

**EXPERIENCES OF LIVING WITH A PARENT
SUFFERING FROM MENTAL ILLNESS:
EXPLORATION OF PHENOMENON OF
SUPPORT**



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MENTAL ILLNESS: EXPLORATION OF PHENOMENON OF SUPPORT**



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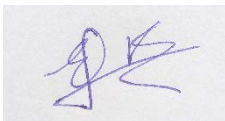
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It is certified that Ms. Emania Fatima Adan of BSc (Hons) (session 2019 – 2023), Department of Applied Psychology has carried out research work entitled **“Experiences of Living with a Parent Suffering from Mental Illness: Exploration of Phenomenon of Support”** under my supervision.

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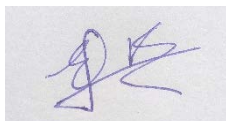


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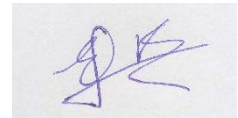
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Abstract

The young adults who have parents suffering from any mental illness come across many challenges in their lives. However, there is very little information on the experiences of young adults as well as on the sources of support regarding our society. This research was conducted to fill the gap by exploring the experiences and challenges of those living with mentally ill parent and the sources of support they received while taking care of their parent. For this purpose, phenomenology was used to gain the insight of their experiences and in-depth interviews were conducted. The sample size consisted of four participants and the sampling strategy used was purposive sampling. The age range of participants were from 18-24 years. The data collected was analyzed using thematic analysis which generated four major themes (a) Experiences (Daily routine, looking after the parent and impact on family life) (b) Challenges (emotional, social, financial, family challenges and the effects on self) (c) Support (family, friends, mental health professionals, self-help and coping mechanisms) and (d) Parental relationships (parental absence, range of emotions and changes in parental role). They reported a variety of emotional challenges they faced which persisted in their adulthood. Support from family and role of parents had significant effects on the lives of participants. More researches are required to learn about the experiences of young adults and will encourage others to seek help. It will help mental health professionals to take mental health of these young adults into account. It will help reduce the stigma of mental illness and will encourage the parents to improve their condition by seeking help from professionals.

Keywords: coping mechanisms, sources of support, experiences

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List of Abbreviations

Abbreviations	Full Form
RTM	Relational Trajectory Model
MIT	Massachusetts Institute of Technology

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Chapter I

INTRODUCTION

1.1 Background

Mental health conditions are widespread. Most of the members of family are unable to handle such situations without any awareness of the mentally ill person's condition (Iseselo *et al.*, 2016). Those who has mental illness the way they act and think changes completely. Some experiences extreme mood changes and some cannot think and communicate clearly. There are forms of mental illnesses such as depression, schizophrenia, personality disorders and anxiety disorders. Mental illnesses can be caused due to genetic inheritance, environmental stressors or biochemical imbalance (Schmidt, 2007).

Mental illness is perceived as a family secret that should not be discussed with those close to them (Gladstone *et al.*, 2011). This is due to the stigmatization attached to having mental illness (Simpson-Adkins & Daiches, 2018). People don't want to be attached to someone who has mental illness and the same goes in the family. Mental illness can create tensions and stress in families and sometimes relatives break off contact with the person who is mentally ill. It develops the feelings of isolation, guilt and fear. When a parent is mentally ill, it makes the child angry, anxious and unstable due to which they do not learn proper coping skills (Leitch, 2019). It becomes difficult for them to understand their parents at such a young age and are embarrassed because they do not understand the nature of illness completely. The information about the illness of parent is given according to the child's age so that it is understandable for them. It can affect the family life and cause family disruption such as arguments between parents and separation which can lead to divorce (Yamamoto & Keogh, 2018).

Studies around the world has been done where parents also describe their challenges of having mental illness. It was reported that it interfered with their parenting and described it as stressful (Diaz-Caneja, A., 2004). There are other studies that discusses about the experiences of children of parents with mental illness where children identified their own concerns such as no support, disrupted family life and lack of information about parents' condition. They mentioned difficulties in handling the emotions and social isolation and the problems they faced due to stigma of mental illness (Gladstone et al., 2011). But they also reported the positives they gained from their experiences such as becoming responsible and the ways to tackle these situations (Östman, 2009).

American Academy of Child & Adolescent Psychiatry states that mental illness of parents can increase the risk of developing mental illness in child. There are stages of emotional development in which the first stage is from infancy to five years and it is an important time for the development of brain of the child and due to emotional deprivation, they may develop problems regulating their emotions and behavior. The next stage is for adolescents where children rely on their parents for reinforcement. The depressed patients are unable to pay attention to their children (Ibeziako, 2017). There is evidence that how parental mental illness may have an effect on how the symptoms develop in children. It puts a strain of them if they go through stress, death of the parent, compassion and fear of abandonment are common for children who experienced parental mental illness (Faugli et al., 2020). Visits of hospitals is also a strain on them. Previous researches indicate that growing up with a mentally ill parent not only have long term repercussions on a child's development, but also damages a child's emotional and social welfare as an adult (Behere et al., 2017).

In United States, depression is one of the highest prevalent disorders and almost 19% of the individuals are reported to be suffering from it. It is reported that over 15 million children are affected by parental depression and it is estimated to affect 7.5 million parents (National Institute of Mental Health, 2009). Children feel confused and suffer emotionally when their parents are depressed. Different studies show that parents frequently become unreliable, harsh and hostile towards their children which creates tension in the parent child relationship. These children grow up with the feelings of rejection, resentment towards their parents that negatively affects their psychological wellbeing (Ahlstrom, Skarsatar, & Danielson, 2011; Campbell, Morgan Lopez, Cox, & McLoyd, 2009).

About 23% of children all over the world lives with their parents who have any mental illness (Maybery & Reupert, 2009). According to different researches living with parents who have mental illness have both its positive and negative impacts (Somers 2007, Maybery & Reupert 2009, Goodman et al. 2011, Bee et al. 2013). Research was conducted on the positive impacts of parental illness on children and the findings revealed that despite negative effects the positive effects were also indicated in those children which were independence and considering needs of others (Zeighami et al. 2018). The predictors of positive functioning in adulthood are good adaptive ability and functioning and the children who are at risk living with mentally ill parents can remain healthy throughout their lives. Some other can be empathy, reliance on self, tolerance and assertiveness (Leverton, 2003; Foster, 2010; Kinsella et al, 1996; Yamamoto & Keogh, 2018). It is difficult to be a child of a mentally ill parent. It has its own challenges and difficulties as the child is exposed to the parent firsthand than the others. It is because the child depends on parent for everything (Mattejat & Renschmidt, 2008). A study was conducted where the children received family education they learned about the condition and how to support their parent. It also

helped them relieve their stress. Early family education helped them to express their grief, feelings of shame and guilt (Jewell, 2009). Another study was done which focused on children who had parents with mental illness. It emphasized on how these children were at a risk of developing psychological issues (Pikhala, 2011).

Parental mental illness effects children in different ways which can lead into their adulthood. Estimates tell us that at least 12.1% of children living in Canada has mentally ill parent and about 78% of them are receiving no care (Bassani et al, 2009). The peers they are surrounded by are completely different from them and they experience more guilt and social issues. Their cognitive skills are poorly developed and behavioral and emotional difficulties which can lead to developing mental illnesses. Children's direct experiences with parents with mental illness appear to be less harmful than the societal adversity that comes along with that illness (Mattejat & Remschmidt, 2008).

Culture can also have an impact on mental health. It is different in every culture as how they look at it. Many cultures think of it as a stigma and it is considered as a weakness and something that no one should know about (Mental Health First Aid, 2019). Due to this, it has made it difficult to talk about mental health openly. Understanding the symptoms is important as culture influences how people describe their symptoms whether they are physical or emotional symptoms. Due to existing stigma attached to it, culture impacts how much support one can get for their mental health problems. Sometimes they have to deal with it alone (Department of Health & Human Services, 2015). There are not many resources provided for mental health support as there is a need to talk to someone about these experiences and understand them (Mental Health First Aid, 2019).

An estimate of 10% of Pakistan's population suffers from any mental illness. Pakistan has the lowest ratio of going to the psychiatrist (Nisar, 2019). People who are suffering from mental illness, they also have to bear the stigma attached to it along with their family (Stuart, 2016). As norms like black magic and evil eye are common in Pakistani culture, only spiritual leaders are consulted for solutions. They do not consider it a mental illness due to lack of awareness which sometimes worsens the condition of people (Patel & Kleinman, 2019).

There is a considerable risk that children who live with mentally ill parents may also develop mental disorders when they get older (Mattejat & Remschmidt, 2008). There are ways to break this cycle and to recover from this difficult childhood. Going to therapy helps the adult children to uncover the experiences of parental mental illness and to shape the person in a better way (Patrick et al., 2020). Self-talk is a way to know how a person views the world. If a person keeps reminding him/herself that the mental illness of parents was their fault, a person can never get out of guilt and shame. Meditation can help to clear away the thoughts. Acceptance of mental illness is very important because by doing this a person realizes that it was no one's fault and to learn about mental illness and bringing awareness to self can help in early interventions (Choudhry et al., 2016).

These are difficult times for children and they require support to get through this. During their parent's mental illness, they experience a range of emotions. Some blame themselves, feels angry and grieves on their loss for normal family life. These children require support to process these emotions. Support can be provided by giving them awareness about the mental illness of their parents. Teachers and counselors can be someone who they can talk to about their situation (Zisook & Shear, 2013). Ask them what kind of difficulties they are facing so that solutions can

be found to make things easier for them. It is important to maintain their routine so life feels normal to them (Parental Mental Illness | Guide to Support, 2022).

Parental mental illness significantly impacts both parents and their children, leading to psychological, emotional, and behavioral challenges (Beardslee et al., 2011). Research consistently demonstrates that children of mentally ill parents are at a higher risk of developing mental health disorders themselves (Goodman et al., 2011).

Theoretical Background

2.1 Relational Trajectory Model (RTM)

Patrick, Reupert and McLean (2020) gave an explanatory model called as relational trajectory model was developed from grounded theory by analyzing the data taken from ten adult children who had mentally ill parents. According to the model, having a parent suffering from mental illness while growing up has a significant impact on and shapes the relational roles that adult children play in their relationships. Based on the data collected, the adult children underwent three primary mental states: confusion, contemplation and reconciliation. The subprocesses in this model ultimately had an influence on making out meanings from their past experiences and to transform their future experiences. The phase 1 of confusion describes the overall cognitive state of the participants over time. These experiences were classified as internal and external chaos. Internal chaos was occurring at interpersonal level, e.g., lack of communication and knowledge of the parental illness, they felt left out and could not relate with peers. External chaos referred to the problems while living with mentally ill parent such as violence, fluctuations in home environment, etc. Phase two is contemplation in which participants entered adulthood. Introspection was a subprocess where participants made meaning of their experiences and to form their own identities. Coping strategies was also a subprocess which were adapted by the participants in regard to their

parent's illness. Reflective parenting was also a part as it was forward influencing subprocess where the participants reflected their role as parents. There was uncertainty about their parenting which led to oppositional parenting which was that the adult children raised their children opposite to their own parent's upbringing. The last phase of model was reconciliation which occurred when the adult children became parents themselves, they tried to parent their children in different ways. This model reflects the experiences of young adult children with their mentally ill parent. What events they go through and how they get through the difficult time. Their coping mechanisms from these traumatic experiences are also examined.

2.2 Attachment theory

Bowlby (1973) gave attachment theory which refers to the importance of relationships for the development of the child as it suggests that, the stronger the relationship is between parent and child it will shape the cognitive, emotional and social development of the child. Bowlby suggested that there are two functions related to attachment theory: to protect the vulnerable people from threats or harm and to regulate the negative emotions after the threats or harm. If a parent becomes mentally ill, they are unable to form stable relationships with their children. the children feel neglected, isolated and vulnerable as they are unable to do anything. They develop weak cognitive, emotional and social skills which affects them in later life. When parents fail to respond sensitively to the child, they are likely to develop insecure attachment relations. If the parents are consistent in their behavior due to their mental illness, it develops anxious avoidant relationship pattern which is poor parental availability. The child learns that the parent will not provide for their needs so they don't go to the parent. As the children grow into young adults these affects become consistent and begin to have feelings of shame, guilt and anger.

2.3 Interpersonal Acceptance and Rejection Theory

It was developed by Ronald Rohner (1986). This theory was centered on the idea that love of a parent can result in favorable outcomes whereas rejection has an adverse effect on behavioral and psychological adjustment. It examines the causes and effects of child's perception of parental acceptance and rejection. The children who were rejected felt insecure, hostile, jealous, lonely and had an attention seeking behavior (Khaleque & Rohner, 2002). For example, the children of mentally ill parent often feel rejected when the parent is not able to help them in their difficult time, does not listen to them and leaves them on their own. They never feel the love of the parent. It makes them feel insecure in front of their peers who have parents without any mental illness. They feel lonely because they are unable to share their problems with people around them. As adults they are hesitant to form serious relationships. Mental illness does not let the parent take care of their child due to which they feel rejected and has feelings of anger against the parents.

Literature review

A large number of researches show that children who have parents with mental illness are at a high risk of developing mental disorders. All the researches explore the psychological, emotional, and behavioral challenges faced by children of mentally ill parents, highlighting the need for comprehensive support and interventions to promote positive outcomes.

Steffenak et al (2021) conducted research on "Community-based support for children who are next-of-kin for a parent experiencing illness or disability – a scoping review." The purpose of this research was to evaluate the existing knowledge regarding the different types of community health and social services support offered to those children who live with a parent who has any disability or illness. This research focused on different articles to see the interventions, suggestions and experiences that are mentioned in them. It also focused on the preferences of children on

support and needs. The results showed that interventions were given by the children who are their parent's next of kin and most of them were related to mental illness. The interventions related to children were giving them knowledge about the parental illness, to better understand it and to communicate it with their parents, different challenges they face while living with parental illness, increasing feelings of shame and guilt. The professionals where parents seek help should communicate with children for them to better understand the illness. They needed support for themselves as well as their parents. The support preferences they mentioned were that they wished to be recognized by health professionals so they could help them better understand the illness and also guide them for legal issues. Support from friends and family was also mentioned, interaction with those who were going through similar experiences a them. The support vary for every child and supportive interventions were preferred by them.

Faugli et al. (2020) conducted research on” ‘I have cried a lot’: a qualitative study on children experiencing severe parental illness.” It was compared with a previous study which had a main goal to determine how supportive parents felt when they had a mental disorder. The purpose of this study was to explain the most challenging of having a severely ill parent for a child. In this study, the parents who were mentally, physically and those using substances were included in this study. The results showed many themes were formed in this study. Negative impact of the events was a great difficulty they faced. Distress, responsibilities, thoughts about the struggle of their parent's pain and what if their parent died. It did put a lot of stress on them. feelings of loneliness, guilt and the presence of severely ill parent was a burden and interruption in their lives- all of this was consistent with the prior studies. Further findings showed existential loneliness where they were not able to find people with whom they could share their experience with and it might be because they were not able to show their emotions. Last finding showed contextual challenges

which were the unpredictability of events. It was never known when it might be the time to take them to the hospital or if their condition could get worse. There was a constant struggle of their safety and security, their residence and home environment. Many different challenges were faced by the participants which affected their lives by the constant fear of death and not receiving enough support.

Källquist (2019) conducted research on “Experiences of Having a Parent with Serious Mental Illness: An Interpretive Meta-Synthesis of Qualitative Literature.” The purpose of this study was to find out the experiences of children who have mentally ill parents. This study also focused on the effects it had on their childhood and adult life. It was done through using a qualitative interpretive meta-synthesis. There were four major themes that were formed which had further subthemes. First one was growing up in a dysfunctional home setting which had five subthemes. The themes explained that children in their early life thought they had different parents than others. They were able to identify that there was something wrong with them but did not understand the illness. The illness of parent effected their parental role. They children remember being afraid of them, they physical abused them. They were absent from home and were hospitalized but were also mentally absent for their children. They were constantly ignored of their basic needs. The roles were reversed where children had to look after the wellbeing of their parents and others. Older siblings took over the role of parent to look after the younger siblings. They supported each other which created a strong bond and a sense of protection for younger siblings. The children never talked about their parents’ illness to anyone. It was considered a stigma and they did not want to upset the family or lose friendships. They were not well informed about the illness and were always confused about it. When they did not get answers about the parent’s illness, they would get frustrated. They started to have two different worlds one was at home and the other

one outside the home. They felt normal outside with other people who were normal but they were always worried that they will go back home to their parents. The second theme was thoughts and feelings of children. The children were worried about the wellbeing of their parents and were uncertain about the mood of their parent. It developed feelings of fear and mistrust which persisted in their adulthood. The children started to have thoughts that it was because of them that their parent is ill and they felt ashamed. The children felt isolated, teased and laughed at them because of their parents' illness. The behavior of apparent was always unpredictable and caused embarrassment for them. Children stated that they always lacked support and never got enough love or experienced warm experiences. Third theme was need for support which stated that children felt normal when the healthy parent was home or grandparents were around. Other people gave them sense of security but sometimes there were people who did not provide the support. There was also lack of social support. Participants had negative experiences of having their parent taken to the hospital, visiting them there and rude behavior of health care providers. They said that support groups were a great help for them. The last theme was the lingering effects in adult. They mentioned their relationship with their parents in adulthood. It was still difficult for them but therapy proved to be helpful for them. they had difficulties forming relationships with others and of intimacy. They had low self-esteem and had difficulty trusting others. They all had fear of getting the illness their parents had in later life due to which they ended up having their own psychological problems of anxiety and depression. Some of them thought it could increase the level of understanding between them and their parents. It is found that all the children ended up having their own experiences and perspectives of it.

Metz and Jungbauer (2019) gave research on "My Scars Remain Forever": A Qualitative Study on Biographical Developments in Adult Children of Parents with Mental Illness. They

explored the long-term effects on the adult children's personality, social relationships and their interpretations of their parent's mental illness. The analysis of the interviews was done and many similarities were found. Their childhood experiences included the factors that they were not aware of their parent's illness. They had feelings of guilt that their parents were mentally ill. The parent who was hospitalized also caused a painful experience for them and these caused marital problems leading to divorce. During adolescence, they felt guilt and fear for purposefully distancing themselves from their parents. Those participants who had any physical or mental health problems added burden to their daily life. Social relationships were important as they were able to escape from their problems and to experience new things. It was seen that the effect of these experiences were consistent throughout the future life. Every participant had different initial feelings regarding these experiences, some blamed themselves, some were angry and afraid. Few participants also experienced positive attitudes towards their mentally ill parents. The stigma of mental illness persisted throughout one's life due to which relatives broke off contact with them. It burdened the children because then parents would not share information about their illness. Participants had the desire that they wished for more attention and love from their parents and it would have been better if they were knowledgeable about their parents' illness. But not all areas of their life were affected, even if there were negative impacts of the events but some of them considered themselves as resilient which they considered it as their personal strength.

Dam (2017) conducted research on "Experiences of adults who as children lived with a parent experiencing mental illness in a small-scale society: A Qualitative study." The purpose of this study was to explore what it was like for adults as children to grow up in a small-scale society with a mentally ill parent. The location of this study was Faroe Island. The people living there were close and there was lack of anonymity. The results showed that participants received support

from their family. Some took care of the household chores and some took care of their children. The children who had no support had to take care of the house and their parents. They listened to their mentally ill parents and took care of their needs as they were too tired and depressed. There were barriers in understanding their parent's illness because of their absence as they were hospitalized and lack of knowledge of their parent's illness. Taboo of being mentally ill was very common. So, the children were never able to communicate their difficulties with someone else. They also felt afraid and ashamed of sharing their problems. There was always a lack of anonymity. Some of them had close relationships with others such as friends so they were able to communicate their problems with them. But some lacked these relationships and had no closed ones with them. They felt different around those who did not have mentally ill parent. Living a life with mentally ill parent is not easy. Even if there are people who can support in these difficult times there are taboo, lack of anonymity and suffering that people face in these situations. Mental health awareness increases the knowledge and needs to bring these problems in knowledge of people.

Buanasari (2017) conducted research on "The experience of adolescents having mentally ill parents with *pasung*." It was conducted in Indonesia where when one person was suffering with mental illness with *pasung* it led to violence. *Pasung* is a term which means deprivation of social, mental and physical presence by confining them. They could be confined by locking them in a room, tying hands and feet or chaining with the tree. The purpose of this research was to study the experiences of adolescents who had mentally ill parents with *pasung*. This research was done by conducting interviews or using competency tests. The data collected was analyzed and three main themes were formed. First was changes in life due to having a parent with mental illness and with *pasung*. This theme explained that the children had to be there for their parents as they depended on their children. as parents were locked up, the children were responsible for running the house

and bringing money. They also faced emotional consequences which were due to the parental confinement. The children expressed feelings of pity and sadness for their parents. Their social life was affected because they were not able to make friends. Some of them did not go outside as others will ask about their parents. The second theme was reciprocity. Here they explained that they did not mind taking care of their parents and were still grateful to them. They considered it as a reciprocation when their parents looked after them as children. The last theme discusses the positive aspects of living with mentally ill parents with pasung. They stated that after their parents were released from pasung they were able to get emotionally close with the parents. They felt that parents loved them more, laughed with them and talked with them more after pasung.

Grove (2016) conducted research on “The Perspectives of Young People of Parents with a Mental Illness Regarding Preferred Interventions and Supports.” This study aims to describe the types of support these young people preferred according to their own perspective. Questionnaires and interviews were conducted. The results showed that participants needed support of any kind to deal with their parent’s mental illness. They stressed on the idea to keep things confidential about mental illness and educating people on mental illness. They wanted to receive support from counsellors, doctors or from the other parent who does not have mental illness. Another form of support mentioned was peer support groups where they could talk to others who have gone through similar situations. They also expressed the need to learn how to cope with the parent’s mental illness, there were also small number of participants who mentioned in the questionnaire that they don’t want any kind of support. It was summarized that there was a need for different kinds of intervention for these young people rather than a single intervention. Another type of support mentioned was talking to peers about this who have gone through similar experiences rather than these who never experienced parental mental illness. How to cope with the parent’s illness was the

highly demanded need by the participants. Association of stigma to mental illness and going to counselor, made them not go them or talk to their teachers about it. These diverse views were presented by the participants of this study.

Woolderink et al. (2015) conducted the study on “An Online Health Prevention Intervention for Youth with Addicted or Mentally Ill Parents: Experiences and Perspectives of Participants and Providers from a Randomized Controlled Trial.” The purpose of this study was done to assess the online delivery of Kopstring which was an online preventive course. This study was conducted in Netherlands and it was also to learn more about the perspectives, experiences and expectations of course’s participants and instructors. This program was made for children who had parents with any addiction or mental illness. It was designed for children of age 16 to 25. Randomized control trials (RTC) were done and the analyses showed that when such interventions are planned there should be closer cooperation is required with the participants and providers. The interviews that were taken gave five themes which were background, requirements, experience of intervention, technical and research areas that were found. Other lesson conveyed in this study are the factors facilitating participants and the barriers. The participants under the age 18 had to get consent forms signed by their parents. Those above this age were glad it was not the same for them as it would have been difficult for them to participant. These studies showed that the providers of this online preventive course felt ignored and there was gap between them and the research team even though they had more experience than the research team. This program was proved effective by the participants as they were kept anonymous. As not many randomized control trials are conducted online so it was difficult to analyze the effectiveness of this program and it limits the generalizability of the findings. The groups that are set up face to face are different than those

online so the comparison could not be done. But this study was helpful in finding the positive aspects and the barriers of using an intervention online program.

Nilsson (2014) conducted research on “Young adults’ childhood experiences of support when living with a parent with a mental illness.” The purpose of this research was to investigate the role of support groups when young adults were living with their mentally ill parents. Results included different categories with their subcategories. The participants described that they lived in a completely different world with mentally ill parent. In school they received no support, always felt different around those who had. An understanding was developed that it was not anyone’s fault that the parent was ill. They were asked about their experiences of support group. The activities of the meeting brought the participants together and everyone felt included. They felt that they were not alone and they were able to open up to others. The participants felt proud of themselves for opening up and were sad at the end of the support group programs. The overall conclusion showed that participants felt alone during their difficult times with no one to help them but support groups gave them a way to open up to others and made it easier for them to seek help later in their life.

Lauritzen (2014) conducted research on “Implementing new routines in adult mental health care to identify and support children of mentally ill parents.” The goal of this study was to discover how mental health professionals have altered their methods of identifying and supporting these children, as well as their attitudes towards changing clinical practices to better support and identify children. Pre post tests were used and the measures used were Family Assessment Forms to identify children in pretest were 44% and 64% in posttest. To determine if the workforce’s approach to supporting children has evolved, family conversations were checked and there were no significant changes. Mental health workers reported that whether they could identify if patients have children or not was higher in pretest than posttest. The findings indicate that there is currently

lack of knowledge about mental health services for individuals who are parents. Workers in the field of mental health services evaluated the standard of the services that were provided as less appropriate in posttest which might be due to changed awareness which is sufficient to support children. When at pretest child talks were not implemented and family conversations were more general and was not linked with specific implementation, there was an increase in self-reported identification of children and the Child Talk intervention seemed challenging to mental health workers. It indicated to lack of readiness to change. The post group scored higher on positive attitudes and the emphasis on identifying and supporting children had grown a positive attitude in the field. The overall results show that changes are taking place in clinical practice for the identification of children of parents with mental illness. But providing support to children was not fully implemented. When the legislation altered to make it a requirement to determine whether patients have children or not, it was still not fully implemented in their routines. The changes had no significant impact on the providing help to the families who have parents with any mental illness.

Trondsen (2012) conducted research on “Living with a Mentally Ill Parent: Exploring Adolescents’ Experiences and Perspectives.” The main aim for this research was experiences and perspectives of the adolescents living with mentally ill parent. It explored the role of online self-help groups for the adolescents of mentally ill parent. This research explored the challenges first. The adolescents lack of knowledge about their parent’s mental illness led to frustration and concern. There was unpredictability in the behavior and mood of their parents which affected the atmosphere of the family. Fear was one of the most strongly felt emotion among the adolescents. They were afraid of making their mentally ill parents angry, finding suicide notes, constant fear of them dying, etc. They were constantly living in fear. Loneliness was the most common experience

in the adolescent. They never got the support of their parents in their own difficult times and were constantly overlooked. However, some received support from friends. They also felt sorrow and loss. They felt it because their parents never fulfilled the role of parents that void was never filled. Many strategies were used by the participants to face these challenges such as by taking the responsibility and taking care of the parent and looking after the family. They used a strategy of emergency alert mode which was based on avoiding the situations which could make their parent angry or depressed. They used to take time out to clear their head by getting out of their usual surroundings for a while. Seeking help from professionals was also a way for them to manage the challenges. Last strategy was moving away which was the last option for adolescents to get away from their mentally ill parents so that they can take care of themselves. It was easy for some participants and for some it was not easy as their parent did not want them to move away. It was because they wanted their child to take care of them all the time.

Foster (2010) conducted research on “‘You’d think this roller coaster was never going to stop’: experiences of adult children of parents with serious mental illness.” The main aim of this study was to examine the experiences of young adults who have parents with mental illness. The findings suggested that participants were always uncertain about what was going to happen next. They were not sure what was going on with their parents and were not informed by others. They had a concern they will also have their parent’s illness. They were not able to communicate with others such as friends or relatives and had to suffer alone. They experienced different emotions by their parents as sometimes they were loving and supportive and sometimes very angry. They felt lonely and that found it difficult to connect with their parents. Due to which they had issues developing relationships and maintaining them and it manifested in their adult relationship. The children had to become responsible for everything from their childhood. They sometimes felt

angry and frustrated due to these expectations of being there for everything. The final theme explained how the children balanced their lives. Whenever the parents were fighting or were unwell, participants used different activities such as rocking themselves to sleep, going outside of the house to escape the conflict and they still used them in adulthood as they were effective for them. But participants also reported of being emotionally, physically and sexually abused by the ill parent. A shocking finding of this research was that the participants experienced explosive anger outburst by the parents who had severe depression. Mental health professionals identified it and used preventive measures and provided support to those children.

Maybery (2005) conducted research on “Children of a parent with a mental illness: perspectives on need.” The main aim of this study was to get an overview of the issues those children have who have parents with any mental illness and what parents, children or mental health professionals think would help the children during this time especially when the parent is hospitalized. The findings stated that the most difficult time for children was when a major episode occurred of the parent with any mental illness. It caused major problems at home and had considerable consequences faced by the children. It also added pressure on children. Other findings included that the way children dealt with parental mental illness increased the risk of child’s mental health. Parents said that their children would withdraw themselves and would not go outside. They used this as a coping mechanism. Majority of parents saw siblings as a strong support to each other as the children had someone to rely on. On this it was suggested that programs should be made to assist the families. These were mostly mentioned by parent focus groups. The children focus group mentioned the coping strategies such as avoiding or distancing themselves from the parent. They relied on their siblings and thought good friends were also a great help. They performed extra roles at home when the parent was unwell. Quantitative findings concluded that mental health

professionals identified support as more useful which included educating others about the mental illness. It was also seen that children scored lower than other groups on all the items. The non-significant differences between groups were noticeable. They rated having a friend to talk to equal mental health professionals and parents. This study suggests that sibling relationship and friendships are an important source of connectedness and different programs should be made to assist children.

Rationale

Parental mental illness disrupts the family's life in many different ways. The children of mentally ill parents face many challenges concerning their mental health and behavioral problems on the basis of direct exposure to symptoms, disrupted parenting and impacts of environment. They struggle with challenges of additional care giving responsibilities, emotional difficulties, financial hardships and limited social connections. When parents are unable to take care of the child and can sometimes lead to child maltreatment, which can affect the emotional and developmental wellbeing of the child (Maybery, 2005; Rasic, 2014). Young adults can face challenges such as feeling vulnerable at times, being anxious, concentration problems, feeling loneliness and isolation, etc. Children of mentally ill parents are neglected by the mental health professionals. The main focus of this study was on the experiences of young adults while living with a mentally ill parent. The challenges they face and how do they receive support from their surroundings. Health and social services should be mindful of the needs and experiences young adults who have witnessed parental mental illness. The literature concerning the experiences of young adults still remain almost nonexistent in our culture. And there is limited information regarding the sources of support for young adults get from their surroundings. This study aims to fill this gap by bringing the experiences and challenges of young adults with mentally ill parent to come on the surface by using phenomenology and that it would help them seek guidance and counselling.

Objectives

- To explore the experiences of young adults when living with parents with mental illness
- To explore the challenges young adults face while living with a parent with mental illness
- To find out the sources of support young adults got while taking care of their mentally ill parent
- To find out the effects on the role of both parents after the diagnosis of illness

Research Questions

- What are the experiences of young adults living with a parent with mental illness?
- What are the challenges they face while living with a parent with mental illness?
- What sources of support young adults get while taking care of their mentally ill parent?

Chapter II

Method

This study was qualitative research. The participants in this research were young adults and they were asked for individual interviews about their experiences of living with a parent with mental illness.

Paradigm

A paradigm is a comprehensive belief system or framework that guides research and practice in the field (Willis, 2017). Social constructivism is a framework where individuals seek the reality and form meanings out of their experiences (Creswell, 2013).

As research paradigm, social constructivism is grounded on reality and is constructed and not only depends on perception. Therefore, experiences and challenges of young adults were explored in this study and how they received support. Only those experiences were taken into consideration which were based on reality and were experienced rather than those with no objective reality.

Philosophical Assumptions

The philosophical assumptions are based on the ideas that are newly developed in the research but it has its own significance in the research (Creswell, 2013). From the four philosophical assumptions, the best suited for this research is epistemological assumption. The researchers try to get as much close to the participants as possible. The evidence was gathered from the participants whose parents had any mental illness.

Research Design

As the research is based on qualitative study, it can be done under phenomenology. The type of phenomenology was transcendental. It was preferred over other designs because it is to understand the meaning and value is the lived experience of human beings (Creswell, 2013). It focuses on gathering information based on the lived experiences of the individuals as they develop their own understanding of those events by experiencing them. Transcendental phenomenology was used because the focus was more on the descriptions of experiences of participants (Moustaka, 1994).

The main purpose of choosing this research design was to know the lived experiences of those younger adults who lived with a parent who had any mental illness.

Sample and sampling strategy

Purposive sampling strategy was used for sampling. Purposive sampling is a nonprobability sampling in which individuals are selected who are knowledgeable and have experienced the phenomenon of interest (Creswell & Clark, 2011).

The sample of four participants was taken.

Table 2.1

Sample characteristics of the young adults

Sr #	Age	Gender	Education	Marital status	Family system	Socioeconomic status	Birth order	Parent with mental illness
1	22	Female	Undergraduate	Unmarried	Nuclear	Upper	2 nd	Mother
2	22	Female	Undergraduate	Unmarried	Nuclear	Upper	Last	Mother
3	21	Female	Undergraduate	Unmarried	Nuclear	Middle	Last	Mother
4	19	Female	Undergraduate	Unmarried	Joint	Middle	2 nd	Mother

Selection criteria

A certain criterion was determined on the basis of which the participants were selected which is as follows:

3.1 Inclusion criteria

- In keeping view of Massachusetts Institute of Technology (MIT) age range of youth, participants between the age range of 18-24 was selected.
- Participants should not be married and living with their parents.
- Anyone of the parent of the participant should have any mental illness.
- The nationality of participants should be Pakistani.

3.2 Exclusion criteria

- Participants with a sibling who has any mental illness will also not be selected.

- The parent of the participant with mental illness has any physical injury will also not be selected.

Procedure

Pilot study

A semi structured interview guide was developed for conducting the pilot study. It was reviewed by the instructor. The pilot study was tape recorded with the permission of the participant. It was done to assess the time duration of the interview. The feedback was also taken from the participant about the language and understandability of the interview. It was reviewed by the instructor and feedback was provided. New questions were incorporated and the relevancy of the questions was reviewed by the instructor.

Main study

Approval of the topic was taken from the instructor. A semi structured interview guide was made and was reviewed by the instructor. The necessary changes were made on the basis of feedback given by the instructor. It was reviewed again to see if they are according to the requirement of the study.

This research was conducted to bring the experiences and challenges of young adults living with mentally ill parents into the light. The participants who met the certain criteria were selected. They were given consent form along with a demographic and information sheet. They were made aware of the purpose of research. Only after signing the consent forms which was the agreement of their participation, interviews were conducted. The duration of interviews were approximately 30-40 minutes. The interviews were taken wherever the participants felt comfortable and was according to their preference. Their consent was also taken for audio recording the interview. They

were made aware of their rights to withdraw and that their information and identity will be kept confidential. After conducting the interviews, the data collected was analyzed. By using thematic analysis, themes were generated and results were formulated.

Data Collection Tools

A demographic sheet was made for the young adults. The sheet consisted of age, gender, religion, marital status, economic status, family system and which of their parent had mental illness.

4.1 Basic Screening Questions

The basic questions were related to the experiences of young adults, what challenges did they face and what kind of support they received while taking care of their mentally ill parent.

4.2 In-depth Interviews

To gather data, in-depth interviews were conducted with all the participants. In semi structured interview open ended questions were asked and it further included probing questions. They were asked the questions in a comfortable environment so they didn't feel distracted or interrupted.

Ethical considerations

The following ethical considerations will be kept in mind while doing the research:

- The participants were clearly informed about the nature of the study.
- Consent forms were signed by them for the confirmation of their participation in the research.
- They were made aware of their rights to withdraw from the research.

- Confidentiality of participants was maintained and their anonymity was maintained.
- No one had access to their information other than the researcher.
- Data was reported accurately and no biasness or any changes were made.

Data analysis

Thematic analysis was used for data analysis, since in-depth semi structured interviews were conducted. It is the process of identifying the themes, analyze and repeated patterns from the data in qualitative research (Braun & Clarke, 2006). It sorts out information into broad sets of themes. It consists of many steps:

1. Semi structured interviews were conducted and the data gathered was transcribed.
2. After conducting the interviews and transcribing them, the transcript was read many times to become familiar with the entire data. Notes on the important points were made.
3. Next step was to organize the data in a systematic manner and the data was reduced to codes. These codes were relevant and interesting to the research question.
4. Themes were produced from the data and the codes were organized into relevant themes.
5. Next step was to review the themes and that whether the themes worked in the context of the entire data set.
6. Second last step was to define the themes and how they related to each other. It was also to find the subthemes and how they related to the main theme.
7. Lastly there was a discussion part where results were formulated.

Data Verification Method

Data verification method allows a researcher to check the reliability and validity of the data. It includes peer debriefing and expert review.

4.1 Peer Review

It is a process in which a researcher's work is validated by another expert in the field who helps filtering out the poor-quality data (Wiley, 2013). For this research, the data was provided to two experts in the field to provide an impartial review about the research process. One of the experts did not review the research process despite being given the reminders. The other researcher provided suggestions regarding the subthemes of this study, which were incorporated in the final thematic map.

4.2 Prolonged Engagement

It is a process in which the researcher would be engaged with the participants for a long time and becomes deeply familiar with the data he has collected (Stahl & King, 2020).

Chapter III

Result

A total of four participants were interviewed for this study and all of them were females. The participants were between the ages of 18-24 at the time of the interview. All of the participants had grown up with a mentally ill mother. The spectrum of the diagnosis of the parents included generalized anxiety (n=1) and clinical depression (n= 2,3,4). While one of the parent's also showed signs of delusions (n=4).

After the interviews were taken and were transcribed, subthemes and codes were formulated. During this process, many similarities were found in these emergent themes and they were formulated under a subordinate theme. It yielded many emergent themes which were clustered under major themes. And four of the major themes were formulated and were represented in the form of tables for better understanding of the experiences of young adults living with their mentally ill parent. The four major themes were identified which further had subthemes (1) Experiences of young adults with 4 subthemes; (2) Challenges with 5 subthemes; (3) Support with 6 subthemes; and (4) Parental relationships with 3 subthemes.

Table 3.1 Subthemes of interview 1

Major themes	Subthemes
Emotional challenges	<ul style="list-style-type: none"> ● Overthinking ● Burnout ● Feeling left out ● Overdoing things ● Emotionally sensitive ● Emotional dependency
Social challenges	<ul style="list-style-type: none"> ● Fear of anger outburst in front of friends ● Restricting outing with friends
Health challenges	<ul style="list-style-type: none"> ● Frequent hospital visits
Support from friends	<ul style="list-style-type: none"> ● Sharing ● Non-judgmental support ● Emotional dependency
Mental health professionals	<ul style="list-style-type: none"> ● Sessions

Family

- Recommending taking therapy to others

- Sharing problems
- Finding solutions together

Illness and its effect on parental role

- Absence of father
- Second marriage
- Acceptance and denial
- Effect on physical health of mother
- Anger outburst on children
- Self-blame

Table 3.2 Subthemes of interview 2

Major themes	Subthemes
Role of family	<ul style="list-style-type: none"> ● Taking care of mother ● Family bonding ● Spending time together ● Family input

Illness and its effect on parental role

- Supporting children
- Compensating lost time
- Taking care of the family
- Burden of responsibilities

Social Challenges

- Difficulty forming relationships
- Trust issues

Effect on self

- Feelings of guilt
- Self-evaluation
- Reduced confidence
- Feeling complex

Sources of Support

- Family
 - Help from father
 - Sharing with sister
- Friends
 - Sharing
 - Relatable experiences
- Family friend
 - Negative role
 - Breaching confidentiality

- Over sympathize

Coping mechanism

- Making a list of problems

Table 3.3 Subthemes of interview 3

Major themes	Subthemes
Emotional Challenges	<ul style="list-style-type: none"> ● Scared ● Emotionally sensitive ● Frustrated ● Building up of emotions ● Low self esteem ● Hypervigilance ● Emotionally drained
Financial challenges	<ul style="list-style-type: none"> ● Expensive treatment ● Cost for university
Social challenges	<ul style="list-style-type: none"> ● Missing presence of mother ● Unable to relate to others ● Loss of friends

Support

- Family
 - Sharing problems
 - Encouragement by father
 - Other trusted family member
 - Sharing with sister
- Mental health professional
 - Mother's counselor
- Self help
 - Prefer handling on their own
 - Avoiding dependency
 - Emotional help

Illness and its effect on parental role

- Sudden change in behavior
- Not paying attention
- Uninterested

Table 3.4 Subthemes in interview 4

Major themes	Subthemes
Emotional challenges	<ul style="list-style-type: none"> ● Emotionally vulnerable ● Feeling alone ● Crying spells

Family challenges

- Stressed
- Pressured
- Responsibilities at a young age
- Familial insults
- Accusations of father
- Fight between parents

Illness and its effects on parental role

- Trust issues
- Second marriage
- Absence of father
- Physical abuse by both parents
- Behavioral changes
- Unable to defend against family
- Aggression
- Unresponsiveness

Support

- Family
 - Bonding with elder brother
 - Sharing with cousins
-

- Communicating emotional needs
- Mental health professionals
 - Limited resources

Table 3.5 Master table

Major themes	Subthemes
Experiences	<ul style="list-style-type: none"> ● Daily routine ● Providing care to parent ● Impact on family life
Challenges	<ul style="list-style-type: none"> ● Emotional challenges ● Social challenges ● Financial challenges ● Family challenges ● Effect on self
Support	<ul style="list-style-type: none"> ● Family ● Friends

- Mental health professionals

- Self help

- Coping mechanism

Effect on parental role

- Parental absence

- Range of emotions

- Changes in parental role
-

Figure 1

Thematic map of “experiences”

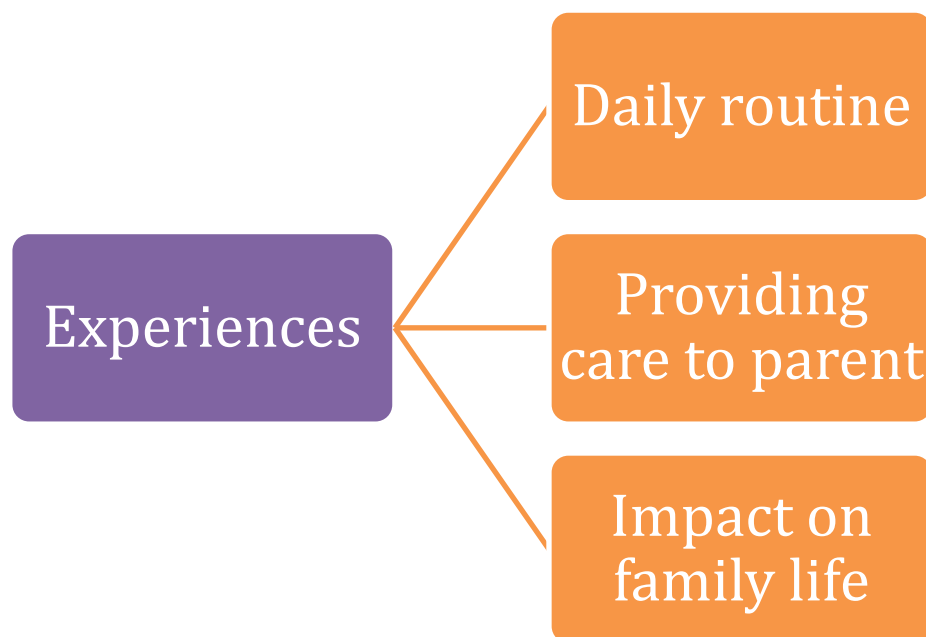


Figure 2

Thematic map of “challenges”



Figure 3

Thematic map of “support”.

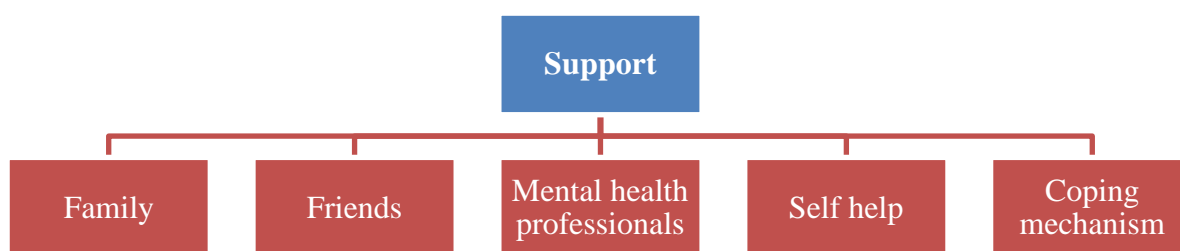
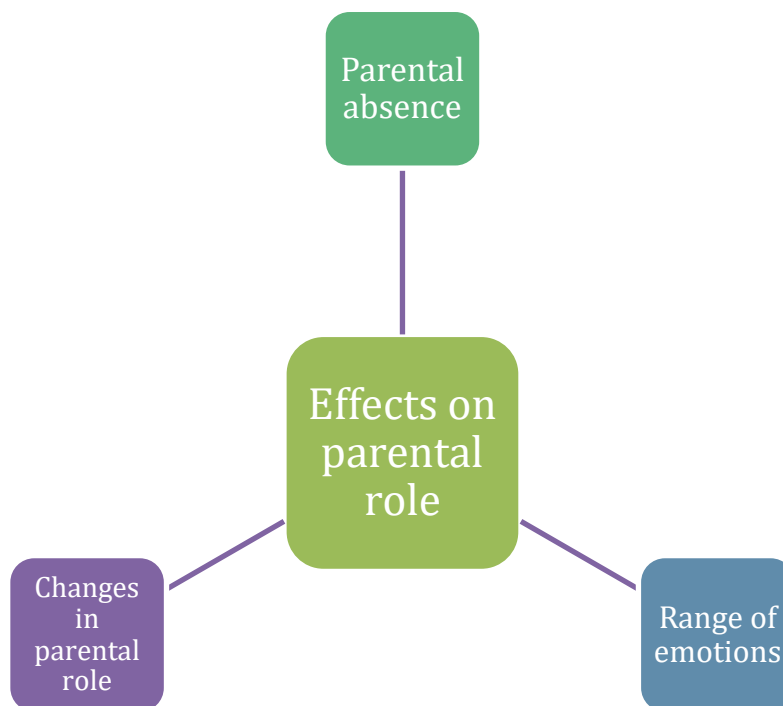


Figure 4

Thematic map of “effects on parental role”.



Experiences

The first major theme that emerged from the data is experiences. This theme covers the experiences of young adults living with a parent with mental illness. These experiences cover the daily routine of the young adults, how they cared for their parent and what impact it had on their family life.

“Ghar mai hotay howay kuch time hum logon nai kosish ki k kuch arsa family time ho. mene mama k saath communication behtar krli thi tou os mai yeh cheez thi k mene mama k saath emotional bonding behtar ki.”

“Os time par yeh hota tha k os time par yeh hota tha k hamara school wagaira bhi hota tha tou jab hum school jatay thay tou hamaray father thay unhon nai apnay office timings iss trha sai kr liye thay k wo office bohot late jatay thay takay wo ziada time jo hai unn k saath spend kr sakain aur wo ghr par akeli na hon. Hum log jab school sai atay thay tou os k baad hum pora time unn k saath rehtay thay.”

“School janay sai phele ammi ko mil k jana wapis aa k milna, unn sai baat krna, koshish krti thi k roz ki routine baton unnko. Hum sab raat ko almost roz hi pori family saath bethay thay baatain krtay thay, unn sai batain pochay thay aur koshsih hoti thi k wo respond karain hamain.”

“Meri ghr ki routine iss trha ki hoti hai k mai abh fsc mai hon tou jo hai phele mai college jati hon ghr ati hon, thori dair mobile use krti hon.”

Participants expressed that they adjusted their routines in order to take care of their parent and how they played their part in caring for their parent. All of the participants stated that it was made sure that their parent with mental illness was not left alone and someone was with them at all times.

They also described how their family lives changed and how all of them made time for their parent with mental illness to look after them. they also made time to take care of each other and look after each other's needs.

“Family life iss trha sai change howi k hum bachon nai na mama baba k conflicts mai interfere krna shuru kar diya.”

“Meray father par akelay hi sara burden unn par tha iss ab ko deal krnay ka. Os time par jo hai family life thori disturb howi thi kiu k aik banda jo hai over burden feel kr raha hai kiu k baki saray jo hain wo itna ziada involved nhi hain os cheez mai tou iss trha sai affect howi thi.”

“Family life mai yahi change aya k hum log aur close ho gaye thay. Ammi ka haal chaal pochay rehtay thay.”

Challenges

The young adults reported many challenges that they faced during this time. It included emotional, social, financial and family challenges. Some of them also reported how these events had an effect on their selves.

“Overthink krna aur meray overthinking patterns bohut strong hain mai sari sari raat iss cheez ko overthink karon gi. Mai 3 saal purani cheez bhi overthink karon gi.”

“Mai emotionally sensitive ho gayi thi thora kiu k agr koi mujhy thora sa bhi kuch keh deta tha tou mujhy bohut ziada bura lagta tha even choti si baat bhi.”

“Mera breakdown ho jata hai aik dum sai aur mai kisi ko bata nhi skti tou mai ghanton kamray mai bund reh k ya khud ko bathroom mai bund kr k roti rehti hon.”

These emotional challenges made them feel vulnerable and it affected them on how to express their emotions.

Social challenges were also described by the participants.

“Nhi mujhy beech beech mai issues hotay hain jis trha for example trust issues hotay hain.”

“Meri life was all about friends lekin sab aik kr k side par ho gaye tou meray liye sab bara mushkil ho gaya tha.”

One participant also mentioned about the financial challenges they faced during the condition of her parent.

“Aik dafa ghr mai kafi financial issues chal rahay thay aur iss time par hum sb college university mai thay aur saath ammi ka treatment bhi chal raha tha tou kafi maslay thay os time par.”

Further some of the participants expressed how these events had an effect on their personality and on their selves.

“Mera self-esteem bohot low ho gaya hai iss waja sai.”

“hamara confidence level thora down tha kiu k wo os trha ki support nhi thi shuru mai apni mother ki taraf sai aur kuch complex sa hota tha mujhy.”

Support

Participants received different kinds of support when they were experiencing their parent's mental illness. The support helped them get through the difficult time.

“Iss sab k doran hamaray father ki bohot ziada support thi. Dosra yeh k hum teeno (3) behan bhai aik dosray ko bohot support krtay thay.”

“Sudden support k liye mene apni best friend ko message krna hai, if she is available then it’s okay wrna mene apnay partner k pas jana hai. Wahan sai mujhy sudden support mil gayi.”

“Ghr walon ka support tha. Apni khala ka support tha. And I guess it helped a lot. Kisi kisi ko tou itna bhi nhi milta.”

“Mujhy support sirf meri tayi amma sai ya nanhiyal walon sai hi mila hai. Aur kahin sai nhi mili.”

“Ammi k counselor k ilawa mai kisi k pas nhi gayi. kiu k wahan sai hi kafi baton ka pata lag jata hai. Aur mera yeh bhi hai k mai cheezain handle kr leti hon apni.”

All the participants expressed what kind of support got them through the difficult times but they also mentioned that they did not receive much support for their emotional wellbeing.

Effects on parental role

Parents also played a role in their children’s life. They described how parents helped them and helped them solve their problems. They described the presence and absence of their parents and how their parental role changed after the other parent had illness.

“Aur phr over the years jo baba ka rawaiya tha k aik taraf wo ziada inclined thay aur dosri taraf wo ziada inclined nhi thay.”

“Tou tab tak unnki bhi yeh cheez thi k wo bhi osko compensate krti thin k nhi agr mera iss trha ka time period guzra hai tou mai osko compensate karon, aur ziada innko time don aur support karon.”

“eid ka moka hai aur baba nhi hain wahan. Phele nhi pata tha k baba kahan jatay hain baad mai jab dosri shadi disclose howi hai tou pata chala. Lekin yeh cheez bohot feel hoti thi k aapka aik

parent jo hai wo aapki emotional needs pori nhi kr skta kiu k oski apni emotional needs pori nhi howin jis ki wajah sai that parent is not mentally sane.”

Discussion

This study focuses on the experiences of living with a parent suffering from any mental illness and the phenomenon of support. The results revealed many different themes which were incorporated in the master table. The major themes were experiences, challenges, support and effect on parental role.

Experiences

The first major theme is of experiences and the subthemes under are daily routine, looking after the parent and impact on family life. The young adults who grow with parents who have any mental illness are themselves at risk of developing a mental illness. Their everyday life is influenced by the presence of their parent (Dellve *et. al.*, 2000; & Nolbris *et. al.*, 2013). When a parent is diagnosed the whole family system is adjusted according to their needs. In the start it is difficult to adjust because no one is aware how to act and/or how to adjust to the changing environment. The participants reported to have to adjust their routines according to their parent's condition. It was made sure by them that there was always someone with the parent and they were not left alone. The children took care of their parents by comforting them and avoiding any possible triggers for them (Griffiths *et al.*, 2011; & Mordoch & Hall, 2008)

They reported that family time was really essential as they were all together and can have conversations about the problems they were facing and they made sure to avoid any possible triggers for the parent. Studies have also shown that parents with depression have impaired communication with their children and are unconsciously uninterested or unresponsive to the child

(Jacob & Johnson, 1997). Communication was the key for most participants to know what were the thoughts of their parents which were causing them unrest.

Another important finding reported the impact on family life of the participants. The participants stated that during the initial stages of their parent's illness, they were unable to understand their parent's symptoms. They understood that something was not right with their parent as they did not understand the illness. Most of the participants did not understand and were not told about their parent's illness and were told about the condition very generally (Foster, 2010). One participant mentioned that they were not allowed to talk about their parent's illness in the house. None of the participant mentioned their ongoing situation to anyone outside their homes (Baik & Bowers, 2006).

When the parent was unable to take care of them, the participants and their siblings had to take over and take care of everything. Wagenblass (2001) described that usually the oldest sibling assumed the role of being a parent around the house to take care of both their parents and younger siblings. The participants also reported that their older siblings took on the responsibility and the younger siblings helped them side by side. The younger siblings had less responsibilities and they took turns while caring for their mother. Two participants reported their fathers as supportive of their mother's mental illness. They took on the role and took care of the whole family. When fathers take on the role of secondary caregiver for the children, the support provided by them is described as very important for the wellbeing of the children and the mothers (West & Honey, 2016). But there were some reports where it indicated that the partner was not helpful in taking care of the children and the mother. Fathers' involvement plays a crucial role in child's cognitive, social and emotional development (Wood & Lambin, 2013). The fathers who were not involved made the children feel helpless. Their emotional needs were compromised and they had no one to

turn to when they needed help. The parental conflicts effected their children mentally. They had to step in to control the situations so the condition of mentally ill parent was not compromised.

Challenges

The second major theme describes the challenges faced by the participants. It further explains emotional, social, financial, family challenges and the effects of the experiences they faced. The participants faced many emotional challenges during their parent's mental illness. One participant reported feeling guilty because she believed her mother's health was her fault. They felt guilty because they were not able to make their parents feel better (Kadish, 2015; Murphy *et al*, 2016; Nilsson *et al*, 2015; & Wagenblass, 2001). Participants also described feeling scared as they did not understand the condition of their parent. Fear also developed due to the abusiveness of the mentally ill parent. The unpredictability of the parent's behavior led to fear and effected their emotional wellbeing (Murphy *et al.*, 2015).

The participants described that they experienced different emotions while taking care of the parent such as feeling pressured, frustrated, stressed, burnout. These emotions were felt due to the parent's condition. They characterized that due to their parent's lack of emotional availability which prevented them from having a safe channel to release their difficult emotions (Valiakalayil *et al.*, 2004). They felt pressured and stressed because there was no one to take care of them and their parent. They had to deal with the situation on their own. The feeling of burnout was due to overdoing things and overthinking. They developed these habits after the parent's diagnosis. One of the participants also mentioned that due to tough early life experiences affected her development while another participant reported that due to these experiences, she became more mature and wiser (Van Parys *et al*, 2015). They had to be hypervigilant in their parent's presence to keep observing any possible triggers. Caring for a mentally ill parent is emotionally and physically

draining due to which it effected their physical health and it took them longer to recover (McCann *et al.*, 2015). They felt emotionally drained because they were not able to regulate their emotional needs and had become emotionally sensitive.

Another challenge they faced were social challenges. Children always learn to socialize, communicate and interact with others at home especially through parent child relationship (Berk, 2005). If the parent has any mental illness, children may face difficulty with developing these abilities. The participants were always afraid that their parents will burst with anger in front of their friends. Even if they met someone with a similar situation as them, they still did not share anything with them due to which they felt lonely at times. The role of caring for their parent restricted their social life (McCann *et al.*, 2015). The participants mentioned that in their childhood, they missed the presence of their parent on different occasions such as school festivals and mothers picking up their children from school.

. Family distress and the regulation of emotions of children plays a role in their development (Sroufe *et al.*, 2010). The participants reported that they experienced low self-esteem and low confidence which effected their personality. They developed feeling complex because they were not like other children and they did not have normal parents. Due to this, they self-evaluated themselves to see if they have any problems or if they will develop any mental illness just like their parent in the future. Financial challenges were also faced by one of the participants. Caring for a mentally ill parent or spouse imposes a financial burden on the family (McCann *et al.*, 2015). The financial constraints are faced there when the children are going to colleges or universities and the treatment and therapy sessions of the parent are going sided by side with it.

Family challenges are often present where families with mentally ill parent are present which effects the child's mental health (Sell *et al.*, 2021). All the participants reported not telling

their relatives about their parent's mental illness except for one. The participant described family relationships very difficult to maintain. The taboo continued throughout their lives and the relatives provided no support. The continuous taunts about their parent's mental illness affected their mental health. It led the participant to have responsibilities at such a young age and taking care of their parent on their own. Two participants reported that no support was provided by the father.

Support

The third major theme include support and the most common support all of the participants received were from friends, family, mental health professionals, helping themselves and the coping mechanisms they used. The participants used to share their problems with their friends for support. People depend on friends who have been through the similar experiences as them and it was considered important for them (Davey et al., 2010). One of the participants stated it as a non-judgmental support and could rely on them emotionally. It provided them with an escape from the difficulties at home (Werner, A., 2017; & Maynard et al., 2013). But one of the participants mentioned that they could not relate to their friends' experiences. One participant also reported support from their significant other. Whenever participant communicated her emotional needs towards her partner, she always received support. Support from significant other resulted in more stronger bonds (Lukens *et al.*, 2004).

The participants also received support from their family members. The participants reported that their siblings were a major source of support for them. They could discuss their problems with each other and confided in one another. Each of them supported one another through difficult times. Sometimes the healthy parent provided support and sometimes none of the parent provided attention or care (Dunn, 1993). Participants also reported to have a close relationship with the healthy parent. They took care of the children and the household (Kadish, 2015). The

father occasionally struggled problems in managing the situation of the other parent. One participant mentioned that the father was in denial about the mother's condition and was unable to help children to cope with the conditions (Petrowski & Stein, 2016).

Some participants also visited mental health professionals for the problems they were facing. One of the participants only visited the parent's therapist to discuss the problems while another had no resources to visit a mental health professional. One of the participants preferred to handle the problematic situations on her own and she avoided dependency on others.

Various coping mechanisms were used by the participants. These coping mechanisms include maintaining a distance emotionally and physically and keeping emotions inside (Pölkki et al., 2005). One of the participants used the technique of listing down the problems she was facing. She also gave time to things and waited that things will get better on their own.

Religious activities made one participant get closer to religion which became a major coping mechanism for her. Many people turn to religion when they are facing tough situations. Religion can be an effective coping mechanism as it helps with the primary needs of a person of self-care, escape from the conflicts of life (Ozcan et al., 2021).

Effects on parental role

The last major theme includes the parental absence, range of emotions and changes in parental role. Parental absence affects social, emotional and development stages of a child's life. Two of the participants reported second marriage of their fathers due to which the fathers were more inclined towards their second homes. Second marriage of the fathers also played a role in worsening the condition of mothers. It increased their levels of anxiety and the parents grew apart from each other. It also effected the life of children. The children's fundamental requirements for love, care, protection, and attention were disregarded by them (Källquist & Salzman-Erikson,

2019). One of the participants reported that father had a hard time accepting the condition of their mother. Father expressed his state of denial and was unable to take care of the children (Källquist & Salzmänn-Erikson, 2019). Absence of father made them feel lonely and they had no parental figure in their life to support them and look after them. The other two participants reported that their father's involvement played a huge role in their lives. They did not feel left out and they looked after their mothers. They did not stigmatize their mother's condition. As for the other parent who was suffering from a mental illness was not mentally present for the children. Participants reported that the parent was usually not paying attention to anything around them. Participants described that sometimes the mentally ill parent gave attention, but there were times when none of the parents paid attention to their children (Källquist & Salzmänn-Erikson, 2019). The participants tried to keep the parent engaged in conversations and to not leave them alone. During the conversations, they seemed unresponsive and sometimes wanted the conversations to end. One of the participant's mentioned that due to their mother's mental condition, the relatives used to taunt them and the mother was unable to defend them against the family.

The emotions showed by the parent due to their mental illness were the anger outbursts, self-blame and aggression. The participants reported that anger outbursts were due to the fight between their parents which later turned to anger outbursts of the parent which disturbed the home environment. Fitzgerald (2001) gave research about experiences of those living with their parent having mental illness, where a participant stated that her father showed very little empathy towards her mother whenever they fought which eventually. Due to the second marriage of the husband one participant reported that their mother blamed herself for her husband's second marriage and questioned her self-worth. Another reported that the emotional attachment of her mother with mother-in-law caused many problems in the family.

The role of both parents of all the participants varied. One participant reported that her father physically abuses her due to his trust issues. Researches have shown the failure of parents to take care of the child and leading to many risk factors where the child developing mental health problems is the most prominent one (Smith, 2015; Wattenberg et al., 2001; & Zilberstein, 2016). The father played no role in taking care of the mother while the fathers of other participants actively participated in taking care of the mother. One participant reported that the taunts of her relatives disturbed their family life and was one of the reasons for physical abuse by father. The changes in mother's behavior were sudden for all the participants and was very much noticeable. The participants tried to stay with the parent as much as possible so that they don't feel alone. Some participant reported that after the condition of mother got better over the years and mothers going back to their normal selves helped them support their children. The mothers had the realization that so much time has been lost and wanted to compensate for it by supporting them.

Conclusion

This research extracted four major themes which were experiences, challenges, support, and effects on parental role, with their own subthemes. In the subthemes of experiences, the impact of parental mental illness was described. It revealed that how the family life and the daily life of people change when a parent is diagnosed with mental illness. Adjusting to new routines so suddenly and in a young age is difficult with so much responsibility. The subthemes of challenges expressed that young adults face a lot of challenges personally and socially in their lives. They do not receive much support to help overcome their emotional challenges which affects their social life. It is seen that the family life not only affected them at a young age but it also persisted in their adult life. It affected their self-esteem and social life. The findings also demonstrate the need for support. The participants received support from various sources such as friends and family. The support from father and siblings was very helpful for them to solve their problems. Some participants visited mental health professionals to deal with their emotional problems but some had limited resources to visit a professional. They used various coping mechanisms to help them overcome their daily life problems.

The role of parents also played a role in forming the life of the participants they were living. The parental absence made them feel lonely and had no one to turn to. The extreme emotional reactions of the parent suffering from mental illness also affected the lives of participants. They also faced changes in parental role. How each parent played their part in taking care of each other and the children.

Limitations

- The sample size of this research was small which reduced its external validity.
- Sample consisted of female participants only.
- The parent suffering from mental illness in this sample were all mothers.
- Sample was taken from one city of Pakistan which cannot be generalizable to other cities in Pakistan.

Suggestions

- The number of participants should be increased to increase the external validity of future researches.
- Future studies should include both male and female participants.
- Fathers should also be included in the category of mentally ill parents.
- The comparison should be made between the experiences of both males and females.
- Participants of various ages should be included in the population.

Implications of the study

- This study will help the mental health professionals to look after the children of mentally ill parent and provide them with counseling.
- This study will raise awareness about parental mental illness and experiences of young adults, encouraging other young adults to seek help from mental health professionals.
- It will reduce the stigma of mental illness while also encouraging parents to seek expert care.

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APPENDICES

APPENDIX A: INFORMED CONSENT

Consent Form

Research Title: Experiences of living with a parent suffering from mental illness: Exploration of phenomenon of support

Researcher: Emania Fatima Adan

Supervisor: Ms. Zara Haroon

Kindly read the following statements:

1. I accept that I was given the opportunity to know about the research and obtain answers about the queries.
2. The researcher(s) has told me about the aim, duration, and nature of research.
3. I am aware that this interview is audio recorded with my consent.
4. I am willingly participating in the research.
5. I am aware that my data will not be revealed and my confidentiality will be maintained.
6. I am also aware that my participation is entirely voluntary and I have the right to withdraw from the research at any point.
7. I am aware that my data will be shared with the researcher's instructors and it will be used for research purposes only.

Initials of the Participant _____ Signature _____

Name of the Researcher _____ Signature _____

Interviewer's email: emaniaadan@gmail.com

APPENDIX B: DEMOGRAPHIC FORM

Demographic Form

1. Gender:

- a) Male
- b) Female

2. Age (in years):

3. Religion:

- a) Muslim
- b) Christian
- c) Other

4. Marital status:

- a) Married
- b) Single
- c) Divorce/Separation
- d) Widow/Widower

5. Education:

- a) Secondary education
- b) Undergraduate
- c) Postgraduate

6. Socioeconomic status:

- a) Lower
- b) Middle
- c) Upper

7. Family System:

- 1. Nuclear
- 2. Joint

8. Family income:

9. Birth order:

APPENDIX C: INTERVIEW GUIDE

Main Heading	Probing Question
<p>1. How did you get to know about your parent's illness? آپ کو اپنے والدین کی بیماری کے بارے میں کیسے پتہ چلا؟</p>	<ul style="list-style-type: none"> ➤ What has been the biggest change in your life since you learned about your parent's illness? جب سے آپ کو اپنے والدین کی بیماری کے بارے میں معلوم ہوا ہے آپ کی زندگی میں سب سے بڑی تبدیلی کیا آئی ہے؟ ➤ What was your reaction/feelings regarding your parent's illness? آپ کے والدین کی بیماری کے بارے میں آپ کا ردعمل/احساس کیا تھا؟
<p>2. What were your experiences living with mentally ill parent? ذہنی طور پر بیمار والدین کے ساتھ رہنے کے آپ کے تجربات کیا تھے؟</p>	<ul style="list-style-type: none"> ➤ What was your routine day like? آپ کا معمول کا دن کیسا تھا؟ ➤ What did you expect to know about taking care of your parent? آپ کو اپنے والدین کی دیکھ بھال کرنے کے بارے میں کیا جاننے کی امید تھی؟ ➤ How did you take care of your mentally ill parent? آپ نے اپنے ذہنی طور پر بیمار والدین کی دیکھ بھال کیسے کی؟ ➤ How did it change your family life? اس نے آپ کی خاندانی زندگی کو کیسے بدلا؟ ➤ What did you do when your mentally ill parent was around you? جب آپ کے ذہنی طور پر بیمار والدین آپ کے آس پاس تھے تو آپ نے کیا کیا؟ ➤ Did the presence of your mentally ill parent affect you? کیا آپ کے ذہنی طور پر بیمار والدین کی موجودگی نے آپ کو متاثر کیا؟ ➤ Did they ask you about how your day was? کیا انہوں نے آپ سے پوچھا کہ آپ کا دن کیسا رہا؟

	<ul style="list-style-type: none"> ➤ What did you do when you needed help for something? جب آپ کو کسی چیز کے لیے مدد کی ضرورت پڑی تو آپ نے کیا کیا؟ ➤ When the parent did not respond to your need, what did you do? جب والدین نے آپ کی ضرورت کا جواب نہیں دیا تو آپ نے کیا کیا؟ ➤ Did you share your problems at home? کیا آپ نے گھر پر اپنے مسائل بتائے؟ ➤ Did you share your problems with someone except your family? کیا آپ نے اپنے مسائل اپنے خاندان کے علاوہ کسی سے شیئر کیے ہیں؟ ➤ What role did your relatives played? آپ کے رشتہ داروں نے کیا کردار ادا کیا؟
<p>3. What challenges did you face? آپ کو کن چیلنجوں کا سامنا کرنا پڑا؟</p>	<ul style="list-style-type: none"> ➤ Did anyone ever taunt you for your parent's mental illness? کیا کبھی کسی نے آپ کو آپ کے والدین کی ذہنی بیماری کا طعنہ دیا؟ ➤ Did you miss your parent's presence when your peers are talking about their parents? کیا آپ کو اپنے والدین کی موجودگی یاد آئی جب آپ کے ساتھی اپنے والدین کے بارے میں بات کر رہے ہیں؟ ➤ Did this ever happen that you tried to talk to your mother and she ignored you? کیا کبھی ایسا ہوا کہ آپ نے اپنی ماں سے بات کرنے کی کوشش کی اور اس نے آپ کو نظر انداز کیا؟ ➤ Were you able to form consistent relationships? کیا آپ مستقل تعلقات بنانے کے قابل تھے؟ ➤ did you ever find someone who you thought you had similar experiences with?

	<p>کیا آپ نے کبھی کوئی ایسا شخص پایا جس کے بارے میں آپ کو لگتا تھا کہ آپ کے ساتھ بھی ایسے ہی تجربات ہیں؟</p> <p>➤ Was it difficult talking about it? کیا اس کے بارے میں بات کرنا مشکل تھا؟</p>
<p>4. What kind of support did you get? آپ کو کس قسم کا تعاون ملا؟</p>	<p>➤ Did your relatives ever helped you while taking care of your parent? کیا آپ کے والدین کی دیکھ بھال کے دوران آپ کے رشتہ داروں نے کبھی آپ کی مدد کی ہے؟</p> <p>➤ Were your relatives supportive? کیا آپ کے رشتہ دار معاون تھے؟</p> <p>➤ Did they ever come and helped you? کیا انہوں نے کبھی آکر آپ کی مدد کی؟</p> <p>➤ Were you aware of mental health professionals? کیا آپ ذہنی صحت کے پیشہ ور افراد سے واقف تھے؟</p> <p>➤ Did you seek help from mental health professionals? کیا آپ نے دماغی صحت کے ماہرین سے مدد لی؟</p> <p>➤ What did you do when there was no support from others? جب دوسروں کی طرف سے کوئی تعاون نہیں تھا تو آپ نے کیا کیا؟</p>

APPENDIX D: THEMES

Table 3.1 Subordinate themes of interview 1

Subordinate themes	Emergent themes
Emotional challenges	<ul style="list-style-type: none"> • Overthinking • Burnout • Feeling left out • Overdoing things • Emotionally sensitive • Emotional dependency
Social challenges	<ul style="list-style-type: none"> • Fear of anger outburst in front of friends • Restricting outing with friends
Health challenges	<ul style="list-style-type: none"> • Frequent hospital visits
Support from friends	<ul style="list-style-type: none"> • Sharing • Non-judgmental support • Emotional dependency
Mental health professionals	<ul style="list-style-type: none"> • Sessions • Recommending taking therapy to others

Family

- Sharing problems
- Finding solutions together

Illness and its effect on parental role

- Absence of father
- Second marriage
- Acceptance and denial
- Effect on physical health of mother
- Anger outburst on children
- Self-blame

Table 3.2 Subordinate themes of interview 2

Subordinate themes	Emergent themes
Role of family	<ul style="list-style-type: none"> • Taking care of mother • Family bonding • Spending time together • Family input

Illness and its effect on parental role

- Supporting children
- Compensating lost time
- Taking care of the family
- Burden of responsibilities

Social Challenges

- Difficulty forming relationships
- Trust issues

Effect on self

- Feelings of guilt
- Self-evaluation
- Reduced confidence
- Feeling complex

Sources of Support

- Family
 - Help from father
 - Sharing with sister
- Friends
 - Sharing
 - Relatable experiences
- Family friend
 - Negative role
 - Breaching confidentiality
 - Over sympathize
- Making a list of problems

Coping mechanism

Table 3.3 Subordinate themes of interview 3

Subordinate themes	Emergent themes
Emotional Challenges	<ul style="list-style-type: none"> • Scared • Emotionally sensitive • Frustrated • Building up of emotions • Low self esteem • Hypervigilance • Emotionally drained
Financial challenges	<ul style="list-style-type: none"> • Cost for treatment • Cost for university • Keeping it a secret from mother
Social challenges	<ul style="list-style-type: none"> • Missing presence of mother • Unable to relate to others • Losing friends
Support	<ul style="list-style-type: none"> • Family <ul style="list-style-type: none"> ○ Sharing problems ○ Encouragement by father ○ Other trusted family member ○ Sharing with sister • Mental health professional <ul style="list-style-type: none"> ○ Mother's counselor • Self help <ul style="list-style-type: none"> ○ Prefer handling on their own ○ Avoiding dependency

- Emotional help

Illness and its effect on parental role

- Sudden change in behavior
- Not paying attention
- Uninterested

Table 3.4 Subordinate themes in interview 4

Subordinate themes	Emergent themes
<ul style="list-style-type: none"> • Emotional challenges 	<ul style="list-style-type: none"> • Emotionally vulnerable • Feeling alone • Crying spells • Stressed • Pressured
<p>Family challenges</p>	<ul style="list-style-type: none"> • Responsibilities at a young age • Taunts by family • Taunts of father • Fight between parents
<p>Illness and its effects on parental role</p>	<ul style="list-style-type: none"> • Trust issues

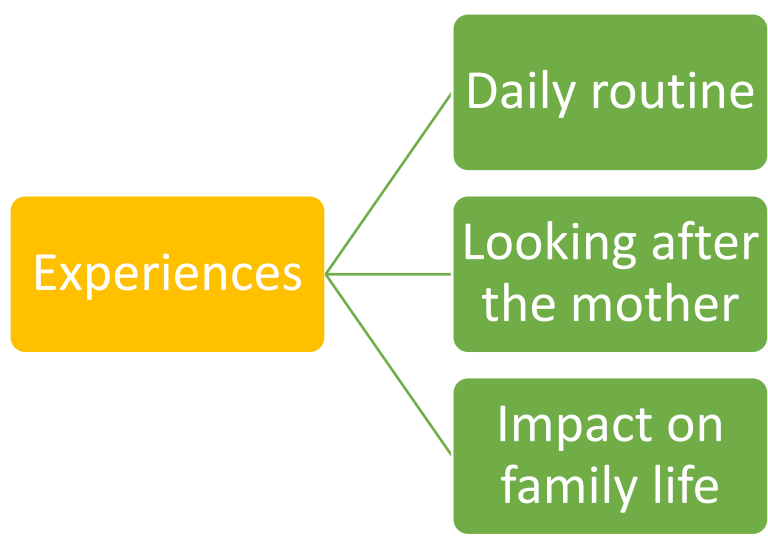
- Second marriage
 - Absence of father
 - Physical abuse by both parents
 - Behavioral changes
 - Unable to defend against family
 - Aggression
 - Unresponsiveness
 - Family
 - Bonding with elder brother
 - Sharing with cousins
 - Communicating emotional needs
 - Mental health professionals
 - Limited resources
-

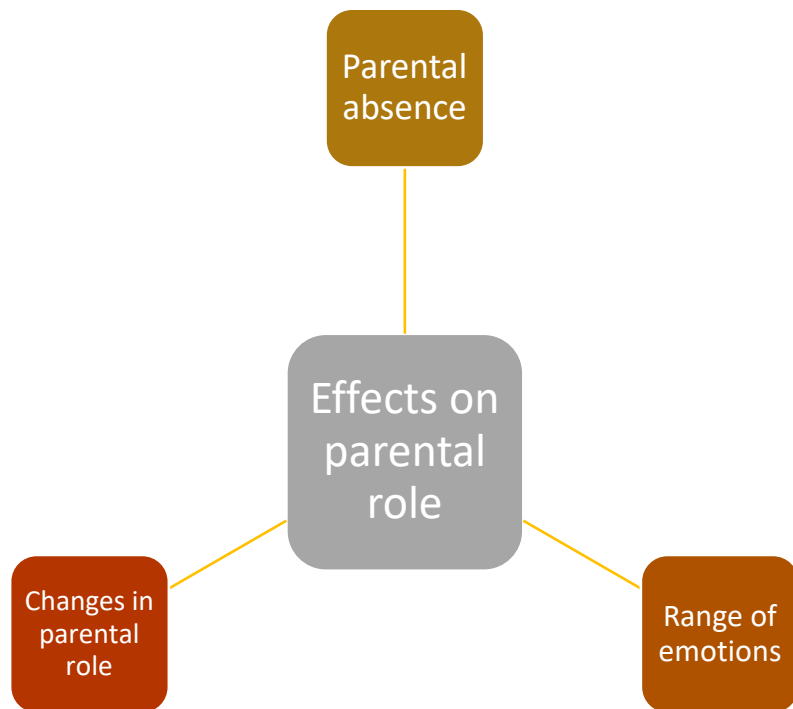
Support

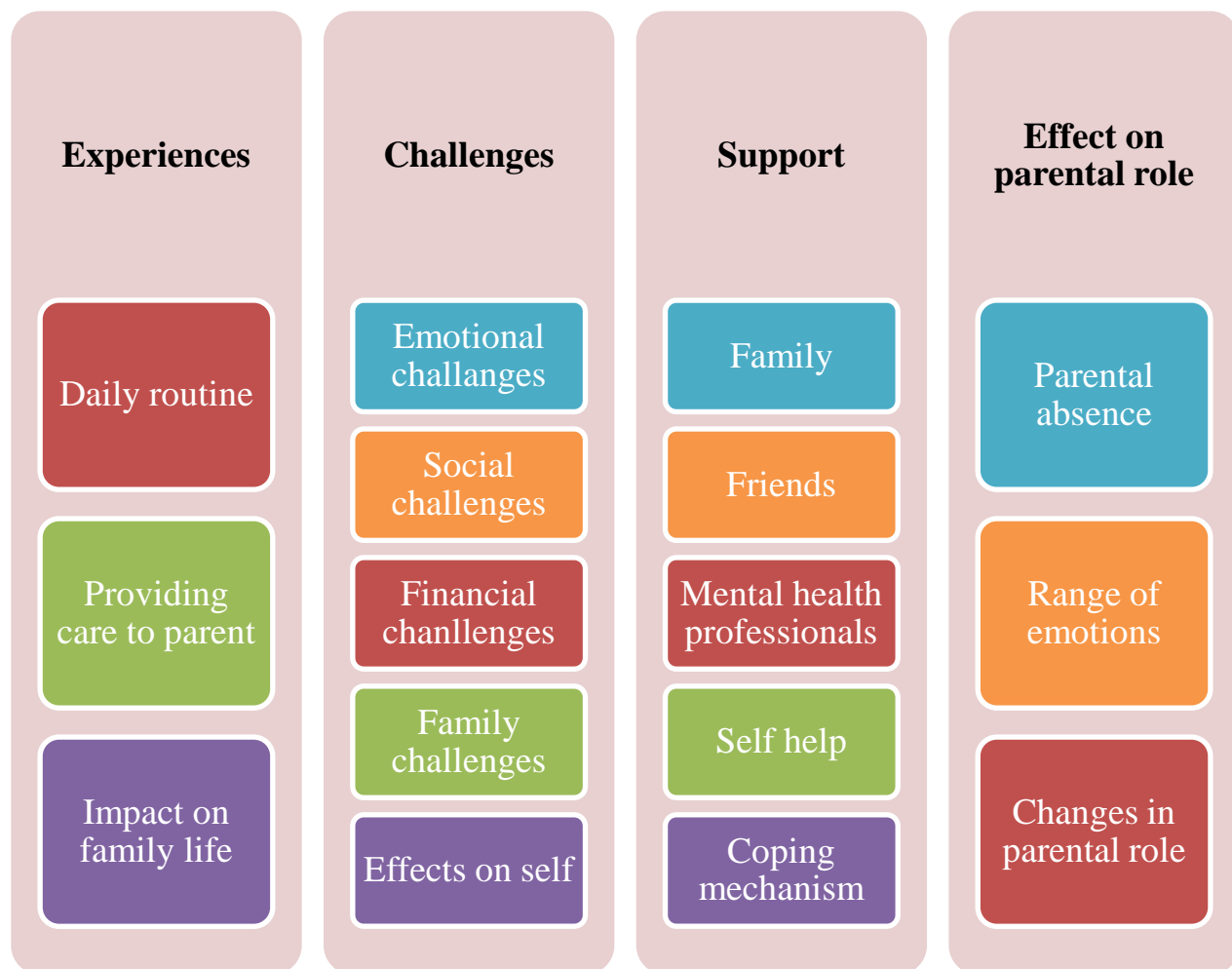
Master table

Major themes	Subthemes
Experiences	<ul style="list-style-type: none"> • Daily routine • Looking after the parent • Impact on family life
Challenges	<ul style="list-style-type: none"> • Emotional challenges • Social challenges • Financial challenges • Family challenges • Effect on self
Support	<ul style="list-style-type: none"> • Family • Friends • Mental health professionals • Self help • Coping mechanism
Effect on parental role	<ul style="list-style-type: none"> • Parental absence • Range of emotions • Changes in parental role

APPENDIX E: THEMATIC FRAMEWORK







APPENDIX F: INTERVIEWS

INTERVIEW 1

Interviewer: aaj aap kis k baray mai baat krna chahain gi? Apni mother k baray mai ya father k baray mai?

Interviewee: mai apni mother k baray mai baat karon gi aaj.

Interviewer: aapko apni mother ki illness k baray mai kesay pata laga?

Interviewee: the thing is when we shifted to Lahore back, jab meri university start honi thi tou tab we started noticing k mama mai bohot aesi symptoms aa rahi hain which I would say are related to or can be related to anxiety, since she is diagnosed with it. Tou yeh cheez thi k palpitations hona and kharay kharay aik dam sai without any reason she started fainting. Especially bahir kahin social setting mai. Aur unki anxiety itni barh jati thi k wo jo hain khud ko band kr leti thin and stuff like this. Tou iss k baad unn k saath jo hai mai gayi thi unnko check krwanay psychiatry ward CMH. Tou wahan par I was there when they diagnosed her kiu k I was throughout with her jo unn k initial sessions thay. Tou tab mujhy pata chala tha.

Interviewer: Jab aapko apni mother ki illness k baray mai pata laga tou iss k baad aapki zindagi mai sab sai badi tabdili kya ayi?

Interviewee: Sab sai bari tabdili yeh thi k mai bohot ziada concious rehney lag gayi thi k kab mama ko anxiety attack hoga ya yeh cheezain bhi note krnay lag gayi thi k trigger kya ho skta hai. Kiu k it was k mai kisi bhi moment par mama k saath bethi hon ya koi bhi baat kr rahi hon tou back of my mind yeh cheez chal rahi hoti hai k mama iss baat sai trigger na ho jayein, os baat sai trigger na ho jayein tou over thinking meri increase howi thi kiu k mujhy pata tha k outcome kya hona hai iss anxiety ka. Tou koi bhi aesi baat na tou mai khud krte thi na hi apnay behan bhaiyon ko krnay deti thi aur iss cheez ki bhi k mama baba ka kbhi koi conflict hota tha na tou wo fear mera heightened ho jata tha k abh iss k baad jo outcomes hain na wo obviously mama baba pai nhi kr skti tou wo hum pai anay thay. Aur considering my chota bhai jo bohot chota hai abhi tou yeh cheez os par kesa result karay gi aur oski personality kesay shape hogi tou bohot hi mentally stressed out feeling thi jis ki waja sai mai burn out ho jati thi bethay bethay. Mujhy nhi pata hota tha k mai sochtay sochtay kahan pohonch gayi hon.

Interviewer: Jab aap ki ammi diagnose howin aapki os time par kis tarha ki feelings thin?

Interviewee: os time pai kiu k mujhy thora sa feel howa tha k kiu k yeh cheezain meri family mai bohot prevelant hain tou mujhy thora sa yeh feel howa tha k maybe mama ko koi psychological issue ho tou I was prepared for it. I was open to it. Lekin anxiety aur phr os k triggers koi aik nhi hota kafi cheezain trigger kr skti hain. Tou wahi k conscious ho gayi thi aur aik dam sai dar sa laga tha k anxiety k saath saath jo hai issko abhi na roka gaya tou aur koi serious issue na ho jaye unnko koi psychological k ilawa koi physical issue na ho jaye kiu k unnko bohot ziada complains anay lag gaye thay physical health sai related. Tou wo yahi dar tha k wo physically collapse na kar jayein. Psychologically tou yeh tha na k sessions k saath saath family therapy aur yeh sab cheezain jo hain hum manage kr sktay thay lekin physically collapse honay ki na koi guarantee thi hamaray pas na hum iss cheez ko rok sktay thay.

Interviewer: doctor k pas janay sai phele unhon nai kbhi yeh discuss kiya tha k mujhy iss trha sai kuch feel hota hai?

Interviewee: Unhon nai yeh discuss kiya tha apni anxiety sai related apnay inner symptoms nhi bataye thay k unn ko jo hai like feeling down ya phr anxiety sai phele ya anxiety sai phele she is feeling down ya she is feeling triggered by something. Tou yeh cheezain wo nhi explain krty thin, wo apni phsycial complaints batata thin k unn k nerves khich rahay hain, ya gardan (neck) mai dard ho raha hai, jo pathay khichnay wali cheez hoti hai, oska wo bohot zikar krty thin aur yeh tha k unnki tangon(legs) sai jaan ja rahi hai or something like that. Iski waja sai wo ziada dair khari nhi ho skti thin. Tou inn cheezon ka unhon nai bohot frequent zikar kiya aur os k baad jab unn sai yeh discuss kiya mene tou phr mene unko kaha k you should get yourself checked aik dafa.

Interviewer: Acha jab aapki mother diagnose howin tou phr os k baad aapki kya routine rehnay lag gayi thi? Ghar ki routine mai koi change aya tha?

Interviewee: Ghar ki routine mai change iss trha ka aya tha k since hum baray behan bhai jo hain college university going thay tou abh wo cheez tou hum change nhi kr sktay thay lekin ghar mai hotay howay kuch time hum logon nai kosish ki k kuch arsa family time ho. Hum pachon (5) chaaron (4) ikhtay hon. Baba jo hain wo mostly bahir hotay hain, out of station hotay hain. Tou hum chaar (4) hi thay. Mama k saath time guzarna, unn k saath communication behtar krna lekin kuch cheezain yeh thin k mama aur bari behan ki apas mai nhi banti thi at that time. Tou jab bhi saath bethtay thay kisi na kisi baat par conflict ho jata tha larai ho jati thi. Aur meri mama jo hain

wo larai ka stress handle nhi kr skti thin jis ki waja sai wo anxious ho jati thin aik dam sai aur unn ki anxiety jo hai na wo rage ki form mai result krti thi meray chotay bhai pai. Jisko wo marti bhi thin, gussa bhi krti thin, abuse bhi krti thin. Agr hum os mai interfare krtay thay tou wo aik extreme had tak yeh ho jata tha k wo ya tou osko dhaka dai deti thin apnay pas sai aur khud ko room mai lock kr dain gi kafi kafi ghaanton k liye. Ya akelay room mai lock ho jayein gi. Aur hamain kahain gi k apnay bhai ko khud hi sambhalo. Tou inn cheezon sai bachnay k liye hum nai phr yeh koshsih ki thi k hum, mene especially k mai mama k saath apni communication thori si behtar karon aur jo meri bari behan hai mene osko yeh kaha tha k mama sai wo communication limit kr dai kiu k oska aur mama ka conflict ata tha. Tou as such itna koi farq nhi para routine mai lekin phr yeh kuch cheezain thin jo phr hum logon nai ki.

Interviewer: aap nai apni mother ki phr kis trha sai dekh bhaal ki?

Interviewee: Iss trha sai k mene abhi btaya na k mene mama k saath communication behtar krli thi tou os mai yeh cheez thi k mene mama k saath emotional bonding behtar ki aur oska result yeh nikla k mama ki jo bhi cheezain thin, jo bhi traumas thay wo share krna shuru kr diye. Although hamain phele hi pata tha k kya issues hain, childhood issues thay hamaray, kuch mama baba k relationship ka conflict tha bohot ziada jis ki waja sai mama ki anxiety over the years prolong hoti rahi aur trigger hoti rahi aur extreme form mai pohonch gayi. Tou phr yeh hota tha k mama started communicating with me aur wo bhi tab communicate krti thin jab mai unn k saath akelay hoti thi. Tab wo mujhy btati thin k mai iss baray mai pareshan hon ya mai iss baray mai pareshan hon. Aur phr mai unn sai thora sa kehti thi. Mai unko solutions deti thi k hum iss cheez ko hum iss trha sai theek kr sktay hain. Iss ko iss trha sai theek kr sktay hain. Aur yeh phr jo mama ki emotional dependency aa gayi mujh pai aur iss ka yeh tha k mama nai apnay kaam mujhy kehna shuru kr diye. Mama doesn't like physical touch, theek hai tou unko issue hota hai k wo hamain apnay paon dabanay ka bhi nhi kehtin. Tou beech mai mama nai mujhy apnay paon dabanay ka bhi keh diya aur iss trha ki cheezain bhi keh di. Unko nhi pasand k hum unki rotiyen banayein ya wo kisi pai bhi dependent hon. Tou jo hai mama nai mujhy beech aik dou dafa yeh bhi kaha k meri rotiyen bana dou. Tou isska outlook yeh nikla k mama and I grew more close. Aur thora sa jo hai na mai mama k triggers ko jaan pai k yeh certain cheez hai, family ka trigger hai tou kya cheez unko trigger kr skti hai aur agr koi external trigger hai other than family, tou mai osko waqt pai kis trha sai mold kr lon mama k lihaaz sai.

Interviewer: Aapki family life kis trha sai change howi?

Interviewee: Family life iss trha sai change howi k hum bachon nai na mama baba k conflicts mai interfere krna shuru kar diya. Hum nai identify kiya k mama baba ka jab bhi koi masla ho, jab bhi koi larai ho tou os k baad jo hai mama kafi kafi arsa theek nhi hotin, stable nhi hotin. Mama k wahi jo physical complaints hain k unn k dard hoti hai gardan mai, unnki taangon mai jaan nhi rehti aur wo physically aik dam sai down ho jati hain. Thanday paseenay bhi atay hain unnko, iss trha ki cheezain jo hain na yeh baba sai larai k baad kafi kafi arsa rehti thin tou iss liye hum nai interfere krna shuru kr diya. Abh interference k baad jo hai na hamain health outcomes milay is sense mai k thora sa hum nai iss cheez par control lai liya k now we are grownups tou hamain interfere krna chahiye. Hum logon ko pata hai k whats good for the family and what is not. Tou hamara relation mama k saath saath baba k saath bhi retain howa. Aur hum nai baba ko bhi thora sa samjhaya k baba aap idhar nhi hotay, you don't know what she is going through. We know, we have seen it. We have witnessed it firsthand. Tou hamain pata hai k, tou hum nai unko btaya k yeh tou kharay kharay behosh ho jati hain. Innko chakkar atay hain yeh gir jati hain. Workshop lai kar gayi thin gari (car) ko theek krwanay k liye tou wahan unko kharay kharay chakkar aa gaya aur wahan koi bhi nhi tha tou wo wahin par gir gayin lekin phr jo hai ziada itna kuch nhi tha phr baad mai theek ho gayi thin. Lekin still jab burden increase hota hai jab koi bhi innko pareshani hoti hai tou yeh cheez trigger ho jati hai. Tou phr baba iss baat ko lai kr thora sa sambhlay thay tou abh yeh hai k they don't fight that much. Ya phr agar fight krtay bhi hain tou agay sai hum baba ko chup krwa detay hain aur mama ko kuch nhi kehtay k mama ko frustration nikalnay dou, hum baba ko kehtay hain k aap chup kr jayein. Tou aik healthy communication baba k saath bani hai jis ki waja sai mama k liye thora sa positive outcome aya hai.

Interviewer: Tou aap k father nai iss baray mai kya stand liya jab unnko yeh cheezain thori samjh anay lag gayin?

Interviewee: Unhon nai, shuru mai tou unhon nai kaha k aesa kuch bhi nhi hota this and that, jis trha sai hamari society ka hai k they are in denial theek hai phele start mai k aesi tou koi cheez hoti hi nhi hai depression kuch nhi hota, anxiety kuch nhi hota. Phr hum nai unko kaha k baba nhi. Aapko nhi pata you have never studied it. Hamari generation hai. We know, we have studied it. I have been with mama mene unn k session dekhay hain unnka diagnoses dekha hai, mai wahin thi. Phr jab ahsihta ahista mama baba ki larai hoti gayi. Hum nai phr jab baba ko phr

identify kiya na baad mai k yeh dekhain. Abh yeh ho raha hai abh wo ho raha hai. Yeh sara iss cheez ka result hai. Tou tab jo hai wo acceptance walay phase mai aye thay k haan maybe. Theek hai lekin acceptance wala phase unnka aesa tha k ghalti phr bhi isi ki hai mai theek hon. Lekin haan wo yeh sab cheezain feel krti hai. Tou bass itna hi tha baba pai aur phr wahi k thora sa behes krna kum kr diya and all.

Interviewer: Jab aapki mother aap ki surrounding mai hoti thin tou aap log kya krtay thay?

Interviewee: Jab mama hamaray aas pas hoti thin tou, abh agr aesi koi baat hai jo mujhy pata chali hai, hamaray baray mai, hamari family k baray mai kisi sai aur mujhy pata hai k yeh aik particular trigger ho skta hai mama k liye. Tou wo batain hum mama k hotay howay discuss nhi krtay thay. For example, agr hamain kuch pata chala hai k I would say k my father has married twice, theek hai tou unki jo dosri biwi hain unn k baray mai kuch pata chala hai tou wo hum mama k samnay zikar nhi krtay thay. Hum teeno behan bhai, baray behan bhai ikhtay ho kr discuss krtay thay aur jab mama ati thin tou hum chup kr jatay thay. Yeh cheez mama feel krti thin lekin she made peace with it k yeh inhon nai mujhy nhi btana na btayein. Tou wohi baat k hum bohot vigilant ho gaye thay mama ki surrounding mai k innko yeh cheez na pata chalay kiu k inhon jis trha sai react krna hai na aur inn ka reaction jo hai specific time ka nhi hai k abhi howa tou khatam ho jaye ga, kafi din chalta hai.

Interviewer: acha yeh tou aap nai kaha na k certain situatuions hoti hain wese hi normal daily life mai, routine ka din chal raha hai os time par aap log kya krtay hain?

Interviewee: Os time par hum log yahi krtay thay k weekend hai tou jo mama ki requirement hai usually hum koshish krtay thay k hum iss par pora utrain. Aur abh zahir si baat hai hum aaj kal k bachay hain, hum logon ka dill nhi krta kaam krnay ka tou hum mostly cheezain unki pori kr detay thay k wo baad mai gussa na karain. Kiu k wo aik dafa shuru ho jati thin kisi baat pai tou wo os baat ko itna lamba khinchi thin aur ghanton wo os baat par hum sai gussa rehti thin tou hum logon nai yeh kosish ki k inn ki yeh shikayat door ho. Phr yeh k college university sai jatay hi mama sai milna hai aur mama ko hum nai apnay poray din ki kahani sunani hai aur unn sai hur cheez share krni hai. Takay unko pata chalay aur hum nai mama k liye apna support barha diya tha. Daily life mai bhi ya kbhi bhi aesa ho na family mai bhi tou mama jo kehti thin wohi krtay thay. Iss had tak k hum logon ki family nai hamain label diya howa hai k iss k bachay tou iss k

saath hi hain tou iss k bachon ko kuch kehney ki zarorat nhi hai. Wo kbhi bhi iss k khilaaf nhi jayein gai.

Interviewer: Aapki dosri family k logon ko aapki mother k diagnosis k baray mai pata tha?

Interviewee: Dosri family as in meri extended family?

Interviewer: Haan relatives.

Interviewee: Nhi unko nhi pata. Kiu k they are that kind of people jo os cheez ko keh dain gai k yeh tou bakwas hai sari. Fazool batain hain.

Interviewer: Tou aap nai abhi zikar kiya k aap k father nai dosri marriage ki howi hai tou iss cheez ka koi, aapko lagta hai role tha unnki anxiety mai?

Interviewee: Mujhy lagta hai k isi cheez nai unki anxiety cause ki hogi. Kiu k the thing is k dekho when your significant other gets married, theek hai. Ya cheats on you or something like that tou aap k andar I think so aik natural si cheez hai k you start belittling yourself k theek hai. Mai enough nhi thi something like that. Theek hai. Tou mama nai kafi arsa kiu k hum bohot chotay thay yeh trauma akelay face kiya. Unhon nai apni worth bhi question ki unhon nai apna relation bhi question kiya. Unhon nai hur cheez ki. And unhon nai family support nhi li iss cheez mai. Although mera naniyal (maternal family) bohot supportive tha. Unhon nai kaha mama ko k they are there for her lekin mama nai nhi li iss cheez ki koi bhi support. Aur phr over the years jo baba ka rawaiya tha k aik taraf wo ziada inclined thay aur dosri taraf wo ziada inclined nhi thay. Kiu k meri mama was that kind of person jo emotionally apnay partner par bohot ziada dependent hotay hain. Tou jab yeh sara scene create howa tou wo jo aik dam sai denial wala phase, phr aik anger wala phase phr acceptance wala phase. Tou inn cheezon nai hi mama ki anxiety cause ki aur over the years jo hai, I think so k jo hai phele aik main cause hota tha over the years causes jo hain divide ho kr chotay chotay hotay gaye aur abh hur possible cheez trigger ban jati hai unn k liye.

Interviewer: tou abh aapki mother ki jo illness thi, isska aap par personally kya affect howa?

Interviewee: Mujh pai personally I would say k kiu k hum nai mama ki yeh cheezain jo hain phele dekh lin. Diagnose beshak later howa hai baad mai howa hai lekin it was present before. Right. Mama ka panic kar jana inn cheezon mai ya mama a aik dam sai withdraw kar jana,

completely withdraw kr jana. Unka complaint krna k koi bhi cheez howi hai, ghr mai koi bhi upsetting cheez howi hai tou unki gardan mai dard taangon mai dard ya something like that. Heartbeat taiz hona, dill ghabrana and all. Tou iss cheez ka mujh pai asar iss trha sai howa I would say, k bachpan sai I was an emotionally sensitive child. I still am emotionally sensitive. Mujhy meri teachers bhi kehti thin k she is really emotionally sensitive. Tou meray apnay personality par bohot farq para hai. Even after her diagnosis, kiu k I think so jab unka diagnosis howa tha I was 17 to 18 years old at that time. Tou diagnosis k baad meri personality mai bohot farq para hai and I would not say in a positive sense. In a negative sense k mai emotionally ziada vulnerable ho gayi hon towards anything. Aur I am more prone to the side k iss nai meray baray mai kya socha hoga, os nai meray baray mai kya socha hoga. Although meray baki behan bhai nhi hain they are completely okay. Not okay in a sense k they are perfect lekin meray walay scene nhi hain k they are emotionally vulnerable. Tou I can't say no to anyone. I think so all of this goes to what I faced after mama's diagnosis and before mama ka diagnosis when we were kids.

Interviewer: Aap log khud tou jaa kr unko btatay thay k aapka din kesa guzra lekin wo kbhi khud sai pochti thin k aapka din kis trha ka guzra hai?

Interviewee: Nhi wo khud sai nhi pochti thin. Wo jo hain, mene btaya tha na k she doesn't like to be dependent on anyone else tou she doesn't like to force anything on us too. Forcing iss snese mai k chotay level pai k hum zabardasti baat nikalwa lain ya something like that. Tou wo nhi iss cheez par kbhi bhi pochti thin. Haan wo meray bhai sai zaroor pochti thin k how was your day and all lekin hum behnon sai unhon nai kbhi nhi pocha. Hum khud jaa k unko btatay thay aur wo hamari adat thi shuru sai k hum nai jaa k unko btana hai. Unn k diagnosis k baad yeh cheez ziada ho gayi k bass unko btao unko akela na feel ho. Tou maybe she was like k iss nai tou mujhy bta dena hai tou mai kiu pochon.

Interviewer: Jab aapko os time par kisi cheez ki zarorat parti thi tou aap unn sai madad mangnay k liye jatay thay?

Interviewee: Agr zarorat ki baat aap physically karain k I need something I need a dress or something like that tou zaroor jati thi unn k pas aur unn sai ziid bhi krti thi. Lekin when you talk about emotional needs tou No. I have always been that kind of person mama ki trha k mene apni needs khud fulfill krni hain emotional needs especially. Aik dafa ayeh howa tha k a certain

person died aur mujhy os banday ka pata bhi nhi tha k wo kon hai. I just knew k meri dost hai jiska crush hai and he died and mai iss baat par ghaanton royi thi and phr iss baat par mai ja kar mama ki goud mai sur rakh kar royi thi. 2 dafa sirf aesa howa hai jab mai mama ki goud mai sur rakh kar royi hon. Aik dafa yeh aur aik dafa mene mama sai batameezi ki thi aur unn pai mai cheekhi thi tou phr mai mama ko sorry krnay gayi thi. Tou os k ilawa mai apni needs k liye nhi jati. She doesn't even know what I am feeling or something like that. (Pauses). Kiu k wo hai na scene k agr mai mama sai yeh share karon gi na tou mama will be blaming herself k yeh unn ki waja sai howa hai. Aur wo waqt par agr sab cheezain control kr letin ya achay sai handle kr letin tou unn ki wajah sai aesa kuch bhi na hota. Tou yeh itself aik trigger ban skta hai unnki anxiety ka tou mai kosish krti hon k aesi cheezain kum sai kum unnko face krni parain.

Interviewer: Aesa kbhi hota tha k aap nai unn sai koi cheez mangi hai aur unhon nai kisi bhi trha sai respond nhi kiya? Jawab nhi diya unhon nai in return?

Interviewee: wese tou mene btaya k mai unn sai kuch nhi mangti thi physical cheezain thin kapray chahiye, jootay chahiye tou os par wo respond zaroor krti thin lekin emotional needs mene unn sai kbhi zikar hi nhi kiya tou abh mujhy iss baat ka idea nhi hai k agr mai unn sai zikar karon gi tou wo kis trha sai respond karain gi.

Interviewer: Acha aap jo apnay masail (problems) face krti thin wo ghr mai kisi ko btati thin?

Interviewee: Umm... haan jab koi external trigger hota tha jis trha meri doston sai koi larai howi hai aur mene os par kis trha sai respond kiya hai tou phr mai unnko btati thi. Even k abhi bhi recently hi mene left out feel kiya k what I am doing is not what I am getting in return theek hai. Aur mene hur overall context mai bola mene university, college hur cheez ko mila k bola tou iss trha ki cheezain mai mama sai discuss kar leti hon aur wo btati bhi hain k aksar aap zarorat sai ziada krti ho which what my therapist told me k aap zarorat sai ziada krti ho. Which I think is an outcome of everything I faced as a firsthand witness of mama ka diagnosis bhi aur os sai phele bhi. Aur iss k ilawa agr kbhi koi issue ho jaye ya agr kbhi kisi sai behas ho jaye college mai university mai tou wo mera issue yeh hai k mai apni justifications bohot denay lag jati hon. Tou yeh cheez mene mama sai discuss ki thi jis par mujhy daant (pressures on this word) pari thi k this is not right you should not justify what you are right at. Aur iss sai ziada mai ghr mai apo k saath, bari behan k saath kar leti hon share. Os k saath bhi mujhy bohot limited hona parta hai kiu k mera outcome agr yeh nika hai k I am emotionally vulnerable, tou wo jo hai wo bohot

hyper hai. Os k anger issues bohot ziada hain. Tou mujhy bohot soch samjh k os k saath share krna parta hai. Aur jo mera bhai hai he is emotionally unavailable tou os k saath bhi share krnay ka faida nhi hai. Jo chota bhai hai he is really small tou phr itna koi milta nhi hai share krnay ko kahin pai.

Interviewer: Aap nai aur kis trha k challenges face kiye?

Interviewee: Aur challegnes yeh k social life disturb howi thori si. Mama sai na, kiu k mama sai apnay gussay par control nhi rehta tha at moments tou mama sai yeh k mama doston k saath bahir jana hai tou mama kab react kar jayein iss baat pai. Shuru shuru mai ijazat dai dain baad mai mana kr dain tou social life bohot disturb howi thi aur personal life jo disburt howi thi wo tou mene bata di k as in mama k lihaaz sai hum logon nai hur cheez theek krnay ki kosish ki lekin hamari apni personality shape honay wala time tha na wo koi itna acha nhi gaya. Kiu k hamara aik parent available tha jis ko aik psychological disorder diagnose ho gaya hai. Dosra parent hamaray pas available nhi tha. Tou we were on our own.

Interviewer: Other than family, yeh baat aap nai kisi sai share ki thi?

Interviewee: Other than family I think so yeh baat mene apni best friend sai share ki thi. Kiu k osko jo hai, mujhy yeh rehta hai k na I am really dependent on her emotionally. Tou meray andar yeh cheez hai k mujhy kuch bhi pata chala hai na mene foran osko jaa k btana hai. Meray baray mai hai, meri family mai sai kisi k baray mai hai. And I want to gossip that certain cheez os k saath bohot ziada. Tou mene os ko btaya tha kiu k osko meri family k saray halaat wagaira bhi pata hain. Tou bas mene bas osi k saath yeh sab share kiya tha aur thora bohot mene apni university doston k saath bhi share kiya hai. Kiu k we share the same interests tou mene unnko btaya hai. We were discussing psychological issues tou tab mene unnko btaya tha k meri mama is diagnosed with anxiety.

Interviewer: Tou kya kbhi kisi nai aapko iss baray mai taunt mara hai, tana diya hai iss baray mai k aap k parent ko koi mental issues hain?

Interviewee: Nhi. Considering the fact that k mene extended family mai yeh cheez btayi hi nhi hai tou kisi nai iss baat ka tana nhi mara. Lekin agr mai btati tou I am 110% sure wo iss baat ka tana zaroor detay. Kiu k we are not acceptable udhar itna ziada. They don't say it on our faces

lekin hum logon ko wo itna pasand nhi krtay. Tou there is a pretty much chance k agr unnko bta diya jaye tou wo Mazak Mazak mai hi sahi, iss baat ka tana zaroor dain gai.

Interviewer: Tou aap nai jin bhi logon ko apnay circle mai btaya hai tou kbhi aesa tha k it was difficult talking about it?

Interviewee: Nhi. Kiu k mene apnay circle mai btaya hai tou unn particular logon ko btaya hai jin ka mujhy pata tha k wo mujhy judge nhi karain gai based on what I am experiencing. And jin ka mujhy tha k they will judge me or they will pass certain comments kiu k mujh sai comments digest krna bohot mushkil hai. Mai bohot overthink krti hon inn cheezon ko lai kr and it affects my physical health too. Tou iss waja sai mai bohot bohot carefully choose kr k jo haina share krti hon iss trha ki cheezain. Tou unn logon nai kbhi aesa kuch nhi kaha.

Interviewer: During that time aapko support mila kahin sai bhi?

Interviewee: Emotional support mujhy mila. Mujhy meri doston sai mila and if I add on I have been in a relztionship since five years. Tou mujhy udhar sai bhi mila. Tou udhar sai bhi mujhy judge nhi kiya gaya. Udhar sai bhi mujhy support hi mila hai iss cheez ko lai k.

Interviewer: Aapko iss baat ka idea tha k aap iss trha ki problems k liye aap mental health professionals sai consult kr sktay hain?

Interviewee: Haan mujhy tha kiu k agr mai compare karon apnay aap ko aur apni extended family ko tou mama nai hamain bohot open experiences lenay diye hain k hamain shuru sai independent hona seekhaya hai unhon nai aur iss trha ki cheezain aur hamain external experiences bhi bohot ziada diye hain k bahir ki dunya kesi hai and all. And mama jo hain wo khud unhon nai psychology ki howi hai tou thora psych educated wo bhi thin iss ko lai k lekin yeh hai k hosla atay atay unko time lag gaya k unhon nai jaa k mental health k liye unko consultancy chahiye. Tou jab unhon nai iss cheez ka zikar kiya tou wo meray saath krti hain ziada tou I was completely on the side k aapko jana chahiye. And I will accompany you, mai aap k saath jaon gi. Aur even abhi bhi agr mai apni behan ko bhi kehti hon k aap k jo issues hain you should consult someone and agr mujhy koi issue hoga tou mai khud bhi jaon gi consultancy k liye. In fact, mene therapies li howi hain. Tou, I don't think so k mai iss cheez ko itna stigmatize krti hon. Haan yeh cheez hai k mene yeh cheez family mai nhi btani k baba jo hain wo thora sa

hon gai k yeh pagal nhi hai meri bachi and something like that. Os k ilawa I am completely okay with it as long as baki sab ko nhi pata chalta.

Interviewer: Aap nai btaya k aap nai therapies li howi hain tou aap nai phele kisi mental health professional sai consult kiya hai?

Interviewee: Haan mene kiya hai. Jab mene khud therapy li thi tou mai apni campus counsellor k pas gayi thi and mene yeh baat mama ko nhi btayi thi. Kiu k mama ka mujhy yeh pata tha k iss baat k against jayein gi aur jab mene unnko btayi tou kehtin k mai aapko itna emotionally weak nhi samjhti thi and mene kaha k mama this is not being emotionally weak. Agr mai emotionally weak hoti tou mai yeh identify na kr skti k meray emotions kya hain iss waqt aur yeh bhi identify na kr skti k mujhy iss waqt help chahiye. Tou mama k remarks sai mai thora sa disheart howi thi.

Interviewer: Aapko kya lagta hai k jo aap nai problems face ki hain innka bhi koi role tha jis ki waja sai aap nai mental health professionals sai consult kiya hai?

Interviewee: Innka bohot role hai. Bohot role hai. in fact, mai apnay phele session k din royi bhi isi baat par thi k hum bachon par emotionally bohot burden aya hai k hum nai apnay emotions bhi regulate krnay thay, hum nai apni mama k emotions bhi bachanay thay. Isski waja sai jo hum teeno baray bachay, chota jo hai wo itna chota hai k hamain nhi pata k oski personality kis taraf jaa rahi hai lekin that too is not on a positive side that I can tell. Jo baray teen (3) hain kisi na kisi side par wo extreme zaroor hain. Sab sai bari k issues hain, meray emotional vulnerablilituy ziada hai, mera bhai jo hai wo emotionally available nhi raha. Tou bohot issues hain to add more yahi k emotional k saath saath physical issues nai bhi accompany kiya hai. Overthink krna aur meray overthinking patterns bohot strong hain mai sari sari raat iss cheez ko overthink karon gi. Mai 3 saal purani cheez bhi overthink karon gi. Tou iss sai yeh k meri physical health bohot affect howi hai. Aik time tou yeh tha k, I think 2-3 years back, har mahinay mera hospital chakkar lagta tha. And meri dostain mujhy Mazak Mazak mai kehti thin k tum hospital ko hi apna ghr bana lo. Tumhai ghr janay ki zarorat nhi hai.

Interviewer: Aesa time tha k aapko jin sai support milti thi unn sai nhi mili jab aapko sab sai ziada zarorat thi?

Interviewee: Nhi. Kiu k meray na asal mai mujhy pata hai k mene sudden support k liye kis k pas jana hai. Sudden support k liye mene apni best friend ko message krna hai, if she is available

then it's okay wrna mene apnay partner k pas jana hai. Wahan sai mujhy sudden support mil gayi thi. Os k ilawa university friends ka yeh tha k wo phr university aoun, face to face bataon tou phr farq paray aesay nhi farq paray ga. Kiu k mujhy jo support chahiye thi na jo mene brackets banayi howi thin tou os sudden support k liye best friend and partner.

Interviewer: Aaj kal ki life kis trha ki hai?

Interviewee: Aaj kal ki meri life, pata hai what I think is k meri life ka abh aik pattern set ho chuka hai. Jis mai therapies k baad bhi itna farq nhi para mujhy. Kiu k haan mai stable zaroor hoti thi lekin koi aik trigger chahiye hota tha jis sai mai relapse par chali jati thi. Mama is although stable aaj kal kiu k jo hai wo, meri education bhi sahi jaa rahi hai, bhai ki bhi sahi jaa rahi hai behan ki bhi sahi jaa rahi hai. Baba ghr nhi hain kafi arsay sai tou the main trigger is not at home. She is really okay with it right now. Tou infact jab baba nai ghr ana hota hai tou wo anxious honay lag jati hain. Meri life ka aik pattern set hai k emotionally kisi bhi baat par react kar jana hai mene aur mera reaction mene suppress kr lena hai mene. Aur wo nikalna hai phr overthinking ki sense mai. I think this is the one thing that I will never be able to overcome even if I tried to even if mene dou teen dafa therapies lenay ki koshish bhi ki hai and maybe the therapist couldn't manage it or maybe I wasn't that much willing to k shayad, I think so. I found comfort in it. K abh agr mai sad na hon, emotionally aik dam sai react na karon tou I feel like something is missing in my life.

Interviewer: aap iss k agay aur kuch add krna chahain gi?

Interviewee: Yaar what I would like to say is k us children if our parent's relation is chaotic, we have to go through a lot. Bachpan sai we have to learn how to manage ourselves. Theek hai aur os k ilawa apnay parent ko kesay manage krna hai. Apni emotional needs ko, apnay parent ki emotional needs ko and to add on that k agr aapka parent kisi psychological issue sai diagnose ho gaya hai. Kiu k dekho physical issue hai oski bohot support milti hai. Oski external support bohot ziada hai extended family, aap k friends aapka pora social circle aapko support karay ga on that physical illness. lekin psychological ki baat aa jaye gi na tou sab peechay ho jatay hain. Tou it's you and that parent who has to overcome it. Apnay emotions regulate kro, apnay parents k emotions regulate kro. See anxiety is something that is really very common. Lekin when talking about any personality disorder so I think iss cheez mai agar koi bacha emotionally involved hai apnay parent k saath aur wo unnko theek krna chahta hai tou that comes with the sacrifice of os

bachay ki apni emotional needs. Aur parent beshak theek ho jaye ga wo bacha heal nhi hoga.
What I think, what I have learned from my experience.

INTERVIEW 2

Interviewer: As salam o alaikum. Kya haal hai aapka?

Interviewee: Alhamdulillah mai Bilkul theek.

Interviewer: aapko iss baat sai koi masla tou nhi k yeh interview record kiya jaa raha hai?

Interviewee: nhi nhi mujhy koi issue nhi.

Interviewer: kya aap batain gi k aap k parents mai sai kis ko psychological issue hai?

Interviewee: meri mother ko.

Interviewer: aapki mother ko kya issue tha?

Interviewee: G basically unnko clinical depression raha hai aur unnko diagnose howa tha kafi saal phele.

Interviewer: aapko apni walda ki illness k baray mai kesay pata chala?

Interviewee: basically, hamari family mai kuch iss trha k issues thay jis k baad unnko feel nhowa k meri jo mother hain unn ko kuch iss trha k symptoms aa rahay hain. Kiu k jo meray father hain thora sa wo unn ko knowledge tha iss cheez ka k psychological issues bhi ho sktay hain aur iss trha ki cheez ho skti hai iss liye... kiu k bachpan sai unka background raha hai k unki life kafi traumatic rahi hai tou unki apni mother ki death k baad, unn k bhai ki death k baad... wo already jo hain kafi ziada unn k kafi iss trha k symptoms thay lekin iss k baad meray father nai yeh notice kiya k I guess koi 2007-8 mai jaa k meri jo mother hain wo constantly jo hain bohot ziada sad rehti hain. Unn ka mood bohot ziada depressed rehta hai. Unnko feel howa k shayad unnko kisi sai consult krna chahiye meri mother ki jo situation hai os time par. Tou unhon nai jab consult kiya tou aik family friend thay unn k jo psychiatrist thay, unn sai consult kiya tou unhon nai kaha k obviously mujhy milna hai patient sai lekin mujhy yeh doubt hai k ho skta hai k unnko clinical depression ho. Tou os k baad phr meray father unn ko lai k gaye meri mother ko aur unhon nai jab jaa k dekha tou psychiterist nai yahi diagnose kiya k haan innko depression hai.

Interviewer: tou aap k father ka kis trha ka reaction tha?

Interviewee: meray father ka bohot hi calm reaction tha unnka kiu k meri jo paternal side hai wahan already aik iss trha ka case reh chuka hai, schizophrenia ka aik case meray father nai bohot closely dekha hai kiu k unn k jo baray bhai hain unnko schizophrenia tha. Unhon nai bohot closely issko dekha hai. Unnko kafi had tak pata tha k kis trha sai deal krtay hain iss trha k patients ko. Aur dosra yeh k wo family friend thay jo doctor thay tou unhon nai bohot had tak jo hai wo phele ai hi counseling ki thi meray father ki k aap jo hain kis trha sai deal kr sktay hain. Aur aap nai iss cheez ko koi bohot ziada jo hai highlight nhi krna aur unhon nai jo hai bohot minimal sai tareekay sai bara hi minor issue bana k meri mother ko yeh disclose kiya tha k haan mujhy lagta hai k aapko clinical depression hai aur phr jab doctor nai unko prescribe ki kuch medicines tou tab bhi jo hain meray father hain wohi sara unnka schedule wagaira dekhtay thay k kis trha ai medicines ho rahi hain aur sara kuch ho raha hai ya nhi. Aur phr with time jo hai kiu k meri mother kafi jaldi behta ho gayi thin os time par tou ahista ahista kr k unnki medicines taper off kr di thin. Counseling unnki beech mai chalti rahi thi. Os k baad jo hai abhi 2012 mai aik dafa phr sai unnka relapse howa tha. 13 mai aik dafa relapse howa tha, os time par jo meri sister hain kiu k wo jo hain already merdicine mai thin aur bari zahir hai ho gayi thin. Tou unnki medicines ka ara phr wo dekhti thin. Kiu k meray father os time par kafi busy thay tou unn ka reaction phr os time par yahi tha k wo busy itnay ziada thay lekin phr bhi bohot calm thay yani unnka negative attitude as such nhi tha lekin beech mai kbhi kabhar kiu k meray father mai thori si yeh tendency hai k wo jldi gussay mai aa jatay hain. Thora sa jis trha banda irritate ho jata hai ya maybe frustrate ho jata hai os pori cheez sai tou wo iss liye frustrate ho jatay thay yeh 2013-14 walay relapse mai. Lekin os time tak unn k medications ka aur hur cheez ka wo hum log krna start ho gaye thay tou unnko wo sara kuch manage krnay ka issue nhi tha.

Interviewer: aapka kya reaction tha jab aapko apni walda k baray mai pata chala tha?

Interviewee: basically, jab mai 6-7 saal ki thi os time par tou mujhy as such nhi pata tha k kya ho raha hai kya nhi ho raha aur wese meri mother ka attitude meray saath jo hai bohot acha raha hai. Unnka aur mera relationship bohot deep raha hai lekin jab 2013 wala relapse howa tha tab mujhy idea tha k kuch issue hai aur issue ko resolve krnay ki zarorat hai kiu k ahista ahista meri mother k jo relationships thay yani hum bachon k saath jo relationship thay wo thora sa affect hona shuru ho gaya tha. Tou iss liye jo hai wo os time par hamara relationship is trha sai tha k thora sa strained tha lekin wese hamara bohot acha relationship raha hai aur meri unnko dekh k

yahi feelings thin k jab 13 wala relapse tha, meri bass yahi feelings thin k hamain kuch na kuch kr k innko manage krna chahiye aur innki medicines ka khayal rakhtay thay, hum log unn k counseling wagaira k schedules banatay thay aur iss trha kr k bohot hi positive environment mai unnka treatment krwaya tha aur unnka kiu k third relapse tha recently tou iss walay relapse mai kafi had tak iss trha tha k hamaray liye aik lifestyle ban gaya k acha koi baat nhi agr yeh hai. Kiu k abh hum sab ka educational background is trha kr k hamain idea hai k kis trha k symptoms hotay hain tou hamain beginning mai idea ho jata hai k koi iss trha ki cheez honay wali hai. Tou hum I guess kafi effectively iss ko manage kr letay hain. Abh iss relapse mai hum nai kuch bhi medications ko nhi use kiya, sirf counseling k through jo hai unnko wapis aik normal state mai lai kr aye.

Interviewer: aapko kya lagta hai aesay kon sai events hain ya aesay kon sai triggers hain jin ki waja sai wo trigger hoti hain.

Interviewee: os mai unn k I guess khud mai yeh tendency bachpan sai thi kiu k uhh.. unki mother mother hain, wo bohot choti thin jab unki death ho gayi thi. Tiu unnko bohot ziada responsibilities leni pari hain. Tou kbhi iss trha sai hota hai kiu k unnko thora memory issues hain tou jab bhi thora apnay past k baray mai sochna shuru krti hain aur jab unnko yaad ata hai.. jab wo apni mother ko yaad krti hain ya apnay father ko yaad krti hain kiu k unnka family background iss trha ka raha hai jis waja sai unn ka trigger hota hai depression aur iss trha k saray issues bhi kiu k unn k father jo hain unhon nai dosri shadi kr li thi aur unki jo stepmother thin unn k saath itna healthy relationship nhi tha unnka. Tou jab wo dobara apnay childhood mai jati hain tou wo trigger hoti hain. Os k ilawa apnay bachon mai sai kisi ka issue ho tou especially meray bhai ka koi issue ho tou osko soch k wo bohot ziada depression mai jati hain. Iss trha k kuch points hain jinko soch k wo kbhi kbhi depress ho jati hain. Os k ilawa agr koi sad event ho kiu k unn k andar already tendency hai tou wo usual sai ziada kr leti hain kiu k jo recent relapse tab howa tha jab unki bari behan ki death howi thi. Tou os k baad wo bohot ziada aik dum sai depression mai chali gayi thin tou takreeban aik pora saal wo depression ki osi state mai rahi thin aur abh jaa k wo finally wapis ana shuru howi hain aur reality ko accept krna shuru howi hain.

Interviewer: aapki daily routine kis trha ki hoti thi?

Interviewee: os time par yeh hota tha k os time par yeh hota tha k hamara school wagaira bhi hota tha tou jab hum school jatay thay tou hamaray father thay unhon nai apnay office timings

iss trha sai kr liye thay k wo office bohot late jatay thay takay wo ziada time jo hai unn k saath spend kr sakain aur wo ghr par akeli na hon. Hum log jab school sai atay thay tou os k baad hum pora time unn k saath rehtay thay aur hum log koshish krtay thay k agr koi bhi stressful baat hai hamari life mai ya kisi bhi.. ya apnay ird gird koi cheez notice ki hai tou oska zikar unn k samnay nhi krtay thay kiu k hamain pata hota tha k yeh cheez ho skta hai innko trigger kr jaye. Tou hum log iss trha ki cheezain avoid kr k pora din wahin par rehtay thay. Kbhi koi aik bacha ziada busy hota tha yani exams hain ya kuch bhi tou baki jo hain ziada unn k saath time spend krtay thay.

Interviewer: aapki family life mai kis trha si tabdeeli ayi?

Interviewee: hamari family life ka yeh hai k phele jo hai shuru mai aik iss thr ak factor tha k bothersome factors thay k os time hum bachay thay tou itni achi trha understand nhi kr saktay thay k kya ho raha hai kya nhi ho raha. Meray father par akelay hi sara burden unn par tha iss ab ko deal krnay ka. Os time par jo hai family life thori disturb howi thi kiu k aik banda jo hai over burden feel kr raha hai kiu k baki saray jo hain wo itna ziada involved nhi hain os cheez mai tou iss trha sai affect howi thi. Aur os k baad wo jab hum baray howay tou os cheez ko sab mil k deal krtay hain tou. Tou abh oska faida yeh hai k abh jo pori family hai bohot ziada tight bond hai hum sab mai k hum sab bethay hain kafi sara time akhattay guzartay hain, aik dosray ko attention detay hain pori k aik tou apni mother ki waja sai bhi k unnko tou koi issue nhi ho raha aajkal aur dosra yeh bhi k unn mai yeh tendency hai tou ho skta hai kisi aur mai bhi ho tou hum sab ko bhi kafi ziada iss trha ki attention aur iss trha ki choti details ko dekhtay rehtay hain k iss trha ki koi cheez tou nhi ho rahi. Aur baki yeh k haan wo thora abh meray father bhi thora relax feel krtay hain k baki pori family bhi apna input dai rahi hai tou family life abh kafi behtar hai. Lekin beech mai zahir hai ups and downs atay rehtay hain k agr unnki episode iss trha ki hai, depressive episode chal rahi hai tou wo iss trha family life effect krti hai k hum log jo hain phr saath bethay bhi hotay hain tou unnka mood jo hota hai wo bohot ziada uninterested si hoti hain aur unnka yahi mood hota hai k na itni ziada dair bethain aur na itni lambi batain karain aur yeh wo. Tou iss trha sai.

Interviewer: aapki walda ko sab sai recent episode kab ayi thi?

Interviewee: abh jo last unnko aya tha wo last year aya tha kiu k unnki jo sister hain unnki death ho gayi thi last year tou os k baad kafi mahion tak wo depressed rahi thin. Abh wo finally thori recovery k phase mai hain k wo kafi behtar ho gayi hain lekin wese jab unnki sister ki death

howi hai last year tou wo... jab tak unnki sister ka treatment chal raha tha.. unnko cancer tha tou 2019 mai jab unko diagnose how tha tou os k baad ahista sai mama ki bhi condition fluctuate krna shuru ho gayi thi aur phr os k baad jab unnki death howi last year tou tab jo hai kafi ziada tab unnko aik aesi episode ayi thi. Tou dobara unn k checkups wagaira krwaye thay thori si counseling wagaira krwayi thi tou abh wo kafi behtar hain.

Interviewer: aap nai khud sai apni mother ka kis trha sai khayal rakha?

Interviewee: mai ziada tar basically unnko yahi show krwanay ki koshish krti thi k mai bohut khush hon ya koi mazay mazay ki batain btati thi ya tv par koi iss trha ki cheez laga deti thi jis ka mujhy pata ho k koi bohut funny si movie hai ya koi iss trha ki cheez laga deti thi. Ya aur unnko betha k unn sai batain pochti rehti thi k acha yeh kesa hai wo kesa hai, avh kya feel kr rahi hain iss trha ki batain hum phr constantly krtay rehtay thay. Abh bhi mai unn par check and balance rakhti hon k agr mai college mai hon tou mujhy pata hota hai k wo kahan bethi hain kya kr rahi hain ya kis k saath hain. Ghr jaa k bhi meri koshish hoti hai k mai unnko 1 ghanta ya 2 ghantay don undivided attention ho takay mujhy pata ho k agr unnko koi issue hai tou os k baray mai baat karain aur catharsis karain. Unn k counselor sai bhi in contact rehti hon k unnki kya progress chal rahi hai. Confidentiality mai mujhy jitna pata chal skta hai mai koshish krti hon k pata ho.

Interviewer: jab aapki walda aap k ird gird hoti thin ya abh bhi hoti hain tou aap kya krti hain?

Interviewee: acha iss trha hota tha k wo usually normal state mai hain tou zahir hai kbhi iss trha sai hota hai k hum apnay kaamon mai busy hotay hain tou nhi unnko attention detay k jab bhi wo bethi hain tou unnko attention dain ya kuch bhi. Lekin jab mujhy pata ho k unka koi aesa time period chal raha hai jis mai wo relapse mai hain ya unnko koi bhi symptom iss trha ka hai tou mai unnko ziada attention deti hon. Abh usually hum iss trha sai krtay hain k hum bethay howay hain aur phone use kr rahay hain agr wo ayein gi tou mai phone side par rakh kr unnko proper time don gi k wo kya kehna chah rahi hain aur dosra yeh k agr wo koi baat kr rahi hon tou mai koshish krti hon k mai Bilkul bhi unko interrupt na karon os baat mai jab tak k wo apni sari thoughts share nhi kr letin. Jab wo khul k apni sari baat kr leti hain aur lagta hai k agla mujhy judge nhi kr raha tou phr mai beth k unnko thora rationalize krti hon unn k thoughts ko.

Interviewer: aapki walda ki jo presence hoti thi oski waja sai aap par kbhi koi affect howa hai?

Interviewee: I guess bachpan mai jab wo... jab mene unnki phele iss trha ki episode dekhi thi tab mai thora sa feel krta thi k haan shayad kbhi kabhar guilt bhi feel hota tha k yeh meri wajah sai koi iss trha ka tou nhi hai ya meray behan bhai ki waja sai tou nhi hai ya even meray father ki wajah sai tou nhi hai. Tou hamari pori family mai aik underlying aik guilt tha k iss cheez ka reason koi bhi ho skta hai. I guess aik tou mera major psychology hai tou I guess os mai mera interest shayad iss liye ziada develop howa tha kiu k yeh cheez mene apnay ghr mai dekhi thi. Dosra yeh k mene apnay andar, meray andar aik adat develop ho gayi k mene khud ko bhi self-evaluate krta rehna hai mujhy lagta tha k agr mujh mai yeh tendency hai tou meray andar bhi yeh tendency ho skti hai. Tou jab mene olevels kiya tha tou aik phase meray opr bhi iss trha ka aya tha k mai jo hon bohot ziada depress ho gayi thi aur phr mene bhi jaa k counseling li phr mujhy bhi pata laga k shayad meri family mai yeh tendency hai tou shayad iss liye wo dobara sai hai sara kuch. Aur kiu k kuch mai already aik cheez dekh rahi hon meray zehan mai wo aik cheez hai tou mujhy apna aap bhi osi mai lag raha hai tou phr mene counseling wagaira li tou phr kuch thori behtari howi.

Interviewer: aapko counseling lenay sai kya faida howa?

Interviewee: counseling sai mujhy kafi had tak yeh bhi pata chala k meray symptoms jo hain itnay ziada wo nhi hain jitney mera apna aik belief hai na k hoga, depression hoga, wo jitni ziada aik strong cheez hai wo sab sai strong aspect hai... meri aspect meray symptoms itni cheezain os k saath align nhi krta. Tou iss liye jo hai wo mujhy counseling sai bohot ziada help mili inn cheezon ko separate krnay mai.

Interviewer: aapki walda aap sai pochti thin ya abh pochti hain k aapka din kesa guzra?

Interviewee: meri daily life k baray mai... kiu k shuru sai mai aur wo kafi ziada attached rahay hain tou shuru mai jab unnki pheli episode thi tab wo those iss trha thin k jesay uninterested sa banda hota hai, itni interested nhi thin kisi ki as such daily routine sunnay mai ya choti choti batain sunnay mai lekin abh wo agr relapse mai bhi hon tab bhi wo beth k sunti hain. Hamari aik routine hai k jab bhi hum kahin bahir sai jayein gai tou unko jaa k apnay saray din ki routine sunani hai aur yeh wo. Haan thori si yeh cheez feel hoti hai k haan unnka proper dhiyan nhi hai shayad os taraf. Lekin wese usually agr wo os mai hon tou wo sara sunti hain aur pochti bhi hain aur interest bhi show krta hain.

Interviewer: aapko jab kisi cheez mai madad ki zarorat hoti thi tou aapko unki taraf sai response milta tha?

Interviewee: kbhi kbhi milta tha kbhi nhi bhi milta tha. K agr wo ziada deep iss stage mai hoti thin k wo bohot ziada depressed state mai hoti thin tab wo nhi kr skti thin aur wo khud helpless feel bhi krti thin aur unko dekh k lagta bhi tha k wo shayad krna chahti bhi hain aur nhi bhi krna chahtin. Lekin abh jese for example, last year ka jo unnka relapse tha wo bohot mild tha. Os mai bahir sai agr koi dekhay tou pata nhi chal skta tha k koi issue hai aur baki help wagaira ka bhi yahi hai k unn sai normal trha ki conversations kr sktay thay.

Interviewer: tou abh jab aapko wo respond nhi krti thin tou aap kya krti thin?

Interviewee: phr hum usually... kiu k hamaray father ki bohot ziada support hoti thi tou unnko jaa k thora sa... unnko bhi itna express nhi krtay thay k mtlb iss trha ka koi issue hai lekin hum automatically unki taraf chalay jatay thay k chalo agr yahan sai nhi tou wahan sai mil jaye gi help.

Interviewer: tou yeh dekh k aik parent ki taraf sai help nhi mil rahi hai tou aap ghr mai apni problems share krti thin?

Interviewee: ghr mai problems ka yeh hai k mera aur meri sister ka bohot acha bond tha tou hum dono aik dosray sai hi ziada cheezain share krtay thay kiu k hamain yeh hota tha k already jo meray father hain unn par burden hai bohot si cheezon ka tou hum bhi unnko overburden nhi krtay thay. Kiu k usually agr meri mother os stage mai nhi hoti thin tou wo bohot ziada mtlb hamaray liye.. unnka support system bohot strong tha hamaray liye. Lekin agr kbhi wo iss trha ki state mai hoti thin tou hum dono apas mai hi sari batain share kr letay thay.

Interviewer: aap par kisi bhi kaam ki responsibilities thin ghr mai?

Interviewee: nhi responsibility nhi thi meray opr. Kiu k mai sab sai choti hon apnay behan bhaiyon mai. Kiu k meray father hi ziada tar sara kuch krtay thay wrna jo meri bari behan thin wo kr leti thin.

Interviewer: aap nai apni yeh problems kisi aur k saath share ki except your family members?

Interviewee: nhi mene kisi k saath nhi kin. Iss liye sirf jab mene counseling li thi tou mene pheli dafa jo hai apni problems wagaira share ki thin. Kiu k aur mene kisi k saath nhi ki.

Interviewer: aap apni problems k saath counseling k ilawa kis trha sai deal krte hain?

Interviewee: mai problems k saath iss trha sai deal krte hon k usually iss trha k jitney bhi problems hoti hain ya tou list down kr leti hon jesy apnay pas koi na koi notes ya iss trha ka kuch unn mai kuch bana leti hon. Aur ya mai time deti hon k time k saath saath khud hi theek ho jayein gai ya iss trha ka kuch.

Interviewer: aesa kbhi howa k aap nai apnay parent sai koi baat share ki ho aur unhon nai ignore kr diya ho?

Interviewee: haan shuru mai I guess jab mene unnki pheli ya dosri episode dekhi thi os time pr aesa kbhi kabhar hota tha k agr hum baat kr rahay hotay thay tou unn k iss trha k expressions hotay thay k hamain pata chal jata tha k wo nhi hain interested sunnay mai. Tou phr hum nhi unn sai discuss krte thay wo cheez. Lekin last jitni bhi episodes hain unn mai iss trha ka kuch nhi hota.

Interviewer: aapka social circle kis trha ka hai?

Interviewee: hamara social circle bohot limited sa hai. Kiu k hm=amari jo inner family hai bass wohi hai as such social circle hamara nhi hai.

Interviewer: aapka personally social circle kis trha ka hai?

Interviewee: mera personally college mai friends wagaira hain unn k ilawa meri family, kiu k jo extended family hai unn k saath as such itna ziada bond nhi hai lekin zahir hai hum miltay hain sab k saath miltay jultay hain. As such koi family friends wagaira bhi nhi hain relatives sai miltay hain aur friends wagaira hain.

Interviewer: jesa k aap nai btaya k aapka social circle limited hai?

Interviewee: g mene btaya hai.

Interviewer: tou jab aap k friends apnay parents k baray mai baat kr rahay hotay thay tou aap nai apnay parents ki especially apni mother ki kami mehsoos ki?

Interviewee: nhi kiu k os time par hum already kafi chotay thay os time par hamain yeh cheezain zaroor feel hoti thin k kuch bachay jo hain apni mothers k saath aa rahay hain, wo lenay aa rahi hain ya wo iss cheez mai help kr rahi hain ya yeh kr rahi hain wo kr rahi hain tou tab

mujhy thora sa feel hota tha. Iss k ilawa aesa kuch koi major cheez feel nhi hoti thi lekin os k baad jab kiu k abhi jitni bhi episodes hain wo bohot ziada uninterested nhi hotin tou iss liye abh jab koi apnay parents k experiences k baray mai baat krta hai tou mai relate kr skti hon lekin mujhy yeh feel nhi hota k yeh meray saath nhi ho raha.

Interviewer: tou kya aap yeh batain unn sai share krte hain?

Interviewee: Friends sai?

Interviewer: haan g.

Interviewee: haan g mai abh kbhi kabhar krte hon apni friends k saath iss trha ki cheezain discuss.

Interviewer: aapki extended family mai kisi ko pata hai aap ki mother k baray mai?

Interviewee: nhi hamari extended family mai kisi ko nhi pata. Hum nai intentionally baat chupayi thi sab sai kiu k hamain pata tha k agr kisi ko pata chalay ga tou yeh aik bohot hi negative sa notion ban jaye ga. Ya tou log symoathize karain gai unn k saath bohot ziada ya unko realize karwayein gai k haan aap normal nhi hain phr aik stigma attach ho jata hai. Sirf immediate family ko yani jitnay log thay ghr mai sirf unko pata tha.

Interviewer: aap nai iss sab ki waja sai koi challenges face kiye?

Interviewee: haan challenges iss trha sai face kiye hain k for example, jesy meri jo school life thi kiu k os time par yeh sab kuch bohot peak par tha k jesy baki bachon ki mothers involved hain aur meri mother involved nhi hain inn cheezon mai tou os waqt hota tha. Lekin jab mai 19 years ki thi tou meri mother kafi normal stage mai thin. Tou tab tak unki bhi yeh cheez thi k wo bhi osko compensate krte thin k nhi agr mera iss trha ka time period guzra hai tou mai osko compensate karon, aur ziada innko time don aur support karon tou iss liye jo hai bohot had tak balance out ho jata tha.

Interviewer: kisi nai kabhi aapko aapki ammi k hawalay sai koi negative baat kahi thi ya tana mara tha?

Interviewee: nhi as such tou nhi kiu k extended family mai kisi ko nhi pata tha iss baray mai. Lekin aik family friend thin jinko pata tha kiu k jo hai wo hamaray psychiatrist k saath in contact

thin tou unnko bass idea tha. Tou jab koi banda oversympathize krta hai aap k saath tou wo bhi aapko at the end of the day thora taunting sa lagta hai. Tou haan os time par tha she was like mai aapko support krti hon k aap ki mother jo hain itna nhi kr sktin aur yeh wo tou wo cheez os time par hamain bother krti thi k nhi hamari mother wahin hain. Mtlb unnki presence thi hamari life mai. Hur point par thi presence bohut ziada tou bass os k ilawa hum nai kisi ko btaya hi nhi tha tou hamain yeh cheez face nhi krni pari.

Interviewer: tou aapki unn relative nai koi positive ya negative role play kiya tha?

Interviewee: haan negative role play kiya tha kiu k aik tou yeh k zahir hai k hamari psychologist k saath confidentiality breech howi thi tou wo bhi aik negative aspect tha aur dosri baat yeh k.. wo jo family friend thin unnka negative aspect yeh tha k usually hamara coping mechanism yeh tha k hum apni mother ko realize nhi krwatay thay k aapko yeh issue hai. Theek hai, hum iss ko bohut natural way mai lai k chaltay thay. Tou agr aik banda aa kr aapko explicitly yeh keh raha hai k nhi aapko jo depression hai os k andar yeh problem hai tou oska obviously aik negative impact parta hai. Bass hamain wo cheez bother krti thi wrna hamara unn sai itna interaction nhi tha tou as such koi bohut ziada negative impact nhi tha.

Interviewer: abh aapka unn k saath koi interaction hai?

Interviewee: nhi.

Interviewer: iss sab k baray mai baat krna mushkil tha aap k liye?

Interviewee: haan kiu k yeh kind of first time hi hai k mai kisi sai iss trha baat kr rahi hon itna openly kiu k hum nai shuru sai family mai hi yeh cheez discuss ki hai aur ziada sai ziada apnay counselor sai yeh cheez discuss ki hai aur kisi k saath bhi nhi. Tou yeh difficult bhi hai aur naya bhi.

Interviewer: aapko iss sab k doran kis kisam ki support mili?

Interviewee: iss sab k doran hamaray father ki bohut ziada support thi. Dosra yeh k hum teeno (3) behan bhai aik dosray ko bohut support krtay thay. Mtlb pata hota tha jese wo uninterested hain tou bachpan mai mai aur meri behan yeh krtay thay k hum dono apas mai yeh cheezain discuss kr letay thay. Family mai yeh hai k hum saray aik unit ki trha rehtay hain aur yeh tha.

Interviewer: iss sab ka aapki personality par kya asar para?

Interviewee: haan yeh tha k hamara confidence level thora down tha kiu k wo os trha ki support nhi thi shuru mai apni mother ki taraf sai aur kuch complex sa hota tha mujhy lekin os k baad jab ahista ahista baray hotay gaye tou phr koi ziada issue nhi hota tha.

Interviewer: abh in the present time aapko relationships build krnay mai koi mushkil hoti hai?

Interviewee: nhi mujhy beech beech mai issues hotay hain jis trha for example trust issues hotay hain. Iss trha ki thori thori cheez hoti hai lekin os k ilawa mai bana leti hon. Bana skti hon.

INTERVIEW 3

Interviewer: As salam o alaikum.

Interviewee: Walaikum as salam.

Interviewer: Kya haal hai aapka?

Interviewee: Mai Bilkul theek Alhumdulillah.

Interviewer: Mai aapko phr sai btati chalon k yeh interview aapki permission k saath record kiya jaa raha hai. Aapko koi issue tou nhi?

Interviewer: Nhi nhi mujhy koi masla nhi.

Interviewer: aap ko apni walda ki illness k baray mai kesay pata laga?

Interviewee: meray ghr ka mahool bachpan mai kafi stable aur calm tha. We were like a family jin ko itnay maslay face nhi krnay partay thay. I think when I was 12, tou meri ammi kafi different tarha ki batain krty thin. Ajeeb trha ki batain hoti thin. Wo pora din apnay bed sai nhi nikalti thin. Unnko kisi bhi cheez mai interest nhi hota tha. Wo hum sai bhi proper trha sai baat nhi krty thin. Unn sai kbhi koi baat krnay ki koshish kro ya kisi cheez mai help chahiye ho tou she would not respond. Tab lagta tha k unnko koi masla hai lekin samjh nhi ati thi k kya masla hai. Ghr mai koi iss baray mai baat nhi krta tha. We were not allowed to discuss her illness lekin mai aur jo meri bari behan hai hum chup k apnay room mai iss par baat zaroor krty thay k ammi nai yeh kiya wo kiya. Like unnka odd behavior jo tha wo discuss krty thay.

Interviewer: jab aapko apni mother ki illness k baray mai pata laga tou aapki zindagi mai sab sai bari tabdili kya ayi thi?

Interviewee: ammi ko yeh masla meray bachpan sai tha tou bachpan sai hi aik trha sai adat ban gayi thi k unn k around kis trha rehna hai. Mtlb k unnko tung nhi krna, have to be around her constantly, dekhtay rehna hai k kya kr rahi hain wo. Lekin yeh nhi samjh ayi k aesa hum kiu kr rahay hain. Phr jab baray ho kr thora idea howa, pata laga k unnko depression hai tou mai aur ziada concious ho gayi thi unn k baray mai. Agr kuch aesa hota tha jis sai unnko stress ho tou hum koshish krty thay k unnko na pata chalay aur hum khud hi os cheez ko handle kr lain. Aik dafa ghr mai kafi financial issues chal rahay thay aur iss time par hum sb college university mai thay aur saath ammi ka treatment bhi chal raha tha tou kafi maslay thay os time par. Tou abbu

nai hamain sakhti sai mana kiya tha k iss ka ammi ko na pata chalay, iss liye mai kafi concious rehti thi k unn k aas pas honay par konsi baat krni hai aur kesay krni hai. Isski wajah sai mai bhi bohot stressed rehti thi.

Interviewer: aapki ammi k diagnosis k time par aapki kya feelings thin?

Interviewee: kiu k ammi kafi phele diagnose howi thin tou os waqt itni samjh nhi thi k kya ho raha hai aur os waqt pata bhi nhi tha k depression hai unko. Baad mai jab pata laga baray ho kr that she has depression tou phr os waqt samjh ayi k bachpan mai jo hum itna concious rehtay thay ya jo kuch bhi krtay thay for our mother, oski waja kya thi. I was really open for it k unnko koi masla na ho ya wo kisi aesi cheez sai trigger na hon jis sai wo relapse kr jayein. Mai baray honay par koshish krti thi k ammi k saath jaon for her sessions takay mujhy bhi idea hota rahay k kya ho raha hai aur mujhy unnki help krnay k liye kya krna chahiye.

Interviewer: iss time par aapki daily routine kesi hoti thi?

Interviewee: jesa k mene btaya k yeh sab bachpan sai tha tou routine aik trha sai set ho gayi thi. Yahi hota tha k unnko akelay nhi chorna. School janay sai phele ammi ko mil k jana wapis aa k milna, unn sai baat krna, koshish krti thi k roz ki routine baton unnko. Hum sab raat ko almost roz hi pori family saath bethtay thay baatain krtay thay, unn sai batain pochay thay aur koshish hoti thi k wo respond karain hamain. Kbhi tv par koi movie laga letay thay aur osko discuss krtay thay. Abh baray ho kr bhi yahi hai life thori busy ho gayi hai phele sai lekin abh bhi yahi hota hai k ammi k saath bethain aur time spend karain saath. Abh tou wo kafi behtar ho gayi hain aur baat bhi krti hain khud sai mtlb share krti hain aur respond bhi krti hain agr kuch pocho tou. Lekin iss routine mai bhi settle honay mai time laga kafi kiu k it was obviously new, phele ghr nhi khud hi krni hai. Phele tou yeh tha na k help krwa di ammi ki tou wo phr bhi ho jata tha. Hamaray ghr mai maid bhi thi lekin unko bhi nikalnay para kiu k wo sab ko hamaray ghr ki batain btati thin tou bara masla hota tha tou unn ko nikalna para. Baki bass yahi k ammi ko akelay nhi chorna aur hur waqt koi na koi zaroor ho.

Interviewer: aapko kesay pata laga k wo aap k ghr ki batain kisi aur ko btati hain?

Interviewee: aik dafa yeh howa tha k hamaray neighbour mai jo aunty hain wo hamaray ghr ayi thin kuch denay. Tou ammi ka haal chaal bhi pochay tha unhon nai k kesi hain nazar nhi atin aaj kal aur yeh k kafi time ho gaya hai milay howay. Phele tou hum nai keh diya k haan g bas kaam

hota hai ghr mai shayad isi liye. Tou baton baton mai unhon nai yeh baat bhi kr di k maid bata rahi thi k wo beemar hain yeh wo aur wo kamray sai bahir nhi atin. Tou phr os time aik dum sai click kiya hamain k agr innko andaza hai tou baki sab ko bhi hoga tou hum nai foran unnko nikal diya.

Interviewer: aapki family life kis trha change howi?

Interviewee: Family life mai yahi change aya k hum log aur close ho gaye thay. Ammi ka haal chaal poch tay rehtay thay. Jo bhi ghr ata tha jesay bari behan wapis ati thi university sai tou poch ti thi unki tabiyat ka aur baki sab kuch. Jab hum discuss krtay thay ammi k baray mai matlab unki tabiyat ko lai kr tou aur bhi kafi batain share krtay thay aik dosray k saath. Abbu bhi koshish krtay thay k wo hum sai interact karain poray din k baray mai pochain takay wo up to date rahain hamaray maslon k baray mai. Kafi cheezon ki responsibility bhi aa gayi thi sab par iss wajah sai k ammi ko aur ghr ko dekhna hai. Abbu parhay likhay thay tou wo iss sab cheezon ko samjhtay thay tou os cheez sai kafi help I guess howi k wo encourage krtay thay ammi ko sessions lenay k liye aur personally khud sai bhi khayal rakhtay thay wo. Hamain bhi kehtay thay k ammi ko masla ho tou foran batayein unnko ya hamain koi issue hai tou wo bhi.

Interviewer: responsibilities kis trha ki thin?

Interviewee: yahi k ghr ko dekhna hai. Jo bhi ghr pr hota tha wo ghr bhi sambhalta tha aur ammi ko bhi dekhta tha. It was not easy k itnay baray ghr ko sambhala jaye itni young age mai. Mujh par bhi thin lekin kum thin as compared to my sister kiu k wo bari thi tou ziada tar wohi dekhti thin. Jab mai ghr hoti thi tou I used to do the stuff I could aur jab behan hoti thi then she would ya hum kaam divide kr k krtay thay.

Interviewer: aap nai apni mother ki dekh bhaal kis trha ki?

Interviewee: mene koshish ki k ammi k saath communication behtar karon apni. Mai paanch (5) batain krti thi tou kisi aik ka jawab deti thin. Yeh bhi kbhi kbhi hi hota tha. Kuch time tou wo kisi bhi cheez ka jawab nhi deti thin. Mai wese bhi thora bohot search krti thi k unnka khayal aur kis trha rakha jaa skta hai tou internet sai help leti thi. Wahan bhi ziada tar wohi cheez hoti thi jo therapist sai pata lagti thin. Aur jese mene phele btaya unnko stressful situations k baray mai pata nhi lagnay detay thay. Jab unnka masla extreme par tha tou wo bed sai bhi nhi uthti thin jis wajah sai unki hygiene ko bhi dekhna hota tha. Tou hum koshish krtay thay k roz jo basic cheezain

hoti hain wo krwayein unn sai jese brush aur moo haath dhona. We used to take turns to comb her hair.

Interviewer: jab aapki ammi aap k ird gird hoti thin tou aap kya krti thin?

Interviewee: jab wo aas pas hoti thin tou mai koshish krti thin k attentive rahon k wo kya kr rahi hain aur kahan hain, unnko kisi cheez ki zarorat tou nhi hai. Phele jab chotay thay tou thora dar lagta tha kiu k ammi k behavior mai aik dam sai change aya tha aur pata hi nhi chala tha. Ho skta hai phele sai koi issue ho lekin mai choti thi iss liye mujhy andaza hi nhi howa tha. Mujhy hota tha k wo itni chup kiu hain, baat nhi krtin jawab nhi detin. Tou rona bhi ata tha iss sab par tou abbu hosla detay thay lekin mana bhi krtay thay iss sab k baray mai baat krnay sai kbhi kbhi. I don't know kiu krtay thay. Lekin ahista ahista baray ho kr we made peace with it and wanted to be normal around her but also alert. Hum bas koi masla ho tou unn k samnay discuss nhi krtay thay baki koi baat ho tou wo kr letay thay.

Interviewer: aapki mother ki illness ka koi affect aap par howa personally?

Interviewee: I think kafi howa kiu k I was really friendly in my childhood lekin jab sai yeh sab start howa tou mai kafi chup rehney lag gayi thi. I used to see the mothers of other friends tou wahan thora sa hota tha k ammi kiu nhi hain yahan. Mai emotionally sensitive ho gayi thi thora kiu k agr koi mujhy thora sa bhi kuch keh deta tha tou mujhy bohot ziada bura lagta tha even choti si baat bhi. It was I know not healthy for me. Aur yeh cheez baray ho kar bhi kafi manifest howi hai in my everyday life. Meray dost jab ghr ki baat krtay hain tou I don't share much. I don't think I am ashamed of it or anything. It is just that I don't want to share. I don't comfortable k mai kisi ko itni personal baat btaon. Abh bhi agr koi meri baat ka jawab na dai tou bura lagta hai kiu k bachpan mai ammi was not able to answer anything jo bhi mai pochti ya btati thi unnko. Tou abh wese hi koi aur karay tou bura lagta hai.

Interviewer: Tou aapko parents ki especially apni mother ki kami mehsoos howi when your friends talk about their mothers?

Interviewee: haan kbhi kbhi. Phele tou bohot hoti thi kiu k school time mai jesay bachay PTMs par mothers k saath atay thay ya koi event ho raha hai os pr, meray saath abbu hotay hi thay lekin hur baar nhi hotay thay tou koi bhi nhi jata tha lekin mujhy encourage zaroor krtay thay k part lou. Lekin unn bachon ko apni mothers k saath dekh k bara hota tha k meri ammi kiu nhi ayin.

Shuru shuru mai tou aesa bhi hota tha k ammi saath hon tab bhi kami mehsoos hoti thi kiu k iss sab sai phele hum kafi attached thay unn sai aur phr aik dum sai sab kuch badal hi gaya aur pata bhi nhi laga. Phele tou yeh tha na k kuch btao tou wo agay sai kcuh kehti tou thin, respond krti thin mtlb baat tou krti thin lekin phr Bilkul hi yeh sab krna band kr diya. Tou iss sab sai mai khud bhi bara frustrate hoti thi k kya hai mai kya karon. Phr iss waja sai mai kuch cheezain hoti thin jo btati hi nhi thi. Aur abh bhi agr koi mention karay mtlb xagr koi bachpan ki baat karay tou they mention any happy moment tou feel hota hai k mene tou kbhi yeh sab nhi dekha, meray saath tou aesa nhi howa. Abh tou Alhamdulillah phele sai sab kafi behtar hai lekin yeh sab abhi bhi kafi feel hota hai.

Interviewer: Aapki ammi pochti thin k aapka din kesa guzra?

Interviewee: phele tou Bilkul nhi hota tha aesa. Hum khud hi btatay thay unnko takay unn k saath communication hoti rahay. Wo nhi bhi pochti thin we used to tell her. Aur kbhi kbhi aesa lagta tha k wo bohot uninterested hain yeh sab sunnay mai aur zone out bhi ho jati thin k baat ho rahi hai aur unnko sunayi hi nhi dai raha mtlb wo focus hi nhi krti thin k kya baat ho rahi hai. Lekin abh wo poch leti hain hum sai agr na bhi aesa ho tou hum khud btatay hain unnko k aaj yeh sab howa aur hum nai yeh kiya. Lekin wo abh bhi thora zone out hoti hain phr aik dum sai khayal ata hai unnko k koi baat ho rahi thi tou dobara pochti hain wo kya baat ho rahi thi. But yeh hai k it feels nice k wo pochti tou hain na abh aur share kr k bhi acha lagta hai.

Interviewer: agr aapko kisi cheez mai madad ki zarorat hoti thi tou kya aap unn sai madad mangnay k liye jatay thay?

Interviewee: shuru shuru mai chotay hotay howay aik dou dafa howa tha aesa k I asked help for something tou unhon nai respond nhi kiya. It was kind of difficult for me kiu k phr samjh nhi ayi k mai kya karon lekin baad mai abbu k pas jati thi bari behan k pas jati thi for help. Abh ammi kehti hain k share kiya kro agr koi masla ho. Mai koi chota masla ho tou bata deti hon nhi tou mai aesa kuch ziada nhi btati jis sai wo stressed out hon. Kiu k I know k wo choti choti baton par stress out ho jati hain. Lekin handle kr letay hain kisi na kisi trha wo sab. Lekin ziada koshish yahi hoti hai k unnko aesi batain na batayein.

Interviewer: aap apni problems ghr mai btati thin?

Interviewee: btati thi lekin phr koshish krti thi k jo cheez mai khud solve kr skti hon kar lon. Baki behan sai ya abbu sai help leti thi about how to solve my problems. Ammi sai bhi abh share krti hon tou unnko bhi acha lagta hai k hum unn sai apni problems share krtay hain. Lekin agr emotionally koi masla ho tou wo mai ziada nhi btati kisi ko. Wo apnay tak rakhti hon aur khud hi osko solve krnay ki koshish krti hon. Mujhy acha bhi nhi lagta abh k mai emotionally bhi depend karon kisi par. Haan kbhi kbhi I am desperate k koi ho jis ko bata sakon apni problems lekin phr I try to solve it myself. Yeh cheezain emotionally meray andar build up hoti hain phr aik hi dafa gussay mai sab nikalta hai. Abh wo situation par nhi hota k kitni bari ya choti hai os waqt mai emotionally kis trha feel kr rahi hon os par depend krta hai. For example, agr kisi nai zara sa bhi kuch kaha hai and I am very emotional aur mai bohot emotions feel kr rahi hon tou mai aik dam phr phaata jati hon.

Interviewer: aap apni family k ilawa kisi sai apnay problems share krti thin?

Interviewee: nhi. Aur koi bhi aesa nhi hai jis sai mai share karon except for my sister. Abbu sai bhi krti hon lekin agr koi bohot hi personal baat hai ya tou behan ko btaon gi ya I will keep it to myself.

Interviewer: Aesa kbhi howa k aap nai unn sai kuch share kiya aur unhon nai ignore kr diya ho?

Interviewee: haan kbhi kbhi hota tha wohi k wo zone out ho jati thin aur kafi hoti thin tou phr hum koi problem ho tou wo discuss nhi krtay thay.

Interviewer: aap k relatives nai kya role play kiya iss sab mai?

Interviewee: hum nai apnay relatives mai kisi ko nhi btaya iss sab k baray mai. Bass hamari aik khala hain unn sai hum kafi attached hain wo aik dafa ayi thin. Tou ammi ka behavior kafi changed tha unhon nai note kiya tha iss baat ko. Tou abbu nai unnko btaya tha k kya hai sab and all that. Sirf iss liye btaya unnko kiu k wo ammi sai bohot close hain aur unn par trust kr sktay thay aur wo iss cheez ko bhi support kr rahi thin k hum nai kisi ko nhi btaya iss sab k baray mai. She made sure kisi ko na pata chalay aur hamain bhi abbu nai mana kiya tha k iss ka zikar nhi krna kisi k samnay. Yeh cheez itni stigmatized hai tou iss liye wo koshish krtay thay k na btaya jaye kisi ko.

Interviewer: kisi nai aap ko iss sab k baray mai kuch kaha tha? Kisi nai koi taunt mara tha?

Interviewee: wohi jo neighbour wali aunty thin unhon nai jab khud yeh sab kaha aur andaza howa hamain k inn ko thora thora shak hai tou aik dum sai bura laga tha aur iss ki koi khaas waja mujhy bhi samjh nhi ayi k kiu. Shayad iss liye k hum expect nhi kr rahay thay k hamaray ilawa kisi ko pata hoga tou shayad iss liye bura laga tha. Wrna aur kahin aesa feel nhi howa. Kiu k hum nai kisi ko nhi btaya tha iss wajah sai. Even abbu nai bhi nhi kiu k mene dekha hai k aesa hota hai agr biwi ko aesa masla hota hai tou husband kbhi tana maar detay hain gussay mai ya unintentionally. Tou I am glad k abbu nai aesa kbhi nhi kiya.

Interviewer: during that time aapko support mila kahin sai bhi?

Interviewee: Haan g. Ghr walon ka support tha. Apni khala ka support tha. And I guess it helped a lot. Kisi kisi ko tou itna bhi nhi milta. I am grateful for all of them. lekin mai yeh kahon gi k emotional support nhi thi meray pas. Wo iss liye k sab apni problems face kr rahay thay aur koi apas mai share nhi kr raha tha. Iss liye meray pas sirf apna hi support tha aur kisi ka nhi.

Interviewer: aapki khala nai aapko kis trha support kiya?

Interviewee: unhon nai bohot achi trha handle kiya sab kuch. She used to support and encourage ammi to take therapy aur hamain bhi kehti thin k family counseling k liye jaya karain hum. Hum sai pochti thin if we ever need help. Tou hum kbhi kbhi koi mala hota tha tou wo bhi disuss kr letay thay. Phr unhon nai iss cheez mai bara saath diya k kisi ko pata nhi lagnay diya iss sab k baray mai. Agr koi zikar krta tou wo kuch na kuch keh k taal deti thin k bachon k exam hain ya unn k ghr mai kaam ho rha ahi tou abhi na tung karo unnko. Iss trha hamaray liye bhi aik pareshani kum ho jati thi. Wo kafi ghr ati thin, help kr deti thin aur khanay wagaira ka bhi kr deti thin takay hum par boojh kum paray. Iss trha wo ziada tar exams k time krti thin aur na bhi hon tou aa jati thin.

Interviewer: aapka social circle kis trha ka hai?

Interviewee: mera kafi limited sa hai. Bohot hi kum log hain. Bachpan mai bara shoq tha dost banany ka lekin shayad ghar k halaat ki waja sai ya pata nhi shayad meri apni personality ki waja sai mera circle bohot limited ho gaya hai.

Interviewer: aapka apni personality sai kya mtlb hai?

Interviewee: meri personality kafi introverted hai mene kafi frineds banaye hain throughout my life. Academy mai kafi bara social circle tha lekin abh koi bhi nhi hai unn mai sai meray saath iss liye shayad meri apni hi personality ki waja sai I have limited friends.

Interviewer: tou jab wo apnay parents k baray mai baat krtay thay tpu aapko especially apni mother ki kami mehsoos hoti thi?

Interviewee: bachpan mai hi ziada hoti thi. Jesay mene btaya k sab apni mothers k saath aa rahay hain jaa rahay hain tou wahin mehsoos hoti thi unn ki kami. Abh bara ho kar kheir itna mehsoos nhi hota.

Interviewer: aapko kbhi aesay log milay jo aap k hisaab sai aapki problems k saath relate kr sktay hon?

Interviewee: kuch cheezon mai kr skti thi kuch mai nhi kiu k aik dou frineds thay jin sai mai thora bohot relate kr pati thi kiu k jab wo kuch btatay thay tou meray dimagh mai mera experience hota tha k haan aesa hota hai ya nhi meray saath aesa nhi howa. kuch log thay jin ko mene apni jesi similar situation mai dekha tha lekin wesa support nhi tha jesa mujhy mila jiski wajah sai unnko kafi problem howi.

Interviewer: aap logon k saath consistent relationships develop kar saki hain?

Interviewee: Nhi mera nhi khayal. Mene iss baray mai itna nhi socha lekin abh mehsoos hota hai k nhi aesa nhi howa kbhi. Meri life was all about friends lekin sab aik kr k side par ho gaye tou meray liye sab bara mushkil ho gaya tha. I questioned myself k mera kiu koi dost nhi rehta like everyone leaves at the end. Sab apas mai dost rehtay hain in contact rehtay hain lekin meray saath koi bhi nhi rehta. Mera self-esteem bohot low ho gaya hai iss waja sai. Consistent friendships nhi hain meri. Abh bhi university mai kafi time guzar gaya hai, lekin mai sab k saath iss trha nhi reh pati jese mai bohot carefree hon. Mtlb jesay friendships hoti hain you can rely on them aur bohot koi chill hona unn k saath because I am still afraid and quite certain k university khatam honay k baad meray saath in contact nhi rahay ga. Bass iss waja sai mai emotionally bohot drain howi hon. I have realized k mujhy atleast aik insan chahiye jis par mai rely kr sakon. Even though mene kbhi kisi par rely nhi kiya hai lekin abh itnay saal baad mai apni aik limit par hon k it is difficult for me.

Interviewer: iss sab sai cope up krnay k liye kya kiya aap nai?

Interviewee: To be very honest I don't think mene as such itna kuch nhi kiya. It was a difficult time for me aur waqt guzarnay k saath cheezain behtar ho hi gayin at one point, lekin it is still hard. Lekin social media sites par jesay hota hai k sab ki aik saath pictures dekh lin ya iss trha ka kuch tou wo aik dum sai purani feelings wapis ati hain the same way how I felt at that time. So I avoid their posts and mostly everything they do.

Interviewer: aap nai kbhi mental health professionals sai raabta kiya hai?

Interviewee: nhi. Ammi k counselor k ilawa mai kisi k pas nhi gayi. kiu k wahan sai hi kafi baton ka pata lag jata hai. Aur mera yeh bhi hai k mai cheezain handle kr leti hon apni. Even meray emotional issues bhi hon tou mai kafi had tak handle kr leti hon kiu k wo problems kuch time baad khatam ho jatay hain. I know kafi masla hota hai emotionally mujhy lekin it is better k mai khud handle kr leti hon aik trha sai.

INTERVIEW 4

Interviewer: As salam o alaikum.

Interviewee: Walaikum as salam.

Interviewer: jesa k mene aapko phele btaya tha k iss interview ka maqsad yeh hai k hum unn logon k experiences ko jaan sakain jin k parents ko koi psychological issue hai.

Interviewee: G.

Interviewer: aaj aap kis k baray mai baat krna chahain gi?

Interviewee: mai apni mother k baray mai baat karon gi jinko diagnosed clinical depression hai.

Interviewer: aap bata sakti hain k unnka diagnoses kitna arsa phele howa tha?

Interviewee: Unnka diagnosis howa tha back in 2014 jab meri twin sisters paida howi thin.

Lekin os sai phele bhi wo itna mentally strong nhi thin.

Interviewer: unn k shuru mai kya symptoms thay?

Interviewee: meray khayal mai unn k thora emotional issues thay k wo bohot jldi emotionally trigger ho jati thin aur mujhy meri nani bhi kehti thin k yeh tou bachpan sai aesi hai, aur unko bachpan mai aik dafa bukhar howa tha jis k baad thora sa wo mentally upset ho gayi thin aur iss trha ki cheezain btayi jati hain.

Interviewer: aapko apni mother ki illness k baray mai kesay pata laga?

Interviewee: 2014 mai meri twin sisters paida howi thin premature thin wo tab tou unnko kafi arsa hospital mai rakha gaya aur daily unnka kafi expensive treatment hota tha aur injections wagaira lagtay thay. Tab sai hum nai note krna shuru kiya unn k behavioral changes lekin tab mai kafi choti thi tou mujhy itna idea nhi tha lekin jab os k baad jab ghr aye wo tou aik dafa yeh howa k unn dono behnon mai sai aik jo haina wo gir gayi. osko koi khaas choti nhi lagi lekin tab wo aik weaking point tha unn k liye. Unhon nai ajeeb harkatain shuru kr din mtlb ajeeb ajeeb batain krna, aur vacant stares aur ankhain Bilkul khali ur iss trha ki cheezain. Tou tab hamain thora sa laga k unhain assessment ki zarorat hai. Tou hum unko lai k gaye hospital psychiatry ward mai tou unnki assessment ki tou unhon nai kaha k innko clinical depression hai, diagnose

kiya unhon nai. Aur os k baad kafi aesay issues howay jin ki waja sai unnka jo hai wo barhta gaya unnka depression. Kum nhi howa.

Interviewer: aapka kya reaction tha jab aapko apni walda k baray mai pata chala tha?

Interviewee: mera reaction.. mene bataya k mai bohot choti thi tab 2014 ki baat hai aur takreeban 9 saal ho gaye hain iss baat ko. Tou os waqt tou mjujhy samjh nhi aya k kya ho raha hai kiu k phele mera aik bhai hai bara, phr mai hon aur phr yeh dono twins thin. Tou os waqt mai bari behan thi, bari behan bani thi tou meray andar yeh sense of responsibility zaroor thi k mene mama ka khayal rakhna hai aur sab kuch krna hai lekin jab mene yeh dekha k bhai.. bhaiya jo hai wo bhi bohot tension mai rehnay lag gaya hai, ghr mai sai bhi kisi ki support nhi thi. Jab meri nani jaan Lahore sai multan ayi thin unnka khayal rakhnay k liye, meri dadi meri chachiyani kisi nai bhi help nhi ki hamari. Tou pressure sa aya tha aik dum sai k dono behnain bhi theek nhi hain mama bhi theek nhi hain, bhaiya bhi ziada nhi kr skta phr sari responsibility, sara burden mujh par aya tha.

Interviewer: jab aapko apni mother k iss issue k baray mai pata laga tou aapki life mai sab sai bara change kya aya?

Interviewee: meri life mai... (thinks for some seconds) jo change hai positive tou Bilkul nhi hai I would say. Kiu k abh bohot aesay incidents howay hain, bohot major incidents howay hain jin ki waja sai unnka yeh jo issue hai barha hai aur issko medical attention nhi di gayi. abhi recently I think so, saal phele meray father ki dosri shadi disclose howi hai aur pichlay saal k end pai unnka aik beta bhi paida howa hai dosri biwi sai. Tou iss tha ki cheezain hain jinhon nai meri mother ko bohot ziada.. unnka aik dum sai relapse ho gaya tha. Tou os mai jo hai itna dar lagnay lag gaya tha k wo adhi adhi raat ko uth k darwaza bajati thin dadi k kamray ka k dadi unnko maar dain gi aur iss trha ki cheezain wo krti thin. Tou bhaiya mera army mai chala gaya, mai akeli reh gayi. baba jo hain wo ghr hotay nhi thay to sari responsibility mama ki A to Z mujh par aa gayi aur mujhy itna dar lagta tha k mama ki medication agr on time na howi, agr unhon nai overdose lai li. Behnon ka kya hoga dou twin behnain, aik agr hoti tou phr bhi sambhali jati lekin 2 twins hain aur jo hai wo double responsibility. Parhayi unnki likhayi sab kuch opar sai meri jo chachi thin, hum joint family mai rehtay hain tou wo jo hai unnka itna negative role tha. Dadi ka tou tha hi sahi, dadi tou tanay deti thin. Dadi tou iss extent tak jati thin k mama ko baba ki dosri shadi ka bhi deti thin. Aur chachi mujhy kehti thin k tum pagal ki bachi ho tum yeh ho, tum wo ho,

tumhari maa yeh, tumhari maa wo. Tou iss sab nai mujhy emotionally itna vulnerable kiya k mai wahan par kisi sai apnay emotions share hi nhi kr skti thi. Aur jin sai mai kr skti thi wo Lahore shift ho gaye thay tou unn sai bhi communication gap aa gaya. Tou emotionally itna damage howa, mene apnay emotions itnay snub kiye, itnay suppress kiye k abh yeh hota hai k koi bhi choti si baat hoti hai tou mera breakout ho jata hai, mera breakdown ho jata hai aik dum sai aur mai kisi ko bata nhi skti tou mai ghanton kamray mai bund reh k ya khud ko bathroom mai bund kr k roti rehti hon.

Interviewer: aapko kya lagta hai aesay kon sai events hain jin sai aapka breakdown hota hai?

Interviewee: events jab mera breakdown hota hai jab mama baba ki koi larai ho aur meray baba jo hain diagnosed tou nhi hain lekin mai yeh kahon gi k unnko bhi koi na koi issue zaroor hai. Aur narcissist hain wo bohot baray. (Thinks a little) tou jo haina jab wo mama sai lartay hain tab mera hota hai aik dum sai kiu k jab bhi mama sai wo lartay hain tou mama ka jo haina aik dum sai emotionally aur psychologically mama peechey ho jati hain. Aur relapse ka issue shuru ho jata hai. Aur dosra yeh k meray baba ko mujh pai bhi bohot trust issues hain jab sai unnki dosri shadi disclose howi hai na tab sai unnko lagta hai... mama bhi mentally thora sahi nhi hain tou unnko lagta hai k mai bohot kharab kaam krti hon tou jo hai mama mujhy support nhi kr sktin iss waja sai. Aur mama nai kbhi bhi emotionally itna strong nhi rahin k family k samnay kharay ho kar hamain support kiya ho k meray bachon k saath koi yeh na karay. Tou sab k liye hum aik easy target rahay hain hamesha. Tou meray baba aa k aggressive bhi ho jatay thay. Tou mujhy aik yeh yaad hai k unhon nai mujhy gardan (neck) sai pakar k gari k saath mara tha kiu k meri dadi nai shikayat lagayi thi k yeh sara time jo hai mobile use krti hai aur parhti nhi hai. Tou baba nai mujhy gardan sai pakar k dhakha diya tha gari k saath lagayi tha aur yeh kaha tha k mujhy pata hai tu kya krti hai. Tou iss trha k itnay events howay hain, mene aik dafa apnay cousin ko keila (banana) offer kiya tha dadi nai iss baat ko itna ziada portray kiya k yeh jo hai os k saath aesay hai tou wesay hai baba nai mujhy iss baat pai bhi bohot mara tha. Tou iss trha k events jo hain wo mujhy ziada trigger krtay hain mama tou krti hi hain. Mama ka jo issue hai that is.. wo tou valid issue hai lekin iss trha ki choti choti cheezain hain mama ka support na hona phr bhaiya jo hai Kashmir mai posted hai apni army life ki waja sai tou mujhy lagta hai mai Bilkul Bilkul akeli hon. Aur mujhy koi sunnay wala nhi hai tou iss trha k events meray emotional issues ko trigger krtay hain.

Interviewer: aapki daily routine kis trha ki hoti hai?

Interviewee: meri ghr ki routine iss trha ki hoti hai k mai abh fsc mai hon tou jo hai phele mai college jati hon ghr ati hon, thori dair mobile use krti hon aur mobile bhi mai yeh dekh k use krti hon k aas pas dadi na hon kiu k dadi bohot negatively iss cheez ko lai k jati hain. Even though meray social media accounts hain unnka bhi meri family mai kisi ko nhi pata. Meray cousins ko pata hai, meri mama ko pata hai, meray bhai ko pata hai baba ko nhi pata kiu k baba iss cheez ko itna negative letay hain. Tou mai wo use krti hon. social media use krti hon thori dair. Phr mai wo log out kr k jo Instagram ki app hai osko hide kr deti hon. Phr khana khati hon. Phr baba ki yeh routine hai k wo... wese tou baba ka yeh hai k baba aik din idhar aik din udhar hotay hain. Wo kbhi kabhar yeh ho jata hai k hafta hafta ghr nhi atay. Aur atay bhi hain tou iss trha sai atay hain k shaam mai adha pona ghanta guzar k wapis chalay jatay hain. Kiu k mene btaya bhi hai k pichlay saal unnka beta howa hai unki dosri wife k saath tou wo udhar ziada busy hain. Tou baba atay hain unn k saath time spend krtay hain, unn k saath jo time spend hota hai os mai mostly mujhy tanay partay hain k mai both nashukri hon, bohot ziada paisay zaya krti hon aur mai kisi ka khayal nhi rakhti, dadi sai batameezi krti hon aur phr parhayi kr k mai soo jati hon. Lekin meri routine is k negative events bohot ziada hain.

Interviewer: aapko lagta hai k hur koi aapko jaan boojh k ya unnecessarily ya unconsciously target krta hai?

Interviewee: bohot bohot bohot ziada mujhy yeh feel hota hai kiu k meri mama jo hain unhon nai shuru sai jis trha sai hamari collectivist society ka culture hai k apni saas ki khidmat krni hai yeh krna hai wo krna hai mai shuru sai aik joint family mai rahi hon, baba aur chachu saath rahay hain. Chachu aur unnki sari family aur dadi dada. Tou mama nai shuru sai dadi ki itni khidmat ki hai, unhon nai itni khidmat ki hai aur meri jo dosri chachi hain wo kiu k dadi ki apni family sai ayi hain aur wo thora sa outspoken hain tou wo dadi ki itni khidmat nhi krtin, wo batameezi wagaira kar k bach jati hain. Tou mama jab dadi ki itni ziada khidmat kr rahi hain, aur aik tou emotionally itni attached (pressures on this word) hain dadi sai k unnko lagta hai k agr wo thora sa bhi backout karain tou dadi unn k begair nhi reh sktin. Mama k emotional attachment issues bohot ziada hain. Tou jo hai wo, isi waja sai mujhy lagta hai k mujhy isi waja sai bohot ziada target kiya jata hai. Meri chachi ki 2 betiyan hain mujh sai bari hain. Wo iss trha sai hoti thin meray saath, abh tou behtar hain lekin phele iss trha sai hoti thin k tum hamaray pas betha na kro

hamain tum sai ghin ati hai aur meri chachi mujhy baar baar target karain k tumhari jo maa hai wo pagal hai tumhara baap yeh hai tumhara koi khayal nhi rakhta tum bhi unhi ki beti ho tum bhi aesi hi niklo gi. Aur meray baba ko jo insecurity hai k agay jaa k... meray baba ki jo wife hain wo baba sai takreeban 20 years, 18 to 20 choti hain. Baba ko lagta hai meri age mai aa k larki aesa koi na kaam karay gi. Wo itna insecure hain iss cheez ko lai k aur wo itna shak krtay hain jis ki waja sai wo mujhy kbhi bhi... meri aik cousin hai wohi jo Lahore shift howi hain unn k ghr kbhi akelay nhi rehnay detay kiu k unko lagta hai meri wo cousins mujhy kharab kr dain gi aur mai unn k saath mil k galat kaam karon gi. Tou mujhy lagta hai k specifically mujhy target kiya gaya hai kiu k meri dono behnain wo choti hain, bhai jo hai wo iss system sai hi nikal gaya hai, ghr ata hi nhi hai aur jab bhi ata hai osko special protocol diya jata hai kiu k wo military mai. Tou beech mai mai hi bachti hon, mene hi hur cheez dekhni hai.

Interviewer: aapko kya lagta hai inn sab cheezon ka aap par kis trha sai asar howa?

Interviewee: inn sari baton ka mujh par iss trha sai asar howa k abh mai religion k point of view sai dekhon tou mai religion k bhi kafi close howi hon. Aur mujhy jo hai... baba ko jo lagta hai mai galat kaam karon gi, mujhy pata hai k mai kbhi bhi nhi karon gi kiu k mujhy inn cheezon sai itna dur lagta hai. Aur inn sab cheezon mai mama ki jo halat howi, trigger krnay mai jo sab sai bara role tha wo baba nai play kiya. Tou mujhy lagta hai k meray commitment issues bohut ziada hon gai. Emotional issues tou meray hain. Kiu k mujhy itni young age sai itni responsibility dai di gayi k tum nai apni maa ka khayal rakhna hai, unnki medications ka, unnki mental health ka apni choti behnon ka khayal rakhna hai. Aur jo baap hai mera wo scene sai ghayab hai. Tou mujhy lagta hai meray commitment issues bohut ziada hon gai kiu k abhi filhal kisi official commitment mai nhi hon aur meray attachment issues bhi bohut ziada hon gai. Inn sab nai negative impact hi dala hai. Positive impact sirf itna hai k mujhy experience mil gaya hai mujhy pata hai k agr mene iss trha ki koi situation face ki hai mental health ka koi issue aya hai tou mene osko kis trha sai tackle krna hai. Osko kis trha sai lai k chalna hai kiu k mujhy pata hai k mujhy apni immediate family sai baba ho gaye dadi ho gayin, unn sai koi support nhi milay gi. Lekin mujhy know how hai k mene iss cheez ko kis trha sai tackle krna hai.

Interviewer: aap nai khud sai apni mother ka kis trha sai khayal rakha?

Interviewee: achaa... mai aapko btati hon shuru mai tou kisi nai yeh baat mani hi nhi k mama ko koi issue hai. Phr meray chotay chachu aye Lahore sai unhon nai yeh cheez note ki aur meri

tayi amma jo Lahore mai rehti hain, wo psychology ki graduate hain tou unhon nai yeh initiative liya meray chotay chachu k saath issko jo haina CMH lai k chaltay hain, isski psychological evaluation krwatay hain. Tou wahan lai k gaye dadi saath gayi thin. Tou wahan I guess family k bhi interviews letay hain. Jab dadi k interview lenay shuru kiye tou dadi nai tou g issko yeh masla hai, yeh ghr ka kaam nhi krti, yeh wo nhi krti, yeh wo nhi krti. Aik point mujhy tayi amma btati hain k aesa bhi aya tha k jab doctor nai kaha tha dadi ko k aap bahir jayein mai khud kr lon ga sab. Tou jab mama ko diagnose kiya clinical depression sai, os waqt tou choti thi aur pata nhi tha depression k baray mai itna lekin mujhy yeh pata tha k mama theek nhi hain. Tou... aap apna question repeat kr skti hain, I lost track of your question.

Interviewer: G... mera sawal yeh tha k aap nai apni mother ka khayal khud sai kis trha sai rakha tha?

Interviewee: tou wo yeh tha k mujhy yeh kaha gaya tha k tumhari mama theek nhi hain. Unnko yeh yeh dawaiyan deni hain, mama k khanay ka khayal rakhna hai. Acha mama jo hain dou dou teen teen din soye begair guzarti thin aur wo bhi iss trha sai k wo laity howi hain aur unhon nai chaat ko ghoorna hai aur unhon nai twins ka bhi koi kaam nhi krna kiu k Zahir si baat hai unnko pata hi nhi tha k wo kya kr rahi hain. Tou wo yeh hota tha k mai twins sambhal rahi hoti thi bhaiya k saath kbhi tayi amma aa jati thin meri help krti thin. Tayi amma saath nhi rehti thin wo alag ghr mai rehti thin. Aur mera bhaiya jo hai wo mama ko lai k ghanton laita rehta tha k mama aap soo jayein, aap soo jayein. Unnka sur dabata tha mama nhi soti thin tou phr bhaiya bhi bari class mai tha oski bhi apni parhayi hoti thi tou mama ki dawai jis mai neend ki dawai bhi hoti thi aur unn k dose ka khayal rakhna hota tha, kiu k aapko bhi pata hai sleeping pills ki dose opr neechy ho jaye tou kitnay maslay hotay hain. Aur iss cheez ka bhi khayal rakhna tha k wo addict na ho jayein sleeping pills ki. Tou dawaiyon ki management mujhy dai di gayi k tum nai roz iss time pr unnko dawaiyan deni hain, yeh yeh deni hai. Iss din yeh deni hai, iss din yeh deni hai. Tou 9 years back mai os waqt shayad 4 ya 5 class mai thi. Tou 4th 5th class ki bachi ko itni responsibility dai di jaye k os nai apni behnon ko sambhalna hai, mama ko sambhalna hai aur os nai ghr mai sab ki batain bhi sunni hain. Tou phr aap aik rough sketch draw kr skti ho k meri life kis trha ki guzri hogi.

Interviewer: iss sab nai aapki family life ko kis trha sai badla?

Interviewee: family life iss trha sai change howi k... (thinks for some time) meri tayi amma jo hain... Yeh log jo hain I would say k meray go to person hain for everything. Meri tayi amma ki jo betiyan thin dono wo thin k mai unn k pas jaa k unn sai share kr skti thi k kya feel kr rahi hon kya feel nhi kr rahi. Aur meri mama jo hain aggressive ho gayi thin. Depressive episode k doran unnko koi hosh nhi hota tha apnay kapron ka bhi nhi hota tha. Lekin jesay hi wo depressive episodes uthtay thay wo aggressive ho jati thin. Yeh tak hoa wa hai meray saath k mujhy baat nhi yaad lekin koi lame si baat par unhon nai sab k samnay mujhy viper sai mara unhon nai aur tab hamari tayi amma hamaray pas eid guzarnay ayi howi thin tou unnki bachiyay neechay bhaagi hain mujhy bachanay k yeh mama ko kya ho gaya hai tou unhon nai mama sai viper cheena mujhy opr lai k gaye aur tayi amma meri mama ko lai k bethin and my mama is never happy with me. Unko bass yeh lagta hai k mai bohot na farman aulad hon aur mai jo bhi karon gi unn k khilaaf karon gi. Abh hamari thori bohot bonding hai lekin mujhy pata hai k mai unn k saath koi bhi cheez share nhi kr skti. Dadi ka iss sab mai bohot negative role raha hai and you could say k wo bhi aik waja hain mama k liye aik trigger honay mai. Except tayi amma baki sab ka dadi, baba aur sb chachiyay inn sab ka negative role raha hai. Chotay chachu hain wo bhi hur baat ko barha charha kr meray baba ko batatay hain aur meray baba yeh nhi dekhtay k kon sach bol raha hai aur kon nhi baba aik dum sai aggressive ho jatay hain aur unnko lagta hai k sari galti meri hai. Tou wo mujh par haath bhi uthtay hain at times.

Interviewer: aapki ammi k diagnosis k baad aap k father ka kya role tha unnka khayal rakhnay mai ya wese bhi?

Interviewee: baba ka yeh role tha k wo tou unnko lai k bhi nhi gaye. Lai k bhi meray chachu aur tayi amma gaye thay. Isi sai andaza laga lain k meray baba kitnay serious thay. Haan jab diagnosis howa aur initial stages thin aur medication deni thi aur behnain choti thin, tou baba ka yeh role tha k unhon nai medication ka bohot khayal rakha tha lekin follow ups mai aur sessions mai baba kbhi nhi lai kr gaye mama ko. Depression k saath saath sessions bhi hotay hain meray khayal sai. Tou mera nhi khayal aik bhi session hai jo mama nai attend kiya ho. Aur jab dawaiyan khatam ho jati thin tou dawaiyon ka follow up kbhi bhi nhi liya. Aur saal baad jaa k yaad ata tha k ‘O jee isski tou dawaiyan khatam ho gayi hain tou issko abh dobara lai k jao.’ Multan mai bhi achay khasay hain lekin Lahore ki booking krwa k appointments ki Lahore lai k atay thay aur sessions k liye Lahore lai k jaa rahay hain, lekin saal mai sirf aik dafa Lahore lai k

aye hain. Dawaiyan li hain aur phr saal k liye koi ata pata nhi hai k kya situation hai kya nhi hai. Hamain kafi dafa warn kiya hai meri tayi amma jab shift ho rahi thin Lahore tou unhon nai warn kiya k meri mama jo hain phr sai relapse mai jaa rahi hain innko dobara aik major episode anay wala hai depression ka. Aur unhon nai yeh directly meray baba ko nhi kaha tayi amma nai apnay husband k through meray baba ko khelwaya tha lekin baba nai iss cheez ko itna serious nhi liya aur wahi howa k unn k janay k baad aik bohot major depression ka episode aya mama par jo kisi sai bhi nhi sambhala gaya phr. Phr mera bhai aya tha chutti lai k aur os nai sambhala tha mama ko. Baba ka as such koi major role nhi hai kiu k unnki dosri family hai osko wo ziada prioritize krtay hain tou wo ziada wahin dhiyan detay thay.

Interviewer: aapko apnay father ki second marriage k baray mai kab pata laga?

Interviewee: yeh second marriage hamain disclose howi hai pichlay sai pichlay saal. Lekin yeh jo hai yeh jo hai meri twin sisters k piada honay sai phele ka hai. Which means mama k diagnosis sai phele hai. Aur mujhy aik scene yeh bhi yaad hai k jo meray baba ki dosri wife hai unn k jo bachay hain, aik hi hai jo pichlay saal howa hai baba nhi chahtay thay k dosri wife k saath bacha ho. I don't know unn k apas ka mamla hai I don't know. Lekin meri mama nai twins ko conceive kiya tha tou mujhy kuch arsa phele pata chala hai k baba nai bohot kosish ki thi k mama ka abortion ho jaye aur unnko bohot weird clinics mai lai k jatay thay ajeeb medications detay rahay hain tou jab yeh dadi ko pata chala tou unhon nai stand liya aur phr dadi nai saath jana shuru kiya k mai tumhai yeh abortion nhi krwanay don gi. Tou innki shadi nai bohot role play kiya hai jo wo hamari taraf itna irresponsible rahay hain.

Interviewer: jab aapki mother aap k aas pas hoti thin tou aap kya krti thin?

Interviewee: mama jab aas pas hoti thin tou mujhy bohot dhiyan rakhna parat tha kiu k mai koi bhi baat kar rahi hon chahay wo positive baat hi hai unhon nai wo baat baba ko btani hai. Unnko overshare krnay ki adat hai unnko yeh nhi pata... unnko idea hai k baba nai kya negative role play kiya hai unnki life mai lekin unhon nai utna hi attached rehna hai unn k saath, utna hi pyaar dena hai utna hi unn sai larna bhi hai. Mtlb log distant ho jatay hain unhon nai distant nhi hona. Tou koi bhi baat share karon tou wo baba ko btani hai aur baba nai meri hur baat negative hi leni hai. Tou mama k samnay mujhy vigilant bhi rehna parta tha aur wo kya kr rahi hain aur mama ki jo burnout situation ho jati thi tou osko bhi dekhna parta tha. Aur mama kya batain kr rahi hain

kiu k unnki baton sai aur behavior sai andaza ho jata tha k mama iss waqt jo hai depression k kis stage par hain. Severe stage tou nhi hai. Tou mama k samnay vigilant rehna parta tha.

Interviewer: aapki mother ki presence ka aap par koi affect hota tha?

Interviewee: mama ki presence stressful thi mtlb abhi bhi hai lekin aaj kal mama itna nhi hain mtlb extreme depression mai nhi hain lekin unnki presence thori bohot stressful hai. Mujhy bohot keenly nazar rakhni parti hai. Bhaiya jo haiwo bhi nhi hai. Jab bhi os sai baat kro tou wo yahi kehta hai k aap mama ka khayal rakho, aap hi ho sirf baki dono choti hain aur baba bhi nhi hotay. Tou iss cheez nai mujhy aur pressure diya howa hai k mai hi hon jis nai mama ka khayal rakhna hai aur mai iss cheez ko lai kr itna stressed out ho jati hon. Meri apni social life hai academic life hai personal life hai... inn cheezon ko at times handle krna mushkil ho jata hai. Specially tab jab aap apni mama k saath kuch share nhi kr sktay, jin sai kr sktay ho tou wo saath nhi hain tou at times bohot stressful ho jati hai.

Interviewer: aap k aas pas jab koi apnay parents ki baat krta tha tou aapko apnay parent ki kami mehsoos hoti thi?

Interviewee: mama tou saath rehti thin. Wo hamesha pas hi rahi hain lekin baba ki bohot mehsoos hoti thi at times. Abh sari family bethi hai, eid ka moka hai aur baba nhi hain wahan. Phele nhi pata tha k baba kahan jatay hain baad mai jab dosri shadi disclose howi hai tou pata chala. Lekin yeh cheez bohot feel hoti thi k aapka aik parent jo hai wo aapki emotional needs pori nhi kr skta kiu k oski apni emotional needs pori nhi howin jis ki wajah sai that parent is not mentally sane. Aur jo dosra parent hai wo apni responsibilities sai bhaag raha hai. Phsyically present hona bhi koi cheez hoti hai. Baba jo hain financial needs pori kr hi detay hain wo bhi bohot tanay dai k, k mai bohot paisa zaya krti hon aur wo pocket money bhi abh nhi detay. Emotional needs kbhi pori nhi ki.. unnko lagta hai k mai paisay dai raha hon tou wo kafi hai. Tou mujhy bohot hota hai k koi na bhi hota meray baba tou hotay wo apna role tou pora krtay.

Interviewer: aap nai ghr mai kbhi apni problems share ki hain?

Interviewee: baba sai tou mai kbhi nhi kr skti kiu k mene btaya k wo meri taraf kitna aggressive hain kitna negative hain. Aur mai mama sai bhi nhi share kr skti kiu k agr mai mama sai share karon tou wo baba tak pohonch hi jata hai. Tou aik dou baatain bata deti hon k college mai yeh howa, doston mai yeh howa. Bass yahi. Mai aapko aik baat btaon, meri mama, meri dadi ki

paach (5) bahuain (daughter in law) hain, 5 betay hain beti koi nhi hai. Out of all those 5 bahu my mama was the most jolly person. Mtlb meri mama ki presence mai aap hamesha hastay rehtay thay. Wo itni jolly hoti thin lekin abh tou mene rarely mama ko smile krtay howay dekha hai. Tou jo hai I don't know k mai kis k saath share karon. Agr mama k saath karon bhi tou wo bohut unresponsive hoti hain ya aggressive ho jati hain agr bohut personal baat share karon tou. Kiu k unko nhi pata k konsi baat apnay tak rakhni hai kon si kis ko btani hai. Tou wo jo tayi ammi hain unn k saath hum sab ki bonding bohut achi hai aur hum kafi close hain. Baba nhi hain kiu k baba ko wo log nhi pasand. Tou mama jo hain unnko bohut weird messages bhej rahi hoti hain jis din baba ki shadi disclose howi mama k samnay tou mama nai unnko itnay weird messages bhejay howay thay k phr mujhy wo delete krnay paray k agr baba nai yeh mesaages dekh liye tou baba tou mama ki shamat lai ayein gai. Tou aesay mai kesay share karon kisi k saath bhi.

Interviewer: aapko kya lagta hai k aapki mother k liye koi specific trigger tha aggression k liye ya phr sirf wo depression k episode k baad hi sirf sggression show krti thin?

Interviewee: wo jo hai unn k liye jo aik trigger hai na basically I think so meri family mai yeh dosri shadiyon ka scene bohut ziada hai meray taya abu nai bhi ki howi hai aik chachu nai bhi ki howi hai baba nai bhi ki howi hai tou baba jab bhi naam letay thay na unnka tou wo trigger ho jati thin. Abh tou mama k face par koi filter nhi raha abh tou wo full batameezi krti hain aur baba bhi in return bohut batameezi krtay hain tou mama k aggression ka trigger yahi hota hai... baba hotay thay. Ya dadi k saath kr k lekin unn k saath kr k mama ko regret hota tha k dadi burhi hain dadi unn k begair nhi reh sktin.

Interviewer: aapko jab kisi cheez ki zarorat hoti thi tou aap kis k pas jati thin?

Interviewee: mujhy jab kisi cheez ki zarorat hoti thi tou mai sab sai phele baba k pas hi jati hon (sounds exhausted here) in hopes mai k shayad, shayad wo meri iss need ko pora kr dain. Mujhy kis cheez ki zarorat hogi, meri pocket money band ki howi hai tou mujhy paison ki zarorat hogi. Aaj kal rozay hain tou mujhy eid k kapray chahiye tou mujhy tou yeh kaha gaya hai k puranay kapray pehno tumhai naye(new) nhi lai k don ga, lekin meray baba out of all brothers sab sai ziada financially stable hain. Baba sai share krti hon wo nhi mantay tou agr wo maan bhi jayein tou hamain nhi lai k jayein gai shopping pai, wo apni dosri biwi ko lai k jayein gai aur unn k saath lai k atay hain jo hamain pasand nhi atay. Ya mai mama ko kahon gi, mama k pas thori

bohot savings hoti hain mama wo mujh pai laga deti hain. Ya mai bhैया ko kahon gi kiu k wo army mai hai tou wo khud kamata hai tou wo jab sai gaya hai na bhैया aur meri bonding bohot achi ho gayi hai wo meri cheezon ka itna khayal rakhta hai wo Kashmir mai line of control par betha meray liye surprises bhej raha hota hai tou mai apni needs jo haina... emotional needs mai bhैया sai communicate krte hon k bhैया aaj kal mai yeh feel kr rahi hon lekin mai ziada nhi krte kiu k wo wahan akela betha hai I know k as much as I am suffering wo bhi suffer kr raha hai. Lekin kiu k wo larka hai wo iss cheez ko itna openly nhi keh skta.

Interviewer: aap nai apnay social circle mai kisi ko iss sab k baray mai btaya hai?

Interviewee: meri aik friend hai jis ko mene sab k baray mai btaya hai lekin friends k saath bhi Zahir hai k aap sab kuch share nhi kr sktay aik moment ata hai jahan aapko stop lagana parta hai. Meri cousins jinka mene aapko phele bhi btaya hai mai unn k saath hi ziada tar share krte hon aur wo mujhy suntay bhi hain. Jab mai Lahore jati hon unn sai milti hon unn k ghr zaroor stay krte hon aik raat ya dou raat lekin mai ziid kr k unn k ghr zaroor stay krte hon tou mai unn mai sai dosri wali saath sab share krte hon jo mai feel kr rahi hon jo ghr mai howa hai wo sab kuch. Jo mai kisi ko nhi bta skti mama baba k beech ki baat wo bhi mai sirf unn cousin ko btati hon. Tou wo jo hain proper support system ban jatay hain. Wo kehtay hain k hamain pata hai aap kya feel kr rahi wo easy nhi hai aap k liye and they are empathetic towards me k beta it is not easy for you aur inn situations mai aap yeh yeh kr skti ho aapki mama k saath aik issue hai aap k baba k saath bohot saray issues hain tou aap inn situations ko iss trha sai tackle kr skti ho aur aapko pata hai k aap hamaray pas kbhi bhi aa skti ho. Bhैया bhi inn sai share krta hai kiu k osko pata hai kisi aur nai support nhi krna hamain. Abhi recently bhi aik scene yeh howa k bhैया chutti par aya howa tha tou meri mama ko kafi arsay sai periods ki bleeding ho rahi hai regularly. Kisi nai iss cheez ko notice nhi kiya baba nai bhi nhi. Bhैया aya hai wo lai k gaya hai unnko aur wahan pata laga hai k unn k uterus mai stones hain aur unnko hernia hai aur foran surgery krwani hai. Aur baba nai iss cheez ka koi notice nhi liya. Phr bhैया nai chuttiyan extent krwayi hain aur baba sai seriously baat ki hai k agr aap nai meri mama ka khayal nhi rakhna tou mai unnko lai kr Lahore shift ho jata hon. Tayi amma ko bhi iss baray mai btaya tou kafi support kiya unhon nai k haan zaroor aa jao yahan tou yahi log hain jin sai hum proper share kr sktay hain kuch bhi.

Interviewer: aap nai jesay kaha k aapki tayi amma ki family jo bhi aapko solutions detay hain situations ko tackle krnay k liye tou wo aap real life mai apply krte hain?

Interviewee: haan mai krti hon. Meri jo 2 cousins hain unn mai sai aik jo hai wo proper narcissist hai. Tou tayi amma aesay btati hain k unnko mtlb ghr mai sab cheezon ko kis trha sai lai k chalna hai. Aap aik cheez ko avoid kr skti ho tou aap osko kro aur wo aapko koi harm nhi dai ga balkay aik banda jo batameezi kr raha hai constantly aur aap osko ignore kr rahi ho tou aik time aye ga k wo banda khud bhi feel karay ga yaar yahan tou mujhy koi faida nhi ho raha aesay react krnay ka wo banda khud hi ruk jaye ga. Tou mai unnki btayi howi baton ko apply krti hon aur wo kafi help krti hain mujhy.

Interviewer: aap k friends ya koi bhi aap k pas apnay parents ki baat kr raha hota hai tou aapko apnay parent ki kami mehsoos howi especially apni mother ki?

Interviewee: meri mama jo hain na wo bohut outgoing hoti thin jab tak unn par depression ka phase nhi aya wo bohut outgoing hoti thin. Wo meray college k.. college k tou nhi school k jo bhi events hotay thay unn sab par ati thin lekin os k baad jo sab howa hai os mai mujhy mama ki kami... mama tou physically hamesha present rahi hain. Haan os waqt hoti thi jab sab bachay normally apnay parents k saath especially betiyan apni mothers k saath share krti hain tou mai os trha sai share nhi kr skti.

Interviewer: aapko aesa koi mila hai jin k experiences aap sai bohut miltay jultay thay ya jin sai aap relate kr skti thin?

Interviewee: haan meri tayi amma jo hain jin ki mai itni batain kr rahi hon unn k husband nai bhi dosri shadi ki howi hai tou that is why our families relate to each other a lot kiu k hamaray experiences similar rahay hain bas farq yeh tha k unn k jo bhi traumas rahay hain wo bohut early traumas thay hamaray jo traumas hain hum jab 4th 5th mai aye mera bhaiya mujh sai 5 saal bara hai wo 9th 10th mai tha tou tab hamaray yeh traumas shuru howay. Lekin unn k bachon k traumas bachpan k hain like 1 saal 2 saal k thay jab unn k ghr mai yeh sab shuru howa. Unn sai relate krtay hain tou iss liye share bhi unn k saath ziada krtay hain.

Interviewer: aapki family mai aur koi hai jin ko koi psychological issues hain?

Interviewee: haan g meri inhi tayi amma ko anxiety ka kuch diagnosis diya gaya tha lekin unhon nai family mai yeh sab disclose nhi kiya. Yeh sirf hamain pata hai.

Interviewer: aap nai jab bhi yeh sab batain share ki hain tou was it difficult talking about it?

Interviewee: nhi share krnay mai kbhi difficulty mehsoos nhi howi. Lekin difficult in a sense k mai kya feel kr rahi hon meray emotions wo thora difficult tha k emotions ko balance out krna hota tha lekin share krnay mai ya yeh log mujhy judge karain gai iss mai kbhi difficulty nhi ayi.

Interviewer: aesa kbhi howa hai k aap nai kisi sai apni situations share ki hon aur agay sai unhon nai kuch negative kaha ho ya taunt mara ho?

Interviewee: nhi unhon nai aesa kbhi kuch nhi kaha.

Interviewer: aur aap k dosray relatives nai?

Interviewee: dadi nai bohot kiya hai k yeh tou pagal hai isski aulad bhi pagal hai. Aur chachi nai k tum tou pagal ki bachi ho aur isi trha ki harkatain kro gi aur isi trha ki cheezain. Tou unn logon nai tou bohot batain sunayi hain.

Interviewer: aapko iss time par aur kis sai support mili?

Interviewee: meray naniyal walon sai mili hai. Jab baba ki dosri shadi disclose howi tou wo log itnay strong background k nhi thay financially lekin phr bhi wo aye, aa k bethay unhon nai baat ki baba sai tou unki taraf sai thori feeling of support ati hai aur yeh log hain aur tayi ammi hain jin k pas we can go agr koi hum situation face karain tou.

Interviewer: aap nai apni mother k saath unn k sessions liye thay?

Interviewee: meri mama sessions k liye kbhi nhi gayin. Sessions k liye jana chahiye tha lekin unko kbhi serious liya hi nhi gaya. Unnko bass dawaiyon par dawaiyan hi di hain lekin agr 3 mahinay ka course mila hai os k baad koi session nhi liya saal baad phr wohi dawaiyan lai aye.

Interviewer: aap kbhi khud kisi mental health professional k pas gayi hain?

Interviewee: meray pas itnay resources hi nhi hain k mai kisi therapist ya counselor k pas jaon. College mai bhi koi capus counselor nhi hai lekin agr mujhy moka mila tou mai apnay issues ko tackle krnay k liye zaroor jana chahon gi.

APPENDIX G: VERBATIMS

INITIAL THEMES/CODES	VERBATIMS
Daily routine	<ul style="list-style-type: none"> • Ghar mai hotay howay kuch time hum logon nai kosish ki k kuch arsa family time ho. mene mama k saath communication behtar krli thi tou os mai yeh cheez thi k mene mama k saath emotional bonding behtar ki. • Os time par yeh hota tha k os time par yeh hota tha k hamara school wagaira bhi hota tha tou jab hum school jatay thay tou hamaray father thay unhon nai apnay office timings iss trha sai kr liye thay k wo office bohot late jatay thay takay wo ziada time jo hai unn k saath spend kr sakain aur wo ghr par akeli na hon. Hum log jab school sai atay thay tou os k baad hum pora time unn k saath rehtay thay. • School janay sai phele ammi ko mil k jana wapis aa k milna, unn sai baat krna, koshish krli thi k roz ki routine baton unnko. Hum sab raat ko almost roz hi pori family saath bethtay thay baatain krtay thay, unn sai batain pochay thay aur koshish hoti thi k wo respond karain hamain. • Meri ghr ki routine iss trha ki hoti hai k mai abh fsc mai hon tou jo hai phele mai college jati hon ghr ati hon, thori dair mobile use krli hon.
Providing care to parent	<ul style="list-style-type: none"> • Iss trha sai k mene abhi btaya na k mene mama k saath communication behtar krli thi tou os mai yeh cheez thi k mene mama k saath emotional bonding behtar ki aur oska result yeh nikla k mama ki jo bhi cheezain thin, jo bhi traumas thay wo share krna shuru kr diye.

	<ul style="list-style-type: none"> • : mai ziada tar basically unnko yahi show krwanay ki koshish krti thi k mai bohot khush hon ya koi mazay mazay ki batain btati thi ya tv par koi iss trha ki cheez laga deti thi jis ka mujhy pata ho k koi bohot funny si movie hai ya koi iss trha ki cheez laga deti thi. Ya aur unnko betha k unn sai batain pochti rehti thi k acha yeh kesa hai wo kesa hai, avh kya feel kr rahi hain iss trha ki batain hum phr constantly krtay rehtay thay. Abh bhi mai unn par check and balance rakhti hon k agr mai college mai hon tou mujhy pata hota hai k wo kahan bethi hain kya kr rahi hain ya kis k saath hain. • Mai aur meri behan koshish krtay thay k unn k sessions k liye hum mai sai koi aik saath zaroor jaye unn k takay hamain pata lagta rahay unnki condition k baray mai and what other things we can do jis sai wo behtar ho sakain. • tou mama ki dawai jis mai neend ki dawai bhi hoti thi aur unn k dose ka khayal rakhna hota tha, kiu k aapko bhi pata hai sleeping pills ki dose opr neechy ho jaye tou kitnay maslay hotay hain. Aur iss cheez ka bhi khayal rakhna tha k wo addict na ho jayein sleeping pills ki. Tou dawaiyon ki management mujhy dai di gayi k tum nai roz iss time pr unnko dawaiyan deni hain, yeh yeh deni hai. Iss din yeh deni hai, iss din yeh deni hai.
<p>Impact on family life</p>	<ul style="list-style-type: none"> • “Family life iss trha sai change howi k hum bachon nai na mama baba k conflicts mai interfere krna shuru kar diya.” • “Meray father par akelay hi sara burden unn par tha iss ab ko deal

	<p>krnay ka. Os time par jo hai family life thori disturb howi thi kiu k aik banda jo hai over burden feel kr raha hai kiu k baki saray jo hain wo itna ziada involved nhi hain os cheez mai tou iss trha sai affect howi thi.”</p> <ul style="list-style-type: none"> • “Family life mai yahi change aya k hum log aur close ho gaye thay. Ammi ka haal chaal pochay rehtay thay.” • Unko bass yeh lagta hai k mai bohot na farman aulad hon aur mai jo bhi karon gi unn k khilaaf karon gi. Abh hamari thori bohot bonding hai lekin mujhy pata hai k mai unn k saath koi bhi cheez share nhi kr skti. Dadi ka iss sab mai bohot negative role raha hai and you could say k wo bhi aik waja hain mama k liye aik trigger honay mai. Except tayi amma baki sab ka dadi, baba aur sb chachiyann inn sab ka negative role raha hai.
Emotional challenges	<ul style="list-style-type: none"> • “Overthink krna aur meray overthinking patterns bohot strong hain mai sari sari raat iss cheez ko overthink karon gi. Mai 3 saal purani cheez bhi overthink karon gi.” • “Mai emotionally sensitive ho gayi thi thora kiu k agr koi mujhy thora sa bhi kuch keh deta tha tou mujhy bohot ziada bura lagta tha even choti si baat bhi.” • “Mera breakdown ho jata hai aik dum sai aur mai kisi ko bata nhi skti tou mai ghanton kamray mai bund reh k ya khud ko bathroom mai bund kr k roti rehti hon.” • These emotional challenges made them feel vulnerable and it affected
Social challenges	<ul style="list-style-type: none"> • Aur challenges yeh k social life disturb howi thori si. Mama sai

	<p>na, kiu k mama sai apnay gussay par control nhi rehta tha at moments tou mama sai yeh k mama doston k saath bahir jana hai tou mama kab react kar jayein iss baat pai.</p> <ul style="list-style-type: none"> • Nhi mujhy beech beech mai issues hotay hain jis trha for example trust issues hotay hain. • Meri life was all about friends lekin sab aik kr k side par ho gaye tou meray liye sab bara mushkil ho gaya tha. • Meri apni social life hai academic life hai personal life hai... inn cheezon ko at times handle krna mushkil ho jata hai.
Financial challenges	<ul style="list-style-type: none"> • Aik dafa ghr mai kafi financial issues chal rahay thay aur iss time par hum sb college university mai thay aur saath ammi ka treatment bhi chal raha tha tou kafi maslay thay os time par.
Family challenges	<ul style="list-style-type: none"> • Tou jab bhi saath bethtay thay kisi na kisi baat par conflict ho jata tha larai ho jati thi. Aur meri mama jo hain wo larai ka stress handle nhi kr skti thin jis ki waja sai wo anxious ho jati thin aik dam sai aur unn ki anxiety jo hai na wo rage ki form mai result krti thi meray chotay bhai pai. • hum joint family mai rehtay hain tou wo jo hai unnka itna negative role tha. Dadi ka tou tha hi sahi, dadi tou tanay deti thin. Dadi tou iss extent tak jati thin k mama ko baba ki dosri shadi ka bhi deti thin. Aur chachi mujhy kehti thin k tum pagal ki bachi ho tum yeh ho, tum wo ho, tumhari maa yeh, tumhari maa wo.
Effects on self	<ul style="list-style-type: none"> • Mera self-esteem bohot low ho gaya hai iss waja sai. • hamara confidence level thora down tha kiu k wo os trha ki

	<p>support nhi thi shuru mai apni mother ki taraf sai aur kuch complex sa hota tha mujhy.</p> <ul style="list-style-type: none"> • Tou emotionally itna damage howa, mene apnay emotions itnay snub kiye, itnay suppress kiye k abh yeh hota hai k koi bhi choti si baat hoti hai tou mera breakout ho jata hai, mera breakdown ho jata hai aik dum sai aur mai kisi ko bata nhi skti tou mai ghanton kamray mai bund reh k ya khud ko bathroom mai bund kr k roti rehti hon.
Family	<ul style="list-style-type: none"> • Iss sab k doran hamaray father ki bohot ziada support thi. Dosra yeh k hum teeno (3) behan bhai aik dosray ko bohot support krtay thay. • Ghr walon ka support tha. Apni khala ka support tha. And I guess it helped a lot. Kisi kisi ko tou itna bhi nhi milta. • Mujhy support sirf meri tayi amma sai ya nanhiyal walon sai hi mila hai. Aur kahin sai nhi mili.
Friends	<ul style="list-style-type: none"> • Sudden support k liye mene apni best friend ko message krna hai, if she is available then it's okay wrna mene apnay partner k pas jana hai. Wahan sai mujhy sudden support mil gayi.
Mental health professionals	<ul style="list-style-type: none"> • Ammi k counselor k ilawa mai kisi k pas nhi gayi. kiu k wahan sai hi kafi baton ka pata lag jata hai. Aur mera yeh bhi hai k mai cheezain handle kr leti hon apni.
Self help	<ul style="list-style-type: none"> • Aur mera yeh bhi hai k mai cheezain handle kr leti hon apni. Even meray emotional issues bhi hon tou mai kafi had tak handle kr leti hon kiu k wo problems kuch time baad khatam ho jatay hain. I know kafi masla hota hai

	emotionally mujhy lekin it is better k mai khud handle kr leti hon aik trha sai.
Coping mechanism	<ul style="list-style-type: none"> • usually, hamara coping mechanism yeh tha k hum apni mother ko realize nhi krwatay thay k aapko yeh issue hai. Theek hai, hum iss ko bohot natural way mai lai k chaltay thay. • inn sari baton ka mujh par iss trha sai asar howa k abh mai religion k point of view sai dekhon tou mai religion k bhi kafi close howi hon.
Parental absence	<ul style="list-style-type: none"> • Aur phr over the years jo baba ka rawaiya tha k aik taraf wo ziada inclined thay aur dosri taraf wo ziada inclined nhi thay. • kbhi kbhi milta tha kbhi nhi bhi milta tha. K agr wo ziada deep iss stage mai hoti thin k wo bohot ziada depressed state mai hoti thin tab wo nhi kr skti thin aur wo khud helpless feel bhi krti thin aur unko dekh k lagta bhi tha k wo shayad krna chahti bhi hain aur nhi bhi krna chahtin. • Unn sai kbhi koi baat krnay ki koshish kro ya kisi cheez mai help chahiye ho tou she would not respond. Tab lagta tha k unnko koi masla hai lekin samjh nhi ati thi k kya masla hai. • eid ka moka hai aur baba nhi hain wahan. Phele nhi pata tha k baba kahan jatay hain baad mai jab dosri shadi disclose howi hai tou pata chala. Lekin yeh cheez bohot feel hoti thi k aapka aik parent jo hai wo aapki emotional needs pori nhi kr skta kiu k oski apni emotional needs pori nhi howin jis ki wajah sai that parent is not mentally sane.

<p>Range of emotions</p>	<ul style="list-style-type: none"> • Aur meri mama jo hain wo larai ka stress handle nhi kr skti thin jis ki waja sai wo anxious ho jati thin aik dam sai aur unn ki anxiety jo hai na wo rage ki form mai result krti thi meray chotay bhai pai. • Tou jo haina jab wo mama sai lartay hain tab mera hota hai aik dum sai kiu k jab bhi mama sai wo lartay hain tou mama ka jo haina aik dum sai emotionally aur psychologically mama peechay ho jati hain. Aur relapse ka issue shuru ho jata hai.
<p>Changes in parental role</p>	<ul style="list-style-type: none"> • jab doctor nai unko prescribe ki kuch medicines tou tab bhi jo hain meray father hain wohi sara unnka schedule wagaira dekhtay thay k kis trha ai medicines ho rahi hain aur sara kuch ho raha hai ya nhi. Aur phr with time jo hai kiu k meri mother kafi jaldi behta ho gayi thin os time par tou ahista ahista kr k unnki medicines taper off kr di thin. • Abbu parhay likhay thay tou wo iss sab cheezon ko samjhtay thay tou os cheez sai kafi help I guess howi k wo encourage krtay thay ammi ko sessions lenay k liye aur personally khud sai bhi khayal rakhtay thay wo. • unhon nai yeh directly meray baba ko nhi kaha tayi amma nai apnay husband k through meray baba ko khelwaya tha lekin baba nai iss cheez ko itna serious nhi liya aur wahi howa k unn k janay k baad aik bohot major depression ka episode aya mama par jo kisi sai bhi nhi sambhala gaya phr.

APPENDIX H: PLAGIARISM REPORT



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