VICARIOUS TRAUMA, RESILIENCE, AND PROFESSIONAL QUALITY OF LIFE IN CLINICAL PSYCHOLOGISTS WORKING WITH PSYCHOLOGICAL AND MEDICAL (TERMINAL) ILLNESSES

HAMNA AYYAZ

03-275221-006

A thesis submitted in fulfillment of the requirements for the award of the degree of Masters of Science (Clinical Psychology)

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE CAMPUS

March, 2023

Approval of Research Proposal

Name: Hamna Ayyaz

Enrollment No.: 03-275221-006

Session: 2022-2024

Department: Professional Psychology

Dear Student,

I am pleased to inform you that your research proposal on "Vicarious trauma, resilience, and professional quality of life in clinical psychologists working with psychological and medical (terminal) illnesses" has been approved. You may, therefore, continue your research on this theme and produce a quality thesis, as per the HEC requirements.

I take this opportunity to remind you that you must complete your thesis, and defend it successfully, by Summer 2024, this is the date that marks the end of the duration of your program.

I wish you every success.

Date: September 23, 2023

Supervisor: Dr Urooj Sadiq (Senior Associate Professor)

_____

Declaration

I, Hamna Ayyaz, certify that this is my original work and has never been submitted to some other institute or university for a degree. This research work has been compiled under the supervision of Dr. Urooj Sadiq, Senior Associate Professor of the Department of Professional Psychology, Bahria University Lahore, Pakistan.

Plagiarism Undertaking

I, Hamna Ayyaz, solemnly declare that the research work presented in the thesis titled "Vicarious trauma, resilience, and professional quality of life in clinical psychologists working with psychological and medical (terminal) illnesses" is solely my research work with no significant contribution from any other person. Small contribution/help, wherever taken, has been duly acknowledged and that complete thesis has been written by me. I understand the zero-tolerance policy of the HEC and Bahria University towards plagiarism. Therefore, I as an Author of the above-titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred to/ cited. I undertake that if I am found guilty of any formal plagiarism in the above-titled thesis even after awarding of MS degree, the university reserves the right to withdraw/revoke my MS degree and that HEC and the University have the right to publish my name on the HEC/University website on which names of students are placed who submitted plagiarized thesis.

Name: Hamna Ayyaz

Enrollment No.: 03-275221-006

Session: 2022-2024

Department: Professional Psychology

Signature of the Scholar: _____

Dedication

This dissertation is dedicated to my beloved husband, Shahiryar Ahmad. His sacrifices and support have allowed me to devote countless hours to research and overall this degree. His unwavering support and understanding fuel my every endeavor.

Hamna Ayyaz

_____

Acknowledgments

First and foremost, I would like to thank Allah the Almighty, the Most Gracious, and the Most Merciful for His blessing given to me during my study and in completing this thesis. I would like to express my gratitude and sincere thanks to my dissertation supervisor, my mentor, Dr. Urooj Sadiq, who made this work possible, and for her invaluable guidance, feedback, and encouragement. Her expertise and insights have been instrumental in shaping this work, and I am truly grateful for her unwavering support. I am forever grateful to all the esteemed professors of the Department of Professional Psychology, Bahria University Lahore Campus for their irreplaceable guidance, expertise, and support throughout my academic journey. To each professor who has generously shared their knowledge, insights, and feedback that has shaped my intellectual growth, I am deeply thankful for their commitment to fostering academic excellence and nurturing the next generation of scholars. Their passion for their respective fields has inspired me to pursue excellence and to continuously strive for intellectual curiosity.

I extend my heartfelt gratitude to my parents (Ayyaz Ahmed & Shazia Ayyaz) because this thesis is as much a reflection of their dedication and support as it is of my hard work and determination. I am eternally grateful for their love, guidance, and sacrifices, which have shaped me into the person I am today. My deep appreciation goes to my beloved husband, Dr. Shahiryar, for his endless support, understanding, and encouragement that has truly sustained me through the challenges of this academic pursuit. His willingness to shoulder responsibilities without complaint, his comforting presence during moments of frustration, and his unwavering faith in my capabilities have been my greatest source of strength.

I extend my deepest gratitude to my sisters, my closest allies, as their belief in my abilities, their words of encouragement, and their unwavering faith in my dreams have fueled my

determination to succeed. I am forever grateful for my sister, Ayesha Ayyaz, as her presence in my life has been a source of strength and inspiration. From the late nights spent helping me with my studies to countless hours, she has spent discussing ideas, offering insights, and providing moral support; her support and devotion have been my guiding light.

I would also like to acknowledge the contributions of my friends (Minal, Rameen & Rabail) who stood by my side through the highs and lows of this journey. Their words of encouragement, listening ears, and unwavering support have lifted my spirit during the most challenging times. I am thankful to my sister-in-law (Namra Amjad) as her kindness, generosity, and unwavering belief in my abilities have meant the world to me.

Furthermore, I would like to express my gratitude to all the authors of the scale whose permission enabled me to practically carry out my research. Lastly, I am grateful to the participants of this study, who have graciously shared their experiences and insights with me. Their willingness to engage in this research has provided valuable data and enriched my understanding of the topic.

Hamna Ayyaz

_____

Abstract

The primary goal of the study was to investigate the relationship between vicarious trauma, resilience, and professional quality of life in clinical psychologists working with psychological and medical (terminal) illnesses, as well as to identify predictors of professional quality of life and the meditative role of resilience in these clinical psychologists. A differential research design was used. The sample of the study was clinical psychologists (N=300) and they were selected using purposive sampling from different government and private hospitals and private clinics. The questionnaires used in the study were the Vicarious Trauma Scale (Vrklevski & Franklin, 2008), the Brief Resilience Scale (Smith et al, 2008), and the Professional Quality of Life Scale Version 5 (Stamm, 2010). In clinical psychologists working with psychological and medical (terminal) illnesses, differences in the nature of the job are significant in terms of vicarious trauma, resilience, and secondary traumatic stress. Results showed that differences in the caseload and trauma history are significant in terms of vicarious trauma, resilience, and professional quality of life (compassion satisfaction, burnout, secondary traumatic stress). Clinical psychologists working with psychological and medical (terminal) disorders found that vicarious trauma and resilience were major predictors of professional quality of life (compassion satisfaction, burnout, and secondary traumatic stress). Vicarious trauma has a substantial negative correlation with compassion satisfaction but a positive correlation with burnout and subsequent traumatic stress. Resilience has a positive association with compassion satisfaction, but a significant negative relationship with subsequent traumatic stress and burnout. Furthermore, the findings revealed that resilience partially mediated the relationship between vicarious trauma and professional quality of life among clinical psychologists working with psychological and medical (terminal) illnesses. The results obtained can be used by researchers

to develop targeted interventions to manage professional quality of life in clinical psychologists. The study highlights the role of resilience in mitigating the influence of vicarious trauma, thereby improving the professional quality of life in clinical psychologists. The outcome may be used to increase awareness among clinical psychologists about the potential risks associated with vicarious trauma and lack of resilience.

Keywords. Vicarious trauma, Resilience, Professional Quality of Life, Clinical Psychologists, Compassion Satisfaction, Burnout, Secondary Traumatic Stress.

Table of Contents

Approval of Research Proposal ii
Declaration iii
Plagiarism Undertaking iv
Dedication v
Acknowledgments vi
Abstract viii
List of Tables xii
List of Figures xv
List of Abbreviations xvi
List of Appendices xvii
CHAPTER 1: INTRODUCTION 1
1.1 Background 1
1.1.1 Vicarious Trauma 2
1.1.2 Resilience 5
1.1.3 Professional quality of life 8
1.2 The Rationale of the Study 10
1.2.1 Theoretical Gap 11
1.2.2. Contextual Gap 12
1.2.3. Methodological Gap 12
1.3. Problem Statement 13
1.4. Research Questions 14
1.5. Objectives of the Study 14
1.6. Significance of the Study 15
CHAPTER 2: LITERATURE REVIEW 16
2.1. Summary of the Literature Review 24
2.2. Theoretical Framework 25
2.2.1. Vicarious Trauma Theory 25
2.2.2 Resilience Theories 27
2.2.3. Professional Quality of Life Theories 28
2.3. Proposed Model 30

2.4. Hypothesis 30
CHAPTER 3: RESEARCH METHODOLOGY 31
3.1. Research Design 31
3.2. Population and Sampling 31
3.3. Participant's Characteristics 32
3.4. Data Collection 33
3.4.1. Informed Consent Form 33
3.4.2. Demographic Form 33
3.4.3. Assessment Measures 34
3.4.3.1. Vicarious Trauma Scale (Vrklevski & Franklin, 2008) 34
3.4.3.2. Brief Resilience Scale (Smith et al, 2008) 34
3.4.3.3. Professional Quality of Life Scale (Stamm, 2010) 35
3.5. Operational Definitions 35
3.5.1. Vicarious Trauma 35
3.5.2. Resilience 36
3.5.3. Professional Quality of Life 36
3.6. Procedure 37
3.7. Ethical Considerations 38
3.8. Statistical Analysis 38
CHAPTER 4: RESULTS 40
4.1. Descriptive & Demographic Analysis 40
4.2. Reliability & Validity Analysis 43
4.3. Inferential Statistics 43
CHAPTER 5: DISCUSSION AND CONCLUSION 75
5.1. Conclusion of the Discussion 85
5.2. Implications of the Study 86
5.3. Limitations of the study 87
5.4. Future Research Directions 88
5.5. Conclusion of the Study 89
References 92

List of Tables

Table No.	Title	Page No.
Table 4.1	Demographic Characteristics of the Participants	40
Table 4.2	Psychometric Properties of Major Study Variables	43
Table 4.3	Independent Sample T-test showing the nature of job in Vicarious Trauma, Resilience, and Professional Quality of life among clinical psychologists	45
Table 4.4	Pearson Product Moment Correlation Coefficient among Vicarious Trauma, Resilience, and Professional Quality of Life in Clinical Psychologists working with psychological illnesses	47
Table 4.5	Pearson Product Moment Correlation Coefficient among Vicarious Trauma, Resilience, and Professional Quality of Life in Clinical Psychologists working with medical (terminal) illnesses	49
Table 4.6	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (Compassion Satisfaction) in clinical psychologists working with psychological illnesses	51
Table 4.7	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (burnout) in clinical psychologists working with psychological illnesses	54
Table 4.8	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (secondary	57

	traumatic stress) in clinical psychologists working with psychological illnesses	
Table 4.9	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (Compassion Satisfaction) in clinical psychologists working with medical (terminal) illnesses	60
Table 4.10	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (burnout) in clinical psychologists working with medical (terminal) illnesses	63
Table 4.11	Hierarchical Multiple Regression showing Vicarious Trauma, and Resilience as predictors of professional quality of life (secondary traumatic stress) in clinical psychologists working with medical (terminal) illnesses	66
Table 4.12	Indirect effect of Vicarious Trauma on Professional Quality of Life through Resilience	69
Table 4.13	Independent sample T-test showing gender status in Vicarious Trauma, Resilience, and Professional Quality of life among clinical psychologists	71
Table 4.14	Independent Sample T-test showing caseload status in Vicarious Trauma, Resilience, and Professional Quality of life among clinical psychologists	72

Table 4.15	Independent sample T-test showing trauma history status in Vicarious Trauma, Resilience, and Professional Quality of life among clinical psychologists	73
Table 4.16	Independent sample T-test showing trauma history status in Vicarious Trauma, Resilience, and Professional Quality of life among clinical psychologists	74

List of Figures

Figure No.	Title	Page No.
Figure 2.1	Proposed Model	30
Figure 4.1	Emerged Model I	53
Figure 4.2	Emerged Model II	56
Figure 4.3	Emerged Model III	59
Figure 4.4	Emerged Model IV	62
Figure 4.5	Emerged Model V	65
Figure 4.6	Emerged Model VI	68
Figure 4.7	Framing Results of Mediation Analysis	70

List of Abbreviations

Abbreviations	Full Forms
VTS	Vicarious Trauma Scale
BRS	Brief Resilience Scale
PROQOL	Professional Quality of Life
STS	Secondary Traumatic Stress
SPSS	Statistical Package for Social Sciences
M	Mean
SD	Standard Deviation
CI	Confidence Interval

List of Appendices

Appendix No.	Title	Page No.
Appendix A	Data Collection Permission Form	111
Appendix B	Questionnaire Permission Form	113
Appendix C	Informed Consent Form	122
Appendix D	Sample Copy of Questionnaires	124
	Demographic Information Sheet	125
	Vicarious Trauma Scale	129
	Brief Resilience Scale	131
	Professional Quality of Life Scale	133
Appendix E	Plagiarism Report	137