

Research Thesis

**Psychosocial issues and quality of life of women with post
menopausal osteoporosis**



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2016

DECLARATION

I Ms. Farwah Ali ID: 14004146013 Student of MS Clinical Psychology session 2014-2016, hereby declare that the matter printed in the thesis “**Psychosocial Issues and Quality of Life of Women with Post Menopausal Osteoporosis**” 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.

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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.

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Acknowledgement

Firstly, I would like to express my sincere thanks to Allah Almighty, for the good health and wellbeing that were necessary to complete this thesis. I would also like to express my special gratitude to Chairman Institute of Clinical Psychology **Dr. Zahid Mahmood**, for encouraging and supporting me throughout my MS. Thank you sir, you have been a tremendous mentor for me.

I am extremely thankful to **Dr. Sadia Saleem** Associate Professor, Institute of Clinical Psychology, for her sincere and valuable guidance and encouragement. I would also like to express my sincere gratitude to my advisor **Dr Fatima Naeem** for the continuous support, patience, motivation, and immense knowledge during my thesis. Her guidance helped me in all the time of research and writing of this thesis. I am really thankful to all of the faculty members of the Institute of Clinical Psychology for their help and support.

Words cannot express how grateful I am to my **Parents** for all of the sacrifices that they've made on my behalf. Their prayer for me were what sustained me thus far. I would also like to thank my sisters **Sarah and Masooma** for their support. My Friend **Zaib un Nisa** for always being there for me and helping me always. I would also like to thank my Consultant Psychologist **Mr. Ghulam Murtaza Bodla** for his support and motivation throughout my career and my **Colleagues** for their endless cooperation and encouragement. At the end I would like to thank to my very dear uncles **Malik Muhammad Razi Abbas , Raja Hassan Abbas and Mr & Mrs Farrukh Hassan**, for their unceasing encouragement, support and attention throughout my MS Clinical Psychology and my entire career.

Dedication

I would like to dedicate this thesis to my Parents

Raja Muhammad Ghazanfar Ali& Firdaus Zahra

Abstract

The aim of the study was to rule out psychosocial issues of women with post-menopausal osteoporosis and how these psychosocial issues due to osteoporosis affect their quality of life. An indigenous scale was developed to measure psychosocial issues of women with post menopausal osteoporosis by following a three stage model of scale development. After factor analysis two factors were revealed (Psychosocial problems related to self and psychosocial problems related to others). This study was conducted with women having post menopausal osteoporosis ($N= 100$). Women were selected through purposive sampling with age range 49 to 60 years ($M 56.13$, $SD 3.81$). The main study was carried out through an indigenous scale (Psychosocial Issues of Women with Postmenopausal Osteoporosis (PSWO) Scale), demographic form and WHO Quality Of Life –Brief Scale (Khan, Akhter, Ayub, Alam & Laghari, 2003) questionnaire from orthopedic department of major public and private hospitals of city. Cronbach Alpha of the indigenous scale was .87. One week test re test reliability on 10 % ($N=10$) was .84 that showed that test was highly reliable. The results identified psychosocial issues of women with post-menopausal osteoporosis and how these psychosocial issues due to osteoporosis affected their quality of life. Whereas it was found that there was a negative relationship between psychosocial issues and quality of life among women with postmenopausal osteoporosis. It was found that duration of problem (osteoporosis) and Psychosocial Issues of Women with PSWO Factor 1 and Psychosocial Issues of PSWO Factor 2 were significant predictors of lesser quality of life due to post menopausal osteoporosis. The study will help in understanding the psychosocial problems that are created by osteoporosis and how they affect quality of life of women. It will also help to identify the relationship between post menopausal osteoporosis, psychosocial issues and quality of life.

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Chapter I

Introduction

Over the past few decades, due to improved health conditions, average life expectancy of people has increased. Changes in the foremost causes of death and disability leads towards significant improvement in average life expectancy. In the coming years, children will be less than older people and more people at extreme old age than ever before. Proportion of older people and length of life has increased throughout the world and are associated with more illness, disability and dependency. Aging, dietary habits and life style changes are causes of chronic and non communicable diseases such as heart disease, diabetes, cancer etc (Mithal & Ebeling, 2013).