

**Embitterment, Interpersonal relationship and Mental  
health problems in Patients with Diabetes**



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## **DECLARATION**

I, Sadia Irfan , ID: S2016146017, Student of MS Clinical Psychology in the subject of Clinical Psychology, Session 2016-2018, hereby declare that the matter printed in the thesis title " Embitterment, Interpersonal relationship and mental health problems in patients with diabetes" 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:** \_\_\_\_\_

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**Signature of Deponent**

## **Certificate of Approval**

Accepted by 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.

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## **Abstract**

This study was aimed to investigate the relationship between embitterment, interpersonal relationship and mental health problems in patients with diabetes. This study was carried out in two phases. In first phase, indigenous relationship scale was developed and in subsequent phase main study was conducted by using newly developed interpersonal relationship scale (RS), Posttraumatic embitterment disorder (PTSD) scale and Depression, anxiety, stress scale (DASS). The data was collected from middle adulthood patients with diabetes with age range of 40-65 by using purposive sampling strategy. The result of factor analysis showed three factors of relationship scale. Correlation analysis result revealed the positive significant relationship between embitterment and mental health problems and negative significant relationship of interpersonal relationship with embitterment and mental health problems. Furthermore, results showed the mental health problems were predicted by gender and embitterment. This study can be helpful to rule out the psychological reasons and for counseling purposes of patients with diabetes.

### Introduction

Healthy mental functioning is ultimate goal of all individuals. But this functioning may be affected by number of factors like disease, trauma, financial strain and many others too in which diabetes is one of them. Diabetes is becoming more common disease worldwide (Pena et al., 2010). We can see many patients with diabetes within our family and out of our families. When one person is diagnosed with diabetes, it brings a number of emotional upheavals. Diabetes is said to be one such factor which may have numerous effects on a person (Polzer, 2005). The present study focused the relationship between embitterment, interpersonal relation and mental health problems of patients with diabetes. It was generally noticed that those individuals who have better interpersonal relationship may experience healthy mental functioning of the diabetic patients. This research also focuses on the predictors of mental health problems as well as gender difference on these three variables of the diabetic patients.