PSYCHOLOGICAL DISTRESS , BORDERLINE PERSONALITY FEATURES AND COGNITIVE EMOTION REGULATION AMONG MEDICAL STUDENTS

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Psychological Distress, Borderline Personality Features and Cognitive Emotion Regulation among Medical Students

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DEDICATION

My dissertation is dedicated to my beloved Peer Syed Mukhtar Shah Hashmi whose prayers and blessings with me and to family Mr. Muhammad Afzal and Ms. Uzma Afzal, my loving parents, whose words of support and drive for persistence still ring in my ears. My siblings, Mr. Muhammad Affan Ahmed , have never left my side and are very dear to me.

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List of Symbols:

α …… Cronbach's alpha

SD……Standard Deviation

≤……..Less than or Equal to

≥…….. greater than or Equal to

B……Unstandardized Coefficient

SE…..…….Standardized Error

p……Significance Level

%..... Percentage

f…… Frequency

β ……..…….Beta

n…… Sample size

N……. Size of participants

List of Abbreviations

PDAS ……Psychological distress scale

BPF ……Borderline Personality Features

BPD…… Borderline Personality Disorder

CERQ……Cognitive Emotion Regulation Questionnaire

CER……..Cognitive Emotion Regulation

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ABSTRACT

The current research investigated the relationship of Psychological distress, Borderline personality features and cognitive emotion regulation among Medical students. Formulated hypothesis are following .(1) Borderline personality features would be predict Psychological distress among medical students.(2) Cognitive emotion regulation (Self blame, Rumination , catastrophizing and others blame) would predict psychological distress among Medical student (3) There would be a gender differences in the variable of borderline personality features among Medical students. The research method was correlational research design. Sample of medical students was selected by purposive sampling technique. The sample size was 210 MBBS students which were currently enrolled in the degree with age range of 18-30 years old. Data was collected from medical students by using psychometric scales which were psychological distress scale (Khald,2020) used to measure psychological distress , Borderline personality Disorder scale (Bano,2020) used to measure Borderline personality features and cognitive emotion regulation questionnaire (Garnefski, Kraaij & Spinhoven, 2001) used to measure cognitive and emotion regulation coping skills among medical students. Data was Analyzed on SPSS 26 Version through Descriptive statistics, Reliability analysis, Linear Regression analysis, and t-test. Outcomes of that study of simple Linear regression analysis revealed that Borderline personality ($F=234.8$, $df= 1,208$, $p<.01$) significantly predict psychological distress among medical students. It was also revealed that cognitive emotion regulation maladaptive strategies in which self blame, Rumination, catastrophizing and others blame was significantly ($F= 63.6$, $df= 1,208$, $F=79.4$, $df=1,208$, $F=65.4$, $df=1,208$, $F=31.7$, $df=1,208$, $p< .01$) positively predicts psychological distress

among medical students.It was also indicated that Independent sample t-test revealed that there was significantly gender differences on the variable of borderline personality features, Female (M=81.84, SD= 2408, p< .05) significantly greater Borderline personality features than Male (M= 76.30, SD= 19.92, p<.05).

Keywords: Psychological Distress, Borderline Personality features, Cognitive Emotion Regulation, Medical Students.