DISTRESS TOLERANCE, EMOTIONAL INVOLVEMENT, CRITICISM AND TREATMENT SELF REGULATION AMONG DRUG ADDICTS

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

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Dedication

Alhamdulillah, all praise is due to Allah (SWT), the Most Merciful and the Most Compassionate, for granting me the strength, patience, and guidance to complete this work. I dedicate this thesis to my family, whose values, love, and prayers continue to guide me. To the Department of Psychology, Bahria University Lahore Campus, for providing a supportive academic environment and the knowledge that shaped the foundation of this research. Finally, I extend my heartfelt appreciation to my respected supervisor, Dr. Muhammad Adeeb whose guidance, patience, and invaluable insights have been instrumental in bringing this research to completion.

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ABSTRACT

The present study explores how distress tolerance, perceived criticism, and family emotional involvement affect amotivation in patients with substance use disorder. The research was also meant to address issues regarding the influence of psychological and family variables on the outcome of treatment and the risk of relapse among drug addicts. The self-determination theory-based study was conducted to determine the effects that emotional regulation and family dynamics have on motivation and impede rehabilitation efforts. The research strategy involved correlational research and the validated psychometric measures included the Distress Tolerance Scale (DTS), Family Emotional Involvement and Criticism Scale (FEICS), and Academic Motivation Scale (adapted to clinical groups). The information was collected among 112 participants who were recruited in rehabilitation facilities and analysed based on Pearson correlations and multiple regression techniques. The results showed that there were strong correlations between low distress tolerance, high perceived criticism, high levels of family emotional involvement, and high levels of amotivation. Regression findings also suggested that distress tolerance was a significant negative predictor of amotivation, but perceived criticism and emotional involvement were also significant positive predictors of motivational deficits. These findings highlight the importance of psychological resilience and family environment in determining recovery pathways and indicate that interventions that focus on improving distress tolerance and reorganizing family communication patterns can decrease amotivation and increase treatment adherence.

Keywords: *Distress tolerance, Perceived criticism, Family emotional involvement, Amotivation, Drug addiction, Rehabilitation, Motivation*

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List of Symbols

Symbol	Abbreviation
A	Alpha Cronbach's Index
B	Standardized Coefficient
F	Frequency
M	Mean
SD	Standard Deviation
%	Percentage
R	Correlation Coefficient

List of Abbreviations

Short Form	Abbreviations
APA	American Psychological Association
SPSS	Statistical Package for the Social Sciences
DTS	Distress Tolerance Scale
EI	Emotional Involvement
PC	Perceived Criticism
ER	External Regulation
AM	Autonomous Motivation
A	Amotivation

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