EFFECTIVENESS OF PROBLEM MANAGEMENT PLUS (PM+) FOR COMMON MENTAL HEALTH DISORDERS AMONG UNIVERSITY STUDENTS

Name: UROOJ UMER

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Approval for Examination

Scholar's Name: UROOJ UMER

Registration NO. 79835

Program of Study: Master of Clinical Psychology

Thesis Title: **EFFECTIVENESS OF PROBLEM MANAGEMENT PLUS (+) FOR COMMON MENTAL HEALTH DISORDERS AMONG UNIVERSITY STUDENTS**

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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 parents M. Umer Tufail and Mrs. Umer, because I'm nothing without their love, support, and encouragement. They always supported me throughout my academic journey. My dear friend Ambreen, Your presence in my life has been a constant source of strength and motivation, your trust and support made this thesis possible. Lastly, I dedicate this thesis to myself, acknowledging the unwavering determination and commitment that carried me through the process.

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In gratitude and humility, I dedicate this work to Allah, seeking His continued guidance and blessings in all my future endeavors.

ABSTRACT

The present study aims to examine the effectiveness of problem management plus (PM+) for common mental health disorders among university students. The current research employs a single case study research design and a sample of (N= 07) University students of the age range 18-23 (M. age 1.14, SD 0.38) recruited from private sector universities through purposive sampling. The participants were screened on the Psychological Outcomes Profile Questionnaire (PSYCHLOPS), World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0), and the General Health Questionnaire (GHQ 12) to evaluate the severity level at pre-, post, and follow-up assessment. The participants were screened on each scale and having a score of 1SD above was included in the research. The screened participants received the PM+ intervention, consisting of five sessions for 45 to 60 minutes per week. The session contents include problem-solving therapy, behavioral activation, strengthening social support, and get going, keep doing. The Inferential statistics such as mean and standard deviation run to assess the frequency and the percentages for demographic variables on assessment measures i.e. the Psychological Outcomes Profile Questionnaire (PSYCHLOPS), World Health Organization Disability Assessment Schedule 2.0 (WHODAS 2.0) and the General Health Questionnaire (GHQ 12) to assess the impact on pre, post and follow up assessment. Results show the effectiveness of the Problem Management Plus (PM+) among university students.

Keywords: Problem Management Plus (PM+), Depression, Anxiety, Stress, Problem-solving strategies, behavioral activation, strengthening social support.

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