

Abstract

The present study examined the relationship between counterfactual thinking, self-evaluation and interpersonal relationship of mental health patients. It was hypothesized that a) There would likely to be relationship between counterfactual thinking, self-evaluation and interpersonal relationship in individuals with mental health problems b) Interpersonal relationship would likely to predict the counterfactual thinking, self-evaluation in individuals with mental health problems c) There would be significant gender differences among counterfactual thinking, self-evaluation and interpersonal relationship of individuals with mental health problem. Correlational research design was used. Sample comprised of 300 mental patients (150 males, 150 females). They were selected from different psychiatric department of Government hospitals. Purposive sampling technique was used. Age range was selected between 18-28 (M= 36.43, S.D = 6.38). Counter-factual idea for negative event scale (CTNES) Rye et.al (2008) Core Self-Evaluation scale (Judge- 2003). Shorter person relating to other questionnaire (PROQ3) and The Mental Health Inventory-38 (MHI-38) (Veil & Ware, 1983) was used as assessment measures. Pearson Product Movement Correlation analysis was performed with the purpose to find out the relationship between above mentioned study variables. Multiple regression coefficient was executed to find out the predictors of Interpersonal relationship. One-Way MANOVA analysis was performed to identify the difference between the two groups including Interpersonal relationship and mental health. Findings of the research showed that there found the substantial relationships between Counterfactual thinking self-evaluation, and interpersonal relationship of the individuals with mental health problems. The results revealed that perceived Counterfactual thinking positive predictor the mental health problems. Self-evaluation was the non-significantly predictor of the mental health problems among university students. Mutual Relationship was significant positively correlated with Self-Evaluation. This research will be helpful to understand the relationship between Counterfactual thinking, self-evaluation and interpersonal relationship of individuals with mental health problems.

Key words: counterfactual thinking, self-evaluation, interpersonal relationships.