

**Perfectionism, Interpersonal Difficulties and Mental Health Problems in  
College Students**

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**DECLARATION**

I, Mr. /Ms. Ayesha Kiren Participant ID# 13003146012 Student of Department of Clinical Psychology ,session 2013-2015, hereby declare that the matter printed in this portfolio is my own work and has not been printed, published and submitted as case reports in any form in any University, Research institute etc by me in Pakistan or abroad.

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Dated Signature

### **Acknowledgment**

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**Ayesha Kiren**

**Dedication**

I dedicate my thesis to my beloved Parents and siblings who supportive and gave a meaning to my life without their pray and support I could not achieve this difficult accomplishments of my life. They encourage and supportive me in each step for the successful completion of this study.

## **Abstract**

The aim of this present research was to find out relationship among Perfectionism, Interpersonal Difficulties and Mental Health Problems on 381 college students, 49% male and 51% females with the age range of 15-18 year ( $M$  16.15,  $SD$  .97). Measures used to carried out research three tools with Demographic Performa, Measure Clarifying the Construct of Perfectionism (Stair et al., 2011) Interpersonal Difficulties Scales (Saleem, Ihsan & Mahmood, 2014) and Student Problem Checklist (Mahmood & Saleem, 2011). The results revealed maladaptive perfectionism was found to be a positive predictor and adaptive perfectionism was found to be a negative predictor of interpersonal difficulties and mental health problems in college students. Results were discussed in the collectivistic cultural considerations and implications for counseling.

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