RELATIONSHIP BETWEEN SELF-CARE AND QUALITY OF

LIFE AMONG MEDICAL PRACTITIONERS.

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ISLAMABAD, PAKISTAN

2018

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IS ACCEPTED BY THE BAHRIA UNIVERSITY ISLAMABAD

IN PARTIAL FULFILLMENT OF THE REQUIREMENT FOR THE

DEGREE OF MASTER OF SCIENCE IN CLINICAL PSYCHOLOGY

2018

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ALL THE PROCEDURES FOLLOWED AND MATERIAL USED

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DEDICATION

I dedicate my thesis to

My lifeline,

My son Hadi

It is because of this little being that I have found the will and strength to face any and everything that comes my way in life. His smile is the reason I remember to smile no matter what, his tears built the strength in me to fight, the wonder in his eyes encourages me to learn everything in the world to be able to answer whatever he may ask one day... you my son, are my everything and I dedicate this thesis to you.

To Ami and Abu,

She may not be here now but she is the reason for my being and I am sure this would have made her happy and proud....

Abbu ,the person who has made me whatever I am today, my ideal, my mentor, my everything...without his patience, unconditional love and guidance I would be absolutely nothing. I owe everything to him..

ACKNOWLEDGEMENT

With the name of Allah, the Most Merciful and the Most Beneficial. My Humble gratitude to **ALMIGHTY ALLAH** for bestowing me with blessings and helping me in each and every moment of difficulty, always showing me the right direction in every step and giving me courage and consistency to fulfill this research work.

I would first of all acknowledge my husband Anas, I have no words for how much his support has meant to me. During all this time, he has seen me struggle my way through it all and have always encouraged me to go on. Moving here so that I could complete my degree without caring about what people had to say, meant a lot.

I would like to express my gratitude for my research supervisor Dr Uzma Masroor for her consistence support, care and concern towards my wellbeing. Not only for this thesis but in life you are a mentor to me. I have always found you to be there in every tough time and am lucky to have had you.

My Amma, I would never have done this without her unconditional support. Despite all the negativity around my struggle, she is that one person who always encouraged me to chase my drea m, telling me that I could do it. Her words have given me hope and strength in the most difficult times, when this thesis seemed impossible to do, she the one who told me I could do it. I wish there were more people like her and the world would definitely be a much better place.

I am thankful to Baba for helping me collect the data and making so much effort for my work. Your help was very significant and appreciated.

Furthermore, I acknowledge my teacher Dr, Ulfat's immense kindness and support. I would never be able to do this without you. A simple Thank you cannot convey my gratitude and respect toward you.

Shaaf, this thesis has been possible because of your constant help, guidance and encouragement. You have helped me find my way in every problem that I have faced and it is due to your encouragement and guidance that I have been able to do this research.

As a final word I thank everyone who has helped me in my research, all the participants for their contribution and to all those who helped me with my work.

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Abstract

Compassion fatigue among medical practitioners has gained interest over the past decade. Professional caregivers in general are exposed to the risk of compassion fatigue (CF), burnout (BO) and low levels of compassion satisfaction (CS) and mostly professional self-care is ignored. The objectives of this study were to assess the prevalence and severity of CF among medical doctors, evaluating the correlations between CF, BO and CS and their relations with professional self-care (Figley, 2002). The objective of the study was to explore the relationship between psychological distress, compassion fatigue, burnout, compassion satisfaction and personal self-care of medical health care professionals. Compassion fatigue (CF), burnout (BO) and compassion satisfaction (CS) was measured by professional quality of life scale developed by Stamm (2005) and professional self-care scale (Dorociak, Rupert, Bryant & Zahniser, 2017) was used to assess professional self-care of health physicians. Sample was consist of 111 medical doctors in which 45% (n=50) was female doctors and 55% (n=61) was male doctors. Results indicated that compassion satisfaction was significantly negatively correlated with burn out and secondary trauma subscales of professional quality of life scale and compassion satisfaction is significantly positively correlated with professional support, professional development, life balance and cognitive strategies subscales of professional self-care. This study proposed creation of a CF educational and early intervention treatment program and enhance their professional quality of self-care for health care professionals. Such programs would train facilitators of physician well-being and resiliency building. We also recommend analysing contributing variables and organizational factors related to higher CF. Policy recommendations include integrating such programs within required risk management continuing medical education.

Keywords: Compassion Satisfaction, Compassion Fatigue, Burnout, Professional self-care, medical practitioners