EFFICACY OF PROBLEM MANAGEMENT PLUS INTERVENTION (PM+) IN REDUCING PSYCHOLOGICAL DISTRESS AMONG FEMALE TEACHERS

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Dedication

With the blessing of Allah Almighty, I express immense gratitude to Allah for granting me strength, wisdom, and opportunity to undertake this journey of knowledge. This thesis is dedicated to my beloved husband because this would not have been possible without his love, support and encouragement, and my mother, who is always there for me. Lastly, I dedicate this thesis to myself, acknowledging the unwavering determination and commitment that carried me through the process.

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Abstract

The effectiveness of Problem Management Plus (PM+) for psychological distress among married female private school teachers in rural Southern Punjab is investigated in this paper. N=8 English medium private school teachers with an average age of 28 were sought by means of purposive sampling for a single case study. Using the Psychological Outcomes Profile Questionnaire (PSYCHLOPS), World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0), and General Health Questionnaire (GHQ 12), participants were screened to evaluate psychological distress level at pre-, post-, and follow-up where their results revealed notable time-based effects. From pre-to post-intervention ($p = 0.007$), PSYCHLOPS ratings dropped significantly; yet, the improvement was not maintained at follow-up. From pre-to post-intervention, GHQ and WHODAS scores showed notable, persistent increases with a $p < 0.001$. The difference between post-intervention and follow-up was not statistically significant (WHODAS; MD = 0.750, SE = 0.453, $p = 0.142$ and GHQ; MD = 0.375, SE = 0.565, $p = 0.528$), indicating that while there was an initial improvement, further improvements were not significant. Effect sizes ranged from moderate ($\eta^2 = 0.36$) to high ($\eta^2 = 0.83$), therefore reflecting the notable psychological discomfort reduction of the intervention. Although the Problem Management Plus (PM+) intervention showed success, its benefits were somewhat limited.

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