

DEPRESSION AND ANXIETY IN ADULTHOOD AS A FUNCTION
OF BIRTH TRAUMA IN PAKISTAN

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Submitted in partial fulfillment of the
requirements for the award of Ph.D. Degree in
Psychology with specialization in
Clinical Psychology at the Faculty of
Psychological Sciences,
Bahria University,
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Supervisor

October, 2004

I certify that I have read this Thesis and that in my opinion it is fully adequate, in scope and quality, as a thesis for the degree of Master of Philosophy'.

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ABSTRACT

A study was conducted on "Depression and Anxiety in adulthood as a function of Birth Trauma in Pakistan". The main aim of the study was to assess the impact of birth trauma and assess the level of anxiety and depression in adult population of Pakistan.

For the purpose of this study Birth Trauma was classified into 2 distinct groups: 500 participants were included in this study.

1. 100 Individuals of both sexes born under Cesarean Section.
2. 100 Individuals of both sexes born through Forceps or Vacuum Extraction
3. 300 individuals of both sexes were taken as a controlled group who were born through the normal birth procedure.

It was hypothesized that individuals born through a traumatic birth procedure will be more vulnerable towards anxiety and depression in adulthood in Pakistan.

Following measures were used: Demographic Information Form, IPAT-Anxiety Scale, Personality Assessment Questionnaire.

Chi-Square test was computed in order to obtain the statistical significance of the data.

The findings showed that individuals who knew they were born through traumatic birth procedures had high anxiety and depression scores on IPAT Anxiety and IPAT Depression scales as compared to individuals born through Normal Birth Procedure.

that is, approximately nine months before birth. It is a fact that growth during the prenatal period is very fast, resulting in the development of an organism. Birth is therefore an interruption in the normal development of the individual that is caused by change in environment from the mother's body to the world outside the mother's body.

In addition the birth of a child is considered a blessing. Therefore it is natural that the family immediately starts to take care of the infant who has just arrived in this world after going through a transitional birth procedure.

In a traditional culture, because of the joint family system, the care of the new born child along with the mother is taken by the family members because they feel that none of them need care and affection. A son is such a precious possession considered the fate of the family. He is given more importance than daughter. Family gives