

**TYPE D PERSONALITY AS PREDICTOR OF SOMATIC SYMPTOMS
AMONG DEPRESSIVE CLIENTS**



BY

RABIA BATOOL

SUPERVISOR

DR. NOSHI IRAM ZAMAN

BAHRIA UNIVERSITY

ISLAMABAD, PAKISTAN

2017

**TYPE D PERSONALITY AS PREDICTOR OF SOMATIC SYMPTOMS
AMONG DEPRESSIVE CLIENTS**

By

Rabia Batool

Approved By

(Dr. Noshi Iram Zaman)

Supervisor

External Examiner

(Dr. Uzma Masroor)

HOD, DPP

THIS THESIS SUBMITTED

BY

RABIA BATOOL

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

**IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE
DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY**

2017

APPROVED BY

DR. NOSHI IRAM ZAMAN

ASSISTANT PROFESSOR

DEPARTMENT OF PROFESSIONAL PSYCHOLOGY

BAHRIA UNIVERSITY, ISLAMABAD CAMPUS

Dated: _____

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

THIS THESIS SUBMITTED

BY

RABIA BATOOL

IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE

DEGREE OF MASTERS OF SCIENCE IN CLINICAL PSYCHOLOGY

2017

EXAMINER

Dated: _____

CERTIFICATE OF ORIGINALITY

This is certified that the intellectual contents of the thesis;

**“TYPE D PERSONALITY AS PREDICTOR OF SOMATIC SYMPTOMS AMONG
DEPRESSIVE CLIENTS”**

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: _____



Bahria University
Discovering Knowledge
MS13

Thesis Completion Certificate

Scholar's Name **Rabia Batool** Registration No. **43280**

Programme of Study: **MS Clinical Psychology**

Thesis Title:

“Type D Personality as Predictor of Somatic Symptoms Among Depressive Clients”

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 **15%** 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: _____

Name: **Dr. Noshi Iram Zaman**

Date: _____



Bahria University

Discovering Knowledge

MS-14A

Author's Declaration

I, **Rabia Batool** hereby state that my MS thesis titled

“Type D Personality as Predictor of Somatic Symptoms Among Depressive Clients”

is my own work and has not been submitted previously by me for taking any degree from **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: **Rabia Batool**

Date: _____



Bahria University
Discovering Knowledge
MS-14B

Plagiarism Undertaking

I, **Rabia Batool** solemnly declare that my research work presented in the thesis titled

“Type D Personality as predictor of Somatic Symptoms among Depressive Clients”

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:

Rabia Batool

DEDICATED

TO

“My Lovely Parents

For Their Endless Support and Continuous Prayers”

ACKNOWLEDGMENT

Thanks to Almighty Allah, the Most Beneficent, and the Most Merciful, Who guides His Creature in darkness and helps in difficulties. All respect for His Last Holy Prophet (Peace Be Upon Him) who helped me recognize my Creator.

All the praises and thanks be to Allah who empowered me and gave me strength to complete this thesis. I feel very blessed and highly thankful for His countless blessings.

I am thankful to my respected supervisor Dr. Noshi Iram Zaman (Senior Assistant Professor at the Department of Professional Psychology, Bahria University Islamabad) for her precious guidelines, insightful knowledge, moral support, and deep concern which polished the shape of this thesis. I am also thankful to Ms. Shazia Yusuf who helped greatly in the time of difficulty and gave this thesis a more beautiful shape.

I would like to pay special thanks to my colleagues for their love and continuous support in my work throughout this period. I would also like to appreciate the support and kindness of Maaz Ahmad, Arbab Younas, Umar Aziz, and Shaf Ahmad during the completion of this thesis. I am indebted to pay my profound thanks and regards to my family, without their support and encouragement this task would be difficult to complete. I am also very grateful for all the administration of hospitals and participants who gave me their precious time during data collection.

RABIA BATOOL

LIST OF CONTENTS

List of Tables	i
List of Appendices	ii
Abbreviations	iii
Abstract	iv-v

CHAPTER I

Introduction	1-3
Rationale	4-6

CHAPTER II

Literature Review	7-15
--------------------------	-------------

CHAPTER III

METHOD

Objectives	16
Research Design	17
Participants	18
Inclusion/ Exclusion Criteria	18
Operational Definition of the Key Variables	18-19

Instruments	19-21
Ethical Considerations	21
Research Procedure	21-22
Frame Work of Study	23

CHAPTER IV

PART I

Phase I: TRANSLATION AND ADAPTATION OF SOMATIC SYMPTOM SCALE

(SSS-8)

Introduction	25-26
Sample	26
Objective	26
Instrument	27
Translation Procedure	27-31
Discussion	32-33

CHAPTER V

Phase II: PILOT STUDY

Sample	34
Objectives	34
Hypotheses	34-35
Instruments	35

Procedure	35-36
Results	37-41
Discussion	42-44

CHAPTER VI

PART II: MAIN STUDY

Objectives	46
Sample	46-47
Hypotheses	47
Instruments	47
Procedure	47-48

CHAPTER VII

Results	49-60
Discussion	61-69
Conclusion	69
Limitations and Suggestions for Follow up Studies	70
Implications	71

CHAPTER VIII

References	72-84
Appendices	85-111

LIST OF TABLES

Table-1	Descriptive Statistics of Participants (Pilot Study, N =100).	38-39
Table-2	Psychometric Properties of Major Study Variables (Pilot Study, N =100).	40
Table-3	Inter Scale Correlation of SSS-8, DS14 and PHQ-9 (Pilot Study, N=100)	41
Table- 4	Demographic Characteristics of Participants (Main Study, N =150).	50-51
Table-5	Psychometric Properties of Major Study Variables (Main Study, N =150).	52
Table-6	Non-Hierarchal Multiple Linear Regression on Major Study Variables (Main Study, N= 150).	53
Table-7	Inter Scale Correlation of SSS-8, DS14 and PHQ-9 (Main Study, N=150).	54
Table-8	Means, Standard Deviations and t-values Across Gender of Participants on Major Study Variables (Main Study, N=150).	55
Table-9	Means, Standard Deviations and t-values Across Family System on Major Study Variables (Main Study, N=150).	56
Table-10	One Way ANOVA Across Education of Participants on Major Study Variables (Main Study, N=150).	57
Table-11	Post Hoc Analysis of Education on Somatic Symptom Scale (SSS-8) (N=150).	58
Table-12	One Way ANOVA Across Marital Status of Participants on Major Study Variables (Main Study, N=150).	59
Table-13	Post Hoc Analysis of Marital Status on Somatic Symptom Scale (SSS-8) (N=150).	60

LIST OF APPENDICES

Appendix A	Informed Consent Form	89
Appendix B	Demographic Information Sheet	91
Appendix C	Type D Personality Scale (DS14) Urdu Version	93
Appendix D	Patient Health Questionnaire (PHQ-9) Urdu Version	95
Appendix E	Somatic Symptom Scale (SSS-8) English Version	97
Appendix F	Somatic Symptom Scale (SSS-8) Urdu Version	99
Appendix G	Permission Mail to Use and Translate the SSS-8	101
Appendix H	Permission Mail to Use PHQ-9	103
Appendix I	Approval of Back Translation of SSS-8	105
Appendix J	Reference of DS14 Provided by The Original Author	107
Appendix K	Provisional Letter for DS14	109
Appendix L	Permission Letter to Use DS14	111
Appendix M	Permission Letter for Data Collection	113

ABBREVIATIONS

SSS-8	Somatic Symptom Scale-8
DS14	Type D Personality
NA	Negative Affectivity
SI	Social Inhibition
PHQ-9	Patient Health Questionnaire-9

ABSTRACT

Type D personality is a relatively new phenomenon in the field of clinical psychology and is consisted of two components; Negative Affectivity (NA) and Social Inhibition (SI). Some of the symptoms of Type D personality components are interrelated with depression and somatic symptoms. Thus, current study aimed to explore these variables by using Somatic Symptom Scale (SSS-8) to assess the somatic symptoms, Patient Health Questionnaire (PHQ-9) for depression, and DS14 for Type D Personality. Present study was divided into two parts; translation and adaptation of the SSS-8, pilot study (Part I) and main study (Part II). The present study was intended to explore the predictive role of Type D personality on somatic symptoms among depressive clients. Furthermore, relationship between the study variables, gender differences, difference on educational level, and family system was also explored. Data was collected from diagnosed depressive individuals and cross checked by PHQ-9 questionnaire. The sample consisted of 150 (male; 43%, female 57%) depressive clients. Findings revealed that there was a significant positive association between somatic symptoms, depression and type D personality at ($p < 0.01$). Multiple linear regression analysis revealed that Type D personality positively predicts (SI, $\beta = 0.58$; (NA, $\beta = 0.96$) somatic symptoms among depressed clients at the level of ($p < 0.01$). Adjusted R^2 of model 1 is 0.10 and 0.25 for model 2. This means that somatic symptoms accounts for 15% change in variance. Additionally, there were more somatic symptoms among male ($M = 20.86$) as compare to female ($M = 18.12$) depressive clients. The current study also revealed that Social inhibition (component of Type D Personality) is high among residents of nuclear family system ($M = 25.14$) as compare to joint family system residents ($M = 24.18$). Furthermore, results also revealed that the illiterate depressive clients ($M = 21.72$) are having significantly high level

of somatic symptoms as compared to literate individuals (matric, intermediate, graduate, and master). One limitation of this study was that data was collected only from Rawalpindi/Islamabad, for generalizability of results it should be collected from all over Pakistan. For future researches, the findings of current study would be beneficial for psychiatrists, clinical psychologists, and other health professionals to understand client's personality dynamics. As Type D personality is comparatively a new phenomenon, so this area is usually neglected by the mental health professionals. Much focus is on depression rather than the other factor as type D Personality. Due to this, the affected individual did not get the right treatment on right time and they face difficulty in their daily lives.

Keywords: Type D Personality, Somatic Symptoms, Depressive Clients, Translation, and adaptation.