

**ALEXITHYMIA, IMPULSIVITY AND SUICIDAL IDEATION
AMONG SMOKERS AND NON-SMOKERS: A COMPARATIVE
STUDY**



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ISLAMABAD, PAKISTAN

2019

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IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY**

2019

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WERE REVIEWED AND APPROVED BY THE HIGHER
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ACKNOWLEDGEMENT

Presentation inspiration and motivation have always played a key role in success of any venture. I am tremendously thankful to Almighty ALLAH, the most merciful and beneficial, who given me the strength to attain my goal.

I feel to acknowledge my indebtedness and deep sense of gratitude to my supervisor Dr. Uzma Masroor whose valuable guidance, suggestion and advice given to me throughout the research which shaped the present work as it shows.

I would specially thank my friend Wajeeha for constantly motivating me to work harder. Thanks to my friends Eman, Habiba and Sumbal who helped me to collect the sample. And special thanks to Miss. Nosheen Nasir for continuously helping me throughout this time.

Last but not the least, my parents are also an important inspiration for me. So, with due respect I express my gratitude to them.

Amber

DEDICATED TO MY PARENTS

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ABSTRACT

The present study aims at examining the relationship of Alexithymia with Impulsivity and Suicidal ideation among smokers and non-smokers. Smoking is becoming one of the leading causes of death among young adults as well as it is negatively influencing physical and mental health. It was hypothesized that there is difference of levels of Alexithymia, impulsivity and suicidal ideation among smokers and non-smokers and also assumed that there is a significant positive relationship between impulsivity and suicidal ideation. The sample comprised of (N= 132) smokers and non- smokers (males= 83 & females= 49) selected from Islamabad and Rawalpindi. To collect the data, Toronto Alexithymia Scale developed by Bagby, Parker, & Taylor, in 1994, Barratt Impulsiveness Scale developed by Ernest Barratt in 1995, and Suicidal Ideation Attributes Scale developed by Spijker, Batterham, Cleave, Farrer, Christensen, Reynolds, & Kerkhof in 2014 were used. The results indicated that non-smokers have higher tendency of Alexithymia than smokers with significant difference ($p=0.082$) whereas Impulsivity is higher in smokers with significant difference ($p=0.024$), ($p=0.000$), and Suicidal Ideation is also higher among smokers as compared to non-smokers with the significant difference ($p=0.003$). Results also revealed that Impulsivity is positively significantly correlated with Suicidal Ideation ($p<0.05$). additional findings also indicated gender differences on study variables which revealed that Impulsivity is higher among males as compared to females with significant difference ($p=0.002$), and Suicidal Ideation is higher among females as compared to males with the significant difference ($p=0.003$). The future implications and the limitations of the study were also discussed.