

**IMPACT OF EXPRESSED EMOTIONS AND EMOTION
REGULATION ON SHAME IN YOUNG ADULTS WITH NON
SUICIDAL SELF INJURY**

Approved By

(Dr. Ulfat Nisa)

Supervisor

External Examiner

(Dr. Noshi Iram Zaman)

HOD, DPP

THIS THESIS IS SUBMITTED

BY

AMINA BINTE ZAFAR

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR

THE

DEGREE OF MASTER OF SCIENCE IN CLINICAL

PSYCHOLOGY

2020

APPROVED BY

Dr. Ulfat Nisa

SENIOR ASSISTANT PROFESSOR

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: 16-10-2020

**ALL THE PROCEDURES FOLLOWED AND MATERIAL
USED WERE REVIEWED AND APPROVED BY THE
HIGHER EDUCATION RESEARCH COMMITTEE
(HERC), BAHRIA UNIVERSITY, ISLAMABAD**

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017

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Dedication

To my Mama and Baba.

All that I am is due to your prayers and unwavering support.

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Abstract

The following study was conducted to examine the impact of expressed emotions and emotion regulation on shame in young adults with NSSI. The research was carried out on a sample of N=132 (f=83) (m=49) self-harming young adults aged 19-25 years. A convenient sampling technique was used. Questionnaires were dispatched in the form of google form as data was collected online following COVID-19 safety guidelines. The study hypothesized that there would be a statistically significant impact of expressed emotions and emotion regulation on shame in young adults with non-suicidal self-injury (NSSI), there would be statistically significant relationship between expressed emotions, emotion regulation and shame. There will be a statistically significant difference present among gender, education and birth order. Level of Expressed Emotions scale (LEE; Ng & Sun, 2011), Difficulties in Emotion Regulation Scale (DERS; Victor & Klonsky, 2016), Others as Shamer scale –II (OAS-II; Gross et al., 1994) were used in the current study. Results revealed a significant predictive relationship between expressed emotions and emotion regulation on shame in young adults with NSSI. There was a significant difference between males and females as males reported high criticism EE and females reported using more non acceptance of emotions compared to males. There was a statistically significant difference found amongst matriculation and post graduate level educated individuals on the awareness, as post graduate individuals show significantly more awareness compared to matriculate individuals. There was also a statistically significant difference between second born and last born individuals on hostility, as last born report more hostility. The study helps highlight the importance of psychoeducation of families, formation of specific strategies to help impart emotion regulation skills in young adults with NSSI.

Keywords: *NSSI (non-suicidal self-injury), DERS (Difficulties in Emotion Regulation Scale), OAS-II (Others as a Shamer scale-II), young adults, emotion regulation, shame*