BODY IMAGE, PSYCHOLOGICAL ADAPTATION AND PSYCHOLOGICAL DISTRESS AMONG AMPUTATED PATIENTS

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A thesis submitted in fulfillment of the Requirements for the award of the degree of Master of Science in Clinical Psychology

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BAHRIA UNIVERSITY LAHORE CAMPUS

September 2025

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DEDICATION

I dedicated my research to my beloved parents "MR & MRS IMTIAZ AHMAD BHATTI",

to my siblings, teachers in my life and to my friends.

ACKNOWLEDGEMENT

In the name of Allah, the Most Gracious, the Most Merciful. All praise and gratitude are due to Allah, Lord of the Worlds, and may His blessings and peace be upon His Noble Messenger, Prophet Muhammad (P.B.U.H.), the seal of the prophets and the embodiment of mercy.

With profound gratitude, I thank Allah, the Almighty, for granting me the opportunity, strength, and ability to undertake and complete this research work. I acknowledge His infinite wisdom, guidance, and blessings that illuminated my path throughout this journey.

Endless salutations to the Holy Prophet Muhammad (peace be upon him), whose life and teachings continue to inspire and guide humanity. His exemplary character, compassion, and profound wisdom have been a beacon of light, shaping my approach to knowledge and instilling a sense of purpose and integrity in my work.

I extend my deepest thanks to my supervisor, Dr. Muhammad Adeeb, for his unwavering support, encouragement, and valuable advice. His positive outlook and confidence in my work inspired me greatly. His expertise, patience, and insightful feedback have been instrumental in shaping both the direction and quality of this thesis. I am truly indebted to him for his continuous guidance.

My sincere thanks also go to Dr. Waqas Ahmad, whose assistance in data collection and timely support at different stages of this study contributed significantly to its successful completion.

I am grateful to my siblings, friends, and classmates for their encouragement, understanding, and support throughout this journey. Their love, patience, and belief in

my abilities have been a source of strength and motivation during moments of self-doubt. I am truly blessed to have such incredible individuals in my life.

I would also like to acknowledge all those who have directly or indirectly contributed to the completion of this thesis. May Allah, the Most Merciful, reward you abundantly in this world and the Hereafter.

"And He has subjected to you whatever is in the heavens and whatever is in the earth –

all from

Him. Indeed in that are signs for a people who give thought." (Surah Al-Jathiyah, 45:13) *"And say: My Lord, increase me in knowledge."* (Surah Ta-Ha, 20:114)

"The seeking of knowledge is obligatory upon every Muslim." (Sunan Ibn Majah, Hadith 224)

"When a man dies, his deeds come to an end except for three things: ongoing charity, beneficial knowledge, or a righteous child who prays for him." (Sahih Muslim, Hadith 1631)

Peace and blessings be upon the Prophet Muhammad P.B.U.H, his family and his companions. May Allah, the Most Generous, accept this humble effort, make it a source of beneficial knowledge, and count it among my sadaqah jariyah. Ameen.

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ABSTRACT

Amputation is not just a physical deprivation but also a serious psychological loss, which impacts body image, adaptation, and causes psychological distress. The current research investigated the interrelation between body image, psychological adaptation, and psychological distress in Pakistani amputated patients. A purposive sample of 102 amputees was used to conduct a quantitative cross-sectional study. Standardized measures used were the Amputee Body Image Scale-Revised (ABIS-R), the Psychological Adaptation Scale (PAS) and the Kessler Psychological Distress Scale (K-10). Pearson correlation and mediation analysis has been used to study data. Findings indicated that psychological adaptation was strongly and negatively correlated to body image. A positive correlation was identified between body image and psychological distress. The negative association between psychological adaptation and distress indicated the buffering effect of psychological adaptation in mental health. However, mediation analysis revealed that body image and distress are not mediated by adaptation as the direct effect of body image was significant. Finally, body image dissatisfaction has a direct positive relationship with psychological distress, whereas psychological adaptation has an independent negative relationship with psychological distress. The results support the need of dual-focused rehabilitation interventions to address body image problems whilst simultaneously improving coping and adaptation. These involve provision of psychological services in the post-operative phase as well as early psychological consultation in wards so that patients can manage loss and trauma.

Keywords: *Amputation, Body Image, Psychological Adaptation, Psychological Distress, Pakistan, Rehabilitation.*

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