

Psychosocial Problems, Coping Strategies and Attachment Styles in Polio Affected Persons



Amber Ijaz

13003146024

Ms. Ayesha Jabeen

Institute of Clinical Psychology

University of Management and Technology Lahore

2015

DECLARATION

I, Ms.AmberIjazId# 13003146024Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2013-2015**, hereby declare that the matter printed in the thesis title is my own work and has not been printed, published and submitted as research work thesis or publication in any form in any university, research institution etc. in Pakistan or abroad.

Dated: 7-08-2015

Signature of Deponent

Certificate of Approval

Approved by faculty of Department of Clinical Psychology, School of Social Sciences and Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirement for the degree of MS in clinical psychology.

Ms. Ayesha Umar

Prof. Dr. _____

External Examiner

Prof. Dr. Zahid Mahmood

Deponent

Prof. Dr. Abdul Hameed

Dean, SSS&H

Date: _____

Table of Contents

		Page No.
	Acknowledgement	
	Dedication	
	List of tables	i
	List of appendices	ii
	Abstract	iii
Chapter I	Introduction	4-19
Chapter II	Review of literature	20-27
	Rationale of research	21
Chapter III	Method	28-33
	Research design	
	Development of Psychosocial scale	
	Phase 1: exploring phenomenology	
	Phase 2:empirical validation	
	Phase 3: pilot study	
	Main study	
	Inclusion and exclusion criteria	

	Participants	
	Measures	
	Demographic variables	
	Procedure	
Chapter IV	Results	33-48
	Section I: sample description	
	Frequency and percentage of demographic variables	
	Section II: psychometric properties of the measures scree plot	
	Factor description	
	Section III: testing of main hypotheses	
	Inter-correlation	
	t-Test	
	multiple regression analysis	
	Section IV: Testing of secondary hypotheses	
	Anova	
Chapter V	Discussion	49-52
	Implications	
	Suggestions for further research	
	Conclusion	

Acknowledgment

I at first bow my head before Allah Almighty who bestowed his countless blessings upon me, guided me towards the way of success, and blessed me with courage of facing problems and obstacles that enable me to accomplish this research.

I am thankful to my supervisor Mam. Ayesha Jabeen who helps and guided me at all stages of completion of this research in its true sense. This research work would not have been possible without her encouragement and her guidance and valuable suggestions during my research work.

Next I would like to thanks the faculty of institute of Clinical Psychology who gave me permission for using their scales. I am thankful to the faculty for giving me their precious time. I am also thankful to participants who actively participated, and gave me their precious time and information in this research project.

I am extremely thankful to Dr. Zahid Mahmood for his support, guidance and encouragement. I am thankful to Dr. Sadia who helped me a lot throughout my journey

At last but not least I have no words to say thanks to my family, siblings and especially my friends, Sana, Saba Sarah, Sabrina and Ramsha for their cooperation and support to complete this task.

Amber Ijaz

Dedication

I would like to thank my teacher and parents. This research would not have been possible without their encouragement. I dedicate this thesis to my teachers. They have always been supportive and shown great interest in my work and its progress.

Abstract

In the recent decade poliomyelitis has gain attention in the public and private health sectors at national and international level however, the psychological side of it is still being ignored. The purpose of the study was to explore the relationship between the psychosocial problems, coping strategies and attachment styles in polio affected persons. A Mixed Method (Qualitative and Quantitative) research design was used to find out the relationship between these variables. The sample consisted of 56 participants with age range 17-25 (M 19.09, SD 2.73). Measures of the study included indigenously developed scale for psychosocial problems, Coping skills scale (Saleem, Irshad & Mahmood, 2011) and the Attachment style scale (Hazan&Shawar, 1987) along with the demographic Performa. Multiple regression analysis revealed that gender being female, persons with treatment in progress, being not vaccinated in childhood, having anxious ambivalent attachment styles, and using emotion focused coping strategy are significant predictors of psychosocial problems. 59% of the sample was found to

have avoidant attachment style and t test revealed that females were facing more psychosocial problems as compared to males. Results are further discussed to highlight the need of counseling services for polio affected persons.

Key words: Poliomyelitis, Psychosocial problems, attachment style, coping strategies.