COGNITIVE DISTORTIONS, PSYCHOLOGICAL DISTRESS AND NIGHTMARE DISTRESS IN ADULTS WITH PHYSICAL AND SEXUAL ABUSE

A Thesis Presented to

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In Partial fulfillment of the requirements for the Degree of

MASTERS OF SCIENCES

IN

PROFESSIONAL PSYCHOLOGY

BY

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JULY 2023

MS-11

Approval of Research Proposal

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Session: Fall-2021

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Dear MS/MPhil Student,

I am pleased to inform you that your research proposal on Cognitive distortions, psychological distress and nightmare distress in adults with physical and sexual abuse has been approved. You may, therefore, continue you research on this theme and produce a quality thesis, as per the HEC requirements.

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DEDICATION

This thesis is to be dedicated to my dear parents and my sweet family. Who trusts on me and always encouraged me.

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List of Abbreviations

CD	Cognitive distortions
PS	Psychological distress
ND	Nightmare distress
NDQ	Nightmare distress questionnaire
CPS	Children with physical and sexual abuse
M	Mean
SD	Standard deviation

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Abstract

The current study was Cognitive distortions, Psychological distress and Nightmare distress in adults with emotional, Physically and sexually abuse. The main purpose of study was to examine the relationship between Cognitive distortions, Psychological distress and Nightmare distress in adults with emotional, physically and sexually abuse. The present research was correlational research because it finds out the relationship between the variables. Purposive sampling technique was used to collect data sample of 152 adults (51 emotional abuse, 50 physical abuse and 51 sexual abuse adults) selected; age range of 18-30 years from different hospitals and shelter home located in Lahore by using "Traumatic Experiences checklist" as the screening tool for emotional, physical and sexual abuse adults. Three scales which are Cognitive Distortions scale (Muneeba Shakeel,2022), Psychological distress scale (Khalid,2020), and Nightmare distress scale (Kathy Belicki,1992) was used to assess cognitive distortions, psychological distress and nightmare distress respectively. Data was Analyzed on SPSS 25 Version through Descriptive statistics, Normality analysis, Reliability analysis, Correlation analysis , ANOVA ,mediation through regression analysis and T-test analysis. The relationship between cognitive distortions, psychological distress and nightmare distress in adults with emotional, physical and sexual abuse shows significant results(p=.742**,p=814**,p=.741**). The results of differences between cognitive distortions, psychological distress and nightmare distress in adults with emotional, physical and sexual abuse shows significant differences (F=114.6,p=.000, F=164.7,p=.000, F=95.73,p=.000). Mediation analysis which suggests that psychological distress significantly mediates.17% between the cognitive distortions and nightmare distress. The results of the differences between male and

females also showed significant differences; in males (M=43.72,SD=15.54, M=73.16,SD=19.35, M=31.23,SD=31.23); in females;(M=62.11,SD=7.66, M=85.20,SD=52.27, M=40.94,SD=21.55). Translation of Nightmare distress questionnaire was done and reliability was (α =.860)

Keywords: Cognitive distortions, Psychological distress, Nightmare distress, Adults, Emotional abuse , Physical abuse, Sexual abuse