

## **Conference Program/Abstract Book**



**1<sup>st</sup> International PPS Conference on Mental Health  
10<sup>th</sup> October 2015, Bahawalpur**

**Venue: The Grand Regency Hotel, Bahawalpur**

**Pakistan Psychological Society**

**<http://pkps.org>**

## Welcome Note

It gives me immense pleasure in writing that Pakistan Psychological Society is holding and organizing its 1<sup>st</sup> International Conference. I, on behalf of conference management team, welcome you all at the 1<sup>st</sup> International Conference on theme of Mental Health. The Pakistan Psychological Society started functioning in 2014 with the objective of advancing the science of psychology and to work for the welfare of Pakistani psychologists. Pakistan Psychological Society is in its infancy. The Pakistan Psychological Society endeavors to network psychologists across the Pakistan and to create conditions conducive for the learning and growth of psychologists in the country.

Mental Health is an integral part of human existence. The all time changing socio economic conditions and terrorism in Pakistan are making our mental health deteriorating day by day. The scarcity of trained and qualified mental health professionals is further aggravating the situation. There is a strong need for indigenous research on the underlying causes of this deterioration and for the development of a comprehensive psychosocial plan to combat these conditions involving all stakeholders. The conference on mental health intends to provide such a platform.

I wish you all a pleasant and memorable experience with us.

**Ahmad Bilal**  
General Secretary/  
Conference Coordinator

## **Welcome Note**

I, as Chair Scientific Committee welcome you all at 1<sup>st</sup> International Conference on theme of Mental Health organized by Pakistan Psychological Society. It is indeed, the great achievement of Pakistan Psychological Society to hold its 1<sup>st</sup> International Conference on World Mental Health Day. It's a great occasion to exchange scientific ideas, information, knowledge, and learning experiences and network together. I urge all Pakistani psychologists to come forward and join hands with Pakistan Psychological Society in its endeavors to advance the science of psychology across Pakistan.

I wish you a happy time at Bahawalpur, Pakistan.

**Dr. Masood Nadeem**

President

Chair, Scientific Committee

# **Pakistan Psychological Society**

## **Introduction**

The Pakistan Psychological Society is committed to advance psychology as a discipline and profession. It spreads the message that psychologists make a difference and are dedicated to the betterment of community at large through improving scientific knowledge.

Pakistan Psychological Society's members form a dynamic group that advocate the need and rationale of psychologists at all levels of public enterprise. They strive to promote community's well being, enhance peoples' health and to contribute toward the socioeconomic growth of Pakistan.

Pakistan is a developing nation. The role of psychologists for the social growth of society cannot be denied. Psychologists have been serving in different walks of Pakistani society contributing to the uplift of society and masses. The formation of a platform for psychologists of Pakistan is needed strongly emphasized. Pakistan Psychological Society is such an example.

## **Purposes & Objectives**

- To promote psychology as a scientific, professional, and applied discipline
- To launch advocacy campaigns for raising awareness about psychological services and psychologists
- To work for the creation of network of psychologists
- To impart trainings & arrange workshops/seminars/conferences in applied fields of psychology
- To publish psychology magazines, Journals & Periodicals etc.
- To work for the creation of new posts for psychologists in public & private sector organizations
- To frame Code of Conduct and Ethical Principles for Pakistani psychologists
- To offer various psychological services to different communities
- To work as a bridge between various psychological organizations at national and international level
- To develop certification and licensure procedures for psychologists in various fields in Pakistan
- To work for the formation of Psychology Boards and Professional Examinations Systems

- To provide an opportunity of membership to young professionals and students
- To support and conduct indigenous research in Pakistan
- To contribute actively to the formation of national policy regarding various internal and external issues related to Pakistan
- To provide free advisory services to the public
- To develop mechanisms for training of psychologists in various job fields
- The Organization will run on non-political and non-commercial basis

## **Team of Pakistan Psychological Society**

The Team of Pakistan Psychological Society consists of following:

1. Executive Body
2. District Coordinators
3. Advisory Board

### **Executive Body**

#### **President**

***Dr. Masood Nadeem , Ph. D***

Assistant Professor/HoD, Applied Psychology, IU, Bahawalpur.

Former President, Pakistan Psychological Association, Bahawalpur Chapter

Former International Affiliate, American Psychological Association

#### **Vice President**

***Dr. Rizwana Amin, Ph. D***

Assistant Professor, Applied Psychology, BZU, Multan.

Executive Member, Pakistan Psychological Association

#### **General Secretary**

***Ahmad Bilal***

Director, Learning Institute of Psychology

Former International Affiliate, American Psychological Association

Former International Affiliate, APA, Div 30 (Psychological Hypnosis)

Certified Cognitive Behavior Therapist (OCTC, UK)

Certified Hypnotherapist (AAH, USA)

Member, Pakistan Association of Cognitive Therapists

Founding Member/General Secretary, Pakistan Psychological Society

Former General Secretary, Pakistan Psychological Association, Bahawalpur Chapter

**Assistant General Secretary**

***Shazara Mahmood***

Lecturer, Dept of Applied Psychology,  
Women University, Bahawalpur

**Joint Secretary**

***Dr. Abbas Ali Asim, Ph. D***

Associate Professor (Psychology), Pakistan School of Economics, Lahore.

***Dr. Jamil Ahmed Malik, Ph. D***

Assistant Professor, National Institute of Psychology, QAU, Islamabad.

**Finance Secretary**

***Muhammad Waqas Obaid***

Consultant Psychologist, Lodhran

**Information Secretary**

***Imran Ajmal***

Psychologist 1122 Rescue Service, Bahawalpur

**District Coordinators**

***Rahim Yar Khan***

Dr. Saba Yasien,

Assistant Professor, Dept of Applied Psychology, IUB Sub Campus

***Sadiqabad***

Mr. Shahid Hussain

Subject Specialist (Psychology), Khanbela

***Bahawalnagar***

Ms. Nafees Akhtar

Teacher Incharge, Dept of Applied Psychology, IUB Sub Campus Bahawalnagar

***Sahiwal/Khanewal/Okara***

Ms. Samia Khalid, Principal, College of Advanced Scientific Techniques, Sahiwal

***D. G. Khan***

Mr. Najam ul Huda

Psychologist, Danish School D. G. Khan

***Layyah***

Mr. Obaid ur Rehman

Teacher Incharge, Dept of Applied Psychology, BZU Sub Campus, Layyah

***Quetta***

Mr. Aziz ud Din Agha

Lecturer, Dept of Psychology, University of Balochistan

***Murree***

Sqd. Ldr. Sohail Mahmood

Psychologist, PAF College, Lower Toppa, Murree

***Faisalabad***

Ms. Nighat Haider

Clinical Psychologist, Govt. DHQ Hospital, Faisalabad

***Wah Cantt***

Mr. Zafar Ahmad

Visiting Lecturer, Dept of Psychology, University of Wah

***D. I Khan/Peshawar***

Ms. Syeeda Saria Bukhari

Admin Assistant, Oxfam GB, Peshawar

***Rawalpindi***

Mr. Abdul Wahab

Assistant Professor (Psychology), Govt. College for Boys, Asghar Mall, Rawalpindi

***Karak (KPK)***

Dr. Alam Zeb

Sta Coordinator, 1122 Rescue Service, Peshawar

**Advisory Board**

***Dr. Sarwat Sultan***

Associate Professor, Dept of Applied Psychology, BZU, Multan.

***Dr. Tahir Khalily***

Associate Professor/Chairman, Dept of Psychology (Male Campus), Int'l Islamic University, Islamabad.

***Dr. Rubina Hanif***

Assistant Professor, National Institute of Psychology, QAU, Islamabad.

***Dr. Muhammad Rizwan***

Assistant Professor, Dept of Psychology, University of Karachi

***Dr. Zahid Mahmood***

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

***Mr. Iftikhar Masood Warraich***

Hypnotherapist, Psychotherapist, Seyal Medical Center, Multan.

***Dr. Alay Ahmad***

Dean, HOD, Department of Psychology, Preston University, Peshawar Campus.

***Dr. Asir Ajmal***

HEC Approved Ph. D Supervisor Corporate and Leadership Trainer, IMS Knowledge, Lahore Private Practice, Tanwir Ahmed Medical Center (TAMC), Lahore Former Chairman, Department of Psychology, University of Central Punjab, Lahore

***Dr. Anees Sheikh***

Dept of Psychology, Cramer Hall, Milwaukee, West Wisconsin, USA

***Dr. Khalid Mahmood Bhatti***

Assistant Professor, Dept of Applied Psychology, GC University, Faisalabad

***Dr. Asghar Ali Shah***

Assistant Professor, Dept of Psychology, IIU, Islamabad.

***Professor Khalid Saeed***

Dept of Psychology, NCBAE, Multan.

***Dr. Farooq Naeem***

MBBS, MSc Research Methodology, MRCPsych, PhD  
Consultant Psychiatrist & Cognitive Behavior Therapist  
Associate Professor of Psychiatry, Queens University, Kingston, Ontario, Canada  
Adjunct Professor, Brain and Neurosciences, Queens University, Kingston, Canada  
Founding President, Pakistan Association of Cognitive Therapists

***Professor Dr. Niaz Maqsood***

Head, Department of Psychiatry & Behavioral Sciences,  
Bahawal Victoria Hospital, Bahawalpur.



## **Our Projects**

### **Newsletter**

The society publishes its newsletter online on monthly basis. It contains psychology news, latest information, upcoming news, and psychology related jobs information.

Subscription is free. For subscription, log on to <http://pkps.org>

### **Annual General Meeting**

The society shall hold its annual general meeting in the month of December each year to review the progress and functioning of the society. The elections for electing the members of executive body shall be held in annual general meeting after every four years. All members, executive body, district coordinators, and members of advisory board may attend the meeting.

### **Annual Report**

The society shall publish its annual report each year in the month of December. It shall contain a detailed report on the progress and achievements of the society.

### **Journal**

The society is in the process of launching its own journal entitled “Journal of Professional & Applied Psychology”. The journal shall be published on biannual basis. The journal is an online, open access, blind reviewed journal. Subscription is free. You may send your subscriptions to [jpap@pkps.org](mailto:jpap@pkps.org)

### **Psychological Forum**

There has been created an online forum for exchange of ideas & information and for sharing knowledge and learning experiences. Subscription is free. You may contact seasoned psychologists online.

### **Psychologists' Directory**

There is no official record or database of Pakistani psychologists available till now. Pakistan Psychological Society is in the process of compiling and shall publish the 1<sup>st</sup> Directory of Pakistani Psychologists. The directory will contain the name, contact and work details along with their areas of interest in psychology. The names of the members of the society will automatically be included in the directory. The directory will be available to everyone upon payment. The members will be able to get it on prescribed discounted rate.

## Conference

The society shall hold and organize academic conference on annual basis in different cities of Pakistan. The 1<sup>st</sup> conference is being organized at Bahawalpur with the theme of mental health.

## Membership

### Who Should Join

The students or teachers of psychology or professional psychologists may join the society upon filling up the membership form and depositing the membership fee into the bank account.

### Why Join

- The members get discounts on various publications and services of the society. The detail is as under:
 

○ Courses and Trainings	10%
○ Consultancy Services	15%
○ Publications of PPS	20%
○ Workshops/Conferences (PPS)	15%
- The members will get a membership no printed on membership card. The membership card will be valid for a period of one year from the date of deposit of membership fee. The membership card will display colored photo and particulars of the member.
- The members can cast vote and can contest elections for Executive.
- The members' names will be included in the Directory of Pakistani Psychologists.

### Membership Categories

There are four categories of membership:

- Fellow 1000/- PA

(can cast a vote and can contest elections).

Eligibility: M. Phil or Ph. D with minimum 2 years work experience as psychologist

- Member 700/-PA

(Can cast a vote & contest election)

Eligibility: MSc/BS Applied Psychology or equivalent

- Associate Member 500/-PA

(Can cast a vote but can not contest election)

Eligibility: MSc/BS Applied Psychology or equivalent

- Student Member 300/-PA

(Can not cast a vote & can not contest election)

Eligibility: Any Psychology student at any level of education

### **How to Apply**

Please fill out the application form, attach copy of CNIC, a colored passport size photograph and paid bank receipt of fee. Student members need to attach proof of their current studentship. For details, please log on to <http://pkps.org/membership>

## **1<sup>st</sup> International PPS Conference on theme of Mental Health 10<sup>th</sup> October 2015 Bahawalpur, Pakistan**

### **Who Should Attend**

- Mental Health Professionals
- Psychiatrists
- Psychologists
- Sexologists
- Neurologists
- Alternative Medicine Practitioners
- Students of Psychology &
- Residents of Psychiatry

### **Benefits of Attending**

- Sharing of Ideas and Experiences
- Knowledge Sharing
- Platform for Interaction with other Fellow Mental Health Professionals
- Exploration of New Ideas and Clinical Knowledge
- Contribution to the field of Mental Health
- Publication of Abstract in Conference Proceedings
- Best Articles will be published in a special issue of Journal of Professional & Applied Psychology

## About Bahawalpur

Bahawalpur (Punjabi, Urdu: بہاولپور), located in Punjab, is the 12th largest city in Pakistan. The city is capital of Bahawalpur District. The city was once the capital of the former princely state and later the province of Bahawalpur. The city was home to various Nawabs (rulers) and counted as part of the Rajputana states (now Rajasthan, India). The city is known for its famous palaces such as the Noor Mahal, Sadiq Ghar Palace, and Darbar Mahal, as well as the ancient fort of Derawar in the Cholistan Desert bordering India. The city is located near the historical and ancient cities of Uch and Harappa, which were once a stronghold of the Delhi Sultanate and Indus Valley Civilisation. The city is home to one of the few natural safari parks in Pakistan, Lal Suhanra National Park.

The city, which lies just south of the Sutlej River, is the site of the Adamwahan Empress Bridge, the only railway bridge over the Sutlej in Pakistan. It is situated 90 km from Multan, 420 km from Lahore, 270 km from Faisalabad and about 700 km from the national capital, Islamabad.

The main shopping centers of Bahawalpur are Shahi Bazaar, Machli Bazaar, Farid Gate , Circular road and Welcome Chowk. The commercial area in Satellite Town is a newly developed center that is gaining popularity. A few shopping malls, including Bobby Plaza, Takbeer Shopping Mall, Time, and Prince, cater for all kinds of needs. Shopping is a major attraction in the city; the city is bustling with traders and craftsmen selling all sorts of artwork for travellers and tourists.

Even with all the markets and forts, one thing for which Bahawalpur is recognised above all others is the numerous palaces that still remain intact ever since the fall of the Nawabs. There are countless palaces in the city, locally known as Mahals. Some of the most famous include: Noor Mahal, Gulzar Mahal, Darbar Mahal, Shimla Khoti Sadiq Ghar Palace and Darbar Mahal. The city also has a city gate called Farid Gate, which in its heyday provided the only entrance to the city for its rulers. The gate still remains and is now located in a busy market in the inner city. The Bahawalpur Museum and Bahawalpur National Library house various collections of coins, medals, postage stamps of the former state of Bahawalpur, manuscripts, documents, inscriptions, wood carvings, camel skin paintings, historical models and stone carvings from Islamic and pre-Islamic eras. There is a complete set of medals of all classes issued by the ex-state to its military officers, civilians, and other important citizens of the ex-state.

The city boasts a number of reputable educational establishments, most notably The Islamia University of Bahawalpur, Quaid-e-Azam Medical College, Sadiq Girls Women University and Sadiq Public School, which is one of the largest boarding schools in Pakistan. Other top schools include Beaconhouse School Bahawalpur, The City School (Pakistan), Bloomfield Hall Schools, Rangers Public School and College, Army Public School, and Dominican Convent School. Notable universities and colleges include: Government Sadiq Egertin College, Government Sadiq Degree College for Girls, The Islamia University of Bahawalpur, and Government College of Technology.

Generally, the weather of Bahawalpur is tropical. Bahawalpur witnesses all the four weathers in a year. The average temperature is 35-40 C.

Bahawalpur is famous for its hospitality and traditional and continental cuisines. Besides, it hosts a number of other modern style restaurants. Notable restaurants are: Panda restaurant, Four Seasons, La Taska, Grand Regency, Shahjahan Grill, Almaida, and Victoria Lounge & City Cafe. The notable hotels are: Hotel One, La Taska, and Grand Regency.

### **Conference Management Team**

Dr. Masood Nadeem	President
Dr. Rizwana Amin	Vice President
Ahmad Bilal	General Secretary/Conference Coordinator
Shazara Mahmood	Assistant General Secretary
Muhammad Waqas Obaid	Finance Secretary
Imran Ajmal	Information Secretary
Shakeela Altaf	Consultant Counselor
Samia Khalid	District Coordinator
Sharjeel Ahmad	Website Administrator
Ilyas Bhatti	Printing Master
Saba Shabbir	
Areeba Athar Malik	
Sehrish Wazir	
Rimsha Irshad	
Mudassir Shafiq & others	

## Conference Scientific Committee

Dr. Masood Nadeem	Chair
Dr. Muhammad Tahir Khalily	Member
Dr. Asghar Ali Shah	Member
Dr. Muhammad Rizwan	Member
Dr. Sarwat Sultan	Member
Dr. Rizwana Amin	Member
Dr. Farooq Naeem	Member
Dr. Rubina Hanif	Member
Dr. Zahid Mahmood	Member
Dr. Asir Ajmal	Member
Dr. Khalid Mahmood Bhatti	Member

## Conference Program

On Desk Registration	08:00am
Recitation from the Holy Quran	09:00am

### Inaugural Session (09:10am)

#### Welcome Address/Introduction of Pakistan Psychological Society

General Secretary/Conference Coordinator Mr. Ahmad Bilal

#### **Inaugural Speech 09:30am**

**Chief Guest:** Engr. Mian Muhammad Baligh ur Rehman, MNA/

State Minister for Federal Education, Professional Training, Interior & Narcotics

#### **Key Note Lectures 10:00am**

Mental Health in Pakistan: Past & Present Professor Khalid Saeed

Lecture on Psychological First Aid Dr. Muhammad Tahir Khalily

The State of Mental Health in Pakistan: Maj. Dr. Sheraz Malik<sup>a</sup>

Current & Future Challenges

<sup>a</sup>Consultant Psychiatrist/HOD, Dept of Psychiatry, CMH, Bahawalpur

**Tea Break 11:00am**

## 1<sup>st</sup> Scientific Session (11.20am)

### *Session Chair*

Prof. Dr. Zahid Mahmood, Chairman, Institute of Clinical Psychology, University of Management & Technology, Lahore.

Dr. Asghar Ali Shah, Assistant Professor, Dept of Psychology (Male Campus), International Islamic University, Islamabad.

**Moderator:** Dr. Rizwana Amin, Assistant Professor, Dept of Applied Psychology, BZU, Multan.

### Oral Presentations

#### **A Psychologist in Every Village: Using Technology to Improve Access to Mental Health Services: An Overview**

Reg Davis, Senior Clinical Psychologist/Treasurer APS NSW Central Coast Branch, Australia

#### **The Role of Self-Esteem and Social Support in Predicting Suicidal Ideation among Adolescents**

Dr. Saba Yasien, Assistant Professor, Dept of Applied Psychology, IUB Sub Campus, Rahim Yar Khan, Dr. Zaeema Riaz Ahmed, Institute of Clinical Psychology, University of Karachi

#### **Examining motivating factors behind Pakistani volunteers from Rawalpindi and Islamabad**

Dr. Sajida Naz\* & Ms. Ayesha Riaz, \*Lecturer, Dept of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi.

#### **Deranged Mental Homeostasis in Medical Students; Doctrine of Depression, Anxiety and Stress Incongruent to Inhabitation**

Hafsa Liaqat<sup>a</sup>; Usama Khalid Choudry<sup>b</sup>; Abeer Altaf<sup>a</sup>; Atta Ur Rehman<sup>a</sup>; Ammar Khalid Choudry<sup>c</sup>, Jibran Sualeh Muhammad<sup>d\*</sup>

<sup>a</sup>Medical Student, Sindh Medical College, Dow University of Health Sciences, Karachi, Pakistan

<sup>b</sup>Department of Postgraduate Medical education, Aga Khan University Hospital, Karachi, Pakistan

<sup>c</sup>Medical Student, Jinnah Medical and Dental College, University of Karachi, Karachi, Pakistan

<sup>d</sup> Department of Gastroenterology, Graduate School of Medicine and Pharmaceutical Sciences, University of Toyama, Toyama 930-0194, Japan

**Relationship between Emotional Intelligence and Psychological Well Being among Pakistani Adolescents**

Shazia Gulzar\* & T. Mehmood, Clinical Psychologist/Lecturer\*, Humanities Dept, COMSATS Institute of Information Technology, Lahore.

**An exploratory study of quality of life and social adjustment among women undergoing Menopause**

Nadia Bukhtawer\* & Ms. Novaira Babar, Lecturer\*, Dept of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi.

**The role of social support, self esteem and Stress in addicts and non addicts**

Farah Naz\* & Dr. Amena Zehra\*\*, M. Phil Scholar\*, Assistant Professor\*\*, University of Karachi

**Forgiveness: as Attaining Mental Health among Depressed Patients**

Momina Abid, Emotional Healer, General Secretary Multan Psychological Association

**Mental Health and Emotional Regulation among Residents of Shelter Homes**

Maryam Imtiaz & Humaira Malik, Dept. of Applied Psychology, Women University Multan

**Life Hassles Affecting Mental Health Through Emotional Intelligence**

Dr. Sarwat Sultan\* & Ms. Abeera Nawaz, Associate Professor/Chairperson\*, Dept of Applied Psychology, BZU, Multan.

**Mental Health from Qur'anic Perspective: An Analysis**

Muhammad Tahir, PhD Research Scholar, Faculty of Islamic Studies, International Islamic University Islamabad Pakistan, Visiting Scholar at Griffith University, Brisbane, Australia.

Dr. Mohamad Abdalla, Associate Professor, School of Humanities, Griffith University Brisbane, Australia.

Dr. Muhammad Tahir Khalily, Associate Professor/Chairman, Dept of Psychology (Male Campus), International Islamic University, Islamabad.

**Prayer/Lunch Break**

**01:30pm**

**Special Lectures (02:00pm)**

Integrating Positive Psychology into Current Mental Health Practices

Prof. Dr. Asir Ajmal

The State of Mental Health & Its Expression in South Punjab

Mr. Iftikhar Masood Warraich



## 2<sup>nd</sup> Scientific Session (02:45pm)

### ***Session Chair***

Dr. Sarwat Sultan, Associate Professor/Chairperson, Dept of Applied Psychology, BZU, Multan.

Dr. Abbas Ali Asim, Associate Professor, Pakistan School of Economics.

**Moderator:** Dr. Jamil Ahmed Malik<sup>a</sup>/Arif Nadeem<sup>b</sup>

<sup>a</sup>Assistant Professor, National Institute of Psychology, QAU, Islamabad.

<sup>b</sup>Lecturer, Dept of Applied Psychology, GC University, Faisalabad.

### **Oral Presentations**

#### **Core Somatic Integration: A Noteworthy Psycho Therapeutic Practice**

Dr. Devayani S. Kashyap, Psychotherapist, Mumbai, India

#### **Parenting & Interpersonal Difficulties as Predictor of Mental Health Problems in College Students**

Dr. Sadia Saleem<sup>a</sup>, Dr. Zahid Mahmood<sup>b</sup> & Ayesha Asghar

<sup>a</sup>Associate Professor, Institute of Clinical Psychology, University of Management and Technology, Lahore, <sup>b</sup>Professor/Director, Institute of Clinical Psychology, University of Management and Technology, Lahore.

#### **Caregiving Burden and its association with Quality of Life and Life Satisfaction among Caregivers of Schizophrenic Patients (A Pilot Study)**

Misbah Chaman\* & Ms. Zill-e-Huma\*\*, University Counseling Center Coordinator\*\*, Fatima Jinnah Women University, Rawalpindi.

#### **Interceded Role of Self- Criticism in Recollection of Threat and Submissiveness in Childhood and Psychopathology**

Dr. Rizwana Amin\*, Barza Khan & Afshan Afroz Bhatti

\*Assistant Professor, Dept of Applied Psychology, BZU, Multan.

#### **Obesity: Relation with Physical, Mental, and Social Health**

Masood Nadeem<sup>a</sup>, Saba Shabbir<sup>b</sup>, & Shazara Mahmood<sup>c</sup>

<sup>a</sup>Assistant Professor/HOD, Dept of Applied Psychology, Islamia University, Bahawalpur

<sup>b,c</sup>Lecturer, Dept of Applied Psychology, Women University, Bahawalpur

#### **Depression and Stress among Patients with Dermatological Disorders**

Masood Nadeem<sup>a</sup>, Areeba Athar Malik<sup>b</sup>, Sidra Rehman

<sup>a</sup>Assistant Professor/HOD, Dept of Applied Psychology, Islamia University, Bahawalpur

<sup>b</sup>Visiting Lecturer, Dept of Applied Psychology, Islamia University, Bahawalpur

**Quality of Life, Mental Well Being & Marital Satisfaction in Men diagnosed with Sexual Dysfunctions**

Imran Waheed & Ahmad Bilal<sup>a</sup>

<sup>a</sup>Lecturer, Dept of Applied Psychology, Islamia University, Bahawalpur.

**Child Rearing Practices of Mothers having Normal & Mentally Disable Children**

Samia Khalid, Principal, College of Advanced Scientific Techniques, Sahiwal.

**Cultural practices related to Women's Mental Health: An Anthropological study**

Fizzah Javed, Dept of Sociology, College of Advanced Scientific Techniques, Sahiwal.

**The Body Image, Body Weight and Self Esteem in Adolescents (13 – 20)**

Asma Tariq, Samia Khalid<sup>a</sup>

<sup>a</sup>Principal, College of Advanced Scientific Techniques, Sahiwal.

**Importance of Education in Mental Health Development with Reference to Pakistan**

Ayesha Ashraf, Ph. D Scholar, English Literature, NUML Islamabad, Pakistan

**Tea Break**

**04:40pm**

**Certificate Distribution Ceremony &**

**05:00pm**

**Vote of Thanks/Concluding Speech**

Dr. Masood Nadeem, President, Pakistan Psychological Society

**Abstracts for Oral Presentations**

**A Psychologist in Every Village Using Technology to Improve Access to Mental Health**

**Services: An Overview**

Reg Davis, Senior Clinical Psychologist/Treasurer APS NSW Central Coast Branch,

Australia

Email: regdavis@live.com.au

**Abstract**

Given the high incidence of mental health disorders and poor access to face to face clinical services, and the high costs associated with training of mental health clinicians and the delivery of centre based mental health services, it is imperative to explore new ways to deliver mental health services that are cheap, accessible, timely, confidential and engaging. Australia is an emerging world leader in the development and implementation of online mental health services, and an early adopter of new technologies. This paper will explore the range of technology based approaches, including, psycho-education, on-line treatment and education programs, consumer and professional web forums, social networking applications

and smart phone based therapeutic tools, including monitoring and bio-metric technologies and use of wearable devices for bio-feedback and in vivo, real-time behavioural monitoring. All of these have a strong literature of effectiveness but have had limited acceptance in the community of psychological practitioners. There is a struggle to understand how they can be made available for the general public of mental health consumers, or used to enhance traditional, centre based mental health services. The presentation will explore issues relating to the cost of mental health services, the range of available technological based mental health applications, implementation issues including different models of care delivery, developing partnerships with key stakeholders and barriers of awareness, access and acceptance. The overview will include the development, evaluation and implementation of e-psychology approaches in Australia and possible applications in the Pakistan context. Ethical issues relating to the use of technology in clinical practice will be also be discussed.

**Key Words:** Mental Health, Technology and Psychological Well Being, e Psychology

### **The Role of Self-Esteem and Social Support in Predicting Suicidal Ideation among Adolescents**

Saba Yasien, PhD, Zaeema Riaz Ahmed<sup>a</sup>, PhD

<sup>a</sup>Institute of Clinical Psychology, University of Karachi

Email: sabayaseen\_ryk@hotmail.com

#### **Abstract**

Death rate by committing suicide is major public health concern. This study aims to investigate the association of self-esteem and social support with suicidal ideation in adolescents. Sample of this study consisted on 545 adolescent aged 16 to 19 years old with mean age of 17.18(.98). Personal Information Form, Urdu versions of Positive and Negative Suicide Ideation Inventory (Yasien, & Riaz, in press), Rosenberg Self-Esteem Scale (Sardar, 1998) and Sarason Social Support Questionnaire-Short Form (Fatima, 2009) were administered. Logistic regression analysis was employed to identify the association of self-esteem and social support with suicidal ideation. Self-esteem (OR=.874, 95% CI [.835-.916]p =<.001) was found as significant associated factor that increase the odd ratios for suicidal ideation. While social support (OR, .893; CI, .804-.992, p=.029) and satisfaction with support (OR= .671, 95% CI [.509-.884] p= .005) decrease the odd ratios for suicidal ideation. It is concluded that self-esteem and social support should be taken into consideration while assessing and developing interventions against suicidal behaviors. Limitations and recommendation are also discussed.

**Key words:** Adolescents; Suicidal ideation; social support; self-esteem

**Examining motivating factors behind Pakistani volunteers from Rawalpindi and Islamabad**

Dr. Sajida Naz\* and Ms. Ayesha Riaz

Lecturer\*, Dept of Behavioral Sciences, Fatima Jinnah Women University, Rawalpindi

Email: dr.sajida@fjwu.edu.pk

**Abstract**

Volunteering is about offering, contributing, and supporting other individuals and the society at large. It is working for others to create an essential contribution to a better society and its reward can never be given in tangible form. There is a high need of active volunteers for Pakistan considering that it is a country prone to natural and man-made disasters. Although number of people volunteer in the country, there are several challenges for people of different age groups and social class which limit effective participation. In order to examine what motivates to volunteer and what are the challenges particularly for the student population, this mixed method study was carried out with students. VFI (volunteer function inventory) scale was used to collect data from volunteers 120 volunteers (60 males, 60 females) working with various non government organizations within Rawalpindi and Islamabad. An interview guide was developed to understand issues regarding participation in volunteer work from representatives of two NGOs. Findings suggested that some of the factors contributing to motivation were career (for females, humanitarian, social, values, knowledge enhancement and outcome. With in depth interviews, issues identified were related to retention of volunteers, lack of training, and orientation about local organizations. These results are discussed in light of policies for volunteers in Pakistan.

**Keywords:** Volunteering, Pakistan, Motivation

**Deranged Mental Homeostasis in Medical Students; Doctrine of Depression, Anxiety and Stress Incongruent to Inhabitation**

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### **Abstract**

Medical School student are exposed to a lot of stressors, to assess the effect of these stressors a comparative study was done to evaluate depression, anxiety and stress among the medical students living with families and those residing in dormitories. A cross sectional comparative study was done on 211 students from 3 medical colleges of Pakistan following curriculum of Dow University of Health Sciences. Students were assessed by a self-administered questionnaire developed on DASS-42 scale. Prevalence rate, risk estimation and two tailed significance of levels of depression, anxiety and stress was calculated using SPSS 20.0.1. A total of 211 medical students participated in the study. Students living with family were 122 (57.81%) and those living in hostels were 89 (42.18%). Prevalence of depression, anxiety and stress calculated for home students was 34.42%; 45.08% & 36.06% respectively and for dormitory students it was 40.4%; 43.82% & 30.33% respectively. The two tail significance for all three variables was  $>0.05$  indicating an equivocal trend in both study groups. In conclusion, although there was no significant association of a certain psychological pressure with residence and the prevalence of depression, anxiety and stress was considerably equal in both study groups. Depression was slightly higher in dormitory student. Our study provides an insight as well as a preliminary data which demands further exploration for development of effective stress management counseling with a more targeted approach for the benefit of young physicians of Pakistan.

**Keywords:** Depression, Anxiety, Mental Homeostasis

### **Relationship between Emotional Intelligence and Psychological Well Being among Pakistani Adolescents**

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### **Abstract**

This study was designed to investigate the relationship of emotional intelligence with self-esteem and depression among adolescents. 182 participants both male and female of age range 12 to 18 years with mean age of 15.70 and SD=1.82 were included in this study. Sample was selected via using mixed method sampling technique. Trait Emotional Intelligence questionnaire (TEIQue-SF; Petrides & Furnham, 2003), Revised Children's Anxiety and Depression scales (Chorpita, 1998) and Rosenberg Self Esteem Scale (Rosenberg, 1965) were administered. Pearson Product moment of Coefficient of correlation was used in order to find out relationship of emotional intelligence with self-esteem and depression among adolescents. Results showed that Emotional intelligence is positively related to self esteem and negatively related to depression among Pakistani adolescents. The Results were discussed in the light of Pakistani cultural context.

**Keywords:** Adolescents, depression, emotional intelligence, self-esteem

### **An Exploratory Study of Quality Of Life and Social Adjustment among Women Undergoing Menopause**

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### **Abstract**

The aim of the present research was to explore how the severity of physical symptoms related to menopause influence the quality of life and social adjustment among women undergoing menopause. The sample of the study consisted of 100 women (N=100) who were undergoing menopause within the age range 40-69 years. The sample was collected through convenient sampling technique from West ridge community (Phase 1, 2 & 3) in Rawalpindi. The study employed a correlational study design and survey method was used. In this study, Menopause Rating Scale, MRS (Schneider, 1994) was used to assess the severity of physical symptoms experienced by women undergoing menopause. This scale was translated in Urdu. World Health Organization Quality of Life Scale, WHOQOL-BRIEF (WHO, 2004) Urdu version was used to assess quality of life while Social Adjustment Scale (Cooper, 1982) was used to measure the level of social adjustment among women undergoing menopause. It was hypothesized that there exists a strong positive relationship between quality of life and social

adjustment among women undergoing menopause which was supported by the findings of the study ( $r = .63^{**}$ ). Furthermore, it was hypothesized that there exists an inverse relationship between severity of menopausal symptoms and social adjustment among women undergoing menopause which has been proved by the results ( $r = - .41$ ). Moreover, no significant differences in severity of symptoms and social adjustment among working and non working women were observed. On the basis of above mentioned findings it can be concluded that undergoing menopause can have significant influence on the quality of life and social adjustment of women. Moreover, as severity of symptoms decreases, social adjustment increases. However demographic characteristics like working or staying at home have no significant impact on the experience of symptoms and social adjustment. The current study was an exploratory study which has explored the psychosocial aspect of menopause and laid the foundation for future studies.

**Key Words:** Menopause, Mental Health, Psychological Well Being, Women Sexuality

### **The Role of Social Support, Self Esteem and Stress in Addicts and Non Addicts**

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#### **Abstract**

The purpose of the study is to measure the level of self esteem, perceived social support and stress in addicts and non-addicts. Addicts would have low level of self esteem, perceived social support and high level stress than non addicts. There would be negative correlation b/w stress and self esteem, stress and perceived social support and positive correlation b/w perceived social support and self esteem. A Sample of 100 men were taken out of which 50 were addicts and were under treatment for drug addiction relief and other 50 were non addicts. The age range of the participants was minimum 19 and maximum 60 years ( $X=27.18$ ,  $SD=6.87$ ), with minimum primary education. After taking permission from relevant authorities participants were individually administered the Urdu translated version of scales including: Respondent Profile form, Multidimensional Scale of Perceived Social Support (Zimet, Dahlem, Zimet & Farley, 1988), Rosenberg Self-Esteem Scale (Rosenberg, 1965) and Perceived Stress Scale (Sheldon Cohen and his colleagues, 1983) were administered to assess perceived social support; self-esteem; and stress respectively. Descriptive statistics, t-test, Correlation statistics, other relevant statistics were applied (SPSS, V.13). Cohen's  $d$  was also applied to check the effect size. The results indicated

significance in self esteem in addicts and non addicts ( $t(95) = 3.101, p = .003, d = 0.6275$ ), also negative co-relation between stress and self esteem ( $r = -.305, p = .002$ ) while the other results have no significance ( $p > .05$ ). Conclusion: Addicts have low level of self esteem than non-addicts, but the level of perceived social support and stress has been seen as equal in both groups.

**Key words:** Perceived Social support, Self esteem, Stress, Addicts, Non-addicts

### **Forgiveness as Attaining Mental Health among Depressed Patients**

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#### **Abstract**

To cure the mental health issues medication is not the only path. Other paths like forgiveness play a vital role from the recovery of mental and physical health issues. The aim of the present study was to address the importance of forgiveness in mental health and to investigate the predictive relationship between forgiveness and mental health among depressed patients. 120 diagnosed depressed patients from Nishtar hospital Multan were randomly selected. Heartland Forgiveness Scale (Thompson et al., 2005) and Mental Health Inventory (Viet & Ware, 1983) was used in research study. Result indicated that forgiveness were positively and strongly associated with mental health. The findings pertaining to gender differences showed that male and female depressed patients have significance differences on the level of forgiveness and mental health. Forgiveness and mental health is high in female depressed patients as compare to male depressed patients.

**Key Words:** Forgiveness, Mental Health, Physical Health, Depressed Patients

### **Mental Health and Emotional Regulation among Residents of Shelter Homes**

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#### **Abstract**

The study was conducted to explore the effect of mental health and emotional regulation among people living in shelter homes. In the present study purposive sample of 200 respondents was taken from Social Welfare Women Development and Bait-ul-Mal Multan, SOS village and the Edhi Home of Multan which included both males ( $N=100$ ) and



females ( $N=100$ ). The age range of sample was 13-40 years. Mental health and emotional regulation among residents of shelter home was measured by using Emotional Regulation Questionnaire (Gross & John, 2003) and Mental Health Inventory (Veit & Ware, 1978). The results revealed significant positive correlation between mental health and emotional regulation among residents of shelter homes. Findings indicated severe mental health issues and emotional regulation problems among the residential of shelter homes on the basis of gender as well as marital status, socio economic status education and age. The main findings shows that men in shelter homes have high level of mental health but low level of emotional regulation as compared to women whereas unmarried people have high level of mental health as compared to married people.

**Key Words:** Mental Health, Emotional Regulation, Shelter homes

### **Life Hassles Affecting Mental Health Through Emotional Intelligence**

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#### **Abstract**

Daily life hassles play an important role in influencing an individual's mental health. Emotional intelligence is very important aspect to deal with these life hassles and to maintain mental health. The study was conducted to investigate the relationship between these variables i.e., daily life hassles, mental health and emotional intelligence. For this purpose, a sample of students ( $N=300$ ) were taken from Bahauddin Zakariya University through convenient sampling including both males and females. Age of the students ranged from 18-24 years. Results showed that daily life hassles are negatively correlated with mental health. The regression analysis showed that emotional intelligence has significant relationship with daily life hassles whereas weak correlation was found between mental health and emotional intelligence. Therefore mediating role of emotional intelligence between daily life hassles and mental health was found to be non significant in the present study. Results showed a significant difference between males and females in emotional intelligence and daily hassles whereas non-significant gender difference was found with respect to mental health.

**Key words:** Emotional intelligence, Daily hassles, Mental health

### **Mental Health from Qur'anic Perspective: An Analysis**

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#### **Abstract**

This paper aims to examine the nature of mental health from Qur'anic Discourse. In recent time, mental health issues have been increasing day by day. In this regard, social sciences, particularly psychology, have greatly emphasized to deal with mental health of mankind worldwide. However, the Qur'anic teachings have discussed mental health issues in religious domain. As the Noble Qur'an is a divine religious book based on revelation, therefore, it provides comprehensive guidance and instructions for religious as well as social issues and problems of mankind. This theoretical research will provide an analytical review of Qur'anic verses on mental health issues and will be carried out by content analysis method. This endeavor will be beneficial for humanity, particularly Muslims, in order to improve general mental health conditions.

**Key Words:** Islam & Mental Health, Quran & Mental Health, Muslim Psychology

### **Core Somatic Integration: A Noteworthy Psycho-Therapeutic Practice**

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#### **Abstract**

The physical body is the densest form of energy that our consciousness uses to explore its environment and interact with others. The research evidence too suggests that all living beings function in a similar fashion, but the mechanism that other animals use to come back from a stressful condition to the normal functional state, is seldom used by the human beings in reality. In a particularly disturbing interaction with the environment, all the fear and energy created by the situation becomes locked in the body. When the energy is frozen and is not released, the brain and nervous system reacts to that trauma or that frozen energy as if it is happening here and now and maintains the body under the same stress, and over a period of time the body's immunity gives way, which then leads to development of somatic symptoms.

An illness can appear in the energy field weeks and even months before it appears in the physical body. This happens only in humans as they think in a different manner than other animals, the case in point here being discussed is various defense mechanisms. In Freudian Psychoanalytic theory, defence mechanisms are psychological strategies brought into play by the unconscious mind to manipulate, deny, or distort reality and to maintain a socially acceptable self image or self schema. They are subconscious, almost automatic, ego-protecting reactions to unpleasant situations. It is interesting to observe how somatization and intellectualization prevent the individual from shaking off the frozen moments and perpetuate living in a different time and space. The core somatic integration involves bringing up the experience in the present, and discharging or channelizing frozen energy to get back to the healthy, functional state of living.

**Key Words:** Psycho somatic illness, Somatic Symptoms, Psychotherapy

### **Parenting & Interpersonal Difficulties as Predictor of Mental Health Problems in College Students**

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#### **Abstract**

Parent-child relationship has the well-known influence on children growth and development. The aim of the current study was to investigate the long term relationship in little period of life. The study was carried out with the help of three scales EMBU-A (Gerlsma, Arrindell, Veen, & Emmelkamp, 1991), Interpersonal Difficulties Scale (Saleem, Ihsan, & Mahmood, 2014) and General Health Questionnaire (Goldberg & Williams, 1988). A sample of 321 participants (54 % boys and 46% girls) from different colleges within the age range of 15-20 ( $M=17.32$ ,  $SD=1.00$ ) were selected through stratified sampling. Data analysis was carried out with the help of inter correlations and hierarchal regression analysis. Findings of the study showed that students who perceived more Rejection from their parents tend to face more Interpersonal Difficulties in college life as compared to those students who perceived more emotional warmth from their parents. Results also showed that Interpersonal Difficulties such as Lack of Social Support and Lack of Unstable Relations predict positively Mental Health problems. Influence of Parent child relationship goes on well beyond childhood.

**Key Words:** Parenting styles, Mental Health issues in students

**Caregiving Burden and its Association with Quality of Life and Life Satisfaction among Caregivers of Schizophrenic Patients (A Pilot Study)**

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**Abstract**

Caregivers of patients with Schizophrenia experience significant level of burden, which could negatively be associated with their well-being (quality of life and life satisfaction). Research on the well-being of schizophrenic patients' caregivers is lacking in Pakistan. The present study aims to explore the association of caregiving burden with the constructs of quality of life and life satisfaction among the caregivers of Schizophrenic patients. A quantitative study was conducted to collect the data from three major hospitals of Rawalpindi. A sample of 48 caregivers of Schizophrenic patients was collected through purposive sampling technique. Socio-demographic information including age, gender, education, occupation, monthly income, marital status, family system, characteristics of caregivers in terms of relationship with patient and duration of caregiving were gathered. Structured self-reporting questionnaires were implied to assess caregiving burden, quality of life, and life satisfaction. The correlational analysis was implied to assess association among constructs and independent sample t-test was applied at 5% level of significance to determine the associated demographic factors for caregiving burden. The mean age of the study participants was  $37.31 \pm 15.60$  years with the predominance of females i.e. 58.3%. 33.1% of participants were experiencing moderate caregiving burden (females= $52.11 \pm 19.76$  & males= $32.00 \pm 19.23$ ,  $p < 0.00$ ). Caregiving burden was positively correlated with life satisfaction ( $r = .48$ ,  $p < 0.01$ ) and physical health ( $r = .31$ ,  $p < 0.01$ ) and negatively correlated with environmental health ( $r = -.25$ ,  $p > 0.05$ ). Participants' occupation ( $p < 0.00$ ), monthly income ( $p < 0.00$ ), family system ( $p < 0.05$ ), duration of illness ( $p < 0.01$ ), duration of caregiving ( $p < 0.00$ ), time spend in caregiving ( $p < 0.00$ ) and relationship with patient ( $p < 0.00$ ) were significantly associated with caregiving burden. The results of the present study were consistent with the literature however awareness raising and supportive programs for the caregivers must be design to address the culture specific associated factors.

**Key Words:** Schizophrenia, Caregivers, Quality of Life

**Interceded Role of Self- Criticism in Recollection of Threat and Submissiveness in  
Childhood and Psychopathology**

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**Abstract**

The purpose of this study was to explore interceded role of self criticism in recollection of threats and submissiveness in childhood and psychopathology. The sample was consisted of 516 adults including males ( $N=267$ ) and females ( $N=249$ ) taken from the different areas of Multan through simple random sampling. Respondents belonged to the different gender, age groups, educational level, and socioeconomic status. Instruments The Early Life Experiences Scale (ELES), Depression Anxiety Stress Scales (DASS) and Forms of Self-Criticizing/Attacking and Self-Reassuring Scale were used to assess the recollection of threats and submissiveness, psychopathology and self-criticism. The results indicated that the recollection of threats and submissiveness in childhood positively significantly correlated with psychopathology and self criticism mediated the relationship between the recollection of threats and submissiveness in childhood and psychopathology in adulthood. Results also showed that females exhibited more submissiveness and perceive threat as compared to males whereas males scored high on depression, anxiety and self-criticism as compared to females.

**Keywords:** Psychopathology, Self-criticism, Recollection of threat & submissiveness.

**Obesity: Relation with Physical, Mental, and Social Health**

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**Abstract**

The current study explored the relationship of obesity with physical, mental, and social health among females, including 72 obese and 70 non-obese (24 overweight and 42 healthy) participants from Bahawalpur city. Quantitative and cross-sectional method was employed. The data was collected through non-probability convenient sampling technique, by using Duke Health Profile (psychometric properties were established for the scale) and calculating BMI of the participants. Analysis of variance and correlations were computed for

statistical analysis. Results revealed that obese and overweight females scored significantly low on; physical and mental health, when compared with healthy females, however, social health was not significantly affected among the three groups. Furthermore, physical and mental health showed significant negative correlation with BMI, thus affecting general health status. The study concludes that increasing levels of BMI can elevate risks for mental health problems. Better intervention strategies should be commenced to deal with overweight or obesity, with focus on mental health.

**Key Words:** Obesity, Psychosocial correlates of obesity

### **Depression and Stress among Patients with Dermatological Disorders**

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#### **Abstract**

Present research administered to examine the effect of depression and stress on dermatological patients (acne vulgaris and nail deformities and dystrophies). It was cross sectional quantitative research. For this purpose non- probability purposive sampling and between group research design was used. Data from adult population (early and old adult) of 55 participants (acne vulgaris and nail deformities and dystrophies) was collected from BVH by using Depression Anxiety Stress Scale (DASS) (Lovibond & Lovibond, 1995). Data was analyzed (SPSS; version 21) by computing t-test and bivariate correlation. Results indicated that there was significant negative relationship between depression, stress and dermatological disorders. However, level of depression and stress was high among acne dermatological patients as compare to the nail dermatological patients. Furthermore, no significant gender difference was present in depression and stress among dermatological patients, similarly no significant age and marital status difference was found in depression and stress among dermatological patients. Further, better coping dimensions should be kept in consideration.

**Key Words:** Skin diseases, Depression & Anxiety in Dermatology patients

## **Quality of Life, Mental Well Being & Marital Satisfaction in Men diagnosed with Sexual Dysfunctions**

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### **Abstract**

The present study was conducted to investigate the quality of life, mental wellbeing, and marital satisfaction in men diagnosed with Sexual dysfunction. The sample consisted of 200 married males with Sexual dysfunction. Sample was taken by non-probability purposive sampling technique from south Punjab. WHO Quality of Life, Warwick Edinburgh Mental Wellbeing Scale (translated into Urdu), and Kansas Marital Satisfaction Scale (translated into Urdu) were used. The analysis was completed on SPSS using t-tests and descriptive statistics. Results also showed the presence of low quality of life, low mental wellbeing, and low marital satisfaction in males with sexual dysfunction. Moreover, results suggested that quality of life is higher in ages between of 25-34 as compared to other groups 35-44 and 45 to above. Similarly the quality of life is higher in employed males as compared to self-employed males. The results shows that mental wellbeing is lower in ages between 25-34 as compared to 35-44 and 45 to above. Similarly the level of mental wellbeing is higher in employed male as compared to self-employed. Results shows that the marital satisfaction is higher in ages between 45 to above as compared to 34-44 and 25 to 34. As well as the result suggested that level of marital satisfaction is lower in employed males as compared to self-employed males with sexual dysfunction. This study would help in better understanding the psychological aspects regarding sexual dysfunctioning among males.

**Key Words:** Sexual dysfunctions, Marital satisfaction, Mental Well being

## **Child Rearing Practices of Mothers having Normal & Mentally Disable Children**

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### **Abstract**

Present research was conducted to check the perception of mothers about their child (normal children and mental disable children) rearing practice. For sample selection non probability convenience sampling techniques was used. Sample of 100 mothers of normal children and 100 mothers of mental disabled children (slow learners) was selected from urban

and rural areas of Sahiwal and Vehari. In which some mothers are educated and some are uneducated. Child rearing practice scale made by Roberts, L.W. (1989) was used. For statistical analysis SPSS was used in present research. It was hypothesized that there would be a significance difference between mothers of mental disabled children and normal children in reference to their child rearing practice. Results supported the hypothesis that mothers of mental disabled (slow learners) children are more conscious about their child rearing practice as compare to the mothers of normal children. Another hypothesis revealed that there would be a significant difference between educated mothers and uneducated mothers in reference to their mental disabled child rearing practice; results support the hypothesis that educated mothers of mental disabled children are more conscious about their child rearing practice as compare to uneducated mothers. It was also hypothesized that there would be a significance difference between working and non working mothers of mental disabled children in reference to their child rearing practice, results rejected the hypothesis that both (working and non working mothers) are conscious about their mental disabled child rearing practice. It was also hypothesized that there would be a significance difference between the mother who belong to urban area and belongs to rural area in reference to their mental disabled child rearing practice, results rejected the hypothesis that both type of mothers are conscious about their mental disabled child rearing practice.

**Key Words:** Child rearing practices, Parenting, Mentally disable children

### **Cultural practices related to Women's Mental Health: An Anthropological Study**

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#### **Abstract**

This research will be proposed primarily for the judgment of societal and cultural practices of women's mental health in Pakistan and especially emphasis on District Vehari. The major objectives of the study included: To explore the social and cultural factors of psychic illness of women's mental health, to highlight the problems and hurdles faced by women in the community, to analyze the patterns of narrations by the community. The data collection will be carried out through qualitative methods by focusing the unequivocal searching for anthology of trustworthy and bona fide data. The main findings of this study would be discussed about the exploration of latest domains in mental health issues.



Moreover, the research will also thoroughly examine such practices in Vehari have created the severe boundaries of women in several spheres of life, which has an unsympathetic psychological impact. Violent behavior against women has become one of the acceptable means whereby men do exercise their culturally constructed right to control women. The urban Pakistani women in many aspects are almost at same level with the women of developed countries but in the rural set-up, the depiction is exclusively different. It is antiquated, vicious and clearly humid. Thus the purpose of this study is to explore the fundamental changes are required to improve their quality of life. It is very important that productive steps be taken to put into practices of women friendly laws and opportunities be provided for socio-cultural erudition. Policies should be created to enhance the status of women as useful members of the society.

**Keywords:** Cultural practices, mental health, Domestic violence, women's issues

### **The Body Image, Body Weight and Self Esteem in Adolescents (13 – 20)**

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#### **Abstract**

Present research is an effort to explore the Body image, body weight and self esteem in adolescents (13 – 20). In this research non probability purposive sampling technique is used. Sample of 100 adolescents (50 boys & 50 girls) are taken from the college of Sahiwal. Survey research design is used in present research. Body image, body weight scale which is introduced by N Burrowes and M Kostanskr (2013) and self esteem scale which is introduced by Dr. Morris Rosenberg (2012) are used in this research. It was hypothesized that there would be a positive correlation between body image, body weight and self esteem, Results ( $P=0.687$   $p>0.05$ ) do not support the hypothesis that there would be positive correlation between body image, body weight and self esteem. Another hypothesis shows that there would high level of body image, body weight and self esteem in boys as compare to girls in adolescence but the results ( $P>0.05$   $P=0.632$ ) does not support the hypothesis and girls have high level of body image, body weight and self esteem as compare to boys in adolescence. And another hypothesis show that girls would have high level of self esteem as compare to boys but the results ( $p>0.05$   $P=0.203$ ) does not support the hypothesis and results shows that girls have high level of self esteem as compare to boys in adolescents

**Key Words:** Body image, body weight, self esteem and adolescents

## **Importance of Education in Mental Health Development with Reference to Pakistan**

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### **Abstract**

Formal and non-formal education is important to inculcate values, knowledge, skills, intercultural interaction, discipline, leadership and responsibilities for the benefit of a society and nation. Pakistan has a low literacy rate due to certain factors such as terrorism, poverty, ethnic prejudice, health issues, mental disorders, depression, anxiety, and lack of motivation. The objective of this study is to explore role of education in achieving a good mental health for students. The power lies with multiple stakeholders as government, educators, organizations, health sector and society to maintain a sound education system. Educational institutes provide a platform to the students from multiple social, cultural, religious and ethnic backgrounds to interact and provide support to help students identify problems and explore solutions. Mental health promotion schemes such as socio economic help, scholarships, career counseling and regular medical checkups will lead towards academic achievements. Educational policy equipped with healthy curricular and co curricular activities will produce emotionally balanced students. Moreover inclusion of mental health education for teachers as training course will empower teachers to cope with depression and anxiety in students. Terrorism is another major hindrance to productive mental health of students; therefore a system is to be devised with collaboration of parents, teachers and psychologists to tackle traumatic responses. The present research develops an educational policy framework in the light of Michel Foucault model of power and knowledge. Mental health issues are traditionally considered as a domain for professional psychologists; the link highlighted in the present study between education, teachers and mental health is unique. The study defines mental illness, causes with reference to Pakistani educational system and proposes with possible solutions, and concludes with recommendations.

**Key Words:** Education, Pakistan, Mental Health, Policy, Michel Foucault, Power and Knowledge

