THIRD GENERAL BODY MEETING AND ANNUAL GALA DINNER (2013) ALUMNI ASSOCIATION

During the last year (October 2012-2013), the NIP Alumni Association has made great contribution in its mission to enable alumni-to-alumni connections and foster a meaningful, lasting relationship between alumni and the Institute/University. The AA-NIP provided a forum to maintain contacts among alumni both living abroad and in different cities of Pakistan as well as with the institute. NIP Alumni Association third General body meeting and annual Gala dinner was arranged on Friday evening, December 6, 2013 at Earth Sciences Auditorium, Quaid-i-Azam University, Islamabad. The organizing team of the event included Ms. Nelofer Kiran Rauf (Executive Board Member, AA-NIP) as program coordinator, for the registration of the event. Following members were deputed. Ms. Shaista Waqar (Coordinator, AA-NIP), Irum Naqvi (General Secretary, AA-NIP), Quratul-Ain Tahira (Executive Board Member, AA-NIP), and Mr. Mohsin Sajjad (for Finance and Administrative Support). On the event day, registration desk was handled by Mr. Imran Bukhari (Executive Board Member, AA-NIP) and Mr. Naeem Aslam (Executive Board Member, AA-NIP) with the support of M.Sc Students. A large number of alumni, current students, and faculty NIP were approached to participate in the event. However, Alumni of all age groups and demographics graced this event.

to be continued on p/2
**NIP-Activities**

**Patron in Chief Address**
Dr. Anila Kamal (Director, NIP) welcomed and acknowledged the presence of all alumni in her address and shared her pleasure on the celebration of third general body meeting of NIP Alumni. She shared that in the year 2012-2013, 36 M.Sc, 22 M.Phil, and 6 Ph.D. students have successfully acquired their academic degrees and congratulated degree holders of each program. Moreover she shared that present enrolled students are 152 in M.Sc, 40 in M.Phil, and 36 in Ph.D. Moreover it was also announced in her address that NIP will organize its 5th International Conference on Educational Psychology in fall semester 2014. All the alumni from different departments and organizations were invited for their warm participation.

**Presidential Address**
On behalf of the executive committee, Alumni Association of NIP, Dr. Seema Pervez (President, AA-NIP) welcomed the guests and expressed her pleasure to see the NIP alumni executive board hosting 3rd General Body Meeting. Moreover, she shared with the audience about the working and progress of the association during last year 2012-2013. The highlighted points included the executive committee had four executive meetings during this year and major focus points were to contact the maximum alumni all over Pakistan and improve alumni registration number...
to establish the contacts with alumni rendering their services in different organizations and work for the needy students’ scholarships and job placement of young graduates.

Executive board invited the alumni to come and participate in the discussion on Psychosocial Impact of Cult Behavior and its impact on behavior with reference to the scenario of Long March January 14th, 2013. Recommendations were made and documented after the discussion.

In the end of her address Prof. Dr. Seema Pervez announced the event of Career Expo from the platform of AA-NIP Alumni in the month of March, 2014. All the alumni from different departments and organizations were invited for their active participation.

The program was based on multiple activities i.e., Red Carpet of Alumni, performances and skits by NIP students, sharing of view points by alumni, and a music program. After the program, a lavish dinner was served at the roof of the earth-sciences auditorium followed by musical night. The dinner was attended by approximately 200 guests including Alumni, Faculty, Current students, and their families.
Seven graduates receive Chancellor’s Gold Medal each at MSc and MPhil levels, 39 awarded Vice Chancellor’s Medal at MSc level and 27 at MPhil level. As many as 2,655 graduates were awarded degrees at the 6th convocation of the Quaid-i-Azam University (QAU). The degrees of MSc, MPhil and PhD levels in the fields of Biological Sciences, Natural Science, Social Sciences and Medicine were awarded to the graduates. Seven graduates received the Chancellor’s Gold Medal each for Excelling at MSc and MPhil levels, while 39 were awarded Vice Chancellor’s Medal at MSc level and 27 at MPhil level. The university has awarded Master’s degrees to 1,708 graduates, MPhil degrees to 766 and PhD to 181.

President Mamnoon Hussain was the chief guest on the occasion, while Vice Chancellors, ambassadors, officials, parents and teachers attended the ceremony. QAU Vice Chancellor, Prof. Dr. Masoom Yasinzai said the university, since its inception in 1967, laid emphasis on programmes leading to research degrees, which was obvious from its inclusion in the top world universities. He said currently 75 per cent of its faculty held doctorate degrees and were actively engaged in quality teaching and research.

Dr. Yasinzai said the QAU had inducted more than 100 young PhD scholars during the last three years, who had recently completed their doctoral studies from technologically-advanced countries, he added.

The VC said of the 7,500 students on the campus, about 40 per cent consisted of PhD and MPhil scholars. He further added that university on average produced about 100 PhD scholars annually, in addition to MPhil and Master’s degree holders. He presented currently 34 projects worth Rs 180 million at the national level and seven projects worth Rs 80 million with the collaboration of international donors are in process. The VC urged the President to lift the ban on new recruitments to cope with the shortage of teaching and technical staff and allocate funds for the establishment of hostel facilities, especially for female students.

National Institute of Psychology (NIP) students Dr. Tamkeen Ashraf, Dr. Sadaf Tariq, Dr. Shakira Huma, Dr. Aneela Maqsood, Dr. Samina Bukhari, Dr. Rehana Shujaat, Dr. Gulnaz Zahid and Dr. Tehmina Saqib received their PhD degrees in the convocation whereas, Ms. Amnah Ejaz and Ms. Saadiya Abbasi, have been privileged to receive Vice Chancellor’s medals.

Reported by Irfan Shakeel
A Ph.D public defense of Ms. Mamoona Ismail Loona was held on Monday, 21st October, 2013 at NIP seminar hall. The title of her research was “Psychosocial Functioning of Children with Disruptive Behavior Disorder”. The research was supervised by Prof. Dr. Anila Kamal, Professor at NIP. The external examiners were Prof. Dr. Mah Nazir Riaz, Dean Social Sciences, Frontier Women University and Dr. Iffat Dar, Ex-Chief Psychologist, FPSC.

The 2nd PhD public defense was of Ms. Humaira Jami. It was held on 19th November, 2013 at NIP seminar hall. The title of her research was “Attitude towards Hijras and their Reciprocal Perceptions”. This research was supervised by Professor Dr. Anila Kamal. The external examiners were Dr. Nasreen Rafique, and Dr. Tanvir Akhtar, Psychologist GHQ, Rawalpindi.

The 3rd PhD public defense was of Iffat Batool held on Monday, 3rd December, 2013 at NIP seminar hall. The title of her research was “Verbalizing-Visualizing Cognitive Styles and Use of Imagery in University Students”. The research was supervised by Dr. Pervez (Retd, NIP). The external examiners were Dr. Iffat Dar and Dr. Syed Sajjad Hussain, Psychologist at Pakistan Army, Hamza Camp, Rawalpindi.
NIP Faculty Participation in Workshop on Mental Health Gap Action Program (mhGAP) Implementation in Pakistan

The Institute of Psychiatry, WHO Collaborating Centre for Mental Health organized a three day workshop for the implementation of the Mental Health Gap Action Programme in Pakistan from the 21st to 23rd of November 2013. According to the World Health Organization, 14% of the global burden of disease, measured in disability-adjusted life years (DALY’s), can be attributed to Mental and neurological disorders. The resources to tackle this huge burden are insufficient, inequitably distributed, and inefficiently used, which result in a large majority of people with these disorders (up to 75%) receiving no care at all. The gap between what is urgently needed and what is available to reduce the burden is very wide. The Mental Health Gap Action Programme (mhGAP) aims at scaling up services for mental, neurological and substance use disorders for countries especially with low and middle income. The programme asserts that with proper care, psychosocial assistance and medication in the primary care settings, even if resources are scanty, this burden can be dealt. The priority conditions identified by this programme, represent a high burden (in terms of mortality, morbidity, and disability); causing larger economic costs and associated with violations of human rights. These priority conditions are depression, schizophrenia and other psychotic disorders, suicide, epilepsy, dementia, disorders due to use of alcohol, disorders due to use of illicit drugs, and mental disorders in children. The objective of the mental health GAP workshop was to devise a plan to incorporate mental health in the primary health care settings in Pakistan, keeping in view the scarcity of health professionals and resources and the alarming increase in the burden of psychiatric illnesses in the country. The participants included personnel from diverse fields of health and academia. Mr. Naeem Aslam represented National Institute of Psychology in this workshop.

NIP Faculty Participation in the 4th Annual Public Health Conference 2013

NIP Faculty Mr. Naeem Aslam participated in the 4th Annual Public Health Conference 2013 at Health Services Academy, Islamabad on 2nd & 3rd December 2013. He presented the paper titled “Stress, Anxiety, Depression, and Post-traumatic Stress Disorder (PTSD) among Individuals exposed to 2010 Floods in Pakistan”. Prof. Dr. Anila Kamal was the co-author of this paper. This Research is a part of the Funded Project of Higher Education Commission (HEC) under the thematic Research Grant Program (Phase-II).

Seminar on “Lose Weight Effortlessly While Sleeping” at NIP

National Institute of Psychology, Quaid-i-Azam University, Islamabad, in collaboration with ‘TRANSFORMATION’ has organized one day Seminar on the topic “Lose Weight Effortlessly While Sleeping” on Tuesday, 8th October, 2013 at 10:00 a.m. -1:00 p.m. in Earth Sciences auditorium at Quaid-i-Azam University. Dr. Imran Y. Muhammad, was the guest speaker. More than 250 participants attended this seminar.

Reported by: Tabir Ellahi
FIRST NATIONAL WORKSHOP ON PERSONALITY DEVELOPMENT (ROLE OF TEMPERAMENT, CHARACTER & ENVIRONMENT)

The Management Services Wing, Establishment Division, Government of Pakistan has organized a three days national workshop on Personality Development in collaboration with National Institute of Psychology, Quaid-i-Azam University from 26 to 28 November, 2013. The workshop is designed for officers in BS-19, BS-20 and equivalent from Federal and Provincial Governments including the Govt. of Azad Jammu and Kashmir as well as officers from Armed Forces of Pakistan. Management Services Wing of the Establishment Division provides a broad spectrum of management consultancy services to the public sector organizations and also train the government functionaries in modern management techniques. The workshop is aimed helping the participating officers in understanding themselves: grooming for self presentation, developing positive attitudes as habits, time and anger management as well as reducing stress and conflict at workplace. NIP faculty members; Naeem Aslam, Saira Khan, and Aisha Zubair contributed in the workshop as resource persons.

Prof. Dr. Anila Kamal addressed the inaugural session as a guest speaker. In her address she highlighted the outreach services and collaborative programs initiated by NIP. She also accentuates the need to focus on the personality development with special emphasis to augment understanding of ourselves and to enhance our personal strengths and competencies which would be facilitative in the factual occupational settings. She further added that NIP has collaborated with Management Services Wing of the Establishment Division in this effort with explicit intention of developing alliance between the academia and essential services.

Contributed by: Aisha Zubair

SEMINAR ON DISABILITY AND INCLUSIVE DEVELOPMENT SOCIETY FOR ALL

National Institute of Psychology, in collaboration with Saaya Association of Persons with Disabilities, organized a seminar on Disability and Inclusive Development Society for All on December 17, 2013. A large number of students and faculty members participated in the seminar. In his address, Mr. Asim Zafar, President Saaya Association stated that the purpose of Saaya association is to support people with disabilities (PWDs), enabling them to realize their full potential through new opportunities and personal choice. He highlighted physical, social, economic and attitudinal barriers that persons with disabilities face in the society and that exclude them from participating fully and effectively as equal members of society. Ms. Saima Aslam, Director Project Management for Personal Care Attendant Services, shared her personal experiences and challenges she faced in the society as a disable person. Mr. Hassan Ali Khan (Volunteer at Saaya association) motivated the students to play their part in changing the attitudes of the society towards disabled persons. The guest speakers stressed the importance of an inclusive society, with equal opportunities of development for all. Dr. Rubina Hanif appreciated and thanked Saaya Association for their efforts.

By: Misbah Shafique Abbasi & Parveen Akhtar
Exclusive Interview with Dr. Zafar Afaq Ansari  
(Ex-Director NIP, 1981-1992)

Prof. Dr. Zafar Afaq Ansari joined National Institute of Psychology, Quaid-i-Azam University in 1978. After completion of his masters from Karachi University and Ph.D. from Glasgow, U.K. Professor Ansari was appointed Director NIP. Later he joined Department of Psychology as Chairman in International Islamic University (IIU), Malaysia; and presently he is in California, USA. Dr. Ansari started his career from Peshawar University. He joined Psychology Department in Peshawar University, as a Lecturer in December 1964 on the request of Professor Moghni. Remembering his old memories, he shared “When I joined Peshawar University, Dr. Moghni taught History of Psychology, Introduction & Experimental Psychology whereas I was teaching Abnormal Psychology as well as supervising the Laboratory work including a basic course in Statistics”. Major research interest areas of Dr. Ansari were educational problems, the development and validation of educational tests. He supervised numerous dissertations.

During his exclusive interview on a special visit to NIP, he highlighted the efforts of Dr. Muhammad Ajmal as a patron and the only Director General of the Institute. He shared that, NIP was established with main objectives to undertake social psychological research. Federal Ministry of Education gave NIP the status of a Centre of Excellence in Psychology and locate it in Quaid-i-Azam University. The Institute was kept on shifting on different locations of Islamabad and finally NIP has succeeded to acquire space and then build its own building.

The Institute was much involved in psychological research on educational programs, adaptation and development of foreign tests for use in Pakistan, and social-psychological research, including crime and deviant behavior. The institute publishes monographs, books, and tests along with a biannual journal, Pakistan Journal of Psychological Research (PJPR), which was founded in 1986 under the editiorship of Dr. Ansari. The journal has an international board of consulting editors. Dr. Ansari has always been the major force behind the overall development of the institute before moving to the International Islamic University of Malaysia in the early 1990s.

Dr. Ansari shared that during his tenure, many projects were initiated and completed for example, Dr. Muhammad Pervez did the project of cognitive development of primary school children of Pakistan, jointly under the Ministry of Education and United Nations Development Project. Whereas, Dr. I. N. Hassan accomplished a project on educational research “Psychological Profile of Rural Women”, a project of Women Division. Ms. Surraiya J. Nasir, was involved in the development of training for National Programme of Guidance and Counseling. Dr. Pervaz Naem Tariq initiated and completed the project of Ministry of Interior, that is, Socio-Psychological Aspects of crime in Pakistan and female Crimes in Pakistan as well as “Prisoner’s perceptions of their problems”. Dr. Seema Pervez and Dr. Ghazala Rehman have focused on child development and Rorschah technique, respectively. Dr. Ghazala has developed an indigenous measure of religiosity and has also developed a cultural adaptation of the Pickford Projective Pictures. Mr. Iftikhar Ahmed carried out a comparative study of personality profile of science and arts students. Dr. Ansari himself accomplished number of projects funded by University Grants Commission, Ministry of Education and World Bank including “Documentation of Social Sciences Research”, “Hawkes Bay Incident”, “Study Habits and Attitudes of Students”, “Goiter in Islamabad Rural Areas; A Social Psychological Survey”, and “Learning Modules for Primary Classes” etc. Moreover, he analyzed a sample of articles published in Pakistan journals between 1965 and 1980. He concluded that he has pleasant memories with the Institute and still has a strong affiliation and eager to remain updated about the current developments taking place around NIP.

Compiled by: Tabir Ellahi
Research on NIP

Students Corner

National Institute of Psychology Newsletter October-December, 2013

Students who are interested in psychology might find it helpful to explore research on the National Institute of Psychology (NIP). This can be a valuable way to learn more about the field and to develop an understanding of the various concepts and theories that are associated with it.

One way to get started is to look for studies that are relevant to your interests. This can help you to identify areas of research that you might want to explore further. For example, you might be interested in the effects of stress on mental health, or in the role of social support in promoting well-being. By identifying these areas, you can begin to develop a sense of the types of questions that are being asked within the field of psychology.

Another way to get started is to look for resources that can help you to understand the research process. This might include books, articles, or online courses that focus on research methodology. By learning about the methods and techniques that are used in research, you can begin to develop a sense of the types of questions that are being asked within the field of psychology.

Once you have a better understanding of the research process, you can begin to consider how you might contribute to it. This might involve conducting your own research, or helping to support others who are doing so. By getting involved in the research process, you can help to advance our understanding of the field of psychology and to develop new insights into the ways that people think, feel, and behave.

In conclusion, research on NIP can be a valuable way to learn more about psychology and to develop a sense of the types of questions that are being asked within the field. By exploring this area, you can begin to develop a sense of the ways that psychology can be applied to real-world problems, and to understand the ways that people think, feel, and behave.
Students Corner

"There is no merit in being clever if you cannot be kind."

- Albert Einstein

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**Religion Speakers**

- **Religious Leaders** speak about the role of religion in mental health and well-being.

- **Spiritual Practices** are discussed and their impact on psychological health.

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**Social Media**

- **Facebook**, **Twitter**, **Instagram** are used as platforms to share information and connect with the audience.

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**Eventbury**

- **Upcoming Events**: A list of upcoming events is shared to encourage participation.

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**Contact Us**

- **Email**: newsletter@niop.org
- **Phone**: 123-456-7890

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**Acknowledgement**

To all the contributors, editors, and supporters who make this possible.

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**Dedication**

To all the students and faculty members who have contributed to the success of this publication.

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**Operation Theater**

- **News** about the latest developments in the field of psychology.

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**Students**

- **Newsletter** for students, featuring articles by students and alumni.

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**Tumultin-Theme Song**

- **Music** and **lyrics** for the month's theme.

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**Suspense**

- **Mystery** stories and puzzles.

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**Turning Point**

- **Career Guidance** and **Life Skills** for students.

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**Monitoring Report**

- **Data** and **analysis** on the progress of various initiatives.

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**Case Studies**

- **Real-life** scenarios and their psychological implications.

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National Institute of Psychology at Quaid-e-Azam University’s MSC-1 students arranged one exciting and thrilling witches Funfair event on October 22, 2013 which was assigned as an activity task by Ms. Humaira Jami for Industrial/Organizational Psychology course content. MSC-1 group of students gathered a lot of effort to bring out this great idea of creating fun event collaborated with Witch theme and getups. The Director of NIP, Dr. Anila Kamal and faculty also attended the event. The event was very well organized and served the attendees well with tons of varieties of food and dishes costing the minimalist amount of prices just to keep the fun of event alive. The most different aspect of this event was that it subordinated a totally different idea together with creating an ambiance of curiosity as well as entertainment. The main purpose behind this activity was to get students aware of how an Industrial/Organizational psychologist can create eagerness and interest from the consumer point of view and also to get aware of how to deal with consumers’ needs and expectation as a marketing strategy. It was a good initiation by the newly arrived batch (MSC-1) as how well they can perform and also as a promise to bring in a lot of exciting events to NIP in years coming ahead.

The National Institute of Psychology arranged a departmental trip to Nathiagali and Ayubia on 21st December, 2013. Therefore, when the morning of the trip day dawned, students packed up with coat, mufflers, gloves and the likes were observed. The rendezvous for the students and the four coasters, hired for this specific purpose by the coordinators, was the department, to be specific, “Lala Peshori Huts”, where students warmed themselves up with cups of tea. After assurance of the presence and assignment of students according to semester, the trip finally hit the road. Amidst the usual enjoyment that accompanied trips usually, nothing significant happened until the whole party arrived at Nathiagali, two to three hours later, where the cold struck everyone like a sudden surprise. However, with cups of hot beverages in hands, such as coffee and hot chocolate, the students enjoyed the walk to the ‘park’ there, some enjoying the rides on horses. A cheer was erupted when it began to snow, and it was difficult to get the students to start moving back towards the coasters, in order to start the journey towards Ayubia. The significant event there was the ride on the chairlifts and warming up hands at the fire provided by the shopkeepers, who knew how to get customers to stay out. Near evening, the students were asked to come back to start the journey back. Though reluctant to go, the students headed back to the coasters, glad at the warmth it offered. On the whole, the trip turned out to be a success, with almost everyone being aware of having had a great time. Besides that, students of psychology, as always, knew how to make the most of every moment!

Aliya Khalid; M.Sc-II.
M.PHIL RESEARCHES COMPLETED


The present experiment was designed to study media manipulation that influences perceptions about Muslims and Christians of Pakistan. The sample (N=219) of students was taken from two private schools of Rawalpindi which included both males (n=179) and females (n=40). The age range of the sample was from 14-16 years. Religious orientation was measured using adapted version of Religious Orientation Scale-Revised (Ghous 2003). Videos for media manipulation with religious context was developed and used. A parallel form was developed for the present study to measure impact of media in pretest and post test measures. Results of the study showed that manipulation of media has an impact on the religious communities of Pakistan. Implication of this study will be the better understanding of the roots of the damage of image of Pakistan in part by media. This study will also help policy makers in identifying the ways to rebuild peace in Pakistan. This research was supervised by Professor Dr. Anila Kamal, Professor and Director at National Institute of Psychology, QAU, Islamabad.


Academic underachievement has increasingly taking attention of researchers, educationists and parents as an area of concern for the future of affected students and educational programs. The phenomenon is especially important in secondary schools as the transition from school to college and unique characteristics of adolescence combine to worsen the negative consequences. The present study is aimed at exploring the prevalence of underachievement in secondary schools in Islamabad, Wah and Kahuta regions. The study also explores different personal, family and school factors associated with high ability student as underachiever. High achievers with comparable ability level were used as control group. A total of 1276 students (48.9% boys; 51.1% girls) from 16 randomly selected schools from three cities were approached. 213 underachievers and 139 high achievers comprised final sample on the basis of percentiles scores on SPM and SSC-I. The identified underachievers form 18.7% of the initial sample. Identified personal factors including Age and Gender predicted 7.6% variance. Family factors including Family Income and Father's Education predicted 16.7% variance while school factors including Locality of School, Class Strength and Self Management in school predicted 12.4% of variance. However, Multiple Backward Regression shows Locality of School and Father's Education as significant predictors explaining 15.8% of variance in Achievement Difference. Correlations showed relationship between different factors and Achievement Difference. While t-tests, ANOVA and post hoc analysis showed significant group differences among high and underachievers on different factors. The findings of the present study have significant implications for the teachers, parents as well as public agencies working in educational sector. This research was supervised by Professor Dr. Rubina Hanif, Assistant Professor at National Institute of Psychology, QAU, Islamabad.


This research was carried out to study the effects of creativity and academic performance on immoral behavior and reasoning. The design was a quasi-experiment and it was hypothesized that students high in creativity would behave immorally, but would be at a higher stage of reasoning as compared to students with low creativity. Students high in academic performance would behave morally and be at a higher level of moral reasoning. A sample of 95 university students was used along with four confederates. Test of Creativity (Khan 1999) was used to measure creativity, Grade Point Average (GPA) scores were used to measure academic performance and a cheating score was calculated to measure immoral behavior. Moral reasoning was
assessed from the subjects written explanations of their moral behavior. Three factorial ANOVA analyses were carried out to test the effect of high and low creativity and academic performance on moral choice, moral behavior and moral reasoning. Academic performance had a significant effect on moral choice and moral behavior, while creativity had a significant effect on moral reasoning. Academic performance was also found to be a significant predictor of immoral behavior. It was concluded that academic performance had a greater effect on behavior and led to immorality while creativity had an effect on moral reasoning. Gender differences in academic performance were found, with females scoring higher than males. Students also assessed their behavior as less immoral than it actually was and lesser than they would generally rate the behavior. The implications of this study are of importance for the educational system in Pakistan. This research was supervised by Professor Dr. Anila Kamal, Professor at National Institute of Psychology, QAU, Islamabad.

Current research aimed at exploration of interpersonal relationships, coping styles, and psychological effects among acid burn female victims through case study research method. The sample comprised of six acid burn victims which was taken from Depilex Smile Again Foundation. Semi structured interviews were used as primary source of data collection, whereas, Thematic apperception Test (Murray, 1954) and Body Image Scale (Bukhari, 2000), which is a sub-scale of Emotional State Scale, were used as supplementary techniques for collecting additional information on interpersonal relationships, coping styles, and psychological effects after acid trauma. Ten literature-based and data driven categories emerged in content analysis of interviews entitled effects on interpersonal relationships, coping styles, and psychological effects after acid trauma. Alpha reliability of Body Image Scale was .49 for current research whereas; inter-rater reliabilities were determined for content analyses of interviews and TAT stories using Kendall’s Tau test. Further, six case studies were developed to highlight effects of acid attack on victims. Moreover, limitations and implications of the research had been discussed. This research was supervised by Professor Dr. Anila Kamal, Professor at National Institute of Psychology, QAU, Islamabad.

The study aimed to explore social intolerance in the relationship between shame, guilt and psychopathology in adolescents. Social intolerance was accessed on Frustration discomfort scale-FDS, Chronbach's alpha ranges .67 - .73 (Harrington, 2005), situational shame and guilt was accessed on Test of self conscious affect-TOSCA Chronbach's Alpha range .58 - .70 (Tangney, & Dearing, 2002) and chronic shame and guilt Personal feeling questionnaire-PFQ-2 Chronbach's alpha ranges from .48 - .52 (Harder & Zalma, 1990), whereas psychopathology (internalizing and externalizing) was accessed on youth self report-YSR Chronbach’s alpha range from .78 - .91 (Achenbach, 1991). The study comprised of three phases. In phase I committee approach was conducted in order to take SME suggestions regarding language, difficulty level, cultural relevance and age appropriateness for the sample. In phase II pilot study was conducted on the sample of 43 adolescents in order to determine psychometrics of all instruments. In phase III main study was conducted after addressing suggestion and recommendation of pilot sample and SEM's. Main study sample comprised of 387 adolescents (51.7% female) age ranged 15-20 year mean±SD (17.77± 1.431). Data was obtained from different private and government colleges and universities of Rawalpindi and Islamabad. Results revealed significant positive correlation between components of social intolerance and internalizing psychopathology (r ranges = .18 to .20, p<.01) and externalizing psychopathology (r ranges = .10 to .19, p<.01). Comparison across
Researchers Completed

demographic demonstrated that female has high mean on shame and psychopathology as compare to their male counterparts. Adolescents from second year appeared high at social intolerance, and psychopathology. Multiple linear regression analysis was conducted in order to see the mediating and moderating role of chronic and situational shame, and guilt, as well as detachment, and externalization in the relationship between components of social intolerance and psychopathology in adolescents. Chronic Shame appeared to mediate effect of all four components of social intolerance whereas situational Shame mediated effect of only two components (i.e., emotional intolerance, and entitlement) on psychopathology. Chronic guilt appeared to mediate effect of emotional intolerance and internalizing psychopathology whereas situational guilt appeared to mediate the effect of entitlement and externalizing psychopathology. Shame, guilt, detachment, and externalization found to be significant moderator on some of the components of social intolerance and psychopathology. The moderating effects of shame and guilt presented interesting patterns. At low levels of Achievement frustration and discomfort intolerance, an increase in shame increased internalizing psychopathology whereas at higher levels of achievement frustration and discomfort intolerance shame didn't appear to influence internalizing psychopathology. On the other hand with low levels of shame discomfort intolerance is positively associated with externalizing psychopathology whereas with higher levels of shame, there is a negative relationship between discomfort intolerance and externalizing psychopathology. At low levels of entitlement there is no difference across different levels of situational guilt, whereas at high level of entitlement as situational guilt increases internalizing psychopathology also increases. Contrary to this, at low level of entitlement there is decrease in externalizing psychopathology and at high level of entitlement there is no difference across different levels of situational guilt. Mediating role of shame and guilt was further confirmed through model testing. Findings of model testing suggested mediating role of shame and guilt in the relationship between the latent construct of social intolerance and psychopathology. It was concluded that social intolerance is an important predictor of psychopathology and the effect is mediated through shame and guilt. Present study will help in the development of intervention plans. This research was supervised by Dr. Jamil A. Malik, Assistant Professor at National Institute of Psychology, QAU, Islamabad.


The current study was conducted to study the sex differences in the perception of meaning, most distressing form of infidelity, commission, causes, approval, and consequences of emotional and sexual infidelity among married couples. A multi-method approach was used for this purpose. In the qualitative phase of the study, indigenous understanding of the phenomenon was developed. An interview guideline, based upon literature review and committee approach, was used to collect data from married participants in six FGDs and six in-depth interviews. Transcribed data was analyzed through Hybrid Thematic Analysis. Results showed that participants considered physical or emotional involvement with someone other than the spouse as cheating. Participants perceived men's infidelity to be primarily sexual and women's infidelity to be emotional in nature. Men considered sexual infidelity, whereas, women considered emotional infidelity to be the most distressing form of infidelity. Emotional and sexual dissatisfaction were perceived as the main causes of infidelity and the consequences were considered to range from divorce to murder. In the second phase of the study, culturally relevant forced-choice vignettes were developed in the first step. In the second step, data was collected from 300 married participants and chi-square was used to analyze the data. Quantitative results complemented the qualitative findings. It was found that men perceive to commit sexual infidelity more than women, whereas, women perceive to commit emotional infidelity more than men. Men perceived sexual infidelity and women perceived emotional infidelity to be the most distressing form of infidelity. Moreover, men did not perceive guilt in response to any kind of infidelity, whereas, women perceived guilt in response to both kinds of infidelity. Men perceived both emotional and sexual dissatisfaction to be the causes of infidelity, whereas, women considered emotional dissatisfaction to be the primary cause. Finally, men perceived sexual infidelity, whereas, women perceived emotional infidelity to be the most difficult to forgive form of infidelity. This research was supervised by Dr. Anis-ul-Haque, Professor at National Institute of Psychology, QAU, Islamabad.

Compiled by: Editor Newsletter