TYPE-D PERSONALITY, SPIRITUALITY, SELF-CONTROL AND THEIR EFFECT ON HEALTH BEHAVIORS AMONG CARDIOVASCULAR PATIENTS

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Type D personality, spirituality, self-control and their effect on health Behaviors among cardiovascular patients

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A thesis submitted in fulfillment of the requirements

For the award of the degree of

Masters in Clinical Psychology

Department Of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

(AUGUST 2023)

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DEDICATION:

My dissertation is dedicated to my family. Mr. Matloob Hussain and Ms Riffat Tahira, my loving parents, whose words of support and drive for persistence still ring in my ears. My siblings, Hadia Matloob, Hanan Matloob, and Hasaan Matloob, have never left my side and are very dear to me. You've both been my biggest supporters.

This dissertation is also dedicated to my supervisor, who has guided me throughout the process. I will always be grateful for everything they have done to help me grow my skills.

I dedicate this work to my best friends Saliha Naseer and Huda Afzal for being there for me during the entire program.

ACKNOWLEDGEMENTS

In the name of Allah, the most merciful and generous. First and foremost, I am grateful to Almighty Allah for providing me with the strength, knowledge, skill, and chance to pursue and successfully complete this research.

Second, I'd like to thank my esteemed lecturer and supervisor, Dr. Khawar Bilal, Head of Department of Psychology, Bahria University Lahore Campus, for his valuable guidance and professional attitude in finishing my dissertation.

I am grateful for the encouragement and motivation I received from my lecturer, Prof. Dr. Khawar Bilal. I'd want to convey my appreciation to Dr. Khawer Bilal for exposing me to the world of research.

I'd also want to thank Ms. Lubna Kanwal for her assistance with sample analysis.

I also want to thank you to Dr. Masood who allowed me to collet data from Hameed Latif Hospital Lahore.

My heartfelt gratitude goes to my friends Saliha Naseer and Huda Afzal, as well as everyone who permitted me to gather samples from their institutions.

Mr. Matloob Hussain (Father) and Ms. Riffat Tahira (Mother) for their unwavering support, appreciation, encouragement, and strong interest in my academic achievements. The research would’nt be possible without my parents prayers.

I would want to express my gratitude to my (sister) Hadia Matloob, as well as my brothers (Hanan Matloob) and (Hasaan Matloob), for their moral support during the study process. I would be unable to perform this assignment without their support and care.

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List of Symbols:

α..... *Cronbach's alpha*

K..... *No. of items*

SD.....*Standard Deviation*

≤..... *Less than or Equal to*

≥..... *greater than or Equal to*

B .....*Unstandardized Coefficient*

SE ..... *Standardized Error*

p.....*Significance Level*

β.....*Beta*

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ABSTRACT

The current study looks into how type-D personality, spirituality, self-control, and health behavior among cardiovascular patients. The purpose of the current study was to examine the health behaviors among cardiovascular patients. It was hypothesized that Type-D personality would predict health behaviors among cardiovascular patients. It was also hypothesized that Type-D personality, spirituality, and self-control would predict health behaviors among cardiovascular diseases. Spirituality and self-control would be a mediator between Type-D personality and health behaviors among cardiovascular patients. The research method was correlational. A sample of individuals with cardiovascular disease was selected by purposive sampling. Data was collected from individuals with cardiovascular diseases using psychometric tools, which was The Denollet, Type-D assessment, spirituality scale by colleen Delaney, the 13-item brief self-control scale developed by Tangney et al.(2004) and health behavior scale Ewelina Chawlowska will be used to assess. The sample was 200 individuals with cardiovascular diseases. Data was analyzed on SPSS through descriptive, normality analysis, correlation, Multiple Regression and mediation analysis through process software. The present study's outcomes were association between personality type d, spirituality and self-control, and health behaviors in cardiovascular patients. Type d personality was a predictor of health behavior among cardiovascular patients. Type – D personality, Spirituality and self-control was related to health behaviors among cardiovascular patients. Spirituality and self-control was mediating between type-D personality and health behaviors among cardiovascular patients.

Keywords: Type-D Personality, Self-Control, Spirituality, Health Behaviors, Cardiovascular patients.