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## Motherhood: A Resource for Social Resilience and Holistic Wellbeing

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2021

*Document Version:*

Publisher's PDF, also known as Version of record

[Link to publication](#)

*Citation for published version (APA):*

Qamar, A. H. (2021). *Motherhood: A Resource for Social Resilience and Holistic Wellbeing*. Abstract from INTERNATIONAL E-CONFERENCE ON CLINICAL PRACTICE AND REHABILITATION: THE INTERPLAY OF MIND, BODY, AND SOUL, Lahore, Pakistan.

*Total number of authors:*

1

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**INTERNATIONAL E-CONFERENCE ON  
CLINICAL PRACTICE AND REHABILITATION:  
THE INTERPLAY OF MIND, BODY, AND SOUL**

**December 8-9, 2021**

**ABSTRACT BOOKLET**



**CENTRE FOR CLINICAL PSYCHOLOGY,  
UNIVERSITY OF THE PUNJAB,  
QUAID-I-AZAM CAMPUS LAHORE**

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## MR. MUHAMMAD RAZA CHOCHAN

Advisor (Academics & Accreditation),  
Higher Education Commission,  
Islamabad.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

It is my great pleasure to welcome all the distinguished professionals, guests, speakers and students at this prestigious International E-conference organized by Centre for Clinical Psychology (CCP), University of the Punjab, Lahore on the theme of “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul” held on December 8-9, 2021. The theme of this conference is pertinent and reflecting the need of the hour. I am very grateful to University of the Punjab, Lahore for their tremendous support they have provided as host and to the Conference Organizing Committee whose efforts have put together an engagement program even during pandemic.

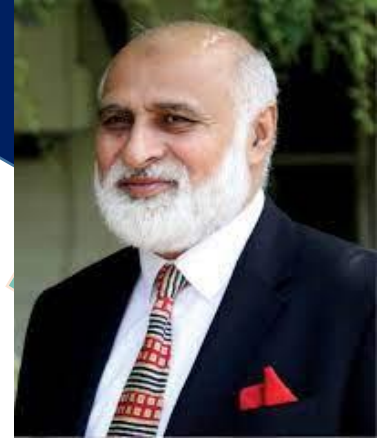
Centre for Clinical Psychology is a pioneer name in training proficient and competent professionals in the field of Clinical Psychology. The center was established in response to the need felt by the then President of Islamic Republic of Pakistan, an institution for the training of Clinical Psychologists. Moreover, I would like to shed some light on the efforts of the center for providing facilities to society in terms of community mental health projects, psychological assessment and treatment facilities for public.

The conference requires many months of planning and networking and I appreciate the organizers for making this event possible. The role of a conference is to gather like-minded individuals / professionals from across the country as well as across globe, to learn, discuss thoughts, network, share ideas, create new ideas, and to ignite motivation. By attending a conference, individuals are expanding their professional and personal development, and are provided with insightful information that couldn't be taught internally from the Institutions or online. It is an occasion for sharing knowledge and research findings, generating debates, formulating questions and scrutinizing answers. It also serves as a most dynamic forum for academic discussions leading towards knowledge generation. I feel that E-conference is such an innovative idea being explored by the professionals during COVID times but requires efficiency and vigilance to be effectively put together. I am hoping that conference team would be able to execute it in the most elegant way.

I would also like to appreciate the efforts of Center for Clinical Psychology in providing opportunities to learn new things through different trainings workshops, webinars and conferences. I wish them all the best for a shining future as well.

I sincerely hope you will learn and enjoy today and days of deliberation on ‘Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul’. Thank you for participation.





**PROF. DR. NIAZ AHMAD AKHTAR**  
Vice Chancellor  
University of the Punjab  
Lahore.

I feel excited and happy to welcome all the honorable guests on this International E-Conference organized by Centre for Clinical Psychology, University of the Punjab on the theme “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul” held on December 8-9, 2021. It is going to be a wonderful opportunity to develop networking, collaborations and learning from international and national professionals and experts of the field.

This International Conference of Clinical Psychology being organized by Centre for Clinical Psychology, University of the Punjab, Lahore was a much needed call of the hour. I value the contribution of Clinical Psychologists as the field of clinical psychology directly works for human wellbeing and their mental health. Much insight can be gained in this field through interdisciplinary research as well as by including wisdom from literature, culture and religion. I am sure that the present conference will facilitate the students and professionals to address Mental Health issues that are prevailing in the society as well as exacerbate during COVID times. This platform will help the professionals to create awareness in general public about different psychological issues, psychopathologies as well as how to address them by being a civic member of the society.

CCP has always been in the forefront when it comes to organizing or providing platforms to new and innovative ideas and this event is no different both in terms of the array of workshops and researches presented but also the professionalism and rigor with which the entire conference was conducted.







## **PROF. DR. SAIMA DAWOOD**

Conference Organizer ICCPR-2021

Director, Centre for Clinical Psychology,  
University of the Punjab, Lahore, Pakistan.

With immense pleasure and gratitude, I welcome our worthy guests, professionals and students to the international e-conference organized on the theme “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul”. I wish to express my sheer gratitude to you on behalf of the Centre for Clinical Psychology, University of the Punjab, Lahore for being a part of this conference and adding yet another feather in Centre’s cap to promote the cause of mental health.

Fortunately, CCP has maintained a long history of standing out in the field of clinical psychology in Pakistan by ensuring that the quality of education, training, and research is never compromised at the Centre. By arranging this conference, we aim to take yet another initiative to highlight the new horizons of clinical research and practice. This platform has been exclusively arranged for the participants to unveil the scientific advancements especially with reference to clinical practice and rehabilitation so that latest research work could receive acknowledgment at an international level. At present, we are living in an era of pandemic. Due to COVID-19, the whole World is experiencing severe health challenges both related to physical and mental health. In these terrible times, there was an utter paucity of research and clinical strategies to mitigate the mental health issues that accompany a pandemic. This present platform would provide a tremendous opportunity to learn how the pandemic has affected the dimensions of our clinical research and practice? However, a plethora of research and interventions have been introduced now, offering holistic approach for mental health management in the midst of a crisis. This shift in the landscape of clinical approach has opened new horizons that focus on the interplay and integration of the body, mind and soul. These new research dimensions and approaches stimulated by the pandemic will be particularly explored through this platform in the form of conference.

The theme of this conference is very much related to present need, as it not only highlights the challenges that clinical professionals are facing but also sheds light on the newly developing approach of conceptualizing mental health and allied issues in light of mental, physical and spiritual domains. We, at CCP, have availed ourselves of this opportunity to understand, contemplate and develop new strategies to meet the future challenges that we shall be facing as clinical professionals, speech language pathologists and researchers. I am hopeful that this platform will help the professionals to enhance their expertise in all areas of clinical practice.

At the end, I must say that Centre has undertaken this tremendous challenge of arranging an international conference on the theme which is the need of the hour. 6 Pre Conference workshops have been conducted and now during 2 days of the Conference, 8 key notes will be delivered and 85 research papers will be presented by international and national speakers. I am very grateful to all the international and national speakers who conducted workshops on therapeutic modalities as well as the participants who are going to present their research work in this conference.



## **DR. NAYAB IFTIKHAR**

Conference Secretary ICCPR-2021

Assistant Professor, Centre for Clinical  
Psychology,

University of the Punjab, Lahore, Pakistan.



I, on behalf of Centre for Clinical Psychology (CCP), University of the Punjab, Lahore, would like to welcome the honourable guests, speakers, professionals and students at this International E-conference on the theme “Clinical Practice and Rehabilitation: The Interplay of Mind, Body and Soul” on December 8-9, 2021. This is a great opportunity to share knowledge, expertise, and vision with other professionals and would serve its purpose to disseminate the information amongst the participants.

The present times have brought to light the importance of interdisciplinary studies. A broader vision and a commitment to interdisciplinary research makes an advancement in knowledge, which translates to more sophisticated research and increasingly suitable strategies of care when applied to clinical practice and rehabilitation. In this recent pandemic, we as scientists have learned that despite the vital importance of the biological and functional aspects of the brain, these do not provide an overarching explanation of all those phenomena that define us as human, many of which are not measurable and thus, transcend the materiality of the body. Hence, we have realized that scientific domain requires help and facilitation from the spiritual domain and this interplay is recognized more explicitly in the wake of the uncertainty we have experienced in recent past. We are moving towards an amalgamation of scientific knowledge with that of traditional wisdom, which would result in a wondrous projection of learning, knowledge and understanding. Psychology and its allied fields have now opened their arms to welcome and encompass the knowledge base from across the human domains-mind, body and soul.

This conference proved to be a success in light of the number of workshops, scientific sessions and keynotes delivered on important and diverse topics. Valuable suggestions and recommendations emerged out of these discourses and will continue to enrich and guide the future enquiries and interventions as well as policy making.

At the end, I would like to thank all our esteemed guests, distinguished key note speakers, colleagues and participants for the support and cooperation. May Allah Almighty protect and keep us safe, Ameen.



# CONFERENCE PROGRAM

DAY 1 (DECEMBER 8, 2021)

## INAUGURAL SESSION (Google Meet Link: <https://meet.google.com/vni-ofaf-cwn>)

TIME	ACTIVITIES	
10:30am-10:40am	Recitation of Holy Quran	
10:40am-10:50am	Na'at	
10:50am-11:00am	<b>Welcome Address</b>	<b>Prof. Dr. Saima Dawood</b> , Director, Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
11:00am-11:10am	<b>Chief Guest</b>	<b>Mr. Raza Chohan</b> , Advisor, Academics & Accreditation, Higher Education Commission, Islamabad, Pakistan.
11:10am-11:20am	<b>Guest of Honor</b>	<b>Prof. Dr. Niaz Ahmad Akhtar (SI)</b> , Worthy Vice Chancellor, University of the Punjab, Lahore, Pakistan.
11:20am-11:30am	<b>Guest Speaker</b>	<b>Prof (Rtd.). Dr. Nosheen K Rahman</b> , Former Director, Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
11:30am-11:40am	<b>Guest Speaker</b>	<b>Prof. Dr. Rukhsana Kausar</b> , Vice Chancellor, Government College University Sialkot, Sialkot, Pakistan.
11:40am-11:50am	<b>Guest Speaker</b>	<b>Prof. Dr. Nashi Khan</b> , Project Director, Rashid Latif Khan University, Lahore & President, Pakistan Association of Clinical Psychologists, Pakistan.
11:50am-12:20pm	<b>Break</b>	
12:20pm-12:30pm	Technical Instructions for Keynote Addresses and Scientific Sessions by <b>Dr. Nayab Iftikhar</b> , (Conference Secretary ICCPR) and <b>Ms. Mubeena Munir</b> (Workshop Secretary ICCPR)	
12:30pm- 01:00pm	<b>Keynote Address:</b> Neurobiology of Trauma and Treatment Strategies	<b>Dr. Nighat Gillani</b> , Consultant Clinical Psychologist/Master Trainer of EMDR and Solution Focused Therapy, Islamabad, Pakistan.
01:00pm-1:30pm	<b>Keynote Address:</b> Moving Beyond Hearing Loss	<b>Dr. Suzi Willis</b> , Senior Lecturer, Manchester Metropolitan University, Manchester, UK.
1:30pm-2:30pm	<b>Lunch Break</b>	
2:30pm-4:00pm	<b>3 Parallel Scientific Sessions</b>	
	<b>Chair Scientific Session I: Prof. Dr. Uzma Ali</b> , Director, Institute of Clinical Psychology, University of Karachi, Karachi, Pakistan. <b>Chair Scientific Session II: Dr. Syeda Salma Hasan</b> , Chairperson, Department of Psychology, Government College University, Lahore, Pakistan <b>Chair Scientific Session III: Dr. M. Sikandar G. Khan</b> , Head, Department of Health Professional Technologies, Faculty of Allied Health Sciences, University of Lahore; Lahore, Pakistan	
4:00pm-5:00pm	<b>Keynote Address:</b> Personal Stories of Stuttering for Hope and Hearing	<b>Prof. Dr. Kenneth St. Louis</b> , Professor Emeritus, Department of Communication Sciences and Disorders, West Virginia University, West Virginia, USA.
5:00pm-5:30pm	<b>Keynote Address:</b> How to Help the Client Overcome the Triple Threat of Depression, Anxiety and Anger (Interplay of Three Debilitating Emotions)	<b>Dr. Bill Knaus</b> , Consultant Clinical Psychologist & Former Director of Training, Albert Ellis Institute, USA.



## DAY 2 (DECEMBER 9, 2021)

10:00am-10:30am	<b>Keynote Address:</b> The Achilles Heel of Clinical Psychology: The Challenge and Path to Healing in Pakistan	<b>Prof. Dr. Salma Siddiqui</b> , Dean, School of Social Sciences & Humanities, NUST, Islamabad, Pakistan.
10:30am-12:00noon	<b>4 Parallel Scientific Sessions</b>	
	<p><b>Chair Scientific Session I: Prof. Dr. Zainab Hussain Bhutto</b>, Dean &amp; Director, Institute of Professional Psychology, Bahria University Karachi Campus, Pakistan.</p> <p><b>Chair Scientific Session II: Prof. Dr. Sarwat Sultan</b>, Department of Applied Psychology, Bahauddin Zakariya University, Multan, Pakistan.</p> <p><b>Chair Scientific Session III: Dr. Rubina Hanif</b>, Director, National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.</p> <p><b>Chair Scientific Session IV: Prof. Dr. Shazia Maqbool</b>, Head, Developmental Pediatrics, Children Hospital &amp; Institute of Child Health, Lahore, Pakistan.</p>	
12:00noon-12:30pm	<b>Keynote Address:</b> Therapeutic Value of Faith as a Mental Attitude.	<b>Ms. Saima Salman</b> , Founder, Rational Living Inc, Singapore & Clinical Fellow, Albert Ellis Institute, New York, USA.
12:30pm-1:00pm	<b>Keynote Address:</b> Language Assessment and Intervention in Urdu Speaking Children	<b>Dr. Ayesha Kamal Butt</b> , Speech & Language Pathologist/Senior Lecturer, Manchester Metropolitan University, Manchester, UK.
1:00pm-2:00pm	<b>Lunch Break</b>	
2:00pm-3:30pm	<b>4 Parallel Scientific Sessions</b>	
	<p><b>Chair Scientific Session I: Dr. Neelofar Rehman</b>, Associate Professor/Director Clinical Training, La Trobe University, Melbourne, Australia.</p> <p><b>Chair Scientific Session II: Prof. Dr. Rafia Rafique</b>, Director, Institute of Applied Psychology, University of the Punjab, Lahore, Pakistan.</p> <p><b>Chair Scientific Session III: Dr. Amna Moazaam</b>, Tenured Professor/Chairperson, Department of Applied Psychology, Lahore College for Women University, Lahore, Pakistan</p> <p><b>Chair Scientific Session IV: Dr. Azhar Hameed Qamar</b>, Post-Doc Researcher, Lund University, Sweden.</p>	
3:30pm-4:00pm	<b>Poster Competition (Poster Judges)</b>	
	<p><b>Prof. Dr. Shazia Hasan</b>, Head Department of Psychology, University of Central Punjab, Lahore, Pakistan.</p> <p><b>Prof. Dr. Syeda Shahida Batool</b>, Department of Psychology, Government College University, Lahore, Pakistan.</p> <p><b>Dr. Ivan Suneel</b>, Chairperson, Department of Psychology, Forman Christian College University, Lahore, Pakistan.</p>	
4:00pm-5:00pm	<b>State of the Art Lecture:</b> Tips on Publishing a Paper in a Peer Reviewed Journal	<b>Dr. Nigar Khawaja</b> , Professor, School of Psychology and Counselling, Queensland University of Technology, Australia.

## CONCLUDING SESSION

5:00pm-5:15pm	Recitation of Holy Quran	
5:15pm-5:30pm	<b>Concluding Remarks</b>	<b>Prof. Dr. Anila Kamal</b> , Vice Chancellor, Rawalpindi Women University, Rawalpindi, Pakistan.
5:30pm-5:45pm	<b>Vote of Thanks</b>	<b>Dr. Aisha Sitwat</b> , Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore.





# SCIENTIFIC COMMITTEE

**Prof. Dr. Saima Dawood**  
Conference Organizer

**Dr. Aisha Sitwat**  
Chair Scientific  
Committee

**Dr. Nayab Iftikhar**  
Conference Secretary

**Ms. Hira Liaqat**  
Coordinator Scientific  
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**Ms. Mubeena Munir**  
Workshop Secretary/  
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# ORAL PRESENTATIONS



**SESSION I: EVIDENCE-BASED PRACTICE IN CLINICAL PSYCHOLOGY (A)****DATE: DECEMBER 8, 2021 | TIME: 2:30 P.M. - 4:00 P.M.****Session Chair:** Prof. Dr. Uzma Ali, Director,  
Institute of Clinical Psychology,  
University of Karachi, Karachi.**Moderator:** Ms. Tehreem Arshad, Assistant Professor,  
Centre for Clinical Psychology, University of the Punjab,  
Lahore.**Google Meet Link: <https://meet.google.com/ezo-kgoi-rna>**

No.	Title	Authors	Institutional Affiliation
ICCPR34	Lessening Depression and Functional Disability through CaCBT Self-help Techniques in Cancer Patients: A Randomized Controlled Trial	Mamoonah Ahsan, Amna Iqbal, & Dr. Rizwana Amin	Department of Applied Psychology, Bahauddin Zakariya University, Multan & Department of Psychology, Bahria University Islamabad Campus
ICCPR42	Exploring Barriers to the Efficacy of Mental Health Interventions leading to Dropout among Pakistani Therapy Seekers	Nayab Imtiaz	Department of Psychology, Lahore School of Professional Studies, The University of Lahore, Lahore
ICCPR43	Managing Treatment Resistant Depression through Cognitive Behavior Therapy	Iqra Jabeen & Dr. Rizwana Amin	Department of Professional Psychology, Bahria University Islamabad Campus.
ICCPR75	Efficacy of Positive Psychotherapy on Depressive Symptomatology and Life Satisfaction in University Students	Amina Shahzadi & Ms. Faiza Safdar	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR41	Stress Management of Women Prisoners	Farkhanda Bukhat & Dr. Noreena Kausar	Department of Psychology, University of Gujrat, Gujrat.



## ICCP34 – Lessening Depression and Functional Disability through CaCBT Self-help Techniques in Cancer Patients: A Randomized Controlled Trial

Mamoon Ahsan, Amna Iqbal, & Dr. Rizwana Amin

Department of Applied Psychology, Bahauddin Zakariya University, Multan &  
Department of Psychology, Bahria University, Islamabad Campus  
amnaiqbal010@gmail.com

**Background:** Culturally adaptive cognitive behavioral therapy (CaCBT) technique has strong evidence and is practiced widely for reducing behavioral problems and emotional imbalances. **Objectives:** The aim of the study is to see the effectiveness of culturally adaptive cognitive behavioral therapy (CaCBT) techniques for reducing depression and functional disability among cancer patients by using therapeutic techniques as intervention versus a control group in patients in a hospital setting. **Method:** Patients having high scores on hospital anxiety depression scale and world health organization disability assessment schedule and who fulfilled the inclusion criteria (cancer patients having high depression and functional disability) were admitted in the hospital and taking treatment within the stage range from 1 to 4) were recruited into the study. Informed consent was taken from the attendants and patients. A total of 36 participants were recruited from Nishtar Hospital Multan, Pakistan and randomized into two groups with 1:1 allocation (Intervention group-18, Control group-18). A brief version of CaCBT manual (8 sessions, 1 session per week) was provided. The effect of CaCBT techniques was analyzed in experimental and control group by using paired sample t test. **Results:** Results showed that there is a significant difference between experimental and control groups, as participants in experimental group showed reduced depression and functional disability. **Conclusion:** The significant impact of CaCBT techniques was found in reducing depression and functional disability in patients with cancer.

**Keywords:** cancer, culturally adaptive CBT, functional disability, depression

## ICCP42 - Exploring Barriers to the Efficacy of Mental Health Interventions leading to Dropout among Pakistani Therapy Seekers

Nayab Imtiaz

Department of Psychology, Lahore School of Professional Studies,  
The University of Lahore, Lahore  
nayabimtiaz33@gmail.com

**Background:** In the last few decades, mental health crises in Pakistan has reached an alarming level. Studies have shown that the dropout rate of therapy seekers in Pakistan is high. **Purpose:** This study aims to explore the barriers to effective mental health intervention that might lead to dropout. **Method:** A qualitative phenomenological research design was used to explore the barriers to effective mental health intervention than might lead to dropout among Pakistani therapy seekers. A sample of four, two cisgender men and two cisgender women was selected. Verbatim were jotted down and translated. Data was managed and analyzed through NVivo 11 plus to generate codes, themes, and master themes. **Results:** Results indicated three master themes, i.e., lack of trauma informed care, unethical attitude and behaviors towards clients and psychosocial barriers. **Conclusion:** Therapy seekers even after fighting the stigma and going to therapy, have to experience a lot of barriers that result not only in dropout but also affect their overall mental health. It's important to explore these factors and develop strategies to enhance the efficacy of mental health interventions and to minimize dropout rate so the mental health care system in Pakistan can be improved.

**Keywords:** barriers to therapy, therapy in Pakistan, improving mental health care, mental health

## ICCP43 - Managing Treatment Resistant Depression through Cognitive Behavior Therapy

Iqra Jabeen & Dr. Rizwana Amin

Department of Professional Psychology, Bahria University Islamabad Campus  
iqrajm727@gmail.com, rizwana.buic@bahria.edu.pk

**Background:** The case study entails description of the management of treatment resistance depression in a middle aged women (53 years) employing cognitive behavior therapy (CBT). The treatment was carried out over a period of 2 months constituting 16 sessions of 45 minutes at Institute of Psychiatry, Rawalpindi. **Objectives:** The combined form of treatment is an effective mode for the treatment of treatment resistance depression. **Method:** During the treatment phase, initially 1-4 sessions were carried out for rapport building, assessment. In 5-12 sessions, homework assignment was given for tapping daily mood/though record. Socratic technique used to challenge irrational belief. In last 13-16 sessions, work was done on consolidation of the learned techniques. **Results:** Post assessment showed a significant change in client overall functionality





and marked differences in the severity and duration of the symptomatology. **Conclusion:** The combined form of treatment is an effective mode for the treatment of treatment resistance depression.

**Keywords:** cognitive behavioral therapy, treatment resistant depression

### **ICCPR75 - Efficacy of Positive Psychotherapy on Depressive Symptomatology and Life Satisfaction in University Students**

Amina Shahzadi & Faiza Safdar

Centre for Clinical Psychology, University of the Punjab, Lahore.

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**Background:** Positive Psychotherapy (PPT) is an approach which aims to manage depression by enhancing positive emotions, more engagement in life, improving interpersonal relationships and meaning in life rather than directly targeting the depressive symptoms. **Objective:** The present research was conducted to evaluate the efficacy of Positive Psychotherapy (PPT) on depressive symptomatology and life satisfaction in university students. **Method:** The sample was collected from high merit departments (College of Pharmacy, Centre for Clinical Psychology, School of Biochemistry and Biotechnology and Institute of Botany) of University of the Punjab, Lahore. All of the participants ( $N=22$ ) were first year students of Bachelor's degree and had appeared in NMDCAT but couldn't pass and get admission in MBBS/ BDS. They were assessed on Patient Health Questionnaire and Multidimensional Students' Life Satisfaction Scale at pre and divided into two equal groups, control (no-intervention) and experimental group. The group therapy was conducted online through 'Google Meet' and experimental group ( $N=11$ ) was given six sessions of Positive Psychotherapy of mean duration 1.5 hour (Seligman, 2000). At post intervention level, assessment tools were again administered to both groups. **Results:** The results of the non-parametric test (Wilcoxon Signed Rank Test) indicated that PPT was effective in reducing depressive symptomatology and increasing life satisfaction in five major domains such as satisfaction with self, family, educational institution, friends and living environment. **Conclusion:** This study is beneficial to direct clinicians' attention to use PPT approach to deal depression in students.

**Keywords:** depression, life satisfaction, positive psychotherapy

### **ICCPR41 - Stress Management of Women Prisoners**

Farkhanda Bukhat & Dr. Noreena Kausar

Department of Psychology, University of Gujrat, Gujrat.

farkhanda.bukhat@001gmail.com, noreena.kausar@uog.edu.pk

**Background:** An enduring demand to upgrade mental health care in prisons and to lower common mental health problems among prisoners is found (Veeh et al., 2018). **Objectives:** The current study is aimed to provide stress management to women prisoners at District Jail Gujrat and compare mental health issues at pre and post-treatment levels of Stress Management Program. **Method:** Total 25 women prisoners selected through purposive sampling technique and two groups were made. Mental health issues were measured by DASS-21 before and after SMP. Stress management program was consisted of following training materials (i.e., psychoeducation, relaxation training, anger management training, assertive training, time management, rational emotive imagery, referenting and homework assignments). Twice a week group session of 60 minutes each was given to both groups. Overall, ten sessions were given to participants from April 2021 to May 2021. **Results:** Findings also indicated a statistically significant differences in depression, anxiety, and stress in female prisoners at pre and post-treatment levels. Results showed that at pre-treatment levels of SMP, 60% participants experienced extremely severe level followed by 20% severe, 12% moderate, 4% mild and 4% normal symptoms of depression. At post-treatment levels, 68% reported depression at normal, 24% mild and 8% reported moderate depression. Secondly at pre-treatment levels of anxiety, 72% reported extremely severe anxiety, 16% severe, 8% moderate, 4% mild anxiety. At the end of SMP, 20%, 32%, 44% and 4% of them reported mild, moderate, severe, and extremely severe anxiety respectively. Finally, 44% of females reported extremely severe stress at pre-treatment levels, followed by 20% severe, 16% moderate, 12% mild and 8% normal stress. **Conclusion:** The government and correctional authorities must promote and encourage the therapeutic programs for prisoners.

**Keywords:** mental health issues, prisoners, stress management program, district jail



**SESSION II: EVIDENCE-BASED PRACTICE IN CLINICAL PSYCHOLOGY (B)****DATE: DECEMBER 8, 2021 | TIME: 2:30 P.M. - 4:00 P.M.****Session Chair:** Dr. Syeda Salma Hassan, Chairperson,  
Department of Psychology,  
Government College University, Lahore.**Moderator:** Ms. Aasma Yousaf, Assistant Professor,  
Centre for Clinical Psychology, University of the  
Punjab, Lahore.**Google Meet Link: <https://meet.google.com/hsj-zwhy-cxo>**

No.	Title	Authors	Institutional Affiliation
ICCPR33	Prevalence of Obsessive Compulsive Disorder in Psychiatric Patients of Gujranwala and Gujrat, Punjab Pakistan	Amna Ishaq, Dr Noreena Kausar, & Dr. Bushra Bibi	Department of Psychology, University of Gujrat, Gujrat.
ICCPR20	Development of an Indigenous Scale for Body Dysmorphic Concerns	Nimra Mellaha & Humaira Naz	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR31	Prevalence and Risk Factors of Suicidal Ideation in Psychiatric Patients: A Study of Gujranwala Division	Farwa Batool & Dr. Bushra Akram	Department of Psychology, University of Gujrat, Gujrat.
ICCPR73	Prevalence of Anxiety and Related Disorders in University Students	Nimra Shehzadi & Rabia Dasti	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR25	Development of an Indigenous Measure of Paranormal Beliefs	Maheen Asif & Aasma Yousaf	Centre for Clinical Psychology, University of the Punjab, Lahore.



## ICCPR33- Prevalence of Obsessive Compulsive Disorder in Psychiatric Patients in Gujranwala and Gujrat, Punjab, Pakistan

Amna Ishaq, Dr Noreena Kausar, & Dr Bushra Bibi  
Department of Psychology, University of Gujrat, Gujrat.  
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**Background:** Obsessive compulsive disorder has been reported as to cause high socio-economic burden and effects individual's quality of life and their social, emotional and mental wellbeing. **Objectives:** The main objective of current study was to explore the point prevalence of obsessive compulsive disorder among psychiatric patients in Gujranwala and Gujrat City of Punjab, Pakistan. Further it was also measured the point prevalence of different types of obsessions and compulsions among patients diagnosed with OCD. **Method:** Purposive sampling technique was used to collect data from two governments and two private hospitals of Gujranwala and Gujrat during December 2020 to May 2021. A set of questionnaires was used for the study, comprising of Demographic sheet, screening questionnaire, diagnostic questionnaire based on DSM 5 criteria of OCD (SCID-5), Yale Brown obsessive compulsive scale (YBOCS; Goodman et al., 1989) and Yale Brown obsessive compulsive scale symptom checklist (YBOCS-SC; Goodman et al., 1989). Target populations of 2608 psychiatric patients were approached. **Results:** Results indicated that the 6.1% patients were found to be screened for OCD and 2.9 % were diagnosed cases of OCD. Further, it also depicted that highest ratio were sexual obsession (55.1%) and ordering compulsions (76.9%) as compared to other types of obsessions and compulsions among OCD patients. **Conclusion:** The findings of the current study are speculated to have sound implications in the clinical settings for planning intervention in order to reduce the ratio of obsessive compulsive disorder.

**Keywords:** obsessive compulsive disorder, structured clinical interview for diagnosis, symptom checklist

## ICCPR20-Development of an Indigenous Scale for Body Dysmorphic Concerns

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**Background:** The physical body is the primary basis for an individual's sense of self. Every individual maintains some standards for one's ideal physical body appearance. **Objectives:** The purpose of present research work was to develop an indigenous scale for body dysmorphic concerns. **Method:** The study was conducted in two phases. The phase I focused on exploring body dysmorphic concerns in the context of Pakistani culture by conducting focus group discussion and semi-structured interviews. The FGD was conducted with plastic surgeon, clinical dietician, gym trainer, orthodontic surgeon and clinical psychologist. Dysmorphic concern questionnaire (Mancuso et al., 2010) was used to screen out participants with dysmorphic concerns, out of which 11 participants were screened out with dysmorphic concerns. These participants were then approached to conduct semi-structured interview out of which only 5 participants agreed to participate in the study. The phase II focused on item pool generation on the basis of phase I and then establishing content validity. The content analysis of focus group discussion and interviews was done. **Results:** The theme generated were feature specific concerns, social image, body image, neutralizing strategies, comparison with others and impairment. Content validity of the items was found out by sending them for verification to different clinical psychologist. Only those items were retained who have rating 80% and above, so after incorporating the suggestions a final scale of 77 items was generated. **Conclusion:** This scale would not only be useful in screening males and females with body dysmorphic concerns but also would be helpful to decide whether a treatment is necessary by detailed assessment of the impact of body dysmorphic concerns.

**Keywords:** body dysmorphic concerns, body image, social image.

## ICCPR31-Prevalence and Risk Factors of Suicidal Ideation in Psychiatric Patients: A Study of Gujranwala Division

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**Background:** Suicide is a universal general health issue. There is composite association between suicide and mental disorder because of biological, psychological and social factors. Psychiatric patients have high rate of suicide rather than normal population **Objectives:** The objectives were to explore the prevalence of suicidal ideation among four groups (major depression disorder, anxiety, obsessive compressive disorder and substance abuse disorder) of the psychiatrist patients, to find out the difference in the levels of suicidal ideation among four types of the psychiatrist patients, to compare the levels





of prevalence of suicidal ideation among four groups of the psychiatrist patients and to find the demographic characteristics as factors of suicidal ideation. **Method:** Purposive sampling technique was used to collect the sample. Drug abuse screening test was translated into the Urdu language in this study. **Results:** The results of the study indicated that the patients with depression (65.0%) have been found to be higher on suicidal ideation as compared to the anxiety (51.4%), drug abuse (59.9%) and OCD (56.7%). In addition, results also showed that family system, socioeconomic status and the duration of the problem/disorder are the significant risk factors of the depression. Marital status is the risk factor of the anxiety while on the other hand marital status, socioeconomic status and family history of the suicide are the risk factors of the drug abuse and marital status is the demographic risk factor of the suicide among patient with OCD. **Conclusion:** The present study found that suicidal ideation prevailed among psychiatrist patients and demographic characteristics play the role as risk factors of the suicidal ideation.

**Keywords:** suicidal ideation, prevalence, risk factors, depression, anxiety, drug addiction, obsessive compulsive disorder.

### ICCPR73-Prevalence of Anxiety and Related Disorders in University Students

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**Background:** The years spent in university are emotionally and intellectually challenging for an individual than any other stage of learning. They experience wide range of stressors, like exam tension or cyber-bullying, fear to maintain good grades, low academic performance, trying to adjust, and plan future goals triggers psychological issues often lead to anxiety for a lot of students. **Objective:** The purpose of the research was to estimate the prevalence rates of Anxiety and related disorders in students of university of the Punjab, Lahore. **Method:** Multistage sampling was used for data collection. Data was collected from 12 faculties through stratified random sampling. Patient Health questionnaire-15- somatic symptoms- adults, general anxiety disorder-7, severity measure for panic disorder—adult, social phobia inventory were administered on sample of 2310 participants. **Results:** Cross tabulation was run which revealed the prevalence of specific phobia (44.5%), social anxiety disorder (40.9%), panic disorder (26%), and generalized anxiety disorder (22.3%) respectively. Females reported more symptoms of disorders than males.

**Keywords:** prevalence, anxiety and related disorders, university students

### ICCPR25-Development of an Indigenous Measure of Paranormal Beliefs

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**Background:** Being living in a society where paranormal beliefs are getting popular, there was a need for an indigenous reliable and valid measure to be used by professionals. **Objectives:** The present study was intended to develop an indigenous measure of paranormal beliefs. **Method:** Mixed method design was used to develop the tool which went through different phases; Identification & Operationalization of domains of Paranormal Beliefs; Item Pool Generation; Evaluation of the Questionnaire, EFA and CFA. Convenience sampling was used to collect the data from the community sample of approximately 5 times the number of questions in the scale which included  $n= 372$  participants in EFA and  $n= 323$  participants in CFA. **Results:** At first Exploratory Factor Analysis (EFA) was run in SPSS which extracted 8 factors and 54 items were retained out of 74 items. All the factors had strong internal consistency within the range of .71-.91. Pearson product moment correlation showed that all the factors had significantly high positive correlation with each other and Inter-Item Correlation also showed that all the items in each factor were highly correlated with each other as well and the tool was measuring what it was supposed to measure. CFA also showed the good fit model and finalized 49 items in 8 factors. The psychometric properties of the tool were also developed as the scale provided the greater test-retest reliability of .90. **Conclusion:** Thus, a reliable and valid indigenous multidimensional measure of paranormal beliefs was developed which will be used as an objective measure for screening purposes by the practitioners or in clinical settings for assessing pre-existing supernatural or paranormal beliefs in people.

**Keywords:** genres, arts, extraordinary life form, eastern beliefs, new age therapies, spiritism





**SESSION III: EVIDENCE BASED PRACTICE IN SPEECH & LANGUAGE PATHOLOGY****DATE: DECEMBER 8, 2021 | TIME: 2:30 P.M. - 4:00 P.M.**

**Session Chair:** Dr. M. Sikandar G. Khan, Head, Department of Health Professional Technologies, Faculty of Allied Health Sciences, University of Lahore, Lahore.

**Moderator:** Ms. Arooj Karim Khan, Research Scholar, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link:** <https://meet.google.com/eux-gzgm-zyj>

No.	Title	Authors	Institutional Affiliation
ICCPR28	Urdu Phonological Awareness and Oral Narrative in Typically Developing Children	Mehwish Ikhlauque & Aasma Yousaf	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR67	Association of Tympanometry with Audiometry findings in Children with Conductive Hearing Impairment	Daniel Akhtar & Ayesha Badar	Department of Health Professional Technologies, The University of Lahore, Lahore.
ICCPR50	Facilitators and Barriers in implementing Evidence-based Practice among Speech and Language Pathologists working in Public and Private Sectors	Sadia Idrees & Fazaila Ehsan	Special Education Department, Government of the Punjab & Riphah International University, Lahore.
ICCPR76	Communicative Impairment in Traumatic Brain Injury: A Pragmatic Study	Dr. Nayab Iftikhar	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR47	Effects of MP3 Use on Hearing Threshold in Young Adults	Hafiza Fatima Rafique, Hadia Sultan, Saira Zaman, Faiza Mushtaq, & Atif Ikram	Department of Allied Health Sciences, FMH College of Medicine & Dentistry, Lahore; Lahore Medical and Dental College, Lahore; & Ghurki Trust Teaching Hospital, Lahore.



## ICCPR28-Urdu Phonological Awareness and Oral Narrative in Typically Developing Children

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**Background:** Narration provides understanding of information, emotion, and occurrence. Phonological awareness and Oral narration remain valuable in clinical setup as it imparts necessary information about children's linguistic skills. **Objectives:** The objectives were to study the difference in phonological awareness and oral narration across 5 to 7 years. Additionally, is there any difference in phonological awareness of public and private school students. **Method:** Cross-sectional research design was applied. A sample of 156 children aged between 5-7 years was recruited through convenient sampling from private and government schools with basic demographics: mother education, family income, habit of story listening, private school and grade in school. In first stage, children were screened through the test for narrative retell (TNR) and Slosson intelligence test- revised (SIT-R3) to fulfil the inclusion criteria. In main study two assessments were used: (1) Urdu Phonological awareness test (2) Urdu story generation through story pictures assessed through story grammar. **Results:** Research suggested significant age difference in 5 to 7 years through one-way ANOVA in phonological awareness ( $F=441.74, p=.001$ ) with its subscales; rhyming, oddity, blending, segmentation and manipulation, and oral narrative with ( $F= 22.68, p=.001$ ). Whereas, independent sample t-test results for study based participants from govt. schools are less for phonological awareness with than private schools. Understanding these two constructs has assisted understanding lack of literacy skills. **Conclusion:** Phonological awareness and oral narrative need to be used for 5 to 7 years children in terms of literacy development.

**Keywords:** Urdu oral narrative, phonological awareness, story grammar, letter to sound knowledge

## ICCPR67-Association of Tympanometry with Audiometry Findings in Children with Conductive Hearing Impairment

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**Objective:** The objective of this study was to examine the association between findings of tympanometry and audiometry in children with conductive hearing loss. **Methods:** A cross sectional survey was conducted from May 2021 to Oct 2021 within Children Hospital and the Institute of Child Health, Lahore. Children aged 5 to 10 years were included in the study by using non-probability sampling technique. The measurements were performed using Maico MA42 Audiometer and Tympanometer with 226 Hz probe tone. The study sample included 68 children in which 51.4 % ( $n=35$ ) children were male and 48.5 % ( $n=33$ ) were female. 23.5% ( $n=16$ ) patients with Type A tympanogram have mild conductive hearing loss. **Results:** Out of 55.88% ( $n=38$ ) patients with Type B (flat) tympanogram, 32.3% ( $n=22$ ) have mild degree conductive hearing loss ranging from 25 to 40 dB observed at 500 Hz, 1000 Hz and 2000 Hz and 4000Hz while 23.5% ( $n=16$ ) have Moderate hearing loss from 40 to 55 db. 20.5% children with Type C tympanogram (Eustachian tube dysfunction) also have moderate degree conductive hearing impairment. **Conclusion:** There is a significant relationship between the findings of tympanometry and audiometry in children with conductive hearing loss. Normal tympanogram in the presence of conductive hearing loss required further detailed medical evaluation including high resolution CT scan to rule out congenital defects.

**Keywords:** pediatric hearing impairment, tympanometry, audiometry, conductive hearing loss.

## ICCPR50-Facilitators and Barriers in implementing Evidence-based Practice among Speech and Language Pathologists working in Public and Private Sector

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**Background:** In recent years, the evidence-based practice has been given a great importance in the field of Speech and language pathology. Little research has been conducted about EBP patterns among SLPS in Pakistan and reported the positive attitudes of SLPs towards EBP. Implementation of evidence-based practice is influenced by type of organization (public or private) and barriers which hinder them to adopt EBP. **Objectives:** The present study aims to explore the facilitators and barriers in implementing evidence-based Practice among Speech and Language Pathologists working in Public and Private Sector in Pakistan. **Method:** Cross sectional comparative research design was used to conduct the study. Non-probability convenience sampling technique was used to collect a sample of 240 male and female speech and language



professionals working in both public and private sectors in Pakistan. A standardized survey questionnaire speech and language pathology evidence-based practice questionnaire (SLP-EBPQ) was used to collect the data. Data was analyzed using statistical package for social sciences (SPSS) version 21. **Results:** Results suggested that private and public sector differed significantly in their demonstration of barriers. Mean scores of public sectors were significantly higher on barriers as compared to private sector suggesting that public sector depicted more barriers than public sector. No significant differences were found in speech and language pathologists' in terms of facilitators. **Conclusion:** The most perceived facilitators were availability of resources, workshops and specialized conferences. While most commonly perceived barriers were lack of time, authority and resources at workplace in public sector while not having time access to full articles was said to be most important barrier in private sector.

**Keywords:** evidence-based practice, barriers, facilitators

### **ICCPR76-Communicative Impairment in Traumatic Brain Injury: A Pragmatic Study**

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**Background:** The current research was conducted to examine the communicative abilities of traumatic brain injury patients range (3-6 month post injury). **Objective:** To explore a complete assessment of their interactive abilities and impairments by using LA TROBE Questionnaire which explore all the major pragmatic basics concerned with interactive impairment. **Method:** It was a comparative cross sectional survey and purposive sampling technique was used. Questionnaire was administered on 121 chronic TBI patients or close relatives from Mayo hospital and General hospital of Lahore and same quantity of subjects of normal group was taken in this study. Age range of subjects was 25-55 years. **Results:** Results were concluded by using SPSS and independent sample t-Test for computing different means ( $M=82.56$ ,  $SD=13.08$  TBI) and ( $M=54.43$ ,  $SD=5.62$  NORMAL) and ( $p = .000$ ) showed that there was a significant difference between two groups. **Conclusion:** The current study supported a significant difference between TBI and control group in the degree of pragmatic communication difficulties. However, still the quality of these abilities remains to be assessed thoroughly.

**Keywords:** traumatic brain injury, pragmatics, impairment

### **ICCPR47-Effects of MP3 Use on Hearing Threshold in Young Adults**

Hafiza Fatima Rafique, Hadia Sultan, Saira Zaman, Faiza Mushtaq, & Atif Ikram

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**Background:** Excessive noise exposure is one of the leading causes of hearing disorders. It has been assessed that globally around five hundred million people might be at high risk of having noise-induced hearing loss (NIHL). Hearing impairment and threshold of the hearing is prevailing in MP3 player users and there is no such data available regarding the high frequency threshold in adults using MP3 player specifically. **Objectives:** The objective of the current study was to investigate the effects of MP3 on the hearing threshold in young adults. **Method:** Observational cross sectional study design was used. In this study, the subjects were chosen through non-probability purposive sampling technique with the age ranging from 18 to 35 years. The study was held between July 2020 to February 2021. 264 participants after their consent, filled the self-designed Performa that contains details regarding socio-demographic characteristics related to name, age, gender, settlement, year of study, degree in which they were enrolled. **Results:** Young individuals with the age ranging from 18-35 years were selected. There was female predominance with a percentage of 178 (67%). Out of 264 MP3 users, 120(45%) presented with normal hearing and 144(55%) had right ear hearing loss. In left ear 136 (51%) presented with normal hearing and 128 (48%) had hearing loss. According to association test a strong relationship was observed between hearing loss and Mp3 usage. **Conclusion:** The results of present study suggest that the use of Mp3 on long term basis can impair hearing function with the majority having a mild degree of hearing loss.

**Keywords:** mp3 player, sound, hearing loss, young adults, pure tone audiometry



**SESSION IV: PROMOTING MENTAL HEALTH WELLNESS****DATE: DECEMBER 9, 2021 | TIME: 10:30 A.M. - 12:00 NOON****Session Chair:** Prof. Dr. Zainab Hussain Bhutto,  
Dean & Director, Institute of Professional Psychology,  
Bahria University Karachi Campus.**Moderator:** Ms. Humaira Naz, Assistant Professor,  
Centre for Clinical Psychology, University of the Punjab,  
Lahore.**Google Meet Link: <https://meet.google.com/ezo-kgoi-rna>**

No.	Title	Authors	Institutional Affiliation
ICCPR23	Revision and Validation Study of Multidimensional Measure of Islamic Spirituality	Aliya Akram, Mareeha Amjad, Amna Karim Khan, Dr. Aisha Sitwat, & Rabia Dasti	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR8	Emotional Intelligence and Self-Efficacy as Predictors of Life Satisfaction among Emergency Department Doctors	Arooj Sammer & Dr. Saima Majeed	Department of Psychology, Forman Christian College University, Lahore.
ICCPR72	Attachment Styles, Cognitive Flexibility and Orthorexic Tendencies in Young Adults.	Faria Saeed & Mubeena Munir	Centre for Clinical Psychology, University of the Punjab, Lahore
ICCPR46	Perfectionism, Social Comparison and Happiness in Young Entrepreneurs	Bahjat Noor & Ayesha Aziz	Department of Psychology, Kinnaird College for Women, Lahore.
ICCPR45	Sense of Coherence and Psychosocial Functioning of Media Professionals: Trauma Exposure as Moderator	Verona, Dr. Rubina Hanif, & Dr. Jamil A. Malik	National Institute of Psychology, Quaid-i-Azam University, Islamabad.
ICCPR62	Motherhood: A Resource for Social Resilience and Holistic Wellbeing	Azher Hameed Qamar	School of Social Work, Lund University, Sweden





### ICCPR23-Revision and Validation Study of Multidimensional Measure of Islamic Spirituality

Aliya Akram, Mareeha Amjad, Amna Karim Khan, Dr. Aisha Sitwat, & Ms. Rabia Dasti  
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**Background:** Owing to the rapid development and interest in Spirituality, Dasti and Sitwat (2014) developed a reliable and valid multidimensional measure of Islamic spirituality (MMIS). This particularly served the much needed measure of spirituality grounded in Islamic perspective and essentially useful for the growing Muslim population. **Objectives:** With linguistic, socio-cultural changes and advancement in use of technology, the researchers felt need to revise the original MMIS. Therefore, the present research endeavoured to review and revise the existing measure and to establish its psychometric properties. **Method:** The research was conducted in two phases. In the first phase revision of the original items of MMIS was done followed by the evaluation by the two Clinical Psychologists. Phase 2 comprised of further 3 studies. In the first study exploratory factor analysis was done. In the second study concurrent, discriminant and convergent validities were assessed with ROS, PHQ-9 and WHOQOL-BREF scales respectively. In the third study test-retest reliability of MMIS-R was established. **Results:** EFA resulted in the neat placement of 66 items into 6 factors. These were named as feeling of connectedness with Allah, moral ills, moral virtues, quest and search for divinity, self-discipline and Islamic practices. The results showed good test retest reliability, moderate to high internal reliability of revised MMIS-R and established convergent, concurrent and discriminant validity of MMIS-R. **Conclusion:** The revised version mirrored the factor structure of the original measure with few changes and is thought to be a useful, valid and reliable measure of Islamic Spirituality.

**Keywords:** spirituality, mental health, quality of life, religion, depression.

### ICCPR8-Emotional Intelligence and Self Efficacy as Predictors of Life Satisfaction among Emergency Department Doctors

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**Background:** Doctors work day and night in pressured environment; this pressure leads them to workplace stress and cause dissatisfaction in their lives. Dissatisfaction in life turns to serious mental health conditions; it doesn't only affect the doctors but also the patients and their wellbeing. **Objectives:** The aim of this study was to investigate emotional intelligence and self efficacy as predictors of life satisfaction among emergency department doctors. **Method:** It was a correlational study with cross sectional research design. A sample of 118 doctors mean age 29.94 (SD 5.98) were taken. TEIQue-SF Petridis, (2009), GSE Scale (Schwarzer, 1995), and SWLS (Diener, 1985) along with the demographic sheet were used. Purposive sampling technique was used. Data analysis was done on (SPSS-25). Pearson product moment correlation was used in order to see the relationship of life satisfaction with trait emotional intelligence and general self-efficacy. Regression analysis was done to determine the predictors. **Results:** The results indicated that emotional intelligence and general self-efficacy predict life satisfaction. There was a positive correlation found between emotional intelligence and life satisfaction and general self-efficacy and life satisfaction. It was concluded that emotional intelligence and general self-efficacy of emergency department doctors determine their life satisfaction. **Conclusion:** It was concluded that that Emotional intelligence and general self-efficacy determine life satisfaction among doctors working in emergency department.

**Keywords:** doctors, emergency department, emotional intelligence, general self-efficacy, life satisfaction.

### ICCPR72-Attachment Styles, Cognitive Flexibility and Orthorexic Tendencies in Young Adults

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**Background:** Orthorexia Nervosa is a pathological obsession or preoccupation with healthy eating. An individual with ON becomes completely dependent on healthy eating, showing obsessive symptoms regarding food preparation and food choice. **Objective:** The present study investigated the relationship between attachment styles, cognitive flexibility and orthorexic tendencies in young adults. **Method:** Through cross-sectional research design and snowball sampling technique, a sample of (N=106) of young adults who were involved in physical activity was recruited. Attachment style questionnaire (VanOudenhoven & Hofstr, 2008), Cognitive flexibility inventory (Dennis et al., 2009) and eating habit questionnaire (Gleaves et al., 2013) were used to assess attachment styles, cognitive flexibility and orthorexic tendencies, respectively. **Results:** Pearson product moment correlation showed that fearful, preoccupied, and dismissing attachment styles were



positively associated with orthorexic tendencies. Cognitive flexibility was negatively associated with orthorexic tendencies but was positively related to orthorexic tendencies. Hierarchical regression analysis showed that fearful and dismissing attachment styles were positively predicting orthorexic tendencies. Lastly, cognitive flexibility was negatively predicting orthorexic tendencies. **Conclusion:** The present study emphasized the role of interpersonal and cognitive predictors of Orthorexia Nervosa (ON).

**Keywords:** attachment styles, cognitive flexibility, orthorexic tendencies, young adults

### ICCPR46-Perfectionism, Social Comparison and Happiness in Young Entrepreneurs

Bahjat Noor & Ms. Ayesha Aziz

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**Background:** Numerous studies have been conducted on subjective wellbeing of individuals but each study including perfectionism, social comparison, and happiness have distinctive features. Therefore, it is inspiring to determine the role of perfectionism and social comparison at entrepreneur's level of happiness. **Objectives:** The present study aimed to assess the relationship between perfectionism, social comparison, and happiness in young entrepreneurs. It is also intended to determine perfectionism and social comparison as a predictor of happiness in young entrepreneurs. **Method:** The correlational research design was used to conduct present study and purposive sampling strategy was used for data collection. A sample of ( $N=90$ ) entrepreneurs (70 women, 20 men,  $Age=25.44$  years,  $SD=6.47$ ) participated from the different cities all around Pakistan via online survey. The bio-data form was used to access demographic variables. The measures to study variables included multidimensional perfectionism scale to measure overall perfectionism, social comparison scale to assess the self-perceptions in the course of social comparison and the oxford happiness questionnaire to measure the happiness. The descriptive statistics were computed for demographic variables. Furthermore, reliability analysis was employed to determine the questionnaire's psychometric properties. Pearson product moment correlation coefficient and multiple hierarchical regression analysis were also employed to study correlation and prediction respectively. **Results:** The results revealed perfectionism to be negatively correlated with happiness and social comparison positively related with happiness in young entrepreneurs. Moreover, social comparison is more likely to predict happiness in young entrepreneurs. **Conclusion:** Findings proved that there is a significant relationship between perfectionism, social comparison and happiness in young entrepreneurs. Moreover, perfectionism and social comparison together explained significant variance for happiness; nevertheless, social comparison emerged as a significant positive predictor of happiness in young entrepreneur.

**Keywords:** perfectionism, social comparison, happiness, young entrepreneurs

### ICCPR45-Sense of Coherence and Psychosocial Functioning of Media Professionals:

#### Trauma Exposure as Moderator

Verona, Rubina Hanif, & Jamil A. Malik

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**Background:** Media professionals, by the very nature of their occupation, are exposed to potentially trauma inducing events either directly or secondarily through news desk or through interaction with distressed victims. They not only witness war, crimes, and accidents but are kidnapped, harassed, receive death threats, and face censorship. According to Antonovsky, sense of coherence is a coping resource and a generalized way of viewing the world. It is a belief or attitude that stressful events are predictable, structured and that resources are at one's disposal where situations demand them. It is thus conceptualized that media professionals with a high sense of coherence will maintain high psychosocial functioning, regardless of the frequency and intensity of trauma exposure. **Objectives:** The study aimed to explore the moderating role of trauma exposure in the relationship between sense of coherence and psychosocial functioning among media professionals. **Method:** This cross-sectional study consisted of 307 media professionals (Male= 263; Female=28) working in different media organizations in Karachi, Lahore, Islamabad, and Peshawar. Data was collected on Urdu version of the journalist traumatic exposure scale, sense of coherence scale, and flourishing scale. **Results:** Sense of Coherence was significantly positively correlated with psychosocial functioning and negatively correlated with trauma exposure. Furthermore, moderation analysis revealed that trauma exposure moderated between sense of coherence and psychosocial functioning such that the most evident increase in psychosocial functioning with respect to sense of coherence was observed at the highest and medium level of frequency of exposure to trauma. **Conclusion:** Trauma exposure moderated between sense of coherence and psychosocial functioning.

**Keywords:** trauma exposure, sense of coherence, psychosocial functioning, media professionals



## ICCPR62-Motherhood: A Resource for Social Resilience and Holistic Wellbeing

Azher Hameed Qamar

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**Background:** The desire to be a mother is much more than a reproductive instinct in pro-baby (pro-natal) society. Motherhood is a complex phenomenon that encompasses psychological, social, and cultural aspects of a woman's holistic well-being. A woman's socio-cultural visibility is enhanced through motherhood, which also strengthens her psychological status, enriches her spiritual experience, and ensures her economic sustainability. All of these aspects of motherhood contribute to her transformative social experience, which allows her to achieve social resilience and holistic wellbeing. This paper, with an emphasis on motherhood as a psycho-social phenomena and an experience of social resilience for a woman, provides a reflective analysis of my qualitative investigations (2016, 2017a, 2017b, 2018a, 2018b, 2019, 2021) studying the value of the child and motherhood. **Objectives:** This paper pursues the following research questions; how does the value of the child contribute to the social experience of a woman in pro-baby societies and how does the motherhood contribute as a resource for social resilience and holistic wellbeing of the woman? **Method:** The paper provides a reflective analysis of seven qualitative studies that I did between 2016 and 2021 (three conference papers and four journal publications). These studies shed light on the importance of the child and motherhood in the Pakistani socio-cultural context. However, in this paper, I am representing these studies to highlight motherhood as a resource for social resilience contributing to holistic well-being. To that end, I organized the findings of these research into a nexus of psychological, social, and cultural dimensions of motherhood and the value of the child for a woman in Pakistani context. **Results:** An interpretation of motherhood as a phenomenon provided the script of social experience of women as mothers translated into social resilience – a pathway to holistic wellbeing. The physical, mental, emotional, spiritual, social, and familial dimensions of women's well-being are interconnected by a triangulation of psychological, social, and cultural experiences of motherhood. In this regard, motherhood shapes social resilience as an experience of change and challenge that leads to continuity and stability in pro-baby context. **Conclusion:** The findings of this paper can help to raise (research and practice) understanding regarding the social dimensions of resilience and holistic wellbeing. Motherhood is more than just a physical or psychological experience for a woman. It is a phenomenon that should be investigated and explained in the context of social experience and its impact on women's social resilience.

**Keywords:** motherhood, social resilience, holistic wellbeing, women wellbeing, social experience



**SESSION V: PROMOTING ACADEMIC WELLNESS**  
**DATE: DECEMBER 9, 2021 | TIME: 10:30 A.M. - 12:00 NOON**

**Session Chair:** Prof. Dr. Sarwat Sultan, Department of Applied Psychology, Bahauddin Zakariya University, Multan.

**Moderator:** Ms. Faiza Safdar, Assistant Professor, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link: <https://meet.google.com/hsj-zwhy-cxo>**

No.	Title	Authors	Institutional Affiliation
ICCPR1	Revisiting the Sources of Academic Stress and their Therapeutic Implications	Maria Khan & Ayesha Jabeen	Department of Clinical Psychology, University of Management and Technology, Lahore.
ICCPR24	Psychological Correlates of Academic Performance and Procrastination in Pakistani University Students	Dania Amjad, Uzma Ilyas, & Khurram Awan	Department of Psychology, University of Central Punjab, Lahore.
ICCPR44	The Mediating Role of Demoralization between Peer Victimization and Academic Achievement in Adolescents	Verona & Sara Imtiaz	National Institute of Psychology, Quaid-i-Azam University, Islamabad.
ICCPR19	Academic Social Media Usage, Psycho-behavioral Responses and Academic Performance in University Students during COVID-19.	Sheema Jalal & Dr. Omama Tariq	Institute of Applied Psychology, University of the Punjab, Lahore.
ICCPR21	Impulsive Behavior, Academic Competence and Interpersonal Difficulties in Young Adults.	Rubab Neelam Khan & Dr. Sara Subhan	Department of Clinical Psychology, University of Management and Technology, Lahore.





## ICCPR1-Revisiting the Sources of Academic Stress and their Therapeutic Implications

Maria Khan & Ayesha Jabeen

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**Background:** The college life is a very crucial time enabling the students to face many challenges biologically, psychologically and socially specific to that age. **Objectives:** This correlational study aimed to find out sources of academic stressors in college students of the Lahore city. **Method:** The 244 college participants with age range 15-20 ( $M = 17.38$ ,  $SD = 1.22$ ) selected through purposive sampling technique. Both men and women studying in different government and private institutes in Lahore were included in the study. A three-step model of generating items, expert validation and pilot study was used to find out the reasons for stress in students. The measures including academic stressors scale (Khan & Jabeen, 2021) and student problem checklist (Mahmood & Saleem, 2011) were used in this study. **Results:** Descriptive analysis was used to calculate the frequency of stressors at mild, moderate, severe and very severe levels. Almost 54% students were found to fall on moderate to very severe levels of academic stressors scales. **Conclusion:** Resource deprivation such as difficulty to pay fee, less infrastructure, lack of conducive home environment and psychosocial stressors such as lack of attention due to friends, wastage of time due to family matters, siblings' comparisons were found to be two key factors of academic stress. Results are discussed in terms of cultural differences.

**Keywords:** stressors, college students, performance, severity level

## ICCPR24-Psychological Correlates of Academic Performance and Procrastination in Pakistani University Students

Dania Amjad, Uzma Ilyas, & Khurram Awan

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**Background:** The delay in carrying out the activities that need to be completed has been an important area in academic study. Procrastination can lead to negative outcomes such as poor academic achievement, anxiety and low efficiency. Fear of being evaluated immensely influence students' performance at times is influenced by fear of performing **Objective:** The aim of the present research is to study the correlation in procrastination, self-concept clarity and fear of negative evaluation among university students. **Method:** The sample of  $n=200$  university students within age group of 18 to 25 years were recruited from various Universities of Lahore, Pakistan. For assessment, Urdu versions of general procrastination scale (Lay, 1986), self-concept clarity scale (Campbell et al., 1996) and brief fear of negative evaluation (Leary 1983) were used. **Results:** Correlational research design was employed in the current research. Statistical analysis was carried out by using Pearson product moment correlation, and multiple hierarchical regression. Results showed that fear of negative evaluation was positively correlated with procrastination and negatively correlated with self-concept clarity. Regression analysis revealed self-concept clarity and grade point average to be negative predictors while procrastination was positive predictor of fear of negative evaluation. **Conclusion:** The findings demonstrated that the fear of negative evaluation and self-concept clarity effects on educational attainment among students. This study will help focus on self-concept clarity and empower students to reduce delays and to express their insights without fear of assessment.

**Keywords.** procrastination, self-concept clarity, fear of negative evaluation, grade point average

## ICCPR44-The Mediating Role of Demoralization between Peer Victimization and Academic Achievement in Adolescents

Verona & Sara Imtiaz

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**Background:** Adolescence is a difficult stage of development for an individual, where one is progressing both physically and psychologically. Peers are important in development of both social as well as academic skills for an individual. Peer victimization and relational aggression occurs mostly at this stage of life. Peer victimization has adverse effects on adolescents' mental and emotional health causing increased anxiety, low self-esteem, depression, and suicide in some cases, thus there is a likelihood of association to demoralization. In addition, peer victimization also impacts school performance such as school avoidance, truancy, poor academic aptitude, less participation in classroom activities, and notion of school as being unsafe. **Objectives:** The present study explored the mediating role of demoralization in the relationship between



peer victimization and academic achievement. **Method.** Sample consisted of 335 students, approached through convenience sampling technique, age range was 14-19 years ( $M = 15.96$ ,  $SD = 1.75$ ). Data was collected through multidimensional peer victimization scale (Mynard & Joseph, 2000), demoralization scale-II (Kissane, 2016), and academic percentages of past one year. **Results:** Results showed significant positive correlation between peer victimization and demoralization. A significant negative correlation of peer victimization and demoralization was found with academic achievement. Moreover, significant mediating role of demoralization was found for peer victimization and academic achievement relationship. Boys seem to be more peer victimized as compared to girls. Parental education was significantly positively correlated to academic achievement. **Conclusion:** Demoralization partially mediated between Peer Victimization and Academic Achievement.

**Keywords:** demoralization, peer victimization, academic achievement, adolescents

### **ICCPR19-Academic Social Media Usage, Psycho-behavioral Responses and Academic Performance in University Student during COVID-19.**

Sheema Jalal & Dr. Omama Tariq

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**Background:** This study worked on the relationship among academic social media usage, psycho-behavioral responses, and academic performance of university students during Covid-19. During Covid-19, online media was used by educational institutes but it was the cause of changes in psychological and behavioral responses among students. **Objectives:** To examine the relationship between academic social media usage, psycho behavioral responses, and academic performance. **Method:** This study employed a quantitative correlation research design. Purposive sampling techniques was used. A sample of 200 students (Girls= 113, Boys=87) was taken from two government universities in Lahore. The data were analyzed by using Pearson product moment correlation, independent sample t-test, and simple linear regression. **Results:** The results revealed that academic social media usage was negatively correlated with the academic performance of university students. There were significant gender differences across psychological responses such as stress and anxiety and academic performance. **Conclusion:** It was concluded that with the increase of academic social media using the academic performance of students could decrease. It was concluded that girls faced a higher rate of stress and anxiety than boys.

**Keywords:** academic social media usage, psycho-behavioral responses, academic performance, university students

### **ICCPR21-Impulsive Behavior, Academic Competence and Interpersonal Difficulties in Young Adults.**

Rubab Neelam Khan & Dr. Sara Subhan

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**Background:** Young adults especially students face various types of emotions in their routine including academic perspective that could lead to different actions. People who inhibit impulsive behavior do not think about the consequences and outcomes of their decisions or actions affecting academic competence which in turn leads to interpersonal difficulties in young adults. Meanwhile, it is the prediction that both factors play an important role in the individuals' psychological health and performance specially at interpersonal level. **Objectives:** To find out the relationship between the impulsive behavior, academic competence and interpersonal difficulties in young adults. **Method:** Correlation research design was used in the study. Sample comprised of  $N=318$  young adults taken from different universities of Lahore. Indigenous tools were used to for data collection including impulsive behavior scale (was developed in this study), academic competence scale (Afridi & Jabeen, 2019), interpersonal difficulties scale for university students (Saleem et al., 2014) and demographic sheet. **Results:** Results of the study indicated that participants who were more indecisive, arrogance and irresponsible had less academic competence level and more interpersonal difficulties. Low level of academic competence was positively correlated with over-confidence. However, with low level of academic competence participants faced more interpersonal difficulties. Moreover, two factors of impulsive behavior (indecisiveness and arrogance & irresponsible) were significant predictors of interpersonal difficulties. **Conclusion:** It was concluded that every region has its own norms and values due to which individuals differ from culture to culture. Everyone is unique in various aspects of function whether its academic, personal, professional or interpersonal. Hence, being in a society of dependency people have more indecisiveness traits and irresponsible behavior leading to interpersonal issues.

**Keywords:** impulsive behavior, academic competence, interpersonal difficulties.



**SESSION VI: RECENT TRENDS IN PSYCHOPATHOLOGY**  
**DATE: DECEMBER 9, 2021 | TIME: 10:30 A.M. – 12:00 NOON**

**Session Chair:** Dr. Rubina Hanif, Director, National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan.

**Moderator:** Ms. Mubeena Munir, Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link: <https://meet.google.com/eux-gzgm-zyj>**

No.	Title	Authors	Institutional Affiliation
ICCPR12	Early Maladaptive Schemas, Emotional Regulation and Symptom Dimensions of Patients with Obsessive Compulsive Disorder (OCD) in Lahore	Israh Anwar & Asma Majeed	Department of Psychology, Kinnaird College for Women, Lahore.
ICCPR15	Factors Associated with Stress and Coping in Parents of Young Women with Borderline Personality Disorder	Bismah Tayyab & Dr. Ruhi Khalid	Institute of Psychology, Beaconhouse National University, Lahore.
ICCPR35	Experience of Childhood Maltreatment leading to Stress, Depression and Anxiety in Young Adults	Salman Aslam & Amna Iqbal	Department of Applied Psychology, Bahauddin Zakariya University, Multan.
ICCPR39	Self-Generated Thoughts, Rumination and Anxiety in Medical Students	Noor-ul-Ain Zulfiqar & Dr. Bushra Akram	Department of Psychology, University of Gujrat, Gujrat.
ICCPR49	Triggers, Manifestation and Coping of Anger in University Students	Fajar, Rikza Sajjad, Ramish Moosa, Summaya Shakir, Ans Waseem & Tehreem Arshad	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR64	Fear of COVID 19, Obsessive Compulsive Symptoms And Psychological Well-Being; Moderating Role Harm Avoidance among Adults during Pandemic	Rizwana Shabir, Sara Latif & Prof. Dr. Ghoolam Hussain Rassol	Riphah Institute of Clinical & Professional Psychology, Riphah International University, Lahore.





## ICCPR12-Early Maladaptive Schemas, Emotional Regulation and Symptom Dimensions of Patients with Obsessive Compulsive Disorder (OCD) in Lahore

Israh Anwar & Ms. Asma Majeed

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**Background:** There are a small number of studies that have examined early maladaptive schemas and the role of emotional regulation among Pakistani samples and among clinically diagnosed psychological patients. **Objectives:** The focus of the present study was to examine the relationship between the 18 early maladaptive schemas, emotional regulation strategies, and the obsessive and compulsive symptom dimensions in the patients diagnosed with OCD. **Method:** With the administration of cross-sectional research design, 80 patients with obsessive-compulsive disorder (Women=36; Men= 44) were selected through non-probability purposive sampling and within the age range of 18-55 years. The tools for assessment included demographic questionnaire, young schema questionnaire-short form (YSQ-S3; Young, et al., 2003), emotional regulation questionnaire (ERQ; Gross & John, 2003), obsessive compulsive disorder symptom checklist (Jabeen, 2008). **Results:** Findings of the present study indicated that among 18 schemas, 8 of the maladaptive schemas (emotional deprivation, defectiveness/shame, dependence/incompetence, vulnerability to harm/illness, undeveloped self, subjugation, entitlement/grandiosity and approval-seeking) had a significant relationship with the obsessive symptom dimensions. Only two of the 18 maladaptive schemas such as failure to achieve and self-sacrifice were found to have a weak negative relationship with emotional regulation strategies. **Conclusion:** The results from this study and those done previously establish the evidences that are required to understand the obsessive-compulsive disorder from the viewpoint of the schema theory. This research study also provides related implications for psychologists and clinicians who classify maladaptive schemas as an essential element of the schema-cognitive therapy.

**Keywords:** early maladaptive schemas, emotional regulation, obsessive and compulsive symptom dimensions

## ICCPR15-Factors associated with Stress and Coping in Parents of Young Women with Borderline Personality Disorder

Bismah Tayyab & Dr. Ruhi Khalid

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**Background:** Amidst the COVID 19 pandemic, individuals diagnosed with Borderline Personality Disorder were not been able to receive the necessary professional help, and their care fell largely to their family members. Research indicates that family members, being the primary caregivers in such cases, experience significant amounts of physical and psychological stress, and there is a need to provide specialized care not only for the patients, but also their caregivers. **Objectives:** The study was aimed at investigating the factors associated with stress and coping in the parents of young daughters with borderline personality disorder based on the stress process model (Pearlin et al., 1990). **Method:** In the current mixed method study, short form health survey (Ware et al., 1993) and the brief experience of caregiving inventory (O'Driscoll et al., 2018) were administered on a purposive sample of sixty-three parents of young women with borderline personality disorder recruited from various public hospitals in Lahore. Furthermore, semi structured interviews were conducted with eight parents who reported the highest levels of stress. **Results:** Results indicated significant correlations between certain demographic characteristics, the negative experiences of caregiving, and level of stress reported by the parents. Thematic analysis identified six major themes of stress and two major themes of coping among the parents of young women with borderline personality disorder. **Conclusion:** The study connotes significant implications in terms of the parents' effectiveness within the caring role, highlighting the need for structured supportive programs aimed at enhancing the parents' skills in managing the challenges they face within their roles in a more effective way.

**Keywords:** borderline personality disorder, young women, parents, experiences of caregiving, stress, coping.

## ICCPR35-Experience of Childhood Maltreatment leading to Stress, Depression and Anxiety in Young Adults

Salman Aslam & Amna Iqbal

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**Background:** The study is aimed to assess the psychological problems of depression, anxiety and stress in young adults due to childhood maltreatment. According to literature view, previous studies show that childhood maltreatment is directly linked to depression, anxiety and stress. **Objectives:** The purpose of this study was to explore relationship between these variables.





**Method:** For this purpose, data was collected from sample of 150 young adults; participants were approached through online generated survey, as due to COVID-19 it wasn't possible to collect data physically. For collection of data, childhood trauma questionnaire and depression, anxiety, stress scale (DASS-21) were used. **Results:** Childhood Trauma subscales physical abuse, emotional abuse, physical neglect and sexual abuse showed significant correlation with depression, stress and anxiety while emotional neglect did not show any significant positive correlation with the variables. Childhood Maltreatment showed a positive relationship with stress, anxiety and depression in young adults however there was significant difference of stress, anxiety and depression between male and female. As females were exposed to more harassing situations and feel them as sexually abused so they were facing high level of stress, anxiety and depression in their adult age. **Conclusion:** As childhood maltreatment is increasing day by day, we can use this study to control childhood maltreatment by spreading awareness through conducting seminars.

**Keywords:** childhood maltreatment, stress, anxiety, depression.

### **ICCPR39-Self-Generated Thoughts, Rumination, and Anxiety in Medical Students**

Noor-ul-Ain Zulfiqar & Dr. Bushra Akram

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**Background:** Self-generated thoughts and rumination increase the level of anxiety. The study aims are to find out the relationship between self-generated thoughts, rumination and anxiety in medical students, the role of self-generated thoughts and rumination in anxiety, and demographic variables that differentiate these variables. **Objectives:** To find out the relationship between self-generated thoughts, rumination and anxiety in medical students. To determine the differences between self-generated thoughts, rumination, and anxiety in relation to demographic variables of medical students. **Method:** The current study was a correlational reserach. Probability sampling was used for sample selection. The sample consisted of 335 medical students. **Results:** Results shows that there was a positive relationship between self-generated thoughts, rumination and anxiety in medical students. Self-generated thoughts and rumination positively predict anxiety. There is no difference based on gender. Linear regression was used and the result shows that the hypothesis was approved. Lastly, Mann-Whitney test was used and did not show any gender differences. **Conclusion:** The study highlights the importance of self-generated thoughts in the context of anxiety symptoms.

**Keywords:** self-generated thoughts, rumination, anxiety, medical students

### **ICCPR49-Triggers, Manifestation and Coping of Anger among University Students**

Fajar, Rikza Sajjad, Ramish Moosa, Summaya Shakir, Ans Waseem & Tehreem Arshad

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**Background:** Anger is the basic and most prevalent emotion experienced by every individual. Anger can manifest in diverse range from annoyance to savage outrage and often shows up when the way to achieving goals or satisfying needs are blocked. Unhealthy manifestation of anger has impact on individual's life. **Objectives:** The present study was aimed to examine the triggers, manifestation and coping of anger among students, particularly of University of the Punjab. **Method:** A sample of 64 students (31 girls, 34 boys) was recruited from University of Punjab, Lahore. Participants were approached through a screening question, later on Clinical Anger Scale was administered and their anger experience was explored through 4 open-ended questions. **Results:** Findings indicate that among university students feeling of being ignored, harmed, having no control, experiencing insult, unfair treatment, unmet expectations and taunts were the major triggers of anger. Anger was manifested through crying behaviors, suicidal thoughts, physical and verbal abuse. Time out, staying alone, doing catharsis and using distractions were emerged as coping strategies. Furthermore, no gender differences were found in anger, among university students. **Conclusion:** The present study implicates the need to address the anger issues of university students. Moreover, by exploring anger, the jeopardizing effects of anger can be avoided by its management.

**Keywords:** anger, triggers, manifestation, coping, university students



**SESSION VII: EVIDENCE BASED PRACTICE- SPEECH & LANGUAGE PATHOLOGY****DATE: DECEMBER 9, 2021 | TIME: 10:30 A.M. - 12:00 NOON****Session Chair:** Prof. Dr. Shazia Maqbool, Head, Developmental Pediatrics, Children Hospital & Institute of Child Health, Lahore**Moderator:** Dr. Nayab Iftikhar, Centre for Clinical Psychology, University of the Punjab, Lahore.**Google Meet Link: <https://meet.google.com/qqc-uhfa-qyd>**

No.	Title	Authors	Institutional Affiliation
ICCPR40	Perceived Importance of Applied Anatomy among Speech and Language Pathologists	Sobia Humaira, Dr. Sikander G. Khan, & Khadija Saleem	Spring Clinic, Multan & Department of Health Professional Technologies, Faculty of Allied Health Sciences, The University of Lahore, Lahore.
ICCPR36	Prevalence of Speech and Language Disorders in Pakistan: Systematic Review & Meta-Analysis	M. Azzam Khan, Dr. Sikander G. Khan, & Asif Hanif	Department of Health Professional Technologies, The University of Lahore, Lahore.
ICCPR37	Comparison of Pragmatic Skills of the Hearing Aid Users' vs Normal Hearing Children	Zarish Mustafa & Hafsa Noreen	DHQ Hospital, Okara; Riphah International University, Lahore
ICCPR54	Efficacy of Lee Silverman Voice Therapy for Voice Disorders in Patients with Parkinson's Disease: A Systematic Review	Arooj Karim Khan & Dr. Nayab Iftikhar,	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR55	Prevalence of Voice Disorders In University Teachers	Aimen Wasay, Lubna Noreen & Amna Rashid	Department of Health and Professional Technology, Allied Health Sciences, University of Lahore, Lahore
ICCPR61	Effect of Hearing Aids on Speech and Language Development of the Children with Hearing Impairment	Faiza Mushtaq, Dr. Sikander G. Khan, Bareera Saeed, Dr. Saira Zaman, Hafiza Fatima Rafique, & Atif Ikram	Department of Audiology ,Fatima Memorial Hospital, Lahore; Link Medical Centre Sunny Park, Lahore; Department of psychology, Government College University, Lahore; Pakistan Kidney & Liver Institute and Research Centre, Lahore & Department of Health Professional Technologies, The University of Lahore, Lahore.



## ICCPR40-Perceived Importance of Applied Anatomy in Speech and Language Pathologists

Sobia Humaira, Dr. M. Sikander Ghayas Khan, & Khadija Saleem

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**Background:** Clinical anatomy (applied anatomy) emphasizes characteristics of anatomy which is important in practice of Medicine, Dentistry and Allied health sciences. **Objectives:** To find out the perceived importance of applied anatomy among speech and language pathologists. **Method:** A cross-sectional survey was conducted by using the technique of convenient sampling. The duration of study was from January 2018 to May 2018. The data was collected from both male and female Speech language pathologist students and professionals between the ages of 19-20 years. Questionnaire was used for data collection. Researcher collected the data from government and private Allied Health Sciences Institutes of Lahore, hospitals, and clinics. Data was analyzed using SPSS software **Results:** 307 questionnaires were distributed among professionals and Students of Speech and Language Pathology department. The results indicated that 162 (81.4%) were female, 37 (18.6%) were male in this study. Among the participants there were 122 (61.306%) students and 4(2.01%) were PhDs. Majority of participants i.e. 190 individuals agreed and strongly agreed that sound knowledge of anatomy is important for diagnosis and treatment of speech language disorders. Similarly, most of the participants acknowledged that knowledge of anatomy is important in voice disorders (180), neurological disorders (182), dysphagia (182), and paediatric genetic syndromes (175). **Conclusion:** The study concluded that despite being a difficult subject, anatomy is an essential subject for speech and language pathology students and professionals. It helps to improve their knowledge and expertise in assessment, diagnosis and successful clinical practice

**Keywords:** applied anatomy, speech and language, importance of anatomy, clinical anatomy.

## ICCPR36-Prevalence of Speech and Language Disorders in Pakistan: Systematic Review & Meta-Analysis

Muhammad Azzam Khan, Dr. M. Sikander Ghayas Khan, & Asif Hanif

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**Background:** A significant portion of the population of Pakistan suffers from speech and language disorders. In order to tackle a disease, it is paramount to gather as much information as you can about the disorders, since there was no cataloguing of speech and language disorders so data was usually borrowed from neighbouring sources. All important aspects such as prevalence, incidence, causes, risk factors and associated conditions are not maintained in a usable form. **Objective:** To catalogue the prevalence of all the speech and language disorders in such a way as to make it usable for clinical and research purposes. **Method:** The data for all the speech and language disorders was extracted from different literary sources i.e. Google, Google Scholar, PubMed, Scopus, and HEC digital library, then all the speech and language disorders were grouped into 13 categories so as to cover all the aspects in great detail and in concise manner. All the selected researches were vetted extensively by a worthy peer review group, most recent and relevant researches were taken. Then the data was analyzed using the software meta-XL, to find the systematic and meta-analysis. **Results:** The systematic review portion of the research constitutes all the research finalized by the review committee and their data was maintained in a systematic form. The meta-analysis portion shows that 13.142% is the fixed effect method, 24.221% is random effect method. **Conclusion:** Through meta-analysis, it was found that Pakistan has almost the same level of prevalence that is found in other developed countries.

**Keywords:** prevalence, speech and language disorders, Pakistan.

## ICCPR37-Comparison of Pragmatic skills of the Hearing Aid Users' vs Normal Hearing Children

Zarish Mustafa & Hafsa Noreen

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**Background:** Although significant steps have been made in supporting the pragmatic improvement of hearing aid user kids and normal hearing kids, a high probability of pragmatic defer endures and frequently goes unrecognized. This study audit about how much hearing impeded children are vulnerable against pragmatic formative difficulties and the possibility to make positive change. **Objectives:** To compare the pragmatic skills of hearing aid users and normal hearing children and to evaluate the pragmatics based on instrumental, regulatory, personal, interactional, need explanations, share knowledge and





explanation. **Method:** This cross sectional comparative study was conducted on total of 54 children in which 27 were hearing aid users and 27 were children with normal hearing and sample was chosen by non-probability purposive sampling. Inclusion criteria all individuals using hearing aid and normal hearing were included, duration of hearing aid use of at least 1 to 3 years and only children aged 3 to 7 years were included. Social communication checklist-The pragmatics checklist was applied on all children. **Results:** By applying the social communication checklist-the pragmatic checklist we attained the results that children with normal hearing overall had better pragmatic skills as compared to the children with hearing aid user. Independent sample t-test was using for analysis of data and p-value was less than 0.05 that is significant. **Conclusion:** It was concluded that children with normal hearing had good social communication-pragmatic skills as compared to children who are using hearing aids.

**Keywords:** normal hearing; hearing aid users; pragmatic skills

### ICCPR54-Efficacy of Lee Silverman Voice Therapy for Voice Disorders in Patients with Parkinson's Disease: A Systematic Review

Arooj Karim Khan & Dr. Nayab Iftikhar

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**Background:** Parkinson's disease (PD) is the second most common disease after the Alzheimer's disease in neurological disorders. There are a lot of evidence-based approaches to treat voice related issue in PD. **Objectives:** To review the existing literature to compare efficacy of Lee Silverman Voice Therapy with other contemporary therapies (LSVT Artic etc) to treat Voice Disorders in patients with Parkinson's Disease. **Method:** Initially, a total of 17 studies were selected in period of one month. The review committee included two speech and language pathologists and one research scholar. Literature was found online through the available online research libraries such as Google Scholar, PubMed and Science Direct with the help of keywords (Lee Silverman Voice Therapy, Parkinson Disease, and Voice). Inclusion criteria included (1) publication language of the paper must be English. (2) only those studies were selected which were comparing two or more than two approaches including Lee Silverman voice therapy or comparing no treatment group. (3) full text must be available. Exclusion criteria: (1) review studies and case studies were excluded. (2) technical reports were also not included and (3) studies using only efficacy of Lee Silverman voice therapy without any comparison with other speech/ voice therapy approach were excluded. **Results:** In study one, the results showed that at baseline, PD patients were significantly worse as compare to healthy individuals for sound pressure level and Communication Effectiveness Index (CETI-M). There was great improvement noted between LSVT loud when compared with LSVT artic and untreated control group. In study 2, eighty-nine patients were randomly allocated in three groups. The response rate for voice handicap index (VHI) in each group was  $\geq 90\%$  at all time-points. VHI scores were improved for LSVT loud group (12.5 points) when compared with group given SLT techniques (9.8 points). In third study, the group receiving LSVT showed significant improvement in these variables along with perceptual vowel ratings. **Conclusion:** Lee Silverman Voice therapy is the evidence based therapy which should be used for Parkinson patients for treating voice disorders.

**Keywords:** voice therapy, parkinson disease, voice, systematic review

### ICCPR55-Prevalence of Voice Disorders in University Teachers

Aimen Wasay, Lubna Noreen & Amna Rashid

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**Background:** Voice disorders are among the leading cause of discomfort among teachers. Voice disorders affect the normal functioning of life and communication among individuals. **Objectives:** The objective of the study is to find out the prevalence of voice disorders in university teachers. **Method:** An observational cross-sectional survey was used to examine the voice disorder in university teachers. The study was conducted from June 2021 to October 2021. Male and female teachers who were full-time teaching of ages between 20-60 years were included in this study. Teachers who have a current sore throat, congenital voice problem, and hormonal imbalance were excluded from the study. The sample size (384.6) was calculated on the prevalence of voice disorders in the sample which is 39.6%. Voice handicap Index was used for data collection. After the ethical approval data was collected from different universities of Lahore through purposeful sampling technique. The data were analyzed using SPSS version 26. **Results:** The percentage of male teachers among 101 participants was 63.4% and the female teachers were 36.6%. The age range of teachers aged 25-34 is 66.3%, 35-45 are 23.8%, 46 and above is 9.9%. The severity of mild voice disorder is 35.6%, moderate level of voice disorders is 36.6% and severe voice





disorders occur 27.7%. **Conclusion:** University teachers show a high percentage of voice disorders due to increased use and vocal cord abuse. Vocal hygiene and preventive measures should be used to prevent voice disorders.

**Keywords:** voice disorders, university teachers, dysphonia, vocal cord abuse.

### **ICCPR61-Effect of Hearing Aids on Speech and Language Development of the Children with Hearing Impairment**

Faiza Mushtaq, Dr. Sikander Ghayas, Bareera Saeed, Dr. Saira Zaman, Hafiza Fatima Rafique, & Atif Ikram

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**Background:** Hearing impairment (HI) in youngsters can be destructive to their discourse and language improvement.

**Objective:** To compare the effect of hearing aids user and non-user on speech and language improvement of the children with hearing impairment. **Method:** This study is based on comparative cross sectional study design. Participants were selected through simple random sampling with age range from 1 to 10 years. The study was conducted at the University of Lahore, Fatima Memorial Hospital, Audiology Centre, Hamza Foundation Academy for the Deaf March 2020 to January 2021. All parents had filled the Performa that contains details regarding socio-demographic characteristics related to name, age, gender, causes of hearing loss, types of hearing loss, degree of hearing loss, types of hearing aids, duration of hearing aids usage and a check list of speech and language development. Data were analyzed using IBM-SPSS version 23. Statistical methods used include descriptive analysis (mean, range and standard deviation), chi square test applied. **Results:** Results showed that the individuals' response greater than 75% were consider in mild language delay which was seen in 26 (29.1%) of the population, the individuals' response 50% were consider moderate language delay which was seen in 17 (19.0%) of the population while the individual response less than 50% were consider in severe language delay which was seen in 13 (14.5%) hearing aids users which shows no improvement whereas 100 % of the non-using individuals showed no improvement. **Conclusions:** It was concluded that the use of hearing aid can help in the development of speech and language of hearing-impaired patients. Also, the span of HA experience cooperated with the supported hearing to impact results. These outcomes offer help for the arrangement of well-fitted HAs to youngsters with HL.

**Keywords:** hearing loss, hearing impaired, hearing aids, speech and language development



**SESSION VIII: CRISIS AND TRAUMA**  
**DATE: DECEMBER 9, 2021 | TIME: 2:00 P.M. – 3:30 P.M.**

**Session Chair:** Dr. Neelofar Rehman, Associate Professor/Director Clinical Training, La Trobe University, Melbourne, Australia.

**Moderator:** Ms. Nazish Habib, PhD Scholar, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link: <https://meet.google.com/ezo-kgoi-rna>**

No.	Title	Authors	Institutional Affiliation
ICCPR3	Psychological Resilience, Burnout and Secondary Traumatic Stress among Doctors in Covid-19 Pandemic.	Zarafsheen Khalid & Dr. Afsheen Gul	Department of Applied Psychology, Kinnaird College for Women, Lahore.
ICCPR10	Unsung Heroes of Cancer Care: Impact of COVID-19 on Informal Caregivers' Loneliness, Social Support and Quality of Life	Sijil Shahbaz Butt & Dr. Ruhi Khalid	Institute of Psychology, Beaconhouse National University, Lahore.
ICCPR17	Light Triads, Fear of COVID-19, Interoception and Health-protecting Behaviors among Medical Officers	Farwa Aslam & Uzma Ilyas	Department of Psychology, University of Central Punjab, Lahore.
ICCPR2	Dyadic Satisfaction and Coping Styles as Predictors of Pandemic Related Pregnancy Stress in Antenatal Women.	Sana Butt & Ms. Syeda Ayesha Noor	Department of Psychology, University of Central Punjab, Lahore
ICCPR74	Knowledge, Risk Perception, Protection Behaviors and Psychological Consequences related to Covid-19 in Adults.	Danish Iqbal & Faiza Safdar	Centre for Clinical Psychology, University of the Punjab, Lahore
ICCPR71	Academic Self-Efficacy and Psychological Distress in University Students during COVID-19	Hafiza Rizwana & Dr. Saima Dawood	Centre for Clinical Psychology, University of the Punjab, Lahore



## ICCPR3-Psychological Resilience, Burnout and Secondary Traumatic Stress among Doctors in Covid-19 Pandemic.

Zarafsheen Khalid & Dr. Afsheen Gul

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**Background:** Worldwide spread of corona virus has a negative effect and brings in a lot of stress to individuals therefore normalization of all frontline workers is necessary to improve their reactions and performance. **Objectives:** This research was conducted to study the relationship of psychological resilience, burnout and secondary traumatic stress among doctors in Covid-19 pandemic. It also identified the mediating effect of burnout on the relationship between psychological resilience and secondary traumatic stress among doctors in Covid-19 pandemic. Moreover, it also intended to study gender differences among doctors in Covid-19 pandemic. **Method:** Correlational research design and purposive sampling was used to collect data. A sample of 100 doctors aged between 25-40 years ( $M=31.25$ ;  $SD=4.16$ ) was collected from private and public hospitals of Lahore. The scales used to collect data included, The Brief Resilience Scale (Smith et al., 2008), Oldenburg Burnout Inventory (Halbesleben & Demerouti, 2005), and Secondary Traumatic Stress Scale (Bride et al., 2004). **Results:** Results indicated a negative relationship of psychological resilience with secondary traumatic stress and burnout and a significant positive relation of burnout with secondary traumatic stress. Among mediators both subscales of burnout (disengagement and exhaustion) had a mediating effect on the relationship between psychological resilience and one subscale of secondary traumatic stress (intrusion). Moreover, no significant gender differences were found between psychological resilience, burnout and secondary traumatic stress among doctors in Covid-19 pandemic. **Conclusion:** Future researches can develop strategies to promote resilience-building programs to help doctors manage their stress and burnout.

**Keywords:** psychological resilience, burnout, secondary traumatic stress, covid-19

## ICCPR10-Unsung Heroes of Cancer Care: Impact of COVID-19 on Informal Caregivers' Loneliness, Social Support and Quality of Life

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**Background:** COVID-19 has caused a universal anomalous disruption. While this egregious virus has stricken all individuals across the globe, vulnerable populations with pre-existing health conditions such as cancer patients and their caregivers are more impacted than ever. **Objectives:** This research investigated the impact of COVID-19 on informal cancer caregiver's loneliness, social support and quality of life using a mixed method design. **Method:** A sample of 35 adult informal cancer caregivers (21 men and 14 women) was recruited via snowball sampling from Pakistan. Participants were requested to fill a basic demographic questionnaire, UCLA loneliness scale - 3 (Russell, 1996), the multidimensional scale of perceived social support (Zimet et al., 1988) and The caregiver oncology quality of life questionnaire (Minaya et al., 2012) via google forms in phase I. **Results:** Quantitative results revealed a significant negative correlation between loneliness and social support as well loneliness and quality of life. Social support was found to have a significant positive relationship with quality of life. Although, no gender differences were found between the variables, it was observed that loneliness predicted quality of life. Consenting participants were also interviewed telephonically to examine the positive and negative impact of informal caregiving during the COVID-19 pandemic in phase II. Thematic Analysis revealed in-depth data highlighting five themes including rewards of caregiving, patient facilitation, detriments of caregiving as well as COVID-19 specific caregiving stressors and caregiving obstacles in the pandemic. **Conclusion:** Implications of the results pertaining to informal caregivers' mental and physical health, patients and their healthcare in the COVID-19 pandemic were discussed.

**Keywords:** informal cancer caregivers, loneliness, social support, quality of life.

## ICCPR17-Light Triads, Fear of COVID-19, Interoception and Health-protecting behaviors among Medical Officers

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**Background:** During the current COVID-19 crisis medical community is fighting as frontline warriors because they are passionate to serve humanity. This war against coronavirus influences their mental health due to, psychological



predisposition, physical exertion, and direct exposure to the threat. It remarkably affects the level of their body awareness and regulation of internal bodily mechanisms. They perform certain behaviors regardless of their perceived or actual health status, to protect, promote, or maintain their health. **Objective:** The current study investigated the interplay of the positive aspect of personality, interoception, and health-protecting behaviors during fear of COVID-19, among medical officers. **Method:** The current study employed correlational cross-sectional research designs. Non-probability purposive sampling technique was used for the data collection. Medical officers (n=300) within the age range of 24-28 years from three domains of medicine (MBBS, BDS & DPT) participated. Assessment measures included the light triad scale, fear of COVID-19 scale, multidimensional assessment of interoceptive awareness scale, and health-protecting behavior scale. All the scales were standardized designed on Likert-rating scales. Statistical analysis was computed through SPSS. **Results:** Results of the correlation matrix indicated that light triads, fear of COVID-19, interoception, and health-protecting behaviors are significantly positively correlated, whereas light triads are significantly negatively correlated with interoception and health-protecting behaviors. **Conclusion:** The findings supported that light triad, positive personality aspects are found to be associated with low bodily awareness, human actualizing tendencies, and minimum effort to attain personal fulfillment among medical officers during the COVID-19 crisis. This study will help in finding the correlates of health behaviors and interpretation of bodily concerns among medical officers in a crisis. This study also addresses the need for practicing effective health behavior at their workplace for the medical community as they are serving during pandemics continuously regardless of their concerns and lack of resources.

**Keywords:** crisis, psychological, health, medical officers, interoception.

### ICCPR2-Dyadic Predictors of Pandemic Related Pregnancy Stress in Antenatal Women

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**Background:** COVID-19 pandemic introduced uncertainties in lives of pregnant women. Women pregnant during Covid-19 pandemic are reported to be susceptible to negative affect in two major areas: Stress related to mental unpreparedness for birth and Perinatal Infection, which may impose risk to the fetus and mother's health. **Objectives:** To explore association between dyadic satisfaction, coping styles and pandemic related pregnancy stress among antenatal women. **Method:** In this cross-sectional study, 155 antenatal women within the age range of 18-35 years at 14-40 gestation period were included. The data was collected online through Google forms and from different hospitals of Lahore. The study variables were measured through the brief cope inventory, revised dyadic adjustment scale, and pandemic related pregnancy stress scale (PREPS). **Results:** The result analysis confirmed high preparedness and perinatal Covid-19 infection stress in respondents. Dyadic satisfaction and Avoidant coping style to be associated with PREPS, and approach coping style predicted positive appraisal in antenatal women. **Conclusion:** The finding aids to inform action-oriented approach to support recovery and generate awareness among different stakeholders regarding the importance of study variables. The current study provides a guideline for professionals such as doctors and psychologist that how to deal with pregnancy specific stress. Current study will assist in reevaluating perception of spouse and other family members of antenatal women which will enable the providence of more comfortable home environment which will automatically contribute to alleviate stress and anxiety among them.

**Keywords:** coping styles, dyadic satisfaction, pandemic related pregnancy stress.

### ICCPR74-Knowledge, Risk Perception, Protection Behaviors and Psychological Consequences related to Covid-19 in Adults.

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**Objective:** The present study aimed to find out the relationship between knowledge, risk perception, protection behaviors and psychological consequences related to Covid-19. **Method:** Through purposive sampling technique, using Google form, a sample of 259 participants (N=259), 107 males and 152 females aged 18 to 60 were taken. World health organization survey tool was used to assess self-assessed knowledge, knowledge of symptoms, knowledge about protection and prevention behaviors, probability, susceptibility, severity, protection and prevention behaviors taken, self-adherence to preventive measures (World Health Organization, 2020). Depression, anxiety, and stress scales (DASS-21) was administered as a measure of depression, anxiety and stress (Lovibond & Lovibond, 1995). Subjective happiness scale (SHS) was used to assess an individual's overall happiness (Lyubomirsky & Lepper, 1999). **Results:** Pearson product moment





correlation, independent sample t-test and hierarchal regression method was used. Analysis showed that self-assessed knowledge and self-adherence to protection behaviors were significantly associated with each other. Risk perception was strong predictor of psychological distress, depression, anxiety and Stress. There was a non-significant but positive relation between risk perception and self-adherence to protection behaviors. There was a positive significant relationship between Self-assessed knowledge and Subjective happiness. Furthermore, gender differences were found in risk perception, protection behaviors, psychological distress, depression, anxiety and stress. **Conclusion:** It can be concluded that awareness should be raised among people and integrated interventions services should be introduced for people affected with Corona virus and to help them cope up with this problem.

**Keywords:** knowledge, risk perception, protection behaviors, psychological consequences

### **ICCPR71-Academic Self-Efficacy and Psychological Distress in University Students during COVID-19**

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**Background and Objectives:** The study aimed at finding relationship between academic self-efficacy and psychological distress during COVID-19 in university students. **Method:** Correlational research method was used and through purposive sampling technique, a total data of 313 university Students (Men=159, Women=154) was collected through using google forms. Academic Situations Specific Perceived Self-Efficacy Scale (Fernández et al., 2010) and Psychological Distress (Lovibond, 1995) were used to measure the study variables. **Results:** Pearson Correction indicated that, in online classes the academic self-efficacy significantly negatively correlated with psychological distress. **Conclusion:** The study findings widen the horizon of limited knowledge about the importance of academic self-efficacy in terms of student's performance and how its negatively affected on students' mental health. It's also spreading the awareness of the effects of psychological distress in academics and introduced interventions for students to cope with this distress.

**Keywords:** academic self-efficacy, psychological distress, covid-19



**SESSION IX: CLINICAL PSYCHOLOGY AND CHRONIC ILLNESSES****DATE: DECEMBER 9, 2021 | TIME: 2:00 P.M. – 3:30 P.M.****Session Chair:** Prof. Dr. Rafia Rafique, Director,  
Institute of Applied Psychology,  
University of the Punjab, Lahore, Pakistan.**Moderator:** Ms. Izza Mahfooz, PhD Scholar, Centre for  
Clinical Psychology, University of the Punjab, Lahore.**Google Meet Link:** <https://meet.google.com/hsj-zwhy-cxo>

No.	Title	Authors	Institutional Affiliation
ICCPR11	Pain Hypervigilance, Self-Concealment, Loneliness, Social Support and Quality of Life in Patients of Rheumatoid Arthritis	Tayyaba Arshad & Uzma Ilyas	Department of Psychology, University of Central Punjab, Lahore
ICCPR22	Illness related factors of Dementia as Predictors of Caregivers' Appraisal and Mental Health	Nayab Ashraf & Shazia Hasan	Department of Psychology, University of Central Punjab, Lahore
ICCPR30	Relational Turbulence, Social Support, Copying Styles and Psychological Distress in Primary Infertile Women in Pakistan	Saher Rafiq, Uzma Ilyas, & Amna Mushtaq	Department of Psychology, University of Central Punjab, Lahore
ICCPR38	Fear of Negative Evaluation and Appearance Distress in Physically Challenged Adolescents: Role of Social Support	Shama Asim & Bushra Akram	Department of Psychology, University of Gujrat, Gujrat.
ICCPR57	Exploration of Quality of Life after Mastectomy in Women with Breast Cancer.	Horab Arif & Mahira Ahmed	Department of Applied Psychology, Kinnaird college for women, Lahore
ICCPR58	Parental Stress, Self-Compassion and Psychological Distress in Caregivers of Child of Cerebral Trauma	Ume Kalsoom & Dr. Afsheen Masood	Institute of Applied Psychology, University of the Punjab, Lahore



## ICCPR11-Pain Hypervigilance, Self-Concealment, Loneliness, Social Support and Quality of Life in Patients of Rheumatoid Arthritis

Tayyaba Arshad & Uzma Ilyas

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**Background:** Hyper vigilance of distress and self-concealment serve as repercussion to psychological distress and mental suffering. This augments all the more when the aforementioned are in reference to chronic health condition. Rheumatoid arthritis is an autoimmune illness that causes sufferers to experience persistent and agonizing pain. In our culture, support from family, friends, and social networks is readily available and serves as buffer in order to deal with distress. An individual who has been diagnosed with RA feels lonely and conceal pain in order to avoid feeling ashamed or dependent all the time.

**Objective:** With increasing prevalence of rheumatoid arthritis, the present study investigated predictors of pain impacting quality of life. The study explored the relationship between pain hyper vigilance, self-concealment, loneliness, social support and quality of life in Rheumatoid Arthritis patients. **Method:** Correlational research design was used for this study and sample of (n=150) was employed from RA diagnosed patients. The scales used in this study were pain vigilance and awareness questionnaire, self-concealment scale, UCLA loneliness, multidimensional scale of perceived social support and WHOQOL-BREF quality of life questionnaire. Participants seeking treatment were approached to fill the questionnaires.

**Results:** Result reveals that Loneliness and self-concealment had a positive relationship whereas inverse relationship with social support and quality of life. Pain hyper vigilance had an inverse significant relationship with quality of life.

**Conclusions:** According to the findings of the current study, body alertness and self-concealment contribute to loneliness. This study raises the possibility that in the future, younger and older people will require counseling or treatment to deal with pain rather than masking it in order to look functional. Social support may improve one's quality of life and psychological well-being.

**Keywords:** loneliness, pain hypervigilance, self-concealment, rheumatoid arthritis, psychological distress

## ICCPR22-Illness related factors of Dementia as Predictors of Caregivers' Appraisal and Mental Health

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**Background:** Providing care to individuals having dementia is extraordinarily challenging because dementia is an insidious and progressive disease. This impacts how care providers evaluate the whole process of caregiving and their mental health.

**Objectives:** This study aimed to investigate the effect of duration and severity of dementia as predictors of caregivers' appraisal (burden, demands, environmental impact, satisfaction, and mastery) and their mental health. **Method:** The study was conducted at both public and private hospitals and different clinics of Lahore, Pakistan. Primary informal caregivers (patients' children) were recruited for the study. Data was gathered using English versions of dementia severity rating scale, revised caregiving appraisal scale and mental health inventory. **Results:** Duration and Severity of dementia were found to be the non-significant predictors of caregiving appraisal ( $p > 0.05$ ) and caregivers' mental health ( $p > 0.05$ ). **Conclusion:** Findings highlight the fact that distress, burden and other unhealthy impacts of providing care may belong to the typical profile of dementia caregivers specifically when the care is being provided to the parent experiencing dementia. These feelings are present irrespective of the duration and severity of the disease. This could be one of the potential reasons why no differences were found in caregiving appraisal and the mental health of care providers.

**Keywords:** family caregivers, duration of dementia, dementia severity, caregiving appraisal, caregivers' mental health

## ICCPR30-Relational Turbulence, Social Support, Copying Styles and Psychological Distress among Primary Infertile Women in Pakistan

Saher Rafiq, Uzma Ilyas, & Amna Mushtaq

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**Background:** Infertility is a disease of the reproductive system and leads to failure in conceiving a child. In Pakistani collectivistic culture inclined Islamic religious values it is assumed that couple would have children and family will extend in from of clan. This expectation is verbalized clearly to women in specific. The toll of inability to conceive a child leads to other domestic issues including relational uncertainty and turbulence. The diagnosis of infertility is followed by threat of husband's 2nd marriage or divorce. **Objective:** The purpose of this study is to investigate how uncertainty and turbulence with spouse leads to psychological distress and mental health crisis among infertile women. **Method:** Women diagnosed



with primary infertility were approached for the research. Cross-sectional study design was used and the sample size was  $n=200$  was employed. Following standardized scales were used: multidimensional scale of perceived social support, relational turbulence scale, relational uncertainty scale, coping styles and symptom checklist. For data analysis descriptive statistics, Pearson product moment correlation, and regression were used. **Results:** Relational uncertainty, relational turbulence, depression and somatization were significantly positively related. Social support and coping strategies were significantly negatively correlated with relational turbulence, relational uncertainty, depression and somatization among infertile women. Relational turbulence, relational uncertainty and coping strategies significantly predict psychological distress among infertile women. **Conclusion:** This study poses an importance on social support, coping strategies which women use to cope with the stressors and their ability to handle the hurdles, relationship problems along with the stigmatization of infertility. The finding of this research will be assist in developing an insight among clinicians, researchers and policy makers regarding infertile women psychological functioning and need to provide supportive counseling initial years of diagnosis.

**Keywords:** infertility, somatization, relational turbulence, uncertainty, social support

### **ICCPR38-Fear of Negative Evaluation and Appearance Distress Among Physically Challenged Adolescents:**

#### **Role of Social Support**

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**Background:** Fear of negative evaluation is the fear of assessment about one's personality and as a result there is development of appearance distress in adolescents with physical impairment. Social support helps people to adjust with physical disabilities to reduce the impact of external fears. **Objectives:** The aims of the study were to explore the relationship between fear of negative evaluation, appearance distress and social support, to find out variable differences among physically and non-physically challenged adolescents, to find gender differences, predicting role of FNE on appearance distress and to explore the moderating role of social support on FNE and appearance distress among physically challenged adolescents. **Method:** Comparative survey research design was used. Sample of study was consisted on 200 adolescents (100 physical disable and 100 non-physical disable). Purposive sampling technique was used. **Results:** Results showed that there was significant and positive correlation between FNE and appearance distress but significant negative correlation between fear of negative evaluation and social support. Appearance distress is also significantly negative correlated with social support. Moreover, it revealed significant differences of FNE, appearance distress and social support among physically and non-physically challenged adolescents ( $p<.001$ ). Study also explored females experienced more FNE and appearance distress as compare to males ( $p<.05$ ). Similarly, females also received high level of social support than males ( $p<.05$ ). **Conclusion:** Study reveals that social support has relationship with FNE and appearance distress.

**Keywords:** fear of negative evaluation, appearance distress, social support and physical

### **ICCPR57-Exploration of Quality of Life after Mastectomy in Women with Breast Cancer**

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**Background:** There are very few studies conducted previously focusing on understanding and explaining the depth of lived experiences of women after mastectomy. Also most researches have worked on similar topics but focused on limited factors and a specific group. Lastly experiences of unmarried women were less entertained and focused by researchers. **Objectives:** The study aimed to explore and was directed to gain in-depth understanding of how quality of life changes after breast removal (mastectomy) and what are the leading factors that trigger psychological strain that effect quality of life after mastectomy in women with breast cancer. Moreover, to get an immense insight of human experiences and how they understand or give meaning to the external world internally in their mind. **Method:** 6 female participants with complete one side mastectomy (3- married, 3-unmarried) were interviewed through purposive sampling strategy. Transcendental phenomenological approach. Variety of emerging themes came significantly prominent while analysis data from both married and unmarried participants. After extracting main themes followed by sub-themes a cross-case analysis was conducted to note similarities and differences between the experiences of unmarried and married participants after breast removal. Cross-case analysis showed poles apart perceptions, outlooks and experiences in unmarried and married women after mastectomy. Main themes extracted from the information gathered were Standard of living, emotional impact of the disease and physical appearance. **Results:** Results show that denial and outrage was common in both groups. Social support





and care from friends and family proved out to one of the main factor, helping participants cope with psychological harm and speedy recovery. And helped participants build strong emotional bonding with their close ones. Married and unmarried both shared same psychological course of action such as depression, stress, negative emotions, mood swings and disturbed sleep pattern. Finding reflects that mastectomy and treatment of breast cancer had negative impact on children's mental health, although bonding between mother and off-springs was noted to be emotionally strong. Moreover, participants shared unfavorable changes in their marital relationship with their spouse. Hesitation and lack of interest in sexual intimate relation with spouse after mastectomy. Whereas all unmarried participants revealed unique stressors and fears they had after mastectomy such as fear of non-acceptance and rejection form future partner. Lastly, uncomfortable feelings regarding procedures of mastectomy were shared. All married and unmarried participant reported they felt incomplete, deformed, and different from other women after breast removal. Whereas 2/3 unmarried participants were comfortable with mastectomy and enjoyed the new appearance and wanted to break the stereotypes. **Conclusion:** Variety of emerging themes came significantly prominent while analysis data from both married and unmarried participants. The results showed that there are multiple factors that lead to experience psychological distress and emotional breakdown other than concerns attached to one's physical appearance. The findings shed light on some coping strategies used by patients that helped them and might help others as well.

**Keywords:** quality of life, mastectomy, standard of living, emotional impact of disease, physical appearance

### **ICCPR58-Parental Stress, Self-Compassion and Psychological Distress in Caregivers of Child of Cerebral Trauma**

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**Background:** The research was designed to explore the psychological distress of caregivers of children with cerebral trauma. **Objectives:** The current study aim to study the relationship between perceived parental stress, self-compassion and psychological distress in caregivers of child of cerebral trauma, to infer parental stress and self-compassion as predictor of the psychological distress in care-takers of child of cerebral trauma and to study gender differences in parental stress, self-compassion and psychological distress in caretakers of child of cerebral trauma. **Method:** Cross-sectional research design was used and non-probability purposive sampling strategy was used to collect data. The sample consisted of 80 parents (men=40, women=40) with age range of 25-50 ( $M=34.90$ ,  $SD= 8.60$ ). The parental stress scale (Berry & Jones, 1995), self-compassion scale (Kristen, 2003), psychological distress (Kessler, 1992) and demographic sheet was used. **Results:** Women reported more parental distress and psychological distress as compare to the men whereas men reported more self-compassion. There was a significant positive relationship between parental stress and psychological distress. Parental stress and psychological distress have significant negative relationship with the self-compassion. Multiple Linear regression showed that parental stress was positive predictor of the psychological distress while self-compassion was the negative predictor of the psychological distress. **Conclusion:** This study allows us to develop strategies of parents to cope up with stress and act in more compassionate way while dealing with child illness.

**Keywords:** cerebral trauma, caregivers, psychological distress, self-compassion



**SESSION X: PROMOTING FAMILY & MARITAL WELLNESS****DATE: DECEMBER 9, 2021 | TIME: 2:00 P.M – 3:30 P.M.**

**Session Chair:** Dr. Amina Mozaam, Tenured Professor/Chairperson, Department of Applied Psychology, Lahore College for Women University, Lahore.

**Moderator:** Ms. Hira Liaqat, Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link:** <https://meet.google.com/eux-gzgm-zyj>

No.	Title	Authors	Institutional Affiliation
ICCPR13	Adequacy of Social Support amidst Stress and Subjective Well-Being in Married Doctors	Dania Amjad & Uzma Ilyas	Department of Psychology, University of Central Punjab, Lahore.
ICCPR53	Perceived Stigma, Social Support, Caregiving Burden and Marital Adjustment among Mothers having Children Diagnosed with Autism Spectrum Disorder	Sauliha Wasay & Dr. Masha Asad Khan	Department of Applied Psychology, Kinnaird College for Women, Lahore.
ICCPR4	Impact of Perfectionism, Work Family Conflict on Frustration and Mental Health in Nurses	Anum Shahzadi & Dr. Mamoona Ismail Loona	Department of Psychology, International Islamic University, Islamabad.
ICCPR51	Emotion Loneliness, Partner Phubbing and Relationship Satisfaction in Married Individuals	Samina Mumtaz & Prof. Dr. Rafia Rafique	Institute of Applied Psychology, University of the Punjab, Lahore.
ICCPR77	Psychological Well-being and Parental Concerns of Children with Cerebral Palsy	Dr. Nayab Iftikhar	Centre for Clinical Psychology, University of the Punjab, Lahore.



## ICCPR13-Adequacy of Social Support amidst Stress and Subjective Well-Being among Married Doctors

Dania Amjad & Uzma Ilyas

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**Background:** With changing time, burnout among challenging profession has accelerated so is the demand of excellence. This evolving and ever growing discipline of medicine needs monitoring on service provider and their mental health. This study was conducted to explore the association between appraisals of stress, support and subjective happiness among married doctors from different government hospitals. **Objective:** Medical community provide crucial services to mankind in face of oddities. The study investigated how stress, social support received by family, friends and significant others and subjective happiness effect the lives of married male and female doctors. **Method:** For the current study  $n=200$  doctors were included through purposive sampling. All those doctors who were married for more than two years and practicing full time in hospital were included. Structured questionnaires of Perceived Stress Scale, Multidimensional Perceived Social Support and Subjective Happiness Scale were administered on the participants. Attributing factors like age, gender, work experience, number of working hours were noted. **Results:** Predictive effect of perceived stress and social support on subjective happiness was assessed by Hierarchical regression for both male and female doctors which showed significant results. Social support, subscale family support and perceived stress were negatively correlated in female doctors. Whereas, perceived stress was inversely correlated with subjective happiness among male doctors. **Conclusion:** Poor social support and high perceived stress was found to be contributing distress response and resulted in decreased subjective happiness.

**Keywords:** family support, medical doctor's perceived stress, social support, subjective happiness

## ICCPR53-Perceived Stigma, Social Support, Caregiving Burden and Marital Adjustment in Mothers having Children Diagnosed with Autism Spectrum Disorder

Sauliha Wasay & Dr Masha Asad Khan

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**Background:** Primary caregivers of children who are diagnosed with ASD face difficulties such as stress and strong psychological pressure on the parents (Bitiska & Sharpley, 2017, Farrukh & Anjum, 2020) the reason being increase in demand of coping and emotional resources when it comes to raising autistic children. **Objectives:** This study identified the relationship of perceived stigma, social support, caregiving burden and marital adjustment among mothers having children diagnosed with autism spectrum disorder. It also investigated the predictors of marital adjustment and mediating role of caregiving burden between the relationship of perceived stigma and marital adjustment among mothers of children having ASD. **Method:** Purposive samples of 100 mothers aged between 24-55 years ( $M= 36.55$ ,  $SD= 6.57$ ) from five different institutions for mentally challenged children were included. The parents self stigma scale (Eaton et al., 2018), the multidimensional scale of perceived social support (Zimet et al., 1988), Zarit burden interview (Zarit et al., 1980), The Locke-Wallace marital adjustment test (Locke & Wallace, 1959), and self-constructed demographic form was administered. Co relational research design was used. **Results:** Results revealed that mothers who perceived self-stigma and experienced caregiving burden, had low social support and low levels of marital adjustment. Regression analysis indicated family support as a significant positive and friends support and caregiving burden as a negative predictor of marital adjustment among mothers having children diagnosed with ASD. Mediation analysis showed caregiving burden to fully mediate the pathway between perceived stigma, social support and marital adjustment. **Conclusion:** The findings of the study can be used to understand the difficulties faced by caregivers of children who are mentally challenged, to provide them with social support, to end the stigma that they face while raising such children and to highlight factors for better marital adjustment among couples having differentially abled children.

**Keywords:** burden of caregivers, social support, marital adjustment, stigmatization

## ICCPR4-Impact of Perfectionism, Work Family Conflict on Frustration and Mental Health in Nurses

Anum Shahzadi & Dr. Mamoona Ismail Loona

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**Background:** As nursing is a stressful profession, they are busy with their hectic job, they have to look after their family and their job as well. There is no room for mistakes in their profession so, their mental health is being affected. **Objectives:** To study the impact of perfectionism and work-family conflict on frustration discomfort and mental health. **Method:**





Purposive sampling technique was used. The sample consists of 200 male and female nurses from Pediatric, Emergency, Psychiatric, & Intensive Care Unit departments of Fauji Foundation Hospital Rawalpindi, Central Medical Hospital Attock and Pakistan Ordnance Factory Hospital Wah Cantt. Scales used were the short almost perfect scale, SAPS (Rice et al., 2014), work-family conflict scale (Haslam et al., 2015), frustration discomfort scale (Harrington, 2005), and mental health inventory (Veit & Ware, 1983). **Results:** Multiple regression analysis showed that adaptive perfectionism negatively predicts psychological wellbeing and frustration discomfort, whereas work-family conflict positively predicts psychological wellbeing and work-family conflict, maladaptive perfectionism positively predicts frustration discomfort and psychological discomfort. **Conclusion:** Nurses who are going through work-family conflict had maladaptive perfectionism are more frustrated and their mental health was disturbed while nurses with adaptive perfectionism are less frustrated.

**Keywords:** perfectionism, work-family conflict, mental health, frustration.

### ICCPR51-Emotion Loneliness, Partner Phubbing and Relationship Satisfaction in Married Individuals

Samina Mumtaz & Prof. Dr. Rafia Rafique

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**Background:** Relationship satisfaction is seen as the most significant feature in the success of the marriage. **Objective:** The present study aimed to investigate the relationship among emotional loneliness, partner phubbing and relationship satisfaction in married individuals. **Method:** The study is correlational study in nature. The sample consisted of 100 married individuals with an age range of 20 to 40 years ( $M=20.90$ ,  $SD=7.09$ ) collected through convenient sampling strategy. It was hypothesized that there is likely to be mediating role of partner phubbing between emotional loneliness and relationship satisfaction. The scales are comprised of De Jong Gierveld loneliness scale (DeJongGierveld & VanTilburg, 2006) to check emotional loneliness construct, partner phubbing scale (Roberts & David, 2016) to measure partner phubbing construct and The relationship assessment scale (RAS) (Hendricks, 1988) to measure relationship satisfaction construct and demographic sheet in order to assess the research variable. **Results:** The collected data was analyzed through Pearson product moment correlation, multiple linear regression analysis, independent samples t-test. The study's findings indicated that emotional loneliness and partner phubbing significantly correlated with the dependent variable; relationship satisfaction. Results also showed that emotional loneliness and partner phubbing were good predictors of relationship satisfaction in married individuals. It also showed that emotional loneliness has indirect effect on relationship satisfaction through partner phubbing as mediator, and significant gender differences were found in emotional loneliness, partner phubbing, and relationship satisfaction in married individuals. **Conclusion:** This study will help in developing effective psychological intervention to.

**Keywords:** emotional loneliness, partner phubbing, relationship satisfaction

### ICCPR-77-Psychological well-being and parental concerns of children with cerebral palsy

Dr. Nayab Iftikhar

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**Background:** Children with cerebral palsy display prominent motor dysfunction associated with other developmental disorders. Parenting a child with cerebral palsy presents a number of challenges and stresses. **Objectives:** The current study tried to explore the indicators of stress levels within CP families, as well as to examine the effects and to what extent, with a child with CP has on the family. **Method:** This cross sectional survey has been used to measure the psychological wellbeing and parental concerns of children aged between 24 months to 10 years diagnosed with CP were recruited. Samples were drawn through purposive sampling technique. Fifty children of different institutes of special needs were selected as sample population. The parental concerns of children with Cerebral palsy were measured through a questionnaire consist of five Likert and another questionnaire DASS (Depression, Stress and anxiety scale) is used to measure the level of depression, stress and anxiety among parents of children with autism. **Results:** The findings of the present study show that the parents of CP children had increased level of stress, anxiety & depression measured by DASS. The key indicators were assumed to be financial constraints, lack of facilities, and lack of professionals, family pressure and social acceptance. **Conclusion:** The mothers of the children on Cerebral palsy are more depressed, anxious and stressed due to financial constraints, lack of facilities, lack of professionals, social and family pressure as compared to the fathers of children with Cerebral palsy.

**Key words:** Cerebral palsy, depression, anxiety, parental concerns





**SESSION XI: QUALITATIVE RESEARCH IN CLINICAL PSYCHOLOGY****DATE: DECEMBER 9, 2021 | TIME: 2:00 P.M. – 3:30 P.M.****Session Chair:** Dr. Azhar Hameed Qamar, Post-Doc Researcher, Lund University, Sweden.**Moderators:** Ms. Mubeena Munir, Lecturer, Centre for Clinical Psychology, University of the Punjab, Lahore.**Google Meet Link: <https://meet.google.com/qqc-uhfa-qyd>**

No.	Title	Authors	Institutional Affiliation
ICCPR56	Narratives of Women affected from Domestic Violence: Understanding Phenomenon of Gender Based Violence	Eman Amjad & Asma Majeed	Department of Applied Psychology, Kinnaird College for Women, Lahore.
ICCPR26	Alienation and Existentialism: Suicide and Self Harm	Aamena Nayyer, Dr Sara Subhan, & Khadija Naz	Department of Clinical Psychology, University of Management Technology, Lahore
ICCPR29	Scrupulosity: At the Crossroads of Faith and Psychopathology	Javeria Arshad & Rabia Dasti	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR63	A Phenomenological Exploration of Relationship Churning Adults	Sumaira Rafique & Tazvin Ijaz	Department of Psychology, Government College University, Lahore
ICCPR14	Parapsychological Experiences in Pakistani Cohorts	Khushbakht Nasir & Dr. Wahida Anjum	Department of Psychology, Lahore Leads University, Lahore.



## ICCPR56-Narratives of Women Affected from Domestic Violence: Understanding Phenomenon of Gender Based Violence

Eman Amjad & Asma Majeed

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**Background:** There is little knowledge about actual living experiences of Pakistani married and unmarried women who experience domestic violence. This study was conducted in order to have a closer and in-depth understanding of women's lives under domestic violence and how it changed them and their lives in context to Pakistani society. **Objectives:** This study was conducted in order to explore the similarities and differences in perception and experiences of domestic violence between married and unmarried women and also to have a deeper understanding of phenomenon of gender-based violence. **Method:** Narrative and phenomenological research approach and purposive sampling was used and a sample of 3 married and 3 unmarried women was taken from a Shelter home. Data was gathered through semi-structured interviews. Through thematic analysis, three major domains/themes were extracted i.e. (1) impact of domestic violence, (2) barriers in disclosing domestic violence, (3) reasons of domestic violence. **Results:** Physical and psychological problem, exclusion from social network, fear of death, lack of knowledge regarding domestic violence resources and laws, doubt on women's character, poor economic background and patriarchal society were the similarities found in their experiences. But there were significant differences in barriers in disclosing domestic violence i.e. protecting children's interests, concept of concealing marital affairs, shame and embarrassment and trust issues. The impact of domestic abuse was also different in terms of sense of belief and autonomy. Besides this, it was also found that the aspect of feminism according to feminist theory had both positive and negative effect on married women. **Conclusion:** Besides the similarities, there were significant differences found. Further this can lead the researchers in conducting studies solely on the unmarried women who experience domestic violence as this area is still under-researched in Pakistani society.

**Keywords:** domestic violence, trust issues, gender-based violence

## ICCPR26-Alienation and Existentialism: Suicide and Self Harm

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**Background:** The concept of alienation refers to the condition in which individuals feel estrange, isolated and find themselves misfit due to the lack of relatability factor within their surrounding or within society. This concept is also one of the themes of existentialism which pleads that human cannot be bounded by objective factors where as they are supposed to be understood by subjective characteristics which form their true and actual personality. **Objectives:** To investigate the concept of alienation in existential context along with the act of suicide and self-harm. **Method:** Qualitative research method was used with in which 10 semi structural interviews were conducted to evaluate the objective of the study **Results:** Results of the study indicated that once that true self is turned into pretentious self to live up to the norms and traditions of the society and to be someone who can fit with in social situations, self-harm and suicidal ideation comes to the picture as living a pretentious life can give sever anxiety and depression. **Conclusion:** After the study it is concluded that individual's life cannot be conceived without social context. To live in the society, it is necessary to meet the societal norms and traditions and individual has to turn as someone who can fit with in the social situation. In this tussle between self-identity and social existence self-harm and suicidal ideations develop. Thus, living a pretentious life leads to alienation.

**Keywords:** alienation, existentialism, suicide, self-harm.

## ICCPR29-Scrupulosity: At the Crossroads of Faith and Psychopathology

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**Background:** Obsessions and compulsions that involve religion as a major theme or subject matter, excessive behavior linked to religious activities, illogical reservations and fear of committing sin and hyper-morality are termed as "scrupulosity". Religious obsessions are found to be one of the most common forms of obsessions. Clinicians commonly report several challenges in using conventional approaches while dealing with scrupulous patients. Moreover, the ratio of OCD with scrupulosity is much higher in Muslim communities. So, there is a need to explore the explore it indigenously.



**Objectives:** In order to explore the reasons behind such an increase in ratio of scrupulosity in Muslims and the nature of challenges faced by clinicians in managing such disorder, the present research was designed. The present study was also designed to help in integrating perspectives of Islamic erudite and clinical psychologists to manage effectively the issues linked to scrupulosity. To enable the establishment of guidelines on programs of Islamic cognitive behavioral therapy (CBT) in OCD, to facilitate the treatment and management of such patients, and to prevent exploitation of patients by swindlers and imposters on the basis of religion. **Method:** The study comprised of eight senior clinical psychologists, all women, as research participants who had at least ten years of clinical experience, with expertise in treatment of Obsessive Compulsive Disorder, especially scrupulosity. A basic qualitative research design employing semi structured interviews and purposeful and snowball sampling techniques was used to collect data from the participants. Interview protocol was specifically designed for the research. Thematic analysis was used to identify codes, sub-themes, main themes and overarching themes which reflect the depth of data. **Results:** Four major themes emerged from the data, namely; *waswasa al-qahri*, predisposing scrupulosity, Islam as an antidote and essence of treatment, while eleven major themes and several other themes also emerged. **Conclusion:** The findings of current research are useful in promoting mental health awareness and in developing culturally adapted intervention plans, especially in integrating the religio-cultural aspects explicated from this study. It can also help in exploring the factors that play crucial role in developing scrupulosity and the effective use of religion in management and prevention of it.

**Keywords:** scrupulosity, obsessive compulsive disorder

### ICCPR63-A Phenomenological Exploration of Relationship Churning Adults

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**Background:** Adult's relationship related two indicators of relationship churning is breaking up and getting back together or having a sexual relationship with a former partner. Churners report lower level of resilience due to on-again/off-again or cyclical patterns of relationship than couples who stably together or terminated. **Objectives:** To comprehensively identify, evaluate, and explore experiences of relationship churning in adult's romantic relationship. **Method:** Phenomenological research design was applied, semi-structured interview of 10 participants (5 males and 5 females) were conducted with demographic information. Data was collected through snow ball sampling technique. **Results:** Findings suggested that personal factors lead toward initiating and maintaining romantic relationships. Major reasons behind relationship breakup namely lack of socialization, controlling behaviors, self-absorbed and rejecting behaviors. Furthermore, relationship breakup had negative consequences in all domains of life. Number of breakup coping strategies substitution, spiritual coping and multiple relationships adopted by churners. Consequences were also analyzed that includes boosting to stability, contentment, academic performance, effective socialization and toxicity of reunion. **Conclusion:** The current study explored key reasons of initiating and maintaining romantic relationship as well as lightened up the breakup reasons. Relationship churners usually tend to engage in coping strategies to deal break up that seems healthy in this kind of unhealthy relationship. Renewals occurs that mostly are unwanted but having positive and negative consequences.

**Keywords:** relationship churning, renewals, break-up, on-again/off-again, cyclical relationship, terminated

### ICCPR14-Parapsychological Experiences in Pakistani Cohorts

Khushbakht Nasir & Dr. Wahida Anjum

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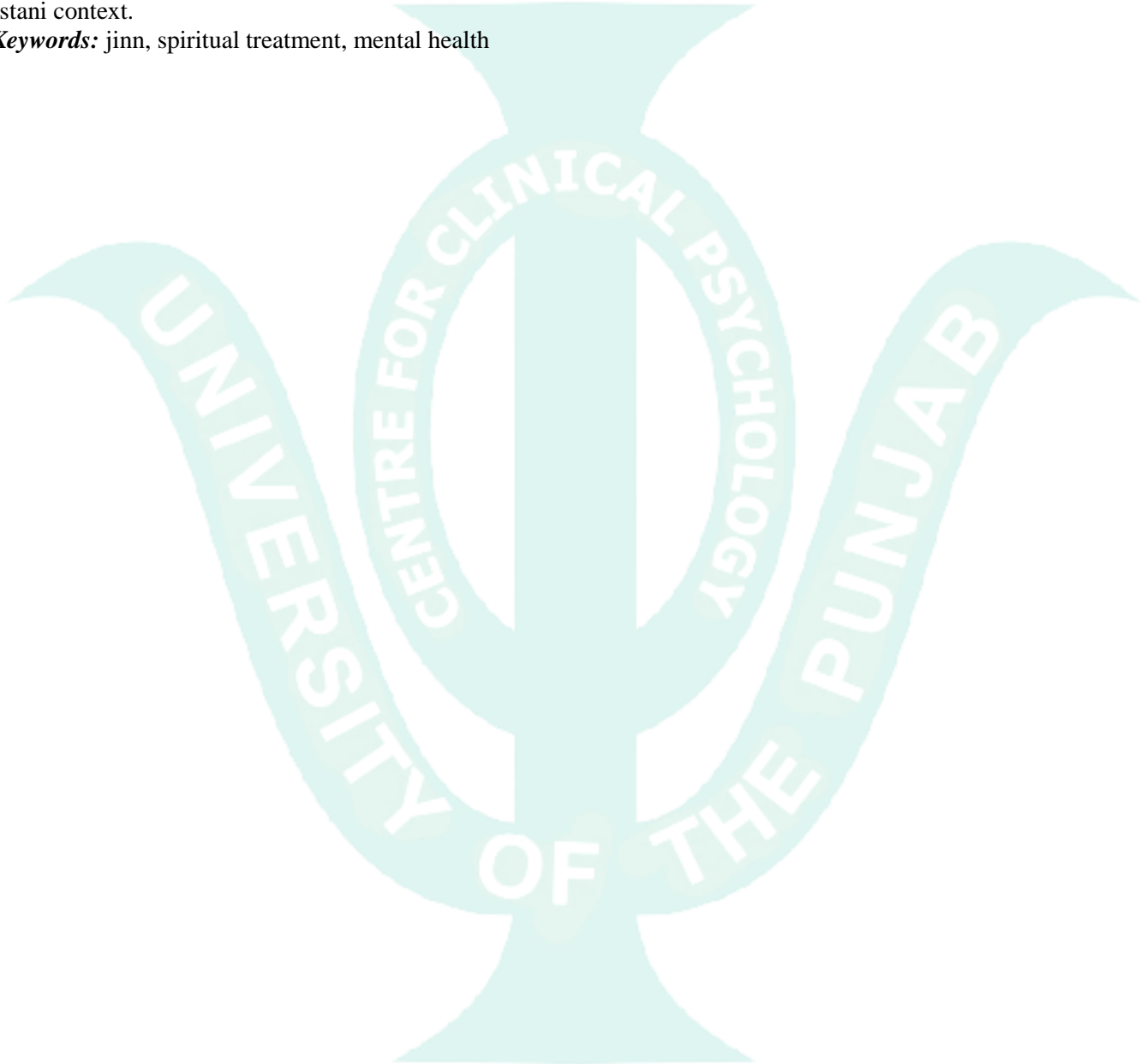
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**Background:** All over the world, Muslims strongly believe in the existence of jinn, the existence of these supernatural forces is documented in the Quran and Other major religious followers' belief in jinn, witchcrafts, and demons, around 90 per cent of the world societies are belief in the forces of demonic possession. The jinn mention in the Quran has disastrous effect on the human behaviour and health. In all societies and culture, in the folk psychiatry faith healers identify spiritual disorders and evoke supernatural powers in the etiology of mental disorders. (Ross & Davis, 1952; Bali & Abdussalam, 2003; Habeeb, 2003). **Objectives:** The objectives were to explore the perception of Jinnat among general people, to find out the causes and consequences of Jinnat among general people, to investigate the psycho-social, emotional, and religious dimensions of perceptions regarding Jinnat among general people and to explore the similarities and differences about jinn and mental health among general population in context of age, gender, education, and socio-economic status. **Method:** The study was qualitative in nature, and it explores the live experiences of participants by using Interpretative Phenomenological Analysis (IPA) in context of age (adolescent, young adult and adult: One participant from each group), gender (man = 1,



woman = 1), and socio-economic status (lower, middle and upper: 1 from each). Total  $N = 06$  participants were approach through purposive sampling technique. Semi structured interview uses for data collection. **Results:** Results shows that participants found Ghosts (Jinnat) are the horrible and hidden creature. Evil Ghosts (Jinnat) are using for the black magic. Physical aspects of the Ghost (Jinnat) are the weakness and sleep paralysis. Main reasons of Ghost (Jinnat) believers are the social stressors, like marital and family conflicts. People with the low and middle socioeconomic status more believes in these things (Jinnat Possession, Mannats, taweez and Peer Faqeer). **Conclusion:** Due to some religious factors these believes turn to many individuals to justify their problems. Some people do not want to talk about these phenomena openly, because of the jinn possession stigmatization. This study will also help to call attention to different superstitious beliefs (Jinnat, Mannats, Peer Faqeer & taweez) and how they effect on the life. Due to attacking on these beliefs people are misleading the Pakistani context.

**Keywords:** jinn, spiritual treatment, mental health







# POSTER PRESENTATIONS



Date: December 9, 2021 | Time: 3:30 p.m. - 3:40 p.m.

**Poster Judges**

Prof. Dr. Shazia Hasan, Head Department of Psychology, University of Central Punjab, Lahore.  
Prof. Dr. Syeda Shahida Batool, Department of Psychology, Government College University, Lahore  
Dr. Ivan Suneel, Chairperson, Department of Psychology, Forman Christian College University, Lahore

**Moderator:** Ms. Rabia Dasti, Centre for Clinical Psychology, University of the Punjab, Lahore.

**Google Meet Link:** <https://meet.google.com/vni-ofaf-cwn>

No.	Title	Authors	Institutional Affiliation
ICCPR5	Selfitis, Body Esteem and Narcissism in University Students	Muqadas Fatima & Hamid Bilal	Department of Psychology, University of Central Punjab, Lahore.
ICCPR6	Psycho-social Correlates of Impostor Phenomenon and Perfectionism among Pakistani Adults	Uzma Ilyas, Saher Rafiq, & Isra Asghar	Department of Psychology, University of Central Punjab, Lahore.
ICCPR9	Optimism, Spousal Support and Quality of Life in Women with Breast Cancer	Maryum Khalid & Dr. Saima Majeed	Department of Psychology, Forman Christian College University, Lahore.
ICCPR32	Management of Schizophrenia with CBT: A Case Study	Maham Ayesha & Mubeena Munir	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR16	Impact of Covid-19 on Etiological Factors of Pedophiles: A Case Study	Tayyaba Sabir, Ms Hira Fatima, & Dr. Zainab Javed	Riphah Institute of Professional & Clinical Psychology, Riphah International University, Lahore.
ICCPR18	Development of Indigenous Measure for Maternal Tolerance of Children with Autism (Uneducated Mothers)	Sana Abbas & Aasma Yousaf	Centre for Clinical Psychology, University of the Punjab, Lahore.
ICCPR27	Psychological Flexibility, Interpersonal Difficulties, and Stress in University Students	Nazish Idrees Chaudhary & Dr. Muhammad Rafiq	School of Professional Psychology, University of Management Technology, Lahore & The University of Lahore, Lahore.
ICCPR52	Managing FNSD with Eclectic Approach: A Case Study	Maha Sohail & Fakhra Wakil	Centre for Clinical Psychology, University of the Punjab, Lahore & Sir Ganga Ram Hospital, Lahore
ICCPR65	Strategies-based Management of Learning Disability: Case Study	Zarmin Tariq & Nazia Bashir	Centre for Clinical Psychology, University of the Punjab, Lahore
ICCPR66	Clinical Presentation of Autism Spectrum Disorder	Nimra Shahzadi & Dr. Saima Dawood	Centre for Clinical Psychology, University of the Punjab, Lahore
ICCPR70	Application of Behaviour Therapy with Autism Spectrum Disorder: A Case Study	Tabinda Masood & Rahat Sulatan	Dimensions, Institute for Autism and Special Education, Lahore & Centre for Clinical Psychology, University of the Punjab, Lahore



## ICCPR5-Selfitis, Body Esteem and Narcissism in University Students

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**Background and Objectives:** The study aimed to investigate if there exists a relationship between selfitis, body esteem and narcissism among university students. Fox & Rooney (2015) found that narcissism is a predictor of number of selfies taken in men. A study suggested that women who share pictures on social media have a negative perception of themselves (Briggs, 2014). Davis et al. (1996) found that a higher level of body esteem is correlated with positive narcissism only when neuroticism level was low. **Method:** For this purpose, the cross-sectional design of the quantitative research method was employed. Data were collected by using purposive sampling technique from undergraduate university students aged between 18 to 25 years through an online survey. The questionnaire consisted of a self-constructed demographic sheet, Selfitis Behavior Scale (SBS), Body esteem Scale-Revised (BES-R) and Narcissism Personality Inventory-16 (NPI-16). For all the analyses, SPSS (19<sup>th</sup> version) was used. **Results:** The results revealed that there was a significant relationship between selfitis, narcissism and body esteem. Males scored higher on the Body Esteem Scale-Revised and the narcissistic personality inventory-16. The results also suggested that iPhone users were more narcissistic than other mobile brand users. Students belong to single parent family scored higher on narcissism and body esteem. **Conclusion:** This research established that there is a significant relationship between selfitis, narcissism and body esteem. This study's findings are based on data gathered from 405 university students. The findings of this study contribute to a better understanding of selfitis, narcissism, and body esteem, as well as what factors may lead to the development of these behaviors. The research may help educational institutions to collaborate with the psychologists in arranging awareness seminars on topics related to selfitis which will help students by providing insight about the disorder. This study will have implication for mental health professionals as it will help them to develop better understanding of selfitis behavior and aid them to find out the cause of excessive selfie behavior among university. Furthermore, it will be helpful in developing strategies for prevention and intervention for excessive selfie behavior among university students.

**Keywords:** selfitis, body esteem, narcissism, university students, adolescence wellbeing

## ICCPR6-Psycho-social Correlates of Impostor Phenomenon and Perfectionism in Pakistani Adults

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**Background:** Impostor Phenomenon is characterized by chronic feelings of self-doubt and inadequacy in capable individuals. Impostor sufferers are unable to internalize their success and accomplishments; they attribute their achievements to outside means. **Objective:** The main objective of this research is to investigate the relationship between impostor phenomenon, perfectionism, and mental health in Pakistani Adults. **Method:** Adults with the age range of 25-30 enrolled in private and public sector were approached for the research. Purposive sampling was used with a sample size of n= 250. Correlational research design was employed. Following scales were used. Impostor Phenomenon Scale (Clance, 1985), Almost Perfect Scale-Revised (Rice & Ashby, 2001) and Mental Health Inventory (Viet & Ware, 1983). **Result:** Results were analyzed through Pearson Product Moment Correlation and Independent Sample t-test. Results of Pearson Product Moment Correlation showed that impostor phenomenon is significantly positively correlated with perfectionism and negatively correlated with self-compassion and mental health. The Independent Sample t-test reported there is significant gender difference as females reported higher in impostor phenomenon, perfectionism and negative on mental health among Pakistani Adults. **Conclusion:** The research would serve as a guide to identify risk factors of impostor phenomena to seek guidance in taking steps to overcome their impostor feelings which in return are affecting their mental health. In educational settings, instructors and psychologist can monitor students facing these types of issues and help them by providing guidance.

**Keywords:** impostor phenomenon, perfectionism, self-compassion, mental health, adults



## ICCPR9-Optimism, Spousal Support and Quality of Life in Women with Breast Cancer

Maryum Khalid & Dr. Saima Majeed

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**Background and Objectives:** The aim of the present study was to examine the role of optimism and spousal support on quality of life in women with breast cancer. The hypotheses were higher levels of optimism and spousal support will predict better quality of life among women living with breast cancer. **Method:** A cross sectional research design was used. Data was collected using snowball sampling. A survey consisting of demographic information, and three scales in Urdu; Life Orientation Test Revised (Ayub N.,2009), Dyadic Coping Inventory (Shuja et. al., 2020) and WHO-Quality of Life BREF scale (Fahad Saqib,2017) was used in person and online. A total of 80 individuals with a mean age 35 recorded their responses. The results were analyzed using correlation, multiple hierarchical linear regression and MANOVA. **Results:** The results of correlation revealed that optimism had a significant positive relationship with negative dyadic coping and with QOL scales except for Physical Health. All the subscales of DCI had a significant relationship with the subscales of QOL. It was found through HLM that education, socioeconomic status, cancer stage, monthly income, professional status after illness and optimism made a statistically significant contribution. However, QOL could not be predicted by spousal support for the present sample. Moreover, the results of MANOVA indicated that women belonging to higher socioeconomic class reported higher levels of spousal support and quality of life than middle and lower socioeconomic status. **Conclusion:** It emphasizes the need of cancer support groups and educating the caregivers, especially spouses regarding the management of treatment course and its side effects, which could help in obtaining better outcomes. It also highlights the need of creating forums and policies that helps reduce the financial burden of the patients and caregivers.

**Keywords:** optimism, quality of life, spousal support

## ICCPR32-Management of Schizophrenia with CBT: A Case Study

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**Background:** A 37 years old male patient with multiple episodes of Schizophrenia was referred for the assessment and management of illness. He was presented with the symptoms of cognitive and emotional disturbance i.e., perceiving others as against him, talking about him and felt hassled consequently. He was diagnosed with Schizophrenia 10 years ago and had never been referred for therapeutic treatment. **Objectives:** The purpose of this case is to demonstrate the importance of session wise management of long-term schizophrenic patient with cognitive behavior therapy (CBT). Patient was taking medication since many years however, he never had therapeutic treatment. So, the second purpose was to demonstrate that just medication is not enough to deal with schizophrenia. **Method:** the patient was provided with 12 1-hr CBT treatment sessions. Each session was comprised of agenda setting, homework assignment, review of homework, Socratic questioning & guided discovery (Beck, 1995). The therapy protocol remained client centered which was expected to strengthened the therapeutic alliance and to give a prognostic outcome. **Results:** The patient was assessed on both quantitative and qualitative level. He reported to have 70% overall improvement in his symptoms. **Conclusion:** CBT was effective in helping the patient to understand his illness, to challenge his delusions and beliefs about those voices. He was able to be assertive and expressing his expressions in effective way. He was well equipped to deal with nay future relapse that might occur.

**Keywords:** schizophrenia, cognitive behavior therapy

## ICCPR16-Impact of Covid-19 on Etiological Factors of Pedophiles: A Case Study

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**Background:** Pedophilia is a concealed however a disturbing issue in each humanized society. With cases of child sexual abuse on the rise in Pakistan, it has become imperative that the issue of pedophilia be addressed. **Objectives:** The current study contributes in playing a pivotal role to create awareness and a better comprehension about the etiological factors of pedophiles in Pakistan and the impact of covid-19 on it. **Method:** Case study analysis was used. **Results:** The results of qualitative study dedicated the etiological factors emerging following major themes; environmental dynamics, emotional and psychological factors, abused abuser phenomenon, social learning, and challenges faced subsequently **Conclusion:** The





implications of the study suggest the idea that early intervention is imperative for the benefit of not only the viciously victimized children but also the highly criticized pedophiles including the nation at large.

**Keywords:** pedophiles, etiological factors, covid-19.

### **ICCPR18-Development of Indigenous Measure for Maternal Tolerance of Children with Autism Spectrum Disorder (Uneducated Mothers)**

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**Background:** The rate of Autism Spectrum Disorder is increasing and is causing stress in mothers. There are some measures that measure maternal tolerance related to child's disruptive behavior but no indigenous measure is available to measure maternal tolerance related to child with Autism. **Objective:** To develop an indigenous scale of Maternal Tolerance of children with Autism. **Method:** The data was collected through purposive sampling from special schools, hospitals and online survey from mothers whose child has Autism. The sample consists of mothers whose education level was matric and below and was resident of Lahore, Punjab. The mental health of mothers was measured by mental health screening questions. The study was conducted in four phases. In phase one, literature was reviewed and qualitative interviews with mother was done. In second phase item pool generation was done. Third phase consist of evaluation of items from mental health professionals. After the approval of professionals, a pilot study was conducted in phase four. After the feedback from pilot study the main study was conducted on 125 mothers. **Results:** The data was analyzed by exploratory factor analysis. A total of five factors emerged. These were tolerance related to child's disruptive behavior, tolerance related to opinion by others, irritability/ annoyance, thoughts and beliefs and attitude toward the problem. The reliability of the tool was .78. This shows that it is appropriate measure for maternal tolerance. Pearson correlation was also done to see inter item reliability. The results of Pearson product moment showed that all items re significantly correlated except some item. **Conclusion:** This scale can be helpful for professional dealing with mothers whose children are with Autism. This way the mental health of the mother can be improved and factors that affect her mental health can be identified.

**Keywords:** autism spectrum disorder, maternal tolerance, disruptive behaviors, irritability

### **ICCPR27-Psychological Flexibility, Interpersonal Difficulties, and Stress among University Students**

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**Background:** Psychological flexibility is found as one of the strongest factors that may help in the management of the symptoms of various psychological illnesses and the consequences i.e., interpersonal functioning among clinical populations. **Objectives:** Correlation among psychological flexibility, interpersonal relationships, and stress was analyzed in this study. Moreover, it was examined that whether psychological flexibility predicts interpersonal relationships and stress among university students. **Method:** 35 university students' male and female 18-22 year old who met the criteria of severe stress level on Depression Anxiety and Stress Subscales (stress subscale) were recruited as the sample of this correlational study design using a non-randomized snowball sampling technique. Further, the indigenous scales, psychological flexibility scale for university students (PFS-US) and unstable relationships subscale of the interpersonal difficulties scale for university students were also used to collect data. It was hypothesized that there would be a significant negative correlation among psychological flexibility, interpersonal difficulties and stress in university students. It was also hypothesized that the increase in psychological flexibility predicts the decrease in interpersonal difficulties and stress among university students. **Results:** Pearson Correlation Coefficient and Simple Linear Regression analysis provided the results as follows: the psychological flexibility moderately and negatively correlated with interpersonal difficulties while a strong negative correlation was found between psychological flexibility and stress. However, psychological flexibility significantly predicts interpersonal difficulties and stress among university students. **Conclusion:** The association among the study variables summarizes that further studies must be planned to utilize psychological flexibility-based activities to manage interpersonal difficulties and stress among university students.

**Keywords:** academic life, mental health, relationships, determinants



### ICCPR52-Case Study: Managing FNSD with Eclectic Approach

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**Background:** LN was a 28 years old young girl, educated until 8th grade. She was brought to the psychiatry department of Sir Gangaram Hospital with complaints of turning of the jaw on the right side, inability to talk and walk properly, and anger outbursts. The diagnosis was solely based on the DSM-5. The patient was given the diagnosis of 300.11 (F44.4) Conversion disorder (Functional Neurological Symptom Disorder). The case was conceptualized on cognitive behavior therapy, and the management plan was devised on eclectic approach as per the need of the patient, as few management techniques were taken from the Behavior and Gestalt therapy. **Objectives:** The objective of the study was to check the efficacy of the management plan devised on an eclectic approach for treating FNSD. **Method:** An ABA research design was used in the study to check the efficacy of eclectic approach in the treatment of Functional Neurological Symptom Disorder. **Results:** The patient's condition had significantly improved by the time the therapy ended, as evidenced by her post-assessment ratings. **Conclusion:** An Eclectic approach tended to be an efficient treatment for the management of FNSD.

**Keywords:** functional neurological symptom disorder, eclectic approach

### ICCPR65-Strategies-based Management of Learning Disability: Case Study

Zarmin Tariq & Nazia Bashir  
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**Background:** Social deprivation and methods of teaching, other than genetic predisposition play major role in the development of learning disability. **Objectives:** The current study aimed at exploring the factors contributing to learning disability and to illustrate the management these academic difficulties by modifying teaching strategies. **Method:** H.S was a seven years and six months old male who presented with difficulties in writing and solving mathematics problems. He was assessed through both formal and informal means. Informal assessment included Clinical Interview, Behavioral Observations, Informal Academic Assessment, and Reinforcer Identification. Formal Assessment included Slosson Intelligence test (SIT). Wide Range Achievement Test (WRAT) and The Bangor Dyslexia Test (BDT). S.H was diagnosed with 315.2 (F81.1) Specific Learning Disorder, with Impairment in Written Expression, Clarity Organization in Written Expression-Moderate, 315.1 (F81.2) Specific Learning Disorder, with Impairment in Mathematics, with Impairment in Memorization of Arithmetic Facts, with Impairment Accurate and Fluent Calculation-Moderate. Therapeutic interventions included Strategies for improvements in writing and mathematics skills, Exercises to Enhance motor skills, CBT for increasing self-esteem and problem solving skills along with Parental Management Training. **Results:** A total of 26 sessions (twice a week sessions) showed significant improvement in his writing, mathematics, memorization, problem solving skills as well as self-esteem and attention span. **Conclusion:** It was concluded that using need based teaching strategies rather than typical method play important role to overcome learning difficulties. Apart from that a healthy social environment also enhances a child's self-esteem and motivation for learning.

**Keywords:** learning disability, specific learning disability, social deprivations, self-esteem

### ICCPR66-Clinical Presentation of Autism Spectrum Disorder

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**Background:** The client was 7 years old boy and belonged to a middle-class family. His presenting complaints were not maintaining eye contact, not following the commands, not interacting with others, not responding to his name, not involving in play with others, arrange all things in order, excessively smell the things, excessive use of mobile phone, showing anger outburst and temper tantrums. **Objectives:** He was referred to Clinical Psychologist for the management of his presenting complaints. **Method:** Assessment was carried at informal and formal level. Informal assessment includes clinical interview, behavioral observation and Portage Guide to Early Education (PGEE). Formal assessment includes the Childhood Autism Rating Scale (CARS). The client was diagnosed with severe Autism Spectrum Disorder. **Results:** The management was based on rapport building, attention building training, Individualized Educational Plan, reinforcement, prompting, and



shaping. Post assessment revealed slight improvement in the client's developmental skills. The overall duration of therapy was 19 sessions. **Conclusion:** Client's targeted developmental skills was slightly improved in these sessions.

**Keywords:** neurodevelopmental disorder, autism spectrum disorder

### **ICCPR70- Application of Behaviour Therapy with Autism Spectrum Disorder: A Case Study**

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**Background:** Implementation of behaviour therapy techniques has positive impact in management of ASD **Objectives:** The current study focussed on the efficacy of behaviour therapy in managing symptoms of autism spectrum disorder along with improvement in learning skills. **Method:** A.A was a 2-year-old girl came with complaints of lack of response towards her name, no eye contact, speech delay, excessive crying on change, and moody temperament leading to non-compliance. Psychological assessment based on both informal (i.e., behavioral observation, clinical interview and Portage guide to early education) and formal (i.e., Childhood autism rating scale) levels. Findings of assessment revealed that she had moderate to severe Autism Spectrum Disorder. The therapeutic plan was based on the techniques of behaviour modification including reinforcement, differential reinforcement, task analysis, shaping, prompts and fading along with parental training to achieve targets. **Results:** After taking extensive 5 days, a week session of 2hours duration for three months A.A showed marked progress in form of improved eye contact, attending, following one-step commands, and started to perform tasks on imitation. **Conclusion:** It was concluded that using techniques of behaviour therapy were not only beneficial to manage symptoms of ASD but also teach skills to child with ASD.

**Keywords:** behaviour therapy, reinforcement, prompts and fading






# PRE & POST CONFERENCE WORKSHOPS







## PRE-CONFERENCE TRAINING

<b>Date</b>	November 7-10, 2021	
<b>Time</b>	9:30 a.m. to 4:00 p.m.	
<b>Resource Person</b>	<b>Prof. Dr. Akhtar Ali Syed</b> Principal Clinical Psychologist, Brothers of Charity Services, Waterford, Ireland	
<b>Title of Workshop</b>	Eidetic Psychotherapy	
Dr. Akhtar Ali Syed conducted a 4-day training workshop on Eidetic Psychotherapy. Dr. Syed not only explained the theoretical concepts of Eidetic Psychotherapy but also demonstrated its use with different psychological issues such as bereavement, trauma and somatic symptoms.		

## PRE-CONFERENCE WORKSHOPS

<b>Date</b>	November 15, 2021	
<b>Time</b>	8:00 a.m. to 10:00 a.m.	
<b>Resource Person</b>	<b>Ms. Saira I. Qureshi</b> Licensed Mental Health Counselor, United States of America.	
<b>Title of Workshop</b>	Narrative Therapy	
Ms. Saira I. Qureshi explained the basics of Narrative Therapy and how it can be used with different psychological issues. She further explained that the narratives we hold can result in positive or negative consequences. Thus, the efficacy of narrative therapy in improving one's quality of life was explained.		

<b>Date</b>	November 17, 2021	
<b>Time</b>	10:00 a.m. to 04:00 p.m.	
<b>Resource Person</b>	<b>Prof. Dr. Syeda Shahida Batool</b> Department of Psychology, Government College University, Lahore	
<b>Title of Workshop</b>	Development & Construction of Research Instrument	
Prof. Dr. Shahida Batool explained the significance of an indigenous research instrument and its application in the field of Psychology and Speech & Language Pathology. Further, Dr. Shahida Batool gave hands on training on the development of tool both theoretically and practically.		



<b>Date</b>	November 27, 2021
<b>Time</b>	10:00 a.m. to 1:00 p.m.
<b>Resource Person</b>	<b>Ms. Faiza Badar</b> Manager Rehabilitation Department, Shifa International Hospital, Islamabad
<b>Title of Workshop</b>	Assessment and Management of Communication Difficulties in Patients with Traumatic Brain Injury
Ms. Faiza Badar explained the role of Speech & Language Pathologist with regard to Traumatic Brain Injury. She discussed the assessment and management procedures that are used to manage communication difficulties in patients having unilateral or bilateral damage after having TBI.	



<b>Date</b>	November 29, 2021
<b>Time</b>	2:00 p.m to 6:00 p.m
<b>Resource Person</b>	<b>Dr. Azher H. Qamar</b> Post-Doc Researcher, School of Social Work, Lund University, Sweden
<b>Title of Workshop</b>	Psychological Anthropology: Using Ethnography in Psychological Research
Dr. Azher discussed the interplay between psychology and anthropology and its significance in qualitative research. He further explained the theoretical background of psychological anthropology with the help of different examples and activities.	



<b>Date</b>	December 4, 2021
<b>Time</b>	8:30 a.m. to 4:30 p.m.
<b>Resource Person</b>	<b>Dr. Jamilah Hanum Binti Abdul Khaiyom</b> Assistant Professor, Department of Psychology, International Islamic University, Malaysia
<b>Title of Workshop</b>	Using 10-Minute CBT in Empowering Patients to Change
Dr. Jamilah discussed how 10-Minute CBT can be used to empower patients to make modifications in their lifestyles and habitual patterns. She developed the understanding of behaviour change among participants. She explained the theoretical background of health belief models and techniques of motivational interviewing.	



## POST-CONFERENCE WORKSHOPS

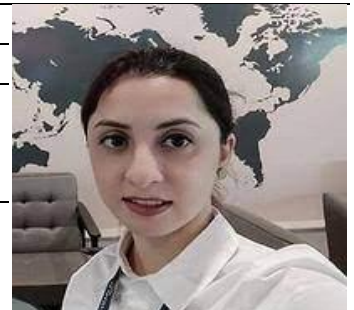
<b>Date</b>	December 15, 2020
<b>Time</b>	10:00 a.m. to 04:00 p.m
<b>Resource Person</b>	<b>Prof. Dr. Syeda Shahida Batool</b> Professor, Department of Psychology, Government College University, Lahore
<b>Title of Workshop</b>	Epistemology and Application of Interpretative Phenomenological Analysis [IPA]



<b>Date</b>	December 20, 2021
<b>Time</b>	10:00 a.m. to 03:00 p.m.
<b>Resource Persons</b>	Ms. Nazia Bashir Clinical Psychologist, Centre for Clinical Psychology, University of the Punjab, Lahore Ms. Hina Rana Senior Lecturer, University of Lahore, Lahore
<b>Title of Workshop</b>	<b>Time Management in Crisis Handling</b>



<b>Date</b>	December 28, 2021
<b>Time</b>	2:00 p.m. to 5:00 p.m.
<b>Resource Person</b>	Dr. Khadeeja Munawar Lecturer, Department of Psychology, Monash University, Malaysia.
<b>Title of Workshop</b>	Evidence-based practice of Clinical Psychology guided by Systematic Reviews and Meta-analysis



<b>Date</b>	January 10, 2022
<b>Time</b>	10:00 a.m. to 3:00 p.m.
<b>Resource Person</b>	<b>Dr. Nayab Iftikhar</b> Centre for Clinical Psychology, University of the Punjab, Lahore, Pakistan.
<b>Title of Workshop</b>	Hands on Training on Picture Exchange Communication System (PECS)



<b>Date</b>	January 15, 2022
<b>Time</b>	2:00 p.m. to 5:00 p.m.
<b>Resource Person</b>	<b>Dr. Fahad Riaz</b> Assistant Professor, Department of Psychology, International Islamic University, Malaysia
<b>Title of Workshop</b>	Designing a Phenomenological Study to Explore Lived Experiences of Mental Health Problems

