

**Impulsive Personality Traits, Emotional Disclosure and Self-Harm  
Tendencies in Early Adults**



**Participant's Name: Ifra Saleem**

**Participant's ID: S2016146007**

**Supervisors' Name: Ms. Maryam Rizvi**

**Institute of Clinical Psychology**

**University of Management and Technology**

**Lahore**

**2018**

## **DECLARATION**

I, Ms. **Ifra Saleem**, ID: **S2016146007** Student of **MS Clinical Psychology** in the subject of **Clinical Psychology session 2016-2018** hereby declare that the matter printed in the thesis **Impulsive Personality Traits, Emotional Disclosure and Self-Harm Tendencies in Early Adults** 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: 06-02-2018**

**Signature of Deponent**

## Certificate of Approval

Accepted by the Faculty of the Institute of Clinical Psychology, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of MS in Clinical Psychology

Ms. Maryam Rizvi

---

Supervisor

Prof. Dr. -----.

---

External Examiner

Prof. Dr. Zahid Mahmood

---

Director

---

Deponent

Date: \_\_\_\_\_

## **Acknowledgement**

First of all I will thank to Allah Almighty for each and every thing in my life for my abilities potential to learn to compete in studies.

Years passes and things are changed but some people remain the same, a big thank to my parents. I deeply pay thanks to my father and mother for being there for me always for my support. In the end when I am near to achieve my goal my mother is no more but she is always with me her prayers are with me always and I believe she will be happy for me. And my father he is everything to me my moral support my friend and a big care for me. Today if I am here just because of you so thank you so much **“DAD”** for each and everything and always being there for me.

Now I would it will be a pleasant for to express my feelings about the members of the Institute of the Clinical Psychology. **Prof. D. Zahid Mehmood** a mentor for many hearts. Thank you so much sir for everything I learned from you through which my knowledge enhanced and my vision expanded. And thanks to every teacher of ICP, they all are the different and unique in their natures. I have learned different special things from every teacher. Now I would like to thank my supervisor **Miss Maryam Rizvi** for encouraging not only in the work but morally also. Ma'm today I have completed with you support and help thanks to you ma'm for every appreciation.

Last but not the least thanks to my **brothers and sisters** for supporting in the every step of my life and guiding me in every problem. Thanks to all of you for being my support and giving me love. At the end thanks to my **friends** who are always there for me whenever I need

them. Today I am feeling blessed for having all the special people in my life who encourages me and guide me the right path. Thank you everyone to those who I have mentioned and for whom I didn't!

## **Abstract**

### **Impulsive Personality Traits, Emotional Disclosure and Self-harm Behaviors in Early**

### **Adults**

Self-harm also known as the self-injury the act of knowingly harming own body purposefully like cutting, hitting and burning. Self-harm is an unhealthy way to cope with anger, frustration and emotional pain. It can found in any age but the more ratio is observed in the early adults. There can be many reasons behind including the personalities who are impulsive. People with impulsive personality traits are more prone to self-harm. Impulsivity is an affinity to action on a quirk, showing the behavior considered by little or no precaution, reflection, or consideration of the consequences. But in our culture the impulsivity is controlled including the authoritative behaviors in the childhood which in the later years show the repression of the feelings and people did not disclose their emotions. The emotional disclosure is the expression of the feelings. People use the self-harm behaviors as the expression of emotions to reduce pain. In the current research the cross sectional research design used with total sample of early adults was 302 including both genders (165 males, 137 females) across the age range of 18-26. For results the statistical analysis used including t-test, correlation, regression and factors analysis. On the basis of the results it was concluded that there is a positive relationship between the self-harm and emotional disclosure but there is a weak relationship between the self-harm and impulsive personality traits. Hence, the hypothesis showed the relationships between the variables. And the process with reasons and symptoms were discussed.

---

## Table of Contents

---

		Page No.
	<b>Declaration</b>	<b>I</b>
	<b>Approval</b>	<b>II</b>
	<b>Abstract</b>	<b>III</b>
	<b>Acknowledgement</b>	<b>VI</b>
	<b>List of Table</b>	<b>VII</b>
	<b>List of Abbreviations</b>	<b>X</b>
	<b>List of Appendices</b>	<b>XI</b>
<b>Chapter I</b>	<b>Introduction</b>	<b>1-12</b>
	• Implications of Current Study	10
	• Aims	11
	• Objectives	11
	• Operational Definitions	11
<b>Chapter II</b>	<b>Review of Literature</b>	<b>13-25</b>
	• Recent local and International literature	13
	• Rationale of the study	24

---

---

	• Research Question	24
	• Hypotheses	24
<b>Chapter III</b>	<b>Method</b>	<b>26-31</b>
	• Research Design	26
	• Participants (Sampling Strategy)	26
	• Measures	29
	• Procedure	30
	• Ethical Considerations	30
<b>Chapter IV</b>	<b>Results</b>	<b>32-54</b>
	• Sample descriptions	32
	• Hypotheses Testing	43
	• Summary of Results	53
<b>Chapter V</b>	<b>Discussion</b>	<b>55-62</b>
	Suggestions for future	<b>61</b>
	<b>References</b>	<b>63-74</b>
	<b>Appendices</b>	

---

---

## List of Tables

---

<b>Table No.</b>	<b>Page No.</b>
<b>Table 1</b> .....	<b>33</b>
Mean, Standard Deviation of Participant's Age (N=302)	
<b>Table 2</b> .....	<b>33</b>
Frequencies and Percentages of Demographic Characteristics of Participants (N=302)	
<b>Table 3</b> .....	<b>36</b>
The Factor Structure of 41 Items of Self-Harm Tendencies with Varimax Rotation	
<b>Table 4</b> .....	<b>38</b>
Eigen Value and Variance Explained by 2 Factor of Self-Harm Tendencies Scale for Early Adults	
<b>Table 5</b> .....	<b>40</b>
Factors, Number of Items and Chronbach Alpha of Self-Harm Tendencies Scale (SHTS)	

---

---

**Table 6..... 41**

Mean, Standard Deviation and Inter Factor Correlation of Self-Harm Tendencies Scale (SHTS) and School Children Problem Scale (SCPS), (N=302)

**Table 7..... 42**

Mean, Standard Deviation and Inter Factor Correlation of Self-Harm Tendencies Scale (SHTS) and Post Self-Harm Tendencies Scale, (N=302)

**Table 8..... 44**

Mean, Standard Deviation and Correlation Values of Different Factors on SHTS and UPPS Scale (N=302)

**Table 9..... 46**

Mean, Standard Deviation and Correlation Values of Different Factors on SHTS and EDS Scale (N=302)

**Table 10..... 47**

Hierarchical Regression Predicting Self-Harm from Demographic Variables and the Emotional Disclosure Scale

**Table 11..... 48**

Means, Standard Deviation, t and p Value Score of the Students as a result of Age (N=302)

---

---

<b>Table 12.....</b>	<b>49</b>
Means, Standard Deviation, t and p Value Score of the Students as a result of Age (N=302)	
<b>Table 13.....</b>	<b>50</b>
Means, Standard Deviation, t and p Value Score of the Students as a result of Age (N=302)	
<b>Table 14.....</b>	<b>51</b>
Means, Standard Deviation, t and p Value Score of the Students as a result of Gender (N=302)	
<b>Table 15.....</b>	<b>52</b>
Means, Standard Deviation, t and p Value Score of the Students as a result of Education (N=302)	

---



---

**List of Figures**

---

<b>Figure No.</b>	<b>Page</b>
	<b>No.</b>
<b>Figure 1.....</b>	<b>36</b>
Scree Plot Showing the Extraction of Factors of Self-Harm Tendencies	

---

## **List of Abbreviations**

**SHTS:** Self-Harm Tendencies Scale

**UPPS:** Urgency, Premeditation, Perseverance, Sensation Seeking (Impulsive Personality Trait Scale)

**EDS:** Emotional Disclosure Scale

**SCPS:** School Children Problem Scale

---

## List of Appendices

---

**Appendix No.**

**Appendix 1.....**

Self-Harm Tendencies Scale (SHTS)

**Appendix 2.....**

Emotional Disclosure Scale (EDS)

**Appendix 3.....**

Impulsive Personality Scale (UPPS)

**Appendix 4.....**

School Children Problem Scale (SCPS)

**Appendix 5.....**

Turnitin Plagiarism Report

**Appendix 6.....**

Checklist

---

## **Introduction**

Early adulthood is a phase of life span having distinct period between the age ranges of 18-25 years. Psychologists, sociologists and government agencies describe the term as emerging adulthood as it has many other terms including transition age youth, delayed adulthood, extended adolescence, youth hood, adulescence, and the twixter years (Arnett & Jensen, 2000). In this age adolescents becomes more independent and explore various possibilities of life. Early adulthood is the age of continuous changing and some believe that individuals have always struggled with self-focus, feeling in-between, instability and identity exploration (*Ludwig & Devin, 2010*).