

Impact of Parental Psychological Maltreatment and Negative Cognitive Style on Psychological Distress among Adolescents

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Abstract

The current research was aimed to study the impact of parental psychological maltreatment and negative cognitive style on psychological distress among adolescents. Study was conducted through correlational research. It established the relationship of parental psychological maltreatment with negative cognitive style and psychological distress. The sample was collected through purposive sampling technique and consisted of 370 participants with age range of 13-21 year. Findings of the study indicated that parental psychological maltreatment, negative cognitive style, and psychological distress among adolescents have strong relationship with each other. Parental psychological maltreatment has strong predictive impact on psychological distress. Parental psychological maltreatment also strongly correlates with negative cognitive style. Moreover, negative cognitive style has strong predictive impact on psychological distress. But negative cognitive style does not mediate the relationship of parental psychological maltreatment with psychological distress. So findings of the study concluded that parental psychological maltreatment should be reduced as it has long lasting hostile effects on the mental health of children.

Keywords:(PPM) parental psychological maltreatment, (NCS) negative cognitive style and (PD) psychological distress.