DEFENSE STYLE, IRRATIONAL BELIEFS AS PREDICTORS OF COMPARTMENTALIZATION AND DETACHMENT IN INDIVIDUAL WITH DEPRESSION AND ANXIETY

Nazo Mushtaq

03-275232-033

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

Department of Professional Psychology

BAHRIA UNIVERSITY LAHORE

AUGUST 2025

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Supervisor Name: Dr Khawer Bilal Baig

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APPROVAL OF RESEARCH PAPER

Name: Nazo Mushtaq

Enrollment No: 03-275232-033

Session: 2023-2025

Department: Professional Psychology Dear Student,

I am pleased to inform you that your research proposal on Defense styles, Irrational Beliefs as a Predictor of Compartmentalization-detachment in individuals with depression and Anxiety 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 2025, this is the date which marks the end of the duration of your program. I wish you success.

Date:

Supervisor: Dr. Khawer Bilal Baig

DECLARATION

I, Nazo Mushtaq, hereby state that my MS thesis titled Defense styles, Irrational Beliefs as a Predictor of Compartmentalization-detachment in individuals with depression and Anxiety. Is my own work and has not been submitted previously by me for taking any degree from this university or anywhere else in the country/world. At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw/cancel my MS degree.

Name of student: Nazo Mushtaq

Date: August, 2025

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I, solemnly declare that research work presented in the thesis titled "Defense styles, Irrational Beliefs as a Predictor of Compartmentalization-detachment in individuals with depression and Anxiety" 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.

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Name of student: Nazo Mushtaq

DEDICATION

My Parents

I am immensely grateful to my family, especially my beloved father and mother, whose unwavering love, encouragement, and prayers have been my greatest source of motivation throughout my academic journey. Without their endless support, I would not have been able to achieve this milestone. To my dearest mother, whose unconditional love, endless prayers, and constant encouragement have been the backbone of my success. My Siblings, your belief in me, even when I doubted myself, has been my greatest source of strength. Thank you for your unwavering support and sacrifices.

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List of Abbreviations

Table No	Full Form
APA	American Psychological Association
WHO	World Health Organization
DSQ	Defense Style Questionnaire
ABS-SF	Attitude Belief Scale Short Form
DASS	Depression Anxiety and Stress Scale
CDI	Compartmentalization-Detachment Inventory

Abstract

The study aims to examine the predictive relationship between defense styles, irrational belief and compartmentalization-detachment in individuals with depression and anxiety. A quantitative cross-sectional research design was used, with data collected from 500 young adults aged 18-30 in Pakistan. Using standardized screening tool 217 participants exhibits moderate to high depression anxiety on DASS score range and used for main analysis, while the remaining 228 participants fell into the low category. Standardized self-report measures were used to measure Defense styles using Defense Style Questionnaire-40 (Andrews, Singh, & Bond.,1993), irrational beliefs by Attitudes and Beliefs Scale-2 Short Form (DiGiuseppe, Leaf, Exner, & Robin.,1988), compartmentalization-detachment with Detachment and compartmentalization inventory (Butler, Dorahy, & Middleton.,2019) and depression anxiety by Depression, Anxiety Stress Scale-21 (Lovibond, S. H., & Lovibond, P. F.,1995). In this process stress items from DASS were removed only depression and anxiety items were included. Statistical analysis was conducted through SPSS and the results indicated that all variables of defense styles, irrational belief and compartmentalization-detachment, accommodation and education have positive correlation. Further Regression analysis shows Immature, neurotic defenses and irrational beliefs were significant positive predictors whereas mature defenses were negative significant predictor of compartmentalization-detachment. Gender differences were also ruled out. Area of this study was restricted to Lahore. There was a time limitation. Future research should employ longitudinal design and structured base interventions to further explore these complex relationships.

Keywords: Defense Styles, Irrational Beliefs, Compartmentalization-detachment, Depression, Anxiety.

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