

**Interpersonal Difficulties, Coping Styles, and Mental Health
Problems of Trainee Clinical Psychologists**



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DECLARATION

I, Ms. **Saba Khalid**, ID: **13003146023** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2013- 2015**, hereby declare that the matter printed in the thesis title “Interpersonal Difficulties, Coping Styles, and Mental Health Problems of Trainee Clinical Psychologists” is my own work and has not been submitted as research work thesis in University of Management and Technology, in Pakistan.

Dated: 25-08-2015

Signature of deponent

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Dedication

I would like to dedicate my research work to my mother and my best friend Usman

Arshad.

Abstract

Trainee clinical psychologists experience various interpersonal problems due to their hectic training work. The current research work aimed to explore the relationship between Interpersonal Difficulties, coping styles and Mental Health Problems of trainee clinical psychologists. Sample of 300 (150 trainees and 150 non- trainees psychologists) was included with the mean age $M=24.83$ and $SD= 2.08$. Interpersonal Difficulty Scale (IDS) (Saleem, Ishan & Mahmood, 2012) was used to identify interpersonal difficulties, Brief Cope (BC) (Carver, 1997) for the identification of coping styles and Student Problem Checklist (SPCL) (Mahmood & Saleem, 2011), in order to identify mental health problems of the participants. Internal consistency was identified with the help of Cronbach Alpha that is ($\alpha= .90$, $\alpha=.89$ $\alpha=.75$). Results revealed positive correlation between interpersonal difficulties, coping and mental health problems. There was significant difference in the interpersonal difficulties experienced by trainees and non- trainees (MPhil- psychology). Results revealed that in trainee's group interpersonal difficulties increased semester wise whereas in other group no change was found. Moreover, interpersonal difficulties are the positive predictor of mental health problems in trainees. However, adaptive coping styles were used more by trainees and maladaptive by non-trainees.

Appendix A

Appendix B

Appendix C

