DEMOGRAPHIC PROFILES, LIFE STRESSORS AND COPING MECHANISMS AMONG WOMEN WITH CONVERSION DISORDER (FUNCTIONAL NEUROLOGICAL SYMPTOM DISORDER) IN BALOCHISTAN.

Shaima

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Principal Supervisor: Dr. Usman Rasheed Chaudhry

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APPROVAL FOR EXAMINATION

Scholar's Name:

Registration No. 83633

Program of Study: Master of Clinical Psychology

Thesis Title: Demographic Profiles, Life Stressors and Coping Mechanisms Among Women with Conversion Disorder (Functional Neurological Symptom Disorder) In Balochistan.

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DEDICATION

To My loving Brother, Ajmal Baloch, whose unwavering trust in me has given me confidence and strength. Your constant support has been my greatest motivation.

To My Parents, whose endless prayers and love have guided me through every step of my journey. Their faith in me has been my greatest blessing.

To My Siblings, who have always stood by my side, offering their support and encouragement in every moment of my life.

With deep gratitude and love, I dedicate this to you all.

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This journey was not easy, but by the grace of Allah, I have finally completed it. May Allah bless everyone who stood by my side and supported me in this endeavor.

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Abstract

This study explored the demographic profiles, life stressors, and coping mechanisms of women diagnosed with Conversion Disorder (FNSD) in Balochistan. Using a cross-sectional design, data were collected from 100 women aged 18 to 35, selected through purposive sampling from inpatient and outpatient departments. The Holmes-Rahe Life Stress Inventory measured stress levels, the Hamby Coping Scales assessed coping strategies, and a demographic questionnaire gathered background information. The study examined the relationship between stress and coping, how coping mechanisms predict stress levels, the connection between demographic factors, life stressors, and coping, and demographic differences in FNSD. Statistical analyses, including frequency distribution, descriptive statistics, correlation, regression, t-tests, and ANOVA, results revealed that most participants were young adults (62%), illiterate (59%), unemployed (51%), and from lower socioeconomic backgrounds (57%). The most common stressors were financial difficulties (23%), family conflicts (15%), and engagement issues (11%). Faith-based healing was the most frequently used coping strategy (64%). A significant negative correlation indicated that higher stress levels were linked to weaker coping mechanisms, with regression confirming that stronger coping skills predicted lower stress. ANOVA results showed that lower education, joint family systems, and lower socioeconomic status were associated with higher stress and weaker coping. Divorced and widowed women struggled more with coping, employed women showed greater resilience. Culturally relevant coping strategies were introduced to improve stress management. Findings highlight the need for psychological interventions to enhance coping skills and reduce stress women with Conversion Disorder.

Keywords: Conversion Disorder, Life Stressors, Coping Mechanisms, Demographic Factors, Mental Health.

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List of Abbreviations

Abbreviations	Full Form
DSM-V	Diagnostic and Statistical Manual of mental Disorders-V
ANOVA	Analysis of Variance
CS	Coping Scale
ICD-10	International Classification of Diseases, 10th Revision
FNSD	Functional Neurological Symptom Disorder
FND	Functional Neurological Disorder
SPSS	Statistical Package for the Social Sciences

List of Symbols

Symbol	Full Form
α	Alpha (Cronbach's Index of Internal Consistency)
F	Frequency
M	Mean
p	Significance Level
β	Beta
n	Sample size
N	Size of participants
SD	Standard Deviation
%	Percentage
≤	Less than or Equal to
≥	Greater than or Equal to
R	Correlation Coefficient

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