

Abstract

The present study was aimed to explore the relationship between attributional styles, psychological distress and suicidal ideation among prisoners. It also focused on the role of attributional styles in developing psychological distress and suicidal ideation. . A sample comprised of 80 prisoners 40 men and 40 women between the age range 20-56years years ($M = 30.7$, $SD = 3.9$) were drawn from Central Jail Rawalpindi, District Jail Lahore, and Central Jail Lahore Kot Lakhpat. Cognitive Style Questionnaire Short-Form CSQ-SF for measuring attributional styles was used and translated it into Urdu language for present study, Global Subscale Psychological Distress of Mental Health Inventory (MHI) for assessing psychological distress and Suicidal Ideation Scale (SIS) for the measurement of suicidal ideation was used in a study. Cronbach's alpha reliability of all the three measures Cognitive Style Questionnaire Short-Form CSQ-SF, Mental Health Inventory (psychological distress) and Suicidal Ideation Scale were determined which was ($\alpha = .77$, $\alpha = .85$, $\alpha = .92$) respectively. The results signified positive association between attributional styles, psychological distress and suicidal ideation. The results further demonstrated that prisoners, regardless of their gender had same level of psychological distress whereas; suicidal ideation was higher among males. On the other hand, married prisoners were found to be having more psychological distress and suicidal ideation was higher in unmarried. The study also revealed cognitive attributional styles to be the only significant predictor of suicidal ideation.