

Abstract

The purpose of the present investigation was to assess the relationship among marital adjustment, emotional self-regulation and social adjustment for patients of panic disorder with and without depression. The study used a correlational research design. The sample size for the study was 100 including 50 males and 50 females. 50 of the participants had panic disorder with depression and 50 were those with panic disorder without depression selected using purposive sampling. Data was collected using Marital Adjustment Test, Beck Depression Inventory, Emotional Regulation Scale and Social Adjustment Scale. Pearson product moment correlation, regression, independent sample t test, MANOVA and mediation analyses were used. Results showed that there were significant differences among depressed and non-depressed participants on emotional regulation and marital adjustment. Depression significantly predicted marital and social adjustment. There was a positive relationship between social adjustment and emotional regulation and significant negative relationship between marital and social adjustment. There were significant gender differences among participants on emotional regulation and marital adjustment. It was also found that emotional regulation completely mediated the relationship between marital adjustment and social adjustment thus supporting a hypothesized model.

Didn't we already have that?

Keywords: Marital Adjustment, Social Adjustment, Depression, Emotional regulation, Correlation, regression, mediation analysis