EFFICACY OF SELF HELP PLUS (SH+) INTERVENTION IN MANAGING PSYCHOLOGICAL DISTRESS AND EMOTIONAL DYSREGULATION AMONG FEMALES WITH PREMENSTRUAL SYNDROME

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Dedication

I dedicate this work to my Baba and to the beloved memory of my late grandfather, whose unconditional love, wisdom, and values have shaped me into the person I am today. Their strength, guidance, and unwavering belief in me have been the foundation of my journey, and this accomplishment is a tribute to their lasting influence in my life.

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Don’t you know yet? It is your Light that lights the world." — Rumi

Laraib Fatima

Abstract

The current research seeks to assess effectiveness of Self Help Plus (SH+) intervention in addressing psychological distress and emotional dysregulation in women experiencing premenstrual syndrome. The present research utilized a within-between group experimental design (ABA) involving (N=22) participants, categorized into experimental group (n = 11) receiving SH+ and a waitlist control group (n = 11), selected via purposive sampling. The participants were assessed using Premenstrual Syndrome Scale (PMSS), the Difficulty in Emotion Regulation Scale (DERS), and Depression, Anxiety Stress Scale (DASS) to determine the severity level during both pre and post evaluations. The participants were evaluated using PMSS, and those with a score 1SD above were included in study. The selected participants underwent the SH+ intervention, which included five sessions lasting 60 to 90 minutes each week. The session topics consist of grounding, unhooking, aligning with your values, practicing kindness, and creating space. Descriptive statistics were conducted to evaluate the frequency, percentages, and average of the demographic features. Inferential statistics, such as Paired sample t tests and Independent sample t tests, were utilized to distinguish pre and post evaluations between the experimental and control group. Results showed significant alleviation in premenstrual syndrome, psychological distress and emotional dysregulation in experimental group proving the efficacy of (SH+) intervention in managing psychological distress and emotional dysregulation among females with premenstrual syndrome.

Keywords: Self Help Plus Intervention, Psychological distress. Emotional Dysregulation, Premenstrual syndrome.

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List of Abbreviations

Abbreviations	Full Form
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
WHO	World Health Organization
SH+	Self Help Plus
PMS	Premenstrual Syndrome
PMDD	Premenstrual Dysphoric Disorder
DASS	Depression Anxiety Stress Scale
ACT	Acceptance and Commitment Therapy

List of Symbols

Symbol	Full Form
f	Frequency
M	Mean
SD	Standard Deviation
%	Percentage

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