

**Psychosocial Issues, Coping Strategies and Mental Health
of Women with Hirsutism**



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2018

DECLARATION

I, Ms. Sundas Hassan, ID: S2016146019 Student of **MS Clinical Psychology** in the subject of **clinical Psychology session** 2016-2018, hereby declare that the matter printed in the thesis titled as **“Psychosocial issues, Coping Strategies and Mental health of Women with Hirsutism ”** 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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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.

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Acknowledgement

First and foremost, I would like to thank Allah Almighty for giving me the strength, encouragement and facilities to complete my research. Without His grace and blessing, I would have not accomplished my goal. Secondly, my humblest gratitude to the Holy Prophet Muhammad (Peace be upon him) whose way of life has been a continuous guidance for me. This research appears in its current form due to the assistance and guidance of several people. It gives me great pleasure to express my gratitude to all those who supported me and have contributed in making this research possible.

Firstly, I wish to express my sincere thanks to Dr. ZahidMahmood, Director of Institute of Clinical Psychology, for providing me with all the necessary facilities for the research and for the continuous encouragement. I would like to express my sincere gratitude to my supervisor Dr. Muhammad Rafiq Dar for the continuous support of my research work, for his patience, motivation, and immense knowledge. His guidance helped me in all the time of research work and writing of this thesis. I could not have imagined having a better supervisor and mentor for my research. I also take this opportunity to express gratitude to all of the Institute faculty members for their valuable guidance and support in my research.

I would also like to thank my family; my parents and my brothers for encouragement, trust and supporting me throughout writing this research and my life in general.

I would also like to special thank my friends Lubna Ramzan and Komal Razzaq who helped me all the time in research work as well as they provided me moral and emotional support to achieve my goal. In the last, I would like to thank

my all participants who provided me information as well as participated in my research project.

Sundas Hassan

Dedication

This humble work is dedicated to two merciful persons in my life, my father Ahmmad Hassan Chishti and my uncle Muhammad Harun Riedinger (May his soul rest in peace ameen). They were available for me, place opportunities and provide me the spiritual guidance and support all the time (Alhmdualiallah).

Abstract

This study was aimed to investigate the relationship between psychosocial issues, coping strategies and mental health problem in women with hirsutism. This study was carried in two phases , in the first phase two indigenous named psychosocial issues in hirsute women (PIHWS)and coping strategies scale of Hirsute women(CSHW)were develop and in subsequent phase main study was conducted by using newly develop scales and Depression anxiety scale. The data was collected from the general population of hirsute women by using purposive sampling strategy. The result of factor analysis showed two factors of relationship for both scales. Correction analysis reveals that highly positive relationships between psychosocial issues and mental health issues in hirsutism while negative correlation between coping strategies and psychosocial issues and mental health. Furthermore results showed that psychosocial issues were predictor of mental health and coping strategies are predictor of psychosocial issues as well. This study helps to rule out the psychosocial issues, mental health and coping strategies in hirsute women and for the counseling purpose of patients with hirsutism.

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Chapter 1**Introduction**

The current study aimed to investigate the relationship between psychosocial issues, mental health and coping strategies in hirsute women. Looking beautiful is the dream of every woman. Women wish to be admired, respected and are appreciated by others. Women are beauty conscious due to which they feel themselves confident. In this regards, Akram and Borland (2007) suggested that women emphasized much on the physical appearance, tend to be more pessimistic about their bodies, and they compare themselves more as compared to men. This makes them more appearance focused than men. But there are many factors that affect the beauty of the female related to their physical appearance and many women experience some skin diseases in their lives. This may lead to the low confidence in them (Basra, Salek, Fenech, & Finlay, 2018).