29.81 whereas for males it was relatively low that is 15.86. The above average attainment of learning outcome category revealed a mean of 42.50 for male teachers and 38.49 for female teachers. The average attainment of learning outcome category revealed the mean to be 21.13 for male teachers and 20.68 for female teachers. The unsatisfactory attainment of learning outcome category revealed that males have a higher mean value of 15.55 as compared to that of females 13.36. Thus, it can be concluded that under Army Public School-COD, attainment of high level learning outcome category vary significantly due to the gender of teacher (p = .098). The study also highlights subject based variations in the attainment of learning outcomes due to teacher’s gender.
Psychological Correlates of Distress in Rescue 1122 Workers in Pakistan

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Present research aimed to explore the psychological correlates of distress in Rescue 1122 workers. Relationship between emotional empathy, coping strategies, compassion fatigue, and psychological distress was hypothesized. In addition, it was hypothesized that emotional empathy, coping strategies, and compassion fatigue would predict psychological distress. By employing purposive sampling, participants (N = 150) were selected from four Rescue 1122 stations in Lahore. Emotional Empathy Scale (Ashraf, 2004), Coping Strategies Questionnaire (Kausar & Munir, 2004), Compassion Fatigue Short Form (Adam, Figley, & Boscarino, 2006) and Depression Anxiety and Stress Scale (DASS; Lovibond & Lovibond, 1993) were used for assessment of the variables. Less tendency to be moved by other peoples’ emotional experiences and use of avoidant coping were found to predict depression, anxiety, and stress. Less utilization of active focused coping was also found to be a predictor of anxiety while high level of burnout emerged as a predictor of stress. From demographics, exposure to traumatic events before joining service, high level of perceived support from workmates predicted depression, anxiety, and stress. The research signified that Rescue 1122 administration needs to address these factors contributing towards psychological distress by enhancing training methods and providing psychological support to workers.

Relationship between Affective Styles of Emotions and Aggressive Behaviors among University Students

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The main objective of present study was to investigate the relationship between affective styles of emotions and aggressive behavior among university students. Sample comprised of university students (N = 150), including both male (n = 75), and female students (n = 75) from different universities of Islamabad and Rawalpindi. Affective Style Questionnaire and Buss and Perry Aggression Scale were used to measure the study variables. Both scales were found to be reliable. Value of the correlation coefficient showed that there was a significant relationship between affective styles of emotions and aggressive behavior. Results of the t-test indicated that there was no significant difference between male and female students on anger. While on hostility and verbal aggression male and female students differed significantly. It is recommended that results of the study should be shared with students so that they can polish their abilities.
Role of Workaholism and Self-Concept in Predicting Impostor Feelings among Working Individuals

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Mostly successful people experience feelings of being incompetent throughout their career. These recurrent feelings of being incompetent and not worthy of achievement were termed as impostor feelings by Clance and Imes (1978). The present paper aimed to explore the predictive role of workaholism and self-concept in impostor feelings among working individuals. A sample of 317 working individuals (doctors, university teachers, lawyers, bankers, and nurses) from various organizations was approached through purposive convenience sampling method. Urdu translated versions of Clance Impostor Phenomenon Scale (CIPS; Clance, 1985), Dutch Workaholism Scale (DUWAS; Schaufeli, Shimazu, & Taris, 2009), and Six-Factor Self-Concept Scale (SFSCS; Stake, 1994) were administered along with a demographic sheet. Results showed that negative self concept is the most significant predictor for impostor feelings followed by workaholism. Regarding the applications of the current study it is suggested on the bases of findings that organizations should work on the self-concept of working individuals in order to avoid the negative consequences of negative self-concept in the form of impostor feelings which can further impact individuals’ and organization’s performance and outcomes.

Assessment of Impulse Control Disorder among Pakistani Youth

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Violence has become a leading public health issue. Aggressive experiences leave deep impact on psychiatry, society, and related domains. Literature suggests prominent link between impulsivity and aggression. Previous studies also present a markable gender difference in portrayal of aggression. The present research intended to find out the prevalence rate of impulse control disorder among Pakistani youth. An indigenous Impulse Control Disorder Scale (Haq & Muazzam, 2015) was used to assess the tendency of aggression and reckless behaviors among Pakistani youth population. Through purposive sampling technique, 1000 students including male ($n = 471$) and female ($n = 583$) students were approached from different academic institutions and colleges of Lahore with age range of 13-24 years. Results along prevalence rate of ICD showed significant mean differences among gender, family system, and age. Independent sample t-test revealed that men ($M = 91.18, SD = 22.68$) had significantly higher mean on ICD scale than women ($M = 88.30, SD = 20.10$). Result also exposed significant mean differences between adolescents ($M = 93.26, SD = 22.71$) and adults ($M = 86.97, SD = 19.83$) along ICD scale. Further postgraduate students had higher mean ($M = 91.30, SD = 20.13$) than undergraduates ($M = 88.48, SD = 21.65$) on ICD scale. The assessment of impulse control disorder along demographics will help the social researchers to understand the aggressive, emotional, and reckless behavioral tendencies among Pakistani population. Further it would be helpful for law agencies to devise counter measurements for the well-being of community.
Determinants of Stress among Government School Teachers of Primary Sector

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The present research aims to develop an indigenous scale of stress for Government primary school teachers. This research comprised of three parts. In first part, identification of the stressors was done through semi-structured interviews of Government primary school teachers with equal number of both genders ($N = 10$). Afterwards, over-lapping stressors were eliminated. In part II, content validity of stressors list was established by sending the stressors list to 10 experts (clinical psychologists and senior educationists). In part III, main study was done. Permission was taken prior to data collection, demographic form along with indigenously developed Stress Scale For Primary School Teachers (SSPST) was administered on sample ($N = 300$) of Government Primary School Teachers including both men ($n = 150$) and women ($n = 150$). Results showed that mean of the SSPST was ($M = 106.3$, $SD = 38.0$; $\alpha = .95$). Total 5 factors of SSPT emerged which are lack of resources, workload, job insecurity, lack of support/cohesiveness, and effect on physical and psychological health. There is a significant difference between men and women school teachers on SSPST as women school teachers were found to be more stressed than men school teachers. SSPST will be a reliable and valid tool for assessing stress among Government primary school teachers.

A Comparative Analysis of Psychological Well-being, Work Load, and Resource Inadequacy among Nurses

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Nursing is considered to be a stressful profession. The duties of nurses are complicated in nature which may lead to occupational role stress (ORS). The study compared the ORS among nurses working in emergency units in the government and private sector hospitals. Cross-sectional survey research design was used to collect the information about the predictors of psychological well-being. The sample female nurses ($N = 200$) was taken from government hospitals ($n = 100$) and private hospitals ($n = 100$). Urdu versions of Work Load, Resource Inadequacy, General Health Questionnaire, and Psychological Well-being Scales were utilized in this research. Data analysis was carried out by SPSS and the statistical procedure such as $t$-test was applied. Findings of present study indicated that female nurses in government hospitals experienced poorer psychological well-being as compared to the female nurses in private hospitals. Other findings revealed that workload and resource inadequacy were higher among female nurses of government hospitals than nurses of private hospitals. Another analysis indicated that there was no significant difference in general health problems of female nurses working in both government and private hospitals. In order to enhance the psychological well-being of female nurses working in government hospitals, certain coping techniques such as relaxation, meditation, and deep breathing exercise were taught to nurses in order to lessen their stress that affects their performance at work.
Enhancing Social Skills in Children with Autism Spectrum Disorder through the Implementation of Superheroes Social Skills Program

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Impairment in social skills is characterized as one of the major features of Autism Spectrum Disorder (ASD). The purpose of this study was to assess the effectiveness of superheroes social skills program in enhancing social skills in children with ASD. The superheroes social skills program incorporates several evidence-based practices into its curriculum such as video modeling, peer modeling, role playing, social stories, behavior management system, self-management skills, and generalization strategies. Four participants with ASD and four typically developing children as peer buddies all between the ages of eight to ten years were recruited in this study. Program took place in a public school setting in District Multan. Total six targeted social skills get ready, following directions, reducing anxiety, participate, and imitation were implemented, each lesson was taught per week for approximately 40 minutes for 6 weeks. A single subject with multiple baseline design across participants was used to find out the usefulness of superheroes social skills program. Observation of social engagement (social initial & social response) were conducted for children with ASD for ten minutes of free play during baseline and intervention phase. The intervention effectiveness was also evaluated with pre and post-testing of social functioning through Autism Social Skills Profile completed by teachers and parents of participants with ASD; and Behavior Intervention Rating Scale completed by both teachers and parents of participants with ASD and peer buddies to assess social validity of intervention. Findings regarding observation of social engagement suggested a significant increase in social initiation and social response during recess period. Results of paired samples t-tests of Autism Social Skills Profile also supported the observed improvement in social engagement. Behavior Intervention Rating Scale also indicated the acceptability of the intervention procedure. The overall findings of this study suggested that the superheroes social skills program is effective in enhancing social skills in children with ASD.

The Impact of Parenting Style on Students’ Aggression: A Case Study of IUB, BWN

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The study was aimed to investigate the impact of parenting style on students’ aggression level. The sample consisted of 60 students including male (n = 30) and female (n = 30) students and data was collected from their parents as well. The age range of students was from 20 to 24 years. Moreover, all students were selected from the Islamia University of Bahawalpur, Bahwalnagar Campus through convenient sampling. A demographic survey was obtained from each participant. Two questionnaires were used in which the first one was Aggression Questionnaire (Buss & Perry, 1992) that consisted of 29 items to be rated on a 5 point Likert scale. It was planned to determine four dispositional scale of aggression including physical aggression, verbal aggression, anger, and hostility. The second questionnaire was Parenting Styles Questionnaire (Robinson et al., 1995). The scale consisted of 32 items. Descriptive statistics, Pearson correlation, and linear regression tools were used for statistical analysis of data. The result of the study indicated that there is a highly positive and statistically significant relationship between parenting style and students’ level of aggression. Moreover it revealed that
An Examination of Differences in Personality Traits with Special Focus on Age, Gender and Education

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The purpose of the study was to explore the relationship of Big Five Personality Traits openness, conscientiousness, extraversion, agreeableness, and neuroticism with age, gender, and education. The quantitative cross-sectional research design was used. For this purpose sample of 100 students in which 50 male and 50 female students were taken from The Islamia University of Bahawalpur, Bahwalnagar Campus by using convenient/simple random sampling technique. In order to measure Big Five Personality Traits BFI-10 (John & Rammstedt, 2007) was used. This is self administered inventory consists of 44 items. Data was analyzed by using statistical tools of correlation and ANOVA through SPSS. Findings of the study revealed that age and gender play an important role in Big Five Personality Traits. Overall results showed that age has positive and highly significant relationship with conscientiousness, agreeableness, and openness while neuroticism and extraversion negatively correlated with age. Moreover, gender differences showed that females have high level of neuroticism, agreeableness, and openness than males. The level of conscientiousness and extraversion was higher in males.

Gender Differences in Irrational Beliefs and Its Relationship with Depressive Symptoms among University Students

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The current research aimed to explore the relationship between irrational beliefs and depressive symptoms among university students of The Islamia University of Bahawalpur, Bahwalnagar Campus. For this purpose, a sample (N = 150) of male (n = 75) and female (n = 75) participants were selected by using purposive sampling technique. Participants completed Beck Depression Inventory-II (IBI; Beck, 1996) and Irrational Beliefs Inventory (BDI-II; Koopmans et al., 1994) in order to examine the hypothesis by using survey method. Data was analyzed by using Pearson product moment correlation coefficient and linear regression analyses. The results supported the hypothesis that there is a significant positive relationship between irrational beliefs and depressive symptoms. Further it was postulated that females possess higher level of irrational beliefs and depressive symptoms as compared to male students. The results also revealed that social sciences departments have minimal irrational beliefs as compared to pure science. Highly significant positive relationship exists between five subscales (worrying, rigidity, problem avoidance, need for approval, & emotional irresponsibility) of IBI and BDI-II but problem avoidance was found to be more significant. It was concluded that irrational beliefs and depressive symptoms were positively correlated and it is important to establish awareness programmes in educational settings to describe the importance of irrational beliefs for the purpose of maintaining mental health.
A Case Study of Anger Management: Cognitive Behavioral Approach

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This study was aimed at reducing the anger level and to manage anger effectively using cognitive behavioral therapy. It also helped in assessing the efficacy of cognitive behavioral approach in the lessening the anger level and helped the client cope with anger situations effectively. This case study was conducted in 2015 at the Institute of Professional Psychology, Bahria University Karachi Campus. The client was a 20 year old boy, enrolled in 3rd semester of BCS (Bachelors of Computer Science) program at Bahria University, Karachi Campus when the study was conducted. Besides interview sessions, standardized psychological assessment tools had been used to aid the therapy process. Treatment plan was formulated according to cognitive behavior therapy wherein different cognitive and behavioral techniques were utilized to modify the clients’ anger issue and facilitate in coping with anger situations effectively. The anger diary has proven to be useful in helping the client identify his anger manifestation. Other cognitive behavioral techniques such as downward arrow technique enabled the client to critically evaluate and logically question his thought process in situations where his anger outbursts occur. The therapeutic sessions conducted demonstrated the efficacy of cognitive behavioral therapy techniques in dealing with anger issue of the client.

Prevalence of Depression, Anxiety, and Job Stress among Nursing Staff Working in the Public Sector

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This study was conducted to find out the prevalence of depression, anxiety, and job stress among nurses. The sample of study comprised of the nursing staff from different Public Health Centers/Hospitals of Bahawalnagar and Bahawalpur. A cross-sectional correlation based survey design was used. Convenien sampling technique was used to collect the data. Depression Anxiety and Stress Scale (DASS; Lovibond & Lovibond, 1995) was administered to research participants. The questionnaire consisted of 42 items which contains three self-report scales. Each of the three scales consisted of fourteen items. For statistical analysis of data descriptive statistics, ANOVA, and multiple regression were used. The results of study showed that there is highly significant and positive relationship between job stress, depression, and anxiety. Overall findings indicated that job stress does increase the depression and anxiety level. Furthermore result showed that depression also has a positive influence on anxiety level. Therefore, steps may be taken to control stress at work as mental well-being of the nursing staff is very important because it may strengthen the quality of the overall health care system.
The Effect of Media on Social Appearance Anxiety among University Students

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The current research was conducted to investigate the gender differences in undergoing social appearance anxiety. It was also aimed to explore the relationship between social appearance anxiety and the impact of media. The sample was composed of 100 university students in which 50 male and 50 female participants were included. The participants were selected through simple random sampling technique from The Islamia University of Bahawalpur, Bahwalnagar Campus. Social Appearance Anxiety Scale (Hart et al., 2008) and Sociocultural Attitudes towards Appearance Questionnaires (Thompson, Patricia, Megan, Angela, & Heinberg, 2003) were used in the study. Data was collected through survey method. For statistical analysis of data descriptive statistics, correlation, and linear regression tools were used. The findings of the study revealed that there is a strong and positive relationship between social appearance anxiety and media influence. The study also revealed that females show higher level of social appearance anxiety than males.

Smartphone Addiction and its Relation with Sleep Quantity of Male and Female Higher Learning Students: Mediating Role of University Life Stress

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Smartphone use and overuse are among the major concerns of modern youth. It has many adverse health hazards such as sleep disturbance and stress in university life of male and female students. The present study set out to determine the relationship of smartphone addiction with sleep quantity along with the mediating effect of university life stress among the higher learning students of Punjab, Pakistan. For this purpose, a sample of 321 students (seven respondents per indicator along with a 20% attrition rate) with age range of 15-24 years, were recruited from three major cities of Punjab; Bahawalpur (n = 107), Lahore (n = 107), and Rawalpindi (n = 107). The cluster area sampling was used to assemble the data. Three highly reliable and valid instruments were utilized; The Smartphone Addiction Scale (Kwon et al., 2013) that consists of 10 items with six-point Likert-type scale, Regensburg Insomnia Scale (Cronlein et al., 2013) entailing 10 items, and Student Life-Stress Inventory-Revised (Gadzella et al., 2007) with 53 items grouped under nine categories. The data were analyzed through SPSS version 20.0. The bivariate correlation, regression analysis, and mediation based on Baron and Kenny guidelines (1986) were employed. The results exhibited that smartphone addiction has more significance and negatively correlates with sleep quantity of female students than male students. Similarly, smartphone addiction came out to be a strong predictor for sleep quantity of university students, regardless of gender. On the other hand, university life stress emerged as a significant negative mediator between smartphone addiction and sleep quantity. Conclusively, the devil giant of smartphone addiction is continuously on the go for the Pakistani higher learning students, there is a dire need to address the issue well on time to improve the sleep quantity and pave the way towards a stress-free university life. The current study suggests enhancing the scope of future studies that would based on country wide data, so that policy makers can address this issue at national level.
Relationship between Stress, Coping, and Adjustment among University Students

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In present research aim was to explore the relationship between stress, coping, and adjustment among university students. A sample of university students \((N = 320)\), including female \((n = 172)\) and male \((n = 150)\) university students with age range 17-30 years \((M_{age} = 17, SD = 8.5)\) was approached who belong to different public and private sector universities through purposive convenient sampling method. A detail demographic sheet, Students-life Stress Inventory (Gadzella, 1991), Brief Cope (Carver, 1998) and Adjustment Scale (Kaya & Weber, 2003) were used for data collection. Pearson product moment correlation and \(t\)-test were carried out to determine the proposed relationships. Results showed significant positive correlation between stress, coping, and adjustment. Results showed that senior students are better adjusted than freshman. No significant difference in the coping strategies used by male and female university students was found. Nonsignificant gender differences were found for adjustment of students. Mediation analysis indicate that coping mediate the negatives relation between stress and adjustment of university students.

Symptoms of Obsessive Compulsive Disorder and Depression in Widows

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Present research is an effort to explore the symptoms of obsessive compulsive disorder and depression in widows. In order to fulfill the requirement of the current research, nonprobability purposive sampling technique was used for the selection of sample. The sample of hundred widows was selected from different areas of Sahiwal i.e., Farid Town and Fatah Sher Colony. Age range for the sample was 18 to 45 years. Demographic characteristics of the sample were age, qualification, and area. Correlational cross-sectional research design was used. Obsessive Compulsive Inventory (Kozak & Salkovskis, 1998) and Depression Scale (Beck, 2006) were used in present research. It was hypothesized that there would be a significant relationship between symptoms of obsessive compulsive disorder and depression in widows. The result showed that there was a positive relationship between symptoms of obsessive compulsive disorder and depression in widows. Another hypothesis stated that there would be a significant difference between educated and uneducated widows with reference to their obsessive compulsive disorder symptoms. The statistics are depicting that educated widows have low symptoms of obsessive compulsive disorder than the uneducated widows. Another hypothesis stating that there would be a significant difference between educated and uneducated widows with reference to their depression. The statistics are depicting that educated widows have low symptoms of depression than the uneducated widows.
Exploring Perception of Chronic Hepatitis C: An Idiographic Case Study

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The disease hepatitis C has devastating impact on the individual and their family members. This study demonstrates the case of a 45 year old woman suffering from chronic hepatitis C. The methods of data collection employed were Mental Status Examination (MSE) and semi-structured interviews. Furthermore, the participants’ sister was also interviewed. For this purpose, two separate interview schedules were prepared. Data was interpreted by using Interpretative Phenomenological Approach (IPA). The most dominant themes extracted within this study were overshadowing physical health, psychological and emotional distress, coping with disease, and social support from family members. In addition, the study found that the perception of social support and coping have an influence on a chronic hepatitis C individual. The findings of the study would be useful for general citizens of Pakistan in improving their knowledge and understanding about chronic hepatitis C.

Role of Self-esteem on Relationship between Perceived Social Support and Perceived Stress among University Students

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During university years students face a number of stressors. They can cope with stress via number of mechanisms. One of these mechanisms is the support they receive from their friends or family. While social support is seen as a protective mechanism against stress, some psychological factors may have increasing or decreasing effects on this support. Self-esteem, an indicator of individuals’ psychological health may play a role in this context. The present study focused on measuring the moderating effect of self-esteem on the relationship between perceived social support and perceived stress. It was assumed that higher level of self-esteem would strengthen the negative relationship of perceived social support and perceived stress. Perceived social support was measured using Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, & Farley, 1988); perceived stress was measured through Perceived Stress Scale (Cohen, Kamarch, & Mermelstein, 1983), and self-esteem was measured through Rosenberg Self-esteem Scale (Rosenberg, 1965). Sample of the study (N = 200) included both male students (n = 100) and female students (n = 100) from different universities of Islamabad. Hierarchical multiple regression analysis showed that self-esteem significantly moderated the negative relationship between perceived social support and perceived stress, explaining 16% variance in it, (ΔR² = .16, ΔF (1.20) = 6.50, p < .001). In the light of results it can be said that students with low self-esteem may perceive less social support as compared to those with high self-esteem. This condition may effect negatively on the stress decreasing function of perceived social support.
Gender Differences on Emotional Problems among Traumatized Youth

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Literature provides a well established link between exposure to trauma and emotional problems among children and adolescents (Brosky & Lally, 2004). A recent study (Briggs et al., 2012) focused specifically on traumatized youth found a higher rate of females (66 %) with emotional symptoms, which is not surprising given the well established higher prevalence rate of traumatic exposure among female youth (Collin-Vézina et al., 2011; Connor et al., 2004). The present study aimed to explored gender variances on emotional problems among youth with traumatic experiences. A sample of 663 adolescents including girls (n = 228) and boys (n = 435) with age range 12-16 years (M_age = 15.27, SD = 1.20) was assessed with the Stressful Life Event Scale (Rehna & Hanif) and School Children Problem Scale (Saleem & Mehmood, 2011) to meet the objectives of study. One-way multivariate analysis was computed to examine gender variances on emotional problems (anxiousness, social withdrawal, and feelings of rejection) and findings indicated significant differences on emotional symptoms based on gender \( F(3, 659) = 182.49; \ p < .0005; \) Wilks’ \( \Lambda = .55, \) Partial \( \eta^2 = .45 \). Findings revealed that gender has a significant effect on adolescents’ emotional symptoms including anxiousness \( F(1, 661) = 529.22; \ p < .0005; \) Partial \( \eta^2 = .44 \), social withdrawal \( F(1,661) = 219.05; \ p < .0005; \) Partial \( \eta^2 = .25 \) and feelings of rejection \( F(1,661) = 125.92; \ p < .0005; \) Partial \( \eta^2 = .16 \). Female adolescents scored significantly \( p < .0005 \) higher on each of the problem as compared to boys. Findings have been discussed in theoretical and cultural perspectives.

Symptoms of Shyness and Anxiety in Adolescents

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Present research was an effort to explore the symptoms of shyness and anxiety in adolescents. Nonprobability purposive sampling technique was used in present research. Sample of 100 adolescence including both boys (n = 50) and girls (n = 50) were selected from different schools and colleges of Chichawatni. Cross-sectional and correlation research designs were followed. Anxiety scale and shyness scales were administered for data collection. A 13 item Revised Check and Buss Shyness Scale (RCBSS; Check & Buss 1983) was administrated to measure shyness. Anxiety Scale (Reynolds & Richmond, 1978) was employed to assess the degree and quality of anxiety. It was hypothesized that there would be a significant positive correlation between shyness and anxiety in adolescents. Result indicated that there is a strong positive correlation between shyness and anxiety in adolescents \( p = 0.06, \ p > 0.05 \). It was also hypothesized that there would be a significant difference between boys and girls with reference to their shyness levels. Results indicated \( t = 0.24, \ df = 98, \ p > 0.05 \) that girls have high mean score than the boys with reference to their shyness levels. Results of another hypothesis that there would be a significant difference between boys and girls with reference to their anxiety levels, indicated that \( t = -3.575, \ df = 98, \ p > 0.05 \) girls have high mean score than the boys with reference to their anxiety levels.
ICPG 2016-484

Trait Narcissism and Thought Control among Manic Patients

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The present research aimed to check the trait narcissism and thought control among manic patients. A total sample of 50 patients was selected in which there were both male \( (n = 25) \) and female \( (n = 25) \) manic patients. Sample was selected on the basis of non-random purposive sampling technique. The Narcissistic Personality Inventory (NPI-40; Ruskin & Terry, 1979) was used to check the trait narcissism in manic patients. The Thought Control Questionnaire (TCQ-30; Wells & Davis, 1994) was used to assess thought control. Data was analyzed through SPSS version 21.0. The results of study indicated that trait narcissism was high in manic patient and thought control was low. Trait narcissism was high in female manic patients as compared to male patients. Results revealed that there was a negative correlation between trait narcissism and thought control. This study can be helpful in assessment and management of patients in clinical setups by psychologists and psychiatrists.

ICPG 2016-485

Suicidal Behavior and Life Engagement among Epilepsy Patients

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The research aimed is to study the suicidal behavior and life engagement among epilepsy patients. A total sample of 50 patients was selected in which there were both male \( (n = 25) \) and female \( (n = 25) \) epilepsy patients. Sample was selected on the basis of non-random purposive sampling technique. A 4 item Suicidal Behavior Questionnaire Revised (SBQ-R; Osman, 2001) and a six item Life Engagement Test (LET; Scheier et al., 2006) were used for data collection. Data was analyzed through SPSS version 21.0. Statistical techniques such as frequency distribution, descriptive analysis, and correlation were used for analysis. The result indicated that suicidal behavior was high and life engagement was low among epilepsy patients. The result also revealed that suicidal behavior was high in male epilepsy patients than female epilepsy patients. It was also indicated that suicidal behavior was significantly negatively correlated with life engagement among epilepsy patients. Due to shortage of time the selected sample was limited. The present study can be helpful in assessment and management of patients in clinical setups by psychologists as the prevalence of epilepsy is increasing day by day.

ICPG 2016-487

Translation, Cultural Adaptation, and Cross Cultural Validation of Disgust Propensity and Sensitivity Scale-Revised (DPSS-R)

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The Disgust Propensity and Sensitivity Scale-Revised (DPSS-R) is a new assessment tool thought to assess two distinguishable factors contributing to disgust reactions; disgust propensity and disgust sensitivity. The aim of the study was to investigate the reliability and
validity of Urdu translation of the Disgust Propensity and Sensitivity Scale-Revised (DPSS-R) designed to assess the disgust propensity and disgust sensitivity. A total 30 student aged between 18-25 years with completed the Disgust Propensity and Sensitivity Scale-Revised. The scale had high internal consistency (DPSSR-U $\alpha = .94$, DPSSR-E $\alpha = .90$) and a test-retest correlation over a fifteen days period of DPSS-R ($r = .91$). Overall DPSS-R English version correlated with overall Urdu version of DPSS-R. The results suggest that DPSS-R scale is a reliable and valid tool which can be used in clinical settings to evaluate disgust propensity and disgust sensitivity in Pakistani population.

ICPG 2016-488

Basic Psychological Needs as Mediators between Self-regulation and Mental Health: Moderating Role of Gender

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The present study was designed to test some important postulates of self-determination theory. More specifically, it aimed at testing the mediating role of basic psychological needs (autonomy, relatedness, and competence) in the relationship of extrinsic and intrinsic self-regulation with mental health issues (depression and anxiety) in a convenient sample of $N = 305$ undergraduate students of University of Sargodha. Basic Psychological Needs Scale (Deci & Ryan, 2000), Self-Regulation Questionnaire (Ryan & Connell, 1989), and DASS (Lovibond & Lovibond, 1995) were used for assessing the focal constructs of the present study. A series of hierarchical regression analyses revealed that extrinsic self-regulation negatively whereas intrinsic self-regulation positively predicted the three basic psychological needs while gender, age, and family system were statistically controlled. Another series of hierarchical regression analyses revealed that among the three basic psychological needs, only need of relatedness was significant negative predictor of both anxiety and depression. Path analyses revealed that relatedness mediated the relationship of intrinsic and extrinsic self-regulation with depression and anxiety. Furthermore, gender turned out to be the first order moderator of the indirect effect of intrinsic self-regulation on depression and anxiety via basic need of relatedness. Thus, gender moderated the mediated influence of relatedness in the relationship of intrinsic self-regulation with depression and anxiety. Findings and implications of the study have been discussed in our endemic cultural context.

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The Factors behind the Flourishing Academy Culture and its Impacts on the Educational and Intellectual Standard of Pakistani Students

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The current study has been carried out to explore the factors contributing to the booming academy culture and its effects on the educational and intellectual standard of Pakistani students. It was a qualitative study in which the data was collected through three focus group discussions. The first focus group included the purposive sample of teachers (1 male, 1 female), parents (1 father, 1 mother), students (1 male, 1 female) and the second and third focus group included students (6 male, 6 female). Age range for the first focus group was 15-60 years and for second and third was 15-19 years. The differences in the opinion regarding academies and its impact in both the genders were identified. Thematic analysis helped to identify 14 major
themes including faulty examination system, positive impacts, negative impacts, and gender related differences. The results derived through this study might lay a foundation for the policy change in education on the part of Government.

ICPG 2016-491

The Moderating Role of Pregnancy among Coping Strategies and Positive Affect and Negative Affect across Pakistani Women

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The purpose of this study was to investigate the moderating role of pregnancy among coping strategies and positive and negative affect in Pakistani women. The sample for this study constituted 200 married women, including pregnant women (n = 100) and non-pregnant women (n = 100) with age range 20-40 years. The sample was selected through the purposive sampling technique based on the cross-sectional research design. The married, pregnant, and non-pregnant women were inquired at the Gynecology and Obstetrics Department of Military Hospital, Combined Military Hospital, Fauji Foundation Hospital Rawalpindi, and Tehsil Headquarter Taxila. Two scales were applied, these included Positive Affect and Negative Affect Scale (PANAS SF-1) and Brief Cope Scale, to measure positive and negative emotions and coping strategies respectively among pregnant and non-pregnant married women. The study reveals that coping strategies (active avoidance coping, problem focused, acceptance, emotional/social support, and religious/denial coping) were significant predictors of negative affect \( \beta = .15, p < 0.5 \) for pregnant women and positive affect \( \beta = .09, p < 0.5 \) for pregnant women. Results revealed that pregnancy is a moderator among coping strategies and positive affect and negative affect. The study recommends that pregnant women will benefit by addressing negative affect. It would be accommodating for health and clinical settings to provide pregnant women with better psychological well-being insuring their health and health of the expected offspring.

ICPG 2016-493

The Link between Resilience and Subjective Well-Being of Pakistani Youth: Mediating Role of Perceived Social Support-A Gender Focused Study

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The current study examined the direct and indirect effects of resilience (as process) on subjective well-being of Pakistani youth living in three major cities of Punjab, Pakistan when perceived social support emerged as a mediator. The multistage random sampling technique was employed to collect the data from public and private sector higher learning institutes that comprised of 420 respondents in total, including girls \( n = 204 \) and boys \( n = 216 \), with age ranging from 18 to 29 years. For sample calculation, A-priori sample size is deliberated online (Soper, 2016). Further, eight participants per indicator along with a 20% attrition rate were also considered. The four valid and reliable instruments were utilized; Child and Youth Resilience Measure-28 (Ungar, 2013), Multidimensional Scale of Perceived Social Support (Zimet, et al., 1988), Satisfaction with Life Scale (Diener, 1985), and Subjective Happiness Scale (Lyubomirsky, 1999). The data were analyzed through SPSS version 20.0. Hypothesis testing
was done through regression analysis, independent sample t-test, and mediation analysis (Baron & Kenny, 1986). The results indicated that resilience (as process) confirmed as a positive and significant predictor of subjective well-being. Similarly, perceived social support significantly positively mediated the relationship between resilience and subjective well-being. Importantly, gender was found to be a nonsignificant factor. It can be inferred that resilience in the presence of social support positively enhances subjective well-being of youth, regardless of gender. The limitations and future avenues of this study were also cordoned off.

ICPG 2016-494

**Parental Stress among Parents of Children with and without Disabilities**

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Parental stress is an essential component of parenting, for that reason it is experienced by both parents of disabled and non-disabled children. Parental stress is an aspect that affects psychological well-being of parents. The study compared the parental stress among parents of disabled and non-disabled children. A differential research design was used in the study. The sample (N = 200) was taken by using convenient sampling technique. Sample included parents who had disabled children; (sensory impairment, deaf, dumb, blindness, and physically disabled; n =100) and parents of non-disabled children (n = 100). Sample was collected from special education and private schools in Bahawalpur. Data was analyzed using SPSS version 21, by computing t-test. Findings showed that parental stress was significantly higher among parents of disabled children as compared to parents of non-disabled children. Parental stress was compared with reference to parents’ gender (father and mother) of children with disabilities and found that parental stress was greater among fathers of children with disabilities than mothers of children with disabilities. Future research should give greater consideration to factors that play role in increasing parental stress and affecting their psychological well-being.

ICPG 2016-497

**Moderating Role of Agreeableness in the Relationship between Narcissism and Intimacy among University Students**

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The research was conducted to explore the moderating role of agreeableness in the relationship between narcissism and intimacy among university students. The sample consisted of university students (N = 250), including male (n = 128) and female (n = 122) students. Four universities including Quaid-i-Azam University, National University of Science and Technology, Comsats University, and International Islamic University, Islamabad were approached to collect data. All the three variables were evaluated using the self-report measures. The results found through Pearson correlations implied that narcissism is negatively correlated with intimacy and agreeableness and intimacy is positively correlated with agreeableness. In addition, it was also shown that narcissism is negatively associated with commitment, emotional closeness, and social aspect of intimacy while positively associated with physical aspect of intimacy. The results of t-tests showed women have more narcissistic tendencies as compared to men and narcissistic tendencies were more in the adolescents as compared to adults. The results of the simple linear regression analysis showed that agreeableness is a positive predictor of intimacy.
and negative predictor of narcissism. However, agreeableness did not act a moderator in the relationship between narcissism and intimacy. The research study also explored the differences among various demographic variables, for example, relationship status, family categories, and education. The findings of present research were discussed in the light of relevant literature, following the implications, limitations, and suggestions for future researchers.

ICPG 2016-500

Perception of Hope among Adult Population of Lahore, Pakistan

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Study was conducted to understand the construct hope from the perspective of adult population (young adults, middle aged adults, and older adults) of Lahore, Pakistan. It was a qualitative study in which three focus group discussions were conducted to collect data. Purposive sample included 12 participants, including men (n = 6; 2 young men, 2 middle aged men, and 2 elderly men) and women (n = 6; 2 young women, 2 middle aged women, and 2 elderly women). Thematic analysis was done to identify codes, major themes and sub themes were 3, 9, and 66 respectively. Gender differences in the perception of hope were also identified. With in focus groups and across focus groups interaction, the differences in perception were taken into consideration during the course of study. The study identified social, health related, personal, religious, and psychological sources of hope to mention some. The information gathered through this study can be used to do further research on the construct hope.

ICPG 2016-501

Aggression in Primary School Children: Interplay of Social Information Processing and Gender

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Contemporary research is focusing on the role of decision making process in the development of aggression among children. This study examined the relationship between social information processing and aggression across boys and girls of primary school children. Sample comprised of 446 primary school children, including both male (n = 201) and female (n = 245) students aged 5 to 11 years. The participants were approached at both public and private schools of Lahore. After getting written permission from Government Primary Education School System (Punjab) and Private School System administration, teachers and parents of primary school children were contacted. Aggression was measured with teacher and parent reports using Behavioral Problems Scale for Primary School Children (Butt & Khalid, 2014). Social information processing was assessed with Home Interview with the Child (HIWC; Dodge, 1990). Findings showed that hostile social information processing predicts aggression in primary school children. Significant similarities and differences were observed for gender. Further, gender significantly moderated the relationship between social information processing and aggression. This research holds meaningful implication for caregivers and mental health professionals and highlights the need to focus on intrinsic factors that play crucial role in the emergence of aggressive behaviors in children.
The Experiences of Emotional Distress among Men and Women: Influence of Marital Status

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Study was done to investigate the relationship between positive-negative experiences and emotional distress among adult men and women. It was hypothesized that there will be gender differences in positive-negative experiences and emotional distress. Furthermore, it was hypothesized that there will be differences among married and unmarried people on positive-negative experiences and emotional distress. There will likely be a relationship between emotional distress and positive and negative experiences. The sample comprised of adults (N = 296) recruited employing systematic random technique from general population. Cross-sectional research design was used. Scale of Positive And Negative Experiences (Diener, 2010) translated in Urdu language (Deen & Saqib, 2014) and Emotional Distress Scale (Gull & Kausar, 2013) were used. Independent sample t-test and Pearson product moment correlation analyses were carried out. Results showed that men were more likely to experience positive events and women were more likely to experience negative events. There was significant difference in emotional distress of men and women. Women were more likely to experience emotional distress than men. There was significant difference in positive and negative experiences of married and unmarried people. Married people were more likely to experience positive events. Also there was a significant difference in emotional distress of married and unmarried people. Unmarried people showed relatively greater emotional distress as compare to married people. Emotional distress negatively correlated with positive experiences and positively correlated with negative experiences. Moreover, limitations and suggestions were also discussed.

Quality of Life, Psychological Well-being, and Challenges faced by Mothers of Children with Intellectual Disability

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Having an intellectually disabled child in family brings multiple challenges. This involves financial as well as emotional burden for parents. Stigmas attached with childs’ condition effects the mental health and overall well-being of caregivers. By keeping in view the problems portrayed in existing literature this study intended to assess the quality of life, psychological well-being, and challenges faced by mothers of intellectually disabled children. Through purposive sampling technique four mothers of intellectually disable children (mild mental retardation) were approached from Amin Maktab; an institute working for the well-being of intellectually disabled children. The data collection process was based on focus group discussion on ten relevant questions. Focus group discussion was done with mothers of two male and two female special children, keeping in mind the comparison of gender related problems. Data was audio taped and transcribed according to APA standrads. Ten major themes (daily hassles, mothers’ expectations, and dealing with social stigmas etc.) with subthemes and coding units were identified and compared according to gender related issues. Results indicated the dimensions of childs’ problematic behaviors, health issues, demands for social support, and
management strategies of emotional distress. Results also indicated the mothers’ coping strategies were related to stigmas attached and major challenges encountered. This study will help to understand the needs and challenges faced by mothers of mentally challenged children. Further it will help community to devise awareness programs for the well-being of families dealing with intellectuality disabled child.

ICPG 2016-504

**Gender Differences in Academic Achievement: A Systematic Review on Result Statistics of Secondary and Higher Secondary Examination in Pakistan**

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Using archival data from major secondary and higher secondary annual examinations held by Government of Punjab, this study shows that, from 2005 to 2015, the mode of girls’ academic performance has been superior than boys. Data was collected from Board of Intermediate and Secondary Education (BISE), Lahore and by consulting the compendium of gender statistics (2004-2014). Data has exposed a positive increase in women’s literacy rates (currently 38%), resulting in less gender disparity in literacy proportions all across the Pakistan. Although these trends have been uneven through provinces, data shows better academic performance in nearly every subject and at every level. Data reflects that not only the pass percentage of the female students is relatively higher than that the male students, their grades are also higher. When compared with other provinces of the country, the Province of Punjab emerges as the most literate province and having less rate of gender disparity. This trend is also mirrored in systematic statistics from the province of Punjab (2011-2015). Moreover systematic review of factors contributing to gender differences in academic achievement (1990-2015) has publicized female students to be significantly better in academic performance, reading habits, study habits, and positive study attitude as compared to male students. Girls showed positive attitudes and proceeded in subjects which were previously male oriented i.e., science and mathematics. The investigators also exposed the performance of female students in higher education is better as compared to the male students. Other causative aspects (HEC, media, UN, & national level efforts) for ensuring gender equality in general have also been discussed.

ICPG 2016-508

**Bulling, Diversity, and Career Development Initiatives: Workplace and Role of Career Counselor**

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This case study highlights the importance of career counselor in work settings to facilitate fresh graduates for continuous career growth and work base performance. The qualitative analysis shows need for career counselor at workplace settings and organizational reforms for career development initiatives. Research concludes emerging needs of workplace counseling and positive role of career counselor in dealing with bullying, diversity, and career development initiatives at workplace settings specifically from the point of view of women. The increased global competition has led organizations to motivate and encourage employees in taking risks and working in diverse teams. This brings innovation in ways of doing things, because this is the only way through which organizations can gain success and earn competitive advantage on
Psychology of Gender in Perspective: Issues and Challenges (December 1-2, 2016)

others. However, bullying is such a critical factor that it not only hinders the way of innovation but also affects the employees’ performance and career growth. Work place bullying needs to be taken care of because bullies usually select the top performers and most talented people in the organization, commonly fresh graduates. The concept of workplace counseling is not an old one, rather, surprising to some, it has been in existence for quite some time now. The only difference has been the increasing awareness and changing trends in the area of human excellence as employers and HR practitioners begin to acknowledge it criticality and challenges toward the modern day organizations. The research was initiated with aims to study the role of career counselor and find reasons, affects, and consequences of bulling in Pakistani workplace, especially at educational institutes. Different qualitative parameters were used to find out real causes, their affects, and consequences of workplace bulling. The three variables bulling as independent variable, commitment and employee morale as dependent variables, and stress as moderating variable were investigated. Role of career counselor, organizational culture, and policies, legal compliance, individual perspective, and social theories regarding ethical and social norms were analyzed through in-depth interviews.

ICPG 2016-511

Translation, Cultural Adaptation, and Cross-cultural Validation of the Obsessive Compulsive Inventory (OCI)

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The Obsessive Compulsive Inventory (OCI) is a new self-report instrument developed to address the problems inherent in available instruments for determining the diagnosis and severity of obsessive-compulsive disorder (OCD). The OCI consists of 42 items composing 7 subscales: washing, checking, doubting, ordering, obsessing (i.e. having obsessional thoughts), hoarding, and mental neutralizing. The aim of the study was to investigate the reliability and validity of Urdu translation of the OCI-E. This study was designed to assess the OCI-U. A total of 30 OCD patients aged between 18-25 years completed the OCI. The scales had high internal consistency OCI-U (α = .98), OCI-E (α = .97) and a test-retest reliability measured through correlation over a fifteen days period of OCI-U (r = .97). OCI overall English version correlated well with overall Urdu version scale of Obsessive Compulsive Inventory. The result suggest that OCI is a reliable and valid tool which can be use all clinical setting to evaluate OCI in Pakistani population.

ICPG 2016-512

Moderating Role of Gender for the Effect of Perceived Parental and Peer Support on Social Hopelessness

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The main objective of the study was to investigate the differential moderating role of gender for the effect of perceived parental and peer support on social hopelessness. A convenient sample of adolescents (N =316) including both boys (n = 149) and girls (n = 167) was taken from different government and private colleges. Inclusion criteria was that only those adolescent boys and girls were taken as subjects who were students of grade 11 and 12, their age was from 16 to
18 years and both of their parents were alive. Perceived Parental Support Scale (Kristjansson, 2010), Perceived Peer Support Scale (Kristjansson, 2010), and Social Hopelessness Questionnaire (Flett, Hewitt, Gayle, & Davidson, 2003) were used after translation in Urdu by using standard forward translation and back translation method. Data was collected from participants after taking informed consent. Then scoring was done and data was analysed. Results indicated that there was significant negative correlation between perceived parental support and social hopelessness ($r = -0.13$, $p < .05$) as well as between perceived peer support and social hopelessness ($r = -0.24$, $p < .01$). Significant gender difference appeared only for perceived peer support ($MD = -0.71$, $p < .05$) suggesting that girls were receiving more peer support. Moderation was tested using Processes Macro (Hayes, 2014). Results suggested that gender moderated the effect of perceived peer support and social hopelessness ($B_{interaction} = -2.10$, $p < .01$). The moderation model explained a total of 10% variance in hopelessness. Gender did not appear to moderate effect of perceived parental support on social hopelessness. It is concluded that for adolescents perceived peer support is more critical particularly for girls.

**ICPG 2016-514**

**Gender Differences on Experience of Cyber Bullying and Resilience among Adolescents**

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The present study examined the gender differences on experience of cyberbullying and resilience among adolescents. Correlational analysis and $t$-test were used to explore relationship among study variables as well as to see the gender difference respectively. A sample of 300 students of colleges and universities with age range of 17-23 years ($M = 18.8$, $SD = 1.60$) was collected through purposive sampling. The instruments including Cyberbullying and Online Aggression Survey Instrument (Hinduja & Patchin, 2010) and The State Trait Resilience Scale (Hiew, 1999; Jabeen & Kausar, 2009) were used to assess cyberbullying and resilience respectively. Biodata sheet was constructed by the researcher to take demographic information from participants. The results were derived by using Statistical Package for Social Sciences (SPSS) to find correlation among variables and see the gender difference on cyberbullying and resilience. Results showed that there was gender difference in the experience of cyberbullying but no difference was observed on resilience levels of participants.

**ICPG 2016-515**

**Families’ Attitudes towards Schizophrenic Patients in Relation to the Patients’ Self-Compassion and Attitude towards their Illness**

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The theory of reflected appraisal suggests that the appraisal of families is reflected in the individuals’ attitudes and determines the individuals’ attitudes towards themselves. This theory was tested on diagnosed schizophrenic patients. It was hypothesized that the schizophrenic patients’ families’ negative attitude towards the patient would have a negative impact on his attitude towards his illness and towards his self-compassion. The sample of study consisted of 49 schizophrenic patients including male (59.2%) and female (40.8%) patients and their primary family caregivers. The patients were administered Family Attitude Scale (Kavanagh et al., 1997); Self-Compassion Scale (SCS-Short Form; Raes, Pommier, Neff, & Van Gucht,
2011), and Self-Stigma of Mental Illness Scale (SSMIS; Corrigan et al., 2011). The results reflected gender differences both in the attitude of family members towards schizophrenic patients and in the level of self-compassion in patients. The results also indicated that the patients’ attitude towards their illness was determined by their families’ attitude towards them and that there was significant negative relationship between families’ criticism and patients’ self-compassion. It can be concluded that the families’ attitude is important for self-compassion of patients and that self-compassion serves as a key coping resource that can help patients deal with disorder-related stress.

ICPG 2016-516

Body Image Satisfaction, Self-esteem, and Academic Behavior in University Students

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Body image is a wide spread and challenging trend especially during adult age. It is considered an important factor in building of ones’ self respect. The common perception is that adults with high self esteem show greater achievement in their life. Many adults experience issues regarding body image and self respect in their university time that have effect on their academic life. The present study aimed to explore the relationship between body image satisfaction, self esteem, and academic behavior in adults. The simple random sampling technique was used for the selection of 100 university students, including male (n = 50) and female (n = 50) students recruited from The Islamia University of Bahawalpur, Bahawalnagar campus, Pakistan. The age range of participants varied from 20 to 30 years. In which 93 % of participants were 20 to 25 years of age and 7 % participants were 25 to 30 years of age. Fourteen item Body Shape Questionnaire (Cooper, 1987), ten item Self Esteem Scale (Rosenberg, 1965), and twenty item Measurement of Academic Behavior (Gupta, 2011) were used to collect the data from university students. The study found a positive relationship between these three variables i.e., body image satisfaction, self esteem, and academic behavior. Low body image satisfaction altered self esteem and academic behavior. Those university students who were satisfied with their body image had higher self respect as well as they performed well in respective academic tasks. Moreover, it was observed that students having low self esteem and dissatisfaction toward their body shapes exhibit careless, easy to distract behavior, and poor performance in their academics. Furthermore, study plays an important role to modify the concepts of individuals and prevent body image dissatisfaction.

ICPG 2016-517

Translation, Cultural Adaptation, and Cross-cultural Validation of McLean Screening Instrument for Borderline Personality Disorder (MSI-BPD)

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Borderline personality disorder is a common psychiatric disorder marked by unstable moods, impulsive behavior, and unstable relationships. MSI-BPD is a useful screening instrument used for assessing the presence of DSM-V borderline personality disorder in population. The aim of the study was to investigate the reliability and validity of Urdu translation of the Mclean Borderline Personality Disorder Scale in Pakistan. It is a short scale of 10 items, responses are made on dichotomous scale (yes = 1, no = 0), having a cut off score of 7. A total 25 student
aged between 18-24 years completed the MSI-BPD. The scale displayed high internal consistency for both versions MSI-BPD-U ($\alpha = .74$) and MSI-BPD-E ($\alpha = .83$) and a test-retest reliability was tapped through a correlation over a fifteen days period ($r = .97$). English version McLean Borderline Personality Disorder Scales’ correlated well with Urdu version Mclean Borderline Personality Disorder Scale. The results suggest that MSI-BPD-U is a reliable and valid tool which can be used in clinical settings for the assessment of borderline personality disorder.

**Level of Social Adjustment and Subjective Well-being in Substance Abusers**

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The current research was aimed to check the level of social adjustment and subjective well-being among substance abusers (smoking & heroin abusers). A sample of 50 substance abusers, in which some are smokers and some are heroin abusers, was selected on the basis of purposive technique. Recent research indicates that social adjustment play an integral role in adjustment of substance abusers and highlights the relationship between social adjustment and subjective well-being in substance abusers. The researcher examines the three hypotheses that investigate the measurement of social adjustment as a predictor in managing adjustment in environment and second variable investigate the persons’ thought level about self and future planning or hope. To fulfill the aim of the study substance abusers were selected through non-random sampling from the city of Bahawalpur. Two questionnaires were used in the study; Work and Social Adjustment Scale (WSAS) and Scale of Subjective Well-being. Descriptive statistics, correlation, and regression analysis were used for data analysis. Moreover, results indicated that there was a positive correlation between social adjustment and subjective well-being. Level of social adjustment and subjective well-being is low among substance abusers.

**Translation, Cultural Adaptation, and Cross-cultural Validation of Dental Anxiety Scale**

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Dental anxiety remains a barrier to dental care for a consistent proportion of the population. This is disappointing as improvements in oral health over the past three decades have reduced restorative treatment in many developed countries. A reduction in dental anxiety levels had been expected as anxiety is related to experience of invasive treatment procedures. Very often in behavioral science the simple explanation is insufficient to explain complex human psychological processes. The aim of the study was to investigate the reliability and validity of Urdu translated version of the Dental Anxiety Scale in Pakistan. It was designed to screen for dental anxiety in clinical settings. It is a short scale of 7 items where responses are made on a 5 point Likert-type scale ranging from 1(not anxious) to 5 (extremely anxious). A sample of total 25 students, aged between 18-24 years, completed the Dental Anxiety Scale. The scale has high internal consistency Dental Anxiety Scale Urdu Version ($\alpha = .86$) and Dental Anxiety Scale English Version ($\alpha = .82$) and test-retest reliability measured through a correlation over a fifteen days period of ($r = .95$). English Version Dental Anxiety Scale correlated well with Urdu
version scale. The results suggest that Dental Anxiety Scale is a reliable and valid tool which can be used in all clinical settings to assess anxiety of dental patients.

ICPG 2016-521

The Mediating Role of Mental Health between Emotional Intelligence and Academic Achievement among Orphan and Nonorphan Students

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The aim of present study was to investigate the mediating role of mental health between emotional intelligence and academic achievement among orphan and non-orphan students. Purposive sampling technique was used based on cross-sectional design. Sample comprised of 200 orphans and non-orphans who were taken from different orphanages and schools of Rawalpindi and Islamabad. Age ranged from 12-18 years. Three scales were employed to measure mental health, emotional intelligence, and academic achievement of orphan and non-orphan students. This study revealed that emotional intelligence was significantly negatively correlated with mental health among orphan ($\beta = -.25, p < .05$) and non-orphan ($\beta = -.29, p < .01$) students. This study also revealed that mental health had significant positive correlation with previous class marks among orphan ($\beta = .25, p < .05$) and non-orphan ($\beta = .20, p < .01$) students and current class marks among orphan ($\beta = .29, p < .05$) and non-orphan ($\beta = .21, p < .0$) students. This study revealed that emotional intelligence nonsignificantly predicted previous class marks and current class marks for orphan and non-orphan students. This study also displayed that emotional intelligence significantly predicted mental health among orphan ($\beta = -.14, p < .05$) and non-orphan ($\beta = -.13, p < .05$) students. In turn, mental health significantly predicted previous class marks for orphan ($\beta = .25, p < .05$) and non-orphan ($\beta = .20, p < .05$) students and current class marks for orphan ($\beta = .29, p < .05$) and non-orphan ($\beta = .21, p < .05$) students. The analysis showed that mental health was fully mediating between emotional intelligence and academic achievement among orphan and non-orphan students. Recommendations of the study are that both orphan and non-orphan students can equally be benefitted by an intervention addressing mental health however, orphan students can get more benefit by addressing emotional intelligence. This study would be helpful for clinical and pedagogical settings to prevent psychological problems of students and resolve conflict for students. It would also be helpful for clinical and pedagogical settings to resolve the issues related to mental health, emotional intelligence, and academic achievement in orphans and non-orphans.

ICPG 2016-522

Gender Differences in the Use of Humor Styles among Trainee Clinical Psychologists

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Present study investigated gender differences in the use of humor styles among trainee clinical psychologists. The sample included 222 trainee clinical psychologists including male trainees ($n = 72$) and female trainees ($n = 150$) with age ranging from 20 to 29 years, taken from different hospitals, educational institutes, special education schools, and mental health clinics of different cities (Islamabad, Rawalpindi, Lahore, Hazara, and Karachi) of Pakistan. Humor Styles Questionnaire was used for measuring four styles of humor (affiliative, self-enhancing, aggressive, and self-defeating). Results revealed that male trainee clinical psychologists score
higher on aggressive humor style and self defeating humor style as compared to female trainee clinical psychologists. No significant mean difference was found between affiliative humor style and self-enhancing humor style for male and female trainee clinical psychologists. It was also found that affiliative humor style and self-enhancing humor style have a negative relationship with aggressive humor style and self-defeating humor style. The current study has highlighted the differences in the use of humor styles among male and female trainee clinical psychologists.

Gender Variates among Demographic, Occupation, and Level of Burnout

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Present study examined gender differences as a factor in the experience of work-burnout among human services professionals within the framework of job demand and resource model. Indigenous job demands and resources were scrutinized along with employee personal resources. Current study made the use of 761 respondents from different occupations under definition of human services professionals. Maslach Burnout Inventory was used as an instrument to assess the level of differences in the emotional exhaustion, depersonalization, and reduced personal accomplishment of staff of both genders. Multivariate analysis of variance (MANOVA) has been carried out to gauge the results. Results indicated contributing findings to literature with reference to gender role within different facets of burnout, that there is no difference in the levels of emotional exhaustion and depersonalization of both male and female employees. However, mean scores on reduced personal accomplishment of both genders showed a significant difference although age, marital status, work experience, and type of occupation changes the nature and direction of relationship between male and female employees. Results are also inline with previous researches that female staff experienced higher level of reduced personal accomplishment than their male counterparts whereas males are reported to be higher on emotional exhaustion with contribution in existing literature that females are better than males or less prone to emotional exhaustion on jobs which have high emotional demands. Implications of these results were given while recommendations were made on how further researches may enhance the growing phenomenon of gender difference and burnout.

Increasing Appropriate Behavior Through the Use Of Differential Reinforcement of Alternate Behavior

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Aim of study was to increase the frequency of egg and vegetable intake in daily meals of the client by using technique of differential reinforcement for alternate behavior and to check the efficacy of the intervention of Applied Behavioral Analysis. Case study was conducted in Institute of Professional Psychology, Bahria University, Karachi. A 7 years old child with slow learning complaints and a suspect of learning disability was taken. After passing different tests, target behavior was selected as to increase intake of egg and vegetable in the childs’ diet. Assessment was done through clinical interview of mother and other play therapy techniques.
with the child. A 4 week treatment plan was formulated according to Applied Behavioral Analysis technique i.e., Differential Reinforcement of Alternate Behavior in order to modify childs’ desirable behavior. Initial interview and assessment results showed that unhealthy eating habits have developed various medical problems with the child which added difficulty in maintaining childs’ daily functioning. Study concluded that target behavior of the participant increased with the application of Differential Reinforcement of Alternate Behavior hence lending support to the efficacy of Applied Behavioral Analysis.

ICPG 2016-525

The Impact of Infidelity on Development of Stress, Anxiety, and Depression across Married Couples and Divorced Individuals

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The present study aimed to examine the impact of infidelity on development of stress, anxiety, and depression across married couples and divorced individuals. Purposive sampling technique was used based on cross-sectional design. The data was collected through two questionnaires. The results revealed that emotional infidelity was significantly and positively correlated with stress \( (r = .39, p = .001) \), anxiety \( (r = .40, p = .001) \), and depression \( (r = .35, p = .001) \) for married couples. The results revealed that sexual infidelity was significantly and positively correlated with stress \( (r = .39, p = .001) \), anxiety \( (r = .39, p = .001) \), and depression \( (r = .34, p = .001) \) for married couples. The result also revealed that emotional infidelity and sexual infidelity were nonsignificantly positively correlated with stress, anxiety, and depression for divorced individuals. The result revealed that sexual infidelity significantly positively predicted for stress \( (B = .9, p = .000) \), anxiety \( (B = 1.0, p = .000) \), and depression \( (B = 1.0, p = .000) \) in married couples. The results also displayed that interaction between sexual infidelity and marital status significantly and predicted stress \( (B = -.8, p = .000) \), anxiety \( (B = -.1, p = .000) \), and depression \( (B = -.8, p = .000) \). The results displayed that emotional infidelity significantly and positively predicted stress \( (B = .5, p = .000) \), anxiety \( (B = .3, p = .000) \), and depression \( (B = .4, p = .000) \) in married couples. The result also displayed that interaction between emotional infidelity and marital status significantly predicted stress \( (B = -.5, p = .000) \), anxiety \( (B = -.5, p = .000) \), and depression \( (B = -.4, p = .000) \). The study suggested that the marital status was significant moderator between infidelity and development of stress, anxiety, and depression. The study recommended that those married couples who have experienced either sexual infidelity or emotional infidelity are more likely to developed psychological problems as compare to divorced individuals. This study would be helpful in clinical settings to raise the awareness among parents to effectively deal with their children.

ICPG 2016-526

The Impact of Parenting Styles on Infidelity across Married Couples and Divorced Individuals

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Present study aimed to examine the impact of parenting styles on infidelity across married couples and divorce individuals. Purposive sampling technique was used based on cross-sectional design. Data was collected through two questionnaires. The result revealed that
authoritative mother style was significantly negatively correlated with infidelity ($r = .25, p = .05$) and emotional infidelity ($r = .26, p = .05$) for married couples. The result also revealed that authoritative mother style was nonsignificantly negatively associated with infidelity ($r = .09, n.s.$) and emotional infidelity ($r = .08, n.s.$) for divorced individuals. The result also revealed that authoritative mother style nonsignificantly negatively predicted infidelity ($B = -.10, p = n.s.$) and emotional infidelity ($B = -.20, p = .000$) for married couples and divorce individuals. The result also displayed that interaction between authoritative mother style and marital status significantly positively predicted infidelity ($B = .40, p = .000$). The result further displayed that interaction between authoritative mother style and marital status significantly positively predicted emotional infidelity ($B = .30, p = .000$). The study suggested that the marital status was significant moderator between authoritative mother style and infidelity. The study recommended those divorced individuals who have authoritative mother style are more vulnerable for emotional infidelity whereas married couples who have authoritative mother style are less predisposed toward emotional infidelity. This study would be helpful in clinical settings to raise the awareness for parents in order to effectively deal with their children.

ICPG 2016-528
Translation, Cultural Adaptation, and Cross-Cultural Validation of Vengeance Scale

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Vengeance, which can be defined as taking revenge by displaying a desire or behavior of revenge for a pain of a harm on a person who has done the harm, is a primitive, destructive, and illogical personality trait accompanying many of the personality traits. The aim of study was to investigate reliability and validity of **Urdu** translation of the vengeance scale in Pakistan. It was designed to measure the traits of individuals who assume that they have been humiliated in such a situation and tend to desire or behave in a manner of taking revenge. A short scale of 20 items, providing responses on a 7 point likert-type scale ranging from the 1 (strongly disagree) to 7 (strongly agree). A total 25 student aged between 18-24 years completed the vengeance scale. The scale displayed high internal consistency vengeance scale **Urdu** version ($\alpha = .73$), and vengeance scale English version ($\alpha = .69$) and a test-retest reliability measured through correlation over a fifteen days period ($r = .68$). Vengeance scale overall English version correlates well with overall **Urdu** version scale of vengeance. The result suggests that vengeance scale is a reliable and valid tool which can be used in all clinical settings to assess the desire or behavior of revenge in individuals.

ICPG 2016-530
Case Study: A Case of Mortgage Crime in UK

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Ganser syndrome is a type of factitious disorder, a mental illness in which a person deliberately and consciously acts as if he/she has a physical or mental illness. People with this disorder mimic behavior that is typical of a mental illness, such as depression, schizophrenia, or any other psychiatric illness. This case study demonstrate about AH a 56 years old divorced man, youngest among 6 siblings who was deported from UK on 28th October 2015 due to a mortgage
crime, and was referred for detail evaluation. AH went to UK in 1980 on a visit visa and took asylum over there. He got married to a divorcee who was a British national and she had five kids of her ex-husband and had two kids from AH a daughter and a son. He divorced his wife in 2006 lived in UK for last 30 years. During his stay he was convicted twice in 2002 and 2011 for 5 years each time and imprisoned in jail for mortgage crime and each time he become severely depressed. The psychological assessment was done on two levels informal (Mental State Examination and clinical interview, Prolonged direct observation, prolonged interview with rapid firing questions) and formal (Beck Depression Inventory, Human Figure Drawing, Benton Visual Retention Test, Schizophrenia Screening Test). The results indicated the Diagnosis according to DSM V Factitious disorder (Ganser syndrome) with moderate to severe depression. CBT was recommended along with family Psychoeducation.

ICPG 2016-532

Translation, Cultural Adaptation, and Cross Cultural Validation of the Wong-Baker Faces Pain Rating Scale (WBS)

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The Wong-Baker FACES Pain Rating Scale (WBS) is used with adolescents to rate pain severity and has been validated outside the emergency department (ED), mostly for chronic pain. The aim of the study was to investigate the reliability and validity of Urdu translation of the Wong-Baker Faces Pain Rating Scale (WBS), in Pakistan. It was designed to screen for chronic pain in clinical settings. A short scale of 1 items where responses are made on a 6 point Likert-type scale ranging from the 0 (no hurt) to 6 (hurts worst). A total 25 student aged between 12-18 years completed the Wong-Baker FACES Pain Rating Scale (WBS). The scale has high test-retest reliability measured through a correlation over fifteen days period of \( r = .90 \). The English version Wong-Baker FACES Pain Rating Scale (WBS) correlated well with overall Urdu version of The Wong-Baker FACES Pain Rating (WBS). The results suggest that the Wong-Baker FACES Pain Rating Scale (WBS) is a reliable and valid tool which can be used in clinical settings to assess the intensity of pain in adolescents.

ICPG 2016-533

Parenting Style, Peer Pressure, and Antisocial Behaviour among Adults

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Anti-social behaviour is a detectable issue in various groups. Following study was designed to identify the association among antisocial behaviour, negative parenting style, and peer pressure. The participants were selected through simple random sampling technique from The Islamia University of Bahawalpur, Bahawalnagar campus. The Sample consisted of 100 students including both male \( n = 50 \) and female \( n = 50 \) participants with age range 19-23 years. Three instruments were used to collect the data, Subtypes of Antisocial Behaviour Questionnaire (Burt & Donnellan, 2009), Measurement of Parenting Style (Parker, et al., 1997), and Peer Pressure Popularity Questionnaire (Santor et al., 2000). The findings show that anti-social behaviour has positive and highly significant relationship with negative parenting style and peer pressure. Furthermore, negative parenting style and peer pressure is the major cause of antisocial behaviour among university students. Gender differences indicated that peer pressure cause
more antisocial behaviour in boys as compared to girls. Moreover, negative parenting style is significant predictor of antisocial behaviour in girls rather than boys. Peer pressure avoidance and positive parenting might be the chief element for reduction of antisocial behaviour. This research helps to understand the root cause of antisocial behaviour. The more knowledge society has about what contributes to the presence of antisocial behaviour, the more work can be done to lessen its incidence and impact. Positive parenting and prevention of negative peer pressure may possibly lead to a decrease in antisocial behaviour.

ICPG 2016-534

Perfectionism and Perceived Stress: The Role of Fear of Negative Evaluation

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Perfectionism is a multidimensional construct with some dimensions being called as adaptive and others as maladaptive. Perfectionism has been allied to achieve impossibly high standards, illogical significance on the achievement of these standards, and over generalize failures. Researchers focused on how perfectionism leads to numerous psychological maladjustments. Building upon past research about perfectionism and perceived stress among students, this study tested a model of the association between each dimension of perfectionism (i.e., adaptive and maladaptive) and perceived stress mediated by fear of negative evaluation. The sample comprised of university students (N = 300) including female (n = 172; 57.3 %) and male (n = 128; 42.7 %) from different universities of Rawalpindi and Islamabad. The booklet containing Frost Multidimensional Perfectionism Scale (FMPS; Frost, Marten, Lahart, & Rosenblate, 1990), Perceived Stress Scale (PSS; Cohen, Kamarck, & Mermelstein, 1983), and Fear of Negative Evaluation (BFNE; Watson & Friend, 1969) were administered in group settings to the participants after taking their consent. Results indicated that maladaptive perfectionism is significantly related to perceived stress and fear of negative evaluation. Mediation tests revealed that fear of negative evaluation accounts for mediating the direct relationship between maladaptive perfectionism and perceived stress. Adaptive perfectionism showed no complementary associations with fear of negative evaluation and perceived stress. Thus, it can be concluded that maladaptive perfectionists are exposed to more stress by considering fear of negative evaluation. Current study will highlight possible directions for future research and implications for reducing fear of negative evaluation among perfectionists which is found as one of main cause of psychological distress.

ICPG 2016-535

The Moderating Role of Body Image Coping Strategies Between Body Image Inflexibility and Body Dissatisfaction Among Paksiatani Obese, Overweight, and Normal Students

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Main aim of present study was to investigate the moderating role of body image coping strategies between body image inflexibility and body dissatisfaction among Pakistani obese, overweight, and normal students. The data for this study consisted of 200 male and female (n = 60 obese, n = 70 normal, n = 70 overweight) students. Age ranged from 18 to 30. Three scales were used to measure body image coping strategies, body image in flexibility, and body dissatisfaction among obese, overweight, and normal students. Participants were approached at
different public and private universities of Islamabad and Rawalpindi in Pakistan. Purposive sampling technique was used based on cross-sectional design. The result revealed that body image inflexibility was a significant predictor for body dissatisfaction ($\beta = .49, p < .001$; $\beta = .78, p < .05$; $\beta = .11$, n.s for obese students, normal students, and overweight students respectively). The result also revealed that appearance fixing strategy was a significant predictor for body dissatisfaction ($\beta = .75, p < .001$; $\beta = .65, p < .05$; $\beta = 1.18, p < .001$ for obese students, normal students, and overweight students respectively). The result also revealed that interaction between appearance fixing strategy and body image inflexibility was a significant predictor for body dissatisfaction ($\beta = -6.09, p < .001$; $\beta = 13.25, p < .05$; $\beta = -8.88, p < .001$ for obese students, normal students, and overweight students respectively). The result also revealed that avoidance strategy was a significant predictor for body dissatisfaction ($\beta = 2.44, p < .001$; $\beta = .98, p < .05$; $\beta = 1.19, p < .001$ for obese students, normal students, and overweight students respectively). The result also revealed that interaction between avoidance strategy and body image inflexibility was a significant predictor for body dissatisfaction ($\beta = -9.27, p < .001$; $\beta = 8.89, p < .05$; $\beta = -9.34, p < .001$ for obese students, normal students, and overweight students respectively). The result also revealed that positive rational acceptance was a significant predictor for body dissatisfaction ($\beta = 2.07, p < .001$; $\beta = 1.94, p < .05$; $\beta = 1.86, p < .001$ for obese students, normal students, and overweight students respectively). The result also revealed that interaction between positive rational acceptance and body image inflexibility was a significant predictor for body dissatisfaction ($\beta = -8.79, p < .001$; $\beta = -5.05, p < .05$; $\beta = -15.84$, n.s for obese students, normal students, and overweight students respectively). Analysis displayed that body image coping strategy was a moderator between body image inflexibility and body dissatisfaction among Pakistani obese, overweight, and normal students. Recommendations of the study are that groups of obese students, normal students, and overweight students can equally be benefitted by an intervention addressing body image inflexibility however, obese students can get more benefit by addressing the body dissatisfaction. It would be helpful for clinical settings to resolve the problems of the obese, overweight, and normal people.
The aim of present study was to investigate the moderating role of the individual values between leadership competencies and conflict management among project managers. Furthermore, the study was directed to find out the relationship among individuals values, leadership competencies, and conflict management among managers. Data for the study consisted of 250 managers both men \((n = 180)\) and women \((n = 70)\). Participants were approached at different government and private organizations of Islamabad and Rawalpindi. Purposive sampling technique was used based on the cross-sectional design. Three scales were used to assess the leadership competencies, individual values, and conflict management of various managers. The results revealed that there was positive correlation among individual values, leadership competencies, and conflict management in project managers. The result further revealed that individual values (conservation, self-transcendence, and openness to change) significantly moderated between leadership competencies (influencing and motivating, ethical behavior, and effectiveness) and conflict management in project managers. Our analysis revealed that individual values were significant moderator between leadership competencies and conflict management in project managers. This study would be helpful for organization settings to resolve the conflict of different employees. It would also be helpful to create awareness among employees about how to manage with different organizational conflicts.

Ageing is considered to be a major transitional phase marked by stress. The present study aimed at investigating the influence of social support on the psychological well-being among the geriatric population. The method of purposive sampling was used for data collection and the total sample \((N = 140)\) consisted of individuals above the age of sixty years. Interpersonal Support Evaluation List (ISEL; Cohen & Hoberman, 1983) was used to assess social support and Ryff’s scale of Psychological Well-being (Ryff, 1995) was used to measure six theoretically motivated constructs of psychological well-being (i.e., autonomy, environmental mastery, self-acceptance, positive relationship with others, personal growth, & purpose in life). Data was analyzed using Pearson’s correlation coefficient, multiple linear regression, \(t\)-test and ANOVA. The results indicated that all the dimensions of psychological well-being except personal growth and purpose in life had significant correlations with the dimensions of social support (i.e., tangible support, belonging support, self-esteem support, and appraisal support). Regression analysis revealed that social support emerged as a significant predictor of psychological well-
being. In geriatric population no significant difference was found with respect to family type, gender, and domicile for the dimensions of social support while some of its dimensions showed varied results with respect to educational qualification. Finally, significant difference was found on various dimensions of psychological well-being in geriatric population with respect to family type, gender, domicile, and educational qualification.

ICPG 2016-546

Resilience, Emotional Intelligence, and Mental Health Status among Artists and Nonartists

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The ties between artists and positive mental health have received relatively little attention compared to mental illnesses among artists. Mental health is a combination of feeling good about and functioning well in life. Studies reveal that positive mental health has been associated with lower odds of mental illness. The purpose of study was to compare emotional intelligence, resilience, and mental health between artists and non-artists of Kashmir. The sample (N = 130) consisted of artists (n = 65) and non-artists (n = 65) between the age range 18 to 65 years. The artists being members of literature, theatre, music, and visual arts were taken from the Institute of Music and Fine Arts and Department of Media Education Research Centre, University of Kashmir and some professional photojournalists working for various magazines. The non-artistic participants were drawn from various colleges, universities, and offices in Kashmir. Data was collected using Mental Health Continuum (SF; Ryff & Keyes, 1989), Emotional Intelligence Scale (Schutte; 1998), and Resilience Scale (Wagnild & Young, 1990). Descriptive statistics, t-test, and correlation were used to test the hypothesis. The findings of study revealed a significant difference between artists and non-artists on mental health with respect to age and gender. Emotional intelligence was found to be positively correlated with mental health.

ICPG 2016-550

Perceived Stereotypical Attitudes toward the Profession of Nursing and Its Impact on Job Satisfaction and Work Performance of Female Nurses

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Research suggest that general population hold negative attitudes towards nursing profession and that this perception prevents nurses to perform their duties effectively with commitment and professionalism. Present study was designed to explore the impact of perceived stereotyping attitudes towards nursing profession on job satisfaction and work performance of female nurses. Participants of the study were 50 female nurses (N = 100) taken from public sector hospitals (n = 50) and private sector hospitals (n = 50). Furthermore, 9 % belonged to pediatrics, 17 % belonged to urology, 15 % belonged to cardiology, 8 % belonged to medical, 12 % belonged to gynecology, and 26 % belonged to other departments of hospital. Nursing Porter Image Scale (Porter & Porter, 1991) was used to measure the nurses’ perceived stereotyping attitude by their own self as well as perceived public image towards nursing profession while job satisfaction was measured through Benjamin Rose Nurses Assistant Scale (1990). Nursing Performance Scale (Schwirian, 1978) was utilized to assess the work performance of nurses. As anticipated, results of multiple regression analysis showed that public-stereotyping significantly contributed to job satisfaction (β = -.23) and work performance (β = -.30) while self-stereotyping towards
nursing profession was found to be nonsignificantly associated with job satisfaction and work performance. In addition, results also yielded a nonsignificant correlation between self and public stereotyping. Among various demographic variables income and education were found to be significantly related with job satisfaction among nurses whereas hospital sector and education were significantly related to work performance. Generally, the results indicated that public-stereotyping towards nursing profession negatively impacted job satisfaction and work performance of female nurses working in private and public sector hospitals and the female nurses’ self-perception towards nursing profession is different from public perception towards nursing profession.

ICPG 2016-571

Qualitative Analysis: Personal, Social, and Psychological Experiences of Hijras

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Present study was aimed to find the in-depth understanding of hijras’ actual experiences related to perception of social support and peoples’ attitude that might not be ascertained through self-report. For this purpose, sample of 84 individuals, who lived in hijra communities having age range 16 - 65 years, was approached. To assess information, certain questions related to specific experiences regarding perception of social support and peoples’ attitudes were selected from the Biographical Interview Schedule (Jami, 2012). Results were computed in the form of frequencies and percentages, and were categorized, as 1) family and background factors and 2) personal and community factors. Family and background factors showed that majority of sample belonged to joint families having 5-8 members in their families. Majority of families did not know about their occupation and no financial ties existed between them and their families. Majority hardly met their families once in a year. After becoming hijra, majority faced negative reaction and hatred from the family members, relatives, and friends; and currently, only their mothers showed love and affection to them. Analyses of personal and community factors showed that majority of hijras left the studies after middle level, due to feelings of having feminine soul in them and joined the community in adolescence with their own decision. After joining community, majority had experienced physical assault and sexual assault, and police arrest. Currently majority felt happiness and satisfaction being part of hijra community and they desire to spend their remaining life as hijra. Suicidal ideation was found in only a few participants. They had good social terms with gurus and had relationships within community in the form of mother, daughter or girya [boyfriend]. Majority of hijras’ never casted votes and those who ever casted vote reported themselves as of male gender. Majority wore male clothing (khotki) while offering prayers and they had confusion about their status in Islam.

ICPG 2016-572

Knowledge/Awareness and Practices Related to Menstruation among Female Students: Role of Mother-Daughter Relationship

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The present study was aimed to explore the relationship of mother-daughter relationship, knowledge/awareness, and practices during menstruation. Sample consisted of female (N = 317) students of the college or university. Mother-daughter relationship was measured by using Mother-Adult Daughter Questionnaire (Rastogi, 2002). Knowledge/awareness and practices
during menstruation was measured by using Practices Misconceptions and Management amongst Adolescent Girls Questionnaire (Ali & Rizvi, 2009). Findings showed that girls restricted their diet and preferred taking hot foods over cold foods. There was a lack of awareness/knowledge among female students regarding menstruation and mothers were one of the source in promoting misconceptions related to menstruation as well as hygienic practices. It was also found that as age of the girl increased the relationship with her mother got weak. Findings indicated that girls also experienced food cravings during menstruation. It was found that girls having educated mothers had a better relationship with them. Research found that daughters who interacted with their mothers a lot, experienced more menstrual changes. It was also found that girls who used sanitary napkins had better relationship with their mothers. Hence, intervention should be planned that involves mother as well as their daughters for better knowledge and awareness to promote better practices during menstruation being the most significant aspect of women’s reproductive health.

ICPG 2016-573

Gender Differences in Grief Experience and Perceived Social Support Following the Death of Significant Others

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Gender differences in grief experience and perceived social support among participants who have experienced death of significant others are examined. In total 100 participants (50 males and 50 females) are taken from the locality of Islamabad and Rawalpindi for the survey. The survey protocol consisted of demographic sheet, The Multidimensional Scale of Perceived Social Support (MSPSS; Zimet, Dahlem, Zimet, & Farley, 1988) and the Revised Grief Experience Inventory (RGEI; Lev, Munro, & McCorkle, 1993). After the collection of data the results are analyzed using SPSS. Findings within the current research helps in outlining important themes that revolve around differences seen in the grief experiences and type of social support they seek. Gender varies enormously in the grief intensity they experience and social support they perceive. Results show that gender moderated the relationship between grief experience and perceived social support. Males experience lower intensity in grief experience and low perceived social support and females experience high level of grief and high perceived social support. Thus hypothesis is supported in this study. Implications of the results to better assist individuals with their grief experiences are discussed.

ICPG 2016-580

Students’ Perception of Stereotypes about Married and Unmarried Working Women

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The present study aimed at investigating the 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 study objectives a sample comprising of 300 respondents including men \((n = 150)\) with age range 20-32 years \((M = 22.60, SD = 3.10)\) and women \((n = 150)\) with age range of 20-27 years \((M = 21.50, SD = 3.23)\) was taken. 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 had more positive stereotypes about married working women as
compared to the unmarried working women than male students, while male students had more
negative stereotypes about unmarried working women as compared to the married working
women than female students. The findings of the present study suggest that people perceive
unmarried working women more negatively (stereotyped) as compared to the married working
women.

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

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The present study aimed to 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. Sample
comprised of 210 married women school teachers including government school teachers \(n = 105\); aged 24-58 years) and private school teachers \(n = 105\); 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 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
significant predictors of positive work-family spillover. Overall, this research is very important
from the therapeutic point of view as it helps in understanding the social circumstances of the
working women which might be helpful in individual as well as family therapy. These findings
will help to understand the familial complications which hinder healthy family and occupation
life of women.

Cognitive Behavioural Therapy based Management of Functional
Neurological Symptoms Disorder

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The patient FS was 19 years old married woman, educated till 4th grade. She was first born
among six siblings. She was resident of Tonsa-shareef, District Dara Ghazi Khan. She was
brought to Sir Ganga Ram Hospital (SRG) with complaints of fits, rigidity, stiffness of either
right hand and leg or left hand and leg, fast heart beat, headache, body aches, and blurred vision
during fit. She was diagnosed as having Conversion Disorder. The case was conceptualized on
Cognitive Behavioural Therapy (CBT) model and management had also been done on the same
model by use of different techniques such as collaborative empiricism, psychoeducation,
socializing the patient with the model, activity schedule, extinction, differential reinforcement, applied relaxation, psychoeducation about fertile days, verbal challenging techniques, questioning the evidence, cost benefit analysis, relapse prevention, and therapy blue print. Under present study in total 15 sessions were conducted with the case. FS turned out to be completely fit free by the termination of therapy.

ICPG 2016-585

The Impact of Internal Migration on Socioeconomic and Psychological Well-being of Female Domestic Workers in Pakistan

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Domestic work is essential for the endurance of the life of the poor and enjoyment of the rich families. It is unpopular, invisible, low status, and tedious occupation performed by those who are least powerful within a society. Typically domestic work is co-related with female members of the family in turn of very low wages or free residence from their employers. The migrant female domestic workers (FDWs) perform this tedious and toil consuming work in order to upgrade their socio-economic conditions. Along with other fields of life, women from domestic worker class also faced many problems after migration. In Pakistan less concentration has been devoted by researchers or media towards the problems and complexities of migrant FDWs. Keeping in view the importance of FDWs in context of women empowerment and harnessing human and social justice, a comprehensive study was conducted to analyze the problems of migrant FDWs as well as the impact of internal migration on the socio-economic and psychological well-being of FCPs. This study was conducted in District Faisalabad, Punjab Province. Subsequent town and union councils were selected purposively from selected District. A sample of 120 FDWs was interviewed by using well structured interview schedule. The selected data were subject to analysis by applying Statistical Package for Social Sciences (SPSS). The research findings indicated that majority of respondents about 73.3 % experienced more responsibilities and psychological issues after internal migration. However, strong linkage between internal migration and socio-economic uplift was recorded by approximately 52.2 % of migrant FDWs. It was suggested that proper work conditions should be provided to FDWs to overcome their psychological issues and improve their work efficiency.

ICPG 2016-587

Relationship between Mindfulness, Body Image Concerns, and Sexual Self-Concept in Issueless Women

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This study was conducted to find relationship between mindfulness, body image concerns, and sexual self concept in issueless women. It was hypothesized that increase in mindfulness would result in low body image concerns and increase in sexual self concept. It was also hypothesized that there would likely to be a relationship between body image concerns and sexual self concept. Moreover, mindfulness would likely to predict body image concerns and sexual self concept. Permission to use and translate questionnaires was taken from authors. Correlational research design was used to study the relationship between variables. A sample of 118 women,
having age range 20-45 years ($M = 31.25, SD = 6.01$), was recruited by using purposive and snow ball sampling techniques. Participants completed demographic sheet, short form of Five Facet Mindfulness Questionnaire (FFMQ; Baer, Smith, Hopkins, Krietemeyer, & Toney, 2006), Body Image Concerns Inventory (BICI; Littleton, Axsom, & Pury, 2005) and Multidimensional Sexual Self Concept Questionnaire (MSSCQ; Snell, 1995). Results revealed that Mindfulness and its domains i.e., describing, non-reacting, non-judging, observing, and acting with awareness were significantly negatively correlated with the body image concerns. Moreover, mindfulness domains i.e., describing, non-reacting, and observing were significantly positively correlated with sexual self concept in issueless women. Moreover, mindfulness and especially the non-reacting domain emerged as strong predictors of body image concerns and sexual self concept. Findings of present research highlighted the importance of mindfulness in decreasing concerns issueless women have regarding their bodies and in helping them to have a positive sexual self concept.

**Self-Objectification, Body Surveillance, Body Shame, Appearance Control Beliefs, and Eating Attitudes in Married and Unmarried Adults**

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The aim of the current research was to examine self objectification, body surveillance, body shame, appearance control beliefs, and eating attitudes in married and unmarried adults. This was a correlational research with between group research design. Hypotheses were that men and women and married and unmarried adults will likely to differ on self objectification, body surveillance, body shame, appearance control beliefs, and eating attitudes. Total 161 participants ($n = 78$ unmarried, $n = 83$ married) ($78$ men $M = 9.9, SD = 8.8$, $83$ women $M = 4.14, SD = 11.09$) within the age range of 18-30 years ($M = 24.44, SD = 3.12$) were selected through nonprobability purposive sampling strategy. Self Objectification Questionnaire (Noll & Fredrickson, 1998), Objectified Body Consciousness Scale (McKinley & Hyde, 1996), Eating Attitude Test (Garner et al., 1982), and demographic questionnaire were administered respectively. 2 x 2 ANOVA showed that women experience more self objectification, body surveillance, body shame and eating attitudes as compared to men whereas no significant differences were found with reference to marital status. The study will help to understand the increasing trend of slim figure idealization and prevention and dealing of severe health related consequences among adults.

**Recommendations to Improve Job Satisfaction amongst employees of Organization ‘X’ in Islamabad, Pakistan**

Sana Younas and Rabia Muqtadir  
*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

The present study aimed to explore the job satisfaction among the employees of government sector organization ‘X’ in Islamabad, Pakistan. The instrument used in current study was Job Satisfaction Scale (Wysocki & Kromm, 1986). The study was conducted in two parts. Part I consisted of quantitative research while part II focused on qualitative research in which semi structured interviews were taken from employees. The research aimed to give recommendations in order to improve job satisfaction of employees. Quantitative research included employees ($N$)
Among them were men \((n = 15)\) and women \((n = 2)\). Their age ranged from 20-50 years \((M_{age} = 35, S.D = .57)\). The minimum qualification and job experience was graduation and 1 year respectively. The sample of qualitative research included eight employees; four supervisors (men; \(n = 4\)) and four employees (\(n = 4\); two men & two women). The findings of both qualitative and quantitative research found that majority of the employees were satisfied with their relationship with coworkers, work, and supervisors while they were found dissatisfied with promotion and pay. Further, recommendations were given to improve job satisfaction that included improvement in job skills, abilities, and responsibilities. Empowerment of men and women, recognition, exploration of employees’ economic conditions, job enrichment, motivation at work place, and work life balance should be the top priority of the organization.

ICPG 2016-592
The Impact of Emotional Intelligence on Interparental Conflicts Comparison of Male and Female Adolescents

Syeda Hafsa, Muhammad Aqeel, and Tanvir Akhtar

Department of Psychology, Foundation University, Rawalpindi

The aim of this study was to investigate the moderating role of gender between emotional intelligence and childrens’ interparental conflicts among adolescents \((N = 124)\) age ranged from 13 to 19 years. Purposive sampling technique was employed using a cross-sectional design. Two scales were used to assess emotional and children interparental conflicts. This study revealed that gender was the moderator between emotional intelligence and interparental conflicts \((\beta = .26, p < .05)\). This study has further shown that emotional intelligence was significant predictor of childrens’ interparental conflict for male adolescents \((\beta = .29, p < .05)\). This study further revealed that emotional intelligence was significant predictor of childrens’ interparental conflict for female adolescents \((\beta = .24, p < .05)\). The female adolescents are more vulnerable on interparental conflicts as compared to male adolescents. Recommendation of the study is that female can get more benefit by addressing interparental conflict. It would be helpful for pedagogical clinical settings to resolve the conflict of male and female adolescents.

ICPG 2016-594
The Moderating Role of Emotional Intelligence between Procrastination and Development of Stress, Anxiety, and Depression among Male and Female University Students

Arooj Abid, Muhammad Aqeel, Anum Qizilbash, and Farough Zahra

Department of Psychology, Foundation University, Rawalpindi

The aim of this study was to investigate the moderating role of emotional intelligence between procrastination and development of stress, anxiety, and depression among male and female university students. The data for this study was collected from a total sample 200 including male students \((n = 73)\) and female students \((n = 127)\). Sample was collected from the different universities of Islamabad and Rawalpindi. The age ranged from 18 to 40 years. Purposive sampling technique was used based on cross-sectional design. Three scales were used to evaluate procrastination, emotional intelligence, stress, anxiety and depression among male and female university students. This study revealed that emotional intelligence was the moderator between procrastination and development of anxiety for male university students. The result revealed that male students were more vulnerable on anxiety as compare to females.
Recommendation of the study is that male students can benefit by addressing the anxiety. It would be helpful for educational and clinical settings to resolve the conflict of university male and female university students.

ICPG 2016-596

**Gender Differences in Perceived Parental Involvement and Academic Achievement as Predictors of Fear of Negative Evaluation in University Students**

Isma Batool, Sana Kanwal, Khurram Awan, Sana Hayat, Kiren Aslam, and Nida Zafar  
*Department of Applied Psychology, Lahore Garrison University*

The aim of the present paper was to investigate the relationship in perceived parental involvement, academic achievement, and fear of negative evaluation in university students. It was hypothesized that perceived parental involvement and academic achievement are likely to predict fear of negative evaluation in university students; there are likely to be gender differences in perception of parental involvement, academic achievement, and fear of negative evaluation in university students. Correlational research design was used. The sample comprised of 200 students from Lahore Garrison University. For assessment, Parental Involvement Scale (Baramund & Erick 2011) and Brief Fear of Negative Evaluation (Feeney, 2009) were used. Pearson product-moment correlation, multiple regression, and independent sample t-test were applied for analysis. Results showed significant negative correlation of high parental involvement and high academic CGPA with fear of negative evaluation. Results further indicated that high parental involvement and high CGPA were significant negative predictors of fear of negative evaluation in students. Furthermore, results showed that boys perceived more parental involvement as compared to girls, however no gender differences were found in academic achievement and fear of negative evaluation. Results have important implication for parents and students to understand the role of parental involvement and academic achievement.

ICPG 2016-598

**The Impact of Narcissism on Body Image among Obese and Normal Students**

Zahra Batool Arbab, Muhammad Aqeel, Fizza Khan, Khuala Batool Arbab, and Marriam Habib  
*Department of Psychology, Foundation University, Rawalpindi*

Present study was aimed to investigate the impact of narcissism on body image among obese and normal students. Purposive sampling technique was used based on cross-sectional design. Sample comprised of 200 obese and normal students who were taken from different universities of Rawalpindi and Islamabad. Age ranged from 18-30 years. Three scales were used to assess narcissism and body image of obese and normal students. This study revealed that narcissism was significantly and negatively correlated with illness and overweight pre-occupied subscale of Multi-Dimensional Body Self-Relation Questionnaire ($r = -.23$, $p < .05$; $r = .13$, n.s. for obese and normal students respectively). This study revealed that narcissism significantly predicted illness and overweight pre-occupied subscale of Multi-Dimensional Body Self-Relation Questionnaire ($\beta = .20$, $p < .05$; $\beta = .11$, n.s. for obese and normal students respectively). Analysis has shown that obesity was mediator between narcissism and illness and overweight pre-occupied subscale of body image. Recommendations of the study are that both obese and normal students can equally be benefitted by an intervention addressing narcissism however, obese students can get more benefit by addressing body image. This study would be helpful for clinical and pedagogical settings to prevent psychological problems of students and resolve
conflict of students and to resolve the issues related to body image and personality related problems in obese and normal students.

ICPG 2016-599

Translation, Cultural Adaptation, and Cross-cultural Validation of Schizotypal Personality Disorder Questionnaire-Brief (SPQ-B)

Amna Riaz, Muhammad Aqeel, Tanvir Akhtar, and Aiman Pervez
Department of Psychology, Foundation University, Rawalpindi

People with schizotypal personality disorder (STPD) are characterized as having odd or eccentric beliefs, paranoia, and usually few, if any, close relationships. Schizotypal Personality Questionnaire-Brief (Raine & Benishay, 1995) is a very useful instrument for assessing schizotypal personality disorder features, specifically interpersonal, cognitive-perceptual deficits, and disorganization in people. The aim of the study was to investigate the reliability and validity of Urdu translated version of the Schizotypal Personality Disorder Questionnaire-Brief in Pakistan. A brief version of the original Schizotypal Personality Disorder Scale consisting 22 items, responses are made on dichotomous scale (yes = 1 & no = 0). A total 25 student aged between 18-24 years with completed the SPQ-B scale. Schizotypal Personality Questionnaire-Brief has three sub-scales to assess interpersonal discomfort, cognitive-perceptual deficits, and disorganization. The scale displayed high internal consistency for both versions SPQ-B Urdu version ($\alpha = .83$) and SPQ-B English version ($\alpha = .79$). Likewise, all three subscales also had good reliability. The SPQ-B had a good test-retest reliability measured through correlation over a fifteen days period ($r = .92$). English version Schizotypal Personality Disorder Questionnaire-Brief correlated well with Urdu version scale. The results suggest that Schizotypal Personality Questionnaire-Brief (SPQ-B) is a reliable and valid tool which can be used in clinical settings to assess the schizotypal personality disorder in patients.

ICPG 2016-600

Translation, Cultural Adaptation, and Crosscultural Validation of Sexual Satisfaction Scale

Rubab Raza, Muhammad Aqeel, and Tanvir Akhtar
Department of Psychology, Foundation University, Rawalpindi

Sexual satisfaction is one of the important factors of happy and peaceful marriage.265 The expectation of having sex is almost the core meaning of marriage. The wedding night may no longer be the first time most couples make love in Western societies, but it is certainly expected that sex will occur on that night and on succeeding others (McNulty & Fisher, 2008). Aim of the study was to investigate the reliability and validity of Urdu translation of the Sexual Satisfaction Scale. It was designed to assess the peoples’ self-assessment of personal happiness related to sexual satisfaction (Spoil the Ending, 2008). It is a short scale of 30 items where responses are made on a 5 point Likert-type scale ranging from the 1(strongly disagree) to 5 (strongly agree). A sample of total 30 student aged between 21-25 years completed the Sexual Satisfaction Scale. The scale has high internal consistency ($\alpha = .96$) and a test-retest reliability measured through correlation over a fifteen days period ($r = .90$). English version of Sexual Satisfaction Scale correlated well with overall Urdu version scale. The results suggest that Sexual Satisfaction Scale is a reliable and valid tool which can be used in clinical settings to evaluate and quantify the impact sexual of satisfaction on the quality of life of Pakistani fertile and infertile couples.
PRECONFERENCE WORKSHOPS
It has always been a proud tradition of National Institute of Psychology (NIP) to organize workshops on various areas of psychology. Keeping its tradition alive, thirteen preconference workshops have been conducted in context of the upcoming International Conference on Psychology of Gender: Issues and Challenges (December 1-2, 2016). The purpose of conducting preconference workshops is to provide joint platform to the psychologists, social scientists, and educationists to exchange and share interdisciplinary approaches and techniques for the better understanding of mutual and reciprocal predicaments. The more general goals included extending scholarly connections of psychologists with other related disciplines of social and educational nature. All workshops were conducted by experts in the defined areas and audiences from various backgrounds and exposures actively participated. NIP is grateful to all resource persons who extended their time and effort to make these workshops possible that proved to be major source for generating finances for the conference. The following preconference workshops were organized at NIP:

**DSM-V: Understanding Major Diagnostic Changes**

Dr. Syeda Razia Bukhari  
*National Institute of Psychology, Quaid-i-Azam University, Islamabad*

This one-day workshop was held on 5th May, 2016. Dr. Syeda Razia Bukhari (Assistant Prof.) was the resource person. Many research-based updates and changes were introduced with the recent release of the Fifth Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V; American Psychological Association, 2013). Understanding these changes and appropriately integrating them into clinical practice is of extreme importance for providers as it can affect diagnosis, treatment selection, and also insurance coverage. The workshop provided an explanation of the core changes from DSM-IV to DSM-V including the new nonaxial documentation of diagnosis, an overview of a revised organizational structure, and the changes within selected diagnostic categories (i.e., bipolar and related disorders separated from depressive disorders; substance-related and addictive disorders; somatic symptom and related disorders; childhood disorders; and the separation of trauma- and stressor-related disorders from anxiety disorders into its own category). Through interactive discussion, participants learnt how to effectively implement these changes into their own clinical practice. The workshop was based on three objectives that was to summarize three of the organizational changes made to the DSM-V; to describe the modifications made to the multi-axial system in the DSM-V; and to cite new diagnoses, as well as revised diagnoses presented in the DSM-V.
Enhancing Counseling Skills through Cognitive Behavior Therapy

Dr. Uzma Masroor, Ms. Amira Amjad, and Ms. Humna Arooj
Dept. of Professional Psychology, Bahria University, Islamabad

Two days’ workshop on enhancing counseling skills through cognitive behavior therapy (CBT) was held on 26th and 27th of May, 2016. Dr. Uzma Masroor (Associate Prof.), Ms. Amira Amjad (Senior Lecturer), and Ms. Humna Arooj (Clinical Psychologist) were the resource persons. Counseling is an integral component and essentially important skill for a psychologist, regardless of specification of particular domain of the field that is clinical, educational, organizational, etc. Amongst many other, CBT has lately gained attention due to its empirically sound foundation and promising outcomes in psychotherapy. CBT is based on two specific tasks: Cognitive restructuring, in which the therapist and patient work together to change thinking patterns; and behavioral activation, in which patients learn to overcome obstacles through participating in enjoyable activities. This workshop was based on three objectives that included to provide information on basic CBT model and conceptual framework as a background; teaching participants the precise and step-wise guidelines for formulation of a case followed by acquiring relevant information systematically; and providing firsthand knowledge and practice of the most effective core techniques of CBT through experiential learning.

The Rorschach Inkblot Test

Dr. Syeda Razia Bukhari
National Institute of Psychology, Quaid-i-Azam University, Islamabad

Two-day’s workshop was held on Rorschach inkblot test on 2nd and 3rd June, 2016. Dr. Syeda Razia Bukhari (Assistant Prof.) was the resource person. The Rorschach technique, or simply the inkblot test is a psychological test in which clients’ perceptions of inkblots are recorded and then analyzed using psychological interpretation, complex algorithms, or both. Psychologists use this test to examine a person's personality characteristics and emotional functioning. The Rorschach technique is used to elicit information about the structure and dynamics of an individual's personality functioning. The test provides information about a person's thought processes, perceptions, motivations, and attitude toward his or her environment; and it can detect internal and external pressures and conflicts, as well as illogical or psychotic thought patterns. The Rorschach technique can also be used for specific diagnostic purposes. Some scoring methods for the Rorschach elicit information on symptoms related to depression, schizophrenia, and anxiety disorders. Also, the test can be used to screen for coping deficits related to developmental problems in children and adolescents. The objective of the workshop was to give knowledge about Rorschach Inkblot Test, its use, and interpretation.

Mediation, Moderation Analyses Using Process (Macro) Concepts and Application

Dr. Jamil Ahmad Malik
National Institute of Psychology, Quaid-i-Azam University, Islamabad

One-day workshop was held on concepts and application of mediation, moderation analyses using Process (Macro) on 2nd August, 2016. Dr. Jamil Ahmad Malik (Assistant Professor-Tenure) was the resource person. Topics that were covered in one day workshop were mediation
Therapies for Emotional Well-being

Major Dr. Haroon-ur-Rashid
Armed Forces Institute of Mental Health, Rawalpindi

One-day workshop was conducted on therapies for emotional well-being on 9th August, 2016. Major Dr. Haroon-ur-Rashid (Psychologist) was the resource person. Therapies for emotional well-being offer a manual for 21st century living, as a guide for living your life fully - each and every day. The workshop was an amalgamation of unique handy therapies for all participants to run these in their individual life styles as well as for their social idiosyncrasy. The knowledge provided in the workshop was merely based on aspects of practicality and sophisticated self-control, so that the individual after the exposure to workshop would be at least able to have a laudable account of his/her mental health and happiness. The aim of therapies for emotional well-being was to provide a simple, straight forward, friendly guide through the maze of holistic living. There was no preaching and dictating in the workshop; useful, effective information, and techniques were presented to the participants that really work.

Strengthening Self: Building Self-compassion

Ms. Sara Imtaiz
National Institute of Psychology, Quaid-i-Azam University, Islamabad

One-day workshop held on 31st August, 2016. Miss Sara Imtaiz (Research Associate/Lecturer) was the resource person. The purpose of this workshop was to familiarize the audience with an approach to handle suffering one is going through by firming up self, so as to ease out the experience of suffering. The workshop offered a platform for learning about a really beneficial technique following the dictum of positive psychology. Also malpractices to deal with suffering were also shared. The workshop brought a handful of experience for those who were undergoing tough circumstances and were having a self-critical response; who knew somebody else undergoing hardship and dealing it with self-criticism; and for those who were taking up self-compassion in their research work; and even for those who only wanted to build up know-how of contemporary approaches to strengthen oneself.

Intelligence Tests (CPM, SPM, APM): Administration, Scoring, and Interpretation

Mr. Naeem Aslam
National Institute of Psychology, Quaid-i-Azam University, Islamabad

One-day workshop was held on intelligence tests, their administration, scoring, and interpretation on 7th September, 2016. Mr. Naeem Aslam (Lecturer) was the resource person. The Raven Standard Progressive Matrices (RPM) was designed to measure a person’s ability to form perceptual relations and to reason by analogy independent of language and formal schooling, and may be used with persons ranging in age from 6 years to adult. It is the first and
most widely used of three instruments known as the Raven's Progressive Matrices, the other two being the Coloured Progressive Matrices (CPM) and the Advanced Progressive Matrices (APM). All three tests are measures of Spearman's g.

Focused Applied Behavior Analytical (ABA) Interventions for Autism Spectrum Disorder (ASD)

Dr. Uzma Masroor¹, Ms. Ayesha Waheed², and Ms. Amira Amjad¹

¹Dept. of Professional Psychology, Bahria University, Islamabad
²Yashfee Diagonistic Centre, Rawalpinid

Two-days’ workshop was held on 29th and 30th September, 2016. Dr. Uzma Masroor (Associate Prof.), Ms. Ayesha Waheed (Clinical Psychologist), and Ms. Amira Amjad (Senior Lecturer) were the resource persons. The aim of the workshop was to provide in-depth understanding of behavioral modification of ASD to psychologists since, it is becoming more prevalent in Pakistan and we need to be equipped with basic behavioral management as professionals. With the perspective of advancement in the field of Psychology, basic knowledge of practical techniques for behavior modification should be an essential component of training. The workshop was based on the objective to provide information on distinctive features of ASD and its diagnosis; to educate about basic model and principles of ABA and baseline assessment; and preparation of intervention plan and to provide firsthand knowledge on ABA techniques with special focus on ASD.

Research Report Writing (APA Manual - VI)

Ms. Aisha Zubair and Ms. Irum Naqvi

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

On the 18th of October, 2016 the workshop was conducted by Ms. Aisha Zubair (Lecturer) and Ms. Irum Naqvi (Lecturer). It primarily focused on the major configuration of the dissertation and thesis writing including both format and content. Another major objective of the workshop was the orientation for reference and citation in text and preparing bibliography. Another highlight of the workshop was the brief yet comprehensive hands on exercises for the formatting of headings and referencing as per APA Manual - VI format. Final component of the workshop dealt with preparing research paper, so as to meet the requirements of publication in journals. The content and outline of the workshop was kept simple, but exhaustive so as to orient the participants with all the major aspects of the manual and the problems they usually encounter in report writing. Participants from various universities and colleges including faculty and students participated in the workshop.
Youth Activism for Closing Gender Gap:
Role of International Conventions, Programs, and Community Engagement

Dr Gulnaz Anjum¹, Dr. Mudassar Aziz², and Prof. Dr. Anila Kamal³
¹Department of Social Sciences & Liberal Arts
²Institute of Business and Administration, Karachi
³National Institute of Psychology, Quaid-i-Azam University, Islamabad

This was conducted by Dr. Gulnaz Anjum (Assistant Prof.), Dr. Mudassar Aziz (Assistant Prof.), and Prof. Dr. Anila Kamal (Director NIP) on the 30th November, 2016. The workshop was focused on understanding how to minimize gender disparity in dimensions of education, health, income, and career opportunities. The design of the workshop was interactive and discussion based including the exploration of social, economic, and psychological roots of gender gap in the local context. It intended to provide necessary understanding and mental tools to the youth as well as researchers in the field of gender with the aim to facilitate them in coping with the local norms and being informed researchers on the issue. Integrated information on international and national context of gender gap was be presented. One of the main objectives of the workshop was to give the female audiences a motivational boost about how to sweep away the hurdles on their way to become esteemed professionals.

Female Empowerment Step Up! Learn Assertiveness through
Art, Meditation, and Drama Therapy

Ms. Rakia Raza, Capt (Retd.)
Way 2c Organization for Youth Empowerment

This workshop is held on 1st December, 2016. The resource person of the workshop is Ms. Rakia Raza, Capt. (Retd.; Psychologist, Art Therapist). The workshop is intended to familiarize the audiences with the Way 2c, an organization working independently to create a sense of awareness and empowerment in youth, especially, youth and teenagers with a keen focus on the areas related to self-grooming, character building, personality shaping, career development, and self-actualization. The main focus is to educate and inspire women/girls to create a sense of self-worth and dignity. The workshop is aimed at promoting self-discovery through art and performances, developing communication skills, creating awareness about assertiveness, and also understanding emotions through drama therapy.

Practice of Sedona in Healing Emotions

Ms. Muneeza Manzoor Butt¹ and Rabia Nayab²
¹Mind Care Centre and Rehabilitation Unit, Multan
²Police Training Institute, Multan

It is to be conducted on the 1st December, 2016. Ms. Muneeza Manzoor Butt (Consultant Clinical Psychologist) and Rabia Nayab (Consultant Clinical Psychologist) are the resource persons. Sedona in healing emotions is a method of personal growth through a “technique of release” means “Letting Go”. The goals of the workshop consist of learning to let go; taking charge of one’s own feelings or becoming more sensitized to one’s feelings; learning to
experience greater ease; achieving effectiveness and joy in daily activities; increasing positive feelings as well as decreasing negative feelings; fostering love towards oneself and others; incorporating positive changes in behavior and attitude; practicing more open and effective communication; increasing problem solving ability and laughter; and learning to be more relaxed in action and at rest.

**Creative Interventions for Survivors of Abuse**

Dr. Zainab F. Zadeh and Dr. Kiran Bashir Ahmad  
*Institute of Professional Psychology, Bahria University, Karachi*

This preconference workshop is to be held on the 2nd December, 2016. The resource persons of the workshop are Dr. Zainab F. Zadeh (Director) and Dr. Kiran Bashir Ahmad (Assistant Prof.) The workshop is focused on the understanding and utilization of art and drama therapy along with the particular dynamics of patients who have been subjected to abuse. It holds tremendous scope for practitioners who want to learn about possible techniques to be used in conjunction with or separate from their usual therapeutic interventions and those who see patients reporting a past history of abuse, whether it stems from neglect, has been emotional or is linked to physical or sexual abuse. The workshop aims at allowing participants to develop an understanding of the creative interventions, specifically, applied to the survivors of abuse; and teaching effective art and drama therapy tools with practical self-usage, so as to apply these in individual and group therapy with children and adult groups.
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COUNSELLING CENTRE

Counseling Centre, National Institute of Psychology provides psycho diagnostic, psychological assessments, psychotherapeutic treatment, and counseling services for children, youth, and adults. Our services are beneficial for students of NIP, Quaid-i-Azam University, public and private sector from Islamabad/Rawalpindi along other cities of Pakistan. Even people form abroad is also taking benefit from our services. Our major aims are promotion of mental health and psychological well-being among individuals. With this aim, a formal Counseling Centre was initiated in 2008. The aim of this centre is to help individuals understand their problem through a different perspective and learn different strategies to resolve them. While a counselor/therapist cannot solve others’ problems for them, but he/she can facilitate the process of going into depth of the problem and can facilitate in learning healthy skills to handle the issue in a fruitful way. Appointments may be made by calling the coordinator of Counseling Centre or by coming to the office in-person. The centre aims at screening, diagnosis, assessment, and
management of problems of children, adolescents, and adults. Assessment of the client is done with the help of standardized tools/psychometric tests and report is provided to the client. Assessment for personnel selection is also provided on request.

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TEST RESOURCE CENTRE

Test Resource Centre (TRC) at NIP can be conveniently declared as an assortment of more than two hundred psychological tests and batteries either imported from foreign developers or indigenously developed at NIP. The collection include tests and scales related to the categories of Clinical and Screening tests, Educational tests, Intelligence tests, Aptitudes tests, Personality Inventories, and Vocational tests. A list of questionnaires and tests/scales developed in NIP researches (M.Sc., M.Phil., and Ph.D.) can be procured on payment. TRC provides an opportunity for students and researchers to undertake an extensive study of various types of tests and inventories, thereby, enabling them to maintain standards of excellence.

TRC also facilitates customized testing and assessment. Organizations can approach the Institute for administration of tests and aptitude batteries. NIP sends a team of trained psychologists to administer the requested test. For convenience, it would be appreciated if scheduled tests are notified (or requested 30 days in advance). Moreover, concurrent testing programs and tests can also be developed specifically for organizations and institutions.

Manuals Published by TRC

The editors prepared operational manuals for these tests and scales developed in NIP by compiling all the relevant information from available research reports and dissertations. The manuals were also reviewed by eminent subject experts. Each manual encompasses the essential description which would be facilitative for the test user. Another imperative feature of these manuals is that if the scale is used in a number of other researches especially at NIP, that data along with sample specifications are also mentioned for further studies. Thus, making it convenient for the test user to benefit from the psychometric properties established on diverse samples in different researches conducted in various areas of Psychology. These manuals are published by NIP. The following manuals can be procured from TRC of NIP.
1. Manual for Eysenck Personality Questionnaire-Junior (Urdu)
2. Manual for Siddiqui-Shah Depression Scale
3. Manual for Sexual Harassment Experience Questionnaire
4. Manual for Indigenous Nonverbal Test of Intelligence
5. Manual for Self-Esteem Scale
7. Manual for School Social Behavior Scale
8. Manual for Familial Social Support Scale for Patients
9. Manual for Social Skills Scale

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**INDEX OF PSYCHOLOGICAL TESTS/SCALES USED IN NIP RESEARCHES**

Index of Psychological Tests/Scales lists psychological instruments used in the NIP researches (M.Sc, M.Phil, and Ph.D Theses). It has greatly facilitated the laborious task of identifying and locating the Psychological Tests/Scales, relevant research material pertaining to a particular area or a specific topic. It includes subject index and author index, which facilitate researchers to locate relevant scale. A valuable publication for research students.

This index is also available for purchase @ cost of Rs.600/-.

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Author: David Wechsler
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Age Range: 6 years to 16 years 11 months
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PROGRAMME

Recitation of Holy Quran
Welcome Note from the President
General Body Election*
  • Nominations
  • Voting
  • Counting
Entertainment Program
Sharing Election Results
Concluding Address by the Patron-in-Chief
Award Ceremony
Dinner at 8:00 pm

Buses to leave at 9:00 pm

Note:
1. *All are welcome to nominate the President, Vice president, and three executive board members before 30th Oct for new Alumni Board. Names must be NIP Alumni. On-spot nominations can also be entertained.
2. No participant will be granted permission to enter the venue (NUST, Quaid-e-Azam University) without valid original ID documents (CNIC/ passport).
3. To avoid inconvenience, it is advisable to register before 25th Oct. Those who are interested in on-desk registration are requested to intimate Ms. Sara Imtiaz in advance.
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