

**Emotion regulation, post traumatic stress disorder (PTSD) symptoms and abuse among  
adolescents**



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**Adolescents**

## **Research Completion Certificate**

Certificate that the research work contained in this thesis titled “Emotion Regulation, Post Traumatic Stress Disorder (PTSD) Symptoms and Abuse among Adolescents” has been carried out and completed by **Ms. Faiza Niazi, Student No: 14001238005**; Student of M. Phil Psychology, session 2014 – 2016, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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## Declaration

I, Ms. Faiza Niazi, Student No: 14001238005, student of M. Phil. in the subject of psychology, session of 2014 - 2016, hereby declare that the material printed in this thesis titled **“Emotion Regulation, Post Traumatic Stress Disorder (PTSD) Symptoms and Abuse among Adolescents”** is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

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## **Dedication**

This thesis is dedicated to my beloved mother Rehana Ali Khan, my Father Ahmad Raza Khan Niazi and my supervisor Dr. Farzana Ashraf for their care, love, support and encouragement in completing my thesis.

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## **Abstract**

Abuse among children and adolescents is an adverse issue that may consequence into serious issues for the society and the individual. The main aim of this study was to find out that weather child abuse do cause the dysfunction in emotion regulation and PTSD symptoms among adolescents. Through simple random sampling the 478 adolescents (male=247, Female=231) ages between 13 to 18 years ( $M=15.18$ ,  $SD=1.45$ ) from government schools were selected. The Child Abuse Scale: Adolescent Version (Ghaffar & Malik, 2015), Emotion Regulation Questionnaire (Kausar, 2014) and to measure the PTSD symptoms in adolescents, the Hopkins Symptoms Checklist (Translated version): Halepota and Wasif (2002) were selected to administer upon the adolescents. The findings shows that in male adolescent prevalence of paternal and maternal abuse and there types i.e. physical and emotional abuse, physical and emotional neglect exist more as compared to female adolescents but the difference were found in the third type of abuse i.e., sexual abuse. It was also revealed that adolescents with high score on abuse show more PTSD symptoms and difficulty in emotion regulation. Those adolescents with high parental abuse show more PTSD symptoms. The findings report that child abuse is a significant predictor of PTSD symptoms and emotion regulation. The results manifest that there is a significant gender difference among paternal and maternal physical and emotional abuse and physical and emotional neglect but there was no significant gender difference exist in paternal and maternal sexual abuse.

**Key Words:** Abuse & Neglect, Emotional Regulation, PTSD Symptoms, Adolescents

## **Introduction**

Child abuse is an act or a failed attempt by parents or caretaker that results in emotional disturbance, harmful or life threatening physical injury, and sexual exploitation. According to an observation in Pakistan, physical abuse is considered to be the most common method to train or to teach discipline by parents (Malik, 2010). Child abuse is an adverse issue that may consequence into serious outcomes for the society and the individual (Bellis & Thomas, 2003). It becomes more critical when these children reach at the critical phase of adolescence and that may have harmful short- and long-term effects later in adulthood. Further, these harmful effects may affect them in psychological, cognitive, emotional, social, and behavioral domains of development.

Such harmful effects may arise and prolong into adolescence and adulthood if not treated properly (Maschi, Morgen, Hatcher, Rosato & Violette, 2009).