

**Conference Program/Abstracts Book**  
**2<sup>nd</sup> International PPS Conference on Health, Happiness**  
**& Positive Psychology**  
**4th November 2017, Bahawalpur**  
**Venue: The Grand Regency Hotel, Bahawalpur**



**Pakistan Psychological Society**  
**<http://pkps.org>**

## **Message by the Chairperson**

**Shakeela Altaf**

**Consultant Counselor/Founding Chair**

It gives me immense pleasure in writing that Pakistan Psychological Society is holding and organizing its 2nd International Conference. I alongwith all management team of the society welcome you all at the 2nd International Conference on theme of Health, Happiness & Positive Psychology. 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. Happiness 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 Health, Happiness and Positive Psychology is an effort to network all professionals and discuss solutions to address this situation. Wish you a memorable and learned experience with us at Bahawalpur.

## **Welcome Address**

**Dr. Masood Nadeem,**

**President, Pakistan Psychological Society**

I, as Chair Scientific Committee welcome you all at 2nd International Conference on Health, Happiness & Positive Psychology organized by Pakistan Psychological Society. It is indeed, the great achievement of Pakistan Psychological Society to hold its 2nd International Conference. It's a great occasion to exchange scientific ideas, information, knowledge, 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.

## **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 urging all psychologists to join the society.

### **Purposes and Objectives of Pakistan Psychological Society**

- ✓ 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

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

**Deputy General Secretary**

***Shazara Mahmood***

Assistant Professor (Psychology),

Higher Education Dept, Govt. of Punjab, Bahawalpur

**Assistant General Secretary**

***Saba Shabbir***

Lecturer, Dept of Applied Psychology,

GSCWU, 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**

***Sehrish Wazir***

Lecturer, Dept of Applied Psychology,

GSCWU, Bahawalpur.

**Information Secretary**

***Nazia Zafar***

Lecturer, Dept of Applied Psychology,

GSCWU, Bahawalpur.

**District Coordinators**

***Rahim Yar Khan***

Dr. Saba Yasien,

Assistant Professor/HOD, 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/Layyah***

Mr. Imran Waheed

Psychologist/Counseling Officer, Danish School for Boys, Hasilpur.

***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

***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/Chairperson, Dept of Applied Psychology, BZU, Multan.

***Professor Dr. Tahir Khalily***

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***

Psychologist, Ministry of Defence, Govt. of Pakistan, Islamabad.

***Professor 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/HOD, Dept of Applied Psychology, GC University, Faisalabad

***Dr. Asghar Ali Shah***

Assistant Professor, Dept of Psychology, Int'l Islamic University, Islamabad.

***Dr. Najam ul Hasan Abbasi***

Assistant Professor, Dept of Psychology, Int'l Islamic University, Islamabad.

***Professor Khalid Saeed***

Dept of Psychology, NCBAE, Multan.

***Professor Dr. Farooq Naeem***

MBBS, MSc Research Methodology, MRCPsych, PhD

Consultant Psychiatrist & Cognitive Behaviour Therapist

Professor, University of Toronto & Chief, General Adult & Health Systems Psychiatry

Centre for Addiction & Mental Health, Toronto, Canada

Founding President, Pakistan Association of Cognitive Therapists

***Professor Dr. Niaz Maqsood***

Head, Department of Psychiatry & Behavioral Sciences,

Bahawal Victoria Hospital, Bahawalpur.

***Dr. Ghazala Rehman***

Clinical Psychologist, Reigate Psychology Service, Surrey, UK.

Former Professor, National Institute of Psychology, Quaid-e-Azam University,  
Islamabad.



## 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 holds 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 publishes/releases its annual report each year in the month of December. It contains 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 periodic basis in different cities of Pakistan. The 1<sup>st</sup> conference was organized at Bahawalpur with the theme of mental health on 10<sup>th</sup> October 2015. Now, the society is holding its 2<sup>nd</sup> conference on theme of health, happiness and positive psychology at Bahawalpur on 4<sup>th</sup> November 2017.

## Workshop

The society organized one day state of the art training workshop on Low Intensity CBT for Depression and Anxiety Disorders on 23<sup>rd</sup> February 2017 at Bahawalpur. The workshop offered ten hours of certification to participants. Professor Dr. Farooq Naeem was the facilitator.

## 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 number 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 body of the society.
- The members' names will be included in the Directory of Pakistani Psychologists.

### Membership Categories

There are four categories of membership:

- Fellow 1500/- PA

(can cast a vote and can contest elections).

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

- Member 1000/-PA

(Can cast a vote & contest election)

Eligibility: MSc/BS Applied Psychology or equivalent

- Associate Member 700/-PA

(Can cast a vote but can not contest election)

Eligibility: MSc/BS Applied Psychology or equivalent

- Student Member 500/-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>

## **2<sup>nd</sup> International PPS Conference on theme of Health, Happiness & Positive Psychology**

**4<sup>th</sup> November 2017 Bahawalpur, Pakistan**

### **Who Should Attend**

- Mental Health Professionals
- Psychiatrists
- Psychologists & Social Scientists
- Physicians & Surgeons
- Neurologists
- Alternative Medicine Practitioners
- Students of Psychology &
- Residents of Medicine & Surgery

### **Benefits of Attending**

- Sharing of Ideas and Experiences
- Knowledge Sharing
- Platform for Interaction with other Fellow Health Professionals
- Exploration of New Ideas and Clinical Knowledge
- Contribution to the field of Health & Positive Psychology
- 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 Egerton 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, Almada, and Victoria Lounge & City Cafe. The notable hotels are: Hotel One, La Taska, and Grand Regency.

### **Conference Management Team**

|                       |  |
|-----------------------|--|
| Shakeela Altaf        | Chairperson/Consultant Counselor         |
| Dr. Masood Nadeem     | President                                |
| Dr. Rizwana Amin      | Vice President                           |
| Ahmad Bilal           | General Secretary/Conference Coordinator |
| Shazara Mahmood       | Deputy General Secretary                 |
| Saba Shabbir          | Assistant General Secretary              |
| Sehrish Wazir         | Finance Secretary                        |
| Nazia Zafar           | Information Secretary                    |
| Samia Khalid          | District Coordinator                     |
| Areeba Athar Malik    | Facilitator                              |
| Safi Ullah and Others | Facilitator                              |

### Conference Scientific Committee

|                            |        |
|----------------------------|--------|
| Dr. Masood Nadeem          | Chair  |
| Dr. Muhammad Tahir Khalily | Member |
| Dr. Asghar Ali Shah        | Member |
| Dr. Najam ul Hasan Abbasi  | 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. Saba Yasien            | Member |
| Dr. Iram Batool Awan       | Member |
| Dr. Khalid Mahmood Bhatti  | Member |

### Conference Program

|                                       |                |
|---------------------------------------|----------------|
| <b>On Desk Registration</b>           | <b>08:00am</b> |
| <b>Recitation from the Holy Quran</b> | <b>09:00am</b> |

#### **Inaugural Session (09:10am)**

##### **Welcome Address**

President, Pakistan Psychological Society, Dr. Masood Nadeem

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

**Chief Guest:** Professor Dr. Surgeon Javed Iqbal,

Principal, Quaid-e-Azam Medical College, Bahawalpur.

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

Keynote Speaker **Mr. Raza Abbas**, CEO, Global Career Institute, Karachi.

Lecture on Building Hope and Resilience in Youth,

Guest Speaker **Professor Khalid Saeed**, Professor of Psychology, NCBA&E, Multan.

Lecture on Happiness & Modern Society

##### **Tea Break 11:00am**

#### **1st Scientific Session (11.20am)**

##### **Session Chair**

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

**Co Chair:** Dr. Abbas Ali Asim, Associate Professor (Rtd), University of Sargodha.

**Moderator:** Ms. Saba Shabbir, Lecturer, Dept of Applied Psychology, Govt. SCWU, Bahawalpur.

## **Oral Presentations**

### **Illness Beliefs and Medication Adherence in Patients with Paranoid Schizophrenia in Lahore, Pakistan**

Muhammad Sulman<sup>1</sup>; Afsheen Masood<sup>2</sup> & Rafia Rafiq<sup>3</sup>,

<sup>1</sup>University of Central Punjab, Lahore.

<sup>2,3</sup>Institute of Applied Psychology, Punjab University, Lahore.

### **Determinants of Emotional Intelligence in Marital Adjustment and Conflict Resolution**

Samia Farooq, Clinical Psychologist, Bahawalpur.

### **The Relationship of Psychological Hardiness and job satisfaction among teachers**

Shumaila Abid<sup>1</sup>; Rimsha Mariam<sup>1</sup> & Ruqia Safdar Bajwa<sup>2</sup>

<sup>1</sup>Dept of Applied Psychology, BZU Campus, Vehari; <sup>2</sup>Dept of Applied Psychology, BZU, Multan.

### **Standardization of SLQ 38- Urdu Version**

Syed Imran Haider Zaidi<sup>1</sup>; Nazia Yaqoob<sup>2</sup> & Dr. Khalid Mahmood Bhatti<sup>3</sup>

<sup>1</sup>Lecturer, Govt. Municipal Degree College, Faisalabad; <sup>2</sup>GCU for Women, Faisalabad &

<sup>3</sup>Dept of Applied Psychology, GC University, Faisalabad.

### **Youth Hope-Centered Intervention: A pilot study in Pakistan**

Raza Abbas<sup>1</sup> & Anthony Scioli<sup>2</sup>

<sup>1</sup>CEO, Pathway Global Career Institute, Karachi; <sup>2</sup>Keene State College- USA

### **Predicting Intentions to take Medication in Patients with Pulmonary Tuberculosis: Moderating Role of Subjective Norms**

Sana Nisar & Dr. Rukhsana Kousar, University of the Punjab, Lahore.

### **Psychosocial Factors Associated with Coronary Artery Disease in Relation to Personal and Social Aspects**

Saima Dastgeer & Dr. Rizwana Amin, Dept of Applied Psychology, BZ University, Multan.

### **Quality of life (QOL), Social Support, and Perception of Burden in Young Adults**

Shazara Mahmood, Sehrish Wazir & Afifa Nazir, Dept of Applied Psychology, GSCWU, Bahawalpur.

### **Impact of parenting style and emotional intelligence on happiness among adults**

Ahmad Bilal<sup>1</sup>; Samina Rasool<sup>2</sup> & Rafia Nazir<sup>1</sup>; <sup>1</sup>Dept of Applied Psychology, Islamia University, Bahawalpur; <sup>2</sup>Clinical Psychologist, Bahawal Victoria Hospital, Bahawalpur.

**Enhancement of Life satisfaction Through Being engaged in Spiritual Practices**

Saima Abbas & Dr. Rizwana Amin, Dept of Applied Psychology, BZU, Multan.

**Concept of Happiness and Positivity from the Islamic Perspective: A Critical Analysis**

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

**Prayer/Lunch Break 01:30pm**

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

Guest Speaker **Dr. Asif Rahim Channar**

Divisional Emergency Officer, Emergency Medical Service, Rescue 1122, Bahawalpur  
Lecture on Healthy Behaviors & Happiness

**2nd Scientific Session (02:45pm)**

***Session Chair***

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

**Co Chair:** Dr. Saba Yasien, Assistant Professor/HOD, Dept of Applied Psychology, IUB Campus, Rahim Yar Khan

**Moderator:** Nazia Zafar, Information Secretary/Lecturer, Dept of Applied Psychology, Govt. SCWU, Bahawalpur.

**Oral Presentations**

**Appreciation Uniquely Predicts Employees' Job Performance Above Demographics, Commitment, and Organizational Justice**

Dr. Sarwat Sultan; Samreen Kanwal & Fatima Khakwani, Dept. of Applied Psychology, BZ University Multan.

**Relationship Between Extraversion and Happiness Among Adults**

Jamila Arzoo; Dr. Khalid Mahmood Bhatti & Muhammad Umar Khan  
Dept of Applied Psychology, GC University, Faisalabad.

**Personality Traits, Meaning in Life, and Subjective Happiness among Young Adults**

Saba Shabbir & Sonia Hameed, Dept of Applied Psychology, GSCWU, Bahawalpur.

**Indirect Effect of Gratitude in reducing risk of suicidal ideations through Optimism and Positive Affect**

Dr. Sarwat Sultan; Frasad Kanwal & Saqib Shabbir, Dept of Applied Psychology, BZ University, Multan.



**Relationship Between Perceived Social Support, Psychological Well Being And Quality Of Life Among Women With Breast Cancer**

Ahmad Bilal<sup>1</sup> & Zaib Samraz<sup>2</sup>, <sup>1</sup>Dept of Applied Psychology, Islamia University, Bahawalpur; <sup>2</sup>Dept of Psychology, Kinnaird College for Women University, Lahore.

**Treating Heart Patients by Enhancing Positive Emotions through Positive Psychology Intervention**

Dr. Sarwat Sultan; Shabbih Fatima & Frasad Kanwal, Dept of Applied Psychology, BZ University, Multan.

**The Relationship of Depression, Anxiety, Stress, with Life Satisfaction, and Coping Styles among University Students**

Nazia Asmat; Hain Saleem & Nafees Akhtar, Dept of Applied Psychology, IUB Campus, Bahawalnagar.

**Impact of Terminal Illness on Suicidal thoughts and Life Satisfaction among Adults**

Urooj Fatima, Dept of Applied Psychology, Islamia University, Bahawalpur.

**Mental Wellbeing among Tuberculosis Patients: The Protective Role of Social Support**

Shrish Wazir & Mubeen Arshad, The Govt. Sadiq College Women University, Bahawalpur.

**Stress And Time Management Behaviour In Medical Students**

Samreen Khurshid<sup>1</sup> & Muhammad Akram Riaz<sup>2</sup>

<sup>1</sup> Ph. D Scholar, Foundation University, Rawalpindi Campus; <sup>2</sup>Karakoram Int'l University, Gilgit

|   |                |
|---|----------------|
| <b>Tea Break</b>  | <b>04:40pm</b> |
| <b>Vote of Thanks/Concluding Speech<br/>Shakeela Altaf, Chairperson</b> | <b>05:00pm</b> |
| <b>Certificate Distribution/Group Photo</b>                             | <b>05:15pm</b> |

**Abstracts for Oral Presentations**

**ILLNESS BELIEFS AND MEDICATION ADHERENCE IN PATIENTS WITH PARANOID SCHIZOPHRENIA IN LAHORE PAKISTAN**

**M. Sulman<sup>1</sup>; Dr. Afsheen Masood<sup>2</sup>, & Rafia Rafiq<sup>3</sup>**

<sup>1</sup>PhD Scholar, University of Central Punjab, Lahore

<sup>2</sup>Assistant Professor, Institute of Applied Psychology, University of the Punjab, Lahore

<sup>3</sup>Associate Professor, Institute of Applied Psychology, University of the Punjab, Lahore

**Email:** muhammadsulman81@gmail.com

### **ABSTRACT**

Patient's perception of their illness carries pivotal impact on their medication adherence and compliance to healthcare suggestions. The main goal of this study was to examine patient's own views about their illness (Paranoid Schizophrenia) and its consequent impact on their attitudes toward medication compliance and adherence in Lahore, Pakistan. This study was executed in Services Hospital Lahore from October to December 2016. One hundred and fifty individuals diagnosed with Schizophrenia were recruited through non probability convenient sampling procedure. The measures comprised of an information sheet containing demographic data, Illness Perception Scale for Schizophrenia, Drug attitude Inventory-10 (DAI) and Multidimensional Scale of Perceived Social Support (PSS). The analysis was carried out through SPSS version 24.00 that revealed that stress, family issues, lack of social support, lack of insight, poorer education, low income groups, ambiguity in diagnosis and poor treatment facilities were responsible for poorer drug adherence. Statistically significant gender differences were reported in drug adherence patterns. The findings clarify that patient's perception about their own illness is significant predictor of their drug-taking-attitude and determined the perceived social support. The findings are likely to focus on such factors and dynamics that could improve drug adherence among schizophrenic population.

**KEYWORDS:** Schizophrenia, Illness beliefs, drug adherence and compliance, self-regulation.

### **Determinants of Emotional Intelligence in Marital Adjustment & Conflict Resolution**

**Samia Farooq**, Clinical Psychologist, Bahawalpur.

**Email:** shelf.esteem1@gmail.com

### **Abstract**

Individual differences in emotional intelligence (EI) of couples contribute towards quality of their relationship. This paper probes the contribution of EI in fruition of Pakistani wedlock that could configure the quality of marital life. 100 gross participants counter an interview on their Emotional Intelligence in their marital relationship, it also involved the problems incurred in wedded state in current era and how competency in EI can overcome these marital issues. Scale on Emotional Intelligence, Marital Adjustment

Questionnaire and Conflict Resolution Questionnaire (Kousar & Khalid, 2003; McClellan, 1993) were used. The research interpreted that there is a crucial direct correlation between emotional intelligence and characteristics of marital quality, i.e., marital adjustment and conflict resolution. 50% of the change in marital adjustment and 61% of refinement in conflict resolution is on account of EI traits such as interpersonal skill, emotional expressiveness, self awareness, empathy, optimism, and impulse control which defined marital quality. The study also revealed that there are significant differences between two genders in the marital and emotional adjustment. An empirical inspection was performed on the role played by demographic factors such as gender, age, professional education, occupation, income earned, living standard, duration of marriage, nature of marriage, family system, number of offspring(s), religious and social sect, personal views i.e. Traditional/ Moderate/ Liberal and spouse's views in conditioning emotional intelligence and hence marriage. Still the level of education directly proportional to Emotional Intelligence, as predicted by the results, moreover the more satisfied the companions are the more they will be successful in their conjugality. The analysis was guided by the recommendations by the prior researchers and by various scholarly researches in the identical area.

**Keywords:** Emotional Intelligence, marital quality, marital adjustment, conflict resolution

### **The Relationship of Psychological Hardiness and job satisfaction among teachers**

**Shumaila Abid<sup>1</sup>, Rimsha Mariam<sup>1</sup> Ruqia Safdar Bajwa<sup>2</sup>**

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#### **Abstract**

Psychological hardiness is usually defined as a personality structure comprising the three related general dispositions of commitment, control, and challenge that functions as a resistance resource in the encounter with stressful conditions. It is a pattern of personality characteristics that distinguished people who remained healthy under life stress, as compared to those who developed health problems. Job satisfaction is a pleasurable or positive emotional state resulting from the appraisal of one's job or job experiences. It is a judgment of how well an employee's job on a whole satisfying his

various needs. The present study is conducted to know the relationship of psychological hardiness and job satisfaction among teachers. Sample consists of n=100 high school and college teachers (Male= 49 and female= 51) from the Urban and rural school and colleges of District Vehari Pakistan through Convenient sampling technique. Dispositional Resilience Scale (DRS) by Bartone (1989) and Job satisfaction scale (JS) by Gregson was used for this purpose. The results revealed that psychological hardiness and job satisfaction are positively correlated with each other. The impact of psychological hardiness on job satisfaction was also analyzed and the results showed the significant impact of psychological hardiness on job satisfaction. The results were also compared in psychological hardiness and job satisfaction in male and female teachers, school and college teachers and on the basis of their per month income.

**Key Words:** Psychological hardiness, Job satisfaction, Teachers

### **Standardization of SLQ-38-Urdu**

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### **Abstract**

Silver Lining Questionnaire has been widely used to examine changes in positive perceptions of illness following rehabilitation. It was originally developed in English version by Sodergren and Hyland (1997) with greater no of items but now revised as SLQ-38. Main objective of this study was to standardize the Urdu version of SLQ-38 in sample of 278 persons with Coronary Heart Disease. Sample was comprised of 155(55.8%) women and 123(44.2%) men with mean age 41.53±14.53. Before administration SLQ-38 was translated into local language by the researchers and validated by three experts. Statistical treatment using Factor analysis indicated five factor model with positive and significant factor loading in SLQ-38-Urdu. Further, out of 38 items 34 items are significant predictors of their respective factors. Cronbach's Alpha reliability of SLQ-Urdu is .82, while for five factors Cronbach's Alpha ranges from .54-.64. Pearson Correlation indicated significant positive moderate relationship between all

factors ranges from .27-.47 at 0.01 alpha level. The effectiveness of SLQ-38-Urdu is discussed along with suggestions for future research on this revised instrument.

**Key Words:** Silver Lining Questionnaire, Urdu Standardization

### **Youth Hope-Centered Intervention: A pilot study in Pakistan**

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#### **Abstract**

Few have heeded Jerome Frank's (1968) seminal advice regarding the role of hope in psychotherapy. In this paper we will introduce an integrative approach to hope and a workshop format to instill foundational or character-based hope in youth that was pilot tested at a private university in Karachi, Pakistan. Scioli and colleagues have introduced an integrative theory of hope featuring the attachment, mastery, survival, and spiritual systems (Scioli, 2007; Scioli & Biller, 2009). This approach subsumes a number of existing theoretical and therapeutic frameworks within and beyond psychology (e.g., Erikson, 1972; Godfrey, 1997; Kohut, 1971; Marcel, 1962; Rogers, 2003; Snyder et al., 1991). The Hope-Centered Workshop is an integrative, evidenced-based approach to conceptualizing, assessing and building hope that can be used across cultures and spiritual belief systems. The workshop is a "whole-brain" approach, combining cognitive-behavioral exercises with philosophical reflections and meditative-hypnotic exercises. Five modules are included in this intervention; two attachment modules, and one each for mastery, survival, and spiritual hope. Twenty-two students from a university participated in all five modules of the hope-centered therapy workshop. A comprehensive self-report hope scale (Scioli et al., 2011) was administered pre- and post- workshop. Hope scores increased significantly, with an effect size of 1.07. The qualitative feedback from Pakistan was equally encouraging: "Thought provoking and insightful... "I started off the workshop with a very demoralizing mindset. Currently my mindset is really very different and positive"... "The activities and exercise given were extremely interactive and well planned"... "This workshop helped me to understand my inner self... what my life purpose is, what are my goals". "I really enjoyed it"... "Activities gave me a boost, and I came to know my own spiritual type"... "Extremely inspiring". The obtained effect size compare favorably with those reported in meta-analyses of clinical trials of standard

cognitive-behavioral therapy (CBT) or antidepressant drugs. In fact, the most rigorous studies of CBT and/or drug treatments focusing on adolescent depression reveal an average effect size of .62. This includes the NIMH funded Treatment for Adolescents with Depression Study (TADS; Kratochvil et al. 2005) and the Adolescent Depression–Antidepressant and Psychotherapy Trial conducted in the UK (ADAPT: Wilkinson et al. 2009), and reviews by Klein et al. (2007) and Weisz et al. (2006). An exit interview was conducted after the intervention with all 22 participants. Themes of empowerment (mastery), greater openness (attachment), hope for improved self-regulation and coping (survival), and heightened awareness to spiritual needs were commonly reported. Two of the 22 participants found the more meditative components of the intervention difficult.

**Keywords:** Hope, Counseling, Resilience, Character Development

**Predicting Intentions to take Medication in Patients with Pulmonary Tuberculosis:  
Moderating Role of Subjective Norms**

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**Abstract**

The present study aimed to investigate medication non-adherence in patients with pulmonary tuberculosis. The sample comprised of 147 patients with pulmonary TB, recruited from Gulab Devi Chest Hospital, Lahore. The assessment measures i.e. demographic information questionnaire and clinical/ Performa and Urdu Translated Theory of Planned Behavior Questionnaire (Conner et al., 1998), was used. The results show that Monthly family income, Attitude towards medication, Subjective norms and Perceived behavioral control positively correlated with Intentions to take medication. Regression moderation analysis shows that Subjective Norms significantly moderate the relationship between Perceived behavioral control and Intentions. Furthermore, Linear Regression for indirect measures (Behavioral beliefs, normative belief and Control beliefs) show that behavioral beliefs positive predicted Attitude towards taking medication. Motivation to Comply significantly predicted Subjective norms. Finally, Perceived behavioral control was significantly related to the control beliefs. Findings of the present study highlighted the importance of Social pressure on decision regarding taking medication.

**Keywords:** Patients with Pulmonary Tuberculosis, Attitude towards medication, Subjective Norms Perceived Behavioral Control and Intentions to take medication

**Psychosocial Factors Associated with Coronary Artery Disease in Relation to Personal and Social Aspects**

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**Abstract**

Empirical research have shown that psychosocial risk factors like lack of social support, stress at work and family life, depression, anxiety, and hostility contribute both to the risk of developing coronary heart disease (CHD). These factors may act as barriers to treatment adherence and efforts to improve life-style in patients. The purpose of present study was to explore the psychosocial factors associated with coronary artery disease in relation to personal and social aspects. The sample consisted of 357 patients suffering from coronary artery disease (226 male and 131 females), age ranged 18-80 years from Multan Institute of Cardiology Multan. The sample was selected through purposive sampling. A descriptive correlational research design was used in study. DASS and perceived social support scale was administered on participants to measure the depression, anxiety, stress and social support. Informed consent was taken and demographic variables were recorded. One way ANOVA, t-test and Pearson product moment correlation coefficient was used. Results found that depression anxiety and stress was negatively correlated with social support. There was significance difference in level of depression scores of social support between age group. Implications and future recommendations were also discuss

**Key words:** *psychosocial effects, personal and social aspects, Coronary artery patients*

**Quality of life (QOL), Social support, and Perception of Burden in Young Adults**

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**Abstract**

The study attempted to explore the quality of life (QoL) of Bahawalpur early adulthoods.



It also aimed to examine the differential roles of care giving burdens, caregiver characteristics, and satisfaction with Social support in caregivers' QoL. The major purposes of this study were to examine levels and correlations of quality of life (QOL), social support, and Perception of Burden. The current study examined perceived burden, social support and its influence on the Quality of Life in early adulthoods. Data were collected from public universities and government college of Bahawalpur. QoL was measured with the short-form health survey scale - 36 items (SF36). Perception of Burden was measured with ZBI (Zarit Burden Interview) -22 items and social support measured with MPSS (Multidimensional Scale of Perceived Social support) -12 items. The Data of current research was analyzed to study the Perception of burden, quality of life and perceived social support among early adulthoods. Different statistical procedures were used to analyze the data of 160 early adulthoods of collected from different institute of Bahawalpur. The Statistical analysis of this research included the comparison of mean, standard Devastation, T-Test, MANOVA and Correlation. Calculated Bivariate Correlation was used to check relationship of the data. Comparison data through t-Test, for more than two variable used MANOVA for Multiple comparison and Post HOC Tukey HSD. Results showed that the highest domain of QOL was the social relationship domain, and the highest source of social support was perceived from significant others. The perception of burden was non-significantly positive correlated with quality of life while negatively correlated with social support. Perceived social support was significant positive correlated with quality of life. And Age was significantly positive correlated with birth order, while significantly negative correlated with perceived social support and burden. Birth order was significant positive correlated with perceived social support and non-significantly positive correlated with burden and quality of life. Birth order was significant positive correlated with perceived social support and non-significantly positive correlated with burden and quality of life. The objective of our study is to find the relation between perception of burden, quality of life and social support in early adulthoods. On the bases of results we can say that perception of burden, quality of life and social support are positively correlated with each other.

**Key Words:** Social Support, Perception of Burden, QOL, Early Adulthood

### **Impact Of Parenting Style And Emotional Intelligence On Happiness Among Adults**

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### **Abstract**

The present study explores the impact of parenting style and emotional intelligence on happiness among adults. A sample of 100 students of age ranging 19 to 20 years was selected. All the students were selected from the government universities of Bahawalpur. Three standardized scales were administered to the sample. The standardized Urdu version of Subjective Happiness Scale (SHS) by (Lyubomirsky, 1999) and parental authority questionnaire by (PAQ) (Buri, 1991), Self Report Measure of Emotional Intelligence (SRMEI) by (Salovey & Mayer's, 1990) were administered to collect data. The result was completed on SPSS. Three was found significant relationship between parenting style, emotional intelligence and subjective happiness. The parental style was found to have an impact on the development of emotional intelligence. Influence of mother is higher on female and influence of father is higher on males. Age is significantly associated with emotional intelligence, while parenting was significantly correlated with happiness ( $r=568$ ) and emotional intelligence ( $r=459$ ), moreover happiness is found to be a significantly correlated with emotional intelligence ( $r=301$ ). Emotional intelligence has significant co-relation with happiness.

**Keywords:** Parenting style, Emotional intelligence and Happiness.

### **Enhancement of Life satisfaction Through Being engaged in Spiritual Practices**

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Present study was conducted to identify how engagement in spiritual/religious practices contributes in life satisfaction of psychiatric patients. The sample consisted of 150 hospitalized psychiatric patients i.e. 76 Male & 74 Female ( $M_{age} = 45$ ;  $SD= 16$ ). Moreover data was collected from Nishter and Arrahma hospitals, Multan by using SpREUK-P SF17 (Büssing et. al., 2005) and Satisfaction with Life (Diener, 2008). Overall results showed a weak but significant relationship between practices of spiritual activities and life satisfaction. Existential and Spiritual Practices have positive relationship and predicts life satisfaction among patients having psychiatric disorders.

Moreover, there will be no significant differences in the Religious Practices, Humanistic Practices, Gratitude Practices and Spiritual Practices on the basis of demographic variables among patients having psychiatric disorders. Study findings have implications for being satisfied in their life for psychiatric patients if they engage into practising religious and spiritual practices.

**Key Words:** Religious/ Spiritual Practices, Life satisfaction, Psychiatric patients.

### **Concept of Happiness and Positivity from the Islamic Perspective:**

#### **A Critical Analysis**

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#### **Abstract**

In recent times, happiness and positivity have become a serious issue of discussion between religion and social sciences. This paper, however, attempts to examine the Islamic stance on the concept of happiness and positivity. Islam comes with a complete code of life for all human beings till the Day of Judgment. The very purpose of Islam is the attainment of happiness and positivity in the worldly life and the Hereafter. The Holy Qur'an and the *Sunnah* ultimately reflect upon the real concept of happiness and positivity for the sake of human soul and body. Nevertheless, Islamic teachings encourage contentment, happiness, gratification, tranquility, and positivity for individual, family, and social life. This study primarily seeks to explore the concept of happiness and positivity within the Islamic domain. The first section presents the introduction to the study. The second part defines the key terms of the study. The third section underlines the Islamic concept of happiness and positivity for individual, family, and social life. The fourth section concludes the research findings. This research employs a content analysis methodology and articulates the relevant verses of the Holy Qur'an and authentic traditions (*Ahādith*) of the Prophet Muhammad (peace be upon him) to address the issue extensively. The research findings provide an in-depth insight into the Islamic concept of happiness and positivity and are imperative in the development of Muslim societies and communities worldwide.

**Keywords:** *concept, happiness, positivity, Islamic perspective*

**Appreciation Uniquely Predicts Employees' Job Performance Above  
Demographics, Commitment, and Organizational Justice  
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**Abstract**

The present study examined whether appreciation explains the variance in work performance after controlling for employees' gender, age, job experience, job commitment and perceived organizational justice. Sample consisted of 262 employees working in different organization of Multan ranging in age between 28 to 51 years old (mean = 39.35, SD = 10.41) provided data on Appreciation Scale, Work Performance Scale, Job Commitment Scale, and Organizational Justice Scale. Employing hierarchical regression analysis, results demonstrated that appreciation made a significant unique contribution (26% of the variance,  $p < .001$ ) to work performance of employees, controlling for demographic variables, job commitment, and organizational justice. This is consistent with the theoretical stance that appreciation is more than just commitment or organizational justice, and is important in its own right for work performance.

**Key Words:** Appreciation, Commitment, Organizational Justice, Work Performance

**Relationship Between Extraversion and Happiness Among Adults**

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**Abstract**

The common goal every human's life is happiness. Previous studies have found that happiness correlates strongly with extraversion but the explanation is not known. The present study explored that it is due to the preference of social situations and company of others by extraverted people. In addition, it also tried to discover the influence of personality traits on happiness. The study was conducted in Govt. College University, Faisalabad with adults of age over 17 years. Relevant data was collected by administering personality test (BFI) and Subjective Happiness Scale (SHS). Data was analyzed and resulting correlations indicated that higher levels of subjective well-being were associated with higher levels of Extraversion, Agreeableness, and Conscientiousness, and with lower levels of Neuroticism. Moreover, personality traits prospectively predicted change in

wellbeing, and well-being levels prospectively predicted personality change. Specifically, prospective trait effects indicated that individuals who were initially extraverted, agreeable, conscientious, and emotionally stable subsequently increased in well-being. These findings challenge the common assumption that associations of personality traits with subjective well-being are entirely, or almost entirely, due to trait influences on well-being. They support the alternative hypothesis that personality traits and well-being aspects reciprocally influence each other over time.

**Key Words:** Happiness, Personality traits, Extroversion

### **Personality Traits, Meaning in Life, and Subjective Happiness among Young Adults**

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#### **Abstract**

Happiness seems to be readily embraced by majority of people and appears to be more valued than the pursuit of money. The current research intends how happiness is associated with personality traits and meaning in life. Quantitative and cross-sectional method was used. Data was collected from the city Bahawalpur with simple random sampling technique, comprising of 198 students (117 females, 81 males) with age range 20 to 40. Big Five Personality Inventory (John & Srivastava, 1999), Subjective Happiness Scale (Lyubomirsky & Lepper, 1999), and Meaning in Life Questionnaire (Steger, Oishi & Kaler, 2006) were used. Correlation, t-test, ANOVA, and multiple regression were computed using SPSS Version 20. Results showed that meaning in life and openness personality trait is significantly correlated with happiness at  $p < 0.01$  level. t-test showed that females are more agreeable than males. There were no significant socio-economic differences between subjective happiness, meaning in life, and personality traits. Multiple regression indicated that meaning in life is the stronger predictor of subjective happiness than personality traits. Study concluded that people with openness personality trait tend to experience higher baseline levels of positive affect and have stronger affective responses to positive events, than do their introverted peers. People who have meaningful goals rated happiness higher even when they felt personally down and out than those who did not have any life purpose.

**Keywords:** Happiness, personality traits, meaning in life, multiple regression, openness, life goals

**Indirect Effect of Gratitude in reducing risk of suicidal ideations through Optimism and Positive Affect**

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**Abstract**

This study extended the literature on relationship between gratitude and suicidal ideations by exploring the mediating effects of positive affect and optimism on this relationship. A sample of 374 adults provided data on measures of gratitude, suicidal ideation, optimism, and positive affect. Results were consistent for a negative relationship between gratitude and suicidal ideation. It implied that an increase in gratitude reduce the risk of suicidal ideation. Findings further indicated that optimism and positive affect mediated this relationship of gratitude and suicidal ideation. Study has the implications for reducing the risk of suicidal ideation by increasing gratitude strategy that is also interceded through optimism and positive affect.

**Key Words:** Gratitude, Suicidal Ideation, Optimism

**Relationship Between Perceived Social Support, Psychological Well Being And Quality Of Life Among Women With Breast Cancer**

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**Abstract**

This study investigated the relationship between perceived social support, psychological well being and quality of life among women with breast cancer. Proposed hypotheses predicted a significant relationship among perceived social support, psychological well being, and quality of life. Both perceived social support and psychological well being considered together, will explain variance in quality of life. A sample of 130 breast cancer patients from different age groups completed the Multidimensional Perceived Social Support Questionnaire, Psychological General well

being Index, and WHO Quality Of Life (BREF) Questionnaire. The sample was drawn using purposive sampling technique and cross-sectional research design from Bahawalpur and Multan. Data was analysed (SPSS version 21) by computing t-test, Multivariate Tests and descriptive statistics. Results show that perceived social support has significant impact on quality of life and on psychological well being of the women diagnosed with breast cancer. Psychological well being was found to impact the quality of life of women with breast cancer. Results also reveal that age plays no significant role in psychological well being and quality of life of women diagnosed with breast cancer. Further research is needed in this area.

Key Words: Breast Cancer, QOL, Social Support, Psychological Well Being

**Treating Heart Patients by Enhancing Positive Emotions through Positive Psychology Intervention**

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**Abstract**

Positive Psychology Intervention is eight week telemedicine that focuses on gratitude, optimism & happiness; especially made for coronary heart disease (CHD) patients. Keeping the significance of positive emotions as a protective factor against coronary heart disease, the present study was conducted to examine a decrease in CHD symptoms by enhancing positive emotions; gratitude, optimism, and happiness through administering the positive psychology intervention among CHD patients. Utilizing the experimental approach, 40 CHD patients from Institute of Cardiology Multan were randomly assigned to the intervention (n=20) and control groups (n=20). Only CHD patients in intervention group received the positive emotion therapy. Both groups provided data on measures of gratitude, optimism, happiness, and CHD symptoms before and after administering positive emotion intervention to intervention group. Employing the independent and paired sample t-tests, the analyses of comparison between and within the both groups showed; (a) a significant decrease in CHD symptoms and an increase in positive emotions of patients in intervention group after receiving the positive therapy than before, (b) patients of intervention group were found with low CHD symptoms and high positive emotions after therapy than that of control group. Thus positive psychology intervention was found effective for enhancing positive emotions in CHD patients.

**Key Words:** Happiness, Positive Psychology, CHD, Positive Psychology Interventions

**The Relationship of Depression, Anxiety, Stress, with Life Satisfaction, and Coping Styles among University Students**

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**Abstract**

The current research was carried out to check “The Relationship of Depression, Anxiety, Stress, with Life Satisfaction, and Coping Styles among University Student” The aim of the current study was to explore the impact of Young Adult University Students’ Depression, Anxiety, Stress, Life Satisfaction, and coping Styles. To explore the of Young Adult University Students’ Depression, Anxiety, Stress, Life Satisfaction, and coping Styles. To study the positive impact of Young Adult University Students’ Depression, Anxiety, Stress, Life Satisfaction, and coping Styles. To investigate the negative impact of Young Adult University Students’ Depression, Anxiety, Stress, Life Satisfaction, and coping Styles. The sample size consisted of 200 university students in which 100 females and 100 male from The Islamic University Bahawalpur campus Bahawalnagar. Convenient sampling technique was used in the study (DASS 42 ). Lovibond, S.H and Lovibond, P.E. (1995), COPE Inventory scale. The correlation research design was used in the research, Reliability statistics mean; Standard deviation and correlation were used to analyze the data. The finding of the study was depression, anxiety and stress high in male as compare to female.

**Key Words:** depression, anxiety, stress, life Satisfaction, coping Styles

**Impact of Terminal Illness on Suicidal thoughts and Life Satisfaction among Adults**

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**Abstract**

This study explore the Impact of Terminal Illness on Suicidal thoughts and Life Satisfaction among Adult. Sampling technique of this study is purposive. The sample number (N=130) was taken by purposive technique. There are two scales are use in this study which are Urdu Life Satisfaction Scale , (Diner,1984).



Columbia Suicidal Severity Rating Scale, (Kelly,Posner,2008) which translated in Urdu by researcher, (Urooj, 2017). The cronbach alpha reliability of suicidal scale is showing strong relationship. The scale has strong psychometrics properties. Data was taken from patients with terminal illness from Bahwal Voctoria Hospital. There is negative relationship between terminal illness life satisfaction and suicidal thoughts. Different age groups have different attitude about life satisfaction and suicidal thoughts with terminal illness. Data was analyzed (SPSS Version 21) computing MANOVA. There are no statistically significant result both dependent variables. The study cannot predict life satisfaction and suicidal thoughts from terminal illness.

**Key Words:** Terminal illness, Life satisfaction, Suicidal Ideation

### **Mental Wellbeing among Tuberculosis Patients: The Protective Role of Social Support**

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#### **Abstract**

Tuberculosis is an infection which has adverse impact on the physical as well as psychological wellbeing of the individual. In addition, it is remained as a cause of social stigma because of its etiological and consequential factors. The current research intended to explore the role of social support in boosting the mental wellbeing among tuberculosis patients. For the said purpose, a cross-sectional, quantitative research designed was used. The participants comprised of 100 (50 males and 50 females) tuberculosis patients from Bahawal Victoria Hospital of Bahawalpur who were approached using purposive sampling. In order to measure variables, two questionnaires were used: Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) and Multidimensional Scale of Perceived Social Support (MSPSS). The data was analyzed using Statistical Package for Social Sciences (SPSS-20). Correlation, T-Test and Anova were applied to find out final results. The findings of study revealed that social support act as a protective factor against tuberculosis by enhancing mental wellbeing of tuberculosis patients. Moreover, it was studied that females perceive high levels of social support and report good mental wellbeing as compared to males.

**Key Words:** Well being, Social Support, Physical illnesses



## STRESS AND TIME MANAGEMENT BEHAVIOUR IN MEDICAL STUDENTS

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### Abstract

The study also explored the relationship between medical student stress and time management behavior. Furthermore study determined the gender differences in medical student stress and time management behavior. Medical students were selected and alpha reliability coefficient for two scales were computed. Sample was selected from Rawalpindi, Islamabad and Abbottabad, Pakistan, from January 2014 to January 2015. The sample of the present study consisted of 200 medical students including both male and female. Purposive sampling technique was applied for data collection. The data was analyzed by using SPSS Version 20. Results indicated negative correlation between stress and time management in medical students. It was found that those students who had higher level of stress had also poor time management and vice versa. Results showed that female students displayed higher level of stress and highest scores as compared to the male students. The study concludes that stress negatively effects on time management among medical students. Female students exhibit higher level of stress as compared to the male students.

**Key Words:** Student stress, Time management, Gender