



Health Matters because life is precious

Abstracts Book

International E-Conference on Health Psychology
(IHP-2021)

Conference Theme
Health Psychology: Impact, Benefits, & Application
(Stress due to COVID-19 & Health)

18-20 March, 2021

Department of Applied Psychology
Bahauddin Zakariya University Multan, Pakistan



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Conference Committees

Conference Chief Organizer

1	Prof. Dr. Sarwat Sultan	Chairperson Dept. of Applied Psychology, Bahauddin Zakariya University, Multan Pakistan
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Organizing Committee

1	Prof. Dr. Sarwat Sultan	Chairperson Dept. of Applied Psychology, Bahauddin Zakariya University, Multan Pakistan
2	Dr. Iram Awan	Associate Professor Dept. of Applied Psychology, Bahauddin Zakariya University, Multan Pakistan
3	Sana Khan	Visiting Lecturer
4	Saqib Shabbir	Visiting Lecturer
5	Muhammad Munawar	Admin Officer

Scientific Committee

1	Dr. HinaZahid	School of Psychology University of Essex, UK
2	Dr. Arslan Khalid	School of Psychology Shandong University, China
3	Dr. Khalid Bhatti	Department of Applied Psychology Government College University, Faisalabad
4	Dr. Rizwana Amin	Department of Psychology Bahria University, Islamabad
5	Dr. ZakiyaBano	Department of Applied Psychology University of Gujrat. Gujrat
6	Dr. Mureed Hussain	Department of Psychology Multan Post Graduate College, Multan
7	Dr. Fatima Khuram	Department of Applied Psychology The Islamia University of Bahawalpur, Bahawalpur
8	Dr. Nyla Anjum	Department of Psychology Women College University, ChunaMandi Lahore



Message from

Prof. Dr. Mansoor Akbar Kundi

The Vice Chancellor

Bahauddin Zakariya University, Multan

As Vice Chancellor of Bahauddin Zakariya University, I whole heartedly welcome all the international and national delegates, esteemed scholars, honorable guests, and motivated students to attend the 2nd International E-Conference on Health Psychology hosted by Department of Applied Psychology during the time of COVID-19. The outbreak of COVID-19 has caused strong emotions in adults and children. Everyone is reacting differently to this stressful situation depending on background, several things making people different from one another, and the community people live in. The need of psychologists is increasing day by day from schools to the higher educational institutes. The reduced accessibility of mental health services for a large majority of southern Punjab became a catalytic factor for our people but the Chairperson, Prof. Sarwat Sultan has made it possible through establishment of tele-counseling center. Further I believe this e-conference will provide the platform for researchers and academia to share their challenges and work about the debate on how to lessen the stress caused by COVID-19.

Living in constant fear and unabated streaming of breaking news on pandemic has permeated stress and anxiety in the hearts and minds of old and young alike. This kind of challenge our society has never faced before. I'm confident that this conference will brainstorm on the ideas on how to deal with psychological strains this pandemic has created. I also appreciate Dr. Sarwat Sultan for tirelessly working in organizing this online event and the dignitaries participating from across the world to share their wisdom on this topic of immense importance. I look forward some vibrant discourse and diverse discussion with quality research work.



Message from

Prof. Dr. Imran Sharif Chaudhry

Dean

Faculty of Arts & Social Sciences

Bahauddin Zakariya University, Multan

Faculty of Arts and Social Sciences, one of the pioneer and largest faculties takes its pride to hold the emblem of dignity and honor in the field of education, research and spreading our practical knowledge. To maintain this, the Department of Applied Psychology is hosting a 3-days International E-Conference on Health Psychology wherein researchers and psychologists from different areas within psychology have been invited from round the globe to reflect upon the ongoing practices in Health Psychology particularly during this pandemic of COVID-19. Psychological issues are increasing globally, and a dire need is there to look for their remedy in terms of intervention.

I emphasize on the progress of quality of education with update and contemporary knowledge for innovative and novel contribution in the society. I appreciate the steps taken by Prof. Sarwat Sultan, Chairperson Department of Applied Psychology towards creating the awareness for community mental health through this International E-Conference. Though the Department is already serving during COVID-19 by providing tele-counseling to the people, but this conference will surely give the rich exposure to the students and professionals working in the field of Psychology through empirical research and experts about the dynamic underlying the psychological challenges confronted by the societies all over the world and especially in Pakistan.

I wish the presenters and participants will have productive and worthwhile outcome from this conference. I am also looking forward some policy guidelines for the university and the government through this conference.



Welcome Note from

Prof. Dr. Sarwat Sultan

Chairperson

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

It is my honor and privilege to welcome you all to the International E-Conference on Health Psychology ICHP-21 being organized by the Department of Applied Psychology, BZU Multan Pakistan. The field of health psychology is focused on promoting health as well as the prevention and treatment of disease and illness. Deciding about the topic of this conference was a daunting task given the mires of problems our country is facing but the recently emerged current stressful situation of our country due to COVID-19 led us steer through it-creating a connection between academics and recently emerged concerns about health so that we can play our role in the development of the country. As the COVID-19 pandemic sweep up all over the world, it has caused widespread concern and has quickly impacted government and public health systems.

This conference platform intends to bring together scholars from across the national and international backgrounds with theoretical and practical approaches in psychological research and practice on health issues. The international expert delegates are joining us from USA, UK, Canada, Spain, Hong Kong, China, Malaysia, and Philippines. The psychologists and scholars from almost 40 universities of Pakistan are also joining us. I am very much confident this conference would promote sharing innovative and indigenous research on health psychology while discussing its impact across cultures.

ICHP-21 is a thought provoking academic activity that will enhance the horizons of undergraduate, postgraduate, M.Phil and ADCP students. I present my humble gratitude to my worthy Vice Chancellor, Prof. Dr. Mansoor Akbar Kundi and Dean, Prof. Dr. Imran Sharif Chaudhary for their complete support and encouragement to hold this online conference. I am also thankful to my team members who have been working tirelessly in making this conference possible. As this message goes in publication, it's heartening to see how every member of our team is excited about this conference and making an example on how team-work creates dream-work.



Preview of the E-Conference

Dr. Iram Batool

Associate Professor

Department of Applied Psychology

Bahauddin Zakariya University, Multan

International E-Conference on Health Psychology (ICHP 2021) focuses on providing a platform to academia and researchers to present their research findings, experiences, and case studies in the field of Health Psychology. A pandemic (COVID-19) was declared by the World Health Organization (WHO) on 11 March 2020. Significant outbreaks resulted in a huge number of deaths and infected cases across the world. Health psychology played a very important role in understanding how people will respond to this pandemic. Beyond behavioral changes, health psychology also has a role in understanding how people might respond and cope with the threat of a global pandemic and changes to their lives that are made in an effort to reduce that threat. There is also a need to understand the potential physical and psychosocial impact of COVID-19 on front-line health care staff, sufferers and carers. This conference is an effort to highlight the interconnections of physical and psychological health along with the factors affecting the psychological well-being of people. This event will be a platform to share rapid response by the scientific community. Researchers from different parts of the world will interact and share their observations and experiences during this pandemic. This International Conference will surely provide an opportunity to listen to international experts and will help exchange knowledge among the participants through interdisciplinary discussions. On the behalf of the department of Applied Psychology I would like to thank all dignitaries from outside and across Pakistan for sharing their wisdom on this topic of immense importance.



Keynote Speaker

Martin S. Hagger (PhD)

University of California, USA

Predicting and Changing Health Behaviors Using Integrated Theories

In the context of a global pandemic of obesity and associated chronic illnesses including diabetes, cardiovascular disease, and certain cancers, promoting health-related behaviors such as regular participation in physical activity, healthy eating, reduced alcohol consumption, and smoking cessation are paramount. In response to the proliferation of evidence highlighting the need for promoting health-related behavior, researchers in the behavioral sciences have begun to explore the determinants of these health-related behaviors, particularly the psychological and behavioral factors. The goal of such research is to provide formative evidence that can be used as a basis for effective behavioral interventions to promote participation in health promoting behaviors. Although research has identified belief-based factors from social cognitive theories such as attitudes, intentions, and perceived control as important in predicting, health behavior, traditional theories explain only modest variance in these behaviors, and fail to account for the multiple factors and processes involved. Researchers have therefore aimed to develop integrated theories that draw constructs and hypotheses from multiple theories to develop a comprehensive explanation of the determinants of these behaviors. This is in recognition that behaviors may not be solely determined by conscious, reflective processes (e.g., beliefs, attitudes, intentions), and that implicit attitudes and motives, habits and cues to well-learned behaviors, individual differences and personality, and volitional components (e.g., cues to action, planning) are likely to be influential beyond intentions. These integrated theories may identify the key psychological constructs related to behavior that may be candidate targets subsequent intervention. In this presentation, I outline a program of research that has applied these integrated theories to predict, explain, and change health behaviors, broadly defined. I will outline how this research has provided insight into the factors that account for variance in health behaviors, and how this information can be leveraged to develop optimally effective behavior change interventions.



Keynote Speaker

Joselito O. Banono, Jr. (PhD)

Professor

Cebu Institute of Technology – University Philippines

Growth Mindset, Grit, and Gratitude: Factors Affecting Emerging Adults' Well-Being

The prolonged period of adulthood gave rise to the new stage of emerging adulthood. During this stage, well-being is one of the critical tasks to lead a flourishing life. Research on emerging adulthood has focused mainly on the adverse effects in this period; however, little attention is paid to their well-being. Thus, the purpose of this study is to examine the influencing role of a growth mindset, grit, and gratitude on achieving well-being and design a promotion model to improve well-being. In the present study, a mixed-methods approach using survey and focus group discussion was implemented. In the initial phase, a survey with three hundred (300) respondents in Cebu City within the age of 18 to 29 years old was conducted, and data were collected and analyzed using multiple regression in SPSS. Findings revealed a high score in Growth Mindset, average Grit, and Gratitude, while overall Well-being appeared to be a low score. Besides, findings in the current study revealed that the Growth Mindset does not influence Well-being, while Grit and Gratitude appear to affect the overall Well-being of the research participants positively. In the focus group discussion of 9 research participants, different themes emerged: personal, career, financial, social, health, and spiritual. Examining these emergent themes of adults' well-being in Cebu City yields the opportunity to understand how their well-being is experienced comprehensively. Based on the results, a promotion model of well-being is proposed providing useful insights on how to achieve well-being during emerging adulthood.



Keynote Speaker

Rozmi Ismail (PhD)

Professor

*Psychology and Human Wellbeing Research Centre
Faculty of Social Sciences and Humanities
Universiti Kebangsaan, Malaysia*

Effect of COVID-19 on Adolescent's Mental Health: A Preliminary Finding

The spreading of COVID-19 pandemic around the world has had various negative impacts on the economic development, education setting, health matter and social relation of the entire community. The growing statistics of COVID-19 patients daily, increasingly raising concerns among the societies, and also adversely affect the mental health status, especially among the adolescents. This study was conducted to study the level of mental health of the adolescents by emphasizing on depression, anxiety and stress level, using the Depression, Anxiety, Stress Scale (DASS) as the measuring instrument. This study used online survey for data collection involving 240 adolescents ranging in age from 14 to 25 years old in Malaysia. The result of descriptive analysis found that 52.5% of respondents encountering depression, stress (34.6%) and anxiety as many as 74.2%. The various contributions of internal and external factors that affect the mental health declination also discussed in this study. The results of this study are expected to provide the sufficient and significant information on mental health declination in living with the new norms, and also as the reference in order to construct an effective intervention to promote a better psychological well-being among the adolescents in Malaysia.



Keynote Speaker

Saralah Devi Mariamdarani Chethiyar(PhD)

Senior Lecturer

*Psychology & Counseling Program, School of Applied Psychology, Social Work and Policy,
College of Arts and Sciences, Universiti Utara Malaysia.*

**Money Mule Recruitment among University Students in Malaysia:
Effectiveness of Awareness Program on Job Criteria as Prevention
Catalyst**

Mankind civilization has taken a new shape leading the world into digital civilization which has sparked technology advancement, remarkably in e-commerce, communication and financial sectors. The digital society inspired from the advancement in digital and communication technologies have been exposed to emerging cybercrimes that contribute to money laundering. Money laundering perceived as a global threat with funds sourced from illegal and fraud activities. Money mules are recruited by criminal networks in money laundering chain, positioned between actual criminal and the illicit funds, enabling the criminals to be anonymous and non-visible to the detection of law enforcement. They are recruited mainly through job ads in social media. The increasing money mule phenomenon has become a cancerous effect among Malaysia university students. This study establishes research gap in the context of psychology, awareness of university students on job criteria which influences the job acceptance. This study adopts quantitative and qualitative approaches. Outcome of this study is expected to benefit in the areas of education, communication, digital economy and human resource policies, big data analytics and machine learning, money laundering detection in financial systems and law and enforcement on digital platforms.



Keynote Speaker

Derwin Chan (PhD)

Professor

Education University of Hong Kong

Parents' Motivation and Beliefs towards COVID-19 Prevention: An Integrated Behaviour Change Model

COVID-19 is a lethal infectious disease that has been spread across the globe and caused over 2million of deaths since early 2019. The United States (US), so far, has marked the highest number of confirmed COVID-19 cases and deaths among all countries. In the given pandemic situation of COVID-19, parents have a vital role in protecting their young children from COVID-19, and their behavioural adherence toward COVID-19 prevention could potentially be explained by a number of psychological factors such as motivation(Chan, Zhang, & Josefsson-Weman, 2020). In this seminar, I would like to present an integrated behaviour change model, namely the integration of self-determination theory and the theory of planned behaviour, to understand the psychological processes of COVID-19 prevention. I will present some preliminary data of a longitudinal study I recently conducted in the US about an application of this integrated model into predicting parents' motivation, intention, and behaviour of COVID-19. The findings of this preliminary study are informative to public health promotion of COVID-19 prevention at family levels.



Keynote Speaker

Hina Zahid (PhD)

University of Essex, UK

Using Existing Data for your Research: How to make use of the resources from the UK Data Services

Especially during times when collecting data becomes troublesome, researchers can make use of the wealth of secondary data sources available to them. This session will introduce the key data collections available via the UK Data Service that are relevant for the academics in Pakistan. The UK Data Service holds the largest collection of UK and international data. We hold data collected in Pakistan and also data collected in the UK about British Pakistanis that could be used independently or for the comparisons between Pakistanis in Pakistan and Pakistanis in the UK. The session will also cover other relevant data collections that can be of interest to the academics in Pakistan. The session will provide a practical overview of the tools that the service provides, with a focus on how to register to access these data and how to make the most of your data searches. Finally, the session will provide a brief overview of our training resources developed for students, researchers and teachers. These resources are very useful for those who have a strong interest in research.

Day-1
18 March, 2021 (Thursday)
Scientific Session -1

Theme: Stress Due to COVID-19 & Health

Time: 9.30am

Session Chair: Dr. Anila Sadaf

Moderator: Dur-e-Adan

Keynote Speaker

Prof. Martin S. Hagger

University of California, USA

Predicting and Changing Health Behaviors Using Integrated Theories

	Recitation of Holy Quran, Naat-e-Rasool, & Inaugural Remarks
ICHP-2021-01	Exploring the Efficacy of Online Learning during COVID-19 Shiza Shahid and Izza Mahfooz <i>University of the Punjab, Lahore</i>
ICHP-2021-02	A Single Case Study on Panic Attack Specifier: The Typical Features of Panic at the time of COVID-19 Noor-e-Saher and Aasma Yousaf <i>University of Punjab, Lahore</i>
ICHP-2021-03	Social Distancing, Obsessive-Compulsive Symptoms and Death Anxiety among People during COVID-19 Kousar Batool <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-04	Effect of COVID-19 on Daily Life of Adults in Pakistan during Pandemic Najma Iqbal Malik, Shahida Parveen, Noman Ramzan, Nageen Zulifkar and Hafiza Mahjabeen Tariq <i>University of Sargodha, Sargodha</i>
ICHP-2021-05	Impact of Resilience and Gratitude on Mental Health during COVID-19 among Health Care Workers of Bahawalpur Muhammad Saleem, Areeha Khan Durrani, Hafiza Arooba Javed and Ali Raza Siddique, <i>Islamia University of Bahawalpur</i>
ICHP-2021-06	Stress due to COVID-19 and Coping Amra Arjamand <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-07	Role of community to follow Sop's for COVID-19 during 2nd wave in Pakistan Kaleem Ahmad Hashmi <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-08	Pakistanis' Mental Health Psychology during the COVID-19 Sadaf Mubeen and M. Abdul Quddus <i>National College of Business Administration and Economic Lahore</i>
ICHP-2021-09	Impact of Stigma on Panic Disorder and Death Anxiety among Patients of COVID-19 Abid Hussain and Zareen Atta Memon <i>University of Sindh, Jamshoro</i>
ICHP-2021-10	Impact of Fear of COVID-19 on Sleep Disturbance among University Students during Pandemic Marium Tariq and Maria Anwar Khan <i>Institute of Southern Punjab, Multan</i>
	Concluding Remarks by the Session Chair

Scientific Session -2

Theme: Health Psychology: Impact and Benefits for Youth

18 March 2021 (Thursday)

Time: 12.00pm

Session Chair: Dr. Najma Malik

Moderator: Almas Hussain

Keynote Speaker

Saralah Devi Mariamdarani Chethiyar (PhD)

Senior Lecturer

School of Applied Psychology, Universiti Utara Malaysia

Money Mule Recruitment among University Students in Malaysia: Effectiveness of Awareness Program on Job Criteria as Prevention Catalyst

ICHP-2021-11	Covid-19 Pandemic: Analyzing Surge in Online Dating among Youth Kashef Khan <i>Quaid-i-Azam University, Islamabad</i>
ICHP-2021-12	Development of Emotional Distress Scale for Adolescents Tahira Parveen and Zaiqa Bano, <i>University of Gujrat</i>
ICHP-2021-13	Antecedents of Social Media Usage: A Case study from Southern Punjab Iram Batool and Huma Batool <i>Bahauddin Zakariya University Multan</i>
ICHP-2021-14	Effect of State Anxiety on Attention and Vigilance Iram Batool and Iram Mansoor <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-15	Personality Trait, Cognitive Distortion and Dysfunctional Attitude in Students Ayesha Malik, Bushra Fareed, Nosheen Ramzan and Shahnaila Tariq <i>University of Management and Technology, Lahore</i>
ICHP-2021-16	The Impact of Social Media Addiction on Self-Esteem and Mindfulness Iram Manzoor, Afifa Zafar and Sana Fatima <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-17	Sleep Disorders' Effect on Students' Academic Achievement at University Level Tahira Rafiq and Sufi Amin <i>International Islamic University Islamabad</i>
ICHP-2021-18	Role of Loneliness, Fear of Missing Out and Phubbing among Millennials Bushra Yaseen, Saadia Zia and Sidra Liaquat <i>Institute of Southern Punjab Multan, Islamia University Bahawalpur, University of Barcelona, Spain</i>
ICHP-2021-19	Effects of Gratitude and Mindfulness on Perceived Stress and Self-esteem among Secondary School Students Areeja Shahid and Sidra Shoaib <i>Baharia University, Karachi</i>
ICHP-2021-20	Role of Bullying, Self Esteem and Academic Performance among Undergraduate University Students in Multan Fatima Abdul Rehman, Saadia Zia and Maria Anwar Khan <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-21	Impact of Online Computer Games on Academic Performance and Academic and Cognitive Distortion among University Students Saira Aslam, Maria Anwar Khan and Aftab Hussain

	<i>Institute of Southern Punjab, Islamia University of Bahawalpur</i>
ICHP-2021-22	Gender Difference in Social Media usage and Emotion Regulation among University Students Saima Bibi and Maria Anwar Khan <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-23	Impact of Academic Stress on Burnout and Internet Addiction among University Students Iqra Shameem, Maria Anwar Khan, Saadia Zia, and, Muhammad Saleem Institute of Southern Punjab, Multan, The Islamia University, Bahawalpur
	Concluding Remarks by the Session Chair

Scientific Session - 3

Theme: Occupational Health and Safety

18 March 2021 (Thursday)

Time: 2.30 pm

Session Chair: Dr. Khalid Bhatti

Moderator: Anooch Ansari

Keynote Speaker

Derwin Chan (PhD)

Professor, Education University of Hong Kong

Parents' Motivation and Beliefs towards COVID-19 Prevention: An Integrated Behavior Change Model

ICHP-2021-24	Psychological Capital and Mental Health of Rescue Workers Maryam Haleem and Sobia Masood <i>Quaid-i-Azam University, Islamabad</i>
ICHP-2021-25	Impact of Fear of COVID-19 on Workplace Stress among University Employees: Mediating Role of Hand Hygiene Behavior Muhammad Saleem, Areeha Khan Durrani, Hafiza Arooba Javed and Zubair Manzoor <i>Islamia University of Bahawalpur</i>
ICHP-2021-26	Work-Family Conflicts: Does Social Support Make Differences in Job and Family Satisfaction among Employees? Frasat Kanwal and Sumreen Kanwal Bahauddin Zakariya University, Multan, The Physio College of Rehabilitation Sciences Multan
ICHP-2021-27	Aggression and Social Intelligence among Teachers: A Correlational Study Fatima Fazal, Ayesha Imran, Shazia Yusuf and Noshi Iram Zaman Khan <i>Bahria University, Islamabad</i>
ICHP-2021-28	Impact of Psychological Contract Breach on Counterproductive Work Behavior among Nurses: Moderating Role of Emotional Intelligence and Forgiveness Iram Batoool and Mahrukh <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-29	Towards Women Career Progression: Know what really the Role of Personality Traits and Leadership Styles in Glass Ceiling Rutaba Salman and Sarwat Sultan <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-30	Psychosocial Factors Affecting Psychological Wellbeing of Sole Breadwinners Hafiza Kiran

	<i>University of the Punjab, Lahore</i>
ICHP-2021-31	The Effect of Work-related Need Satisfaction and Gratitude on Happiness among Doctors Misbah Sagher and Hummera Malik <i>The Women University, Multan</i>
ICHP-2021-32	Influence of Work-Family Conflict on Work-Stress among School Teachers Hafiza Maryam Anwar, Maria Anwar Khan and Sadia Zia <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-33	Self-Efficacy and Work Engagement; Gender Differences in Government and Private Employees Ayesha Ayyaz and Safia Rashid <i>The Women University, Multan</i>
	Concluding Remarks by the Session Chair

Day-2
19 March, 2021 (Friday)
Scientific Session - 4

Theme: Social Support, Quality of Life and Mental Health

Time: 9.30am

Session Chair: Dr. Muhammad Saleem

Moderator: Sadaf Ayesha

Keynote Speaker

Joselito O. Banono, Jr. (PhD)

Professor, Cebu Institute of Technology – University Philippines

Growth Mindset, Grit, and Gratitude: Factors Affecting Emerging Adults' Well-Being

ICHP-2021-34	Sexual Harassment in Public Places: Examining the Frequency of Perpetrators and Role of Demographics Shumaila Imtiaz and Anila Kamal <i>Quaid-i-Azam University, Islamabad</i>
ICHP-2021-35	What makes me Distressed and What Determines my Quality of Life? Perspective of Elderly in Pakistan and Canada Samra Tanveer and Syeda Shahida Batool <i>Government College University, Lahore</i>
ICHP-2021-36	Dental Anxiety Predicting Poor Dental Attendance: Exploring Mediating Effect of Cynical Hostility Sana Khan and Sarwat Sultan <i>Bahauddin Zakariya University Multan</i>
ICHP-2021-37	Narcissistic Personality, Social Media and Mental Health in Early Adulthood Laraib Ahmad, Rashida Sadaqat, Memoona Batool and Shahnaila Tariq <i>University of Management and Technology, Lahore</i>
ICHP-2021-38	Sense of Coherence, Positive Psychological Capital and Mental Health in Pakistani and Overseas Students Faiza Junaid and Beenish Najam <i>University of Lahore, University of the Punjab, Lahore</i>
ICHP-2021-39	Impact of Grit on Mental Health among University Students Humara Shahid, Maria Anwar Khan and Saadia Zia <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-40	Social Support as a Mediator between Emotional Intelligence and Mental

	Health among University Students Iqra Asghar and Saadia Zia <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-41	The Impact of Self-Compassion on Mental Health among Youth Rabia Arshad, Maria Anwar Khan, Anila Sadaf and Saadia Zia <i>Institute of Southern Punjab, The Foundation University Islamabad</i>
ICHP-2021-42	Role of Religiosity, Altruism and Mental Health among University Students in Multan Zahid Raza Hashmi and Saadia Zia <i>Institute of Southern Punjab, Multan</i>
ICHP-2021-43	Exploring Cultural Adjustment and Mental Health Status of Fata, KPK Students Studying In Punjab Amna Iqbal and Motasem Mirza <i>Bahauddin Zakariya University, Multan</i>
	Concluding Remarks by the Session Chair

Scientific Session -5

Theme: Clinical Health Psychology

19 March 2021 (Friday)

Time: 11.45 am

Session Chair: Dr. Rizwana Amin

Moderator: Muhammad Fahad Afzal

Keynote Speaker

Prof. Rozmi Bin Ismail

Universiti Kebangsaan Malaysia

Effect of COVID-19 on Adolescent's Mental Health: A Preliminary Finding

ICHP-2021-44	Sexual Dysfunction, Social Support and Psychological Distress in Women with polycystic Ovary Syndrome (PCOS) Hafiza Sana Shoukat and Beenish Najam <i>University of Lahore, University of the Punjab, Lahore</i>
ICHP-2021-45	Impact of Grit and Self Control on Life Satisfaction among University Graduates: The Mediating Role of Subjective Vitality Noreeta Suleman, Muhammad Saqib Shabir and Rubina Hanif <i>Quaid-i-Azam University Islamabad, Hazara University, Mansehra, Quaid-i-Azam University Islamabad</i>
ICHP-2021-46	Impact of Resilience and Cognitive Failure on insomnia, Mediating Role of Coping Strategies among Cancer Patients Laila Latif, Iram Batool, Ruqia Safdar and Kashif Siddique <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-47	Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy Tahira Rana and Sarwat Sultan <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-48	Effects of caregiving Burden on Daily Activities among Caregivers of Heart Failure Patients: Mediating Role of Basic Psychological Needs Sadia Zafar and Rizwana Amin <i>Bahauddin Zakariya University Multan, Bahria University Islamabad</i>
ICHP-2021-49	Mental Health and Quality of Life among Cardiac Patients Maham Ehtisham <i>Bahauddin Zakariya University, Multan</i>

ICHP-2021-50	Religiosity and Spirituality as a Predictor of Psychological Wellbeing and Life Satisfaction among Hepatitis Patients Rabia Arshad <i>Government College University, Faisalabad</i>
ICHP-2021-51	Managing the Effect of Seizure Frequency on Depression and Quality of Life in Epileptic Patients through CBT Talha Jabbar and Sarwat Sultan <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-52	Understanding When Caregivers' Burden affects their Well-being: A Role of Coping Styles Sarwat Sultan, Abdul Waheed and Sumaira Riaz <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-53	Agriculture Biomass as a Risk Factor for Women Health Syed Waqas Shabbir, Muhammad Rizwan and Muhammad Hashim <i>Government College University Faisalabad, University of Sargodha, Nanjing Normal University China</i>
ICHP-2021-54	Effect of Mindfulness on Social Anxiety in University Students Motasem Mirza <i>Bahauddin Zakariya University, Multan</i>
	Concluding Remarks by the Session Chair

Scientific Session -6

Theme: Health, Families and Children

19 March 2021 (Friday)

Time: 2.30pm

Session Chair: Dr. Zakiya Bano

Moderator: Mubashara Iqbal

Keynote Speaker

Dr. Hina Zahid

University of Essex, UK

Using Existing Data for Your Research: How to make Use of the Resources from the UK Data Service

ICHP-2021-55	Mediating Role of Emotional Intelligence in the Relationship of Psychological Maladjustment and Attachment Styles among Orphan Adolescents Ayesha Khan and Anila Kamal <i>Quaid-i-Azam University, Islamabad</i>
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Day-3
20 March, 2021 (Saturday)
Scientific Session-7

Theme: Resilience, Wellbeing, Stress & Coping

Time: 10.30am

Session Chair: Dr. Rabia Khawar

Moderator: Ulia Masud

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ICHP-2021-67	Indirect Effect of Gratitude in Reducing Risk of Suicidal Ideations through Meaning in Life and Optimism Qaynat Qadir and Sarwat Sultan <i>Bahauddin Zakariya University, Multan</i>
ICHP-2021-68	The Impact of Procrastination on Goal Orientation; Exploration of the Role of the Self-Regulation Iram Manzoor, Manahil Ahmad and Sadia Emteyaz <i>Bahauddin Zakariya University, Multan</i>

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ICHP-2021-70	Psychological Resilience, Emotional Regulation and Hope in Shelter Home Residents Shiza Shahid <i>University of the Punjab, Lahore</i>
ICHP-2021-71	Relationship between Mindfulness, Self-control and Emotion Regulation among Young Adults Amara Maryam and Asma Javed <i>Bahauddin Zakariya University, Multan</i>
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ICHP-2021-74	Translation and Validation of Medical students' Stressors Questionnaire into Urdu Language Iqra Tariq and Rizwana Amin <i>Bahauddin Zakariya University Multan, Bahria University Islamabad</i>
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	Concluding Remarks by the Session Chair
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Abstracts

Presentations

ICHP-2021-01

Exploring the Efficacy of Online Learning during COVID-19

ShizaShahid and IzzaMahfooz

University of the Punjab, Lahore

Amidst the global pandemic of Covid-19, online learning has been widely used around the country. Teachers' and student's experiences and perceptions related to online learning has been explored in this study through online survey method. The education ministry of Pakistan was not prepared to face the challenges that this pandemic brought and hence, online education was introduced at national level for the very first time. This was a novel experience for teachers and students as both the parties were not familiar with this mode of education. Hence, it was imperative to explore their experiences with online learning amidst a pandemic. The data for this study was collected from public and private universities of Faisalabad and Lahore. The sample comprised of 430 participants (N=100 teachers & N= 330 students) from colleges and universities in Faisalabad and Lahore. Online survey method was used for the purpose of data collection. The results indicated that the following areas are important for teacher and students' satisfaction with online classes. These areas included: quality and timely interaction between student and professor, technical support availability, structured online class modules, and modifications to accommodate conduction of practical classes. Henceforth, a dynamic phenomenon of various aspects of online learning was explored in this study.

ICHP-2021-02

A Single Case Study on Panic Attack Specifier: The Typical Features of Panic at the time of COVID-19

Noor-e-Saher and Asma Yousaf

University of the Punjab, Lahore

K.J was 39 years old woman who came for treatment with the complaints of restlessness, chest pain, increased heart rate, palpitations, sweating, shortness of breath, and fears of losing control and death. Her symptoms started when her son catches the flu and had a fever. She got really scared. She started to feel dizzy, her heart rate was increased, palpitations and sweating was started. She became terrified about her son's health as she started to think that he had corona. She was referred to the trainee clinical psychologist for the psychological management of her problems. Psychological assessment was done on informal level which comprised of Clinical Interview, Mental Status Examination, Subjective Ratings of presenting complaints, and Dysfunctional Thought Record. Formal assessment was done by using Panic Rating Scale (PRS). In accordance with presenting complaints and on the basis of assessment, client was diagnosed with Panic Attack Specifier. Different techniques from Cognitive Behaviour Therapy were implemented to manage the symptoms of the client. 13 therapeutic sessions were conducted with the client and post therapeutic assessment showed 90% improvement in her symptoms. The case is illustrating as an example of the use of cognitive-behavioural principles in the treatment of panic attack specifier.

ICHP-2021-03

Social Distancing, Obsessive- Compulsive Symptoms and Death Anxiety among People during COVID-19

Kousar Batool

Bahauddin Zakariya University, Multan

Recent outbreak of COVID-19 in Pakistan, led multiple psychological problems among people. The main aim of the present study was to examine the difference of social distancing, symptoms of obsession and compulsion and death anxiety. This correlational study was conducted during June 1 and July 19, 2020 in Multan where 189 participants completed questionnaires. Demographic characteristics were included; gender and education. The data were collected through survey from people who were convenient. Positive correlation was found between social distancing, obsessive-compulsive symptoms and death anxiety. Responses provided by individuals showed that women were found in greater level of social distancing, symptoms of obsession and compulsions and death anxiety as compared to men. Findings revealed that attitude toward social distancing, symptoms of OCD and death anxiety was lower among uneducated than educated individuals.

ICHP-2021-04

Effect of COVID-19 on Daily Life of Adults in Pakistan during Pandemic Najma Iqbal Malik, Shahida Perveen, Noman Ramzan, Nageen Zulifqar and Hafiza Mahjabeen Tariq

University of Sargodha

The aim of the study is to find out the impact of COVID-19 on the daily lives of adults in Pakistan during pandemic. Present study also finds out the number of precautionary measures taken by the people against COVID-19. To check impact of COVID-19 on lives of people, data was collected from sample of n= 116 which is further divided into male (n= 29) and female (n= 87) age range of sample was 20-40 year. Convenience sampling technique was used for data collection. Sample included both University and college students as well as working people and house wives. Online survey research design was used in this study. Indigenous instrument was developed by Department of Psychology, University of Sargodha (2020) to access the issue under study. Results indicated that COVID-19 had affected the life of people from many aspects. Negative impact of COVID-19 was found due to limited daily life. People were following all the preventive measures to avoid risk of getting the infection. Lockdown effecting the physical and mental health of people. Moreover, COVID-19 impact negatively on physical and mental health of adults. Additionally, People were having difficulty coping with lockdown situation. Limitations and implications along with future research directions were discussed.

ICHP-2021-05

Impact of Resilience and Gratitude on Mental Health during COVID-19 among Health Care Workers of Bahawalpur

Muhammad Saleem, Areeha Khan Durrani, Hafiza Arooba Javed and Ali Raza Siddique

The Islamia University of Bahawalpur

The purpose behind the study was to investigate the effect of resilience and gratitude on mental health of health care workers during COVID-19 pandemic. For the purpose, a sample of 180 health care practitioner was recruited from Bahawal Victoria Hospital Bahawalpur and Civil Hospital Bahawalpur. The sample size was justified through A-priori sample size calculator for multiple hierarchical regression (Soper, 2020). Considering the restriction of physical contact during this pandemic, the data were collected through online google form disseminated on WhatsApp and Facebook groups. The online survey was comprised of informed consent, demographic information sheet and the following measures: The Resiliency Assessment Scale, Gratitude Questionnaire and Mental Health Inventory were used. The collected data were analyzed through SPSS using multiple hierarchical regression. The study found that there is a significant impact of resilience ($R=0.64$, $p > 0.01$) and gratitude ($R=0.58$, $p > 0.01$) on mental health of health care workers during COVID-19. The correlational analysis also showed significant positive relationship between resilience ($\beta=0.71$), gratitude ($\beta=0.62$) with mental health, respectively. It is concluded that resilience and gratitude are important factors to improve mental health of health care workers in this pandemic situation. The findings of the study are helpful for all the medical and health care practitioner, psychiatrist and psychologists and other stake holders.

ICHP-2021-06

Stress due to COVID 19 and Coping

AmraArjamand

Bahauddin Zakariya University, Multan

COVID-19 is spreading quickly, causing a great deal of fear and unrest in the public. The present study was carried out to examine stress due to COVID-19 and its coping. It was hypothesized that there would be a relation between stress and COVID-19 and specific measures must have been taken to cope with the prevailing situation. A web-based cross-sectional study was conducted among students of four prominent Pakistani educational institutes. Google forms were used to circulate the online questionnaire to evaluate anxiety. Scales used in the study were Generalized Anxiety Disorder Scale, Patient Health Questionnaire and Brief Coping Scale. A total of 1134 responses (age 21.7 ± 3.5 years, 70.5% females) were included. The frequency of students having moderate-severe anxiety and depression (score ≥ 10) were $\approx 34\%$ and 45% , respectively. The respondents' aged ≥ 31 years had significantly lower depression score than those below 30 years. Males had significantly less anxiety and depression scores than females. Additionally, those having a family member or friend infected with disease had significantly higher anxiety score. The main sources of

distress were related to adverse effects of ongoing pandemic on daily life followed by the rapid disease spread. Less use of social media, more exercise, being mindful and religious coping followed by acceptance has been major coping strategies being adopted. The findings of the study showed COVID-19 have significant adverse impact on students' mental health and hence mental health should not be neglected during this pandemic.

ICHP-2021-07

Role of community to follow Sop's for COVID-19 during 2nd wave in Pakistan

Kaleem Ahmad Hashmi

Bahauddin Zakariya University, Multan

Increased Rate of COVID-19 Cases during 2nd Wave of COVID 19 in Pakistan. To check and analyze why people are not following SOPs for Covid-19 during 2nd Wave of COVID-19 in Pakistan. Survey has been conducted at different social places of district Muzaffargarh, Pakistan. People asked to answer different questions related to following COVID-19 SOP's. Results showed 15% people of district Muzaffargarh like to follow COVID-19 SOPs. 95% people know SOP's for Covid-19. 22% people use to wash hands against Covid-19 protection. 25 % people use to have masks. 17% people use to wear masks. 18% people use to keep distance at social places. 15% to 18 % people of district Muzaffargarh use to follow SOP's for COVID-19 and 82% to 85% people ignore to follow COVID-19 SOP's considering that this disease has no existence or it's not a fatal disease and Media and Government is giving fake reports about COVID-19 patients.

ICHP-2021-08

Pakistanis' Mental Health Psychology during the COVID-19

Sadaf Mubeen and M. Abdul Quddus

National College of Business Administration and Economics, Lahore

I plan to illustrate the secondary crisis in the sense of this correspondence, which is mental health and psychosocial problems that mark the need for psychological crisis intervention during the outbreak of COVID-19. Mental wellbeing and well-being are critical pillars of healthcare and it is also necessary for the stable psychosocial functioning of individuals and society to recognize and alleviate these problems. This paper discusses possible mental health conditions and recommends modifying actions to respond to quarantine, social isolation and social distance. Psychological crisis intervention program so that the COVID stress could be stabilized and life will come back as well, Pakistan could adopt.

ICHP-2021-09

Impact of Stigma on Panic Disorder and Death Anxiety among Patients of COVID-19

Abid Hussain and Zareen Atta Memon

University of Sindh, Jamshoro

The main objective of the study was to investigate the impact of stigma on panic disorder and death anxiety among patients of COVID-19. The study was completed by using correlational research design. Survey was carried out by utilizing questionnaire for collection of data. Sample of study was comprised on 139 patients of COVID-19 who were selected conveniently from the Isolation ward of Nishtar Hospital Multan, Pakistan. Stigma Scale for Chronic Illnesses-Short Form (SSCI-8). The Panic Disorder Severity Scale, Death Anxiety Inventory. Data were collected by taken permission from patients of keeping their information as confidential. The findings reveal that panic disorder, and death anxiety is positively correlated with disease stigmatization among the patients of COVID-19. Death anxiety is significantly predicted highly as compared to panic disorder by disease stigmatization. Female patients were reported with more stigmatized, panic symptoms and feeling of being die than male patients. In future, it is needed to investigate coping styles as mediators of stigmatization, panic disorder and death anxiety.

ICHP-2021-10

Impact of Fear of Covid-19 on Sleep Disturbance among University Students during Pandemic

Marium Tariq and Maria Anwar Khan

Institute of Southern Punjab, Multan

The goal of this study was to investigate the correlation between fear of Covid-19 and sleep disturbance among university students. A sample of 157 university students aged 17 years and above taken from Bahauddin Zakariya University, Institute of Southern Punjab Multan, Women University Multan, and University of Management and Science Lahore provided data online through google form on Pittsburg Sleep Quality Index Scale and Fear of Covid-19 Scale. The participants were both male and female. Linear multiple regression: fixed model, R^2 increase. An error probability is 0.05 and effect size F^2 is 0.15. Through SPSS data analysis the result showed R^2 : .132, Adjusted R^2 : .126, $F(1, 155) = 23.516$ and $***P < 0.001$. The result shows that there is a significant correlation between Covid-19 and Sleep. Fear of Covid-19 impact on individual sleep disturbance.

ICHP-2021-11

Covid-19 Pandemic: Analyzing Surge in Online Dating among Youth

Kashef Khan

Quaid-i-Azam University, Islamabad

The ongoing pandemic Covid-19 has affected humans in various forms. The spread of Coronavirus took a leap around the world. To stop the virus every country dealt with containing the spread of virus differently. Similarly, people around the globe are encouraged to follow Standard Operating Procedures (SOPs) in which social distancing, isolation, work from home and online remote studies concepts are introduced which ultimately resulted surge in electronic online usage for which internet is the best substitution platform. Hence with, the

introduction of such procedures and involving human with internet left numerous effects on the human mental health. This study investigates the sudden rise in browsing online dating websites, software applications, and social media groups. As previously, people used to have alternative methods for emotional and sexual pleasure such as, sex workers, formal and informal relationships but due to the nature of virus which spread quick through human interaction led tilting youth inclination towards online dating. Specifically, youth got indulged into online dating through multiple channels. Similarly, the current research examines the consequences and impacts on mental health due to self-isolation, social distancing and encouraging internet usage for academic and official purposes. Conversely, refrainment from sexual pleasure resulted increase in several online alternative activities those are sexual in nature. Consequently, findings indicated that during the pandemic cybersex, online dating, and pornography profoundly increased all over the world. Similarly, new Facebook groups are formed by harlot and bawds for providing online dating while web searches and internet browsing for porn websites have been increased significantly. After a careful estimate from 42 million online viewers to 115 billion viewers visits such webpages per day. It has left highly negative impact on mental health. So, it highly needed globally and in Pakistan specifically to keep normal the mental health conditions workers and students during the second wave of Covid-19. To keep their mental health conditions stable public and private sector intuitions should keep indulge the workers and students in physical activities such as indoor exercises, providing physical exercises accessories, jogging and other sports exercise should be encouraged in which Covid-19 SOPs can be easily implemented. It will help the young professionals and students both physically and mentally healthy while morale values would be kept safe.

ICHP-2021-12

Development of Emotional Distress Scale for Adolescents

TahiraParveen and ZaqiaBano

University of Gujrat

The main objective of the study was Development of emotional distress scale for adolescents in Urdu language. Cross sectional survey research design was used. Scale was based on Beck Cognitive Theory with 3 main factors of Depression, Anxiety and stress and 9 sub factors of it. Initial item pool was develop with 190 items with the help of DSM-5, four focus group and literature review was carried out. 174 out of 190 items were selected after expert evaluation. 162 items were retain after pilot study. Moreover data was collected by using self-reported questionnaire on 900 adolescents from the community and medical centers of District Sargodha and District Gujrat. Data was collected by using convenient and purposive sampling technique. For the analysis of data reliability, exploratory factor analysis (EFA) and confirmatory factor analysis (CFA) was used. After final administration of 162 items 49 items were retained. The final administration of 49 items with written informed consent was handed over to 900 participants. The model fit showed a P-value of .000 that established the structure validity and significance of the items to its subscales. Kaiser-Meyer-Olkin Measure of Sampling Adequacy (KMO) Bartlett's Test of Sphericity Pallant showed the acceptable value above 0.6 that showed the sampling adequacy of Emotional Distress Scale. After all analysis 49 items were

selected. Emotional distress scale is a reliable indigenous scale for measuring emotional distress of adolescents with 3 main and 9 sub factors.

ICHP-2021-13

Antecedents of Social Media Usage: A Case study from Southern Punjab

Iram Batool and Huma Batool

Bahauddin Zakariya University Multan

The use of digital mediums has increased tremendously. Social media platforms (Facebook, Instagram, WhatsApp and Tik Tok) are the miscellaneous melting pots that gratify the needs of their users. The purpose of the study was to investigate the antecedents (fear of missing out, peer pressure, need to belong) of social media usage. A cross-sectional survey design was used to collect data from 471 young adults (Males=198, 42% and Females=273, 58%). Participants were asked to complete questionnaires consisting of Fear of missing out scale by Przybylski et al, (2013), (2013), Need to belong scale by Leary (2005), Peer pressure scale by Sing and Sani (2011) and Social media usage scale by Bashir and Gupta (2018). The data was analysed by Smart PLS using structural equation modelling. Particularly a research model is proposed using use and gratification theory. The findings revealed that fear of missing out, peer pressure and need to belong significantly predict social media usage. Males are more prone to social media in terms of information and socialization as compared to females. Mediation analysis showed that fear of missing out significantly mediates the relation between peer pressure and social media. The study could provide an insight on the user's intention to use social media.

ICHP-2021-14

Effect of State Anxiety on Attention and Vigilance

Iram Batool and Iram Mansoor

Bahauddin Zakariya University Multan

The vigilance decrement has been traditionally studied by simple and monotonous behavioral tasks. Now there is significant interest in measuring arousal and executive vigilance and different attentional functions in a single task. The present study was designed to investigate the influence of state and trait anxiety on different functions of attention and executive and arousal vigilance. For this purpose, 112 on campus participants were initially screened to find out their level of trait anxiety by using STAI-T by Spielberger. The participants who scored moderate in trait anxiety questionnaire participated in the experiment. They were randomly assigned to negative and positive state anxiety group. Both of the groups saw negative and positive videos for mood induction according to their group. The mood was checked before and after the induction by PANAS by Watson, Clark and Tellegen. Also, state and trait anxiety was checked before and after the mood induction. Both groups performed ANTI-Vea task by Luna et al.. Our results indicated that orienting and executive control of positively anxious group were less efficient than that of negatively anxious group. Though positive and negative state anxiety group show significant difference within the reaction time and

accuracy. There was no evidence which show decrement in arousal and executive vigilance in our present study.

ICHP-2021-15

Personality Trait, Cognitive Distortion and Dysfunctional Attitude in Students

Ayesha Malik, Bushra Fareed and Nosheen Ramzan

University of Management and Technology, Lahore

Trait is the fundamental aspect of human personality that has been reflected in principal theories of personality in concepts of traits and considered as a different structure in every person. The present study aimed to examine the relationship between personality traits, cognitive distortions and dysfunctional attitude in students. It was hypothesized that there is likely to be a relationship between personality trait, cognitive distortion and dysfunctional attitude in students. It was also hypothesized that personality trait and cognitive distortion are likely to predict dysfunctional attitude in students. Correlational research design and purposive sampling technique was used to collect data from students (N=150). Age range was 19 to 25 (M=21.80; SD=2.18). Personality Trait Scale, Cognitive Distortion Scale and Dysfunctional Attitude scale was used to study the variables. Data was analyzed by using descriptive, Correlation, and Regression analysis. Results revealed that personality traits have negative significant relationship with dysfunctional attitude. While, cognitive distortions have positive non-significant relationship with dysfunctional attitude. Personality traits have positive and non-significant relationship with cognitive distortions. In regression analysis neuroticism highly predicted dysfunctional attitude. While, extraversion, openness to experience, conscientious and agreeableness negatively predicted with dysfunctional attitude. The results were discussed with reference to the relevant literature. The implications can be used for the counselling of students with dysfunctional attitude.

ICHP-2021-16

The Impact of Social Media Addiction on Self-Esteem and Mindfulness

Iram Manzoor, Afifa Zafar and Sana Fatima

Bahauddin Zakariya University, Multan

The study investigated the impact of social media addiction on mindfulness and self-esteem. It was meant to find out the effect of social media addiction and relationship among self-esteem, social media addiction and mindfulness. The correlational survey design was used and the sample of the study consisted of 110 participants 93 females and 17 males aged between 17-35 years. Bergen Social Media Addiction Scale (BSMAS), Rosenberg Self-Esteem Scale (RSES) and Five-Facet Mindfulness Questionnaire (FFMQ) were used. Results revealed that that social media addiction showed inverse relationship with self-esteem and mindfulness while self-esteem and mindfulness are positively correlated.

ICHP-2021-17

Sleep Disorders' Effect on Students' Academic Achievement at University Level

Tahira Rafiq and Sufi Amin

International Islamic University, Islamabad

Sleep is a physiological process essential to humans and their normal functioning. Sleep habits and problems are also influenced by physical, mental, and environmental factors such as age, gender, job, lifestyle, emotional tension, and noise. The purpose of this study is to explore the effect of sleep disorders' on students' academic achievement at International Islamic university Islamabad. The objectives of the study were to: Find out the causes of sleep disorders among university students and explore the effect of sleep disorders' on academic achievement of students. This study was quantitative in nature. Survey method was applied for data collection. The population of the study comprised of all the students of BS program (Faculty of Social Sciences). The sample of the study consisted of 40 students of BS (Faculty of Social Sciences). Simple random sampling technique was used in the selection of the sample. Researcher used self-developed three point scale for data collection. The validity of the instrument was checked with the help of experts. According to the opinions of the experts, the instruments was modified. The reliability of the instruments was checked through Cronbach's Alpha. The researcher personally administered and collected the questionnaires from the respondents. The collected data were scored, tabulated and analysed making use of descriptive and inferential statistics i.e. mean scores and t-test. Data were analysed through Statistical Package for Social Sciences (SPSS, 21). Results showed that late night socializing and stress related to exam, assignment, and test were two top major cause of students sleep disorder and there is great effect of sleep disorders' on academic achievement of student.

ICHP-2021-18

Role of Loneliness, Fear of Missing Out and Phubbing among Millennials

Bushra Yaseen, Saadia Zia and Sidra Liaquat

Institute of Southern Punjab, Multan, Islamia University Bahawalpur, University of Barcelona, Spain

Technologies such as the internet and smart phones have aimed to be a means to socialize and to keep one entertained and obsession with the social networking sites (SNS) has enslaved the younger generations to these advancements. Despite the fact that stated purpose of technology like smart phones is to help people connect with each other's, in this specific instance, it does the opposite of it. Ironically, the very technology that was envisaged to bring humans closer together has isolated them from these very same people. Therefore, the purpose of the current study was to explore the Role of loneliness, fear of missing out and phubbing among millennials. Cross-sectional research design and Survey method was used to collect data from participants who were 400 Millennials (170 males and 230 females) taken from the city of Multan in Pakistan. Convenient sampling technique was used for data collection. UCLA Loneliness Scale Version 3, Fear of Missing Scale and Phubbing Scale were employed to measure the variables. The reliabilities of these three scales met research

standards, (Cronbach's alphas ranged from .85 to .96) which is very positive indication that all questions were reliable. Results suggested that the relationship between loneliness, fear of missing out and phubbing behavior among millennials was significantly positive. To explore the impact of loneliness and FOMO on phubbing behavior Regression Analysis was used. However, results indicated that FOMO has a larger impact on phubbing than loneliness. Another finding of the current study was concerned with loneliness, fear of missing out and phubbing towards gender through t-test, result found that females have high level of loneliness as compared to males; hence, phubbing behavior is higher in females than males. The findings also showed that fear of missing out do not vary in terms of gender. So, phubbing behavior equally affects male and female. In short, it is concluded that phubbing is a nuance concept and not widely researched in Pakistan, observations of current study helped in identification and eradication of this behavior and added to the existing research literature.

ICHP-2021-19

Effects of Gratitude and Mindfulness Training on Perceived Stress and Self-Esteem

Secondary School Students

AreejaShahid and Sidra Shoaib

Bahria University, Karachi

The aim of the study is to determine the effects of gratitude and mindfulness training on perceived stress and self-esteem of SSC board students. It was hypothesized that there would be a negative effects of gratitude and mindfulness training on perceived stress and positive effect on self-esteem of SSC board students as it will reduce stress and increase self-esteem. The sample size was consisted of 20 participants, 14 to 18 age range ($M=14$; $SD=.30$). Convenient sampling was used and the design of study was quasi-experimental. After screening process, participants were further divided into two groups, 12 participants were in experimental group and 8 participants were in wait listed control group. Experimental group is the one in which participants received the gratitude and mindfulness training. On the other hand, participants in the control group didn't receive any training. Perceived stress was tested in pretest and posttest through Perceived Stress Scale (PSS-10), while self-esteem was assessed in pretest and posttest using Rosenberg Self-Esteem Scale (RSE). Experimental group was given intervention twice in a week for 3 weeks. Each session consisted of 45 minutes. After post-test Statistical analysis was applied to determine results. The result indicates that there is moderate significant difference between scores of pre-test and post-test in experimental group. This suggests that training of gratitude and mindfulness results in reducing stress level and increasing self-esteem. The research carries implications for further intervention focusing on adolescence population going through stress of exams, intervention to counter the negative effects of stress and provide them with the resources for the enhancement of self-esteem and gratitude from an early age.

ICHP-2021-20

Role of Bullying, Self Esteem and Academic Performance among Undergraduate University Students in Multan

Fatima Abdul Rehman, Saadia Zia and Maria Anwar Khan

Institute of Southern Punjab, Multan

The study aimed to investigate the role of bullying, self-esteem and academic performance among undergraduate university students in Multan. This study was done through quantitative method with survey research design. The undergraduate students from the Institute of Southern Punjab, Multan were selected as a sample of 150 participants through simple random sampling technique. The standardized questionnaire were used for data collection and distributed over research sample subjects. All distributed questionnaire were collected. They were coded and analyzed by using SPSS. The research results indicated that bullying, self-esteem and academic performance significantly correlates with each other. Bullying has a negative correlation with Self-esteem and academic performance. Significant difference was found in Bullying in terms of gender as males have more bullying behavior as compared to females among undergraduate students. Moreover, regression analysis showed a significant impact of bullying on self-esteem and academic performance. The study concluded that bullying adversely affects the self-esteem and academic performance of undergraduate university students.

ICHP-2021-21

Impact of Online Computer Games on Academic Performance and Academic and Cognitive Distortion among University Students

Saira Aslam, Maria Anwar Khan and Aftab Hussain

Institute Of Southern Punjab Multan, Islamia University Bahawalpur

This descriptive study investigated how online games affect the academic performance and cognitive distortions. According to G*power analysis the minimum required sample for this study should be 89 respondent to generate power of 0.95 and medium size effect of 0.15. However, the data was collected from 150 university students that exceeded the minimum required sample size. Data were collected from Bahawalpur and Multan. Both male and female adults participated in this research with their academic percentage, age, gender, residence, and socioeconomic status. The sample was drawn by using convenient Sampling Technique since it only focuses on the students who are inclined in playing online games. The game addiction questionnaire and Inventory of cognitive distortion was used. The academic achievement is recorded by previous academic percentage. Mean and Pearson correlation were analyzed to interpret the data collected. The findings of the study shows those male ages 17-25 are fond of playing online games. The result shows that there is significant correlation between online games and cognitive distortions and indicated that there is no significant impact of academic achievement on online games.

ICHP-2021-22

Gender Difference in Social Media usage and Emotion Regulation among university Students

Saima Bibi and Maria Anwar Khan

Institute of Southern Punjab, Multan

The purpose of the present study was to explore Gender Difference in Social Media Usage and Emotion Regulation among University students. The sample consisted of (N=150) students taken from different universities of Punjab through purposive sampling. Their age range was from 18-26 years old. The Social Media scale that measures was used. The result shows that there is a significant gender difference in social media usage and emotion regulation among university students that is $**P<0.01, P>0.05$. Result shows that socialization and entertainment has significant gender difference. Socialization have small effect size that is 0.4 and female have more socialization as compared to males. Entertainment have medium size effect that is 0.5 and females have more entertainment as compared to male. Also that there is significant age difference in social media usage and emotion regulation among university students that is $*P<0.05, P>0.05$. Results indicated that entertainment of social media usage and emotional regulation have significant age differences among university students. Entertainment have medium size effect that is 0.5 and age from 22-26 have more entertainment as compared to other. Emotion cognition have medium size effect that is 0.5 and students with age from 18-22 show more emotional cognition as compared to other. Expressive cognition have medium size effect that is 0.5 and students with age 18-22 are more expressive as compared to others.

ICHP-2021-23

Iqra Shameem, Maria Anwar Khan, Saadia Zia, and Muhammad Saleem
Institute of Southern Punjab, Multan, The Islamia University, Bahawalpur

The purpose of the present study was to explore the Impact of academic stress on academic burnout and internet addiction among university students. The sample consisted of 190 students taken from BZU, ISP, WUM, Multan data collected through convenient sampling technique. Their age range was from 20-30 years old. The results indicated there is significant correlation among academic stress, internet addiction and burnout among university students. Academic demands, nonacademic demands and environmental demands of academic stress have significant impact on exhaustion of burnout among university students. Academic demands of academic stress and environmental demands of academic stress have significant impact on internet addiction but a nonacademic demand of academic stress has insignificant impact on internet addiction among university students.

ICHP-2021-24

Psychological Capital and Mental Health of Rescue Workers

Maryam Haleem and Sobia Masood

Quaid-i-Azam University, Islamabad

The current study was conducted to explore the relationship between psychological capital and mental health of rescue workers. A cross-sectional survey research design was employed to collect data from 502 male rescue workers with their age ranging from 22 to 44 years by using purposive-convenience sampling. Urdu versions of Mental Health Inventory and Psychological Capital Questionnaire (Self-Rater Short Form) were administered on the sample. Stress appraisal of the critical incidence was used as a control variable and measured through a single item. Findings revealed that among all dimensions of psychological capital that is, efficacy, resilience, hope, and optimism significantly positively predicted psychological well-being, a sub-dimension of mental health. For the psychological distress dimension of mental health, efficacy, resilience, and optimism appeared to be significant and negative predictors. Thus, results suggested that rescue workers high on personal resources are also having better mental health.

ICHP-2021-25

Impact of Fear of COVID-19 on Workplace Stress among University Employees: Mediating Role of Hand Hygiene Behavior

Muhammad Saleem, Areeha Khan Durrani, Hafiza Arooba Javed and Zubair Manzoor

The Islamia University of Bahawalpur

This study sought to quantify the effect of fear of COVID-19 on workplace stress among university employees through hand hygiene behavior. An invitation to participate in an online survey was sent to the employees of Islamia University of Bahawalpur through WhatsApp group. In total, 120 university employees participated in this research. The sample was justified through A-priori sample size calculator for structural equation modeling (Soper, 2020). We utilize Fear of COVID-19 scale, The Work stress Questionnaire and COM-B Hand Hygiene Behavior Questionnaire. The collected data were analyzed by using Smart PLS (3.0) for mediation model. Results of the study revealed that there is a significant impact of fear of COVID-19 on workplace stress among university employees. Whereas, hand hygiene behavior significantly mediates the relationship between fear of COVID-19 and workplace stress among employees. Conclusively, the findings of the study have suggested that hand hygiene behavior can play a crucial role for reducing COVID-19 fear, which could probably tend to lower the workplace stress. This study has implications for workplace organizations, frontline health workers, consultants, and practitioner for general population.

ICHP-2021-26

Work-Family Conflicts: Does Social Support Make Differences in Job and Family Satisfaction among Employees?

Frasat Kanwal and Sumreen Kanwal

Building on and extending previous research, the present study aims to explore the role of social support from work colleagues and family members in alleviating the negative impact of work family conflicts on job satisfaction and family satisfaction. This exploratory study has analyzed the hypothesized model linking bi-work-family-conflict to job and family satisfaction along with the social support as a moderator in the model. In this survey with 627 female teachers, we found that social support from work colleagues and family members moderated the relationship between work-family conflict and job and family satisfaction. Findings imply that stress spilling over from work-to-family and family-to-work lowers the job satisfaction and family satisfaction respectively that consequently results in work-family conflict. However the social support if is available to employees from workmates and family members may decrease the negative impact of work-family conflict on job and family satisfaction.

ICHP-2021-27

Aggression and Social Intelligence among Teachers: A Correlational Study

Fatima Fazal, Ayesha Imran, Shazia Yusuf and Noshi Iram Zaman Khan

Bahria University, Islamabad

The person who builds the nations is a “teacher”. The present study aimed to explore the relationship between aggression and social intelligence in teachers. For this purpose, a sample of 212 teachers (106 university teachers and 106 school-college teachers) were selected from semi-government educational institutions in the Islamabad and Rawalpindi region. It was hypothesized that the social intelligence factors of manipulation and social irritability would be negatively related with empathy while positively related to aggression and its factors. Also, a negative relationship was predicted between empathy and aggression. It was also hypothesized there would be differences between the variables for the gender groups and for the institution types. For the assessment of aggression, the Indirect-Direct Aggression Questionnaire and for social intelligence Manipulation, Empathy and Social Irritability was used. Results revealed that there is a significant negative relationship of aggression (physical aggression, indirect aggression and verbal aggression) with social intelligence (empathy), positive relationship of aggression (physical aggression, indirect aggression and verbal aggression) with social intelligence (manipulation and social irritability) among university students. Results also revealed that there is a significant negative relationship between age and physical aggression whereas positive relationship between age and empathy among university students. The present study results have important implications in educational settings.

ICHP-2021-28

Impact of Psychological Contract Breach on Counterproductive Work Behavior among Nurses: Moderating Role of Emotional Intelligence and Forgiveness

Iram Batool and Mahrukh

Bahauddin Zakariya University Multan

Interest in counter-productive work behaviour (CWB) is increasing in recent times due to the extreme harm it causes to organizations. This study extended past studies on counter-productive work behaviour by exploring the impact of psychological contract breach on counter-productive work behaviour. Furthermore, current study explored the moderating role of emotional intelligence and forgiveness in the psychological contract breach and counter-productive work behaviour relationship. Data was collected by distributing questionnaires from 200 nurses working in private and public hospitals of Multan. Based on findings, PCB perception resulted in nurses' involvement in counter-productive work behaviour. Moreover, results revealed that emotional intelligence did not show moderation effect in the relationship of psychological contract breach and counter-productive work behaviour but forgiveness showed moderation effect in this relationship. This study results provides enough evidence that how breach in psychological contract shape the negatives behaviour of employees. In addition, human resource departments are advised to avoid psychological contract breach cases by making realistic promises to employees at time of hiring. Along with that employees' obligations towards organization, incentives and job conditions must be communicated clearly. This study also recommends the adaptation of forgiveness culture in organizations which will increase the quality of workplace relationships and will aid employees in managing their emotions.

ICHP-2021-29

Towards Women Career Progression: Know what really the Role of Personality Traits and Leadership Styles in Glass Ceiling

Rutaba Salman and Sarwat Sultan

Bahauddin Zakariya University, Multan

The purpose of the present study was to explore the Role of Personality traits and Leadership Styles in Glass Ceiling. The sample consisted of about 250 female educators (teachers from Government or private educational institutes). Their age range was above 25 years and up to 50 years. Big five Personality Inventory (BFI) was developed in 1999 and was used to measure the personality traits of a person. The second scale which is used in this research is Leadership Style Questionnaire (LSQ), which is highly efficient in measuring the particular leadership styles within a person. The third scale which has been used in this study is Glass Ceiling Questionnaire (GCQ), which assess the effect of glass ceiling on women employees. Results showed that leadership style delegating and coaching plays a role of mediator with openness personality trait in reducing its effect. All personality traits and leadership styles have strong correlation with glass ceiling effect. Another interesting thing was found that extroversion personality trait is less likely to take the effect of glass ceiling. Neuroticism found with taking high effect of glass ceiling in organizations and in work area.

Agreeableness was also found with 50% correlated and effected by leadership ability supporting. Hence, from every aspect role of personality and leadership has been investigated with glass ceiling.

ICHP-2021-30

Psychosocial Factors Affecting Psychological Wellbeing of Sole Breadwinners

Hafiza Kiran

University of the Punjab, Lahore

The present study was designed to assess the psychosocial factors affecting psychological wellbeing of sole breadwinners. A cross-sectional research design was used for quantitative investigation whereas phenomenological approach was used for qualitative study in present research. In quantitative study, the estimated sample size through Green's formula was consisted of ($N=80$) public sector school teachers. Non-probability convenient sampling strategy was used to collect data on ground whereas online data was collected by using snowball sampling technique. In qualitative study, the sample comprised of ($N=5$) public sector school teachers were recruited using convenient sampling strategy. Demographic Information Sheet, Financial Chronic Stress Scale, Multidimensional Scale for Perceived Social Support and General Health Questionnaire were administered as assessment tools for quantitative investigation. However, one-to-one in-depth interviews were conducted for qualitative study including Demographic Information Sheet and Interview Schedule. Pearson Product Moment Correlation, Independent Sample t-test and Moderated Hierarchical Regression Analysis were used to test the hypotheses in quantitative study. Whereas Thematic Analysis was used to generate themes for qualitative study. The results of the quantitative study revealed that individuals with increased financial stress tend to have low family support and poor psychological wellbeing. Comparatively, men tend to have better psychological wellbeing. Further, financial stress was found statistically significant predictor for psychological wellbeing. However perceived social support was not found significant moderator in the relationship of financial stress and psychological wellbeing. While in qualitative exploration, three major themes such as (1) Feeling of Self-burden (2) Relationship Challenges and (3) Working Environment were emerged as overriding precipitating challenges faced by sole breadwinners influencing their psychological wellbeing. Findings of the present study suggested that financial stress had a great impact on psychological wellbeing of public school teachers as sole breadwinners. There is a need that strategy makers should have collaboration with education department to formulate a comprehensive strategy and effective policies for stress reduction management in school teachers so that they may develop good psychological well-being and perform their duties effectively. Education Department must fully embrace the equity initiative to cater the challenges faced by sole breadwinners.

ICHP-2021-31

The Effect of Work-related Need Satisfaction and Gratitude on Happiness among Doctors

MisbahSaghir and Hummera Malik

The Women University, Multan

The purpose of the study is to explore the effect of Work related need satisfaction and Gratitude on Happiness among Doctors. For the accomplishment of the task, a sample consists of 200 Doctors. Three parameters: The Work-need Satisfaction Scale, Gratitude Scale, Happiness Scale were used. The statistical methods used for the analysis of the current study are Pearson Product Moment Correlation Coefficients, Regression Analysis, T-test and Anova. First the result clearly reveals that there is a positive correlation among work-related need satisfaction, gratitude on happiness. Second Relatedness, Competence and Autonomy, gratitude and happiness in Government doctors is high than private doctors ,third it was found that happiness of male doctors is higher than the female doctors gratitude of male doctors is higher than the female doctors. Relatedness and competence of female doctors were high however autonomy of male doctor was higher when compared to across gender. Fourth that work related need satisfaction gratitude and happiness is low among Non-Local doctors.

ICHP-2021-32

Influence of Work-Family Conflict on Work-Stress among School Teachers

Hafiza Maryam Anwar, Maria Anwar Khan and Sadia Zia

Institute of Southern Punjab, Multan

The purpose of research was to find out the impact of work-family-conflict on work-stress among school teachers. The sample size consisted of 150 primary, secondary school teachers data collected through G*Power from Google form. The age range was 20-50 years old. In this research convenient sampling technique were used in survey method. In this research two scales were used Work-Family conflict and Work-Stress. According to the results of this study there was a significant correlation between work-family conflict and work stress. According to the results of this study that there is significant impact of work family conflict on work stress among school teachers. Result showed significant impact of family-Work conflict on work stress of school teachers.

ICHP-2021-33

Self-Efficacy and Work Engagement; Gender Differences in Government and Private Employees

Ayesha Ayyaz and Safia Rashid

The Women University, Multan

The present study was conducted to examine the relationship between employee self-efficacy and work engagement, to determine which organizational sector and gender have higher self-efficacy and work engagement. To fulfill this task, a convenient sample was consisted of 200 male and female government and private employees from Multan, Pakistan. Two instruments, generalized self-efficacy scale (Schwarzer & Jerusalem, 1995) and Utrecht work engagement scale (Schaufeli & Bakker, 2004) were used. Correlation coefficient and *t*-test results revealed that employee self-efficacy and work engagement are positively related and government employees score higher on both scales. Furthermore, male employees also have higher levels of self-efficacy and work engagement as compared to their female counterpart.

ICHP-2021-34

Sexual Harassment in Public Places; Examining the Frequency of Perpetrators and Role of Demographics

Shumaila Imtiaz and Anila Kamal
Quaid-i-Azam University, Islamabad

Sexual harassment may impede the freedom of an individual to enjoy public life and can negatively affect feelings of safety in public places. Being sexually harassed can be a degrading, humiliating, and stressful experience in itself, but the effects are damaging more widely as it can shatter one's confidence to roam freely in public places. Using the survey questionnaire methodology, this study analyzed the demographic differences (gender, age) and frequency of perpetrators on each type of sexual harassment i.e. gender harassment, unwanted sexual attention, and sexual coercion. Convenient sampling was used to assess the sexual harassment experiences of victims. Data was collected from 252 respondents (males = 100, females = 155) with age ranging 17-40 years residents of Islamabad and Rawalpindi. Sexual harassment experiences were measured through Sexual Harassment Experience Questionnaire. Results showed that overall; men highly perpetuate both men and women on each type of harassment. It also shows sexual coercion is the least prevalent form of sexual harassment among victims. Finding based on *t*-test showed men scored high on sexual harassment experience questionnaire and it reveals man is also vulnerable to sexual victimization. Moreover, Respondents in the age range of 23-40 scored high and they have experienced high sexual harassment in public places. Results of the present study have major implications for public policy, legislation, and counseling services to men.

ICHP-2021-35

What makes me Distressed and What Determines my Quality of Life? Perspective of Elderly in Pakistan and Canada

Samra Tanveer and Syeda Shahida Batool
Government College University, Lahore

The purpose of present study was to explore the determinants of distress and quality of life of the elderly in Pakistan and Canada. Data were collected from a purposively selected sample (N=100, Pakistani=50 and Canadian=50) of age between 50 and 90 years via semi structured

interviews. Thematic analysis was used for the analysis of data. The results of thematic analysis led to the identification of two major themes: 1) Distress and coping (viz., Distress: deteriorating health, low impulse control, financial strains, deaths of closer ones, carelessness and departure of children; Coping: establishing close relationships, faith and religiosity, social mobility and hardiness), and 2) Quality of life (viz., active aging, support system, personal/psychological attributes, satisfaction with life, psychological health, social participation, behavior and life style). The results of qualitative study not only validated the results of previous quantitative empirical work, but many new themes also appeared. Cross cultural differences among the elderly in Pakistan and Canada appeared in the determinants of distress and quality of life. The study also provided a wide range of psychosocial, healthcare, legal and policy related implications for the elderly in Pakistan and Canada.

ICHP-2021-36

Dental Anxiety Predicting Poor Dental Attendance: Exploring Mediating Effect of Cynical Hostility

Sana Khan and Sarwat Sultan

Bahauddin Zakariya University, Multan

The aim of the study was to examine the dental anxiety predicting poor dental attendance: exploring mediating effect of cynical hostility. Using the survey questionnaire methodology, this study further analyzed the demographic differences (age, gender, education, occupation, income and dental visiting habits) among dental patients. Purposive sampling was used to assess dental anxiety and data was collected from 353 respondents (females= 212, males= 141) age range 15 to 60 years old attending a Nishtar Institute of Dentistry Multan. The questionnaires used in the study were Modified Dental Anxiety Scale and Cynical Distrust Scale. Urdu versions of the questionnaires were used for better understanding of local population. The data was analyzed by using SPSS and Process Macro. ANOVA results showed that significant differences were found for age groups and dental visiting habits. Post-Hoc analysis revealed young people of age 15-30 years old and people who never visited a dental specialist suffer more from dental anxiety. Mediation analysis via Hayes process macro Model 4 showed cynical hostility mediate the effect of dental anxiety resulting poor dental attendance. No significant differences were found between gender, education, occupation and income levels. Results of the present study have major implications in domain of oral health and can be used in health programs to improve the quality of treatment.

ICHP-2021-37

Narcissistic Personality, Social Media and Mental Health in Early Adulthood

Laraib Ahmad, Rashida Sadaqat, Memoona Batool and Shahnaila Tariq

University of Management and Technology, Lahore

The purpose of this study was to examine the relationship between social media, narcissism and mental health of young adults. How social media use increase the narcissism and its impacts on mental health. It was hypothesized that there is likely to be a relationship between social media, narcissism and mental health of young adults and that social media and

narcissism will predict the mental health of young adults. A correlation research design was used to collect online and in person data from (N= 160) university students include male =31 and female=129 with the age range of 18-25 years (M=19.58, SD=5.27). The sample was recruited by using convenient sampling technique from different private sectors universities. Social media addiction scale, Patient Health Questionnaire 16 items were used to collect data. Pearson product moment correlation analysis showed that mental health is positively correlated with social media whereas narcissism is negatively correlated with mental health. Implications show that seminar is very important for awareness about mental health and excessive social media usage. Results show that using hours of social media is significantly predict mental health. Virtual problem, virtual communication, virtual information social media significantly correlated with mental health. Moreover, there were no gender differences in social media and mental health. It was found that there is relationship between Narcissism, Social Media and its impact on mental health.

ICHHP-2021-38

Sense of Coherence, Positive Psychological Capital and Mental Health in Pakistani and Overseas Students

Faiza Junaid and Beenish Najam

University of Lahore, University of the Punjab, Lahore

This study was based on correlational research design to examine the moderating role of positive psychological capital between sense of coherence and mental health of Pakistani and foreign students living in Pakistan. Non probability purposive sampling technique was used to recruit the participants. Sample comprised of 300 Students, 185 men and 115 women collected from public and private sector universities with age range of 20-28 years, *mean*= 23.93, *SD*= 2.92. Short version of SOCS was used to measure sense of coherence, Warwick Edinburg Mental Well-being Scale short version was used for measuring mental health and positive psychological capital was measured by Psychological Capital Scale. Pearson product moment correlation, independent samples t-test and process analysis was conducted. Results indicated that positive psychological capital, mental health and sense of coherence were positively correlated. Females score higher than males and there were significant mean differences among university students regarding their country of origin on positive psychological capital, mental health and sense of coherence. Pakistani Students score higher on all three variables and positive psychological capital moderated the relationship between sense of coherence and mental Health of Pakistani and other foreign students living in Pakistan. Findings make a valued addition in the literature regarding problems faced by local and foreign university students.

ICHHP-2021-39

Impact of Grit on Mental Health among University Students

Humara Shahid, Maria Anwar Khan and Saadia Zia

Institute of Southern Punjab, Multan

The purpose of the present study was to explore the co-relation between grit and mental health among university student. The sample consisted of 110 students taken through online Google form. Their age range was from 17 years and above. The respondents were requested to respond to Grit Scale and Mental Health Inventory. The MHI was intended to gauge general mental trouble and prosperity in the RAND Health Protection Test. Scores on this scale can run from 0-100. Results of the study positive correlation between grit and mental health among university students.

ICHP-2021-40

Social Support as a Mediator between Emotional Intelligence and Mental Health among University Students

Iqra Asghar and Saadia Zia

Institute of Southern Punjab, Multan

This research study was designed to explore the role of social support as a mediator between emotional intelligence and mental health among university students. The target population of the study was the students of Institute of Southern Punjab, Multan. The study was based on correlational research design. Total 315 male and female students were selected by using the simple random sampling technique as a sample. Data was collected through survey method. Three study instruments used were, Emotional Intelligence Scale, Multi-dimensional Perceived Social Support Scale and Mental Health Scale were used. SPSS was used for analysis of the collected data. The findings of study revealed a partial mediating role of social support between emotional intelligence and mental health. Emotional Intelligence has an impact on mental health as well. Results of demographic variable showed that mental health of male students is higher as compared to female students. This study concludes a pivotal mediating role of social support as a partial mediator between emotional intelligence and mental health of young adults, thus suggesting the importance of Emotional intelligence and social support leading towards the better mental health.

ICHP-2021-41

The Impact of Self Compassion on Mental Health among Youth

Rabia Arshad, Maria Anwar Khan, Anila Sadaf and Saadia Zia

Institute of Southern Punjab, Multan, Foundation University, Islamabad

The present study aims to find out the impact of self-compassion on mental health among youth. Sample size was justified from G-power sample size calculator. The sample comprised of 154 youth whom were purposefully selected with age ranges 15-24 years. Data was collected from different cities of Punjab through Google form. Two questionnaires employed were The Self Compassion and Mental Health Inventory (MHI-38). Results were analyzed through SPSS. Results of the study revealed that there was a significant correlation between self-compassion and mental health among youth. Moreover, the results also found that there is significant impact of self-compassion on mental health among youth. This study will help adults, youth, students and consultants to recognize which factors can help to increase their mental health. This study was only limited to youth of Punjab.

ICHP-2021-42

Role of Religiosity, Altruism and Mental Health among University Students in Multan

Zahid Raza Hashmi and Saadia Zia

Institute of Southern Punjab, Multan

The purpose of this study was to investigate the role of religiosity, altruism and mental health among University students in Multan. The sample of 139 university students was selected through simple random sampling from the Institute of Southern Punjab, Multan. Data was collected through survey method. The Religiosity and Spirituality Scale, Altruistic Personality and Self-Report Altruism Scale and Mental Health Inventory Scale were used for data collection from the participants. Results were obtained through SPSS and the regression analysis revealed a significant impact of religiosity on altruism and mental health of university students. Participants with higher scores on religiosity scale were found to be more altruistic and have better mental health. It concluded that religiosity plays a vital role in promoting altruism and mental health among university student population. This study is helpful to understand the vital role of religiosity in the psychological health and well-being of educated youth.

ICHP-2021-43

Exploring Cultural Adjustment and Mental Health Status of Fata, KPK Students Studying In Punjab

Amna Iqbal and Motasem Mirza

Bahauddin Zakariya University, Multan

The purpose of this study was to explore the relationship of cultural adjustment and mental health status of students coming from fata and KPK to study in Punjab. Purposive sampling technique was used and sample was consisted of 50 students studying in different departments of Bahauddin Zakariya university of Multan. Cultural adjustment scale and mental health inventory (MHI-5) was used to collect data. Results indicated that there was positive relationship between cultural adjustment and mental health status of students. Students with more cultural adjustment showed more scores on mental health status. Limitations and suggestions are discussed.

ICHP-2021-44

Sexual Dysfunction, Social Support and Psychological Distress in Women with Polycystic Ovary Syndrome (PCOS)

Hafiza Sana Shoukat and BeenishNajam

University of Lahore, University of the Punjab, Lahore

Present study aimed to find out the relationship between sexual dysfunction, social support and psychological distress in women with PCOS. It was hypothesized that there is likely to be a positive relationship between sexual dysfunction and psychological distress. It was also hypothesized that there is likely to be a negative relationship between social support and psychological distress. Moreover, it was also hypothesized that social support is likely to

moderate the relationship between sexual dysfunction and psychological distress. Data was collected from 70 women with age range of 20-40 years from different hospitals of Lahore through purposive sampling. Descriptive, Pearson product moment correlation and process analysis was used to analyze the data. Findings revealed that there was positive relationship between sexual dysfunction and psychological distress and negative relationship between social support and psychological distress. Sexual dysfunction and social support independently predicted psychological distress but their interaction was not significant. Results are discussed in terms of their clinical implications.

ICHP-2021-45

Impact of Grit and Self Control on Life Satisfaction among University Graduates: The Mediating Role of Subjective Vitality

Noreeta Suleman, Muhammad Saqib Shabir, Rubina Hanif

Quaid-i-Azam University Islamabad, Hazara University, Mansehra, Quaid-i-Azam University Islamabad

This research sets out to examine the impact of Grit and Self-Control on the Life Satisfaction and the mediating role of Subjective Vitality among University Graduates. It further explored the predictive relationship of grit with self-control and life satisfaction. Correlational research design was used. Convenient sampling technique was used to conduct the sample of 200 students (100 males and 100 females) data was taken from different universities. Their age range was between 18-25 years old. Four instruments were used, the Grit item scale was developed by Angela Duckworth, Self-Control Scale was developed Tangney in 2004, Subjective Vitality Scale was developed by Ryan and Federick in 1997, The Satisfaction With Life Scale was developed by Pavot & Diener in 2008. This study also attempted to examine the role of subjective vitality as a mediator between grit and life satisfaction among university graduates. Results were analyzed with the help of SPSS and AMOS. Results illustrated the significant correlation among all variables and identified that there is an impact of grit and self-control on life satisfaction and it was partially mediated by subjective vitality. Gender difference was found in current research. Our findings also have several implications for practice. Individuals' satisfaction with life is of great significance for both people and society. Our research suggests that grit and self-control may influence one's life satisfaction in both direct and indirect manners. Thus, we can attempt to use certain methods to improve the level of grit or self-control. Findings of the present study have significant implications for students, field of learning through which methodologies and material used in teaching can be adopted to integrate all personality dimensions.

ICHP-2021-46

Impact of Resilience and Cognitive Failure on Insomnia, Mediating Role of Coping Strategies among Cancer Patients

Laila Latif, Iram Batool and Ruqia Safdar Bajwa and Kashif Sidique

Bahauddin Zakariya University, Multan

The main objective of the current study is to find the impact of resilience, cognitive failure on insomnia and mediating role of coping strategies among cancer patients. Sample Consist of

200 Patients and (113 male and 87 females) suffering from cancer. Their age range was between 18-74 years. 61 were educated and 139 patients are uneducated. 28 patients are affected by Bladder cancer, 75 were affected with breast, 21 patients were suffering from eye Cancer, 18 persons are affected by cancer of nose, and 18 persons were suffering from blood cancer, 16 patients were with Head tumor, 24 patients were suffering from Mouth cancer. Scales of studied variables was adopted from earlier studies. Purposive sampling techniques were used. Correlation analysis showed that Insomnia, Resilience, Cognitive Failure and Coping had positive relation. Regression analysis showed that resilience and cognitive failure had positive impact on insomnia, analysis showed full mediation with coping strategies among cancer patients.

ICHP-2021-47

Managing Psychological Problems and Copings among Cancer Patients through Religious Cognitive Behavior Therapy

Tahira Rana and Sarwat Sultan

Bahauddin Zakariya University, Multan

The current study aim to check the effectivity of the RCBT upon cancer patients to manage their psychological problems .This research done in Nishtar Hospital Multan, Pakistan. The research was endeavored to check the differences in their scores before and after the implications of “RCBT” among cancer patients. The sample comprised of 60 participants, 30 in control group and 30 for experimental group respectively .And the sampling technique used to collect data was “purposive sampling technique” .And the research design was Pre and Post Quasi experimental design .And the data was collected through Interview and their responses were recorded through measurement tools. The research tools used in order to investigate the depression level among cancer patients was “Pakistan Depression Scale” which was translated and evaluated by Mumford et al, in 1991. And the second tool used for measuring the religious copings was the “Pakistan Religious Coping Practices Scale” was constructed by the ZiasmaHaneef Khan and P.J Watson in 2006. And another tool that was used to measure their Quality of Life was the EORTC-C30-Version 3.0, this scale was developed by the European Organization for Research and Treatment Center in 2000.The results was obtained by using statistical package for social sciences i.e SPSS version 21.It is concluded that the “RCBT” is really effective to manage the psychological problems of cancer patients. The results were further discussed and conclusion was drawn.

ICHP-2021-48

Effects of Caregiving Burden on Daily Living Activities among Caregivers of Heart Failure Patients: Mediating Role of Basic Psychological Needs

Sadia Zafar and Rizwana Amin

Bahauddin Zakariya University, Multan, Baharia University Islamabad

The purpose of present study was to explore mediating role of basic psychological needs between the relationship of caregivers’ burden and their daily living activities of caregivers of Heart Failure patients. 400 caregivers of Heart Failure patients were

selected through convenient sampling technique. Participants responded on Zarit Burden Interview (Bedard, 2001) and Caregiver Well-Being Scale-Short Form (Tebb, Berg-Weger & Rubio, 2013). Participants' age ranged 25 to 55 years. Data was analyzed through SPSS and Smart PLS. Results of the study revealed that there is negative relationship between caregivers' burden, basic psychological needs, and daily living needs. VAF value of 87.2% indicates that basic psychological needs mediates relationship between caregiving burden and daily life activities. Implication of the study was also discussed.

ICHP-2021-49

Mental Health and Quality of Life among Cardiac Patients

Maham Ehtisham

The Women University, Multan

The present study investigated the relationship between mental health and quality of life among cardiac patients. The sample consisted of 350 cardiac patients selected from Multan Institute of Cardiology. The age group of the sample was 26 to 65+ years. They belonged to different socioeconomic status. The purposive sampling technique was utilized to collect data. Survey method was used to gather responses from cardiac patients. WHO QOL-Brief and Mental Health Inventory were used to measure quality of life and mental health respectively. Finally statistical analysis was done by using SPSS. Correlation, T-test and ANOVA were utilized to measure the hypothesis and final conclusions were drawn. Statistical Analysis indicates that a significant positive relationship exist between MHI and QOL. Findings of the study further concluded that there is a significant difference between males and females on Quality of Life and Mental Health Inventory. Furthermore, results of the study also concluded that there is a highly significant difference between educated and uneducated cardiac patients on Quality of Life whereas a non-significant difference exists between educated and uneducated cardiac patients on Mental Health Inventory. ANOVA showed a non-significant difference among different age groups of cardiac patients on Mental Health Inventory and Quality of Life.

ICHP-2021-50

Religiosity and Spirituality as a Predictor of Psychological Wellbeing and Life Satisfaction among Hepatitis Patients

Rabia Arshad

Government College University, Faisalabad

Hepatitis C is defined as liver inflammation which can be a source of harm to the liver. This is chronic disease and effect mental health and psychological wellbeing of a person. The present research was conducted in order to explore the religiosity and spirituality as a predictor of psychological wellbeing and life satisfaction among hepatitis patients. Total participants were (N=220) data has been collected from govt. and private hospitals. Purposive sampling technique is used. Age 21 to 50 included in this study and patients with hepatitis C were added, while below 21 and above 50 were excluded and patients with other types of hepatitis will be excluded. Urdu translated version scale of Muslim Religiosity Personality

Inventory, Life Satisfaction Scale and Warwick scale and demographic data sheet were administered for data collection. Current study is cross sectional and quantitative in nature. Mean, Standard deviation, Range and Pearson Product moment Correlation, multiple regression, t-test were performed for data analysis. Results have shown there is significant difference between religiosity and spirituality, life satisfaction and psychological wellbeing ($p < .01$).

ICHP-2021-51

Managing the Effect of Seizure Frequency on Depression and Quality of Life in Epileptic Patients through CBT

Talha Jabbar and Sarwat Sultan

Bahauddin Zakariya University, Multan

The aim of current research was to manage the effect of seizure frequency on depression and quality of life in epileptic patients through cognitive behavioral therapy. The initial sample consisted of 250 epileptic patients from Nishtar Hospital Multan. Purposive sampling technique was used to choose the sample. Liverpool Seizure Severity Scale, Neurological Disorders Depression Inventory in Epilepsy and Quality of life in Epilepsy were used to measure their seizure frequency, depression and quality of life. The Experimental and Control group consisted of 20 patients having almost same scoring on these scales. Experimental group received Cognitive behavioral therapy whereas control group did not receive any therapy. Results reveal that there is a positive correlation between seizure frequency and depression. It is also found that there is a negative correlation between seizure frequency and quality of life except for social function which is also considered as one of the part of quality of life. Results indicate that there is an effectiveness of cognitive behavioral therapy for reducing depression and improving quality of life in persons suffering from epilepsy.

ICHP-2021-52

Understanding When Caregivers' Burden affects their Well-being: A Role of Coping Styles

Sarwat Sultan, Abdul Waheed and Sumaira Riaz

Bahauddin Zakariya University, Multan

Cancer is a serious disease that needs a long period of treatment and a continuous care in order to help patients physically, psychologically and financially. During the period of caregiving, the caregivers experience stress and burden resulting from the rigorous activity of caregiving, which can have a negative impact on their physical, psychological, and social lives, thereby decreasing their well-being. The study was aimed to investigate the impact of caregivers' burden on their well-being and examine the role of way of coping. Correlational research design was used and 307 caregivers of cancer patients were selected as a sample of study through convenient sampling approach from Combined Military Hospital Multan, Nishtar Hospital Multan. Three questionnaires were used to measure the caregivers' burden, caregivers' well-being and their coping styles as measurement tools; Caregiver Burden Scale, Caregiver Well-Being Scale, Ways of Coping Scale. Data were collected during the time

frame of 6 months. The findings revealed that negative relationship was found between caregivers' burden and their well-being (basic psychological needs and daily living activities). Coping styles partially mediate relationship of caregivers' burden and their well-being. Impact of caregivers' burden was significant on well-being of caregivers in negative perspective. Female caregivers showed the greater level of burden of care as compared to male. Ability of planful problem solving as coping technique to encounter stressful situation was reported higher among male caregivers than female. Furthermore burden of care was greater among those caregivers who were married with poor capacity to fulfill their psychological needs and performing their daily living activities (well-being) as compared to unmarried. Ability of planful problem solving was higher among unmarried caregivers than married. Differences were significant with respect to demographic variables; education of caregivers, occupation of caregivers and their socio-economic level in term of burden of care, well-being and way of coping.

ICHHP-2021-53

Agriculture Biomass as a Risk Factor for Women Health

Syed WaqasShabbir, Muhammad Rizwan and Muhammad Hashim

Government College University, Faisalabad, University of Sargodha, Nanjing Normal University, China

Burning of agriculture biomass as a fuel causes indoor air pollution in developing countries. In Pakistan, the community of rural areas uses biomass for cooking and heating by considering it as a primary source. When, women burn biomass for cooking at their homes due to lack of facilities it contains harming compounds for their health. To estimate the effects of burning agriculture biomass, this study was conducted in three districts; Lodhran, Layyah and Rajanpur of lower Punjab during the year of 2020. Survey of 789 women was completed through questionnaires about using biomass, type of stove and kitchen styles. Multivariate logistic regression models, moderation, mediation and interactions effects were measured to analyze these data. Findings revealed that a headache is frequently increased when women used dung cake in their blocked kitchen; meanwhile the chest pain among women is caused by using wood in a mid-brick stove. Interaction was found significant between the time spent in kitchen and dung cake to use for cooking. In addition, the frequency of cardiac disease was linked with the time during spending in a kitchen by using dung cake. Furthermore, the health related complications; asthma, eye allergy, coughing, chest pain and breathing problems among women are positively correlated with use of inferior biomass as a fuel in rural areas. The study revealed that in rural areas, where biomass is used not carefully and burnt inefficiently that leads indoor and as well as local indoor air pollution, by crossing the international standards badly related to the ambient air quality. Women of rural areas can get rid of challenging issue by the attention of government.

ICHP-2021-54

Effect of Mindfulness on Social Anxiety in University Students

Motaseem Mirza

Bahauddin Zakariya University, Multan

The aim of this study was to see the relationship and impact of mindfulness on social anxiety in university students. Mindfulness scale and Liebowitz Social Anxiety scales were used to collect data. Data was collected randomly from 200 undergraduate and postgraduate students (80=male, 120=females) from different departments of Bahauddin Zakariya University Multan. Results indicated that there is a negative relationship between mindfulness and social anxiety as well as mindfulness negatively linked with social anxiety. Students having more score on mindfulness scale showed less social anxiety.

ICHP-2021-55

Mediating Role of Emotional Intelligence in the Relationship of Psychological Maladjustment and Attachment Styles among Orphan Adolescents

Ayesha Khan and Anila Kamal

Quaid-i-Azam University, Islamabad

In orphans, poor mental health is a key factor that led to many psychological issues. It has been assumed that emotional and intellectual deprivation resulting from the absence of parental figure produces a series of psychological maladjustments in adolescents. Emotional intelligence considered as a broad personality trait integrated into the higher levels of a multi-level personality hierarchy. The aim of present study is to explore the mediating role of emotional intelligence in the relationship of psychological maladjustment and attachment styles among orphan adolescents. Study comprised of 288 orphans (141 boys and 147 girls) with age range from 12-22 years ($M=15.83$, $SD=3.09$) adolescent selected from different orphanages of Islamabad and Rawalpindi. The Adult version of Personality Assessment Questionnaire, Brief Emotional Intelligence Scale and Inventory of Parent and Peer Attachment Revised were used in study. It was found that emotional intelligence significantly mediates the relationship of psychological maladjustment and attachment styles among orphan adolescents. The present study has implications for social welfare workers as they work for the welfare of special and orphan children's. On the basis of results of the study, it can be recommended that those orphan individuals who face difficulty in adjusting in their environment can adjust, share and sort out their problem with others by enhancing their emotional intelligence and maintaining their attachment bond.

ICHP-2021-56

Perception of Parents as a Determinant Factor for Psychological Well Being of Adolescents

Frasat Kanwal, Sumreen Kanwal, and Motasem

Bahauddin Zakariya University Multan, The Physio College of Rehabilitation Sciences Multan

The current study centered on questions whether perception of parents plays any role in psychological wellbeing of adolescents. The sample consisted of 436 female college adolescents (mean age = 19.23, SD = 3.87) taken from different colleges of Multan. Perception of Parents Scale and Psychological Well-Being Scale were administered to them. Utilizing the computation of paired t-test, Pearson Product Correlation, and Regression Analysis results indicated a significant positive relationship between perception of parents and adolescents' psychological well-being. The significant positive correlation coefficients were found among the parental autonomy support, involvement, and warmth and psychological well-being; autonomy, environmental mastery, personal growth, positive relation, purpose in life, and self-acceptance. The findings further noted that mothers are perceived more involved and warmth while fathers are perceived more autonomous by the adolescents. Results further indicated that adolescents' wellbeing is more regressed upon if parents provide them more autonomy, involvement and warmth.

ICHP-2021-57

Parenting Styles, Bullying Behavior and Mental Health of Prisoners in Adult Prisoners

SaadNabeelGondal, AasmaYousaf and Maheen Asif

University of Punjab, Lahore

This study examined the relationship among parenting styles, bullying behavior and mental health of prisoners. The hypotheses were; there is likely to be a positive relationship in parenting styles, bullying behavior and mental health, there is likely to be a negative relationship between bullying behavior and mental health, and there is likely to be a mediating role of bullying behavior between parenting styles and mental health. Correlational study using purposive sampling strategy was utilized to collect the data. The data was collected from 134 participants who are prisoners in Central jail of Lahore. Demographic sheet, Parental Authority Questionnaire-short version, Direct and Indirect Prisoners Behavior Checklist-R and Mental Health Inventory were administered to study variables. The analysis revealed strong correlation among the independent variable; Parenting Styles, the dependent; Mental Health and the mediator in between them bullying behavior. Hierarchal multiple regression analysis revealed that demographics variables which were under study strongly predict the outcome mental health. The mediator, bullying behavior also strongly predict the mental health. While the predictor, parenting styles partially predict the mental health as one parenting style out of three showed significant variance level with the outcome.

ICHP-2021-58

Self-Control: A Mediator or Moderator for the Impact of Parenting Practices on Attitudes towards Crime?

Sania Mazher and Sobia Masood

Quaid-i-Azam University, Islamabad

Self-control is considered as a predictor of various positive and negative behaviors based on substantial number of empirical evidences, however, its role as mediating or buffering variable needs to be explored. The present study explored the role of self-control in the relationship between parenting practices and attitudes towards crime in young adults. The sample consisting of 500 young adults with age ranging from 18-23 ($M = 20.58$, $SD = 1.51$) was approached through convenience sampling technique. Data was collected using Criminal Sentiment Scale-Modified Short Form and Brief Self-Control Scale. Findings revealed that self-control mediates the impact of parenting practices on attitudes towards crime in young adults.

ICHP-2021-59

Attachment with Mothers and Interpersonal Relationships of Married Men

Amna Rafique and Iram Fatima

University of the Punjab, Lahore

The present research was conducted to investigate the association between married men's attachment with their mothers and interpersonal relationships. It was hypothesized that married men's attachment with mothers and their social competencies (social self-efficacy and emotional awareness) are likely to relate with the quality of their interpersonal relationships. It was also hypothesized that social competencies mediate between attachment styles and interpersonal relationships. In the present research, interpersonal relationships include relationships of married men with their mothers, wives and friends. The participants were assessed on attachment styles in terms of anxiety and avoidance using Revised Adult Attachment Scale, social competencies including social self-efficacy and emotional awareness using Self Efficacy Scale and Bermond-Vorst Alexithymia Questionnaire respectively, while participant's interpersonal relationships with their mothers, wives and friends were assessed using Network of Relationship Questionnaire-Relationship Quality Version. Psychometric properties of scales were assessed before running main analysis and all scales were found to be reliable and valid. Emotional awareness mediated between avoidant attachment style and overall relationship quality with the mother but for wives it only mediated between avoidant attachment style and closeness. Emotional awareness also mediated between anxious attachment style and discord with mother. However, social self-efficacy mediated between avoidant attachment style and discord with mother as well as closeness with wife. The results of current study were discussed in the context of Pakistani culture. The present research may helpful for the counselors to improve married man's social competencies so that they may have better interpersonal relationships.

ICHP-2021-60

A Study of Parental attitude towards Children Education in Southern Punjab, Pakistan

ZahidZulfiqar, Kamran Ishfaq and Muhammad SaqibShabbir

Government College University, Faisalabad, Bahauddin Zakariya University, Multan

Education is a fundamental right that builds the capability of development and prosperity among the member of society but it is regret to state that millions of children are still excluded from this basic capability in Pakistan. The present study examined the parents' attitude towards children education in Southern Punjab, Pakistan. Quantitative methodology was used; interview schedule with 975 participants (household heads). The study was done in the 3 districts (i) Multan, (ii) Bahawalpur and (iii) Dera Ghazi Khan of South Punjab by using the multi-stage sampling. The current study found that majority 4.2236, (1.05362) of the household heads did "Disagree" that education is necessary for both their sons' and daughters'; Majority 4.1590, (.96145) of the respondents did "Disagree" that educating the girls will be beneficiary for their household; majority 3.9169 (1.10639) of the respondents did "Disagree" that the families give equal weight to male and female education; majority 3.5303 (1.29478) of the respondents did "Disagree" that involvement of children in the labor market is more beneficial than their education; majority 3.1118 (1.30188) of the respondents were "Neutral" that educated girls become deviant; majority 3.0831 (.76919) of the respondents were "Neutral" that girls should have to get religious education as well as school education and majority 3.0195 (1.04941) of the respondents were "Neutral" that daughters should have to stay at home to look after the family. The results overall showed the lack of educational interest of the parents towards their children education and gendered attitude as well. It is suggested that the government should have start the awareness campaigns at Union Council level for ensuring the enrolment of children in the school without discrimination and introduced the new cultural trends in the society. Parents should have to sensitize to keep away the dogmatic cultural believes and provide education without the gender discrimination.

ICHP-2021-61

Need to Belong and Parasocial Relationships among University students: A

Correlational Study

QubshaMunir, RukhamNisar, Shazia Yusuf, Sadia Ayaz and NoshiIram Zaman Khan

Bahria University, Islamabad

The relationship formation starts with initiating interpersonal bonds, which is based on individuals own tendency to do it. The present study sought to examine the relationship between need to belong and parasocial relationship among university students. A sample of 250 participants consisting of 125 students from semi-government universities (Bahria University and Air University) and 125 students of government universities (Quaid-i-Azam University and NUML) were obtained. The main objective of this study was to determine the relationship between study variables, assess the gender differences and examine the affect of interpersonal cognitive distortions and need to belong on formation of parasocial

relationships among university students. It was hypothesized that there will be significant positive relationship between need to belong and parasocial relationship among university students. Also, females were predicted to have stronger parasocial relationship with media figures compared to males. It was hypothesized that significant positive relationship will be present between parasocial relationship and unrealistic relationship expectation among university students. Furthermore, a positive significant relationship between interpersonal rejection and parasocial relationship among university students was also hypothesized. For assessing the need to belong, Need to Belong Scale was utilized and for parasocial relationship Celebrity Persona Parasocial Interaction Scale was utilized. Hence, the findings of this study indicated significant positive relationship between need to belong and parasocial relationship among university students. Furthermore, need to belong significantly predict the parasocial relationship among university students. However, the outcomes of present study have important implications in educational settings by devising a counselling services for university students having interpersonal cognitive distortions and high need to belong.

ICHP-2021-62

Impacts of Rural Women's, Cultural, Social Economic Activities and Health on Household Economy: Changing Economic Contributions through Empowered Women in Rural Pakistan

Sadaf Mubeen and M. Abdul Quddus

National College of Business Administration and Economics, Lahore

In Pakistan, as in other developing countries, through essential productive and reproductive positions, rural women make sufficient contributions to the economy. The goal of this study was to evaluate the impact of the cultural social economic activities of women which complement their household economy directly through income earning and indirectly through expenditure on savings and to evaluate the factors influencing their productivity output. For this reason, six Punjab rural areas were chosen to reflect the southern, northern and central plains. About 500 women responded, who were selected from the entire region using a snowball and convenient sampling technique. The knowledge was gathered through face-to-face interviews and focus group discussions (FGDs). Approximately 72.33% of respondents were illiterate, 42.71% were 35 to 40 years of age, and 55.92% lived in a common family structure. Around 82.88 percent of women's economic activities were confined indoors, such as stitching; embroidery; basket and candle making; preparation; dairy products; apiculture; sericulture; livestock; poultry; nursery raising; and some off-farm activities related to agriculture, due to strict social and cultural standards. It was claimed that because of the strong patriarchal norms and values, the male members make the main decisions in the household. NGO and government development programmes have played an important role in providing the credit, training and knowledge that has primarily emerged in the northern and southern regions. All women were aware of the positive effects of economic freedom, but due to the extensive workload and time problems, some of them also revealed the negative effects on their physical and psychological wellbeing as well as social relations within households and communities. The study concluded that many social cultural, religious and economic

demographic variables have a negative effect on the productive capacity and health of women.

ICHP-2021-63

Mediating Role of Self-Esteem between Social Support and Mental Health among Single Mothers

Andleeb Anjum, Saadia Zia and Sidra Liaquat

Institute of Southern Punjab Multan, Islamia University Bahawalpur, University of Barcelona Spain

This study aimed to explore the Mediating Role of Self Esteem between Perceived Social Support and Mental health among Single Mothers. The sample of 138 single mothers was taken from Dera Ghazi Khan District. Sample was selected through purposive sampling technique. Data was collected through survey method. Multi-dimensional Scale was to measure social support, Mental Health Inventory and Rosenberg Self-Esteem Scale were used. Results indicated that self-esteem has a mediating role between social support and mental health. Differences were found in terms of demographic variable. Findings revealed that employed single mothers have higher scores on social support, mental health and self-esteem overall as compared to unemployed single mothers. It can be helpful for policymakers and health practitioners to identify the health risks of single mothers' population being at higher risk of mental illness and develop more effective strategies for addressing the problem of single mothers. This study is significant in determining the vulnerability of single mothers' mental health in the social frame work of Pakistani society. It was concluded that the economic factor in terms of employment can give a boost to single mothers' overall mental health and the mediating role of self-esteem between perceived social support and mental health.

ICHP-2021-64

Impact of Parenting (Mother) Styles on Problem Behavior among Adolescents of Institute of Southern Punjab

Areeba Imtiyaz and Maria Anwar Khan

Institute Of Southern Punjab, Multan

The purpose of the present study was to explore the impact of parenting (mother) styles on behavior problems of adolescents among adolescents. The sample consisted of 150 adults taken from online Google forms through G power. Their age range was from 9-19 years old. The questionnaires used in the study were Behavioral Problems Scale Parental Authority Questionnaire. The PAQ is designed to measure parental authority, or disciplinary practices, from the point of view of the child (of any age). Mother and father forms of the assessment are identical except for references to gender. The PAQ is scored easily by summing the individual items to comprise the subscale scores. Scores on each subscale range from 10 to 50. The reliability coefficient for the PAQ was $\alpha = 0.83$.

ICHP-2021-65

Impact of Perceptions about Parents, Self-Concept on Criminal Thinking with Mediating Role of Curiosity & Exploration, among Juvenile Delinquents

Samia Sarwar, Iram Batool and Ruqia Safdar Bajwa

Bahauddin Zakariya University, Multan

The objective of the present study was to find out the impact of Perceptions about parents, Self-concept on Criminal thinking with mediating role of curiosity & exploration among juvenile delinquents. The sample consisted of 150 juvenile delinquents including boys of age ranged from 12-18 years, taken from different Borstal Juvenile jails of Bahawalpur and Faisalabad. Purposive sampling technique was used. Scale of Perceptions of parents by Robbins (1994), Criminal thinking scale by Knight et al (2006), Self-concept scale by Fitts & Warren (1996), Curiosity & exploration inventory by Kashdan (2009) were used to measure the degree of Perceptions about parents, self-concept, criminal thinking and curiosity & exploration. Results indicated that criminal thinking positively related with perceptions of parents, self-concept and negatively related with curiosity & exploration. Another exciting finding of the present study was that curiosity & exploration had positive relation with Perceptions of parents, self-concept but negative with criminal thinking. Results found that perceptions of parents had positive relation with self-concept. Findings revealed that there was no impact of perceptions of parents, self-concept on criminal thinking, and no mediating role of Curiosity & explorations on their relation. Furthermore, Results showed that there are significant education levels, birth order, socio-economic status, family system and crime type differences but no significant age differences in perceptions of parents, self-concept, criminal thinking and curiosity & exploration.

ICHP-2021-66

Perceived Impact of Terrorist Attacks, Resilience, and Religious Beliefs on Death Anxiety among Individuals

Ayesha Khan and Nasreen Rafique

Quaid-i-Azam University, Islamabad, Federal College for Women, Islamabad

Pakistan is facing serious disasters since the last decades when the terrorist activities, suicidal attacks, and bomb blasts have turned rampant and have enormously destabilized the country. It has been found that constant and prolonged exposure to threatening and combat situations such as terrorist activities enhance the vulnerability for obliteration anxiety and fear of death. The present research was carried out to explore the perceived impact of terrorist attacks in terms of dread, lack of control and extent of exposure on death anxiety. It was also intended to explore the moderating effect of resilient attributes, and religious beliefs were investigated. Sample consisted of 359 students (directly perceived =159, and in-directly perceived =200). Their age ranged between 15-22 years. Self-constructed Questionnaire, Resilience scale for Adult, Religiosity Questionnaire and scale of Death Anxiety were also used to measure constructs of the study. It indicated that perceived impact of terrorist attacks (dread, lack of control, and extent of exposure) were significantly associated with death anxiety

among directly and in-directly perceived individuals however directly perceived individuals were found to be less fearful about death as compared to in-directly perceived individuals. Religious beliefs and resilient attributes appeared to have moderating effect on relationship between perceived impact of terrorist attacks and death anxiety. From the findings we may infer that belief about hereafter, presence of God, and coping may reduce death anxiety more in directly exposed than indirectly exposed individuals. Moreover, this study will be beneficial for the society in the sense that it can initiate an intervention or counseling rehabilitation centers for the victims of terrorist attacks to reduce their fear and anxiety related to death and dying. Their excess focusing to anticipates terror, fear, their beliefs and resilient attributes. After analyzing the findings of this study, it will be helpful to run programs for building resilience in these stressful situations and preventive programs to prevent victims from developing PTSD due to stress resulting from terrorist activities.

ICHP-2021-67

Indirect Effect of Gratitude in Reducing Risk of Suicidal Ideations through Meaning in Life and Optimism

Qaynat Qadir and Sarwat Sultan

Bahauddin Zakariya University, Multan

The present study was conducted to examine the indirect effect of gratitude in reducing the risk of suicidal ideations through meaning in life and optimism. The total sample (N=300) of the study was male (N=150) and female (N=150) medical students of Multan Medical and Dental College. Data were collected from the sample by survey method using purposive sampling technique. Gratitude Questionnaire, Beck Scale for Suicide Ideation, Meaning in Life Questionnaire, and Life Orientation Test-Revised were applied to the participants to check the level of gratitude, suicidal ideation, meaning in life, and optimism among medical students. The Pearson Correlation through SPSS and AMOS analysis were used to find out the statistical significance of the data. Results of the study demonstrated that there is a positive significant relationship between gratitude, meaning in life, and optimism. The results also demonstrated that suicidal ideation has a significantly negative association with gratitude, meaning in life, and optimism. Further, results revealed that there is a significant impact of gratitude on suicidal ideations with the mediating role of optimism and meaning in life.

ICHP-2021-68

The Impact of Procrastination on Goal Orientation; Exploration of the Role of the Self-Regulation

Iram Manzoor, Manahil Ahmad and Sadia Emteyaz

Bahauddin Zakariya University, Multan

Presented study measure the impact of procrastination on goal orientation and also explore the role of self-regulation. Purpose of the study was to check the relationship among variables and also to measure the impact of procrastination on goal orientation with exploration of self-

regulation. Population of the study consists of 100 university students of both gender (92 females and 8 males). Data was collected through online survey using convenience sampling technique. The instruments that were used in this study included Tuckman Procrastination Scale (TPS) (Tuckman, 1991), Self- Regulation Scale (Schwarzer, Diehl & Schmitz, 1999) and Goal Orientation Scale (Vande Walle, 1997). The finding of the study revealed significant negative relationship among procrastination, self-regulation and goal orientation while on other hand, significant positive correlation between self-regulation and goal orientation has been found. Results also indicated that procrastination is the significant negative predictor of learning goals and prove performance goals.

ICHP-2021-69

Effect of an Educational Program on Junk Food Consumption in Adolescents

Ayesha Abdul Khaliq and Iram Fatima

Pakistan Institute of Living and Learning, Lahore, University of the Punjab, Lahore

A pre-post quasi experimental study was conducted to see the effect of an educational intervention on the junk food consumption in a sample of 50 secondary school students. An indigenous junk food frequency check-list was developed after reviewing literature and with consultation of a dietitian and a psychologist. Intervention was conducted in class room setting for five days in week, 45 minutes each day. It included, lectures, oral discussions and written class room activities. Significant reduction in junk food consumption was observed in the students from pre intervention to one month after intervention. Study has important implications for use of systematic educational intervention to reduce junk food consumption in adolescents.

ICHP-2021-70

Psychological Resilience, Emotional Regulation and Hope in Shelter Home Residents

Shiza Shahid

University of the Punjab, Lahore

The present research investigated about psychological resilience, emotional regulation patterns and phenomenon of hope in people live in shelter homes. Using convenient sampling technique 180 females who lived in shelter homes of Lahore and Faisalabad from last one year were included (N= 180). Resilience Questionnaire, Adult Hope Scale and Emotional Regulation Questionnaire were used for data collection. Cross sectional research design was used to study relationship between variables. Descriptive statistics, Pearson product moment correlation, Hierarchical Regression and Independent sample t- test were used to find out the results of emotional regulation, resilience and hope. The results of the study were discussed in Pakistani socio-cultural context. The study has its implications in the prosperity of shelter home residents.

ICHP-2021-71

Relationship between Mindfulness, Self-control and Emotion Regulation among Young adults

Amara Maryam and AsmaJaved

Bahauddin Zakariya University, Multan

The current study aims to explore the relationship between mindfulness, self-control and emotion regulation among young adults. The sample comprised of 120 young adults (61 males and 59 females) with age of 18 to 29 years. Instruments used in the study were Mindful Attention Awareness Scale, Brief Self-Control Scale and Emotion Regulation Questionnaire. Data was analyzed by SPSS-21 using T-test, Pearson Product Moment Correlation and Stepwise regression analyses. Results indicated that mindfulness is positively correlated with emotion regulation. Findings also describes that males have more mindfulness as compared to females. Results also indicates that young adults living in joint family structure have more emotion regulation and adults living in nuclear families have more mindfulness. Findings indicate that mindfulness and self-control predict the emotion regulation. Limitations and suggestions have been also discussed in the study.

ICHP-2021-72

Impact of Forgiveness on Happiness and Mental well-being among Students

Shazma and AsmaJaved

Bahauddin Zakariya University, Multan

The purpose of present study was to explore the Impact of Forgiveness on Happiness and Mental well-being among students. The sample consisted of 305 students (187 females and 118 males) taken from Universities Multan. Their age range was between 18 to 24 years old. The Heartland Forgiveness Scale (HFS) was used to measure the forgiveness and Oxford Happiness Questionnaire scale was used to measure the degree of happiness. Warwick–Edinburgh Mental Well-being Scale used to measure the mental well-being of the individual. Results indicated the positive significance difference between happiness and forgiveness. The present findings suggest that forgiveness accounts for statistically significant variance. In terms of maintain eudaimonic happiness engaging in positive behaviors and feelings may lead to be the result of long term happiness. The findings of the results showed that there is no significant difference between male and female to forgive others in relation with happiness and mental well- being. The findings of the result showed that there is negative significant relation between forgiveness and mental well-being.

ICHP-2021-73

Impact of Resilience on Perceived Stress in Cancer Patients; the Mediating Role of Social Support

Ayesha Khan Niazi, Muhammad Saqib Shabir and Sarwat Sultan

Bahauddin Zakariya University, Multan

The present study was aimed to investigate and explore the Impact of Resilience on Perceived Stress in Cancer Patients; the mediating role of social support. Assessment was carried out by Brief Resilience Scale, Multidimensional Scale of Social Support and Perceived Stress Scale (Sheldon Cohen 1988). The sample size was consisted of 100 patients and they were selected through the convenient sampling technique from the Nishtar Hospital, Multan. The results of the study showed that the resilience and social support have positively correlated with each other while perceived stress is negatively correlated with resilience. Results also showed that there is an impact of resilience on perceived stress and this process is partially mediated by social support.

ICHP-2021-74

Translation & Validation of Medical Students' Stressors Questionnaire in Pakistan

Iqra Tariq and Rizwana Amin

Bahauddin Zakariya University, Multan, Baharia University Islamabad

The focus of current study was to translate and validate. Medical Students Stress Questionnaire (MSSQ) Into Urdu Language. Study was based to establish the psychometric properties of MSSQ in Pakistani Culture. Translation and adaptation was accomplished with forward and backward translation method for MSSQ. After that it was scientifically pre-tested to validate its constructs and it was found significant. In the next step, Urdu version was administered on the sample of large population of 500 medical students with age range between 18 to 25 years. (M=21.5 and SD=2.14). The reliability of scale was established through Cronbach's alpha= 0.91 and have high inter-item correlation value greater than 0.3. Exploratory Factor Analysis and Confirmatory Factor Analysis was done to check the number of factors in MSSQ. The results of the study have shown that six factor model is best suitable for MSSQ.

ICHP-2021-75

Examining the association; Coping Strategies with Acculturation Stress, Level of Adjustment in Male and Female University Students

Nayab Noor

University of Gujrat

The following research was carried out with a purpose to examine the relationship between Acculturative stress, Level of Adjustment and Coping strategies of sojourner students in Pakistani Universities. The participants of the present study were the sojourner students studying in different universities of Pakistan such as Punjab University Lahore, University of Gujrat, Punjab, Ghulam Ishaq Khan Institute of Engineering sciences and Technology, TopiSawabi, Shaheed Benazir Bhutto Women University Larkana Sindh, National University of Sciences and Technology, Islamabad and Baluchistan University. The sample size for the following research constituted of 192 university students. 32 students were selected from each university including both domestic and international sojourner students. The sample was selected while using Purposive sampling technique. The questionnaires used in the study were Acculturative stress scale for international students, Cultural Adjustment scale and

Coping strategy indicator. After completion of the data collection process, data were entered and analysed in SPSS. Descriptive statistical analyses were conducted to compute frequencies and percentages of demographic variables and values of the respondents on each dimension of the questions. Pearson correlation was computed to assess the relationship between variables. Independent sample t-test analysis and One Way ANOVA were conducted to find out the differences on Acculturative stress, Cultural Adjustment and Coping Strategies Scales with respect to different demographic variables. Findings of the study clearly indicated that there is a statistically significant and negative correlation between Acculturative stress and Coping strategies ($r = -.300^{**}$, $p < .01$) and statistically significant and negative correlation between Acculturative stress and Cultural Adjustment ($r = -.295^{**}$, $p < .01$). While there is a statistically significant and positive relationship between Coping strategies and Cultural Adjustment ($r = .249^{**}$, $p < .01$). Further findings of Independent T-Test indicated the gender difference among the variables of the study. It showed that males experience more acculturative stress as compared to females. When it comes to coping strategies, females are likely to use more coping strategies as compared to males and the level of general adjustment in females is higher as compared to males but when it comes to socio cultural adjustment, the results show that there are no significant gender differences.

ICHP-2021-76

Impact of Humor Styles on Psychological Distress among University Students

Zanara Zafar and Maria Anwar Khan

Institute of Southern Punjab, Multan

The purpose of the present study was to explore the impact of humor styles on psychological distress among university students. The sample consisted of 150 students taken from different universities of Punjab. Sample size was justified from G-power sample size calculator. Their age range was from 19-30 years old. The Humor Styles Questionnaire and Psychological Distress scale was used. The K10 scale involves 10 questions about emotional states. Low scores indicate low levels of psychological distress and high scores indicate high levels of psychological distress. Results indicated negative correlation between humor style and psychological distress. This study was only limited to youth of Punjab.

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Chairperson

Department of Applied Psychology

Bahauddin Zakariya University, Multan Pakistan

drsarwat@bzu.edu.pk



Thank you