

**Parenting Styles, Rejection Sensitivity, Impulsivity and Mental  
Health of Incarcerated Individuals**



**A THESIS SUBMITTED TO KINNAIRD COLLEGE FOR  
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**BY**

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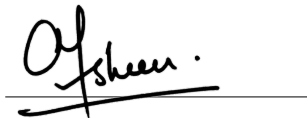
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## List of Abbreviations

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<b>Abbreviations</b>	<b>Full Form</b>
DASS-21	Depression Anxiety Stress Scale-21
ARSQ	Adult Rejection Sensitivity Questionnaire
BDI	Beck Depression Inventory
PSQ	Parenting Styles Questionnaire
UPPS	Urgency, premeditation, perseverance, sensation seeking

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## List of Symbols

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<b>Symbols</b>	<b>Definitions</b>
<i>A</i>	Cronbach's index of internal consistency
<i>F</i>	Frequency
<i>K</i>	Total number of items
<i>N</i>	Total sample
<i>M</i>	Mean
<i>SD</i>	Standard deviation
%	Percentage
<i>P</i>	Significance value
<i>Df</i>	Degree of freedom
<i>B</i>	Population value of regression coefficient

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## **Abstract**

The present study examined the relationship of parenting styles, rejection sensitivity, impulsivity and mental health among incarcerated individuals. It was hypothesized that there would be a significant relationship between parenting styles, rejection sensitivity, Impulsivity and mental health among incarcerated individuals. By using correlation research design a sample of 200 incarcerated individuals with an age range 19- 27 years was approached through non-probability purposive sampling strategy from district and central jail of Lahore, Pakistan. T Parenting Style Questionnaire, Adult Rejection Sensitivity Questionnaire, Short UPPS-P Impulsive Behavior Scale and Depression Stress Anxiety Scale were used. Results were analyzed through SPSS 21. Pearson Product Moment and Linear Regression were carried out. Results suggested a significant positive relationship of authoritative, authoritarian and permissive parenting style with impulsivity implying incarcerated individuals whose parents use these parenting styles were more impulsive in nature. Moreover, results suggested that incarcerated individuals whose parent use authoritative style have lower level of stress and depression. Further, results suggested that incarcerated individuals with these parenting styles have lower level of stress. Furthermore results suggested that the authoritative and authoritarian parenting styles were found to be the significant predictors of impulsivity and negative predictor of depression. Results also showed that male and female prisoners differed significantly in rejection sensitivity and anxiety. Incarcerated females reported higher level of rejection sensitivity as compared to incarcerated males.

*Keywords: Parenting Style, Rejection Sensitivity, Impulsivity, Mental health*

# Chapter I

## Introduction

This study investigates parenting styles, rejection sensitivity, impulsivity, and mental health among incarcerated individuals. The rate of crime is increasing day by day and it is a global epidemic that requires serious attention. Every society has seen the issue of delinquency which makes no difference in our society. Due to increase in crime rate the nature of the offenses by the incarcerated individuals are becoming more violent. There are many reasons like rejection, neglect, abuse, poverty, and parenting which led the individual to indulge into heinous crimes like thuggery, robbery, property discord, stealing, murder, sexual promiscuity, rape, and deception etc (Fakhar, 2014).

Research has shown that parenting styles can have a significant impact on an individual's development, including their behavior, personality traits, and mental health. In particular, the parenting style characterized by rejection, neglect, or inconsistent discipline has been shown to enhance the risk of developing maladaptive personality traits, such as impulsivity and rejection sensitivity (Varela, Sanchez, Biggs, Luis 2009). These traits, in turn, have been linked to an increased likelihood of engaging in criminal behavior and experiencing mental health problems. In the case of incarcerated individuals, studies have found that a higher proportion of them report experiencing childhood neglect or abuse, as well as inconsistent or overly punitive discipline. This suggests that their upbringing may have contributed to the development of maladaptive personality traits, such as impulsivity and rejection sensitivity, which in turn may have contributed to their involvement in criminal behavior( Sadeh, Javdani,, Jackson, Reynolds, Potenza, 2014).

Parenting is a great responsibility and parents are the closest and influential people in young's person life. Parents play crucial role in social development of the children as they act as a controlling agent in shaping the behavior of the children (Kumfer &

Magalhaes, 2018).

An individual need both social as well as emotional support, praise, and sense of encouragement from their caregivers as parents are the primary caretaker of the individual but too much criticism, lack of warmth, lack of emotional and social support and encouragement sometimes led to the behavior issues in them and thus affect their mental health (Tamrouti, et al., 2004). Parents of incarcerated individual frequently blame the police as they respond to the impulsive and violent behavior of the offender with force but unfortunately forget to assume their own responsibility to provide their children with appropriate style of parenting that develop moral and responsible thinking in them. Researches have shown that parenting styles and rejection sensitivity are the major cause that can give rise to offenders (Palmer & Hollin, 1996) and parenting is also a strong predictor of criminal and delinquent behavior ( Dubas, et al.,2011).

Parenting is a great responsibility and parents are the closest and influential people in young's person life. Parents play crucial role in social development of the children as they act as a controlling agent in shaping the behavior of the children (Kumfer & Magalhaes, 2018). An individual need both social as well as emotional support, praise, and sense of encouragement from their caregivers as parents are the primary caretaker of the individual but too much criticism, lack of warmth, lack of emotional and social support and encouragement sometimes led to the behavior issues in them and thus affect their mental health (Tamrouti, et al., 2004). Parents of incarcerated individual frequently blame the police as they respond to the impulsive and violent behavior of the offender with force but unfortunately forget to assume their own responsibility to provide their children with appropriate style of parenting that develop moral and responsible thinking in them. Researches have shown that parenting styles and rejection sensitivity are the major cause that can give rise to offenders (Palmer & Hollin, 1996).

Parenting behaviors have conceptualized differently in past studies, and one widely used parenting style was developed by Baumrind (1966, 1991). A prototypical approach to study parenting behaviors was presented by Baumrind (1966) which was further developed by Martin and Maccoby (1983). Parenting styles is defined as the constellation of behaviors and attitude of parents towards their child that are displayed in different situation (Darling & Steinberg, 1993). Baumrind (1966) presented two dimensions of parenting that is demandingness and responsiveness, and each dimension is based upon three styles of parenting that is authoritative, authoritarian, and permissive parenting and delinquency is directly associated with the behavior of parents they adopt to deal with children (Coste,2015). The dimension demandingness is that in which parents want child to become integrated into the family as well as with the community by their supervision, maturity demands, expectation and willingness to confront a disrupt child (Baumrind,1966). Parents are said to be demanding if they display a higher level of monitoring, confrontation, and disciplinary patterns, contrary if lower level of monitoring, confrontation and disciplinary pattern are displayed by parents they are said to be not demanding. The second dimension responsiveness refers parents being warm, supportive, and acquiescent to the needs, demands and opinion of an individual (Kabir, et al., 2020). Responsiveness can be measured by level of warmth, communication and reciprocity shown by the parents while dealing with the children. Parents are said to be responsive when they displayed higher level of warmth, communication and reciprocal behavior while the lower level of these factors by the parents represents unresponsiveness (Baumrind, 1966).

These two dimensions are used to build four-fold classification of parenting that is authoritative, authoritarian, permissive, neglectful are based on the combination of different level of demandingness and responsiveness show by parents (Baumrind, 1991). Authoritative parenting style is the type of parenting style in which parents provide guidance to

children by giving clear standards of conduct, monitoring the behavior of children and discipline in rational manner that is based on reasoning not on assertion of power or withdrawal of love (Johnson, 2016). Authoritative parenting style allows autonomy to children and they are able to object the imposition of the parents. The parents who use this style of parenting only impose rules to the child when they deviate from acceptable behaviors. Authoritative parents provide the home environment that allows conversation between the child and them about the issues oriented. Authoritative parents are high in both demandingness and responsiveness (Hopkins, 2014). A research conducted by Nijhof and Engels (2007) showed that authoritative parenting helps the child to develop into healthy individual both psychologically and socially and it was also found that higher level of monitoring by parents are relate to the lower instance of delinquency.

Authoritarian parenting style is the style that the total control is exemplified by the parents and they are likely to assert power to maintain discipline, less responsive towards the child needs and often use love and withdrawal to gain compliance. Authoritarian parents expect that the child strictly follows the rules imposed by them without providing explanation. These parents tend to discourage the conservation and exhibit low level of engagement and trust towards child, limit the autonomy of the child and make a strict control on the behavior of child (Hopkins, 2014). In this style the parental authority is absolute and rules imposed by them are concrete. Restrictive nature of the authoritarian parenting doesn't allow the individual to explore properly his/her own social interaction that might result in higher level of dependence on parental direction (Schaffer, 2000). Researches show that the negative relationship between the child and parents has been associated with higher level of parental demandingness and restriction, and low level of parental responsiveness and support may increase chances that child may engage in deviant behavior (Wills, 1996). Hostile and restrictive characteristics of the authoritarian parenting have been found linked with higher level of anxiety in adults (Nijhof & Engels, 2007). Authoritarian parents are high in both

responsiveness and demandingness in contrast to authoritative parents.

The third style of parenting is permissive parenting that is characterized by lack of parents control over the child and tends to set minimal set of expectations. The permissive parents allow the individual to self-regulate without the concern for the effects of actions, often try to befriend their child, allow conversation between them and treat the child thought they are equal (Baumrind, 1966). Permissive parents work as counselor or advisor and child may look the parents as resource not as an enforcer. Parents with permissive style of parenting not focus on providing guidance nor set standards for the child as they encourage them to make their own decisions and set their own standards and rules. These parents exhibit low level of demandingness and high level of responsiveness (Hopkins, 2014).

The fourth style of parenting is un-involved parenting style that was added by Martin and Maccoby (1983) is characterized by lack of control and in which the parents are neglectful in their parental responsibilities and give little attention and nurturance to the child and reject and ignore the child. Neglectful or uninvolved parents low level of responsiveness and demandingness (Hopkins, 2014).

Rejection sensitivity is defined as the tendency of individual to being anxious about cues of rejection and then perceiving readily the cue of the rejection (Sperry, 2008). The hyper vigilance that individual shows to rejection cues is the result of the experiences of past that includes the rejection by significant others like parents, peer etc. Experiencing rejection they may perceive everything negatively due to which they feel anxious as they tend to develop defensive expectation of the rejection as they already experience rejection earlier from parents due to which they might be more prone to develop rejection sensitivity

from society (Sperry, 2008). Thus rejection sensitivity refers to the three processes, first the expectation of rejection, perception of the social rejection and as well as response to the rejection.

Experiences of rejection by other belong to everyone and human beings are crucially influenced by the feedback of others. Individuals tend to like acceptance and dislike rejection from their social gathering and people who are important to them. However, research indicated that people are more concerned with the rejection and this phenomenon is known as the rejection sensitivity. Rejection sensitivity is a trait due to which differences occur between individuals and the individuals that are rejection sensitive face new situation along with the feeling of anxiousness and expectancy of rejection. Rejection expectation led to an activation of a readiness to rejection signs which intensifies the probability of observing rejection (Ayduk, et al., 2005).

According to Bowlby when the needs of children by there are answered by rejection and they tend to become sensitive to rejection. Research showed that parents reject their child in four different ways; first they don't show enough affection and fondness toward the child. Secondly, when they behave aggressively towards the child and thirdly when they neglect them. Fourthly when child believe that his parents don't love him, although there is no apparent neglect (Bowlby, et al., 2005).

Rejection sensitivity can be explained as the trend that is specified by anxious anticipation readily perception and critical reaction as an outcome of social interactions. (Downey, et al., 2000). Rejection sensitive individuals identify rejection in situations and their surrounding environment more often than other individuals they always anticipate and search to read rejection from actions and words of other people. Rejection sensitive people handle rejection or reacts to it. Most often it is accompanied with strong hostility or crucial anxiety as well as withdrawal (Downey, 1994).

Rejection sensitivity model of Downey and Feldman (1996) that was based on the theory of attachment suggests that when parents fail to meet the articulated needs of children then they become hyper vigilant to cues of rejection and anxiously expect rejection from others.

Levey, et al., (2001) in their model of rejection sensitivity combines the causes as well as the consequences of rejection sensitivity into self-maintaining process that consists of cognitive, emotional and behavioral components and that shows the cyclical nature of rejection. According to them rejection sensitivity is the result of early interactions. Rejection to basic needs and parental maltreatment led to persisting rejection.

When a stimulus that is triggering appears the person perceives being rejected even situations that are ambiguous. The individual perception of rejection activates the cognitive reactions and then behavioral reactions which then in turn led to anger, submissiveness, aggression, impulsivity etc. In term of self-fulfilling prophecy these inappropriate reactions can entails actual rejection by others. Defensive motivated system was added to the model by Downey, et al., (2004) that become activated when a stimulus that is negatively classified is faced and then individual prepare for behavior to protect the self. In rejection sensitivity defensive motivated system helps the individual that have high rejection sensitivity to detect rejection quickly in social situations and reacts towards it. All these behavioral reactions of the individual to rejections sensitivity that elicits the rejection from the significant people and other produce expectation cycle of reactions to rejection by others.

Few empirical findings showed that early onset and persistent experiences of rejection by parents and friends believe to be responsible for formation of high rejection sensitivity. Study conducted by the Brendgen and colleagues (2000) revealed that frequent hostile behavior and rejection by parents and peers leads the individual to expect rejection and hostility in their social interactions. According to Downey and Feldman (1996) the individual

became more sensitive towards rejection as the result of internalized early and persistent open rejection might be in form of verbal or physical violence and hidden rejection in form of neglect. Retrospective interviews with the high rejection sensitive individuals tended to report problems in the family, parental stress (Chang, et al., 2002) and impulsive behaviors (Brendgen, et al., 2002).

Rejection sensitivity, according to cognitive and social perspective is that the individual identifies the social cues types that will get attention and the likelihood that an interpersonal interaction will be perceived as rejection (Downey, et al., 1997). The individual who have high sensitivity to rejection tends to show more anxiety and have magnified perception of rejection towards the situation that is normal (Downey & Feldman, 1996) and the individual who have great level of rejection is more inclined to avoid rejection by using defenses into social withdrawal, loneliness and have impulsive behaviors.

Impulsivity is defined as the tendency to act on things without thinking and to act rashly whether under the positive or negative emotions and to get the experiences that is thrilling and inability to remained focus on the task (Lyman, 2013). Impulsivity is a trait of personality that affect the behavior of the individual in many ways and where extreme impulsivity is linked to mental health problems like use of substance, criminality and delinquency (Sharma, et al., 2014).

Impulsivity is the one's inclination to react towards the internal stimulation in an unplanned manner with consciousness of the consequences of these reactions. Impulsive individual is always ready to take action rapidly without taking account of its negative consequences. First, impulsivity is the potential part of behavioral pattern, second impulsivity includes unplanned and sudden action that take occurs without taking into account the consequences (Moller, et al., 2001). Impulsivity has many dimensions involving the tendency to act rapidly with any regard or reflection

something related to the restraining one's behavior, controlling one's emotions, rapid unplanned information processing and lacking the ability to gratification. Impulsive individuals when faced with some situation always go for the option which will give him/her to wait for long term bigger reward (Aree, 2006).

According to Barratt (2013) impulsivity have three facets that can significantly contribute to the impulsivity that are attentional impulsiveness, motor impulsiveness and non-planning. Attentional impulsiveness is a cognitive trait characterized by the tendency to act impulsively without considering the consequences of one's actions, while the motor impulsiveness refers to the ability to act on the spur of the moment or perseverance and non-planning is the self-control and negative complexity. Lyman and Whiteside (2001) proposed the model of impulsivity which was derived from the 5-factor model of personality that states that impulsivity is a multidimensional and multi-facet construct that consists of five impulsive traits of personality that is urgency, premeditation, perseverance, sensation seeking and positive urgency.

Negative urgency is to act rashly while experiencing extreme negative emotions and lack of premeditation is the tendency of individual to act without thinking. Lack of perseverance is the tendency of individual to become bore with the given task and leave the task without completing it. Sensation seeking is to seek out experiences that are novel and exciting while positive urgency is the tendency to act rashly while experiencing extreme positive emotions (Sahakian, 2009).

Gray model of behavior emerges from three constitutes the behavioral activation respond to environmental cues by actively activating whereas the behavioral inhibition reacts to environmental cues for punishment and non-reward by passively avoiding the situation or inhibition, which means that activation of one system inhibits the other. The third one is non-specific arousal system receives excitatory messages from the behavioral inhibition and activation system and non-specific arousal system activate the organism to respond.

Three distinct pathways were identified by Newman and his colleagues (2017) who lead to impulsivity. In the first pathway the behavioral activation dominates over the behavioral inhibition which results in over reactive response and in second pathway the behavioral inhibition system dominates along with non-specific arousal system under this condition dominant response is constrained.

Neuropsychological and biological perspective said that impulsivity occurs when individual fails to inhibit the impulse that is potentially risky for the individual and for the other around them (Chamberlain & Sahakian, 2007). Cognitive perspective proposes that impulsivity occurs when an individual is unable to inhibit the behavioral impulse and thoughts (Chudasama, 2011). The social perspective on impulsivity suggests that impulsivity is a behavior that is learned within the family environment, where individuals learn to react quickly in order to obtain their desired outcomes (L'Abate, 1993).

Mental health is defined as a vast range of the states of mental health that can from mental health difficulties and problem to the mental illness that is diagnosable (Lovibond & Lovibond, 1995). High incidences of psychological disorders are reported worldwide and across the global around 450 million individuals experience various mental health issues. In the inmates of jail and prisons mental health issue are specifically prominent and approximately 90% of them are suffering from one or more psychological disorder. In most of the cases mental health problems are already present prior they are convicted to incarceration but the mental health problem like psychological disorders behavioral problem can develop in the prisoner after imprisonment because of the emotional and physical torture they are facing during the imprisonment, and stress of imprisoned also includes other factors like violation of the rights of the prisoners. Low education, poverty, substance use, parenting, deprivation, histories of hardship makes the prison population more prone to develop mental

health problem. Mental health problems as compared to general populations are more prevalent in prison population as many researches shows that psychological health problems like major depression, substance use, suicidal risk, bipolar and antisocial personality disorder and schizophrenia is more prominent in prison population (Dawood, et al., 2017).

Shek (1995) in his research find out that family factors likes parenting styles significantly impact the psychological adjustment and mental health. Research showed that children with who have both mother and father are authoritarian have more depression, anxiety and psychopathology as compared to the authoritative parents (Williams, et al., 2012) and the permissive style of parenting leads to the poor development mental health (Niaraki & Rahimi, 2013).

## **Literature review**

This following section reviews literature related to the study variables in diverse population.

Chambers, et al., (2001) conducted a study that examined how perceived maternal and paternal parenting styles interacted with each other and how this related to the psychological distress and offending behaviors of young male offenders who were incarcerated. A purposive sample 122 young offenders aged 15-22 years who were held in custody in Scotland were recruited. Parental Bonding Instrument, Hospital Anxiety and Depression scale was used. Pearson Product Moment and Independent t-test was run to explore the relationship and difference among perceived maternal and parental parenting styles and psychological distress among incarcerated young male offenders. Findings of the study showed that high level of psychological distress was associated with low parental care and no association was found among parental control and psychological distress. Further results suggested that young offenders who perceived poor parenting from both the parental and maternal parenting had high level of psychological distress. Furthermore, results showed that the parental care wasn't a distinguishing factor in offending patterns but the high parental control was linked with first arrest at younger age.

Biggam and Power (2002) conducted a study on quality of perceived parenting styles experienced by a group of Scottish incarcerated young offenders and its relation to psychological distress. It was a correlational research. A purposive sample of 125 incarcerated Scottish young offenders aged 16-21 years was recruited. Hospital Depression and Anxiety Scale, Beck Hopelessness Scale and Parental Bonding Instrument were administered. Pearson Product Moment were used to analyze the relationship between parental bonding and psychological distress .Results revealed that that the maternal care and paternal care had negative association with depression and hopelessness, but the overprotection factor was positively correlated with psychological distress implying that the parental control has been linked with psychological distress during incarceration.

Sana, Rafiq and Iqbal (2021) conducted a research to explore role of the parenting styles in link to the criminal thinking styles and criminal social identity among juvenile delinquents. Correlational research design was used. A sample of 211 juvenile delinquents, aged 10-17 years was recruited through purposive sampling. Pearson Product Moment was used. The results of this study suggested positive relationship of authoritarian and permissive parenting styles with criminal social identity and criminal thinking styles while negative association with authoritative style of parenting. Authoritarian and permissive parenting moderated the inter- association of the criminal social identity and criminal thinking style of juvenile delinquents as compared to authoritative parenting.

Malik, Shah, Mumtaz, and Parveen (2016) conducted a study to find out the difference in the perceived parenting styles among delinquents and non-delinquents adolescents. Total sample was 92, sample of 46 juvenile delinquents with age range of 15-19 years were taken from Hyderabad jail, Pakistan and a random matched sample of 46 non-delinquents was also taken from Hyderabad. Parental Authority Questionnaire was administered. Independent sample t-test was carried out to analyze the data. The result of this study showed that there was a significant difference in perceived parenting styles among delinquents and non-delinquents. Authoritarian paternal style and permissive maternal parenting style is more perceived by delinquents as compared to non-delinquent's adolescent. Moreover results indicated that authoritarian style of father and permissive rearing style of mother are significantly related with the delinquent behavior.

Jafari and Zarei (2019) conducted study to explore relationship between parenting styles and depression among male prisoners in Iran. Cross- sectional research design was utilized. Purposive sample of 300 male prisoners from jails of Iran were recruited. Parenting Styles and Beck Depression Inventory Scale was used. Pearson Product Moment was carried out to explore the association. Results suggested a significant relationship between parenting styles and depression among male prisoners in Iran. The study found that prisoners who experienced authoritarian parenting, which is characterized by strict rules, harsh discipline,

little warmth or emotional support, had higher levels of depression. On the other hand, those who experienced authoritative parenting, which is characterized by clear rules and boundaries, but also warmth, emotional support, and open communication, had lower levels of depression.

A study was conducted by Daramola and Oladimeji (2022) on relationship between personality, parenting styles, and psychopathology among incarcerated individuals in Nigerian prisons. Descriptive research design was used. A sample of 380 male inmates was recruited from Kirikiri Medium and Maximum prison Apapa, Lagos, Nigeria for the study using simple random sampling and proportionate sampling. Big Five Inventory, Parental Attitude Questionnaire and General Health Questionnaire were administered. Pearson Product Moment and Independent sample t- test were carried out to find the association and difference among variables. The outcome of the study found that parenting styles had a significant negative relationship with the psychopathology. Father authoritarian, authoritative and permissive style of parenting and mother authoritative, authoritarian parenting style had a negative significant relationship with psychopathology, while the permissive mother style had no significant relationship with psychopathology. Results revealed no significant differences in the psychopathological symptoms between convicted inmates and inmates awaiting trial.

Timko and Elliott (2019) carried out research to find relationship among impulsivity and mental health symptoms in a group of incarcerated women. Co-relational research design was used. Sample of 106 incarcerated women in a state prison were recruited through purposive sampling who completed self report measures impulsivity, depression and anxiety level. The study revealed that impulsivity was significantly associated with depression and anxiety symptoms among incarcerated women. The results of study showed that higher level of impulsivity were associated with greater severity of depression and anxiety symptoms.

Vladimir et al., (2014) conducted study on the trait of aggressiveness, impulsivity, role of resilience and childhood trauma in a sample of the male prisoners. This study also determines how the aggressiveness and impulsivity trait may be associated with socio-demographic and with the crime and clinical based variables in the sample male prisoners. A purposive sample of 1356 male prisoners was recruited and their trait of aggressiveness and impulsiveness was assessed using Brown-Goodwin assessment for lifetime history of aggression and Barratt Impulsivity Scale. The results of this study revealed that aggressiveness is different from impulsivity, and impulsivity showed inferentially different influence in the development of mental health problems.

Kishpaugh and Lonnie (2003) conducted a study to analyze the impulsive behaviors among prison inmates convicted of violent crime, convicted of non-violent crime and undergraduate students. Sample of 40 inmates male, aged 24-59 years divided into two groups one consist of inmate male convicted of violent crimes and other consist of those who are convicted of non-violent crimes. For the control group 20 undergraduate college students, aged 19-28 years were recruited from Virginia. The findings of the study revealed that male inmates convicted of violent crimes and convicted of non-violent crimes shows statistically significant difference on the scores of the scale of impulsiveness as compared to the control group. Findings also revealed that the less impulsive behavior was exhibited by the male inmates who are convicted of non-violent crimes, while more impulsive behavior was exhibited by male inmates' prisons who are convicted of violent crime.

An exploratory study was conducted by Dawood, Samuel and Ehsan (2011) to assess the personality characteristics of incarcerated individuals in Pakistan, as well as their vulnerability to various forms of psychopathology. Purposive sampling was done and sample of 80 prisoners, 50 men and 30 women with aged 20-60 years were recruited from Central Jail Lahore, Pakistan. Personal history questionnaire to get basic information and symptom checklist, 16 personality questionnaire were administrated to assess the personality traits and

various psychopathologies among prison inmates. Results indicated that the 34% men prison inmates scored high in depression, 26% on schizophrenia and somatoform, 16% on anxiety, 10%, and 32% on level of low frustration tolerance and obsessive compulsive disorder and men are impulsive than female inmates. Results also indicated that 70% female prison inmates scored significantly high on depression, 23 % on schizophrenia, 66%, 57% and 34% on level of low frustration, obsessive compulsive disorder and anxiety scale. 63% on somatoform scale and they are less impulsive in nature than male inmates.

Berstein (2015) investigated the relationship between impulsivity, alcohol and drug use among the inmates. Cross-sectional research design was implemented. The study sample of 242 inmate adults that include 82 female inmates and 125 male inmates who were incarcerated in a juvenile detention center in the United States was recruited. The inmates of drug and alcohol use were assessed using the scale that measures them and impulsive behavior in the incarceration was assessed using Barratt Impulsive Scale. The result of the research indicated that there was a significant positive correlation among impulsivity for both alcohol and drug use among the incarcerated adolescents. The study also found that the association between impulsivity and substance use was stronger for drug use than for alcohol use. Results of this study revealed that impulsive behavior was greater among the individuals that use all types of drugs except the cannabis and use drugs and alcohol was not related during the thirty days prior to the incarceration with the impulsivity.

Shahid, et al., (2014) conducted a study to find out the prevalence of depression among male prisoners at an urban jail in Pakistan as well as the anxiety and stress among them. A purposive sample of 100 male prisoners was recruited from the district jail of Lahore. A cross-sectional survey research design was used in this study and the information about their past medical and substance use histories were obtained. For assessing the depression prevalence among male prisoners at an urban jail in Pakistan the Urdu translation of BDI was used and BDI mean scores of the variables that are binary were compared by using

independent sample t-test. Results of this study showed that the 30 percent of the prisoners had the mild depression, while 30 percent had severe depression and about 20 percent of the prisoners had mild depression, and the male prisoners that had a history of the child labor or abuse or with the history of substance abuse have significantly high scores on BDI. The findings revealed that total prevalence of depression among male prisoners in Pakistan at an urban jail particularly the district jail of Lahore was 85%.

A cross-sectional study was conducted by Khan , et al., (2012) to examine the prevalence of depression among incarcerated women in Central Prison Peshawar, Pakistan. Purposive sample of 64 incarcerated women aged 16-65 were recruited from Central Prison Peshawar, Pakistan. Hamilton depression rating scale was used to assess depression among the incarcerated women. Results showed that 38 (59.4%) out of 64 incarcerated women in Central Prison Peshawar were suffering from depression and out these 38 women prisoners 73% suffered from mild episode of depression, 21 moderate depressive episode and 3% experienced severe depressive episodes. Moreover results revealed that the women with age range 31-45 years, married were mainly affected and depression is more common in the prisoners with low income.

Alemayehu, Ambaw and Gutema (2019) conducted a cross-sectional study to examine depression and related factors among individual in prison in Bahir Dar Prison, Ethiopia. A sample of 402 prisoner's aged above 18 years was recruited through purposive sampling from the Bahir Dar Prison, Etiopia. Patient Health Questionnaire was used to measure depression. Binary logistic regression was run to analyze the data. Results showed that total year of sentence, satisfaction with general health and age had significant relationship with depression among prisoners. Additional findings showed that individuals who were sentenced to 5 years of imprisonment had three times the likelihood of experiencing depression when compared to those who were sentenced to less than one year of imprisonment. The study revealed a high incidence of depression among the incarcerated individuals.

Dawood, Khan and Rashid (2016) conducted a study to explore prevalence of psychological disorders among prisoners in Pakistan. Cross sectional research design was used and purposive sample of 48 prisoners, consisting of 15 women and 33 men, who were over 18 years of age and had been imprisoned for at least 6 months were recruited. Findings of the study revealed that 19 prisoners out of 48 were suffering from psychological disorders and psychological disorders were more frequent among prisoners who had committed crimes but no relationship was present between the psychological disorders and type of crime committed. The findings of the study indicated that almost half (19 out of 48) of the prisoners surveyed were suffering from psychological disorders. However, it is important to note that the researchers did not specify which types of psychological disorders were identified in the study, and whether the disorders were formally diagnosed or based on self-reported symptoms. Additionally, the research found that there was no relationship between the type of crime committed and the presence of psychological disorders, which suggests that psychological distress may be a common experience among prisoners regardless of their offenses.

Styen and Hall (2015) conducted a study to find level of depression, anxiety and stress experienced by the incarcerated female offenders. Purposive sample of 64 female incarcerated offenders were recruited from correctional centre in Gauteng, South Africa. Level of anxiety and depression and stress in incarcerated female offenders was measured by Depression, anxiety stress scale. Results found that a significant proportion of the participants experienced symptoms of depression, anxiety, and stress at clinically significant levels. Findings of the study suggest that the majority of prison inmate has moderate level of stress (74.2%), anxiety (68.3%), depression (69%) and almost one in three inmates showed severe level of depression. The use of drugs, duration of imprisonment, previous conviction, unemployment prior to incarceration was significantly associated with depression, stress and anxiety. They also identified several risk factors that were associated with these mental health problems, including a history of physical and sexual abuse, substance use, and low levels of social support

## **Summary of the findings**

The finding revealed the association between impulsive behavior and delinquency with the parent-child relationship. It is worth noting that impulsivity and delinquency can be defined in a variety of ways, such as aggressive and disruptive behavior reported by teachers, parents and peers, criminal records, and participation in fights or bullying. There is evidence supporting the relationship between the parent-child relationships and internalizing problems like depression and anxiety. However, individual variations in internalizing symptoms are not specifically tied to a single aspect of the parent-child relationship. Both warmth and conflict in the relationship are consistently linked to depression and anxiety.

## **Rationale**

The study is of immense importance as it is helpful in filling literature gap as by studying the impact of the parenting styles among incarcerated individuals is very helpful to decide which style of parenting should be practiced. There are few studies in Pakistan that has been conducted to understand the perception of the offenders about their family and the previous studies that are carried out in west have showed that family plays important role in the development of the child (Palmer & Hollin, 1996). The negative interactions between the child and parents increase the probability that a child will move on the delinquent path that start in early teens and entails various delinquent acts that persists far into adulthood (Moffit, 1993; Peterson & Yoerger, 2002). Pakistan is unfortunately counted in the countries where the delinquency rate is rapidly increasing because the rapid increase in the poverty, low internalization of the moral values, family environment, parenting styles, sensitivity to rejection, hostility and impulsivity shown by the individual and the judicial environment of the jail causes mental health issues among incarcerated individuals and examination of these is helpful in determining the intensity as well as the severity of offences, and insight into these is essential for the improvement of existing and development of the prevention and intervention strategies (Fakhar,2014). The study can shed light on the factors that contribute to criminal behavior and the mental health of incarcerated individuals and studying influence of parenting styles on mental health incarcerated individuals can help identify the causes of poor mental health and provide insights into how to prevent it.

## **Objectives**

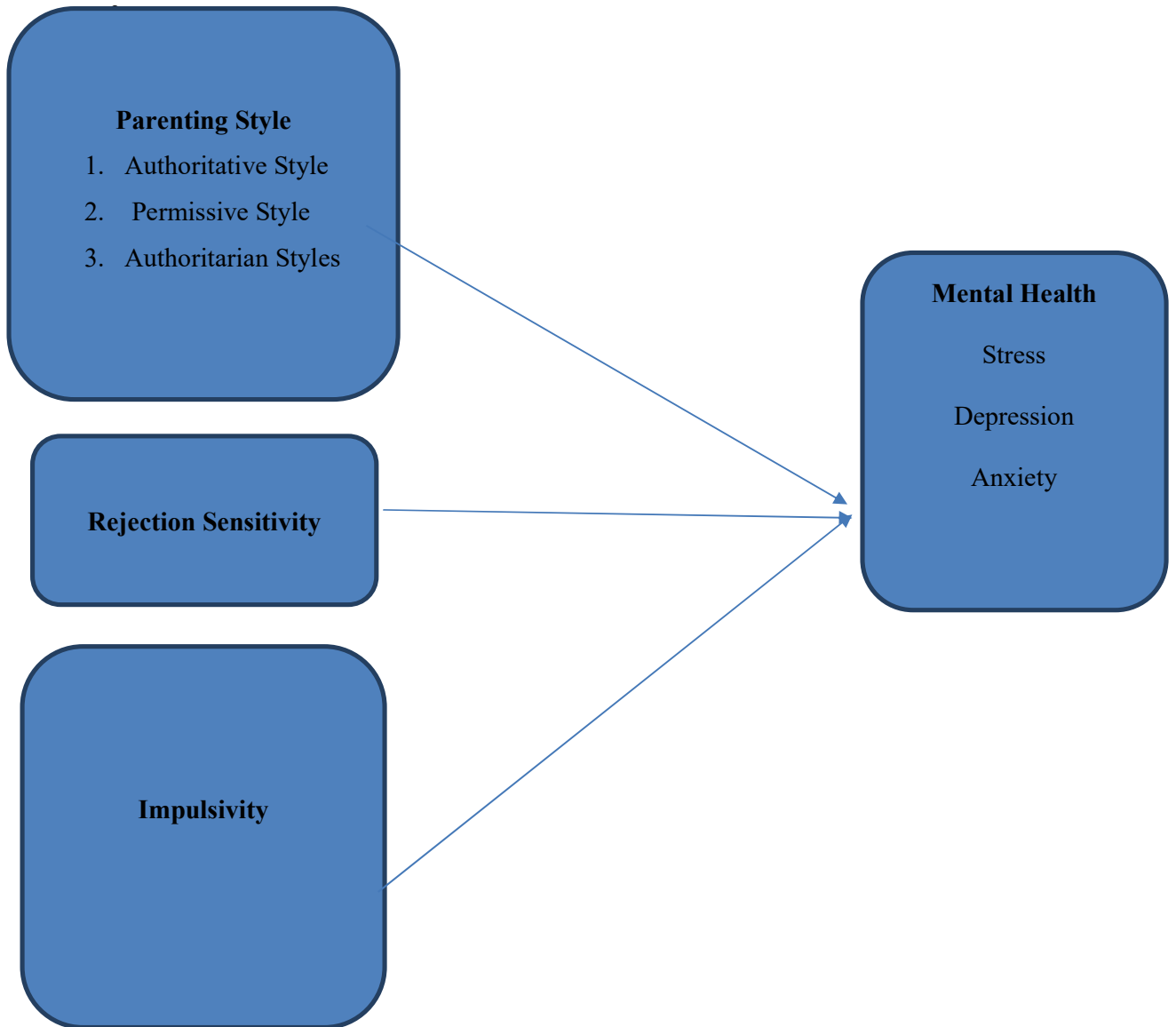
- To investigate the relationship between parenting styles, rejection sensitivity, impulsivity and mental among incarcerated individuals.
- To identify the gender differences in parenting styles, rejection sensitivity, impulsivity and mental among incarcerated individuals.
- To investigate parenting styles and rejection sensitivity as the predictors of impulsivity and mental health among incarcerated individuals.

## **Hypotheses**

- Parenting styles is will to be related with (authoritarian, authoritative, permissive style) and mental health (stress, depression and anxiety) among incarcerated individuals.
- Rejection sensitivity is likely to be related with mental health (stress, depression and anxiety) among incarcerated individuals.
- Impulsivity is likely to be related with mental health (stress, depression and anxiety) among incarcerated individuals.
- Parenting styles and rejection sensitivity are likely to predict impulsivity and mental health among incarcerated individuals.
- Male and female differ significantly in the scores of parenting styles, rejection sensitivity, impulsivity and mental health among incarcerated individuals.

**Figure 1**

**Proposed model**



## **Chapter II**

### **Methodology**

#### **2.1 Research design**

Correlation research design was used in this study to find out the relationship between study variables (Leedy & Ormrod, 2010).

#### **2.2 Sampling strategy**

Purposive sampling method was used on the basis of the characteristics of the participants that is incarcerated individuals (Shaughnessy, 2012).

#### **2.3 Participants**

The sample consists of 200 incarcerated individuals including 101 males and 99 females selected from the District and Central Jail of Lahore. Only those participants were selected who fulfilled the inclusion criteria with age range of 19-27 years.

#### **2.4 Inclusion criteria**

- Only those prisoners were included whose age ranges is between 19-27 years
- Both gender male and female prisoners were included in the study.
- Only those prisoners were included who were literate and can comprehend Urdu language.
- Those prisoners were included whose minimum duration of incarceration was at least 6 months.

#### **2.5 Exclusion criteria**

- Prisoners below and above 19-25 years were excluded.
- Prisoners with any physical disability were excluded.
- Illiterate prisoners were excluded.
- Duration less than 6 months was excluded.

## **2.6 Operational Definition of the Variables**

### **2.6.1 Parenting Styles**

Parenting styles is defined as the global milieu that involves that functioning of the family and the child rearing process (Robinson, Mandelco, Olsen, & Hart, 1995).

### **2.6.2 Rejection Sensitivity**

Rejection sensitivity is a defensive motivation which tends the people to readily perceive the cue of the rejection and then tends to react strongly towards that cue of rejection (Downey & Feldman, 1996).

### **2.6.3 Impulsivity**

Impulsivity is defined as the tendency to act to things without thinking and to act rashly whether under the positive or negative emotions and to get the experiences that is trilling and inability to remained focus on the task (Lynam, 2013).

### **2.6.4 Mental health**

Mental health is defined as a vast range of the states of mental health that can from mental health difficulties and problem to the mental illnesses that is diagnosable (Lovibond & Lovibond, 1995).

## **2.7 Measures**

**2.7.1 Demographic sheet.** Semi structured form was utilized to measure the demographic information of the sample. Demographic variables included age, gender, education, marital status, family income, cause and type of the crime.

**2.7.2 Parenting styles Questionnaire (Robinson et al., 1995).** The Urdu translated version (Ijaz, 2013) was used in this study. It consists of two forms mother and form. It is a 4- point Likert scale. It consists of three subscales that are the authoritative, permissive, authoritarian styles. The subscale permissive style consists of 10 items and the authoritative and the authoritarian consist of 10 items each. This is a reliable scale with Cronbach alpha value of

permissive style scale ( $\alpha=.83$ ) authoritative style scale is  $\alpha=.87$  and the authoritarian style is ( $\alpha=.78$ ) respectively.

**2.7.3 Adult Rejection Sensitivity Questionnaire (Berenson, Gyurak, Ayduk, Downey, Garner, Mogg Bradley & Pine, 2009).** Urdu translated version of the adult rejection sensitivity scale was used. It consists of nine items. The rating on scale is done by six- point Likert scale (Very unconcerned= 1 to Very concerned= 6). The Cronbach alpha reliability of the scale is .92 which is reliable.

**2.7.4 UPPS-P Impulsive Behavior Scale (Lyman, 2006).** Urdu translated version of the short UPPS-P scale was used. It consists of 20 items. It is a five-point Likert scale (Agree strongly=1 to Disagree strongly= 4). The Cronbach alpha reliability of the scale is .80 which is reliable.

**2.7.5 DASS- 21(Lovibond & Lovibond, 1995).** Urdu version of the DASS- 21 was used to measure mental health in incarcerated individuals. It is a self -report measure consists of 21 items. It is a four point Likert (Did not apply to them=0 to Apply to them=4). It consists of three scales anxiety, depression and stress. DASS-21 is reliable scale with the Cronbach alpha value of depression ( $\alpha.74$ ), anxiety ( $\alpha.76$ ) and stress ( $\alpha.74$ ). For the depression 9 is cut off score and anxiety is 7, for stress 14. Above 28 scores on depression scale means extreme depression and above 20 score on anxiety means extreme anxiety and above 34 scores means extreme stress.

## **2.8 Procedure**

First the approval was sought from authors of the tools that were used in this study. Data was collected from District and Central Jail Lahore, Pakistan after taking permission from the IG prison office and station head of the both jails. Before data collection, consent was obtained from the potential participants who fulfilled inclusion criteria. They were informed about the purpose and nature of study. The participants were also being informed

about their right to withdraw from the participation at any time and guaranteed about the confidentiality of information. After taking consent from participants, the researcher administered the research questionnaires on participants of research. Approximately 15-20 minutes were taken for the administration of the study questionnaire.

## **2.9 Ethical considerations**

- Institutional approval was taken to conduct this study.
- Permission was taken from the authors of the scales used in this study.
- To collect the sample for this study permission was sought from IG prison office to collect data from the District and Central jail Lahore, Pakistan.
- The brief review of the research was delivered to the participants at first.
- Participants signed inform consent and had right to withdraw from study at any time.
- The participants were insured that their information would be kept confidential and will not be disclosed with anyone who is directly involved in the research.

## **2.10 Statistical Analyses**

IBM Statistical Package for Social Sciences (SPSS Version 21) was used for data analysis (Pallant, 2010). Normality test of the data and reliability analysis was done. Pearson Product Moment coefficient was used to find out the relationship of parenting style, rejection sensitivity, impulsivity and the mental health in incarcerated individuals. Multiple Hierarchical Linear Regression analysis was run to predict relation between parenting styles, rejection sensitivity, impulsivity and mental health of incarnated individuals. Independent Sample *t*-Test was used for assessing the gender differences in the variables of parenting style, rejection sensitivity, impulsivity and the mental health among incarcerated individuals. Descriptive statistics included mean, standard deviations percentages and frequencies. In this present study Alpha level was set at  $\alpha .05$ .

## **Chapter III**

### **Results**

This chapter shows the findings of study. First, reliability analysis was done to check psychometric properties of questionnaires that were used in this study. Second, Pearson Product Moment Correlation Coefficient was run to investigate the relationship of the study variables. Third, multiple hierarchical regression analysis was carried to examine predictors of impulsivity and mental health among incarcerated individuals. And lastly, *t* Test was run to find gender difference between the study variables.

**Table 3.1***Demographic characteristics of participants*

Sample characteristics	n	%	<i>M</i>	<i>SD</i>
Gender				
Female	99	49.5		
Male	101	50.5		
Education				
Illerate	72	36		
Primary	17	8.5		
Middle	40	20		
Matric	29	14.5		
Intermediate	24	12.0		
Bachelors	12	6		
Masters	6	3		
Marital status				
Separated	6	3		
Widow	14	7		
Divorced	4	2		
Married	68	34		
Unmarried	108	54		
Cause of crime				
Poverty	51	25.5		
Enemity	41	20.5		
Fighting	59	29.5		
Accident	12	6		
Nothing	37	18.5		
Category of crime				
Murder	94	47		
Rape	24	12		
Robbery	35	17.5		
Kidnapping	8	4		
Drugs	39	19		

Age	23.17	2.42
Family monthly income	37729	59511

Note: N=200

**Table 3.2**

*Psychometric Properties of Major Study Variables*

Variables	Married females				
	<i>K</i>	<i>M</i>	<i>SD</i>	<i>Cronbach's α</i>	<i>Skewness</i>
Authoritative	10	20.98	7.02	.87	.036
Authoritarian	10	18.49	5.48	.72	-.009
Permissive	10	20.35	6.23	.83	-.034
Rejection Sensitivity	18	68.12	24.8	.93	.195
Impulsivity	20	50.07	10.56	.80	.012
Stress	7	7.74	4.44	.74	.472
Anxiety	7	6.07	4.03	.77	.091
Depression	7	6.80	4.80	.74	.289

**Note:** *k* = Total no of items, *α* = Cronbach's alpha, *M* = Mean, *SD* = Standard Deviation.

Reliability analysis was done to check the reliability of the scales used in this study. The calculated Cronbach alpha reliability of parenting style questionnaire sub scales i.e. (Authoritative, Authoritarian and Permissive), Rejection Sensitivity, Impulsivity, and sub scales of mental health i.e. (Stress, Anxiety and Depression) was acceptable. The data is approximately normally distributed as all the skewness values lies between the acceptable ranges of +2 to -2.

**Table 3.2**

*Inter correlations among mother's parenting styles, rejection sensitivity impulsivity with mental health (N = 200).*

<b>Measures</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
1. Authoritative	_____							
2. Authoritarian	.84***	_____						
3. Permissive	.91***	.84**	_____					
		*						
4. Rejection Sensitivity	.23***	.10	.15***	_____				
5. Impulsivity	.61***	.59**	.57***	.22**	_____			
		*						
6. Stress	-	-	-	.01	-.19**	_____		
	.26***	.24**	.23***					
		*						
7. Anxiety	-.07	-.01	-.06	.03	.00	.60***	_____	
8. Depression	-.17*	-.08	-.25	.02	-.05	.71***	.74***	_____
<i>M</i>	2.09	1.84	2.03	68.11	53.96	1.11	.86	.97
<i>SD</i>	.70	.54	.62	24.83	.95	17.14	.63	.63

*Note:* *M* = Mean; *SD* = Standard Deviation

\**p* < .05; \*\**p* < .01; \*\*\**p* < .001.

Correlation was applied to check the relationship of subtypes of mother's parental style scale and rejection sensitivity with impulsivity and mental health among incarcerated individuals. Results suggested that there is a significant positive relationship of mother's authoritative parenting style, Authoritarian parenting style and Permissive parenting style with impulsivity it means that incarcerated individuals whose mothers are authoritative, Authoritarian and Permissive in nature are impulsive in nature.

There is a negative relationship of mother's authoritative parenting style with stress and depression. It means that incarcerated individuals whose mothers have authoritative parenting have lower levels of stress depression. Results further suggested that there is a significant negative relationship of mother's authoritarian parenting style and Permissive parenting style with stress. It means that incarcerated individual whose mothers are, Authoritarian and Permissive parenting style have low levels of stress.

**Table 3.3**

*Inter correlations among father's parenting styles, rejection sensitivity impulsivity with mental health (N = 200).*

Measures	1	2	3	4	5	6	7	8
1. Authoritative	_____							
2. Authoritarian	.99***	_____						
3. Permissive	.81***	.67**	_____					
		*						
4. Rejection Sensitivity	.45***	.65	.56***	_____				
5. Impulsivity	.78***	.67**	.67***	.55**	_____			
		*						
6. Stress	-	-	-	.02	-.18**	_____		
	.47***	.45**	.45***					
		*						
7. Anxiety	-.07	-.25	-.08	.06	.07	.73***	_____	
8. Depression	-.17*	-.08	-.24	.07	-.04	.59***	.72***	_____
<i>M</i>	2.09	1.84	2.03	68.11	53.96	2.13	.86	.84
<i>SD</i>	.70	.54	.62	22.45	.98	17.16	.26	.27

*Note:* *M* = Mean; *SD* = Standard Deviation

\**p* < .05; \*\**p* < .01; \*\*\**p* < .001.

Correlation was applied to check the relationship of subtypes of parental style scale and rejection sensitivity with impulsivity and mental health among incarcerated individuals. Results suggested that there is a significant positive relationship of father's authoritative parenting style, Authoritarian parenting style and Permissive parenting style with impulsivity it means that incarcerated individuals whose fathers are authoritative, Authoritarian and Permissive in nature are impulsive in nature. There is a negative relationship of father's authoritative parenting style with stress and depression. It means that incarcerated individuals whose fathers have authoritative parenting have lower levels of stress depression. Results further suggested that there is a significant negative relationship of father's authoritarian parenting style and Permissive parenting style with stress. It means that incarcerated individual whose fathers are, Authoritarian and Permissive parenting style have low levels of stress.

**Table 3.4**

*Multiple Hierarchical Linear Regression Analyses Predicting impulsivity in incarcerated individuals.*

<b>Predictors</b>	<u>Impulsivity</u>	
	$\Delta R^2$	$\beta$
<b>Block 1</b>	.39***	
Mother's Authoritative		.341*
Mother's Authoritarian		.289*
Mother's Permissive		-.001
<b>Block 2</b>	.40	
RS		.11

*Note:*  $N = 200$ .

\* $p < .05$ ; \*\* $p < .01$ ; \*\*\* $p < .001$ .

Multiple hierarchical regression were run to find predictors of impulsivity. The assumption of independent error was tested by Durban Watson Value which was in the acceptable range i.e., 1-3. So, this assumption was met. The assumption of no perfect multicollinearity was tested by VIF Value and the VIF Value of all the predictors was 1.00 this assumption was also met.

When the predictors were checked for impulsivity it has the significant results so, For impulsivity, independent variable such as all three subtypes of parenting styles were added in block 1 which shows,  $R^2 = .39$  which explained 39% variance for impulsivity. In the block 2 combined effect of all three types of parenting styles and rejection sensitivity was seen. Which kept the model significant ( $F(3, 198) = 41.73$   $p = .000$ ). Mother's authoritative and authoritarian was significant predictor of impulsivity.

**Table 3.5**

*Multiple Hierarchical Linear Regression Analyses Predicting impulsivity in incarcerated individuals.*

<b>Predictors</b>	<u>Impulsivity</u>	
	$\Delta R^2$	$\beta$
<b>Block 1</b>	.46***	
Mother's Authoritative		.356*
Mother's Authoritarian		.256
Mother's Permissive		-.002
<b>Block 2</b>	.40	
RS		.11

*Note:*  $N = 200$ .

\* $p < .05$ ; \*\* $p < .01$ ; \*\*\* $p < .001$ .

Multiple hierarchical regression were run to find predictors of impulsivity. The assumption of independent error was tested by Durban Watson Value which was in the acceptable range i.e., 1-3. So, this assumption was met. The assumption of no perfect multicollinearity was tested by VIF Value and the VIF Value of all the predictors was 1.00 this assumption was also met.

When the predictors were checked for impulsivity it has the significant results so, For impulsivity, independent variable such as all three subtypes of parenting styles were added in block 1 which shows,  $R^2 = .46$  which explained 46% variance for impulsivity. In the block 2 combined effect of all three types of parenting styles and rejection sensitivity was seen. Which kept the model significant ( $F(3, 198) = 45.64$   $p = .000$ ). Father's authoritative was significant predictor of impulsivity

**Table 3.6**

*Multiple Hierarchical Linear Regression Analyses Predicting mental health in incarcerated individuals.*

Predictors	Stress		Anxiety		Depression	
	$\Delta R^2$	<i>B</i>	$\Delta R^2$	<i>B</i>	$\Delta R^2$	<i>B</i>
<b>Block 1</b>	.07		.01		.04*	
Mother's Authoritative		-.28		-.24		-.38*
Mother's Authoritarian		-.09		.22		.28*
Mother's Permissive		.08		-.05		-.05
<b>Block 2</b>	.08		.02		.05*	
RS		.07		.07		.08

Note:  $N = 200$ .

\* $p < .05$ ; \*\* $p < .01$ ; \*\*\* $p < .001$ .

Total three Multiple hierarchical regression were run to find predictors of mental health among incarcerated individuals. The assumption of independent error was tested by Durban Watson Value which was in the acceptable range i.e., 1-3. So, this assumption was met. The assumption of no perfect multicollinearity was tested by VIF Value and the VIF Value of all the predictors was 1.00 this assumption was also met.

When the predictors were checked for mental health only depression has significant results so, For depression, in block 1 independent variable such as all sub types of parenting styles were added (Authoritative, Authoritarian and Permissive) was added,  $R^2 = .04$  which explained 4% variance for depression and the model was significant ( $F(3, 195) = 3.34$   $p = .02$ ). In the block 2 combine effect of all subtypes of parenting styles and rejection sensitivity was seen. Which kept the model significant ( $F(4, 194) = 2.87$   $p = .02$ ). When the effect of model 1 was excluded from model 2 it made the model insignificant ( $F(1, 194) = 3.34$   $p = .232$ ). mother's Authoritative and mother's Authoritarian parenting styles were significant negative predictor of depression.

**Table 3.7**

*Multiple Hierarchical Linear Regression Analyses Predicting mental health in incarcerated individuals.*

Predictors	Stress		Anxiety		Depression	
	$\Delta R^2$	<i>B</i>	$\Delta R^2$	<i>B</i>	$\Delta R^2$	<i>B</i>
<b>Block 1</b>	.05		.03		.03*	
Father's Authoritative		-.22		-.23		-.45*
Father's Authoritarian		-.04		.24		.35*
Father's Permissive		.09		-.09		-.06
<b>Block 2</b>	.06		.05		.03*	
RS		.06		.04		.03

Note:  $N = 200$ .

\* $p < .05$ ; \*\* $p < .01$ ; \*\*\* $p < .001$ .

Total three Multiple hierarchical regression were run to find predictors of mental health among incarcerated individuals. The assumption of independent error was tested by Durban Watson Value which was in the acceptable range i.e., 1-3. So, this assumption was met. The assumption of no perfect multicollinearity was tested by VIF Value and the VIF Value of all the predictors was 1.00 this assumption was also met.

When the predictors were checked for mental health only depression has significant results so, for depression, in block 1 independent variable such as all sub types of parenting styles were added (Authoritative, Authoritarian and Permissive) was added,  $R^2 = .05$  which explained 5% variance for depression and the model was significant ( $F(3, 195) = 4.45$   $p = .02$ ). In the block 2 combine effect of all subtypes of parenting styles and rejection sensitivity was seen. Which kept the model significant ( $F(4, 194) = 2.67$   $p = .02$ ). When the effect of model 1 was excluded from model 2 it made the model insignificant ( $F(1, 194) = 3.34$   $p = .245$ ). Father's Authoritative and father's Authoritarian parenting styles was significant negative predictor of depression.

## Chapter IV

### Discussion

The current study was planned to explore association of parenting styles, rejection sensitivity, impulsivity and mental health among incarcerated individuals.

**Hypothesis I: Parenting styles (authoritarian, authoritative and permissive styles) is likely to be related with mental health (depression, stress and anxiety) among incarcerated individuals.**

Person Product Moment Coefficient of Correlation was carried out to explore the relationship between parenting styles (authoritarian, authoritative and permissive styles) is and mental health (depression, stress and anxiety) among incarcerated individuals and finding of the study revealed that the authoritative parenting style has negative relationship with stress and depression. Study conducted by Jaferi and Zarei (2019) on association of parenting styles and depression among male prisoners in Iran showed that those incarcerated individuals who experienced authoritative style of parenting had low level of depression. Another research done by Mcleod and colleagues (2014) upon depression and parenting styles among incarcerated individuals revealed that the authoritative style of parenting was associated with lower level of depression and stress. Huber and colleagues (2004) found that incarcerated individuals who rose by style of parenting which involved low level of warmth and control had lower level of stress and anxiety. Further, the results of present study suggested a significant negative relationship of authoritarian and permissive style with stress among incarcerated individuals. Previous research also suggested that the authoritarian and permissive styles of parenting have negative association with stress in prison population. Another study conducted by Wang and Yao (2020) regarding parenting styles and mental health of sex offenders, similar results were found that authoritative and authoritarian parenting styles had negative relationship with mental health depression, stress and anxiety of

sex offenders. In this context, few studies have looked into the possibility that mental health may have a negative association with all three types of parenting styles (Antonella & Massimo, 2011) and mental health of incarcerated individuals is mostly negatively linked with parenting styles (Heiskanen & Ruuskanen, 2011).

**Hypotheses II: Rejection sensitivity is likely to be related with mental health (depression, stress and anxiety) among incarcerated individuals.**

Results of the current findings revealed that rejection sensitivity is positively associated with the mental health among incarcerated individuals. A study conducted by Hammersley, Dias, and Todd (2019) examined the relationship between rejection sensitivity and psychological distress among incarcerated men and found that high levels of rejection sensitivity were positively related with greater levels of psychological distress, including symptoms of anxiety, depression, and post-traumatic stress disorder (PTSD). Many researches have studied relationship between rejection sensitivity and mental health issues among incarcerated individuals. For instance, a study conducted by Ford and colleagues (2017) found that rejection sensitivity was positively related with depression among incarcerated men. Another two research conducted upon the rejection sensitivity, anxiety and depression symptoms among incarcerated individuals found that it is positively associated with symptoms of anxiety and depression among incarcerated individuals (Perez, 2018 ; Heath, 2017). Stress and anxiety is very common among incarcerated individuals and can be exacerbated by rejection sensitivity and present research has also shown that rejection sensitivity can contribute to increased stress levels. Eisenberger and colleagues (2016) found that individuals with high rejection sensitivity experienced greater stress responses when faced with social rejection and this advocated that people who are more sensitive to rejection may experience higher levels of stress. Researches showed that rejection sensitivity was associated with higher levels of anxiety and lower levels (Velotti, 2017) and positively

related with symptoms of anxiety and panic disorder among incarcerated women (Kalmoe, 2018). The current result of the study and previous researches suggests that sensitivity to rejection was positively related with anxiety, stress and depression among incarcerated individuals.

**Hypotheses III: Impulsivity is likely to be related with mental health (depression, anxiety and stress) among incarcerated individuals.**

Findings of the study suggest a significant negative relationship of impulsivity with stress among incarcerated individuals. Sommers and Baskin (2015) in a research found that impulsivity was negatively associated with perceived stress among male prisoners. Another research by Bahr et al., (2012) found that higher levels of impulsivity were associated with lower levels of stress among incarcerated individuals. Further a research upon the relationship between impulsivity and perceived stress among male prisoners with and without psychopathic traits found that impulsivity was negatively associated with perceived stress, but only among prisoners without psychopathic traits (Pechorro et al., 2017).

Findings of current study showed a positive relationship of impulsivity with anxiety and negative relationship with depression. Previous researches have shown the same findings, research by Diamond and colleagues (2000) showed that incarcerated offenders with higher level of impulsivity were less likely to experience depression symptoms. Researches conducted by Cherek and Lane (2001) by Morgan and colleagues (2010) on association between depression and impulsivity among prisoners also revealed that impulsivity was negatively related with depression. Findings of present and previous studies suggest that impulsivity is negatively related with stress and depression among incarcerated individuals. It is important to note the relationship between impulsivity and mental health may be complex that might be influenced by the factors like stressors types and coping strategies of individuals.

**Hypotheses IV: Parenting styles and rejection sensitivity are likely to predict impulsivity and mental health (depression, anxiety and stress among incarcerated individuals).**

Results of the present study suggest that authoritative and authoritarian parenting style was significant predictor of impulsivity and significant negative predictor of depression. Proulx et al., (2007) conducted a meta-analysis looked at 93 studies on parenting styles of prisoners and found that authoritarian and authoritative parenting styles are mostly effect impulsivity in incarcerated individuals. Hawkins and Booth (2005) suggested that when parenting styles were check as predictor of impulsivity they were mostly found as negative. Authoritative and authoritarian parenting styles have adverse effects on the prisoners. Cihangir and Ankaya (2009), Coskum (2004), Berber and Odac (2011), Yetim and Goktas (2011) all came up with similar findings. These findings support the conclusion of our study and the notion that the both parenting styles have negative effect on depression.

**Hypotheses V: Male and female differ significantly in the scores of parenting styles, rejection sensitivity and mental health among incarcerated individuals.**

Findings of present study suggests that male and female differ significantly in the scores of parenting styles, rejection sensitivity, impulsivity and mental health among incarcerated individuals. According to a study, women are more sensitive towards rejection are more dependent and cannot hold rejection as male do. In incarcerate individuals especially women this is more common as women are mentally frustrated and if somebody say them no, they just can't hold it in (Harper & Welsh, 2007). Parker et al., 2008 all came up with similar findings (2004). Mean scores of female were significantly higher on rejection sensitivity as compared to male suggesting. Mean scores of male was significantly higher on Anxiety as compared to female.

Men scored higher on the anxiety according to one study (Zois et al., 2013),

indicating that men who are in jail are anxious more as compared to female as they have many other problems to deal with. According to another study (Jack, 2005) showed that men who are in jail their mental health is sacrificed. This condition is same in every society not only in Pakistan but also out of Pakistan (Williams, 2009). Furthermore, a man who is in jail due to some crime and is in their early years their self-esteem and their mental health is badly sacrificed and shattered (Watson et al., 2014). According to Nguyen et al. (2010), around 20% of men in the United States who are in jails in charge of any offence they report high levels of anxiety stress and depression as compare to females. These findings are similar with the existing literature.

#### **4.2 Strengths**

The strengths of the study include.

- All the standardized tools were administered and research participants approved the entire questionnaire and demographics.
- Ethical consideration was followed that is recommended by APA.
- All the standardized tools were administered.

#### **4.3 Recommendations**

Following are the recommendations for future researchers.

- Incarcerated individual who are taking rehabilitation can also be studied for as this age group is also showing signs of mental health problems.
- People who want to study take more sample size to generalize this study in overall Pakistan.
- In future researches should be carried on a large sample so those results could be generalized to the population.

- More researches could be conducted on sample from different cultures, countries and cities to investigate more about the parenting styles (authoritarian, authoritative, permissive style) rejection sensitivity and mental health (stress, depression and anxiety).
- For future studies, the observation method can be utilized to gather additional results and information.
- Furthermore researcher can use qualitative interviews to obtain more and in- depth information about participants.

#### **4.3 Implications of Study**

- Research will have benefits for researcher and the psychologists who provide rehabilitation facilities to prisoners.
- Additionally, the findings will be informative for the general public regarding topics such as parenting styles (authoritarian, authoritative, permissive), rejection sensitivity, and mental health issues like stress, depression, and anxiety.
- The study can shed light on the factors that contribute to criminal behavior and the mental health of incarcerated individuals.
- Studying influence of parenting styles on mental health incarcerated individuals can help identify the causes of poor mental health and provide insights into how to prevent it.

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**Appendix A**  
**(Questionnaire Permission Forms)**



**Gettysburg**  
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Department of Psychology

300 North Washington St. 717.337.6171 / 717.337.6172  
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17325-1486

To whom it may concern,

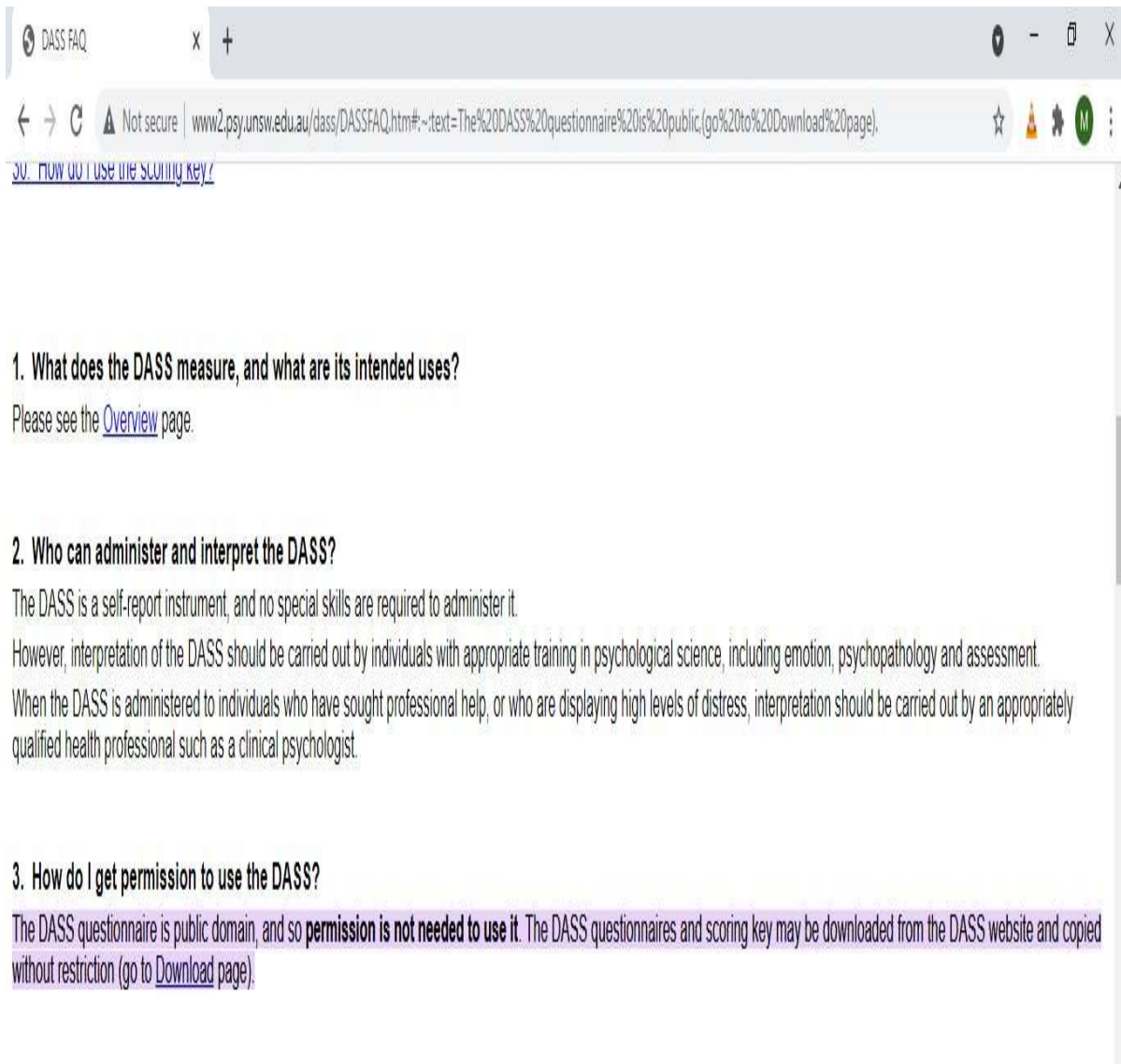
The Adult Rejection Sensitivity Questionnaire (A-RSQ; Berenson et al., 2009) is freely available to the public. Everyone has permission to use, adapt, and/or translate this measure as they wish.

Please be sure to read the scoring instructions and relevant literature.

Best,

Kathy R. Berenson, Ph.D.  
Gettysburg College





DASS FAQ

Not secure | www2.psy.unsw.edu.au/dass/DASSFAQ.htm#:~:text=The%20DASS%20questionnaire%20is%20public,(go%20to%20Download%20page)

[How do I use the scoring key?](#)

**1. What does the DASS measure, and what are its intended uses?**

Please see the [Overview](#) page.

**2. Who can administer and interpret the DASS?**

The DASS is a self-report instrument, and no special skills are required to administer it.

However, interpretation of the DASS should be carried out by individuals with appropriate training in psychological science, including emotion, psychopathology and assessment.

When the DASS is administered to individuals who have sought professional help, or who are displaying high levels of distress, interpretation should be carried out by an appropriately qualified health professional such as a clinical psychologist.

**3. How do I get permission to use the DASS?**

The DASS questionnaire is public domain, and so **permission is not needed to use it**. The DASS questionnaires and scoring key may be downloaded from the DASS website and copied without restriction (go to [Download](#) page).

**Appendix B**  
**(Consent Form)**

### اجازت نامہ

میں مریم شاہد کنیرڈ کالج میں ایم-ایس کینکل سائیکالوجی کی طلبہ ہوں اور ڈاکٹر مشاء اسد خان کی نگرانی میں قیدی افراد میں پرورش کے انداز، رد حساسیت، عجلت اور ذہنی صحت کے عنوان پر تحقیق کر رہی ہوں۔

اس تحقیق کے سلسلے میں آپ سے کچھ سوالنامے پر کروائے جائیں گے۔ میں آپ کو اس بات کا یقین دلاتی ہوں کہ آپ کی طرف سے دی گئی معلومات کو خفیہ رکھا جائے گا اور اس فراہم کردہ معلومات کو صرف اور صرف تحقیقی مقاصد کے لیے استعمال کیا جائے گا۔ اگر آپ اس تحقیق میں تعاون کرنے پر رضامند ہیں تو اگلے صفحہ پر دیے گئے سوالات کا دیانتداری سے جواب دیں۔ میں نے تمام معلومات کو دھیان سے پڑھ لیا ہے اور اس تحقیق میں شرکت پر رضامند ہوں۔

شرک کا دستخط -----

**Appendix C**  
**(Demographic Sheet)**

## ذاتی کوائف نامہ

عمر:----- سال

جنس: مرد /عورت

تعلیم:

- ان پڑھ
- پرائمری
- مٹل
- مٹرک
- انٹر
- بی اے
- ایم اے
- کوئی اور -----

ازدواجی حیثیت :

- الگ
- بیوہ
- طلاق یافتہ
- شادی شدہ
- غیر شادی شدہ

خاندانی مایانہ آمدنی:-----

قید کی مدت:----- ماہ

جرم کی وجہ:-----

جرم کی نوعیت:-----

**Appendix D**  
**(Sample Copy of Questionnaires)**

## سوال نامہ

## والدہ کا فارم

درج ذیل میں کچھ بیانات دیے گئے ہیں جو والدین کے رویوں کے بارے میں ہیں۔ ہر بیان کو غور سے پڑھیں اور یہ بتائیں کہ ہر رو یہ کس حد تک آپ کے والدہ کے رویے کی عکاسی کرتا ہے۔ یہ بتانے کے لیے بالکل نہیں کبھی کبھار، اکثر اوقات یا ہمیشہ میں سے کسی ایک پر (✓) کا نشان لگائیں۔

سیریل نمبر	روئے	بلکل نہیں	کبھی کبھار	اکثر اوقات	ہمیشہ
1	میری والدہ مجھے مناسب وقت دیتی ہیں۔	0	1	2	3
2	میری والدہ میری بنیادی ضروریات کا خیال رکھتی ہیں۔	0	1	2	3
3	میری والدہ میرے اچھے برے کا دھیان رکھتی ہیں۔	0	1	2	3
4	میری والدہ سب بچوں میں برابری رکھتی ہیں۔	0	1	2	3
5	میری والدہ مجھ سے پیار کرتی ہیں۔	0	1	2	3
6	میری والدہ میرے ساتھ تبادلہ خیال کرتی ہیں۔	0	1	2	3
7	میری والدہ مجھے اچھے آداب سکھاتی ہیں۔	0	1	2	3
8	میری والدہ میری بات کو اہمیت دیتی ہیں۔	0	1	2	3
9	میری والدہ میرے ہر قسم کے مسائل کو سمجھتی ہیں۔	0	1	2	3
10	میری والدہ مجھے توجہ دیتی ہیں۔	0	1	2	3
11	میری والدہ مجھ سے فاصلے پر رہتی ہیں۔	0	1	2	3
12	میری والدہ مجھ میں خود اعتمادی پیدا کرتی ہیں۔	0	1	2	3
13	میری والدہ میری اچھی دوست ہیں۔	0	1	2	3
14	میری والدہ مجھے سماجی روایات سے آگاہ کرتی ہیں۔	0	1	2	3
15	میری والدہ صحیح کام کرنے پر میری تعریف کرتی ہیں۔	0	1	2	3
16	میری والدہ میری تعلیم پر توجہ دیتی ہیں۔	0	1	2	3
17	میری والدہ میری جائز طرف داری کرتی ہیں۔	0	1	2	3

3	2	1	0	میری والدہ مجھے دوسروں کی عزت کرنا سکھاتی ہیں۔	18
3	2	1	0	میری والدہ زندگی کے مختلف مسائل میں میری رہنمائی کرتی ہیں۔	19
3	2	1	0	میری والدہ میرے ساتھ غصے سے بات کرتی ہیں۔	20
3	2	1	0	میری والدہ مذہب کے متعلق رہنمائی کرتی ہیں۔	21
3	2	1	0	میری والدہ پسند کرتی ہیں کہ میں مکمل طور پر ان پہ انحصار کروں۔	22
3	2	1	0	میری والدہ میری خواہشات پوری کرتی ہیں۔	23
3	2	1	0	میری والدہ مجھ میں ذمہ داری کا احساس پیدا کرتی ہیں۔	24
3	2	1	0	میری والدہ ہر بات پہ میری تعریف کرتی ہیں۔	25
3	2	1	0	میری والدہ اپنی مرضی مجھ پر مسلط کرتی ہیں۔	26
3	2	1	0	میری والدہ بلا وجہ روک ٹوک کرتی ہیں۔	27
3	2	1	0	میری والدہ مجھے مارتی ہیں۔	28

## سوال نامہ

## والد کا فارم

درج ذیل میں کچھ بیانات دیے گئے ہیں جو والدین کے رویوں کے بارے میں ہیں۔ ہر بیان کو غور سے پڑھیں اور یہ بتائیں کہ ہر رو یہ کس حد تک آپ کے والد کے رویے کی عکاسی کرتا ہے۔ یہ بتانے کے لیے بالکل نہیں کبھی کبھار، اکثر اوقات یا ہمیشہ میں سے کسی ایک پر (✓) کا نشان لگائیں۔

سیریل نمبر	روئے	بلکل نہیں	کبھی کبھار	اکثر اوقات	ہمیشہ
1	میرے والد میری بنیادی ضروریات کو پورا کرتے ہیں۔	0	1	2	3
2	میرے والد مجھے مناسب وقت دیتے ہیں	0	1	2	3
3	میرے والد میرے مسائل کو سمجھنے کی کوشش کرتے ہیں۔	0	1	2	3
4	میرے والد میرے ساتھ دوستانہ رویہ رکھتے ہیں۔	0	1	2	3
5	میرے والد مجھ پر اپنی مرضی مسلط کرتے ہیں۔	0	1	2	3
6	میرے والد مجھے یہ بے جا پابندیاں لگاتے ہیں۔	0	1	2	3
7	میرے والد میرے ساتھ تبادلہ خیال کرتے ہیں۔	0	1	2	3
8	میرے والد میرے ساتھ سخت رویہ رکھتے ہیں۔	0	1	2	3
9	میرے والد میرے مسائل کو حل کرنے میں میری مدد کرتے ہیں۔	0	1	2	3
10	میرے والد میرے اچھے برے کا خیال رکھتے ہیں۔	0	1	2	3
11	میرے والد میری تعلیم میں دلچسپی لیتے ہیں۔	0	1	2	3
12	میرے والد میری خواہشات پوری کرتے ہیں۔	0	1	2	3
13	میرے والد غلطی کرنے پر مجھے پیار سے سمجھاتے ہیں۔	0	1	2	3
14	میرے والد میری مالی ضروریات کا خیال رکھتے ہیں۔	0	1	2	3
15	میرے والد میرے مشاغل کو اہمیت دیتے ہیں۔	0	1	2	3
16	میرے والد میرے ساتھ بلاوجہ غصے سے بات کرتے ہیں اور ڈانٹ ڈپٹ کرتے ہیں۔	0	1	2	3
17	میرے والد پڑھائی کے علاوہ دوسری سرگرمیوں میں حصہ لینے دیتے ہیں مثلاً دوستوں سے ملنا	0	1	2	3

				کھیلنا وغیرہ	
3	2	1	0	میرے والد مجھے توجہ دیتے ہیں۔	18
3	2	1	0	میرے والد زندگی کے ہر مسئلے میں میری رہنمائی کرتے ہیں۔	19
3	2	1	0	میرے والد مجھ سے پیار کرتے ہیں۔	20
3	2	1	0	میرے والد میرے معاملات میں بلا وجہ مداخلت کرتے ہیں۔	21
3	2	1	0	میرے والد مجھ سے دور دور رہتے ہیں۔	22
3	2	1	0	میرے والد پیار کا اظہار کرتے ہیں۔	23
3	2	1	0	میرے والد مجھے جائز آزادی دیتے ہیں۔	24
3	2	1	0	میرے والد مجھ میں خود اعتمادی پیدا کرتے ہیں۔	25
3	2	1	0	میرے والد سماجی میل جول میں میری مدد کرتے ہیں۔	26
3	2	1	0	میرے والد میرے ساتھ مار پیٹ کرتے ہیں۔	27
3	2	1	0	میرے والد میری خوبیوں کی نسبت خامیوں کو اہمیت دیتے ہیں۔	28
3	2	1	0	میرے والد مجھے کھلا پیسہ دیتے ہیں۔	29
3	2	1	0	میرے والد میری غلطی کو جلد معاف کر دیتے ہیں۔	30

ہدایات: زندگی میں ہر انسان کو کبھی نہ کبھی مختلف قسم کے حالات کا سامنا کرنا پڑتا ہے۔ نیچے ایسے ہی کچھ صورتحال (Situation) کا تذکرہ ہے۔ ہر اے ہر بانی یہ تصور کریں کے آپ اس صورتحال (Situation) سے دوچار ہیں اور بتائیں کہ ایسے میں آپ کس حد تک پریشانی ہوگی اور لوگوں سے آپ کی کیا توقعات ہوں گی۔

۱۔ آپ اپنے مشکل مالی حالات میں اپنے والدین یا گھر کے کسی فرد سے قرض کی صورت میں مدد لینے کی بات کرتے ہیں/کرتی ہیں۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	بہت زیادہ
☆ آپ کو کتنی تشویش یا غم ہوگی کہ آپ اپنے گھر والے آپ کی مدد کرنا چاہیں گے یا نہیں۔							
☆ میں توقع کروں گا/گی کہ وہ جتنا ہو سکے گا میری مدد کریں گے۔							

۲۔ آپ اپنے کسی قریبی دوست سے بات کرنے جاتے ہیں جو آپ کے کسی قول و فعل سے شدید پریشان ہوا ہے۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	بہت زیادہ
☆ آپ کو کتنی تشویش یا پریشانی ہوگی کہ آپ کا/کی دوست آپ سے بات کرنا چاہے گا/گی یا نہیں۔							
☆ میں توقع کروں گا/گی کہ وہ معاملات کو بہتر کرنے کے لئے مجھ سے بات کرنا چاہے گا/گی۔							

۳۔ آپ اپنے شریک حیات سے جنسی معاملات (مثلاً بچوں کی پیدائش یا بچوں کی پیدائش میں مناسب وقت) کے موضوع پر بات کرتے ہیں۔ اور اسے بتاتے ہیں کہ یہ آپ کے لئے کتنا اہم ہے۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	بہت زیادہ
☆ اسکے رد عمل کے بارے میں آپ کو کتنی تشویش یا غم ہوگی۔							
☆ میں توقع کروں گا/گی کہ وہ عمدہ انتہا پر (اپنی بات کرنے کے لئے بغیر کسی ہتھیار بٹ کے راضی ہوگا۔							

۴۔ آپ اپنے پروانز سے کام کے دوران پیش آنے والے ایک مسئلے کے بارے میں مدد لینے کی بات کرتے ہیں۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	بہت زیادہ
☆ آپ کو کتنی تشویش یا غم ہوگی کہ آپ کا/کی مدد کرنا چاہے گا/گی یا نہیں۔							
☆ میں توقع کروں گا/گی کہ وہ میری مدد کرنے کی کوشش کرنا چاہے گا/گی۔							

۵۔ ایک تلخ بات کے بعد آپ اپنے شریک حیات سے رابطہ کرتے ہیں یا اس کے پاس جاتے ہیں۔ کیونکہ آپ معاملات سلجھانا چاہتے ہیں۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	بہت زیادہ
☆ آپ کو کتنی تشویش یا غم ہوگی کہ آپ اپنا شریک حیات آپ کے ساتھ معاملات سلجھانا چاہے گا/گی یا نہیں۔							
☆ میں توقع کروں گا/گی کہ وہ بھی معاملات سلجھانے کے لئے کم از کم میرے جتنا ہی بے تاب ہوگا۔							

۶- آپ کسی ایسے موقع پر جہاں آپ کے لئے بہت اہم ہے اپنے والدین یا گمراہوں کو بلاتے ہیں۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	۶	بہت زیادہ
☆ آپ کو کئی توشیوں یا فلموں کی کہہ آنا چاہیں گے یا نہیں۔								
☆ میں توقع کروں گا/گی کہ وہ آنا چاہیں گے۔								

۷- ایک قریب میں آپ کے کمرے کو نے میں وہ جو کسی شخص کی طرف توجہ ہوتے ہیں۔ جسکے بارے میں آپ جانا چاہتے ہیں۔ اور آپ اس کے قریب جاتے ہیں۔ تاکہ گھٹو گھٹا آواز کرنے کی کوشش کر سکیں۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	۶	بہت زیادہ
☆ آپ کو کئی توشیوں یا فلموں کی کہہ آواز مجھ سے بات کرنا چاہئے گا/گی۔								
☆ میں توقع کروں گا/گی کہ وہ مجھ سے بات کرنا چاہئے گا/گی۔								

۸- کچھ عرصے سے آپ نے اپنے اور اپنے شریک حیات کے درمیان برہمنی ہوئی دوری کو نوٹس کیا ہے۔ اور آپ اس سے پوچھتے ہیں۔ کہ کیا کوئی بات ہے؟

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	۶	بہت زیادہ
☆ آپ کو کئی توشیوں یا فلموں کی کہہ آواز مجھ سے محبت کرنا کرتی ہے۔ اور آپ کے ساتھ رہنا چاہتا/چاہتی ہے؟								
☆ میں توقع کروں گا/گی کہ وہ ابھی بھی ہمارے رشتے کے ساتھ رہے گا/گی، محبت اور دانگی رکھتا/رکھتی ہے۔ جیسے کہ کوئی بھی چاہے رہا ہو۔								

۹- آپ اپنے دوست سے رابطہ کرتے ہیں۔ جب آپ کے ذہن میں کچھ ایسا چل رہا ہو۔ جسکے بارے میں آپ محسوس کرتے ہیں۔ کہ بات کرنا بہت ضروری ہے۔

بیانات	بالکل نہیں	۱	۲	۳	۴	۵	۶	بہت زیادہ
☆ آپ کو کئی توشیوں یا فلموں کی کہہ آواز دوست آپ کو سنا چاہئے گا/گی یا نہیں۔								
☆ میں توقع کروں گا/گی کہ وہ مجھے سنے گا اور میری حمایت کرے گا/گی۔								

نیچے دیے گئے بیانات میں لوگوں کے سوچنے اور عمل کرنے کے طریقہ کار واضح کیے گئے ہیں۔ ہر بیان سے آپ کتنا متفق ہیں یا غیر متفق ہیں۔ اپنی رائے کا اظہار کریں۔ اگر آپ بہت زیادہ متفق ہیں تو 1 پر دائرہ لگائیں، اگر آپ کچھ حد تک متفق ہیں تو 2 پر دائرہ لگائیں، اگر آپ کچھ حد تک نا متفق ہیں تو 3 پر دائرہ لگائیں اور اگر آپ غیر متفق ہیں تو 4 پر دائرہ لگائیں۔ اور اس بات کی نشان دہی کر لیں کہ آپ نے ہر بیان کے لیے اپنی متفقہ یا غیر متفقہ رائے دے دی ہے۔

سوالات	بہت زیادہ متفق	بہت کم متفق	کچھ حد تک متفق	کچھ حد تک نا متفق	بہت زیادہ نا متفق
1	1	2	3	4	میں عام طور پر چیزوں کو اس طرح دیکھتا ہوں کہ ان کا اختتام کیا ہوگا۔
2	1	2	3	4	میری سوچ زیادہ تر محتاط اور با مقصد ہوتی ہے۔
3	1	2	3	4	میں جب بہت خوش ہوتا ہوں تو خود کو ایسی صورتحال میں ڈال لیتا ہوں جو کہ میرے کیلئے مسائل پیدا کر سکتے ہیں۔
4	1	2	3	4	ناکمل کام مجھے بہت پریشان کرتے ہیں۔
5	1	2	3	4	میں کچھ بھی کرنے سے پہلے رکنا اور اس کے میں بارے سوچنا پسند کرتا ہوں/کرتی ہوں۔
6	1	2	3	4	جب میں برا محسوس کرتا ہوں تو خود کو بہتر محسوس کرانے کے لیے کچھ ایسے کام کرتا ہوں جن پر بعد میں مجھے ہچکچتاہوتا ہے۔
7	1	2	3	4	جب میں کچھ چیز شروع کر لیتا ہوں تو میں اسے روکنا پسند نہیں کرتا۔
8	1	2	3	4	اکثر جب میں برا محسوس کرتا ہوں، تو میں خود کو وہ کام کرنے سے روک نہیں پاتا چاہے اس کو کرنے سے میں زیادہ برا محسوس ہی کیوں نہ آبا ہو۔
9	1	2	3	4	مجھے خطروں سے کھیلنا پسند ہے

4	3	2	1	جب میں اچھے مزاج میں ہوتا ہوں تو میں خود پر قابو نہیں رکھ پاتا	10
4	3	2	1	جو میں شروع کرتا ہوں وہ میں ختم کرتا ہوں	11
4	3	2	1	میں چیزوں کو اہمیت دیتا ہوں اور انہیں ایک حقیقی اور سمجھ دارانہ نظریے سے دیکھتا ہوں	12
4	3	2	1	جب میں پریشان ہوتا ہوں تو میں اکثر بغیر سوچے سمجھے کچھ بھی کر سکتا ہوں	13
4	3	2	1	میں نئے دلچسپ اور بیچانی تجربات کو بعد شوق کرتا ہوں چاہے وہ کچھ خطرناک اور غیر روایتی ہی کیوں نہ ہوں۔	14
4	3	2	1	جب میں خود کو ٹھکرایا ہوا محسوس کرتا تو میں اکثر ایسی باتیں کہہ جاتا ہوں جن پر بعد میں پھمکتا ہوں۔	15
4	3	2	1	میں جہاز اڑانا سیکھنا چاہوں گا۔	16
4	3	2	1	دوسرے لوگ ان چیزوں پر حیران اور پریشان ہوتے ہیں جو میں اس وقت کرتا ہوں جب میں خود کو پر جوش محسوس کرتا ہوں۔	17
4	3	2	1	اونچی پہاڑی کی ڈھلوان سے پھسلنے کے احساس سے میں لطف اندوز ہوتا ہوں۔	18
4	3	2	1	کچھ بھی کرنے سے پہلے میں دھیان سے سوچتا ہوں۔	19
4	3	2	1	جب میں بہت پر جوش ہوں تو میں بغیر سوچے کام کرتا ہوں۔	20



نوٹ: سندھیدہ میں زیادات میں سے ہرگز شریک ہونے کے دوران آپ پر گنہ گار ہوتے ہوں ان کے ساتھ 3,2,1,0 میں سے کسی ایک ہندسہ پر نشان لگائیں۔ واضح رہے کہ آپ کے جوابات کو گننے والا قسم نہیں کیا جائے گا۔ کسی بھی بیان پر زیادہ وقت ضائع نہ کریں۔

نمبر شمار	بیانات	بھی نہیں	بھی کبھار	زیادہ تر وقت	ہر وقت
		0	1	2	3
1-	میرے لیے پرسکون نہ ہونے کا باعث بن گیا ہے۔				
2-	مجھے یہ احساس ہوتا رہا ہے جیسے میرا دل خشک ہو رہا ہو۔				
3-	مجھے کسی قسم کے قیامت جذبات محسوس نہیں ہوئے۔				
4-	مجھے سانس لینے میں دشواری محسوس ہوتی رہی ہے (الجیر کی جسمانی مشقت اگلے کام کے)۔				
5-	مجھے کسی کام کے کرنے کیلئے آنا نہ کرنا مشکل محسوس ہوتا رہا ہے۔				
6-	میں نے بعض حالات میں غیر ضروری رد عمل کا اظہار کیا۔				
7-	مجھے کیا کہنا ہے محسوس ہوتی رہی ہے (مثلاً ہاتھوں میں)۔				
8-	میں نے محسوس کیا کہ میں بہت زیادہ ذہنی توانائی استعمال کر رہی / رہا ہوں۔				
9-	میں ایسے حالات سے گھبراتی آگھبرا ہوا ہوا ہوں جن میں میرے اہل حق نے اور میری بے چینی بڑھنے کا خدشہ تھا ہوتا ہے۔				
10-	میں اپنا مستقل چارٹیک محسوس کرتی / کرتا رہا۔				
11-	مجھے اپنے آپ میں چڑچڑاہٹ محسوس ہوتی رہا۔				
12-	میں ذہنی طور پر سکونی محسوس کرتی / کرتا رہا ہوں۔				
13-	میں اسی محسوس کرتی / کرتا رہا۔				
14-	میرے لیے اس چیز کا گھمن اورداشت کرنا مشکل رہا ہے جو میرے کام میں رکاوٹ پیدا کرے				
15-	مجھے محسوس ہوتا رہا ہے کہ مجھے دور دور بنانے کا ہے۔				
16-	مجھے کسی بھی کام میں دلچسپی نہیں رہی۔				
17-	مجھے محسوس ہوتا رہا کہ میں کسی قابل نہیں ہوں۔				
18-	مجھے محسوس ہوتا رہا کہ میں بہت جذباتی اور ہنجاری / جانتا ہوں۔				
19-	مجھے بلاوجہ الجیر کی جسمانی مشقت کے دل کی دھڑکن محسوس ہوتی رہی۔				
20-	میں الجیر کی وجہ سے فوری طور پر ہنجاری / جانتا رہا۔				
21-	مجھے یہ احساس ہوتا رہا کہ زندگی بے معنی ہے۔				

**Appendix E**  
**(SPSS Output)**

## Reliability

### Scale: Authoritative

**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.861	.870	10

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
20.98	49.376	7.027	10

### Scale: Authoritarian

**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.700	.723	10

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
18.49	29.899	5.468	10

**Scale: Permissive**

**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.825	.831	10

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
20.35	38.832	6.232	10

**Scale: Rejection sensitivity****Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items
.929	.930	18

#### Scale Statistics

Mean	Variance	Std. Deviation	N of Items
7.78	19.730	4.442	7

#### Scale: stress

##### Reliability Statistics

Cronbach's Alpha	Cronbach's Alpha Based on Standardized Items	N of Items

.744	.742	7
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**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
7.78	19.730	4.442	7

**Scale: anxiety**

**Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardize d Items	N of Items
.769	.771	7

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
6.07	18.548	4.307	7

**Scale: depression****Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardize d Items	N of Items
.746	.744	7

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
6.80	20.020	4.474	7

**Scale: impulsivity****Reliability Statistics**

Cronbach's Alpha	Cronbach's Alpha Based on Standardize d Items	N of Items
.808	.808	20

**Scale Statistics**

Mean	Variance	Std. Deviation	N of Items
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50.06	111.699	10.569	20
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**Descriptive Statistics**

	Mean	Std. Deviation	N
Authoritative	2.0980	.70268	200
Authoritarian	1.8490	.54680	200
Permissive	2.0350	.62315	200
Rejection sensitivity	68.1156	24.83362	199
Impulsivity	53.9650	17.14537	200
Stress	1.1114	.63455	200
Anxiety	.8671	.61525	200
Depression	.9714	.63920	200

## Correlations

		Authoritative	Authoritarian	Permissive	Rejection sensitivity	impulsivity	stress	anxiety	depression
Authoritative	Pearson Correlation	1	.847**	.915**	.232**	.612**	-.262**	-.079	-.176*
	Sig. (2-tailed)		.000	.000	.001	.000	.000	.267	.013
	N	200	200	200	199	200	200	200	200
Authoritarian	Pearson Correlation	.847**	1	.849**	.108	.591**	-.248**	-.012	-.080
	Sig. (2-tailed)	.000		.000	.129	.000	.000	.869	.260
	N	200	200	200	199	200	200	200	200
Permissive	Pearson Correlation	.915**	.849**	1	.157*	.576**	-.237**	-.068	-.153*
	Sig. (2-tailed)	.000	.000		.027	.000	.001	.340	.030
	N	200	200	200	199	200	200	200	200
Rejection sensitivity	Pearson Correlation	.232**	.108	.157*	1	.220**	.011	.031	.020
	Sig. (2-tailed)	.001	.129	.027		.002	.880	.668	.781
	N	199	199	199	199	199	199	199	199
Impulsivity	Pearson Correlation	.612**	.591**	.576**	.220**	1	-.192**	.007	-.056
	Sig. (2-tailed)	.000	.000	.000	.002		.007	.920	.430
	N	200	200	200	199	200	200	200	200
Stress	Pearson Correlation	-.262**	-.248**	-.237**	.011	-.192**	1	.600**	.711**
	Sig. (2-tailed)	.000	.000	.001	.880	.007		.000	.000
	N	200	200	200	199	200	200	200	200
Anxiety	Pearson Correlation	-.079	-.012	-.068	.031	.007	.600**	1	.742**
	Sig. (2-tailed)	.267	.869	.340	.668	.920	.000		.000
	N	200	200	200	199	200	200	200	200
depression	Pearson Correlation	-.176*	-.080	-.153*	.020	-.056	.711**	.742**	1
	Sig. (2-tailed)	.013	.260	.030	.781	.430	.000	.000	
	N	200	200	200	199	200	200	200	200

\*\* . Correlation is significant at the 0.01 level (2-tailed).

\* . Correlation is significant at the 0.05 level (2-tailed).

**Model Summary<sup>c</sup>**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.221 <sup>a</sup>	.049	.034	.62973	.049	3.343	3	195	.020	
2	.236 <sup>b</sup>	.056	.036	.62902	.007	1.436	1	194	.232	1.437

a. Predictors: (Constant), Permissive, Authoritarian, Authoritative

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

c. Dependent Variable: depression

**ANOVA<sup>a</sup>**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	22773.453	3	7591.151	41.734	.000 <sup>b</sup>
	Residual	35469.140	195	181.893		
	Total	58242.593	198			
2	Regression	23415.359	4	5853.840	32.608	.000 <sup>c</sup>
	Residual	34827.234	194	179.522		
	Total	58242.593	198			

a. Dependent Variable: impulsivity

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative

c. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

Coefficients<sup>a</sup>

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics		
	B	Std. Error				Beta	Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF
	1	(Constant)	18.895			3.500		5.398	.000	11.992	25.799		
	Authoritative	10.088	3.570	.411	2.826	.005	3.048	17.128	.610	.198	.158	.147	6.782
	Authoritarian	8.265	3.505	.262	2.358	.019	1.352	15.179	.589	.166	.132	.253	3.958
	Permissive	-.685	4.051	-.025	-.169	.866	-8.674	7.304	.573	-.012	-.009	.145	6.874
2	(Constant)	14.412	4.209		3.424	.001	6.110	22.713					
	Authoritative	8.361	3.662	.341	2.283	.024	1.139	15.583	.610	.162	.127	.138	7.232
	Authoritarian	9.126	3.512	.289	2.598	.010	2.199	16.053	.589	.183	.144	.248	4.026
	Permissive	-.022	4.039	-.001	-.005	.996	-7.989	7.945	.573	.000	.000	.144	6.926
	Rejection sensitivity	.076	.040	.110	1.891	.060	-.003	.155	.220	.135	.105	.913	1.096

a. Dependent Variable: impulsivity

## Regression

Model Summary<sup>c</sup>

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.625 <sup>a</sup>	.391	.382	13.48677	.391	41.734	3	195	.000	
2	.634 <sup>b</sup>	.402	.390	13.39858	.011	3.576	1	194	.060	1.903

a. Predictors: (Constant), Permissive, Authoritarian, Authoritative

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

c. Dependent Variable: impulsivity

ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	22773.453	3	7591.151	41.734	.000 <sup>b</sup>
	Residual	35469.140	195	181.893		
	Total	58242.593	198			
2	Regression	23415.359	4	5853.840	32.608	.000 <sup>c</sup>
	Residual	34827.234	194	179.522		
	Total	58242.593	198			

a. Dependent Variable: impulsivity

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative

c. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

**Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics		
	B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF	
1	(Constant)	18.895	3.500		5.398	.000	11.992	25.799					
	Authoritative	10.088	3.570	.411	2.826	.005	3.048	17.128	.610	.198	.158	.147	6.782
	Authoritarian	8.265	3.505	.262	2.358	.019	1.352	15.179	.589	.166	.132	.253	3.958
2	Permissive	-.685	4.051	-.025	-.169	.866	-8.674	7.304	.573	-.012	-.009	.145	6.874
	(Constant)	14.412	4.209		3.424	.001	6.110	22.713					
	Authoritative	8.361	3.662	.341	2.283	.024	1.139	15.583	.610	.162	.127	.138	7.232
	Authoritarian	9.126	3.512	.289	2.598	.010	2.199	16.053	.589	.183	.144	.248	4.026
	Permissive	-.022	4.039	-.001	-.005	.996	-7.989	7.945	.573	.000	.000	.144	6.926
	Rejection sensitivity	.076	.040	.110	1.891	.060	-.003	.155	.220	.135	.105	.913	1.096

a. Dependent Variable: impulsivity

## Regression

### Model Summary<sup>c</sup>

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.274 <sup>a</sup>	.075	.061	.61626	.075	5.272	3	195	.002	
2	.283 <sup>b</sup>	.080	.061	.61623	.005	1.021	1	194	.314	1.714

a. Predictors: (Constant), Permissive, Authoritarian, Authoritative

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejectionsensitivity

c. Dependent Variable: stress

### ANOVA<sup>a</sup>

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	6.007	3	2.002	5.272	.002 <sup>b</sup>
	Residual	74.057	195	.380		
	Total	80.064	198			
2	Regression	6.395	4	1.599	4.210	.003 <sup>c</sup>
	Residual	73.669	194	.380		
	Total	80.064	198			

a. Dependent Variable: stress

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative

c. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

Model		Coefficients <sup>a</sup>											
		Unstandardized Coefficients		Standardized Coefficients	T	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics	
		B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF
1	(Constant)	1.665	.160		10.406	.000	1.349	1.980					
	Authoritative	-.213	.163	-.234	-1.303	.194	-.534	.109	-.268	-.093	-.090	.147	6.782
	Authoritarian	-.133	.160	-.114	-.832	.407	-.449	.183	-.254	-.059	-.057	.253	3.958
	Permissive	.070	.185	.068	.377	.707	-.295	.435	-.242	.027	.026	.145	6.874
2	(Constant)	1.554	.194		8.029	.000	1.173	1.936					
	Authoritative	-.255	.168	-.280	-1.514	.132	-.587	.077	-.268	-.108	-.104	.138	7.232
	Authoritarian	-.112	.162	-.096	-.694	.489	-.431	.207	-.254	-.050	-.048	.248	4.026
	Permissive	.086	.186	.084	.463	.644	-.280	.452	-.242	.033	.032	.144	6.926
	Rejection sensitivity	.002	.002	.073	1.010	.314	-.002	.006	.011	.072	.070	.913	1.096

a. Dependent Variable: stress

## Regression

**Model Summary<sup>c</sup>**

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	Change Statistics					Durbin-Watson
					R Square Change	F Change	df1	df2	Sig. F Change	
1	.137 <sup>a</sup>	.019	.004	.61347	.019	1.250	3	195	.293	
2	.154 <sup>b</sup>	.024	.003	.61357	.005	.937	1	194	.334	1.534

a. Predictors: (Constant), Permissive, Authoritarian, Authoritative

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

c. Dependent Variable: anxiety

**ANOVA<sup>a</sup>**

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	1.412	3	.471	1.250	.293 <sup>b</sup>
	Residual	73.388	195	.376		
	Total	74.800	198			
2	Regression	1.764	4	.441	1.172	.325 <sup>c</sup>
	Residual	73.035	194	.376		
	Total	74.800	198			

a. Dependent Variable: anxiety

b. Predictors: (Constant), Permissive, Authoritarian, Authoritative

c. Predictors: (Constant), Permissive, Authoritarian, Authoritative, rejection sensitivity

**Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics		
	B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF	
1	(Constant)	.951	.159		5.973	.000	.637	1.265					
	Authoritative	-.175	.162	-.199	-1.076	.283	-.495	.146	-.090	-.077	-.076	.147	6.782
	Authoritarian	.233	.159	.206	1.458	.146	-.082	.547	-.022	.104	.103	.253	3.958
	Permissive	-.070	.184	-.071	-.382	.703	-.434	.293	-.078	-.027	-.027	.145	6.874
2	(Constant)	.846	.193		4.389	.000	.466	1.226					
	Authoritative	-.215	.168	-.245	-1.283	.201	-.546	.116	-.090	-.092	-.091	.138	7.232
	Authoritarian	.253	.161	.224	1.571	.118	-.065	.570	-.022	.112	.111	.248	4.026
	Permissive	-.055	.185	-.055	-.297	.767	-.420	.310	-.078	-.021	-.021	.144	6.926
	Rejection sensitivity	.002	.002	.072	.968	.334	-.002	.005	.031	.069	.069	.913	1.096

a. Dependent Variable: anxiety

## T-Test

**Group Statistics**

	Gender	N	Mean	Std. Deviation	Std. Error Mean
Authoritative	female	99	2.1838	.73716	.07409
	Male	101	2.0139	.66000	.06567
Authoritarian	female	99	1.8667	.59333	.05963
	Male	101	1.8317	.49939	.04969
Permissive	female	99	2.0737	.66969	.06731
	Male	101	1.9970	.57471	.05719
Rejection sensitivity	female	99	71.6566	27.33621	2.74739
	Male	100	64.6100	21.65053	2.16505
impulsivity	female	99	55.3030	17.92243	1.80127
	Male	101	52.6535	16.33061	1.62496
Stress	female	99	1.1140	.69955	.07031
	Male	101	1.1089	.56718	.05644
anxiety	female	99	.7763	.54078	.05435
	Male	101	.9562	.67120	.06679
depression	female	99	.9019	.63451	.06377
	Male	101	1.0396	.63955	.06364

**Coefficients<sup>a</sup>**

Model	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		Correlations			Collinearity Statistics		
	B	Std. Error	Beta			Lower Bound	Upper Bound	Zero-order	Partial	Part	Tolerance	VIF	
1	(Constant)	1.665	.160		10.406	.000	1.349	1.980					
	Authoritative	-.213	.163	-.234	-1.303	.194	-.534	.109	-.268	-.093	-.090	.147	6.782
	Authoritarian	-.133	.160	-.114	-.832	.407	-.449	.183	-.254	-.059	-.057	.253	3.958
2	Permissive	.070	.185	.068	.377	.707	-.295	.435	-.242	.027	.026	.145	6.874
	(Constant)	1.554	.194		8.029	.000	1.173	1.936					
	Authoritative	-.255	.168	-.280	-1.514	.132	-.587	.077	-.268	-.108	-.104	.138	7.232
	Authoritarian	-.112	.162	-.096	-.694	.489	-.431	.207	-.254	-.050	-.048	.248	4.026
	Permissive	.086	.186	.084	.463	.644	-.280	.452	-.242	.033	.032	.144	6.926
	Rejection sensitivity	.002	.002	.073	1.010	.314	-.002	.006	.011	.072	.070	.913	1.096

a. Dependent Variable: stress

**Independent Samples Test**

		Levene's Test for Equality of Variances		t-test for Equality of Means						
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
Authoritative	Equal variances assumed	.466	.496	1.719	198	.087	.16998	.09890	-.02505	.36500
	Equal variances not assumed			1.717	194.705	.088	.16998	.09900	-.02528	.36524
Authoritarian	Equal variances assumed	1.372	.243	.451	198	.652	.03498	.07749	-.11783	.18779
	Equal variances not assumed			.451	191.067	.653	.03498	.07762	-.11812	.18809
Permissive	Equal variances assumed	.709	.401	.870	198	.385	.07671	.08819	-.09719	.25061
	Equal variances not assumed			.869	192.334	.386	.07671	.08832	-.09749	.25091
Rejection sensitivity	Equal variances assumed	9.000	.003	2.017	197	.045	7.04657	3.49390	.15632	13.93681
	Equal variances not assumed			2.014	186.365	.045	7.04657	3.49795	.14591	13.94722
impulsivity	Equal variances assumed	1.019	.314	1.093	198	.276	2.64956	2.42365	-2.12992	7.42905
	Equal variances not assumed			1.092	195.514	.276	2.64956	2.42591	-2.13476	7.43388
Stress	Equal variances assumed	2.170	.142	.057	198	.955	.00509	.08997	-.17234	.18251
	Equal variances not assumed			.056	188.346	.955	.00509	.09016	-.17276	.18293
Anxiety	Equal variances assumed	6.312	.013	-2.084	198	.038	-.17982	.08629	-.34999	-.00965
	Equal variances not assumed			-2.088	190.883	.038	-.17982	.08611	-.34966	-.00997
depression	Equal variances assumed	.528	.468	-1.529	198	.128	-.13773	.09010	-.31540	.03995
	Equal variances not assumed			-1.529	197.971	.128	-.13773	.09009	-.31539	.03993



