

## Abstract

The present study intended to investigate the association between alexithymia, fear of negative evaluation, coping strategies and mental health of university students. The sample comprised of 314 university students including males ( $n = 85$ ), and females ( $n = 229$ ), with the age range of 22 to 27 years ( $M = 1.28$ ,  $SD = .45$ ), was selected from government and private universities across Pakistan. Toronto Alexithymia Scale (Taylor et al., 1994), A brief version of the fear of negative evaluation (Leary, 1983), Brief Cope Inventory (Carver, 1997) and Mental Health Inventory (Vait & Ware, 1983) were used to measure the constructs. Results showed a likelihood of relationships between alexithymia, fear of negative evaluation, coping strategies and mental health. The regression analysis indicated that alexithymia, fear of negative evaluation, avoidant coping and provinces were positive predictors of mental health problems, while approach coping and religion were found to be the inverse predictors of mental health problems in university students. Moreover, significant effects of multivariate analysis for age, gender, provinces, type of universities and family system were found for alexithymia, fear of negative evaluation, coping strategies and mental health. These findings can serve as guidelines for clinicians and counselors to design various intervention plans for university students.

**Keywords:** Alexithymia, Fear of Negative Evaluation, Coping, Mental Health