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Tree Plantation Day at NIP
NIP Students and Faculty Celebrated the Plantation Day
on 20th March, 2013

A plantation day was held in NIP on March 20th, 2013. NIP faculty and students planted around the old and new building. The organizer of this whole activity was Dr. Muazzama Abidi and she was assisted by Ms. Nayyar Sultan. For this very purpose, areas were located and different types of plants were obtained from Capital Development Authority (CDA). They gave 650 plants, and Horticulture Department Islamabad provided 50 plants. Moreover, In charge Horticulture Department, Mr. Tahir Bashir, provided especial assistance in

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Cynthia Arnold gave Lecture on Management of Personality Disorders to NIP Students

The management of individuals with personality disorder is one of the most challenging and sometimes controversial areas of psychology. Cynthia J. Arnold, a Licensed Clinical Social Worker (LCSW), Psychotherapist, and member of National Association of Clinical Social Workers, USA delivered lecture on 18th March, 2013 on the topic of Management of Personality Disorders. NIP students and faculty members attended this lecture. We are describing the salient points from her lecture. Personality disorders are an enduring pattern of inner experience and behavior that deviates markedly

Continued on............p/4
The Quaid-i-Azam University (QAU) has inked a Memorandum of Understanding (MOU) with University of Jordan. The memorandum calls for collaboration in research, instruction, and faculty exchange between the University of Jordan and QAU. The memorandum was signed by President of the University of Jordan Prof. Ekhlef Al-Tarawneh and Prof. Dr. Masoom Yasinzai, Vice-Chancellor QAU. Whereas the two universities desired to develop academic cooperation in various fields, and agreed to initiate collaborative activities in academic areas of mutual interest such as exchange of faculty and researchers for purpose of teaching, conducting lectures and research, exchange of expertise, exchange of students, conducting collaborative research projects, jointly organizing symposia, seminars, conferences as well as sharing of academic information and materials.

QAU Vice-Chancellor while addressing the ceremony said the memorandum of understanding would lead to exchange of faculty and students and collaboration in joint projects. While addressing the signing ceremony Vice Chancellor said that University has entered in to a new era of development and expansion. The President of the University of Jordan Prof. Ekhlef Al-Tarawneh emphasized that he is keen to build Jordan’s positive image in Pakistan. He saw this visit to QAU as a start toward an enhanced understanding and broad relationship with Pakistan at different levels. Prof. Ekhlef Al-Tarawneh also visited National Institute of Psychology and met with the faculty of NIP and visited the department Library. Prof. Dr. Anila Kamal briefed the foreign guest about the academic activities at NIP. She shared that NIP is offering three specializations; Development Psychopathology (DP), Educational Psychology (EP) and Industrial and Organizational Psychology (IO). She also told about the Counseling Center and Test Resource Center (TRC) of NIP. Moreover, she shared that during the last year NIP has 34 peer reviewed publications.

Higher Education Commission (HEC) Awarded Three Funded Projects to NIP

Higher Education Commission has approved three funded projects to NIP. The first project titled “Post Traumatic Growth among youth exposed to a Natural Disaster: Identifying mediating and moderating factors between traumatic events and posttraumatic growth” under the theme “Sustainable Human Development, Poverty and Inequality” and the second project titled “Prevalence of HIV AIDs and Provision of Volunteer counseling and Testing (VCT) to Injecting Drug Users (IDUs)”. Prof. Dr. Anila Kamal, is Principal Investigator of both the projects and Mr. Naeem Aslam is the Co-Principal Investigator with her in the second project. The third project titled “Antecedents and Consequences of Work Family Conflict: A Challenge for Pakistani Organizations” under the theme “The State in Pakistan: Internal and External Challenges”. Prof. Dr. Muhammad Anis-ul-Haq, is Principal Investigator (PI) and Ms. Rabia Mughal, AP is Co-Principal Investigator (Co-PI) of this project.
Promising Accomplishment of NIP Psychology at Work in Asia:
Proceeds of the 3rd and 4th Asian Psychological Association Conventions and the 4th International Conference on Industrial-Organizational Psychology
by Sherri N. McCarthy, Jas Jaafar, Anila Kamal, and Aisha Zubair

This book provides an overview of the current status of research in Psychology in Asia, with a specific focus on Organizational Psychology as well as development of psychology as a discipline in Asia. Several research papers related to organizational psychology and the influence of psychology on quality of life in countries throughout Asia are included. The papers included in the book were originally presented at the International Conference on Industrial and Organizational Psychology, National Institute of Psychology, Quaid-i-Azam University, Islamabad, Pakistan (April, 2012); 3rd Convention of the Asian Psychological Association, Darwin, Australia (July, 2010) and the 4th Convention of the Asian Psychological Association, Jakarta, Indonesia (July, 2012). The best examples of work from each of the conferences are selected to form a cohesive volume and included work from more than 10 Asian countries, as well as work conducted in Asia or on topics relevant to Asian societies by scholars from UK, USA, Australia, Sweden, and Germany. The information presented in the book provides a valuable window into how psychology is taught and practiced throughout Asia, especially in the workplace. Indigenous trends in research, theory and application are provided by authors who are native to, live and teach in the countries represented in the studies reported here. It is a must-read not only for those in academic psychology and higher education, but also for those in business who are affected by changes in globalization of business practices. Psychologists, counselors, educators, and those with research interests in social sciences and cross-cultural research will find a wealth of current information.


The book can be procured online www.CS-P.org or Cambridge Scholars Publishing, 12 Back Chapman Street, Newcastle upon Tyne, NE6 2XX, UK.

Pakistan Psychological Abstract – 7

National Institute of Psychology has published 7th Volume of Pakistan Psychological Abstracts (PPAbst). PPAbst is a serial publication of the National Institute of Psychology, Quaid-i-Azam University, Islamabad. Presently seven volumes of PPAbst are published and available for reference. It is designed to provide non-evaluative summaries of articles, research monographs (published or unpublished), books and theses related to psychology. Research work published in Pakistan, or in case of unpublished research or dissertation, work carried out in Pakistan and not published outside is also incorporated.

Major purpose of publishing Pakistan Psychological Abstracts is to provide a broad and concise source of preliminary reference material which can present the students and researchers, an initial insight about the major trends of psychological research in Pakistan. It also serves as a network means to offer an immediate glimpse of exploration of psychological research variables with various social, environmental,

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Participation of NIP Students in Interactive Theatre on “Sexual Harassment at Work Place”

Sexual harassment at work could happen to anyone and disadvantages all parties. For workers, this could result to poor performance, which subsequently reducing the work productivity and affecting the level of welfare of the workers and their families. Therefore, it is our common concern to create a comfortable working environment through the prevention of sexual harassment at work. The activity was conducted by Aurat Foundation in collaboration with UNICEF on 19th March, 2013. Objectives of the activity were to create awareness about various manifestations of sexual harassment at workplace and ways to cope with it. The objectives were achieved through concept of interactive theatre in which audience were allowed to intervene in the situation, presenting their own ideas, and performing their ideas on stage with team of interactive theatre. Students from M.Sc III and M.Phil actively participated in theatre through discussion about creative ways to cope with sexual harassment at workplace and by performing their ideas on stage. Activity lasted from 1:30 PM to 3:30 PM. It, indeed, added to the knowledge of students about concept of sexual harassment, its manifestations, women's rights, and laws and penalties related to sexual harassment.

Reported by: Arqaj Majeeb

Lecture on Management of Personality Disorders

from the expectations of the individual’s culture. This pattern is manifested in two or more of the following areas: cognition (i.e., ways of perceiving and interpreting self, other people and events), affectivity (i.e., the range, intensity, lability, and appropriateness of emotional response), interpersonal functioning impulse control”. The pattern must be inflexible and pervasive across a broad range of personal and social situations. For a diagnosis to be made, the enduring pattern of inner experience and behaviour (i.e. the symptoms) must lead to clinically significant distress or impairment in social, occupational or other important areas of functioning. Personality disorders are associated with high levels of dysfunction, comparable to major Axis I disorders. Having a personality disorder during adolescence doubles the risk of having anxiety, mood disorders, self-harming behaviour and substance use disorders during early adulthood. Many patients being treated for Axis I disorders suffer from comorbid personality disorders. Patients with affective disorders have high rates of borderline, antisocial, avoidant and dependent personality disorder. Personality disorders have also been reported in association with eating disorders, somatisation disorders, schizophrenia, bipolar disorders, sexual disorders, obsessive–compulsive disorders and dissociative disorders. Individuals with personality disorders, particularly of the antisocial, paranoid and borderline types, frequently present within a criminal justice context.

For practical clinical purposes, it has been suggested that the most useful approach is to undertake a functional assessment of personality. This is essentially a case formulation that lists the relevant areas of abnormal personality and then examines the distress and functional disability caused by these abnormalities. This process makes the task of drawing up a management plan less daunting. It provides a clearer picture of the therapeutic task, by separating out different problems, which can, each be considered in their own right. The effective drawing up of a management plan involves a functional analysis. Dialectic Brief Therapy (DBT) and Eye movement desensitization and reprocessing (EMDR) are considered as one of the treatment of the personality disorders.

Edited by: Naeem Aslam
Welcome and farewell parties are the traditions of every institute. Every year the students of NIP arrange farewell and welcome parties for students of first and fourth semester. To keep the tradition alive a get together was arranged. There was a unique blend of happiness and sorrows in this spring semester as M.Sc III arranged welcome and farewell together.

All the students were in beautiful dresses. Some were getting ready in the department. The rest came fully prepared from home. The Organizer Committee comprised of eight students from M.Sc III. Each one of them had a different portfolio. Anum Khan and Sundas Jahangir made invitation cards for teachers and students. They were selecting gifts for ladies of the day and decorating the room. Nabeel Ahmed arranged refreshment and seating plan. Anowra Khan was the program organizer. Tamkeen Arshad looked after multimedia settings and follow-up of the program. Sehrish Ifkhar collected funds from all the class fellows. It was the first experience for the students to arrange party. The teachers were very kind to guide the students in all matters. They were available all the time to address students’ concerns and facilitate them in every matter. All the teachers and students were invited through well decorated and handmade invitation cards. The function was arranged in the workshop room in new building. Students decorated the room with charts and CDs. The program started with the recitation from the Holy Quran by Anum Khan. The compere of the program was Sadia Ahmed. A wonderful and full of laughter skit by the name “Aik Din NIP kay Sath” was presented by Nabeel Ahmed, Yaseen Khan and others. Teachers enjoyed their parody performed by students very much.

The next episode, a poem “Farewell” was presented for M.Sc IV by Asma Nisa and “Student ki Farzad” by Tabassum Khan. A speech along with poetry written by Anowra Khan was delivered by Bushra Jamil and Anowra Khan for M.Sc II. A qaawwati composed by Nabeel Ahmed was performed by a chorus of students. Another play ‘Khoji’ written by Anowra Khan was acted beautifully. Every item was a source of full of fun, humor and laughter.

A video of memorable events of all the semester of M.Sc IV and M.Sc II prepared by Sadia Ahmed was dedicated to both classes. All the memories became afresh in students minds. To award titles to M.Sc IV most striking students “NIP Baloon Awards” were composed by Anowra Khan. There were total nine titles given to M.Sc IV. At the end of the program a surprise skit was acted by students of M.Sc III and M.Sc IV and M.Sc II. This skit was full of humor. All the audiences were kept on laughing from the start till the end. At the end Dr. Rubina was requested to express her views on the behalf of Prof. Dr. Anila Kamal. All the teachers and students were thanked for their participation and making the event a memorable one. All participants were served with light refreshment. Though the program was formally finished but the roar of laughter was still audible in the room and corridors of the NIP and nobody knows that for how long this laughter will keep on echoing.

By: Anowra Khan
Zulqarnain Asghar is first practicing visually impaired Psychologist in the history of Pakistan and India. He has done M.Sc in Psychology from National Institute of Psychology, Quaid-i-Azam University, Islamabad in 2002. He is member of alumni association of NIP.

He is a visionary team leader with over ten years of field, counseling, training and research experience, seeking to deploy knowledge and expertise in Disability Sector, Sexual and Reproductive Health, Clinical Psychology, Early Childhood Education, Mother-Child Care and Gender and Development areas in a professional and mission oriented environment.

Currently he is working as visiting lecturer at Sarhad University Campus Islamabad and teaching to PMDC students. He is holding the position of National Convener of Sanjhi Shakti (National alliance of PWDs/DPOs for the rights of People with Disabilities (PWDs)).

He worked with different organizations in different capacity from last 10 years, his professional journey began from friendship house in 2002 to March 2004 as a family counselor. In March 2004 he joined Rozan and worked there for more than 5 years as a Senior Adolescent Counselor/Trainer. Simultaneously he worked at Iqra University as Career Counselor for one year. He worked with Sachtet as a Consultant/Trainer for one year, then he rendered his services and contributed in the field of disability. He joined PFFB as Counselor and Psychologist. During this period, he sensed that accessible banking is a major issue of PWDs, and organized protest and campaign on 17th August 2008, in front of State Bank. In result of that campaign, State Bank of Pakistan issued policy letter for all banks that, they all should open accounts of visually impaired persons without any discrimination.

He joined IRADAH as Manager Advocacy and Communication. He realized that there is urgent need to work in the field of Disability therefore he put his efforts to gather PWDs/DPOs on a single platform at national level and he organized national conference on the rights of PWDs on the occasion of International Day of PWDs on 3rd December 2011. Then he diverted his efforts for the rights of PWDs/CWDs. After devolution of powers he sensed that first step should be taken about employment right of PWDs and he launched media campaign about 2% employment quota right of PWDs. His effort brought fruitful results and CM Punjab has issued notification about implementation of 2% employment quota of PWDs.

He conducted 500 radio programs on different radio channels, for awareness about psychological issues of youth, youth with disabilities and issues of PWDs. He participated in 5 television talk shows on different local channels as guest speaker. He is a Development Practitioner and a Humanitarian Worker and as a Disability Rights Activist he believes that every person should be treated on equal basis regardless of his disability, gender, cast etc.

Continued from p/1 Plantation at NIP

the process. Different plants were planted that include the plants of Kachinar, Mot Pankh, Raat Ki Rani, Sukh Chain, Plahi, Saroo, Border, Cassia Glaca, Pine, China Tally, Sirin, and Gava. This task promoted the spirit of plantation and connectedness in the institute. Trees are gifts of nature. They are the best friends of mankind. The existence of human life cannot be imagined without trees. Human beings depend largely on trees. They not only keep our environment balanced but also make our surroundings beautiful. Trees help us to survive by maintaining ecological balance. Tree planting is a simple task we can all do with minimum effort. In fact it is Sadagar-jaaria and its rewards continue even after the death of the person who plants a tree.

Reported by: Rakshbanda Jabeen

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economic, and behavioral constructs. All the abstract text being presented in the seven volumes of PPAbst is available in the Library of National Institute of Psychology.

Further information about PPAbst (author index and subject index) can also be viewed on NIP website: www.nip.edu.pk Please contact: Abdul Qayoom, Librarian, National Institute of Psychology, Islamabad, Pakistan.

Email: aquayoom@nip.edu.pk, +92-51-9064-4014

Price: Rs. 600/-
Alumni Association NIP, Quaid-i-Azam University
Exclusive Discussion on
Psychosocial Impact of Cult Behavior

On behalf of the Alumni Association, National Institute of Psychology, a small group of alumni came and participated in the discussion on Psychosocial Impact of Cult Behavior with reference to keeping in mind the scenario of Long March January 14th, 2013. A group comprised the following members joined on January 30th, 2013 at Lime Tree Cafe at Kuch Khas, Islamabad. The discussion was attended by the following members i.e., Dr. Seema Pervez, Dr. Muhammad Pervez, Dr. Tanvir Akhtar, Rabia Muqaddir, Irum Naqvi, Shaiista Waqar, Nelofer Kiran Rauf, Imran Bukhari, Qurat-ul-Ain, Yasir Masood Afaq, Rubab Aftab, Sobia Bashir, and Sara Mufti.

The discussion was started with the idea that there is need to look into this long march issue and cult behavior psychologically. The reasons and motives behind this incident were discussed with the approach that how it could be avoided in future. It was the point of concern that why so many people took interest in the long march with high security risk.

The reasons behind this cult behavior in the present scenario can be interpreted as people were frustrated because of the deprivation of basic resources, chaos in country, and were religiously driven and motivated.

As the cult behavior is very old phenomenon, but the new thing here in this case, is media portrayal. Media played its role with irresponsibility and created hype and tension for all country people even sitting in their homes. Lack of cognitive development, reality distortion, and short sightedness are the major contributing factors for such behavior.

In the end following recommendations were made: Education is the responsibility of state. When the state would take its responsibility for the provision of basic sources like food, security, and education, then non-political organizations would not get any chance to motivate and convince people to be congregated for any purpose.

It is state responsibility to monitor the influence of non-political organizations and figures. Monitoring of madrassas functioning and underline objectives and agendas are very important. There is a dire need that media must have independent thinking.

There is need to inculcate the habit of question and answer in the children. As habit of dialogue always brings the quality of patience among children that turn into adults. State must ensure the implementation of laws and constitution.

Political evolution is important with political stability and continuation. To cast a vote is the right of every Pakistani and every Pakistani should exercise this right in a proper way. Leadership characteristics are important among leaders but at the same time people must know the backgrounds of leaders and they must have ability to evaluate them in an objective manner so that women and children should not be used as human shield by any selfish leader. The education is very important including political education and constitution education.

The phenomenon of right and wrong is important but there is strong need to look into the gray areas. Psychologists should play an active role and we can arrange a study on cult behavior and can try to interact with participants to collect sample for in-depth study of cult behavior.

Reported by:
Irum Naqvi, Lecturer NIP
The main objectives of the present research were to develop a reliable and valid perceived lie acceptability measure and to see its relation with motive to lie, relative importance of situation and closeness to the person. Furthermore, the present research was extended by conducting a comparative study of Pakistani and Saudi students in perceived lie acceptability. The research was based on three independent studies. The study I was performed (N=50) to develop a scenario based Perceived Lie Acceptability Measure (PLAM). Thirty two scenarios were generated followed by an empirical, systematic and structured approach. The internal consistency (alpha=.87) and construct validity of PLAM were determined. The study II was carried out to explore the perceived lie acceptability as function of motive to lie, relative importance of the situation, and closeness to the person, in Pakistani students (N=204). The alpha coefficient (α = .86) and construct validity of PLAM was further established. Our findings indicated a non significant interaction effect for the motive to lie, relative importance of situation, and closeness to the person while judging perceived lie acceptability. The results revealed significant main effect of the motive, situation, and closeness to the person. A moderate interaction effect between motive and situation was seen. Our findings also indicated that perceived lie acceptability was more in males than in females. The study III explored the differences in perceived lie acceptability between Pakistani and Saudi students. Psychometric analyses on Saudi data (N=72) revealed PLAM reliable (alpha=.82) and valid. Our findings indicated that Saudis rated perceived lie acceptability lower than the Pakistanis. The results also revealed that the combined effect of situation and closeness to the person is same for both the types of lie for the Saudi respondents while judging the perceived lie acceptability, like the Pakistanis. Similarly, it was also found in analyses that motive to lie, relative importance of the situation, and closeness to the person had significant main effect. This research was supervised by Dr. Anila Kamal, Professor at National Institute of Psychology, QAU, Islamabad.


The present research aimed to examine the relationship between wisdom and subjective well-being (SWB) among adolescents and adults. Sample was selected from Rawalpindi (Wah Cantt) and Islamabad. The present research was comprised upon three phases; Phase I was the translation of the scales such as Self Assessed Wisdom Scale (SAWS) (Webster, 2003, 2007) and International Positive and Negative Affect Schedule-Short Form (I-PANAS-SF) (Thompson, 2007). Phase II was the pilot study; and consisted of 120 participants (n=60 men; n=60 women). The aim of this phase was to address the psychometric properties of the translated scales along with satisfaction with life scale. Descriptive statistics along with alpha coefficients, item-total correlations, inter-scale correlations, and Pearson correlations were computed. Results indicated that scales were internally consistent, moderately reliable, and positively correlated with one another. Phase III comprised of the main study in which translated instruments SAWS and I-PANAS-SF, along with Satisfaction with Life Scale (Diener, et al., 1985) were administered on a large sample of 212 participants (n=106 men; n=106 women). Confirmatory factor analysis, alpha coefficients, inter-scale correlation coefficients were computed to determine the psychometric properties of the scales. Findings showed that all scales were moderately reliable. Results of the main study supported the hypotheses that there will be a positive relationship between wisdom, positive affect, and life satisfaction as well as negative relationship between wisdom and negative affect. Findings showed the significant gender differences on (experience, emotional regulation, & openness) dimensions of SAWS, and on positive affect and negative affect. Results also showed the significant age group related differences on emotional regulation, humor, openness, life satisfaction, and negative affect dimensions on SAWS and SWB dimensions. Age related differences indicated that adolescents were wise with high level of positive affect.
and life satisfaction as compared to young adults and middle aged adults. Age related gender differences revealed that boys are wise and having high positive affect and life satisfaction as compared to girls; while young adult men are wise and having high positive affect and low negative affect as compared to young adult women. Findings related to the education levels indicated that non-significant differences on SAWs and positive affect; while significant differences on negative affect and life satisfaction. Married people are wise and having high subjective well-being. This research was supervised by Dr. Anis-ul-Haque, Professor at National Institute of Psychology, QAU, Islamabad.


The present research aimed to explore the phenomenon of third-person effect and cultural values among the people of Pakistan in context of Pakistani, Indian, and Western electronic entertainment media. Adolescents and young adults were targeted in this regard. Demographic variables including gender, age, education, media exposure, and religious orientation were also included to investigate any differences. Present research was carried out in three studies. First study was the exploration of the third-person effect and cultural values in context of electronic entertainment media. For this, two focus groups were conducted on adults and adolescents. Adults believe that foreign entertainment media is affecting others and devaluing our society. On the contrary adolescent think it affects them, and provides meaning and direction to their lives. Second study, was divided into two phases, first was to develop third-person effect questionnaire, and second was the pilot testing. Study two provides detailed information about the psychometric properties of third-person effect questionnaire. For pilot testing Media exposure list and Third-person effect questionnaire (developed by researcher in Phase-1), Schwartz Value Survey developed by Schwartz (1994) and transadapted by Qureshi (2010), and Religious Orientation Scale I/E revised (Gorsuch & McPherson, 1989) transadapted by Ghouse (2003) was used. Third study was conducted to test main objectives of present research. 328 adolescents and young adults from Rawalpindi and Islamabad participated in this research. The results indicate that local and foreign electronic entertainment media play important role in shaping and changing people's values. Pakistani media exposure was positively related to extrinsic religious orientation and negatively related to stimulation value. Indian media exposure was negatively related to Indian third-person effect, and positively related to hedonism value. Western media exposure was negatively related to Western third-person effect and tradition value whereas positively related to hedonism and power values. Intrinsic religious orientation was positively related to conformity value and negatively related to hedonism and power values. Extrinsic orientation was positively related to tradition and universalism values. Significant group differences were found on gender, age, education, media exposure level, and religious orientation. Moreover, these demographics were found to be the strong predictors of third-person effect and values portrayed by the people. This research was supervised by Dr. Anila Kamal, Professor at National Institute of Psychology, QAU, Islamabad.

The present study aimed at investigating the role of coping strategies in vicarious traumatization (VT) and family relations of Health care professionals. The specific objectives were to find out the prevalence of VT, its impact on family relation and the moderating role of coping strategies in VT and family relations. The role of demographic variables (profession, gender, marital status and personal history of trauma) in VT was also examined. A sample of 170 healthcare professionals (Doctors=39, Psychiatrists=27, psychologists=36, Nurses=30 and others=38) (Men = 67, Women = 103) were taken from various hospitals in Rawalpindi and Islamabad. Data were collected by using the Secondary Traumatic Stress Scale (Bride, Robinson, Yegidis, & Figly, 2003), the Index of Family Relations (Hudson, 1982) and the Brief COPE scale (Carver, 1997). The study was conducted in two phases. Phase I of the study comprised of pilot study aiming to test the psychometric properties of instruments and to see the trends of data on small sample (N = 50). The First phase of study revealed that three instruments namely Secondary Traumatic Stress Scale, the Index of Family Relations, and Brief COPE were internally consistent and reliable instruments. Phase II was the main study aiming to test the stated hypotheses in the view of relevant literature with larger sample (N = 170). Results revealed significant positive correlation.
between various aspects of VT (intrusion, avoidance and arousal) and poor family relations. Emotion focused coping was positively correlated with poor family relations whereas problem focused coping was negatively correlated with poor family relations. Multiple regression analysis shows that avoidance and arousal aspects of VT are predictors of poor family relations whereas intrusion aspect of VT does not predict the family relations. Similarly emotion focused coping and problem focused coping are predictors of family relations. Moderated hierarchical regression analysis revealed that coping strategies did not play a moderating role between VT and family relations. Significant differences have been found among various groups of healthcare professionals (doctors, psychiatrists, psychologists, nurses and others) in which psychiatrists are most vulnerable group for vicarious traumatization and psychologists are least vulnerable group. Moreover, healthcare professionals who are married and have personal history of trauma are more vulnerable for vicarious traumatization as compared to those who are unmarried and without personal history of trauma. Non significant gender differences have been found among health care professionals on vicarious traumatization. This research was supervised by Dr. Anis-ul-Haque, Professor at National Institute of Psychology, QAU, Islamabad.


The present study was undertaken to investigate gender preference with reference to gender role attitudes and marital adjustment among pregnant mothers. Moreover, the reasons behind son preference in Pakistani society were also examined separately for pregnant mothers and their husbands. The instruments used for the purpose of assessing the variable were Sex Role Attitude Scale (Anila & Ansari, 1992) and Dyadic Adjustment Scale Translated Version (Nascer, 2000). The present study investigated gender preference of pregnant mother in comparison to their husbands, in laws, and parents. The present research is focused upon gender role attitudes, marital adjustment and demographics correlates which determine mother’s preference for the gender of her expected child. It was shown that pregnant mothers exhibited similar pattern of gender preferences (more for son than daughter) in comparison to husbands, in laws and parent whereas disagreement on gender preferences was less apparent. No statistically significant findings were observed gender preference with reference to marital adjustment. But on gender role attitude with reference to gender preference, mothers with modern gender role attitude exhibited more preference for son than daughter. Furthermore, relationship between gender role attitude and marital adjustment was non significant. On the basis of empirical evidences which revealed that demographics are contributory factors in assessing gender preferences logistic regression was applied. Logistic regression showed that mother’s education, husband’s education, occupation and existing gender of child were important predictors in determining gender preferences of pregnant mothers. On the basis of qualitative data, different themes emerged depicting perception of expecting couples about reasons of son preference in our society. The implication based on the findings to create awareness among health, religious, and social workers as well as further research have been discussed. This research was supervised by Dr. Anila Kamal, Professor at National Institute of Psychology, QAU, Islamabad.