

Abstract

The current research investigated the relationship of coping styles (problem focused coping, emotion focused coping and less useful coping) with mental health (psychological well being and psychological distress) among mental health professionals (clinical psychologists and psychiatrists) and to find out the predictors of mental health that will lead towards psychological wellbeing and psychological distress. Demographic Variable Questionnaire, Coping Orientation of Problem Experienced (Urdu version) and Mental Health Inventory were used. A total sample of 50 mental health professionals (age range 24 to 60 years) including 25 clinical psychologist and 25 psychiatrist from private and government hospitals of Lahore and Gujranwala were included. t-test was carried out to find the difference of mental health and coping styles among both groups but findings revealed same level of psychological wellbeing and psychological distress among clinical psychologist and psychiatrists. Findings revealed that emotion focused coping is used more by clinical psychologists than psychiatrists. Inter-correlation analysis was carried out among the sub groups of coping styles and mental health. Findings showed significant positive correlation between less useful coping and psychological distress and significant negative correlation among less useful coping and psychological well being. Regression analysis was carried out to find out the predicting factors of psychological well being and psychological distress among both the groups and the results revealed that qualification level was the predictor of psychological distress in Clinical psychologists and marital status was the predictor of psychological wellbeing in psychiatrists. Coping does affect the mental health, so by using problem focused coping the psychological wellbeing can be enhanced and psychological distress could be reduced.