IMPACT OF SELF-STIGMA ON QUALITY OF LIFE AMONG PSYCHIATRIC PATIENTS

BY

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BAHRIA UNIVERSITY

ISLAMABAD, PAKISTAN

2017

IMPACT OF SELF-STIGMA ON QUALITY OF LIFE AMONG PSYCHIATRIC PATIENTS

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IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE

DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY

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DEDICATION

The heart of this study is dedicated to my parents, **ABDUL WAHEED** and **ZAHIDA PARVEEN**, and **LAIBA IDREES**, great role models and the rest of the family, for always believing in me, inspiring me, and encouraging me to reach higher in order to achieve my goals.

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Abstract

*Present study aimed at finding the impact of self stigma and quality of life among psychiatric patients. To look at the connection between these factors and for measurable investigation Pearson's product moment relationship and multiple linear regressions were utilized. Convenient sampling technique was utilized to gather the information and sample included 200 members with the age range of 18-65 years in which 100 were males and 100 were females. Each finished the Self-Stigma Mental Illness Scale-Short Form (SSMIS-SF), and the World Health Organization (WHO) survey on the Quality of Life, Brief Form (WHOQOL-BREF). The impacts of self stigma on Quality of Life were surveyed utilizing multiple linear regression models. Self stigma seems, by all accounts, to be a dominator for Quality of Life for mental patients. There was significant negative relationship between self stigma and quality of life r=-.27**. It was inferred that if self stigma expands then quality of life will diminish similarly.*

***Keywords**:* Self Stigma, Quality of Life, Psychiatric Patients.