

### Abstract

The present study aimed to explore the relationship between perceived interparental conflicts, irrational beliefs and mental health. Sample of the study consisted of 140 juvenile offenders. Sample was recruited through purposive sampling technique. Sample of the study was taken from borstal jail Faisalabad and district jail Lahore. Perceived interparental conflicts scale (CPIC), Irrational beliefs inventory (IBI) and Mental health inventory (MHI) were used in present study. Findings of the study revealed that there is significant positive relationship between perceived interparental conflicts and irrational beliefs. Results indicated that psychological distress has significant positive relationship with interparental conflicts and mental health. Furthermore, it was found that interparental conflicts significantly predict irrational beliefs. Results also revealed that irrational beliefs significantly mediate between interparental conflicts and mental health. The study will give insights as what type of perceived interparental conflicts predicts irrational beliefs and different mental health problems in juveniles. It may help clinical psychologists/mental health practitioners to develop appropriate ways to manage interparental conflicts, irrational beliefs and mental health problems. Findings of the study may help mental health practitioners to develop appropriate assessment and treatment programs.

*Key words:* perceived interparental conflicts, irrational beliefs, mental health, juvenile offenders