

**ROLE OF SOCIAL SUPPORT AND COPING STRATEGIES ON  
PTSD SYMPTOMS AMONG BURN SURVIVORS**



**BY**

**Marvee Gohar**

**01-275152-012**

**BAHRIA UNIVERSITY**

**ISLAMABAD, PAKISTAN**

**2017**

**ALL THE PROCEDURES FOLLOWED AND MATERIAL USED  
WERE REVIEWED AND APPROVED BY THE HIGHER  
EDUCATION RESEARCH (HERC), BAHRIA UNIVERSITY,  
ISLAMABAD**

## **CERTIFICATE**

It is certified that dissertation titled as

**ROLE OF SOCIAL SUPPORT AND COPING STRATEGIES ON PTSD**

**SYMPTOMS AMONG BURN SURVIVORS** by Marvee Gohar has been approved

for submission to the department of Professional Psychology, Bahria University

Islamabad.

---

Ms Amira Amjad

---

Ms Shazia Yusuf

## **CERTIFICATE OF ORIGINALITY**

This is certified that the intellectual contents of the thesis;

ROLE OF SOCIAL SUPPORT AND COPING STRATIGIES ON PTSD SYMPTOMS  
AMONG BURN SURVIVERS

are the product of my own research work except, as cited property and accurately in the acknowledgements and references, the material taken from such sources as research journals, books, internet, etc. solely to support, elaborate, compare and extend the earlier work. Further, this work has not been submitted by me previously for any degree, nor it shall be submitted by me in the future for obtaining any degree from this University, or any other university or institution. The incorrectness of this information, if proved at any stage, shall authorities the University to cancel my degree.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Name of the Research Student:

MARVEE GOHAR



**Bahria University**

**Discovering Knowledge**

**MS13**

## **Thesis Completion Certificate**

Scholar's Name Marvee Gohar Registration No. 43279

Programme of Study: MS Clinical Psychology

Thesis Title:

**“ROLE OF SOCIAL SUPPORT AND COPING STRATEGIES ON PTSD  
SYMPTOMS AMONG BURN SURVIVERS”**

It is to certify that the above student's thesis has been completed to my satisfaction and, to my belief, its standard is appropriate for submission for Evaluation. I have also conducted plagiarism test of this thesis using HEC prescribed software and found similarity index at 13% that is within the permissible limit set by the HEC for the MS degree thesis. I have also found the thesis in a format recognized by the BU for the MS thesis.

**Principal Supervisor's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Name:** Amira Amjad



Bahria University

Discovering Knowledge

MS-14A

### **Author's Declaration**

I, **Marvee Gohar** hereby state that my MS thesis titled

**“ROLE OF SOCIAL SUPPORT AND COPING STRATEGIES ON PTSD  
SYMPTOMS AMONG BURN SURVIVERS”**

is my own work and has not been submitted previously by me for taking any degree from this university

**Bahria University, Islamabad.**

or anywhere else in the country/world. At any time if my statement is found to be incorrect even after my Graduate the university has the right to withdraw/cancel my MS degree.

Name of scholar:

**Marvee Gohar**

Date: \_\_\_\_\_



Bahria University

Discovering Knowledge

MS-14B

## **Plagiarism Undertaking**

I, **Marvee Gohar** solemnly declare that my research work presented in the thesis titled

**“ROLE OF SOCIAL SUPPORT AND COPING STRATEGIES ON PTSD**

**SYMPTOMS AMONG BURN SURVIVERS”**

is solely my research work with no significant contribution from any other person. Small contribution / help wherever taken has been duly acknowledged and that complete thesis has been written by me.

I understand the zero-tolerance policy of the HEC and Bahria University towards plagiarism. Therefore, I as an Author of the above titled thesis declare that no portion of my thesis has been plagiarized and any material used as reference is properly referred / cited.

I undertake that if I am found guilty of any formal plagiarism in the above titled thesis even after award of MS degree, the university reserves the right to withdraw/revoke my MS degree and that HEC and the University has the right to publish my name on the HEC / University website on which names of students are placed who submitted plagiarized thesis.

Student/Author's Sign:

---

Name of the Student:

**Marvee Gohar**

**DEDICATION**

*This thesis is dedicated To my beloved  
Parents who have always been a source of  
Inspiration, encouragement and stamina  
to undertake my higher studies and  
to face eventualities of life  
with zeal, enthusiasm  
and fear of  
ALLAH*



## ACKNOWLEDGEMENT

In the name of Allah, the Most Merciful and the Most Beneficial. my Humble gratitude to Almighty Allah who has always bestowed me far better more than what I deserved and helped me in each and every moment of difficulty and always showed me the right direction.

A sincere debt of gratitude and appreciation is extended to my research Principle supervisor, Ma'am Amira Amjad for her consistence support and guidance throughout the research and writing process. Her insight, guidance and patience is something that I deeply admire. The door to Ma'am Amira Amjad's office was always open whenever I ran into trouble spot or had a question about my research and writing. I appreciate everything that she has done for me in helping me through this research experience. She is not only a good supervisor but a good human being.

I would like to pay special thanks to my Co-supervisor Ma'am Shazia Yusuf for guiding and facilitating me throughout this research process. Her patience and assurance has made this journey possible for me.

I am thankful to Dr Mehmood Sadiq and Dr Noshi Irum Zaman for their guidance and support in translation process and translators who offered their time and services during the forward and backward translation.

I am profoundly grateful to my friends Manal Fatima, Shaf Ahmad and Sana Ashraf who were always present for me for much needed motivation and energy that kept me consistent throughout this venture and I deeply appreciate their presence.

## TABLE OF CONTENTS

<b>Topic</b>	<b>Page No.</b>
List of Tables	i-iii
List of Figures	iv
List of Appendixes	v
Abstract	vi
 <b>CHAPTER – I</b>	
<b>Introduction</b>	1
Burn	3
Post-Traumatic Stress Disorder	13
Theoretical Framework	15
Cognitive Model of PTSD	16
Coping Strategies	22
Social Support	28
Rationale	32
 <b>CHAPTER – II</b>	
<b>Method and Results</b>	
a) Method	34
i) Objectives	34
ii) Hypotheses	34
iii) Sample	35
iv) Operational Definitions of Variables	35

v)Instruments	36
vi)Procedure	38
vii)Ethical Consideration	36
<b>b) Translation of Instruments</b>	<b>39</b>
i) Sample	39
ii) Objectives	40
iii) Instruments	40
iv) Process of Translation	40
v) Discussion	40
<b>c) Try-out</b>	<b>43</b>
i) Sample	43
ii) Objectives	43
iii) Measuring Instruments	43
iv) Procedure	44
v) Results	45
vi) Discussion	55
<b>d) Pilot Study</b>	<b>57</b>
i)Sample	57
ii)Objectives	57

iii)Hypotheses	58
iv) Measuring Instruments	58
v)Procedure	58
vi) Results	60
ix) Discussion	74
<b>e) Main Study Methodology</b>	<b>77</b>
i)Objectives	77
ii)Hypotheses	77
iii)Sample	77
iv)Instruments	78
v)Procedure	78
vi)Results	79
vii)Discussion	106
<b>Chapter - III</b>	
General Discussion	112
Conclusion	113
Limitations	113
Clinical Implication	114
Future Recommendations	114
References	115

## LIST OF TABLES

Table-1	Frequencies and Percentages of the Demographic characteristics of sample (n=30)	45
Table-2	Psychometric Properties of study variables (n=30)	47
Table-3	Item total correlation scale of Post Traumatic Disorder Check List 5 (n=30)	49
Table- 4	Item total correlation of subscales of Coping with Burn Questionnaire (n=30)	50-52
Table-5	Inter scale correlation of Post-Traumatic Stress Disorder Checklist (N=30)	53
Table-6	Inter scale correlation of Coping with Burn Questionnaire (n=30)	54
Table-7	Frequencies and Percentages of the Demographic characteristics of sample (n=100)	60
Table-8	Psychometric Properties of study variables (n=100)	63
Table-9	Pearson Product Moment Correlation among Post Traumatic Stress Disorder Checklist, Multidimensional Scale of Perceived Social Support and its subscales and subscales of Coping with Burn Questionnaire (n=100)	65
Table-10	Multiple linear regression analysis to predict PTSD by Coping Styles and Perceived Social Support(n=100)	67
Table-11	Multiple linear regression analysis to predict Intrusion subscale	68

	of PTSD by Coping Styles and Perceived Social Support (n=100)	
Table-12	Multiple linear regression analysis to predict Avoidance subscale of PTSD by Coping Styles and Perceived Social Support(n=100)	69
Table-13	Multiple linear regression analysis to predict Cognition and Mood subscale of PTSD by Coping Styles and Perceived Social Support(n=100)	70
Table-14	Multiple linear regression analysis to predict Arousal and Reactivity subscale of PTSD by Coping Styles and Perceived Social Support (n=100)	71
Table-15	t test analysis between Non-PTSD and PTSD cases on variables of social support and coping with burn strategies (n=100).	72
Table-16	Frequencies and Percentages of the Demographic characteristics of sample (n=180)	79
Table-17	Psychometric Properties of study variables (n=180)	82
Table-18	Pearson Product Moment Correlation among Post Traumatic Stress Disorder Checklist, Multidimensional Scale of Perceived Social Support and its subscales and subscales of Coping with Burn Questionnaire (n=180)	84
Table-19	Multiple linear regression analysis to predict PTSD by Coping Styles and Perceived Social Support(n=180)	86
Table-20	Multiple linear regression analysis to predict Intrusion subscale of PTSD by Coping Styles and Perceived Social Support (n=180)	87

Table-21	Multiple linear regression analysis to predict Avoidance subscale of PTSD by Coping Styles and Perceived Social Support(n=180)	88
Table-22	Multiple linear regression analysis to predict Cognition and Mood subscale of PTSD by Coping Styles and Perceived Social Support(n=180)	89
Table-23	Multiple linear regression analysis to predict Arousal and Reactivity subscale of PTSD by Coping Styles and Perceived Social Support (n=180)	90
Table-24	t test analysis between Non-PTSD and PTSD cases on variables of social support and coping with burn strategies (n=180).	91
Table-25	Cross tabulation between PTSD Patients and demographic variables (n=180)	93
Table-26	Cross tabulation between age groups and percentage of burn (n=180)	95
Table-27	t test analysis between gender on variables of PTSD, Coping Styles and Social Support (n=180).	96
Table-28	t test analysis between marital status on variables of PTSD, Coping Styles and Social Support (n=180).	98
Table-29	One-way Anova among Education categories on variables of PTSD, Coping Styles and Perceived Social Support (n=180).	100

## LIST OF GRAPHS

Graph-1	Graphical representation of PTSD in Education category (N=180)	103
Graph-2	Graphical representation of Intrusion subscale of PTSD in Education category (N=180)	104
Graph-3	Graphical representation of Avoidance subscale of PTSD in Education category (N=180)	105



## **LIST OF APPENDIXES**

- |            |   |
|------------|---|
| Appendix A | Informed Consent Form & Demographic Information Sheet                   |
| Appendix B | Post-Traumatic Check List (PCL-5) Urdu Version                          |
| Appendix C | Multidimensional Scale of Perceived Social Support (MSPSS) Urdu Version |
| Appendix D | Coping with Burn Questionnaire (CBQ) Urdu Version                       |
| Appendix E | Permission Mail to Use and Translate PCL-5                              |
| Appendix F | Permission Mail to Use MSPSS  |
| Appendix G | Permission Mail to Use CBQ  |
| Appendix H | Permission Letter for Data Collection                                   |

## **Abstract**

The current study aimed to explore the prevalence of Post-traumatic stress disorder and examine the role of coping strategies and perceived social support in PTSD among burn survivors. Post-traumatic stress disorder was measured by using Posttraumatic Stress Disorder Checklist (PCL-5) developed by Weathers et al (2013), Coping strategies of burn survivors assessed by Coping with Burn Questionnaire developed by Mimme Willebrand et al (2001), and Perceived Social Support measured by Multidimensional Scale of Perceived Social Support by Zimet,Dahlem,Zimet & Faeley (1988). Sample comprised of 80 participants (99 female and 81 males) are ranged from 16 to 60 years. PTSD is present in 131 patients out of 180.It was hypothesized that there is significant negative relationship between family, friends and significant others and PTSD. Emotional support has negative relationship and Avoidance coping strategies has positive relationship with PTSD. The results revealed that the social support and coping strategies are significantly higher in non-PTSD patients than PTSD patients among burn survivors. Perceived social support from significant others and adjustment coping strategies minimized PTSD symptoms. Whereas Instrumental action type of coping strategies increased PTSD symptoms. There was no significantly difference in PTSD symptoms with respect to the gender that means males and females were equally face the PTSD symptoms. Illiterate burn survivors found high in PTSD symptoms then educated burn survivors. The study emphasis that psychosocial help is also important for burn survivors.

*Keywords:* Post Traumatic Stress Disorder, Perceived Social Support, Coping Strategies, Burn Survivors