

**IMPACT OF CHILDHOOD MALTREATMENT
ON SOCIAL RELATIONSHIPS OF
EMERGING ADULTS: ROLE OF COGNITIVE
EMOTION REGULATION AND EGO
RESILIENCY**

BY

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NATIONAL UNIVERSITY OF MODERN LANGUAGES

ISLAMABAD

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Syeda Hijab Zehra

MSc. Applied Psychology, National University of Modern Languages Islamabad, 2019

A THESIS SUBMITTED IN PARTIAL FULFILMENT OF
THE REQUIREMENTS FOR THE DEGREE OF

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In Psychology

To

DEPARTMENT OF APPLIED PSYCHOLOGY
FACULTY OF SOCIAL SCIENCES



NATIONAL UNIVERSITY OF MODERN LANGUAGES, ISLAMABAD



THESIS AND DEFENSE APPROVAL FORM

The undersigned certify that they have read the following thesis, examined the defense, are satisfied with the overall exam performance, and recommend the thesis to the Faculty of Psychology for acceptance.

Thesis Title: Impact of Childhood Maltreatment on Social Relationships of Emerging Adults: Role of Cognitive Emotion Regulation and Ego Resiliency

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I also understand that if evidence of plagiarism is found in my thesis/dissertation at any stage, even after the award of a degree, the work may be cancelled, and the degree revoked.

Signature of Candidate

Name of Candidate

Date

ABSTRACT

Title: Impact of Childhood Maltreatment on Social Relationships of Emerging

Adults: Role of Cognitive Emotion Regulation and Ego Resiliency

Repeated trauma especially maltreatment during childhood is associated with difficult interpersonal relationships throughout the life course. Emerging adulthood, as a transitional stage of life characterized by challenging role changes, increased autonomy, and greater responsibility, is considered a high-risk period for the development of psychological problems too. The present study was designed to explore the mediating role ego resiliency as a protective factor in the association of childhood exposure of maltreatment and relationship quality with romantic partner. The sample comprised of 437 (female= 218) with age range from 18-25 years (mean age = 21.2, SD= 2.05 years) from twin cities of Islamabad and Rawalpindi. To measure study variables Urdu versions of Childhood Traumatic Questionnaire (Bernstein & Fink, 2003), Network of Relationship Questionnaire-Relationship Quality Version (NRI-RQV; Furman & Buhrmester, 1985), and Ego-Resiliency Scale (Block & Kremen, 1996) were used. The study results validate the link between childhood maltreatment and discord and lack of closeness in romantic relationships. The interaction of ego resiliency with predictor variables lessen the discord in romantic relationships. Cognitive emotion regulation strategies, which are conceptualised as the cognitive coping strategies for the management of emotions have been significantly associated with depressive symptoms found a strong positive correlation between maladaptive emotion regulation and internalising symptoms. The findings of this study showed that different types of maltreatment have distinct effects on adolescents and can lead to various deviant behavior patterns. As a result, therapies used to assist young people who have been abused should be carefully designed to address specific types of abuse. This research is of immense significance for counselors and professionals working with young adults and families. Study highlighted the importance of psychological interventions.

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LIST OF ABBREVIATIONS

CTQ	Childhood Traumatic Questionnaire
EA	Emotional Abuse
PA	Physical Abuse
SA	Sexual Abuse
EN	Emotional Neglect
PN	Physical Neglect
DE	Denial
CLF	Closeness for Friend
DCF	Discord for Friend
CLIP	Closeness for Intimate Partner
DCIP	Discord for Intimate Partner
CERQ	Cognitive Emotion Regulation Scale
SB	Self Blame
AC	Acceptance
RU	Rumination
PR	Positive Refocusing
RP	Refocus on Planning
PRE	Positive Reappraisal
PIP	Putting into Perspective
CAT	Catastrophizing
BO	Blaming Others
ER	Emotional Resiliency Scale

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To my beloved parents, for your constant love and support throughout my life, you are always there for me. Thank you so very much!

Syeda Hijab Zehra

**DEDICATED TO
MY PARENTS**

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Candidate of **Master of Philosophy** at the National University of Modern Languages do hereby declare that the thesis **“Impact of Childhood Maltreatment on Social Relationships of Emerging Adults: Role of Cognitive Emotion Regulation and Ego Resiliency”** submitted by me in partial fulfillment of MPhil degree, is my original work, and has not been submitted or published earlier. I also solemnly declare that it shall not, in future, be submitted by me for obtaining any other degree from this or any other university or institution.

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LIST OF ABBREVIATIONS

CTQ	Childhood Traumatic Questionnaire
EA	Emotional Abuse
PA	Physical Abuse
SA	Sexual Abuse
EN	Emotional Neglect
PN	Physical Neglect
DE	Denial
CLF	Closeness for Friend
DCF	Discord for Friend
CLIP	Closeness for Intimate Partner
DCIP	Discord for Intimate Partner
CERQ	Cognitive Emotion Regulation Scale
SB	Self Blame
AC	Acceptance
RU	Rumination
PR	Positive Refocusing
RP	Refocus on Planning
PRE	Positive Reappraisal
PIP	Putting into Perspective
CAT	Catastrophizing
BO	Blaming Others
ER	Emotional Resiliency Scale

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Syeda Hijab Zehra

**DEDICATED TO
MY PARENTS**

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To

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THESIS AND DEFENSE APPROVAL FORM

The undersigned certify that they have read the following thesis, examined the defense, are satisfied with the overall exam performance, and recommend the thesis to the Faculty of Psychology for acceptance.

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I also understand that if evidence of plagiarism is found in my thesis/dissertation at any stage, even after the award of a degree, the work may be cancelled, and the degree revoked.

Signature of Candidate

Name of Candidate

Date

ABSTRACT

Title: Impact of Childhood Maltreatment on Social Relationships of Emerging

Adults: Role of Cognitive Emotion Regulation and Ego Resiliency

Repeated trauma especially maltreatment during childhood is associated with difficult interpersonal relationships throughout the life course. Emerging adulthood, as a transitional stage of life characterized by challenging role changes, increased autonomy, and greater responsibility, is considered a high-risk period for the development of psychological problems too. The present study was designed to explore the mediating role ego resiliency as a protective factor in the association of childhood exposure of maltreatment and relationship quality with romantic partner. The sample comprised of 437 (female= 218) with age range from 18-25 years (mean age = 21.2, SD= 2.05 years) from twin cities of Islamabad and Rawalpindi. To measure study variables Urdu versions of Childhood Traumatic Questionnaire (Bernstein & Fink, 2003), Network of Relationship Questionnaire-Relationship Quality Version (NRI-RQV; Furman & Buhrmester, 1985), and Ego-Resiliency Scale (Block & Kremen, 1996) were used. The study results validate the link between childhood maltreatment and discord and lack of closeness in romantic relationships. The interaction of ego resiliency with predictor variables lessen the discord in romantic relationships. Cognitive emotion regulation strategies, which are conceptualised as the cognitive coping strategies for the management of emotions have been significantly associated with depressive symptoms found a strong positive correlation between maladaptive emotion regulation and internalising symptoms. The findings of this study showed that different types of maltreatment have distinct effects on adolescents and can lead to various deviant behavior patterns. As a result, therapies used to assist young people who have been abused should be carefully designed to address specific types of abuse. This research is of immense significance for counselors and professionals working with young adults and families. Study highlighted the importance of psychological interventions.

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PA	Physical Abuse
SA	Sexual Abuse
EN	Emotional Neglect
PN	Physical Neglect
DE	Denial
CLF	Closeness for Friend
DCF	Discord for Friend
CLIP	Closeness for Intimate Partner
DCIP	Discord for Intimate Partner
CERQ	Cognitive Emotion Regulation Scale
SB	Self Blame
AC	Acceptance
RU	Rumination
PR	Positive Refocusing
RP	Refocus on Planning
PRE	Positive Reappraisal
PIP	Putting into Perspective
CAT	Catastrophizing
BO	Blaming Others
ER	Emotional Resiliency Scale

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Syeda Hijab Zehra

**DEDICATED
TO
MY PARENTS**

CHAPTER 1

INTRODUCTION

Maltreatment of children is a complex and continuous issue. Child abuse investigation and prevention are hampered by difficulties describing and precisely recognizing incidents of abuse. Despite the fact that millions of instances are reported each year in the United States. Studies reported that child maltreatment has adverse effect on children's cognitive and psychological abilities (Crozier & Barth, 2005; Mueller et al., 2010). Child maltreatment is a broad term included abuse of intentional acts and neglect (i.e. acts of omission). Physical, emotional, psychological, and sexual abuse are other categories of maltreatment. Lack of medical care and education are also forms of neglect

Maltreatment of children is prevalent, and it has a number of harmful short and long-term repercussions. According to the national annual report of child maltreatment from 2013, 679,000 children were thought to have been victims of child abuse or neglect in the US. The real prevalence of victimization is unknown, however over 3.9 million children were reported to have been abused or neglected in 2013. The most prevalent victims are toddlers aged three or younger, and the rate and percentage of victims declines with age between these years. Furthermore, 73.9 percent of the 1,520 children who died as a result of child abuse were aged three or less, and 46.5 percent were under the age of one.

Child abuse has been demonstrated in studies to have a number of negative consequences for a child's development. Neurobiological processes can be impacted by

childhood maltreatment, mainly when it comes to the formation of neurons and brain networks in early life (Child Welfare Information Gateway, 2015). This can result in cognitive and psychological problems. According to a study that children, who have been abused, have developmental deficits. They have difficulty comprehending other people's beliefs and states of mind (Reilly & Peterson, 2015). According to a research children who have been subjected to maltreatment have lower self-esteem, engage in less prosaically conduct, and look more withdrawn in social situations than children who have not been subjected to maltreatment (Kaufman & Cicchetti, 1989; Mwakanyamale & Yizhen, 2019). Children who have experienced maltreatment in the past have a hard time forming friendships with their peers . Our awareness of the consequences of child maltreatment, along with the elements that put parents at risk for committing crimes, has greatly increased. Even though there are around 1 million cases of child abuse each year in the United States, the prevalence seems to be decreasing (Sedlak et al., 2010).

Early adulthood is a rising phase for mental illness, and psychological problems that appear throughout this time raise the chance of future psychopathology (Arnett & Tanner, 2006; Gutman & Sameroff, 2004). The consequences of childhood trauma can have an especially harmful influence on mental health throughout emerging adulthood when difficult role adjustments, increasing independence, and higher responsibility occur. Particularly in children and adolescents, physical, sexual, and neglect abuse are significant predictors of psychological maladjustment as well as long term emotional and physical health issues (Benjet et al., 2010; Clark et al., 2010). In both prospective and retrospective investigations, considerable links have been discovered between childhood abuse and increased internalising and externalizing symptoms in emerging adulthood

and later adulthood (Herrenkohl et al., 2013).

Studies have shown a connection between childhood maltreatment and the likelihood of abuse or victimisation in later romantic relationships (Ehrensaft et al., 2003; Manchikanti & Gomez, 2011). A developmental stage known as emerging adulthood offers the chance to shape one's identity in terms of relationships, careers, and religious beliefs. Dating in emerging adulthood is more about thinking about the possibilities of a long-term emotional and physical relationship as opposed to dating in adolescents (Arnett, 2000).

Maltreated children have a harder time interacting with their peers than their classmates who have not been maltreated. Peer victimization, bullying, disengagement, and aggressiveness are all examples of this type of behavior (Cicchetti & Toth, 2016). Child maltreatment is a severe kind of dysfunctional parenting that causes children to follow unfavorable developmental paths with long-term consequences in a variety of areas (Masten et al., 2010)

Child abuse has been identified as a widespread social problem that is closely linked to child humiliation (Goldman et al., 2003). It has become a global health concern due to the risks it poses to children's development in social and emotional functioning. Because it generates a difference in children's evaluation of emotional cues, abuse and neglect in childhood result in a decline in emotional regulation ability. Internalizing and externalising disorders, as well as difficulties in peer interactions, may be caused by this decline (NRC, 2013). Ego-resiliency is a personality attribute that describes how people cope with stress, ambiguity, conflict, and change (Taylor et al., 2014). A person with ego resilience can change their behavior as circumstances change, adapt to new

circumstances, be resourceful and persistent, and use a variety of problem-solving techniques. A non-resilient individual, on the other hand, is troubled by new and shifting situations and has trouble recovering from traumatic events. (Block & Block, 2006).

Regulative processes, particularly effortful control, are mildly to moderately connected to ego-resiliency. It had been researched that ego-resiliency is a distinct personality trait (Block & Block, 2006; Eisenberg, et al., 2013). Emerging adults with higher ego-resiliency have lesser externalizing tendencies and internalizing symptoms than those who are less resilient ([Eisenberg et al., 2009](#); [Martel et al., 2007](#)).

There is positive association between ego-resiliency and cognitive functioning and thoughtfulness ([Martel et al., 2007](#)). Impaired primary components of emotional functioning are common in those who have trouble regulating their emotions. Awareness and comprehension of emotions are among the skills that may be learned, an acceptance of feelings, control over flight and avoidance behaviors in reaction to strong emotions, as well as the proper utilization of techniques to curb emotionally motivated impulsive behavior (Gratz & Roemer, 2004). Emotion control issues are well reported in the setting of childhood maltreatment. Maladaptive perceptions of relationships to self and others, such as shame, self-criticism, self-dislike, detachment, and feelings of separation from others, are emotional effects of childhood maltreatment (Kendall, 2002)

Therefore, the present research is aimed to explore childhood maltreatment impact on social relationships of emerging adult. Further, it also aimed to explore mediating role of cognitive emotion regulation and ego resiliency. The present study is focusing on childhood maltreatment and their impact on future relationships of emerging adults that may help emerging adults to cope with childhood maltreatment by using

cognitive emotion regulation strategies and increase their ego resiliency. The current study may help future researchers in determining which interventions are most effective in mitigating the effects of various forms of maltreatment. Early intervention techniques can help to minimize the long-term effects of neglect and, as a result, can help to reduce delinquent behaviour later on. The present study may help clinical psychologists to use variety of approaches to treat neglect and related violence. This may help counselors to use Family therapy, Cognitive Behavioral therapy and behaviorally based treatment such in better way.

1.1 Rationale

The purpose of the current study is to explore the impact of childhood maltreatment on social relationship in emerging adults and study the role of cognitive emotion regulation and ego resilience. Child maltreatment is a significant public health issue. One-third of adults report to have experienced some form of maltreatment in their childhood and prevalence rates are very high. A significant environmental risk factor for personality pathology is childhood maltreatment, which includes emotional, physical, sexual, and neglect (Collishaw et al., 2007; Lobbestael et al., 2010). So the present study aim to explore the impact of childhood maltreatment on friendships as well as romantic relationships, adding to the existing literature and providing a better understanding of the outcomes of social relationships.

Another purpose of study is to explore whether cognitive emotion regulation mediates relation between childhood maltreatment and social relationship, emotion

regulation mediating the connection between insecure attachment and anxiety (Esbjørn et al., 2012). There has been research on the mediating role of internal dysfunctional emotion regulation (Kullik & Petermann, 2013). It also aims to look into the relationship between cognitive emotion regulation and childhood abuse. Cognitive coping techniques for managing emotions, also referred to as cognitive emotion regulation strategies (Garnefski et al., 2001). Maladaptive emotion regulation was found to be strongly positively correlated with internalizing symptoms (Zaremba & Keiley, 2011). The goal of the current study is to examine how ego-resiliency mediates the relationship between childhood trauma and a variety of psychological disorders. Anxiety, depression, and self-harming behaviors are three different forms of psychological symptoms that are related to childhood trauma. Mediation analyses revealed that ego-resiliency mediated this association (Philippe et al., 2011). The study also aims to explore effect of various factors like age, gender status on childhood maltreatment and social relationships.

In the future, the current research designs more attention should be paid to the processes involved in child maltreatment, as well as the mechanisms by which these maltreatment aspects affect children's growth. In an ideal world, researchers will gather operationally identified maltreatment data from a variety of sources that meticulously explain the experiences of maltreated children at various stages of growth. This information on maltreatment can be linked to carefully describe the experiences of maltreated children during each period of development. This maltreatment information can be related to a targeted evaluation of children's adaptation for stage-specific developmental issues. Researchers would be better able to appreciate the complex essence and heterogeneity of maltreatment with such advancements in measurement..

There is a negative effect of child abuse on subsequent interpersonal connections (Nguyen et al., 2016). For emerging adults, emotion regulation is a protective component, which boosts resilience and protects against the detrimental effects of childhood maltreatment, supporting positive romantic and friendship connections. As a result, it is critical to teach emotion management methods to children and adolescents who have been subjected to maltreatment, in order to improve a person's chances of having healthy peer interactions when they enter adulthood. These skills could be taught to abuse survivors before they enter adulthood to help them avoid peer interaction problems, which is related to lower levels of overall life satisfaction and mental health (Mestre et al., 2017).

Young children are unfortunately exposed to harmful cognitive, social, and behavioral repercussions because not all instances of child abuse and neglect are recorded. These impacts may affect a person's social relationships throughout their entire life, including as an adolescent, an adult, and into old age. If children report abuse, they could be terrified of the consequences, embarrassment, or guilt. Early identification of abuse victims may help stop further abuse and increase their chances of getting help from sources other than their families.

The opportunity exists for caregivers to enquire about the children's personal lives and become involved in their feelings and experiences as they interact to different life events. However, if these children are experiencing adversity at home, they might not have anybody else they can turn to for comfort and support or a secure setting to express their emotions. To identify child abuse early and stop negative developmental outcomes, schools may use questionnaires or psychological testing that specifically ask about abuse

or neglect. The likelihood of a healthy childhood is increased by taking these kinds of initiatives, which may encourage abused children to report their abusers and put an end to the abuse.

A research revealed that different types of maltreatment have distinct effects on adolescents and can lead to various deviant behavior patterns. Physical neglect is less harsh and destructive to the body than physical abuse, Due to the lack of outward signs; it is frequently neglected (Hildyard & Wolfe, 2002). As a result, therapies used to assist young people who have been abused (Edwards & Lutzker, 2008). Future study should focus on determining which precise interventions are most helpful in combating the impacts of various forms of abuse. This study will contribute to a better understanding of child abuse especially neglect. In order to try to avoid future delinquency, it is necessary to introduce early identification and intervention (Hildyard & Wolfe, 2002).

As a result, it's critical to develop improved screening techniques and a common definition. Early intervention can be conducted with enhanced detection. The effects of neglect will eventually be lessened, and it might even help to prevent future deviant conduct. To treat abuse and related trauma, family therapy may be used (Swenson et al., 2010). Another component in reducing the effects of trauma is parental education (Barth, 2009).Cognitive behavioral therapy and social skill training are used to address the symptoms of neglect related disorders such as attention deficit disorder (Child Welfare Information Gateway, 2007).

There is a lack of research regarding the impact of childhood maltreatment on social relationships. In the present study, the focus will be the emerging adults with or without maltreatment histories from the general population. In Pakistan, there is a

scarcity in child maltreatment research. Although some organizations and NGO's are working with this population still there are gaps in literature and mostly they focus on the sample of children under 18 years of age. The present research will trace out the long term effects of childhood maltreatment in adult population specifically in Pakistani context. It is also well known that people who have been victim of child maltreatment are more likely to have strained interpersonal relationships, and as a result, they are more likely to become violent parents and unfortunately trapped in the cycle of violence (Doyle & Cicchetti, 2017)

1.2 Statement of problem

Childhood maltreatment has been experienced in all over the world. The children who were subjected to any kind of child abuse are less socially engaged in their adulthood and it is difficult for them to form social relationships both with friends and romantic partner. The purpose of the current study is to examine how childhood abuse affects social relationship of emerging adults and mediating role of cognitive emotion regulation and ego resiliency.

1.3 Research Objectives

The study's primary objectives are listed below:

- To examine the connection between childhood maltreatment and, social relationships, cognitive emotion regulation, and ego resiliency among emerging adults.

- To explore the impact of childhood maltreatment on social relationship, cognitive emotion regulation, and ego resiliency among emerging adults.
- To explore the mediation effect of cognitive emotion regulation and ego resiliency on the relationship between childhood maltreatment and social relationships among emerging adults.
- To explore the differences in demographic variables age, gender, birth order, education and family status on childhood maltreatment, social relationships, cognitive emotion regulation, and ego resiliency among emerging adults.

1.4 Research Questions

1. What is the association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial), social relationships, cognitive emotion regulation and ego resiliency in emerging adults?
2. How cognitive emotion regulation does not mediates the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships?

On the basis of research questions following hypotheses are formulated

1. There is a negative association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial) and social relationships (i.e closeness in friends and intimate partner) in emerging adults.
2. There is a positive association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and

denial) and social relationships (i.e discord in friends and intimate partner) in emerging adults.

3. There is a negative association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and cognitive emotion regulation i.e adaptive (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) and ego resiliency in emerging adults.
4. There is a positive association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and cognitive emotion regulation i.e maladaptive (self-blame, blaming others, rumination and catastrophizing) in emerging adults.
5. There is a negative association between childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect sexual abuse and denial) and ego resiliency.
6. Childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial) is a negative predictor of social relationships (i.e closeness in friends and intimate partner) in emerging adults.
7. Childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) is a positive predictor of social relationships (i.e discord in friends and intimate partner) in emerging adults.
8. (a) Adaptive Cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediates the relationship between childhood maltreatment (i.e. emotional abuse, physical

abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in intimate partner).

(b) Adaptive Cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediates the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends).

9. (a) Adaptive Cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in intimate partner).

(b) Adaptive Cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends).

10. (a) Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in intimate partner).

(b) Maladaptive cognitive emotion regulation (self-blame, blaming others,

rumination and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends).

11. (a) Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in intimate partner).

(b) Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends).

1.4 Null Hypothesis

1. There is no association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial), social relationships, cognitive emotion regulation and ego resiliency in emerging adults..
2. Cognitive emotion regulation does not mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships

1.6 Conceptual Framework

Anxious attachment was found to be linked to impaired emotion control and anxiety (Clark et al., 2018). Emotion regulation act as mediator in a association between attachment and depression (Esbjörn et al., 2012). Ego resiliency would play a role in the relationship between negative psychological symptoms and childhood maltreatment in adulthood (Block, 2002; Bonanno et al., 2002). According to research, ego-resiliency is seen as a key mediator between childhood trauma (particularly sexual abuse, physical abuse, and emotional abuse) and psychological disorders. Hence the mediation appears to be much weaker when the physical and sexual assault are involved in childhood trauma (Philippe et al., 2011) The ability to manage behaviour when suffering emotional distress as well as the capacity to adopt adaptive tactics to regulate emotional reactions all fall under the category of emotion regulation (Matsuo et al., 2009).

People who experienced severe abuse or neglect as children report using less effective emotion-regulation techniques as adults compared to those without a history of childhood maltreatment (Cloitre et al., 2008; Mandavia et al., 2016; Wolff et al. 2016). According to a meta-analysis, emotional sensitivity and affective liability are both closely related to childhood trauma (Janiri et al., 2019). Importantly, emotional abuse was most strongly linked to negative affectivity and emotion dysregulation in later life among the various types of childhood trauma (Christ et al., 2019; Martins et al., 2014; Nelson et al., 2017).

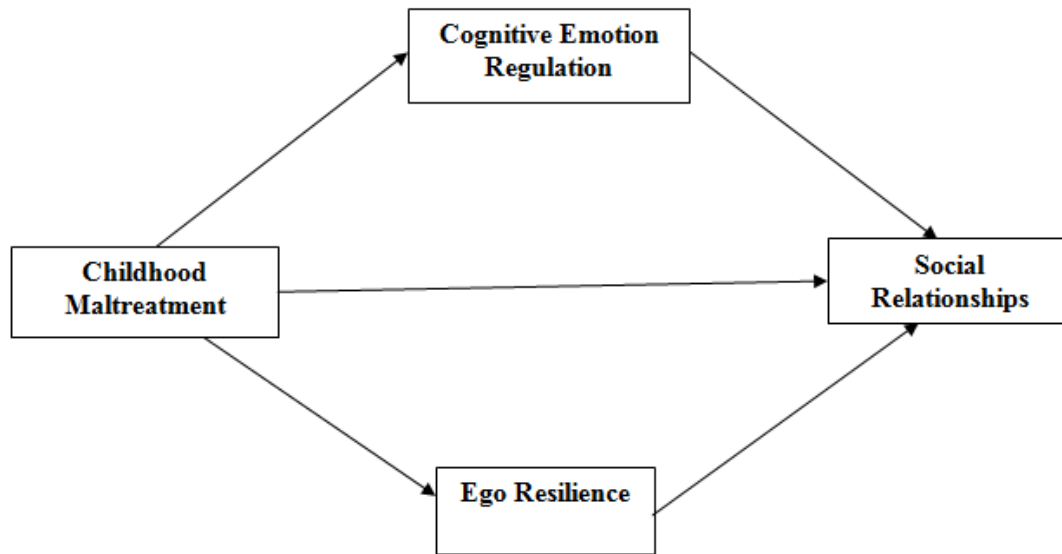


Figure 1.1 Conceptual Model of the study

1.7 Significance of the Study

The current study intends to investigate the impact of childhood maltreatment on social relationships in emerging adulthood and the functions of cognitive emotion regulation and ego resilience. There is a lack of research regarding the impact of childhood maltreatment on social relationships. In the present study, the focus will be the emerging adults with or without maltreatment histories from the general population. In Pakistan, there is a scarcity in child maltreatment research. Although some organizations and NGO's are working with this population still there are gaps in literature and mostly they focus on the sample of children under 18 years of age. The present research will trace out the long term effects of childhood maltreatment in adult population specifically in Pakistani context

1.8 Methodology

The study was correlation research. Aim was to investigate the impact of childhood maltreatment on social relationship and role of ego resiliency and cognitive emotion regulation. The study was conducted in two phases. Phase one consist of pilot testing and translations of the measures. The sample of 90 individuals (50 % females) was used in pilot testing. Two scales were translated in Urdu languages which were childhood traumatic questionnaire and Ego resiliency scale. Phase two was main study conducted to test the hypothesis of the study. Final sample of the study was 437 individuals. The age of participants ranged from 18-25 years taken from Islamabad and Rawalpindi. The information was gathered from the sample utilizing convenient sampling technique and consent was gotten from the participants.

1.9 Operational definition

Childhood Maltreatment. Any action or series of actions by a parent or other caregiver that causes injury to a child or poses a serious threat of harm to a child is considered child maltreatment (Leeb et al., 2008). It can be operationally defined as scores on Childhood Traumatic Questionnaire (Bernstein et al., 2003; Spinhoven et al., 2014). Higher scores indicate high levels of particular sub domain (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) of childhood maltreatment and lower scores indicate less experience of childhood maltreatment

Cognitive Emotion Regulation. Cognitive emotion regulation is the approach to processing the intake of emotionally disturbing information (Garnefski et al., 2001; Thompson, 1991). To operationalize the cognitive emotion regulation scale, the

Cognitive Emotion Regulation Questionnaire scores can be used (Garnefski et al., 2002). Higher scores indicate more frequent use of the specific cognitive strategy while lower scores indicate less frequent use of the specific cognitive strategy.

Social Relationship. Can be operationally defined as scores on The Network of Relationship Questionnaire- Relationship Quality Version (NRI-RQV) (Furman & Buhrmester, 1985). If a characteristic is given a high score in interpersonal interactions, it means the quality (for instance, conflict or support) is higher.

Ego resiliency. It is a resourceful and adaptable response to circumstances, desires, and environmental needs that are constantly changing. (Block & Block, 1980; Block & Kremen, 1996). It can be operationalized as results on The Ego-Resiliency Scale. Higher scores indicates greater ego resilience.

CHAPTER 2

REVIEW OF THE RELATED LITERATURE

2.1 Childhood Maltreatment

Any action or series of actions by a parent or other caregiver that endangers a child or puts them in danger is considered child maltreatment (Leeb, et al., 2008). Child abuse or maltreatment, including those that may have an impact on a child's development and survival is prohibited in any setting where there is a relationship of responsibility. It has been determined that child abuse is a pervasive social issue that is strongly connected to child humiliation (Goldman et al., 2003).

A serious public health concern is the abuse of children (Norman et al., 2012). Along with high prevalence rates, one-third of adults claim they experienced some form of abuse as children (Witt et al., 2017). The lifespan of a child who has been abused might be reduced by up to 20 years (Brown et al., 2009). Aside from the catastrophic effects on the lives of individual victims, child maltreatment has a huge economic impact, In Germany alone, annual costs range between 11 and 30 billion euros (Habetha et al., [2012](#)).

Child maltreatment can be divided into five subtypes: emotional, physical and sexual abuse, emotional neglect and physical neglect

Types of Childhood Maltreatment

Physical Abuse. Any actions taken by a caregiver that result in actual or potential physical damage to the child are considered physical abuse of a child. Studies

have revealed that those who have experienced physical abuse in childhood are more likely to conduct both violent and nonviolent crimes than those who have not (Mersky & Reynolds, 2007). It has been discovered that physical abuse causes acute brain damage in developing children, as well as lasting developmental issues. Estimates of child physical abuse gathered from population-based surveys also differ significantly. A study conducted in the United States in 1995 estimated the rate of physical abuse was 49 per 1000 children: slamming an object into the child, except for the buttocks; Kicking, beating, and threatening the child with a knife or pistol.

Emotional Abuse. When a caregiver fails to create an adequate and positive environment, this is referred to as emotional abuse; acts that harm a child's emotional well-being and development are included. Belittlement, humiliation, threats and violence, discrimination, rejection, and other nonphysical types of hostile behavior are examples of such acts. There is little research on the effects of emotional abuse on children and teenagers (Yates & Wekerle, 2009) Moreover, just a few researches have examined the relationship between emotional abuse and the types of delinquent crimes (Plattner et al., 2007). High levels of emotional maltreatment were linked to higher rates of negative emotions, particularly rage. Negative emotions appear to have the potential to encourage delinquent behavior (Agnew, 2001)

Sexual Abuse. The act of a caregiver using a youngster for sexual enjoyment is known as sexual abuse. Another study found that Youngsters who had experienced sexual abuse violated social norms much more frequently than children who had not (Zingraff et al., 1993).The prevalence of sexual abuse is evaluated differently based on the definitions applied and how data is collected. Some surveys are carried out with

children, while others are carried out with teenagers and adults commenting on their childhood experiences, others interrogate parents about what their children may have gone through. The outcomes of these three strategies can be very different. For example, according to the previously cited poll of Romanian families, 0.1 percent of parents acknowledged to sexually abusing their children, whereas 9.1% of youngsters said they had been sexually abused. This disparity could be explained in part by the children's being asked to mention sexual abuse by people other than their parents (Maschi, 2006)

Emotional Neglect. Neglecting a child's emotional and developmental needs is referred to as emotional neglect. One example is allowing freedom that is inappropriate for a child's developmental needs. Allowing a child to take drugs or alcohol, for example, could be construed as a violation of the child's emotional and physical development. Cultural circumstances must be considered when interpreting emotional neglect. As a result of shared care giving practices, plural or collective care giving in various cultures and societies may allow for more variety in emotional reactivity. Attachment networks with other caregivers, such grandparents, who can effectively address a child's needs may be able to make up for a parent's likely lack of focus on the child (Lawler et al., 2012)

Physical Neglect. A parent or caregiver commits physical abuse when they deny their child access to the necessities for life and development. Food, clothing, and shelter are examples of fundamental physical necessities, but it also encompasses a secure living environment free of violence and preventable damage. Physical neglect can also relate to child neglect or improper parental guidance of a child, as well as rejecting a child to the point of exclusion from the home (Sidebotham & Heron, 2006). A child's physical health, well-being, and development are threatened if these essentials are not

provided. In Michigan, It is illegal to physically neglect a child who has been legally given to you. This includes genetic or stepchildren, adopted children, and any youngster who has decided to be supervised by someone. This would include youngsters who are being cared for by a babysitter or a daycare provider (Witt et al., [2017](#)).

The symptoms of a youngster who has been neglected might be numerous, depending on the conditions in which the child finds himself. However, there are several frequent symptoms that a youngster isn't getting enough care, unsuitable attire for the weather, a lack of hygiene, continued ill health development delays, and malnourished (Johnson, et al., [2002](#); Noll et al., [2007](#); Thomas et al., [2008](#))

Prevalence of Child Maltreatment

A recent epidemiological study of a German sample found that respondents had experienced mild emotional abuse 6.6 percent, 6.7 percent physical abuse, 7.6 percent had experienced sexual abuse, 13.3, 22.5 percent of emotional and physical neglect respectively (Sedlak et al., 2010; Witt et al., [2017](#)). As a result, multiple longitudinal studies have linked childhood trauma to an increased risk of obesity in adulthood (Johnson, et al., [2002](#); Noll et al., [2007](#); Thomas et al., [2008](#)). According to research, child abuse is caused by a complex interaction of factors. Family system, and culture can all be the push factors for child maltreatment (Sidebotham & Heron, 2006). Despite this, there is a growing body of data that child maltreatment is declining. The frequency of child sexual abuse has decreased statistically significantly, whereas child physical and mental abuse have decreased little (Sedlak et al., 2010). According to the research, the frequency of physical and sexual abuse has decreased, with a probable

decrease in child neglect being concealed by changes in reporting (Finkelhor et al., 2009).

In a survey conducted in United States, 60.6 percent said they had been victimized or seen victimization, and 10% said they had been abused (Finkelhor et al., 2009). Despite this, there is a growing body of data that child maltreatment is declining. The frequency of child sexual abuse has decreased statistically significantly, whereas child physical and mental abuse have decreased little (Sedlak et al., 2010). Child protective agencies reported 39 percent fewer cases of substantiated child sexual abuse during the 1990s (Jones et al., 2001). The National Victimization Survey measured child abuse and victimization between 1993 and 2004. After a peak in 1993, it fell by 40-70 percent.

There could be a number of causes affecting the decline in child abuse. In the 1980s and 1990s, community-based and criminal justice-based programmers' dedicated significant resources to preventing and responding to child sexual abuse. These initiatives might have improved public health (Jones & Finkelhor, 2006). Physical and sexual abuse may be declining due to new economic developments and more usage of mental health drugs by abusers.

Consequences of child maltreatment

First of all, the consequences of maltreatment may go well beyond the initial research's findings about its emotional, behavioral, and social effects. According to a study of young adults Parents who verbally abused their children had altered brain circuits related to language and psychopathology, such as anxiety and sadness (Choi et

al., 2009). Child maltreatment has an effect on the corpus callosum. Victimized (abuse or neglect) and other untreated mental patients had a shortened corpus callosum by 17% and 11%, respectively, when compared to healthy controls.

These results indicate that even in a close connection, these children may experience long-term hormonal issues and neurological consequences as a result of maltreatment. (DeBellis et al., 1994; Lassri & Shahar, 2012; Peterson et al., 2018). However, the majority of research on child abuse focuses more on the negative outcomes than positive ones. There's also evidence that children can be abused without suffering any obvious consequences, and that they may even fare better than predicted. The following criteria were utilized to categories abused and neglected individuals: work, education, socialization and mental health. In 22% of the cases, resilient child abuse survivors were identified utilizing these categories. Females were deemed more resilient than males when considering gender differences (McGloin & Widom, 2001).

According to meta-analytic studies, college students who were sexually abused as children are only marginally less well adjusted than those who have never been sexually abused in terms of psychological functioning and social adjustment. Child sexual abuse, on the other hand, only accounted for about 81 percent of the variation; Sexual abuse was a far stronger predictor of adjustment than the familial context (Franz, 2015; Hornor, 2014; Rind et al., 1998).

Better results are predicted in sexually attacked females by family support (Spaccarelli & Kim, 1995; Bryant & Conger, 2002). Although child abuse has been linked to a number of bad outcomes, many of the research in this area have major methodological faults. Several other poor parenting behaviours are connected to child

maltreatment, as well as a slew of other family-related issues, such as intimate partner violence poverty, as well as other macro-level causes that are linked to negative child outcomes (Brown et al., 1998; Hart & Rubia, 2012; Juster et al., 2010, Lupien et al., 2009). It will be critical to continue analyzing how abuse fits into this stew of harmful circumstances and experiences for children (Coulton et al., 1995; Thompson, 2008).

2.2 Theories of Child Maltreatment

Behavioral Theories. Theories of behaviour have influenced how individuals think about child abuse and have served as the foundation for a variety of ideas. According to behavioural theories, The development of violent behaviour depends more on positive than on negative reinforcement. The provision of a reward based on violent behaviour reduces the chance of future violence through positive reinforcement. Negative reinforcement raises the likelihood of future violence by exchanging anger for the removal of a bad experience.

Coercion theory. It was revealed that in dyadic conflict, positive and negative reinforcement contribute in a learnt pattern of violent rise fight between a parent and a child escalates into increasingly unpleasant behaviors until one of them gives in. Because the aversive conflict behaviour is removed, the winner is adversely reinforced for intensifying. The achievement of a reward, such as earning rights or achieving cooperation, is frequently favourably reinforced. The loser receives negative reinforcement as a result of the other's disagreeable action ceasing (Patterson 1982; Reid et al., 2002).

As a result of the escalation phase, physically abusive behaviour patterns might emerge. This peaks with a strong sense of discipline, which is reinforced by its varying

success at winning. According to the coercive theory, abusive mothers are also more inconsistent and likely to give their children better punishments for misbehaving than non-abusive mothers (Oldershaw et al., 1986). According to Patterson (1976) the behaviour of a different family member is even the most likely precursor of unpleasant behaviour.

Therefore, in these hostile interactions, the victim is actually the one who initiated the conflict by supporting the aggressor. This process could lead to unhealthy parent-child relationship. This encourage antagonism and conflict which increase rage into harmful punishment. In addition, children exhibit maladaptive behaviours that contribute to the externalisation of behavioural disorders (Snyder, 2002). They can develop an aggressive tendency, which would promote child abuse across generations (Swick & Williams, 2006).

Social learning theory. A behavioral theory extension (Bandura, 1977; 1986) posits that behavior change occurs as a result of vicarious, or visible, reward. It was established by Bandura et al., 1961) that hostile behaviour may be learned by watching hostile actors. In their well-known study on imitative acquisition of aggressive behaviour, they discovered that no direct reinforcement was required. As a result, observational learning of hostile behaviours replaces the need for direct experience-based hostility learning. Modeling is well-known for its ability to teach violent behavior (Huesmann, 1997; Mineka & Hamida, 1998).

The most widely held belief is that social learning is a critical process in the development of child maltreatment trajectories. According to this theory, Through the observation of abusive parenting and subsequent modeling by an abusive parent, abusive

behaviour is learned (Straus, 1994; Straus & Smith, 1990). The frequency and severity of child abuse victimisation have also been linked to a parent's history of abuse, according to a number of studies (Ethier et al., 2004; Gelles & Straus, 1987; Gil, 1971; Heyman & Slep, 2002; Kaufman & Zigler, 1993; Stith, et al, 2009).

Only about 7% of parents with the history of physical abuse causes harm to their own children in their childhood as compared to less than 1% of parents who have not the history of child physical abuse (Browne 1995; Dixon et al., 2009). On average, 28 percent of sex offenders had a history of sexually abusing children, with higher percentages among male victims of male offenders (Starzyk & Marshall, 2003). Male abusers have a greater impact on their victims (Koyabashi et al., 1995). Male abusers may have sexual disorientation as a result of their actions. Despite the fact that this has not been established. It's possible that new offenders of child sexual abuse are taught to engage in inappropriate sexual behaviour by watching others.

Cognitive models. Models of abusive behavior in social information processing, The significance of cognitive processes, including schemas, problems with executive functioning, attributions, and appraisals, as predictors of hostile parenting is highlighted (Azar et al., 2008). Parental paradigms are shaped by prior experiences and influenced by social norms and family dynamics. It is hypothesised that by displaying people's opinions of themselves as parents, schemas can regulate the connection between a child's behaviour and abusive parental responses. Then, fresh information is filtered using these schemas, such as a particular instance of child behaviour. This leads to a focus on cues that are congruent with the child's schema during parent-child interactions.

Parenting that is sensitive and contingent on the situation requires the capacity to

adapt one's response. On the other hand, abusive parents use strict, affect-driven schemas (Azar et al., 2005; Milner, 2000). The existence of such rigid cognitive schemas may indicate executive dysfunction or a lack of cognitive flexibility. This theory holds that abusive parents are more likely to overestimate their children's developmental potential and underestimate work demands, leading to unrealistic expectations for their children (Begle, 2010).

When a child's natural dissatisfaction with expectations causes parents to become enraged and behave in an unnecessarily harsh manner. According to the social information processing paradigm, abusive responses may be caused by parent's unfavourable evaluations of their children's behaviour, are hypothesised to contribute to abusive responses (Lorber, 2005; Milner, 2000). Abusive parents are more prone to place unreasonably high expectations on their behaviour (Bauer & Twentyman 1985; Cavanagh, 2007). According to (Larrance & Twentyman 1983; Sneddon, 2010) research, parents who physically abuse their children are more likely to attribute positive behaviour of children in an extrinsic, unpredictable manner while attributing negative behaviour of children in an internalized, consistent manner.

Emerging Adult's Social Relation in Context of Child Maltreatment

Child abuse can negatively impact a person's ability to form relationships with others in later life (Young & Widom, 2014). When a parent or other adult knowingly causes or neglects to prevent injury to a kid, this is known as child maltreatment. Due to past observations and experiences, maltreated youngsters may encounter problems with their behaviour and cognitive development. This could limit healthy connection building and appropriate development. Numerous theories have been put up to explain the

connection between early maltreatment and later social connection problems. Most significantly, according to attachment theory, a child's relationship with his or her primary caregiver affects the child's capacity to develop close friendships and emotional attachments as an adult (Bowlby, 1969). Early childhood interactions with caregivers shape attachment patterns with the goal of helping child feel protected and secure. Unlike a child who establishes an unstable relationship to a primary caregiver, A youngster who develops a strong bond with their primary caregiver is more likely to trust and depend on others in the future (Benoit, 2004)

Maintaining a feeling of protection, part of the attachment system is a child's belief that the majority of the world is secure and that people would provide support and comfort in hard time. Working models of attachment are created as a result of felt security, and they serve as patterns for beliefs and expectations in interpersonal interactions. Early in infancy, expectations of parental attentiveness set the tone for these expectations and beliefs. As a result of their protection, comfort, and attention, children pick up on their parents' or caregivers' behavioral habits.

Those who have had inadequate and improper reactions from their parents in future interactions and relationships, they are more likely to lack trust and loyalty. Working models make it possible to analyze and anticipate the actions of others. As a result, children who establish secure working models are more likely to anticipate their caregiver's availability and a quicker reaction. However, when caregivers act and behave incoherently, it might lead to maltreated children developing an insecure attachment style. As a result, children who did not get protection and support in their childhood become attached insecurely to a primary caregiver and are more likely to struggle with

social skills and healthy relationships formation. As they tend to repeat behaviour patterns in family connections and then exhibit the same conduct in later social interactions with peers (Bowlby, 1969).

Similarly, Social Learning Theory highlights the importance of impact of subsequent development individual's life. Because observational learning is a key tool for the development of social and cognitive processes. It was established by (Bryant & Conger, 2002) that a model based on social learning theory to describe and predict how early family experiences shape the development of early adult intimate relationships. This model proposes that the features of a child's early home environment can predict future feelings and behaviors for others, This is known to affect how romantic relationships turn out in later life. The idea particularly emphasizes that the socialization of individual features in developing individuals is the main way that early family experiences may affect later social development.

This hypothetical argument is primarily backed by studies that show that parental anger is linked to aggressive behaviors in children, which later manifest themselves in romantic relationships as poor conflict management (Conger et al., 2000). This hypothesis is also crucial to comprehending why child abuse can influence individual characteristics like as violence and mental health issues, which can later manifest in friendships and romantic relationships.

The Impact of Child Maltreatment on Social Relationships of Emerging

Adulthood

The majority of research has focused on how physical forms of child abuse affect the emergence of hostility in close relationships in adults. Fail to look into the broader connections between maltreatment including emotional and neglect and the formation of relationships. Additionally, the effect of childhood maltreatment on the formation of friendships in emerging adulthood has mostly been ignored because we are aware of how interactions with primary caregivers during childhood and the early years of adolescence affect peer relationships, It is necessary to conduct further research on how childhood maltreatment affects friendships in young adults. The capability to bounce back from hardship and adapt to new surroundings is referred to as resilience (Southwick et al., 2014). Emotion regulation, coping, and a pleasant temperament are protective characteristics that might mitigate the detrimental impact of child abuse on adjustment. A limited number of evidence show the consequences of child maltreatment so they should be included in future studies (Barfield, 2004; Peterson et al., 2017). Also individual resilience traits have gotten little attention in previous research (Mestre et al., 2017)

Intimate Relationships and Friendships in Emerging Adulthood

The two most important types of relationships throughout this time of life in rising adulthood are romantic relationship and friendships (Boisvert & Poulin, 2016; Rauer et al., 2013). Relationships are vital for a person's general wellbeing and satisfaction in life. They've been shown to change behavioural, psychological, and physiological pathways, with emotional support and the establishment of good

relationships enhancing subjective well-being (Umberson & Montez, 2010). Furthermore, (Howard et al., 2017) found that peer social support is correlated to decreased blood pressure reactivity to stress. Peer interactions have been demonstrated to affect coping and stress management social skills (Barnes, 2013). Peer interactions, in particular, are linked to the development of social skills. Children gain the social skills necessary for making and sustaining healthy connections throughout their lives mostly through relationships and interactions of peer as they are important ways for children to determine the social skills they need to make and keep healthy connections throughout their lives.

In addition to a rise in anxiety, sadness, and violent behavior in young adults during adolescence, poor peer relationships have also been linked to a loss of relational competences (Barret et al., 2003; Sidorowicz & Hair, 2009; Shin et al., 2016). Relational competence is defined as the ability to form and manage relationships using skills, knowledge, and acceptable behaviour in emerging adulthood. These abilities include conflict resolution, mutual satisfaction, and trust. Because it affects communication and active listening abilities, which can assist to prevent conflict and promote healthy relationships, the ability to communicate and understand others' emotions is a crucial aspect of creating effective relationships.

(Sidorowicz & Hair, 2009; Zafirakis, 2013) explored that due to unpleasant events and conflicts with peers, people in their early adulthood continue to develop conflict resolution skills. Lack of conflict resolution skills in young people increases their risk of having issues in friendships and romantic relationships in later life. It has been shown that developing romantic connections during adolescence aids in the development of conflict-resolution techniques and promotes happiness in subsequent relationships.

Positive interpersonal interactions in emerging adulthood are most often characterised by trust, mutual understanding, support, vocal and nonverbal displays of attentiveness (Andersen et al., 2006). Those who have unfavourable peer relationships in adolescence are more likely to have challenges with personal development and, as a result, are less likely to be happy and satisfied in later relationships. As a result, developing positive personal friendships and intimate relationship with peers. While adolescence is critical, because it strongly predicted better relationship satisfaction and optimistic well-being in later life.

Childhood Maltreatment and Intimate Relationships

The long-term effects of childhood maltreatment can prevent children from developing the skills necessary for success in both romantic and friendship relationships as adults (Blaustein et al., 2017). A research adopted retrospective designs to examined the impact of childhood maltreatment on intimate relationships in emerging adulthood and found that people more likely to report conflict and violence in subsequent romantic relationships are those who watched or experienced physical abuse as children. (Labella et al., 2017; Stoops, 2015).

The Development of Early Adult Romantic Relationship (DEARR) postulates that Early familial experiences are essential for the development of social behaviors, and people who witness or experience unfavorable interactions between parents frequently display the same behavior in later romantic relationships. The DEARR model is in line with the findings that physical abuse experienced in childhood is linked with later conflict and aggressive behavior in romantic relationships. Because of what they learnt about relationships early in life, abuse survivor are more likely to approach their spouse

in an aggressive or confrontational manner. Earlier research has found a relation between childhood abuse and adult difficulties in developing romantic trust (Labella et al., 2017). When children experience abuse in early childhood, they frequently grow out of it as adults, making them emotionally unsuitable for intimate relationships (Yumbul et al., 2010). Adults who have insecure attachment styles are more prone to experience rejection and distrust which makes them apathetic and uninterested in other people, This may have an impact on how well romantic relationships create trust (Gleeson & Fitzgerald, 2014).

(Paradis & Boucher, 2010) were researched on 1,728 male and female university students to determine the effect of childhood maltreatment on adult romantic relationships. They found that abuse in childhood had a detrimental impact on communications with others and those who had experienced abuse were more likely to report problems in their current intimate relationships due to deprived communication and reflexive behavior. This study is in line with the social learning theory, according to which children pick up relational skills by observing how their parents behave, and that neglected or hostile households are more likely to raise maltreated children, which can impair those children's capacity for romantic relationships.

According to the research so far successful love relationships require a variety of traits, including Consistent behaviour, good dispute resolution, and supportive relationships. Maltreatment during childhood may have an effect on how these abilities are developed, leaving children who have experienced abuse susceptible to interpersonal issues. According to theory, friendship formation would be hampered by the same interpersonal skills that prevent successful romantic relationships.

Friendships and Child Maltreatment

Adverse experiences in childhood, such as abuse or neglect, can have an effect on a variety of developmental processes, including how adults form healthy social connections (Koizumi & Takagishi, 2014). According to research, children who see dysfunctional family connections often lack the abilities to develop strong social relationships. Children may lack empathy and the capacity to build trust in others if they have strained relationships with their parents or observe their parents' unfavorable social interactions (Perry et., 1995; Grusec, 2010).

(Vettese et al., 2011) explored that abused children struggle to understand other people's feelings and lack the self-assurance necessary to confidently express their own. The effects of child abuse on the formation of friendships, particularly in young adults, have not been well studied. Childhood experiences have a significant impact on the quality of relationships in adulthood (Vangelisti, 2012). However, we are aware that throughout this stage of growth, friendships are important social ties (Barry et al., 2009). As it was previously said, social and cognitive skills that are established early in life within the setting of a family have a significant impact on a person's subsequent behaviour and actions toward others. Researchers found that the quality of adult relationships is strongly predicted by growing up in a stable and supportive environment (Vangelisti, 2013).

On the other hand, children that grow up in an unstable, unfavourable environment are more likely to exhibit antisocial behaviour, trouble with interpersonal development in adolescence and adulthood, as well as hostility and violence toward their peers (Thornberry et al., 2014). Furthermore (Baumgardner & Bovatzis, 2018; Cook et

al., 2013; Doorn et al., 2011) has discovered the impact of family conflict and parental antagonism on friendship issues in adolescence and young adulthood, conflict and negative emotional responses are more likely to be displayed in children who experience parental psychological control or family turmoil.

Regardless of the fact that family conflict and parental antagonism are less severe forms of abuse, According to studies, having a difficult familial environment as a child can hinder one's ability to form friendships later in life (Higgins, 2004; Sandstrom & Huerta, 2013). Few studies have examined the relationship between child abuse and the emergence of friendships in adolescence or young adulthood. These studies have found that child maltreatment impairs social development, which has a detrimental impact on friendship outcomes (Cicchetti & Valentino, 2006; Flynn et al., 2014; Teisl & Cicchetti, 2008; Teisl et al., 2012). According to findings, individual who faced child abuse are more prone to get irritated and aggressive with their peers, which can cause conflict and limit their ability to form good connections (Howe, 1996; Odhayani et al., 2013; CullertonSen et al., 2008; Parker & Herrera, 1996; Sidorowicz & Hair, 2009).

Researchers found that maltreated children were less likely to make friends as adults and that maltreatment in childhood was linked to issues with interpersonal connections in a study involving 120 college students who had suffered abuse as children (Van, 2014). Additionally, research demonstrates that neglected children commonly misinterpret social cues. Anger or violence toward peers is frequently the outcome of misreading social cues in peer relationships, with the possibility of physical assault (CullertonSen et al., 2008; Engelhardt & Bartholow, 2013).

Social Relationships and Differential Effects of Childhood Maltreatment

The effect of childhood abuse on young adults' ability to build relationships depend on the type of maltreatment they had experienced. The most frequent types of abuse or neglect experienced by children are sexual, physical, and emotional. Physical abuse is the act of forcing with the intention of seriously hurting or distressing them. The act of forcing unwanted sexual intercourse on another person with the intent to cause harm or extreme discomfort is known as sexual abuse. Emotional abuse is the term used to describe actions or behaviors of powerful figures in a life of a person that results in psychological hardship and unhappiness. All forms of abuse, according to research have detrimental effects although the severity of these effects varies depending on the type of abuse (Hodgdon et al., 2018). Physical abuse can cause conflict and hostility in subsequent peer interactions, according to attachment and social learning theories. In other words.

Children who have experienced sexual abuse are less socially engaged with their classmates due to the possibility that they experience severe despair, act destructively toward themselves, and feel unworthy. This may have an impact on attachment and trust in subsequent relationships (Hall, 2011). The social development of victims of emotional abuse and neglect can be hampered, and they may lack the life skills necessary to form good connections with friends and partners in the future (Taillieu et al., 2016; Ungar, 2001). According to existing research, emotional neglect is a key predictor of social competence growth issues, which can become apparent as early as childhood and adolescence (Gardner, 2008). Despite theories addressing the vast range of effects of maltreatment, few research have systematically explored the effects of various types of

maltreatment on the development of relationships (Edwards et al., 2003; Hodgdon et al., 2018; Rodgers, 2004).

In a research a resilience paradigm was presented to explain how certain children and adolescents who experience difficult upbringing can nonetheless achieve success (Kolla, 2013; Keene & Epps, 2016). Individual levels of competence, in accordance with this theory, may protect and defend against unpleasant situations, fostering resilience in those who experience them. Individual elements including cognitive emotion regulation and ego resilience have been researched as resilience factors in the context of child maltreatment (Luthar et al., 2000)

2.3 Cognitive Emotion Regulation as a Mediator

Emotion regulation is the term used to cover the extrinsic and internal systems involved with monitoring, analysing, and modifying emotional reactions, especially their intensity and temporal characteristics. Cognitive emotion regulation is the deliberate, thoughtful approach to processing the intake of emotionally upsetting information (Garnefski et al., 2001; Thompson, 1991). The capacity to regulate one's emotions is necessary for making connections between what has been learned and kept and what is frequently introduced and experienced (Briere et al., 2010).

Cognitive emotion regulation is the study of how the brain responds to emotionally distressing information (Garnefski et al., 2007; Thomson, 1991; Zhu et al., 2008). To quickly understand emotion arousing, it may be helpful to refer to (Gross & Thompson, 2007) model of emotion. On the other hand, emotions are not always advantageous. If they are the inappropriate kind, arrive at the wrong time, or are too intense, they have the potential to hurt us (Gross, 2008). The methods through which

humans manage their emotions, including when and how they perceive and express them, are referred to as emotion regulation (Jermann et al., 2006). Emotion regulation is thought to be a key component in determining well-being and/or successful functioning (Gross, 1998; Troy, 2011).

Childhood emotional abuse (CEA) is the term used to describe when an adult knowingly mistreats a child. Humbling, embarrassment, isolation, and emotional neglect are a few examples of CEA (Crawford & Wright, 2007). Interpersonal and intrapersonal abilities, both of which are necessary for the best possible social development, have been demonstrated to suffer from CEA. In fact, unstable family relationships might prevent intimate relationships from developing healthy interpersonal boundaries (Wekerle & Wolfe, 1998; Ogolsky, 2017). Sustained emotional abuse during childhood is linked to internalised signs of sadness, suicide ideation, and other types of mental illness (Vezina & Hebert, 2007). By preventing the development of positive thoughts about closeness and connection, Jealousy, obsession, and emotional hostility are all possible side effects of CEA (Wekerle & Wolfe, 1998; Polivy, 2002).

Numerous studies have shown that controlling one's emotions through cognitions or thinking helps people keep their emotions under control during or after frightening or stressful situations and is intimately related to human life (Garnefski et al., 2001; Kommer et al., 2002). For instance, we might be tempted to place the blame for an unpleasant life event on ourselves or, alternately, on others. We can dwell on our emotions or make an effort to accept or favourably reevaluate the circumstance. Despite the fact that rational thought and the control of emotions through cognitions are universal skills.

An individual's thoughts following the experience of an unpleasant event are referred to as cognitive emotion regulation. It is distinct from comparable concepts like coping, which relates to longer-term processes (Gross, 2015). Different sorts of emotion management techniques, like behavioural ones connected to certain activities. The two types of emotion regulation that are usually highlighted are adaptive and maladaptive emotion regulation. There are two main strategies of cognitive emotion regulation which are adaptive (acceptance, positive refocusing, planning, reappraisal, and putting into perspective) and maladaptive (self-blame, other-blame, rumination, and catastrophizing). Acceptance refers to the act of surrendering oneself to the events of one's life. Instead of focusing on the actual incident. Positive Refocusing analyses thinking about positive experiences.

Planning entails considering what actions to take and how to deal with a poor situation. Reappraisal helps determine whether or not an experience will have a good impact on a person, and putting things in to perspective implies downplaying the importance of an event. Self-blame is a strategy that evaluates thoughts of blaming oneself for what they've gone through in terms of maladaptive strategies. Other-blame assesses theories of attributing one's experiences to the outside world or another person. Thinking about the emotions and thoughts associated with a bad event is known as catastrophizing. While ruminating is defined as revisiting the unfavourable event's associated emotions and thoughts. According to a meta-analysis, maladaptive methods are more frequently and strongly linked to psychopathology than adaptive ones (Aldao et al., 2010).

Research indicates that avoidance and emotional disclosure, or sharing of emotional experiences, have a strong negative association. As a result, persons who struggle with emotion regulation are less inclined to express their feelings (Garrison et al., 2012). Self-concealment, which involves keeping private information from others, and emotional cut-off, which involves excluding oneself from social interactions, these are considered maladaptive emotion control techniques (Wei et al., 2005). It is also believed that depersonalization experiences, such as self-splitting, are ineffective for controlling emotions (Lopez et al., 2002).

According to the emotion regulation model of (Gross & John, 2003) Suppression has been shown to lessen the behavioural manifestation of unpleasant feeling while still permitting the experience of negative emotion. Increased susceptibility to negative thoughts and depressive symptoms are connected to chronic suppression, while avoiding circumstances is linked to an increase in negative thoughts (Wenzlaff & Wegner, 2000). However, reappraisal is defined as an early antecedent centred method that intervenes before an emotion is fully formed, allowing the process of emotion regulation to change. (Gross and John, 2003).

Emotion regulation tactics aid in the maintenance, enhancement, or reduction of an individual's emotional reaction to emotionally provoking circumstances. Expressive suppression and cognitive reappraisal are two fundamental methods described by Gross. Expressive suppression is a strategy in which a person tries to keep emotional expressions hidden or suppressed. It's worth noting that this method doesn't alter the emotional experience. Rather, scientific research suggests that it may improve the physiological response to emotion. Longitudinal research has found that habitual

expressive repression is linked to higher intrapersonal costs, such as weariness and low self-esteem. A meta-analytic evaluation of the evidence on the relationship between emotion management methods and psychopathology also found that suppression is linked to higher degrees of psychopathology. According to several studies, the cost of suppression is determined by characteristics such as how difficult or inauthentic suppressing one's feelings feels. Regardless, suppression is seen as an expensive emotion regulation method that has been linked to poor health effects..

There is evidence that there is a link between major depressive disorder and issues with sentiment control (Nolen et al., 2008). Childhood maltreatment has been related to a variety of unfavorable outcomes that last a lifetime; yet, a large proportion of people are resistant to these harmful consequences. It would be good to acquire knowledge of the elements that could possibly predict resilience across many functional areas in order to assist individuals in developing resilience following maltreatment. Clinical research has shown that those who have experienced psychological trauma as a kid are more likely to have psychiatric or functional issues as adults. A considerable number of adults with a history of trauma, on the other hand, are still psychologically sound.

These people have been labeled as tenacious. Despite the fact that there has been a lot of research on resilience in recent decades, the psychological mechanisms involved are still being contested. It's important to think about if resilience is a trait that many people possess and whether it may be acquired with or without having experienced adversity or whether ego-resilience or resilience as a trait is a feature that many individuals possess and that may be developed in either case. By demonstrating how the link between the network of relationships and childhood maltreatment might be mediated

by ego-resilience.

Emotional regulation is the most significant of these four talents for social interactions since it has a direct impact on emotional expression and behaviour. Human connections rely heavily on the exchange of emotional experiences. People may be unable to create meaningful interpersonal relationships if they do not feel comfortable sharing components of themselves. Many maltreated youngsters struggle to communicate their feelings in a safe and effective way (Perry et al., 2017; Richards et al., 2003)

Studies show that people with superior stress tolerance are those who can manage their emotional responses to people and things (Grant et al., 2018; Jeffries et al., 2016). Researchers have found that using problem-solving, constructive reappraisal, and mindful emotion regulation approaches can help people better manage their negative emotions and recover from hardship more quickly (Verzeletti et al., 2016).

There is lack of research on how emotion regulation affects the emergence of social interactions in traumatic childhood and emerging adulthood. According to a latest study people who express more happiness and less dissatisfaction also report higher levels of perceived stress and emotion regulation. These findings imply that by lowering stress and raising happiness, emotion management may enhance relationships in developing people who have been abused (Extremera & Rey, 2015).

The concept of attachment was first put forth by (Bowlby, 1982) in their research on baby behavior. Bowlby proposed the idea of a attachment behavioral system that would induce comfort from and retain connection to the caregiver, producing an enduring sense of security. This system represents not just behavioral self-representations but also internalised self-representations in relation to others. Children's expectations and ways of

responding to others are influenced by early caregiving experiences, and these influences have been found to be rather persistent across time (Criss, 2002; Waters et al., 2000).

Adult attachment studies have identified two types of relationship.

The initial stage of anxiety is called attachment anxiety, and it is characterised by a need for protection and connection, concerns about the availability of loved ones, and concerns about the value of oneself to others. The second element is attachment avoidance, which includes a hatred of interpersonal dependence and emotional ties to others as well as a desire for interpersonal independence. These dimensions were named by (Bartholomew, 1990) as the ideas of model of self and model of others. People's models of themselves are indicators of how much they value themselves and how well-versed they are in interpersonal skills. Individual model of others can reveal how much they value and actively seek out interactions with others (Griffin & Bartholomew, 1994; Brennan et al., 1998).

This hypothesis states that greater degrees of attachment anxiety and/or avoidance correspond to greater levels of attachment insecurity. There is evidence that those who have experienced childhood abuse have less solid and more insecure attachments (Aspelmeier et al., 2007; Haskett et al., 2006; Mickelson et al., 1997). This suggests that a person's attachment mechanisms may change or be affected by childhood abuse, which would enhance attachment instability. Given that it has been demonstrated that insecure attachment poses a considerable risk for the emergence of psychopathology in both children and adults (Muller et al., 2012; Sandberg et al., 2010). This would suggest that negative effects following child abuse are indirectly determined by attachment. (Shapiro & Levendosky, 1999) found that attachment has a significant mediating role in the

association between sexual abuse and psychological suffering as well as coping. A mediate relationship between preadolescent physical abuse and adolescent aggressive misbehavior was also discovered by (Salzinger, 2007) but not the relationship with friends. (Hankin, 2005) found that attachment reduces the link between child abuse and depressed symptoms. These findings imply that attachment security may have a big impact on resilience after abuse or on minimizing its long-term effects.

2.4 Ego resiliency as a Mediator

Ego resilience may be defined as the capacity to alter quickly and effectively to converting occasions, desires, and environmental needs (Block & Block, 1980; Block & Kremen, 1996; Skinner et al., 2016). The term resilience is maximum normally used to describe a wonderful adaptation inside the face of adversity (Luthar, 2000; Rutter, 1987). On the broadest degree, this concept refers to an character's capability to adjust to outside and internal pressures in a flexible and innovative manner (Klohn, 1996; Nolen et al., 2008). At all levels of life, resilient human beings display greater adjustment and higher personal attainments (Arend et al., 1979; Block & Block, 1980; Fredrickson et al., 2003; Grant, 2009; Klohn et al., 1996). Examining the non-public and social results of people who have skilled trauma is one way to studying resilience. The nice of 1 or extra outcomes (e.g., attachment indices, academic overall performance, mental health) in an man or woman's development following adversity will be examined by way of tracking and comparing the best of 1 or extra consequences (e.g., attachment indices, instructional performance, mental fitness).

(Garmezy & Masten, 1991; Kaplan, 2005; Rutter, 2006) defined resilience as a procedure of, or capacity for, or outcome of, successful edition within the face of

disturbing or threatening situations. Resilience is deemed to exist when children exhibit a standard variety of competence throughout numerous domains of functioning. This approach that resilience may be examined primarily based on loads of effects (Walsh et al., 2010). However, in place of being an end result of misfortune, resiliency may be notioned as a private high-quality or feature. Ego resiliency is a hard and fast of attributes that reveal resourcefulness and flexibility in functioning in the face of adversity. In this view, resilience is a solid cognitive shape or schema that emerges from the interaction among the self and the needs positioned on the person by the environment (Block, 2002).

Adolescent psychopathology has been verified to be anticipated by means of resilience as defined by way of this perception and to be less common amongst people who have experienced abuse (Oshri et al., 2013). Suggesting that greater trait resilience acts as a buffer towards the awful consequences that can be ruined by way of abuse in childhood. Unfortunately, maximum resilience measures, particularly the ones intended for young human beings, still need to be demonstrated, indicating that extra studies is required to assist work on this area (Windle et al., 2011).

Resilience, ego-resiliency, and well-being are all related (Caprara et al., 2012). Although ego-resilience has been studied in terms of disturbing situations and an character's capacity to alter to strain in diverse contexts (Kaczmarek et al., 2012; Paris & Helson, 2002). Block's concept of resilience calls for a better-order character shape, a collection of internalised, generalising, and discriminating relations that cover the whole variety of situations that an character will face. Beyond the ideal mechanism of ego-resiliency, Block's Ego-Resiliency Scale encompasses moves related to inferred persona

traits. Those who aren't trait theorists can also locate the scale useless in this context. Block, on the other hand, changed into dismissive of the current, scientifically grounded definition of resilience because the capacity to continue to exist hassle. In defining resilience, he claimed that combining defensive affects such as parental and social help with innate features of the character become now not useful (Block, 2002).

Despite the extensive spectrum of feasible negative impacts, statistics indicates that a big minority of kids and teens who have skilled abuse are resilient to these consequences (McGloin & Widom, 2001; Walsh et al., 2010). The extent of variability inside the conceptualization and studies of resilience, but, makes facts approximately those resilient people difficult to come back by using. There is no consensus on a way to quantify resilience (Herrnan et al., 2011). Generally, resilience is gift while youngsters exhibit a typical range of competence across numerous areas of functioning, implying that resilience can be tested across a whole lot of consequences (Walsh et al., 2010).

In the research, all of these outcome signs were used. They encompass social competence, average educational fulfillment, behavioural competence, a loss of psychopathology, and crowning glory of degree-particular responsibilities (Jaffee et al., 2007). When analyzing the subject of resilience, it's essential to take into account that it is a dynamic and interactive process. Individuals' resistance to adverse results can evolve over time due to various developmental assignment expectations and the cumulative affects of risks and adversities.

Adversity, threat, and other protecting variables might also seem at specific factors in an person's life, ensuing in special resilient results (Masten & Wright, 2010). Initially, resilience studies tended to awareness on finding danger factors that can

preclude resilience, consisting of poverty, circle of relatives disorder, and unpleasant life stories; however, greater these days, studies has all started to consciousness on defensive variables that guide resilience development (Elliot et al., 2013).

Individual, family, and network are 3 socio-ecological tiers wherein those protective variables may be determined. Early research centered on character resilience threat (Tugade & Fredrickson, 2004; Waugh, et al., 2008)) but has seeing that increased to cover resilience within the context of familial issues and broader network (Walsh, 2003). Given the proportional significance of those 3 additives for the duration of childhood and adulthood, it's far predicted that associated resilience elements will trade relying on the age and level of the research topics. For example, a healthful romantic partnership may also make contributions to grownup resilience development, while caregiver connections can be more crucial in early infancy (Collinshaw et al., 2007). Therefore, it is necessary to research capability traits associated with resilience across childhood, childhood, and maturity so as to show each variations and similarities in resilience consequences over the lifetime.

Rather than emphasizing the supply of environmental assets or the man or woman's capability to cope with external stressors (Wagnild & Young, 1993; Tugade & Fredrickson, 2004; Waugh, et al., 2008). (Block & Kremen, 1996) defined ego resiliency as trait resilience, or the character's ability to dynamically and appropriately self-adjust, permitting especially resilient humans to adapt to converting circumstances greater quick. While maximum humans display resilient behaviour at some point in their lives, (Waugh, 2008) recommend that considering resilience as a function accounts for large man or woman disparities in the ability to evolve inside the face of trauma and pressure.

Individual variations that may be obvious as early as start are expected to indicate ego-resiliency within this idea.

Individuals with poor ego-resiliency have been described as being greater confined to the identical quantity of impulse containment or expression irrespective of situational placing. Individuals with terrible ego-resiliency have been described as being more restrained to the identical quantity of impulse containment or expression irrespective of situational placing. Because of this adaptive flexibility, human beings with high degrees of ego-resilience are much more likely to enjoy fine effects and are extra self-confident and greater adjusted psychologically compared to human beings who've a low stage of ego resilience (Block & Kremen, 1996). Low ego-resiliency individuals may also react rigidly and incompetently whilst confronted annoying conditions (Block & Kremen, 1996). Block's theoretical know-how of ego resiliency is linked to thoughts about wholesome psychological functioning and appropriate and adaptable conduct in diverse social occasions (Block & Block, 1980; Klohnen, 1996).

In addition to analyzing resilience, researchers have tested the elements that save you people from experiencing mental symptoms within the face of trauma and adversity. Social connection, a pleasant and supportive caregiver, capable parenting, caregiver intellectual fitness, baby temperament, and kids more cognitive ability have all been discovered as protecting factors (Masten et al., 1999; Ronen, 2021; Tiet et al., 1998; Wyman et al., 1999). However, little interest has been paid to how those characteristics have an effect on the hyperlink between adolescence trauma and mental fitness (Johnson et al., 2010; Torteya et al., 2009). While this approach is powerful for highlighting the differences among individuals who flourish after trauma and people who do no longer, it

does not permit researchers to investigate traits that may be shielding for individuals who've or have now not skilled trauma. Indeed, latest study (Bonanno, 2004) has verified that almost all of humans, inclusive of people with no beyond enjoy of trauma, recover satisfactorily from worrying situations.

Furthermore, this line of take a look at has located that those people have vital private characteristics prior to the destructive incident, which enabled them to continue to exist the demanding occasion while being psychologically healthful (Bonanno et al., 2002; Fredrickson et al., 2003).

As a result, trait resilience has become a third technique to the research of resilience. Individuals with tendencies that permit them to gain wonderful outcomes or keep away from destructive ones are said to have resilience. This definition of resilience is also known as psychological resilience (Tugade & Fredrickson, 2004) or ego-resiliency (Block & Kremen, 1996), and it is the ability to regulate one's behaviour to a whole lot of situations (Block, 2002). This ability is a non-public trait that is evolved via time instead of being determined by means of a worrying incident. Because ego-resiliency is a excessive-stage personality element of the self, it could be idea of as a personality characteristic or a fairly solid cognitive framework or schema. It isn't always, however, an unchangeable collection of behavioural expressions which can be genetically set up and ceaselessly constant, as the 5-issue personality version is generally portrayed on dispositional traits (McAdams & Pals, 2006). These behavioural expressions are conceptualized because the dynamic final results of the rules that occurred between the self and the desires of the environment, and which have stabilized via time as a general feature (Block, 2002; Stern, 1985). As a result, ego-resiliency is a measure of the

adaptability of the psychological processes in vicinity, which have evolved thru time and may lead to resilient expressions. In different phrases, ego-resiliency may be a key aspect in assisting people who've been via adolescence trauma to stay mentally healthful as adults.

2.5 Relationship between Childhood Maltreatment, Social Relationship, Cognitive Emotion Regulation and Ego Resiliency

The effect of childhood maltreatment on growing adult social relationships. According to the National Child Abuse and Neglect Data Systems (NCANDS) of the Children's Bureau, one out of each four youngsters is abused or not noted. It become suggested via (Bremner & Vermetten, 2001; Majer et al.,2010; Peterson & Welsh, 2014) that social, cognitive, and behavioural issues are much more likely to affect youngsters who have experienced physical, sexual, or psychological abuse or forget about. It has been proven that deficiencies in those areas have an effect on how social skills increase, which determines how relationships turn out at some stage in youth and maturity. One of the most crucial developmental desires in the course of emerging adulthood is developing and sustaining healthful social relationships with friends (which include intimate and friendship relationships). Early childhood abuse may additionally have an impact on carrying out this developmental goal (Roisman et al., 2004). As a result, it is vital to have a look at the connection between formative year's maltreatment and peer relationships in younger adulthood and, if at all viable, to become aware of traits which could mitigate such interactions.

Most of the point of interest in studies has been on how physical types of toddler maltreatment have an effect on the emergence of violence in romantic relationships in

adulthood. Instead of that specialize in the relationship between numerous styles of abuse (consisting of emotional and neglect) and the development of relationships greater generally, which includes delight and attachment. Additionally, the impact of youth trauma on adolescent friendship formation has in large part been left out. However, we do realize that early life and teen reports with primary caregivers have an influence on peer connections, Therefore, more research is wanted to understand how toddler abuse influences friendships in rising adulthood.

(Afifi & MacMillan, 2011) studied the consequences of adolescence trauma on growing person friendships and romantic relationships. Individual protective tendencies that sell resilience and stepped forward consequences later in existence are partly responsible for maltreatment's repercussions. The capability to bounce back from hassle and adapt to new environment is known as resilience (Southwick et al., 2014). Emotional manage, coping, and a nice mind-set are defensive traits that may help to mitigate the consequences of child abuse on terrible adjustment. Individual resilience traits are becoming little interest in previous research (Mestre et al., 2017), but a modest body of statistics suggests they should be protected in future studies on the impact of toddler maltreatment (Barfield, 2004; Peterson et al., 2017). Therefore, the intention of this look at is to check out resilience related shielding elements that might lower the effect of youth abuse on friendships and romantic relationships during early life.

Emotions play communicative and social features, as well as being vital abilities for speaking facts approximately human beings's thoughts and intentions; hence these abilities are valued in social interactions (Bigras et al., 2015). The alternate of emotional reports characterizes human interactions. People who are uncomfortable disclosing

factors of themselves may discover it hard to shape lasting interpersonal connections.

Many abused youngsters locate it difficult to explicit themselves in a secure and powerful manner.

People who've been maltreated as youngsters have trouble processing emotions. Adults and children's emotional processing and reputation of others' emotional presentations have each been verified to be negatively suffering from infant abuse. Youngsters who've been maltreated, consistent with studies, show extra violent behaviour and a negative mindset than children who've no longer been maltreated. Children who have experienced physical abuse are usually rated as having better ranges of hostility on peer nomination assessments and person observer behavioural opinions (Kaufman & Cicchetti, 1989; Shackman & Pollak, 2014).

Electromyography (EMG) records backs up the hyperlink among bodily abuse and awful affect. When (Shackman & Pollak, 2014) looked at the face skeletal muscular tissues of youngsters with histories of child maltreatment, they located that bodily abused kids had greater negative have an effect on during aggression responsibilities than non-maltreated youngsters. Physically not noted youngsters were much less capable of recognize emotions through contextual cues provided in every tale than physically abused and non-maltreated kids, in step with the findings. Physically abused kid's ability to categorise anger did now not range drastically from that of the opposite businesses in the facial features assignment; though, they'd more issue detecting disappointment and disgust (Pollak et al., 2000) also observed that physically abused kids had a reaction bias toward indignant faces, even as bodily unnoticed kids had a reaction bias closer to sad faces, that means that after offered with the faces, physically abused kids and unnoticed

kids have been much more likely to select an irritated or unhappy label. Physically abused kids were also more likely to mistake a impartial expression for anger or grief, consistent with the findings.

Children who have been physically abused additionally noticed a more distinction between anger and disappointment, fear, and contempt (Pollak et al., 2000). In evaluation to physically abused children and comparisons, neglected kids observed fewer differences among indignant, unhappy, and terrified faces. When in comparison to physically abused children and comparisons, overlooked youngsters noticed a larger similarity between happy and sad faces. Neglected children had been also much more likely to interpret a impartial face as anger or sadness, much like physically mistreated youngsters (Pollak et al., 2000). Childhood maltreatment is related to a lifetime of tough interpersonal interactions (Handley et al., 2019). Emotion law has been discovered to be a critical element in shielding the ones who have been maltreated as youngsters (English et al., 2013; Guil et al., 2017; Richards et al., 2003).

The findings reveal that people with superior pressure tolerance are folks that can manipulate their emotional responses to situations and occurrences (Grant et al., 2018; Jeffries, et al., 2016). In addition, research demonstrate that those who rent problem-fixing, mindful emotion regulation, and fantastic reappraisal strategies are much more likely to incorporate poor emotional reactions and adapt extra quickly inside the face of issue (Garland et al., 2009; Verzeletti et al., 2016).

Currently, there's a gap within the proof regarding the role of emotion law in social dating development amongst rising adulthood who experienced early life maltreatment. Emotion regulation, however, appears to restrict the role of pressure and

nicely-being. Adults who document better tiers of perceived pressure and better emotion regulation additionally record better tiers of happiness and much less symptoms of sorrow, consistent with previous research. These findings show that emotion control might also assist developing adults shape healthy relationships via reducing stress and enhancing happiness in humans with a history of abuse (Extremera & Rey, 2015).

According to analyze people with more potent ego-resiliency are higher capable of get over unpleasant emotional events and alter flexibly to the changing demands of traumatic encounters (Handley et al., 2019; Tugade & Fredrickson, 2004). Individuals with low ego-resiliency, alternatively, are more likely to react rigidly and constantly to stressful situations, or in an out of control and chaotic manner (Handley et al., 2019).

Highly resilient humans also have an inquisitive, non-shielding, and optimistic mind-set on existence, according to analyze (Block & Kremen, 1996), in addition to elevated self-warranty and improved psychological adjustment (Klohn, 1996). As a result, ego-resiliency is a idea that captures an open, flexible, and adaptive approach to lifestyles, which we anticipate to be linked to elevated self-consciousness and higher emotion law. Ego-resiliency is described because the ability to dynamically control one's level of cognitive, emotional, and behavioral manage in reaction to situational limitations and affordances (Block & Block, 1980; Block & Kremen, 1996; Tugade & Fredrickson, 2004).

Individuals with negative ego-resiliency, then again, have a tendency to react to stressful conditions in one of approaches: rigidly and persistently, or chaotically and uncontrollably Evidence also famous that extraordinarily resilient people have an inquisitive, non-protecting, and upbeat outlook on lifestyles (Block & Kremen, 1996), in

addition to increased self-warranty and advanced psychological adjustment (Klohn, 1996; Extremera & Rey, 2015). As a result, the idea of ego-resiliency encompasses a lifestyle that is open, bendy, and adaptable, which we accept as true with is connected to expanded self-cognizance and higher emotion control. Coping measures, as well as notions like ego-resiliency, have been employed in research to expose adaptive emotion law. This is described as the capacity to manipulate unsightly feelings in hassle-solving and social conditions (Block, 1982; Kobak & Sceery, 1988; Extremera & Rey, 2015).

2.6 Role of Demographic variables

Socio Economic Status. Children from decrease socioeconomic strata have a higher chance of infant maltreatment than youngsters from better socioeconomic strata, according to the findings. This locating become in keeping with the findings of other studies (Black et al., 2001; Sebre et al., 2004). Due to constrained assets, it is able to be not possible to offer the basic requirements and needs of kids. Limited price range might produce frustration, which may be transferred to the kid. The structure and dynamics of the kid's home surroundings and family play a vital impact in his or her increase and nurture. According to findings, own family verbal abuse and negative verbal exchange between mother and father greatly raise the chance of child maltreatment. It's a ninefold increase, and it is consistent with numerous research undertaken in rich nations (Black et al., 2001; McGuigan & Pratt, 2001; Rumm et al., 2000; Schumacher et al., 2001).

Gender. There is a significant affiliation of infant gender with baby maltreatment. Male kids are 5 instances much more likely than female children to experience toddler maltreatment. The findings are in keeping with other research (Black et al., 2001; Tajima, 2000; Wolfner & Gelles, 1993). A examine discovered that female

children were shown to be extra maltreated than male youngsters at the age of 17 years, there could be feasible reasons. One possibility is that hormonal changes during the pubertal technology of development are guilty. Male kids display more visible modifications, such as a heavier body, increased muscle tissues, and the emergence of beards and moustaches. As a end result, it depicts a mature guy, making mother and father hesitant to strike or harm male children.

Another issue might be that during our way of life, lady children beyond the age of 17 are more likely to be involved in home-based totally activities, along with duties for the house and other own family members a good way to put together her for the future marital existence, As a end result, in terms of female, dad and mom are harsher and use extra severe disciplinary measures than with regards to boy. According to the examine, the threat of toddler maltreatment decreases as the children's age will increase, except among the a while of 13 and 15, when the threat of toddler maltreatment skyrockets. The majority of research continually endorse that growing age is a protective issue in toddler abuse.

Regardless of the home size, location urban/rural, or who the participants lived with mother and father/other, males suggested extra bodily abuse and bodily overlook than ladies. As previously stated, this placing and steady finding will be because of differences within the socialization processes of males and women. It is maximum possibly to deduce that abusive practices characterize the methods (e.G., tough paintings) through which men are educated to be tough and hard. Male youngsters, mainly, are more likely to interact in excessive and difficult labor sports where they may be subjected to physical abuse. The belief that men are culturally sanctioned towards public

demonstrations of such feelings as worry, worry, pain, or melancholy, which are interpreted as weak point, is, however, incorrect (Adinkrah, 2012)

Furthermore, opposite to in advance claims of excessive prevalence of sexual abuse in girls, Females did now not advise sexual abuse substantially extra than men. (Ibrahim et al., 2008). As referred by (Boakye, 2009), females are much more likely to have normative views of their sexual encounters with males if the perception that males are innately incapable of coping with their sexual choice is usual. This could alternate people's perceptions of sexual abuse, leading to underreporting or nondisclosure of a tremendously stigmatized trouble in Ghana (Adjei, 2015).

In massive families, the adult males seemed to be at a drawback. In reality, whilst evaluating men and women who grew up with 3–five siblings or more, the take a look at continuously found out that men who grew up with three–5 siblings or more pronounced extra abuse, no matter where they grew up or with whom they shared their lives,. Even when matched on who they lived with, adult males from rural regions recommended extra bodily abuse than their woman opposite numbers.

Birth order. There changed into also a hyperlink between start order and infant maltreatment. The findings of examine proven that middle youngsters are much more likely to be maltreated than first and remaining kids.. The cause for this may be that the first youngster is seemed as an critical circle of relatives asset, and as time passes, she or he becomes a function version for different siblings. The ultimate infant, however, is regularly too younger and, due to the circle of relatives' pampering, is dealt with with less discipline and rule Adjorlolo, (2015).

The experience of maltreatment became considerably motivated by the

developing number of siblings. When in comparison to big homes, households with a restrained number of children (e.g., siblings) are more likely to revel in child abuse. In massive families, there is a propensity for siblings to compete for scarce or restricted assets, setting the younger and weaker ones liable to abuse. For example, unbalanced meals distribution has been connected to formative years abuse is frequent in big households (Breiding et al., 2011). Previous research has indicated that younger youngsters are more liable to bodily abuse. With an increase inside the baby's chronicity, the bodily mistreatment score decreases considerably (Kerr et al., 2004; Straus & Stewart, 1999)

Furthermore, sharing a room or different services with other siblings, particularly older siblings, can also result in baby abuse, which're culturally required and accepted, via distinctive feature in their age, to censure and rebuke different siblings who may display symptoms of disrespect or forbidden conduct. When taken into consideration as an entire, an growth in the variety of siblings might also create a ripe environment for bullying and different harmful behaviours to expand and happen. As a result, youngsters who stay with other family members and siblings as opposed to their unique dad and mom are much more likely to be subjected to childhood abuse (Adjorlolo et al., 2015).

Education level. The improvement of a infant is also stimulated by way of the youngster's training and statistics. According to a study, kids who had been aware and knowledgeable had a lesser opportunity of being abused. It's viable that the purpose is that the knowledgeable infant is greater mature and has learnt discipline and brilliant behavior and cultivate positive behavior within the school room. However, this component may not be the only motive of infant maltreatment; Rather, it can propose a

terrible parenting fashion, a lack of parental regard for education, and parental neglect which can also have a sturdy hyperlink to infant maltreatment (Buchholz &

KornBursztyn, 1993; Connelly & Straus, 1992; Sidebotham & Heron, 2006)

According to anecdotal proof, having a massive quantity of siblings inside the identical household is related to low socioeconomic (i.e., poverty) and educational degree. Low educational attainment and have additionally been diagnosed as considerable hazard factors for youth abuse (Meinck et al., 2015)

2.7 Prevalence of Childhood Maltreatment in Pakistan

According to a prior survey, 43 percentage of Pakistani kids self-reported discern-to-infant maltreatment, with 57 percentage being omitted, 49 percent being bodily abused, and 50 percent being emotionally abused (Lakhdar et al., 2016). Maltreatment of children is a significant public health issue (Norman et al., [2012](#)). Another examine observed that father and mother who had experienced childhood parental abuse had been more at risk of emotionally abuse their kids. This changed into as compared to different in advance studies. (Abramovaite et al., 2015; Bartlett et al., 2017; Giachritsis, 2005). Research always well-known shows that mother and father who were abused as children are much more likely to be perpetrators of baby emotional maltreatment as mother and father, i.e Violence breeds violence (Lakhdar et al., 2019).

Another take a look at found that 25.5 percentage of Pakistani children have been bodily abused and 17.9 percent had been emotionally abused via their dad and mom (Ali & Khuwaja, 2014). Adolescents make up a tremendous part of the Pakistani population, and their psychosocial difficulties have to be addressed correctly and promptly to avoid further terrible results. There is a significant examine deficit in figuring out capability

risk elements, such as parental-to-baby abuse. In our contexts, this contributes to the development of hysteria troubles in teenagers. Another take a look at determine the prevalence of GAD symptoms in association with figure-to-infant maltreatment and different danger factors among teens elderly 11-17-year-antique in Karachi, Pakistan.

(Fazal et al., 2022) had conducted a research on childhood adverse experiences and revealed that early life trauma in children of different age groups results in depression for a lifetime, anxiety disorders, cognitive dysfunctions, and lack of effective communication. Results of another studies on childhood maltreatment showed that females experience advise sexual abuse substantially extra than men. (Ibrahim et al., 2008). Another study conducted in Karachi found that mothers aged 40 years and above with low educational background are one of the predictors of child maltreatment and the most common determinants of child maltreatment are parental history of child maltreatment. (Ali et al., 2014)

CHAPTER 3

Research Methodology

3.1 Research Design

The study was correlation research. Goal was to look into the impact of childhood maltreatment on social relationship and role of ego resiliency and cognitive emotion regulation. Childhood Trauma Questionnaire-Short Form (CTQ-SF), Cognitive Emotion Regulation Questionnaire (CERQ-short), The Network of Relationship Questionnaire-

Relationship Quality Version (NRI-RQV) and The Ego-Resiliency Scale was used to measure the study variables. This research was conducted in two phases, phase one is pilot study and translation and phase two is main study. The Network of Relationship Questionnaire- Relationship Quality Version (NRI-RQV) developed by (Buhrmester et al., 1991) and Cognitive Emotion Regulation Questionnaire (CERQ) developed by (Garnefski et al., 2001) in Urdu provided by the original author while Childhood traumatic questionnaire developed by (Bernstein & Fink, 2003) and Ego resiliency scale developed by (Block & Kremen, 1996) were translated into Urdu; as a result, in the early stages, a straightforward assessment by a sample of specialists was employed to assess the language understanding and cultural appropriateness of Childhood traumatic questionnaire developed by (Bernstein & Fink, 2003) and Ego resiliency scale developed by (Block & Kremen, 1996) for the indigenous sample. The pilot study was carried out utilizing all the authors' scales as well as the translated scales for this research in the next step. To achieve the goals of this research, the main study was carried out after the pilot study.

3.2 Phase 1: Translation and Pilot

Translation of the Childhood traumatic questionnaire and Ego resiliency

scale. It was important to translate all three measures into Urdu language in order to reduce response biases. This goal was achieved through a committee method and a stage-by-stage process based on Brislin's concepts (1970).

I: Forward Translation. Four bilingual experts with a minimum M. Phil in their fields of study and fluency in both Urdu and English were given the scales in the first step. For each scale, they were requested to give translations. The expertise made it easier

to produce translations that were free of mistakes, grammatically correct, and culturally appropriate.

II: Choosing Adequate Translations Through a Committee Approach. Four members of a committee from the field of psychology analyzed and reviewed the expert translations who were aware of the genuine meanings conveyed by statements relating to the research. For each translation, their common consent was taken into account. Out of the three options available, the best translations were chosen.

III: Back Translation. A team of experts received the approved Urdu translations to do reverse translations into English. The accuracy of the Urdu translations was assessed using this.

IV: Committee Approach. Again the panel was consulted, and compare the author's original scale with the reversed English translated scale. The specialists were assigned to review and choose the best back translated items based on the original scale's items. To ensure that the two original English translations are similar in context and meaning (see Appendix). As a result, all of the Urdu translations (see Appendix) were determined to be appropriate for usage with the inventive sample in the pilot project.

Pilot Study

After the completion of the scale translations a pilot testing of measures was carried out. Following objectives were conceptualized in this phase.

- To explore the psychometric properties of the translated measures.
- To see the relationship between study variables.

Sample. For this phase of the study young adults (N = 90) with the age range of 18-25 years (M = 19; SD = .10) from Islamabad and Rawalpindi were recruited. For

this purpose convenient-purposive sampling technique was used. The pilot study included male (n = 45) and female (n = 45) participants who were married (n = 06), unmarried (n = 65), engaged (n = 06) and nikahfied (n=13) . The goal of the study was explained to these individuals, and their consent was acquired in Table 3.1

Table 3.1

Demographic Profile of Pilot study (N = 90)

Demographics	<i>f</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Age (in years)	-	-	19	.10
Gender				
Men	45	50	-	-
Women	45	50	-	-
Education				
Matric	05	5.6	-	-

Inter	15	16.7	-	-
BS	43	47.8	-	-
MSc	27	30	-	-
Marital Status				
Married	06	6.7	-	-
Unmarried	65	72.2	-	-
Engaged	06	6.7	-	-
Nikahfied	13	14.4	-	-
Family System				
Nuclear	47	52.2	-	-
Joint	43	47.8	-	-
Family Status				
Middle	78	86.7	-	-
Lower	12	13.3	-	-
Family History of Psychopathology				
Yes	20	22.2	-	-
No	70	77.8	-	-
Personal History of Psychopathology				
Yes	17	18.9	-	-
No	73	81.1	-	-
Siblings				
1	03	3.3	-	-
2	11	12.2	-	-

3	18	20.0	-	-
4	19	21.1	-	-
5	17	18.9	-	-
6	14	15.6	-	-
7	07	7.8	-	-
8	01	1.1	-	-

Table 3.1 shows the demographic profile of the participants of the pilot study. Most of the participants are unmarried, from nuclear family system and belongs to middle class. Most of the participants have no mental distress in family and themselves. Most of the participants have four siblings.

Instruments

For instruments detail see page (76)

Procedure. The survey took about 25 minutes to complete. Participants were handed over the questionnaires and relevant instructions were delivered. The survey included a consent document explaining the importance of the study, its purpose and assuring confidentiality. If the participants had any resentment or emotional damage, counseling would be provided inside the institution. The participants were asked to put a mark against the response type whichever they found most appropriate, while assessing the cultural importance, simplicity and fullness of each item of both scales. They were also requested to suggest any varying in the wordings of the items. Thus the scales were finalized and used for the main study. The instruction written on the questionnaires was once again explained to the respondent to tell them how to fill the questionnaire. Students

were allowed to ask if there is any misunderstanding.

Results. To begin, demographics, descriptive statistics, reliability, item total correlation of translated scales (Childhood maltreatment and Ego resiliency). Correlation analysis was carried out to determine the direction of the association between the variables under consideration. The following are the outcomes of these analyses.

Table 3.2

Descriptive Statistics and Alpha Reliability Coefficients of Study Variables in Pilot Study
(*N = 90*)

Variables	K	M	SD	α	Range		Skew	Kurt
					Actual	Potential		
CTQ	-	-	-	-	-	-	-	-
EA	5	8.72	4.24	.72	5-25	5-20	1.03	-.01
PA	5	7.48	4.35	.87	5-25	5-19	1.60	1.08
SA	5	7.84	4.44	.83	5-25	5-20	1.40	.51
EN	5	11.31	4.96	.71	5-25	5-25	.94	.35
PN	5	9.30	4.32	.68	5-15	5-19	.70	-.80
DE	3	10.42	3.29	.64	3-15	3-15	-.54	-.36
CloseF	15	46.08	10.47	.82	15-75	25-68	.20	-.49
DiscordF	15	36.03	10.33	.83	15-75	18-65	.18	-.20
CloseP	15	46.60	10.37	.81	15-75	24-72	.41	.17

DiscordP	15	37.31	10.78	.84	15-75	18-65	.13	-.13
CERQ	-	-	-	-	-	-	-	-
SB	2	6.00	2.20	.51	2-10	2-10	.10	-.88
AC	2	5.78	1.95	.19	2-10	2-10	-.02	-.52
RU	2	5.83	1.93	.27	2-10	2-10	.27	-.39
PR	2	6.65	2.25	.37	2-10	2-10	-.13	-1.02
RP	2	7.46	1.97	.45	2-10	3-10	-.49	-.68
PRE	2	6.83	2.11	.63	1-10	2-10	-.48	-.59
PIP	2	6.83	2.11	.50	2-10	2-10	-.48	-.59
CAT	2	5.26	1.99	.35	2-10	2-10	.16	-.64
BO	2	5.18	1.72	.09	2-10	2-10	.21	-.22
ER	14	40.78	5.85	.67	14-56	26-53	-.10	-.41

Note. *k* = Total Items; *M* = Mean; *SD* = Standard Deviation; *Skew* = Skewness; *Kurt* = Kurtosis; *CTQ* = Childhood Trauma Questionnaire Short Form; *EA* = Emotional Abuse; *PA* = Physical Abuse; *SA* = Sexual Abuse; *EN* = Emotional Neglect; *PN* = Physical Neglect; *DE* = Denial; *CloseF* = Closeness Friend; *CloseP* = Closeness Partner; *CERQ* = Cognitive Emotional Regulation Questionnaire; *SB* = Self Blame; *AC* = Acceptance; *RU* = Rumination; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective; *CAT* = Catastrophizing; *BO* = Blaming Others; *ER* = Emotional Resiliency Scale.

As indicated in Table 3.2, all the scales are having satisfactory reliabilities except some subscales of Cognitive Emotional Regulation Questionnaire which is due to less items per subscale. Result shows that all the scales are showing the values of skewness and kurtosis in acceptable range. Mean and SD are also present in Table 2. Values of SD ranges from low to high which reveal that responses are scattered from mean of each variable.

Item total correlations were calculated in order to examine the consistency among items with their scales and subscales. One of the most used methods to examine internal consistency is to calculate item total correlation. Following are the results showing correlation of translated scales and its subscales.

Table 3.3

Item-Total Correlation of the Ego Resiliency Scale (N = 90)

Item no	<i>r</i>
1	.51**
2	.45**
3	.48**
4	.51**
5	.37**
6	.24*
7	.65**

8	.37**
9	.44**
10	.42**
11	.42**
12	.52**
13	.42**
14	.28**

** $p < .01$. * $p < .05$.

The correlation between the Ego Resiliency Scale's items is shown in Table 3.3. The findings show that all items have a statistically significant positive correlation with their scale's composite score, demonstrating the interrelatedness of the items.

Table 3.4

Item-Total Correlation of Childhood Trauma Questionnaire Short Form for its Subscale (N = 90)

Item no	<i>r</i>	Item no	<i>r</i>
<u>Emotional Abuse</u>		<u>Emotional Neglect</u>	
1	.56**	16	.52**
2	.74**	17	.58**
3	.74**	18	.82**
4	.71**	19	.74**
5	.70**	20	.76**

<u>Physical Abuse</u>		<u>Physical Neglect</u>	
6	.81**	21	.50**
7	.89**	22	.77**
8	.69**	23	.61**
9	.83**	24	.65**
10	.87**	25	.76**
<u>Sexual Abuse</u>		<u>Denial</u>	
11	.79**	26	.72**
12	.75**	27	.83**
13	.81**	28	.74**
14	.76**		
15	.80**		

** $p < .01$.

Table 3.4 illustrates the item total correlation of subscales of Childhood Trauma Questionnaire Short Form with its items. Results indicate that all items are significantly positively correlated with the composite score of their subscales which indicates the interrelatedness of the items.

Table 3.5

Pearson Correlation Among Study Variables in Pilot Study (N = 90)

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
Childhood Maltreatment																						
EA	.90**	-																				
PA	.87**	.77**	-																			
SA	.85**	.81**	.69**	-																		
EN	.67**	.49**	.47**	.43**	-																	
PN	.79**	.69**	.60**	.55**	.54**	-																
DE	.28**	.34**	.20**	.28**	.55**	.42**	-															
CLF	-.11*	-.18*	-.16*	-.16*	-.17*	-.12*	-.12*	-														
DCF	.41**	.42**	.37**	.42**	.14*	.36**	.11*	.01	-													
CLP	-.12*	-.14*	-.12*	-.17*	-.13*	-.14*	-.14*	-.52**	-.16	-												
DCP	.39**	.43**	.33**	.41**	.10*	.31**	.19*	.08	.70**	-.03	-											
Cognitive Emotional Regulation																						
SB	.28**	.29**	.18*	.30**	.27**	.17*	.17*	.05	.13	.03	.29**	.53**	-									
AC	-.10*	-.15*	-.18*	-.15*	-.19*	-.19*	-.19*	.09	-.03	.21*	.03	.46**	.05	-								
RU	.11*	.14*	.19*	.20*	.11*	.18*	.11*	.23*	.10	.14	.09	.58**	.32**	.24*	-							
PR	-.17*	-.17*	-.14*	-.18*	-.12*	-.19*	-.10*	.03	.02	.21*	-.09	.53**	.16	.11	.38**	-						
RP	-.38**	-.34**	-.39**	-.28**	-.19*	-.42**	-.17*	-.18	-.14	.10	-.14	.57**	.09	.26	.32**	.42**	-					
PRE	-.21*	-.23*	-.23*	-.19*	-.11*	-.33**	-.20*	-.18	-.06	.11	-.13	.75**	.23*	.18	.20	.30**	.46**	-				
PIP	-.21*	-.23*	-.23*	-.19*	-.11*	-.33**	-.20*	-.18	-.06	.11	-.13	.75**	.23*	.18	.20	.30**	.46**	1**	-			
CAT	.20	.23*	.16*	.13*	.16*	.14*	.14*	.01	.07	.08	.10	.48**	.28**	.28**	.07	-.01	-.02	.24**	.24**	-		
BO	.18*	.24*	.19*	.14*	.16*	.20*	.14*	.04	.10	-.19	.14	.30**	.25*	.01	.18	-.15	-.18	.05	.05	.42**	-	
ER	-.26*	-.25*	-.18*	-.11*	-.26**	-.35**	-.20*	.19	-.18	.12	-.16	.13	-.02	.15	-.07	.25*	.24*	.13	.13	-.13	-.07	-

Note. EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial; CLF = Closeness for Friends; DCF = Discord for Friends; CLP = Closeness for Partner; DCP = Discord for Partner; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others; ER = Emotional Resiliency Scale.

** $p < .01$. * $p < .05$.

Table 3.5 displays the correlation matrix among scale and subscales of study variables. All subscales have significant positive correlation with the total score, showing that construct validity of all scales. Result shows that childhood maltreatment is significantly negatively correlated with ego resiliency and cognitive emotion regulation. Result shows that childhood maltreatment is significantly positively correlated with negative relationship with friends and intimate partner. Result shows that childhood maltreatment is negatively correlated with positive relationship with friends and intimate partner but it's not significant

Pilot Study Discussion

Pilot study was conducted with the aim of achieving various objectives which includes assessment of psychometric properties of the scales utilized, to check the understanding level of the questions being asked, to check the trends and the relationships among variables of the study. A detailed explanation was given regarding the ethical consideration including confidentiality of data, voluntary participation, right to quit, and maintaining anonymity.

Results of the pilot study showed that all the scales and the subscales had alpha coefficients in the satisfactory range. According to field (2009) the acceptable range of the skewness and kurtosis is -2.96 to +2.96. With respect to pilot study showing the values of skewness and kurtosis in acceptable range following the criteria. Item total correlations were explored in the study to check the internal consistency of the ego resilience scale and childhood maltreatment scale. Both scales showed significant and positive correlations. It is assumed that with the increase in the sample size the strength of the relationship will also increase.

To fulfill the next objective of the study that is, to check the direction of relationships among study variables, Pearson Product Moment Correlation was performed. All variables were related to each other in the expected directions. It was assumed that the increased sample size of the main study will improve the strength of the relationships.

3.3 Phase II: Main Study (Hypothesis Testing)

The main study was conducted to test the hypotheses.

Sample

For the main study, a sample of 529 individuals (279 boys and 300 girls) was selected but 17 percent of the questionnaire were discarded which is 92 questionnaire because they were not fulfilling the inclusion criteria of study which is that the participants should have or experienced a romantic relationship as they reported that they do not have any romantic relationship. Final sample of the study was 437 individuals. The age of participants ranged from 18-25 years ($M = 21.21$, $SD = 2.05$.). They were the students of (Matric=34)(Intermediate=45)(BS=284) and (MSc =137). Students participated in the research were from Islamabad and Rawalpindi. For this purpose convenient-purposive sampling technique was used .With the participant's consent, data was collected from the sample using convenient sampling technique. Age, gender, siblings, marital status, birth order, family structure, family monthly income, career, and degree of education were all taken into account in the current study. The following table shows the frequency of participants in each demographic category.

Table 3.6*Demographic Profile of Main study (N = 437)*

Demographics	<i>f</i>	<i>%</i>	<i>M</i>	<i>SD</i>
Age (in years)	-	-	21.04	2.04
Gender				
Men	207	47.4	-	-
Women	230	52.6	-	-
Education				
Matric	31	7.1	-	-
BS	44	10.1	-	-
MSc	242	55.4	-	-
Mphil	120	27.5	-	-
Marital Status				
Married	52	11.9	-	-
Unmarried	286	65.4	-	-
Engaged	43	9.8	-	-
Nikahfied	40	9.2	-	-
Other Relationship	16	3.7	-	-
Family System				
Nuclear	191	43.7	-	-
Joint	246	56.3	-	-
Family Status				
Upper	08	1.8	-	-

Middle	381	87.2	-	-
Lower	48	11.0	-	-
Family History of Psychopathology				
Yes	96	22.0	-	-
No	341	78.0	-	-
Personal History of Psychopathology				
Yes	65	14.9	-	-
No	372	85.1	-	-
Siblings				
1	80	18.3	-	-
2	134	30.7	-	-
3	113	25.9	-	-
4	51	11.7	-	-
5	29	6.6	-	-
6	22	5.0	-	-
7	07	1.6	-	-
12	02	.2	-	-

Table 3.6 shows the demographic profile of the participants of the main study. Most of the participants are women, unmarried, from joint family system and belong to middle class. Most of the participants have no mental distress in family and themselves. Most of the participants have two siblings

3.4 Instruments

Demographic sheet

It includes age, gender, profession, education, monthly income, marital status, family system, family status, number of sibling, birth order, psychological disorder in family member and psychological disorder in yourself.

Childhood Trauma Questionnaire-Short Form (CTQ-SF). (Bernstein & Fink, 2003) developed the Childhood Trauma Questionnaire-Short Form (CTQ). It is a 28-item self-reported questionnaire for adults which measures childhood related maltreatment in adult years (Liebschutz et al., 2018; Bernstein et al., 2003). Physical abuse, emotional abuse, sexual abuse, physical neglect, and emotional neglect are the five subscales of the CTQ. A minimalization/denial measure is included in the questionnaire to identify people who may be under reporting traumatic incidents. It is five point likert scale. Subscale scores range from 5 to 25 based on the total of the individual items. Some items are reverse coded (2,5,7,13,19,26 and 28). The CTQ additionally includes a three-item of denial scale that assesses the risk of underreporting traumatic events. The test-retest reliability coefficients of CTQ subscale scores had 79 to 86 and internal consistency values is 66 to 92 (Bernstein et al., 2003).

Cognitive Emotion Regulation Questionnaire (CERQ-short). The CERQ- has 18 items and it is a self-report measure developed by (Garnefski et al., 2001). The instrument assesses nine dimensions: Self-blame, Blaming others, Acceptance, Refocusing on planning, Positive refocusing, Rumination, Positive reappraisal, Putting into perspective, and Catastrophizing. On a 5-point Likert scale, responses range from 1 to 5, with 1 indicating almost never and 5 indicating almost always. Subscale scores

range from 4 to 20, with higher subscale scores suggesting more frequent usage of the cognitive strategy in question.. Internal consistency ranges from .73 to .81 for all subscales (Garnefski et al., 2002).

The Network of Relationship Questionnaire- Relationship Quality Version (NRI-RQV). The Network of Relationships Inventory established by the NRI-RQV (Furman & Buhrmester, 1985). It has 30 items and divided into ten subscales, each with three items. Companionship, disclosure, emotional support, approval, and satisfaction are among the five positive traits identified as closeness and five negative relationship characteristics indicated as discord including, conflict, criticism, pressure, exclusion and dominance. The mean of the positive and negative subscales is used to compute the total score for closeness and discord. A high score suggests that the quality of the provided item is higher (for example, support or conflict) in interpersonal relationships. The scale assesses the quality of a person's relationships with his or her mother, father, siblings, same-sex, opposite-sex, and intimate partners. Cronbach's alpha value range between .82 and .93 (Furman & Buhrmester, 1985).

The Ego-Resiliency Scale Ego resiliency scale. It's a 14-item questionnaire developed by (Block & Kremen, 1996). This measure consists of 14 items that are answered on a 4-point Likert scale ranging from 1 (does not apply at all) to 4 (applies very strongly). Summing the items throughout the measure yields the total score. The range of scores is 14 to 56, with higher scores suggesting more ego resilience. Cronbach's alpha values for ego resilience ranged from .73 to .81 (Block et al, 1996).

3.5 Procedure

The survey included a consent document explaining the importance of the study, its purpose and assuring confidentiality. If the participants had any resentment or emotional damage, counseling would be provided inside the institution. A demographic sheet was also included. Participants were handed over both the questionnaire and were requested to fill the questionnaire without omitting any item. The participants were asked to put a mark against the response type whichever they found most appropriate. The instruction written on the questionnaires was once again explained to the respondent to tell them how to fill the questionnaire. Students were allowed to ask if there is any misunderstanding. They were guaranteed that information provided by them is kept private and will be used for research purpose only (See annexure A). Demographic information was also gained (See annexure B). At the end of data collection all participants were thanked for their collaboration.

3.6 Ethical Consideration

- All participants were join voluntarily after giving informed consent and were free to withdraw from study at any point.
- Before the administration of study measures, the participants were briefed about the purpose of study, no deception was used.
- Confidentiality was assured to all participants.
- To ensure that participants were not subjected to any harm in any ways whatsoever.
- Respect for the dignity of research participants were prioritized.

- In the present study participants were recall their childhood maltreatment or trauma relate experiences so special attention was paid to assure their wellbeing.
- Therefore it was firmly indicated in the written consent form and also conveyed verbally that if there will be any sign of distress or discomfort appear during assessment they should report immediately, and appropriate psychological support will be provided through “ NUML Counselling Cell” with the help of trained counselor.

3.7 Statistical Plan

The data analysis for the present study was conducted to attain the objectives and hypotheses of the study through IBM SPSS-21 and Process Macro 4.0. First of all, after data collection data cleaning, normality assumptions were checked. To establish psychometric properties descriptive analysis was conducted of study variables by reporting mean, standard deviation, skewness, and kurtosis. To check the suitability of the translated measures, Cronbach’s alpha values were used for the reliability analysis. For demographic and other study variables, the mean and standard deviation was calculated for continuous variables, whereas frequency and percentages were calculated for categorical data. To explore the relationship among study variables correlation analysis was carried out. To find out the mediation and moderation, the regression analysis was used to find out the impact of study variables on each other and related assumptions were also analyzed. SPSS Process Macro 4.0 was used to carry out mediation and moderation analysis. For mediation model 4 was used.

CHAPTER 4

Analysis and Interpretation of data

The main objectives of the study was to explore the association between child maltreatment and social relationships in emerging adults with the focus on mediating role of cognitive emotion regulation and ego resilience. The results of the study are presented below:

Table 4.1

Descriptive Statistics and Alpha Reliability Coefficients of Study Variables in Main Study (N = 437)

Variables	K	M	SD	α	Range		Skew	Kurt
					Actual	Potential		
CTQ	-	-	-	-	-	-	-	-
EA	5	9.02	4.33	.76	5-25	5-22	.89	-.25
PA	5	7.79	4.46	.82	5-25	5-25	1.69	2.27
SA	5	8.64	4.81	.79	5-25	5-20	.96	-.63
EN	5	12.65	5.71	.76	5-25	5-25	.70	-.43
PN	5	10.12	4.42	.75	5-15	5-21	.38	-1.13
DE	3	9.99	3.62	.70	3-15	3-15	-.53	-.64
CloseF	15	47.61	10.69	.82	15-75	24-73	.08	-.51
DiscordF	15	37.34	9.51	.79	15-75	18-67	.10	-.44
CloseIP	15	45.17	10.76	.82	15-75	15-72	-.17	.56

DiscordIP	15	38.25	10.94	.84	15-75	15-66	.04	-.04
CERQ	-	-	-	-	-	-	-	-
SB	2	5.84	2.31	.73	2-10	2-10	.03	-.99
AC	2	6.04	2.02	.71	2-10	2-10	-.05	-.47
RU	2	5.95	2.11	.69	2-10	2-10	.12	-.64
PR	2	6.03	2.25	.70	2-10	2-10	.00	-.79
RP	2	6.97	2.20	.71	2-10	2-10	-.36	-.70
PRE	2	6.44	2.12	.73	1-10	2-10	-.28	-.73
PIP	2	6.45	2.11	.70	2-10	2-10	-.28	-.73
CAT	2	5.30	2.35	.69	2-10	2-10	.34	-.91
BO	2	5.22	2.02	.69	2-10	2-10	.34	-.43
ER	14	40.85	6.03	.76	14-56	23-56	-.35	-.16

Note. *k* = Total Items; *M* = Mean; *SD* = Standard Deviation; Skew = Skewness; Kurt = Kurtosis; CTQ = Childhood Trauma Questionnaire Short Form; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial; CloseF = Closeness Friend; CloseIP = Closeness Intimate Partner; DiscordF = Discord Friend; DiscordIP = Discord Intimate Partner; CERQ = Cognitive Emotional Regulation Questionnaire; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others; ER = Emotional Resiliency Scale.

As indicated in Table 4.1, all the scales are having satisfactory reliabilities except some subscales of Cognitive Emotional Regulation Questionnaire which is due to fewer items per subscale. Result shows that all the scales are showing the values of skewness and kurtosis in acceptable range. Mean and SD are also present in Table 7. Values of SD ranges from low to high which reveal that responses are scattered from mean of each variable.

Table 4.2

Pearson Correlation Among Study Variables in Main Study (N = 437)

Variables	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
CMT	-																			
EA	.87**	-																		
PA	.79**	.62**	-																	
SA	.85**	.68**	.67**	-																
EN	.75**	.61**	.43**	.57**	-															
PN	.83**	.71**	.57**	.65**	.59**	-														
DE	-.42**	-.42**	-.31**	-.48**	-.62**	-.47**	-													
CLF	-.28*	-.27*	-.12*	-.20*	-.31*	-.28*	-.18*	-												
DCF	.36**	.31**	.28**	.35**	.20*	.37**	.17*	-.11	-											
CLIP	-.17*	-.17*	-.20*	-.12*	-.10*	-.17**	-.14*	.37**	-.04	-										
DCIP	.44**	.41**	.32**	.46**	.29**	.37**	-.25**	-.20**	.62**	.05	-									
SB	.17**	.14**	.13**	.25**	.15**	.15*	.23*	-.11	.14	-.10	.21**	-								
AC	-.19*	-.16*	-.13*	-.16**	-.16*	-.18*	-.19*	-.01	.01	-.07	.08	.28**	-							
RU	.14*	.12*	.10*	.17**	.16*	-.12*	.22**	.10**	.06	.01	.07	.37**	.37**	-						
PR	-.10*	-.09*	-.13*	-.15*	-.18**	-.16**	.18**	.09*	-.07	.09	-.14**	.14**	.05	.20**	-					
RP	-.36**	-.29**	-.27**	-.28**	-.26**	-.37**	-.15**	.12**	-.13**	.06	-.06	.26**	.18**	.27**	.35**	-				
PRE	-.40**	-.38**	-.26**	-.31**	-.27**	-.44**	-.18**	.13**	-.16**	.01	-.10*	.11*	.10*	.15**	.30**	.53**	-			
PIP	-.15*	-.18*	-.15*	-.138	-.12*	-.14**	-.15*	-.01*	-.03	-.08	.02	.34**	.24**	.25**	.33**	.50**	.39**	-		
CAT	.29**	.31**	.20**	.32**	.22**	.21**	.23**	-.02	.25**	-.04	.22**	.21**	.19**	.28**	-.11*	-.07	-.06	.20**	-	
BO	.11*	.09*	.19*	.16**	.15*	.10*	.18*	.07	.15**	.02	.11*	.27**	.20**	.32**	.16**	.11*	-.02	.17**	.25**	-
ER	-.17**	-.22**	-.19*	-.18	-.16**	-.17**	-.13**	.10*	.04	-.04	-.10*	.00	.06	-.01	.002	.08	.24**	.13**	-.00	.02

Note. CMT = Childhood Maltreatment; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial; CLF = Closeness for Friends; DCF = Discord for Friends; CLIP = Closeness for Intimate Partner; DCIP = Discord for Intimate Partner; CER = Cognitive Emotional Regulation; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others; ER = Emotional Resiliency.

** $p < .01$. * $p < .05$.

Table 4.2 displays the correlation matrix among scale and subscales of study variables. All subscales have significant positive correlation with the total score, showing that construct validity of all scales. Result shows that childhood maltreatment (i.e emotional abuse, physical abuse, emotional neglect, physical neglect, sexual abuse and denial) is significantly negatively correlated with closeness, cognitive emotion regulation (Acceptance, Refocusing on planning, Positive refocusing, Positive reappraisal and Putting into perspective) and ego resiliency. Result shows that childhood maltreatment is significantly positively correlated with discord and cognitive emotion regulation i.e Self-blame, Blaming others, Rumination and Catastrophizing).

Table 4.3*Multiple Regression Analysis on Social Relationship by Childhood Maltreatment**(N=437)*

CMT	Closeness Friends						Discord Friend			
	<i>B</i>	<i>SE</i>	<i>B</i>	95% CI		<i>B</i>	<i>SE</i>	<i>B</i>	95% CI	
				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>
EA	-.26	.18	-.11	-.62	.08	.09	.16	.04	-.21	.41
PA	.26	.16	.11	-.04	.58	.03	.14	.01	-.24	.31
SA	.06	.15	.02	-.24	.37	.39	.13	.20**	.12	.66
EN	-.44	.12	-.24***	-.68	-.20	-.15	.10	-.09	-.37	.05
PN	-.39	.16	-.16*	-.72	-.05	.55	.14	.25***	.26	.84
DE	-.11	.17	-.04	-.46	.22	.02	.15	.01	-.27	.32
R= .36, R ² = .13, (F=10.43***)						R= .41, R ² = .17, (F=14.12***)				
CMT	Closeness Intimate Partner						Discord Intimate Partner			
	<i>B</i>	<i>SE</i>	<i>B</i>	95% CI		<i>B</i>	<i>SE</i>	<i>B</i>	95% CI	
				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>
EA	.06	.19	.02	-.30	.44	.44	.17	.17**	.10	.79
PA	.20	.16	.08	-.12	.53	-.10	.15	-.04	-.41	.19
SA	.30	.16	.14	-.01	.63	.76	.15	.34***	.46	1.06
EN	-.01	.13	-.00	-.26	.24	-.08	.12	-.04	-.32	.14
PN	-.68	.17	-.28***	-1.03	-.33	.16	.16	.06	-.15	.49
DE	.33	.18	.11	-.03	.69	-.06	.16	-.02	-.39	.26
R= .25, R ² = .06, (F=4.61***)						R= .49, R ² = .24, (F=22.11***)				

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; CMT = Childhood Maltreatment; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial.

*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.3 shows that childhood maltreatment is significantly predicting social relationship categories which are closeness and discord in friends and intimate partner with jointly explained variance of 13%, 17%, 6% and 24% respectively. Whereas

emotional neglect and physical neglect were the negative significant predictor of closeness friend. Physical neglect and sexual abuse were the strongest positive predictor of discord friends. Findings indicate that physical neglect as the strongest negative predictor of closeness intimate and sexual abuse and emotional abuse was the strongest positive predictor of discord intimate.

Table 4.4

Multiple Regression Analysis on Cognitive Emotional Regulation by Childhood Maltreatment (N=437)

Self-Blame						Acceptance					Rumination				
CMT	<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>	
			<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>	
EA	-.01	.04	-.02	-.09	.06	-.02	.03	-.04	-.09	.04	-.03	.03	-.07	-.11	.03
PA	-.01	.03	-.03	-.08	.05	-.05	.03	-.12	-.12	.00	.03	.03	.07	-.02	.10
SA	.11	.03	.25***	.05	.18	.11	.03	.27***	.04	.17	.11	.03	.27***	.05	.18
EN	-.02	.02	-.06	-.08	.02	-.01	.02	-.04	-.06	.03	-.03	.02	-.10	-.08	.01
PN	-.01	.03	-.02	-.08	.06	.01	.03	.03	-.05	.07	-.13	.03	-.26***	-.20	-.06
DE	-.12	.03	-.19**	-.19	-.04	-.01	.03	-.03	-.08	.04	-.18	.03	-.29***	-.25	-.10
R= .29, R ² = .09, (F=6.78***)						R= .20, R ² = .03, (F=2.91***)					R= .35, R ² = .12 (F=9.82***)				
Positive Refocusing						Refocus on Planning					Positive Reappraisal				
CMT	<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>	
			<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>	
EA	.01	.04	.02	-.06	.09	.00	.03	.00	-.07	.07	-.07	.03	-.15*	-.15	-.00
PA	.02	.03	.04	-.04	.09	-.03	.03	-.07	-.10	.02	.02	.03	.04	-.04	.08
SA	.06	.03	.13	-.00	.13	-.01	.03	-.03	-.07	.05	-.01	.03	-.03	-.07	.04
EN	-.04	.02	-.11	-.10	.00	-.03	.02	-.09	-.08	.01	-.00	.02	-.00	-.05	.04
PN	-.08	.03	-.16*	-.16	-.01	-.14	.03	-.29***	-.21	-.08	-.18	.03	-.35***	-.24	-.11
DE	.07	.03	.12*	.00	.15	-.05	.04	-.08	-.12	.01	-.03	.03	-.06	-.10	.03
R= .25, R ² = .06, (F=4.64***)						R= .39, R ² = .15, (F=12.71***)					R= .46, R ² = .21, (F=18.71***)				
Putting into Perspective						Catastrophizing					Blaming Others				
CMT	<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>	
			<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>	
EA	-.05	.03	-.10	-.12	.02	.13	.03	.25***	.05	.20	-.00	.03	-.00	-.07	.06
PA	-.02	.03	-.04	-.08	.04	-.03	.03	-.06	-.10	.03	-.01	.03	-.02	-.07	.04
SA	.10	.03	.22**	.03	.16	.10	.03	.23*	.04	.17	.07	.03	.18*	.01	.13
EN	.04	.02	.11	-.01	.09	-.01	.02	-.04	-.07	.03	-.02	.02	-.07	-.07	.02
PN	-.14	.03	-.29***	-.21	-.07	-.05	.03	-.10	-.12	.01	.01	.03	.03	-.05	.07
DE	-.04	.03	-.06	-.11	.03	-.07	.03	-.11*	-.14	.00	-.02	.03	-.04	-.08	.04
R= .26, R ² = .07, (F=5.19***)						R= .37, R ² = .14, (F=11.26***)					R= .17, R ² = .03, (F=2.17***)				

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; CMT = Childhood Maltreatment; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial.

*** $p < .001$. ** $p < .01$. * $p < .05$.

Results in table 4.4 show the impacts of childhood maltreatment on each of the cognitive emotional regulation approach. Findings indicate that childhood maltreatment jointly explained variance of 9%, 3%, 12%, 6%, 15%, 21%, 7%, 14%, 3% in self blame, acceptance, rumination, positive refocusing, refocus on planning, positive reappraisal, putting into perspective, catastrophizing and blaming other respectively. Sexual abuse as the strongest positive predictor of self-blame, acceptance, rumination, putting into perspective and blaming others. Denial is negative predictor of self-blame, rumination. Physical neglect was another significant negative predictor of rumination, positive refocusing, refocus on planning, positive reappraisal, putting into perspective. Denial was another significant positive predictor of positive refocusing, positive reappraisal and negative predictor of catastrophizing. Emotional abuse was another significant negative predictor of positive reappraisal and positive predictor of catastrophizing

Table 4.5

Multiple Regression Analysis on Ego Resiliency by Childhood Maltreatment (N=437)

Ego Resilience

Childhood Maltreatment	<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>	
				<i>LL</i>	<i>UL</i>
EA	-.37	.11	-.27***	-.58	-.16
PA	.03	.09	.02	-.15	.22
SA	.23	.09	.18*	.04	.41
EN	-.04	.07	-.04	-.18	.11
PN	-.10	.10	-.07	-.30	.10
DE	.09	.10	.06	-.11	.30

R= .26, R²= .07, ΔR^2 = .07 (F=5.31***)

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial.

*** $p < .001$. * $p < .05$.

Results in table 4.5 show the impacts of childhood maltreatment on ego resiliency. The results show that childhood maltreatment accounted for 7% of variance in ego resiliency, with a substantial F ratio. Emotional abuse was found to be the biggest negative predictor of ego resiliency, indicating that increase in emotional abuse lead to decrease in ego resiliency.

Table 4.6

Multiple Regression Analysis on Social Relationship by Cognitive Emotional Regulation

(N=437)

Closeness Friends

Discord Friends

CER	B	SE	B	95% CI		B	SE	B	95% CI	
				LL	UL				LL	UL
SB	-.80	.24	-.17***	-1.28	-.32	.56	.21	.13**	.12	.99
AC	-.10	.26	-.01	-.63	.42	-.19	.24	-.04	-.67	.27
RU	.56	.26	.11*	.03	1.08	-.03	.24	-.00	-.51	.43
PR	.32	.23	.07	-.14	.79	-.04	.21	-.01	-.46	.37
RP	.78	.28	.16**	.21	1.35	-.39	.26	-.09	-.91	.11
PRE	.57	.26	.12*	.05	1.08	-.36	.23	-.08	-.83	.10
PIP	-1.17	.29	-.23***	-1.74	-.60	-.17	.26	-.04	-.68	.33
CAT	.13	.24	.02	-.33	.60	.87	.21	.21***	.45	1.30
BO	.54	.27	.10*	.00	1.08	.43	.24	.08	-.04	.91
R= .33, R ² = .11, (F=5.60***)						R= .34, R ² = .11, (F=6.07***)				

Closeness Intimate Partner

Discord Intimate Partner

CER	B	SE	B	95% CI		B	SE	B	95% CI	
				LL	UL				LL	UL
SB	-.58	.25	-.12*	-1.08	-.08	1.02	.25	.21***	.52	1.52
AC	-.30	.28	-.05	-.85	.25	.06	.27	.01	-.48	.61
RU	.24	.28	.05	-.30	.80	-.11	.27	-.02	-.66	.42
PR	.48	.25	.10*	-.00	.97	-.62	.24	-.13**	-1.10	-.14
RP	.63	.30	.13*	.04	1.23	-.21	.29	-.04	-.80	.37
PRE	-.06	.27	-.01	-.60	.48	-.25	.27	-.05	-.79	.28
PIP	-.73	.30	-.14*	-1.33	-.13	.00	.30	.00	-.58	.59
CAT	.07	.25	.01	-.41	.57	.74	.24	.15**	.26	1.23
BO	.21	.28	.03	-.34	.77	.22	.28	.04	-.33	.78
R= .22, R ² = .05, (F=2.39***)						R= .34, R ² = .11, (F=6.06***)				

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit; CER = Cognitive Emotional Regulation; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Results in table 4.6 show the impacts of cognitive emotional regulation on each of the social relationship category. Closeness friend, discord friend, and discord intimate was found to be significantly influenced by cognitive emotional regulation, accounting for 11% of the variance and 5% variance in closeness intimate. Findings indicated that refocus on planning, positive reappraisal, rumination and blame other were the positive predictor of closeness friend. Whereas putting things into perspective, self-blame were the negative predictor of closeness friend. Catastrophizing and self blame were the significant positive predictor of discord friend and discord intimate

Putting things into perspective and self-blame were found to be the negative predictor of closeness intimate. Refocus on planning positive reappraisal were positive predictor of

closeness intimate. Moreover positive refocusing was another negative significant predictor of discord with intimate partner.

Table 4.7

Simple Regression Analysis on Social Relationship by Ego Resiliency (N=437)

	Closeness Friends					Discord Friends				
	<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>		<i>B</i>	<i>SE</i>	<i>B</i>	<u>95% CI</u>	
			<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>	
Ego	.18	.08	.10*	.02	.34	.07	.07	.04	-.07	.21
Resilience										
	R= .11, R ² = .01, (F=4.85***)					R= .05, R ² = .00, (F=.90)				

	Closeness Intimate Partner					Discord Intimate Partner				
	<i>B</i>	<i>SE</i>	<i>B</i>	95% CI		<i>B</i>	<i>SE</i>	<i>B</i>	95% CI	
				<i>LL</i>	<i>UL</i>				<i>LL</i>	<i>UL</i>
Ego	-.08	.08	-.04	-.25	.08	-.17	.08	-.10*	-.34	-.01
Resilience	R= .05, R ² = .00, (F=1.04)					R= .10, R ² = .01, (F=4.35*)				

Note. CI = Confidence Interval; LL = Lower Limit; UL = Upper Limit.
 *** $p < .001$. * $p < .05$.

Results in table 4.7 show the impacts of ego resilience on each of the network of relationship category. Results show that ego resilience jointly explained variance of 1% in the closeness friend. Ego resiliency is a positive predictor of closeness friend, therefore an increase in ego resiliency will increase closeness. The magnitude of the model's fit, which was used to predict discord friend, showed no overall relationship that was significant for predicting discord friend. To predict closeness with intimate partner the magnitude of the model fit revealed no significant overall relationship in closeness with intimate partner. The results show that ego resilience had a substantial F ratio and explained 1% of the variance in discord intimate partner. Findings showed that ego resilience was a negative predictor of discord intimate partner, indicating that one unit increase of ego resilience will declines discord intimate partner by .17 units.

Table 4.8*Mean Differences Based on Gender for Each Scale and its Subscales (N = 437)*

Variables	Men (n = 207)		Women (n = 230)		<i>t</i> (437)	<i>P</i>	95% <i>CI</i>		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
EA	8.88	4.49	9.43	4.27	-1.31	.19	-1.37	.27	-
PA	7.66	4.62	8.0087	4.02	-.82	.41	-1.15	.47	-
SA	8.41	4.76	9.48	5.08	-2.28	.02	-2.00	-.14	0.21
EN	12.13	5.26	13.6	6.20	-2.72	.01	-2.57	-.41	
PN	10.13	4.12	10.59	4.71	-1.12	.26	-1.30	.35	-
DE	10.32	3.26	9.33	3.87	2.90	.00	.34	.32	
CLF	49.33	10.47	45.69	10.45	3.36	.00	1.67	5.61	
DCF	38.53	9.64	37.65	9.51	.95	.33	-.92	2.68	-
CLIP	45.25	11.57	45.10	10.01	.15	.88	-1.87	2.18	-
DCIP	36.73	11.08	39.42	10.83	-2.5	.01	-4.74	-.62	0.24
SB	5.55	2.27	6.10	2.29	-2.53	.01	-.98	-.12	0.24

AC	5.74	1.96	6.18	2.02	-2.29	.02	-.81	-.06	0.22
RU	5.86	2.18	6.10	2.18	-1.12	.26	-.64	.17	-
PR	6.17	2.28	5.91	2.34	1.15	.24	-.17	.69	-
RP	6.99	2.24	6.80	2.23	.89	.37	-.23	.61	-
PRE	7.01	2.12	7.05	2.37	-.17	.86	-.46	.38	-
PIP	6.11	2.17	6.64	2.11	-.26	.01	-.93	-.13	0.24
CAT	5.44	2.41	5.28	2.19	.73	.46	-.27	.59	-
BO	5.09	1.86	5.22	2.05	-.68	.49	-.50	.24	-
ER	40.72	6.10	40.57	6.19	.24	.80	-1.01	1.30	-

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial; CLF = Closeness for Friends; DCF = Discord for Friends; CLIP = Closeness for Intimate Partner; DCIP = Discord for Intimate Partner; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others; ER = Emotional Resiliency Scale.

Table 4.8 represents the mean differences between men and women on all study variables. The findings show that there are significant gender differences on sexual abuse, emotional neglect, denial, closeness friend, discord intimate partner, self-blame, acceptance and putting into perspective. However, there are non significant gender differences on all other variables.

Table 4.9*Mean Differences Based on family system for Each Scale and its Subscales (N = 437)*

Variables	Nuclear (n = 191)		Joint (n = 246)		<i>t</i> (435)	<i>P</i>	95% <i>CI</i>		Cohen's <i>d</i>
	<i>M</i>	<i>SD</i>	<i>M</i>	<i>SD</i>			<i>LL</i>	<i>UL</i>	
EA	8.53	4.19	9.67	4.47	-2.70	.01	-1.96	-.31	0.26
PA	7.32	3.73	8.25	4.68	-2.31	.02	-1.71	-.13	0.22
SA	8.40	4.42	9.42	5.30	-2.18	.02	-1.93	-.10	0.20
EN	12.70	6.00	13.08	5.68	-.68	.49	-1.48	.71	
PN	9.78	4.55	10.82	4.31	-2.44	.01	-1.87	-.20	0.23
DE	9.96	3.67	9.68	3.58	.80	.42	-.40	.96	
CLF	48.16	11.10	46.83	10.19	1.30	.19	-.67	3.34	
DCF	36.94	10.13	38.95	9.05	-2.18	.03	-3.81	-.20	0.20
CLIP	44.72	11.06	45.52	10.54	-.72	.44	-2.84	1.24	-
DCIP	37.52	11.64	38.63	10.51	-1.04	.29	-3.20	.97	
SB	5.82	2.32	5.85	2.28	-.16	.87	-.47	.40	
AC	5.91	2.01	6.02	2.00	-.53	.59	-.48	.27	
RU	5.93	2.20	6.02	2.17	.43	.66	-.58	.32	-
PR	6.13	2.48	5.96	2.17	.73	.46	-.27	.60	-
RP	6.88	2.25	6.90	2.23	-.08	.93	-4.42	.40	-
PRE	7.19	2.23	6.91	2.26	1.30	.19	-.14	.71	-
PIP	6.41	2.05	6.37	2.23	.21	.82	-.36	.45	
CAT	5.08	2.16	5.57	2.38	-.24	.02	-.91	-.06	0.21
BO	5.09	2.06	5.21	1.93	-.66	.51	-.49	.24	-
ER	40.14	6.19	40.26	6.09	1.49	.13	-.27	2.05	-

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; EA = Emotional Abuse; PA = Physical Abuse; SA = Sexual Abuse; EN = Emotional Neglect; PN = Physical Neglect; DE = Denial; CLF = Closeness for Friends; DCF = Discord for Friends; CLIP = Closeness for Intimate Partner; DCIP = Discord for Intimate Partner; SB = Self Blame; AC = Acceptance; RU = Rumination; PR = Positive Refocusing; RP = Refocus on

Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective; CAT = Catastrophizing; BO = Blaming Others; ER = Emotional Resiliency Scale.

Table 4.9 represents the mean differences between nuclear and joint family system on all study variables. The findings show that there are significant family differences on emotional abuse, physical abuse, sexual abuse, physical neglect, discord friend, and catastrophizing. However, there are non-significant family differences on all other variables.

Parallel mediation analysis for Cognitive Emotion Regulation between Childhood maltreatment and Social relationships, only significant results had been reported

Table 4.10

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Abuse and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	53.42***	51.28***	45.82	56.73
Emotional Abuse	-.66***	-.57***	-.81	-.33
AC		.16	-.33	.65
PR		.45	-.000	.89
RP		.52	-.03	1.08
PRE		.16	-.36	.69
PIP		-1.11***	-1.64	-.57
Indirect effect -Emotional abuse → AC → Closeness		.004	-.01	.02
Indirect effect -Emotional abuse → PR → Closeness		-.02	-.06	.003
Indirect effect -Emotional abuse → RP → Closeness		-.07	-.1701	.001
Indirect effect -Emotional abuse → PRE → Closeness		-.03	-.15	.08
Indirect effect -Emotional abuse → PIP → Closeness		.04	-.01	.10
<i>R</i> ²	.07	.11		
ΔR^2		.04		
<i>F</i>	34.41***	9.13***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.10 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to closeness with friends; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced closeness with friends by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt less putting into perspective, which was linked to decreased closeness with friend (see Figure 4.1). Other constructs were not shown to be mediated.

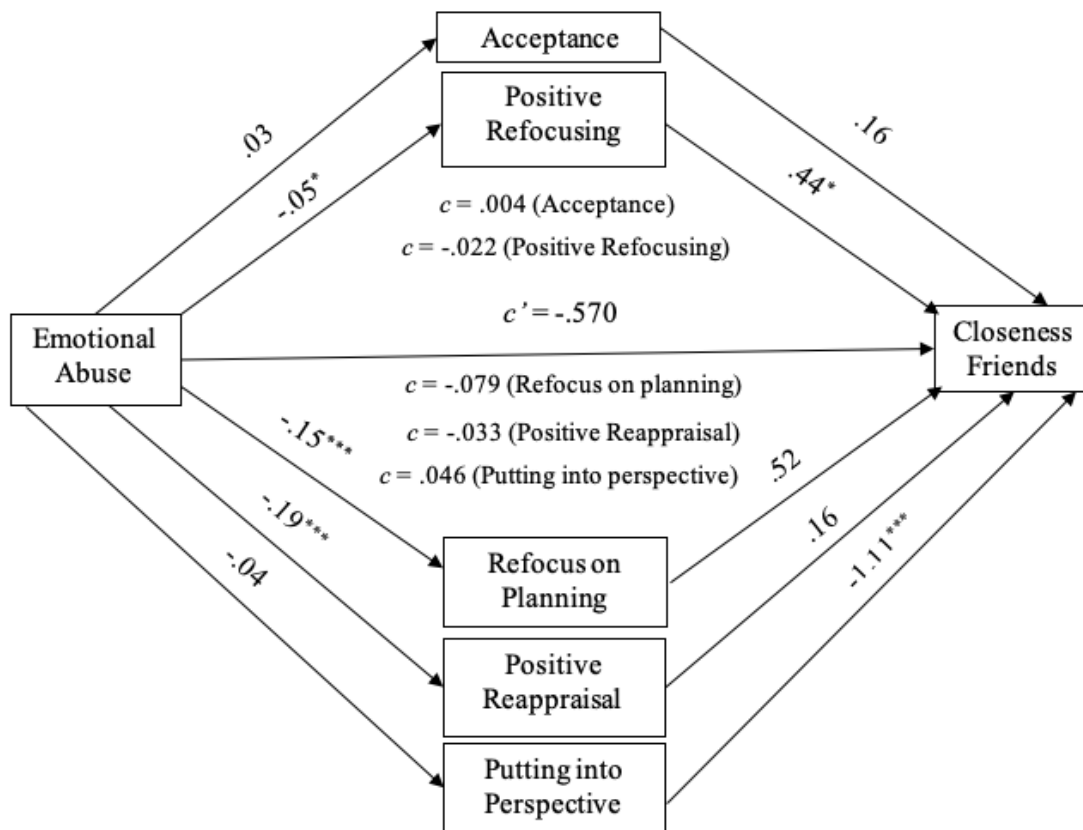


Figure 4.1 Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Abuse and Closeness Friends

Table 4.11

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Abuse and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner				
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>		
			<i>LL</i>		<i>UL</i>
Constant	46.86***	47.13***	41.36		52.89
Emotional Abuse	-.18	-.12	-.38		.12
AC		-.27	-.79		.24
PR		.52*	.04		.99
RP		.53	-.05		1.12
PRE		-.13	-.67		.43
PIP		-.79**	-1.35		-.22
Indirect effect -Emotional abuse → AC → Closeness		-.00	-.03		.01
Indirect effect -Emotional abuse → PR → Closeness		-.02	-.06		.00
Indirect effect -Emotional abuse → RP → Closeness		-.08	-.18		.00
Indirect effect -Emotional abuse → PRE → Closeness		.02	-.08		.13
Indirect effect -Emotional abuse → PIP → Closeness		.03	-.00		.08
<i>R</i> ²	.00	.03			
ΔR^2		.11			
<i>F</i>	2.47	2.76			

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.11 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Closeness with Intimate Partner) in a comparable manner. To test this model, social relationships (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators.

After mediators were taken into consideration, emotional abuse was linked to closeness with intimate partner; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced closeness with intimate partner by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt less putting into perspective, which was linked to decreased closeness with intimate partner (see Figure 4.2). Other constructs were not shown to be mediated.

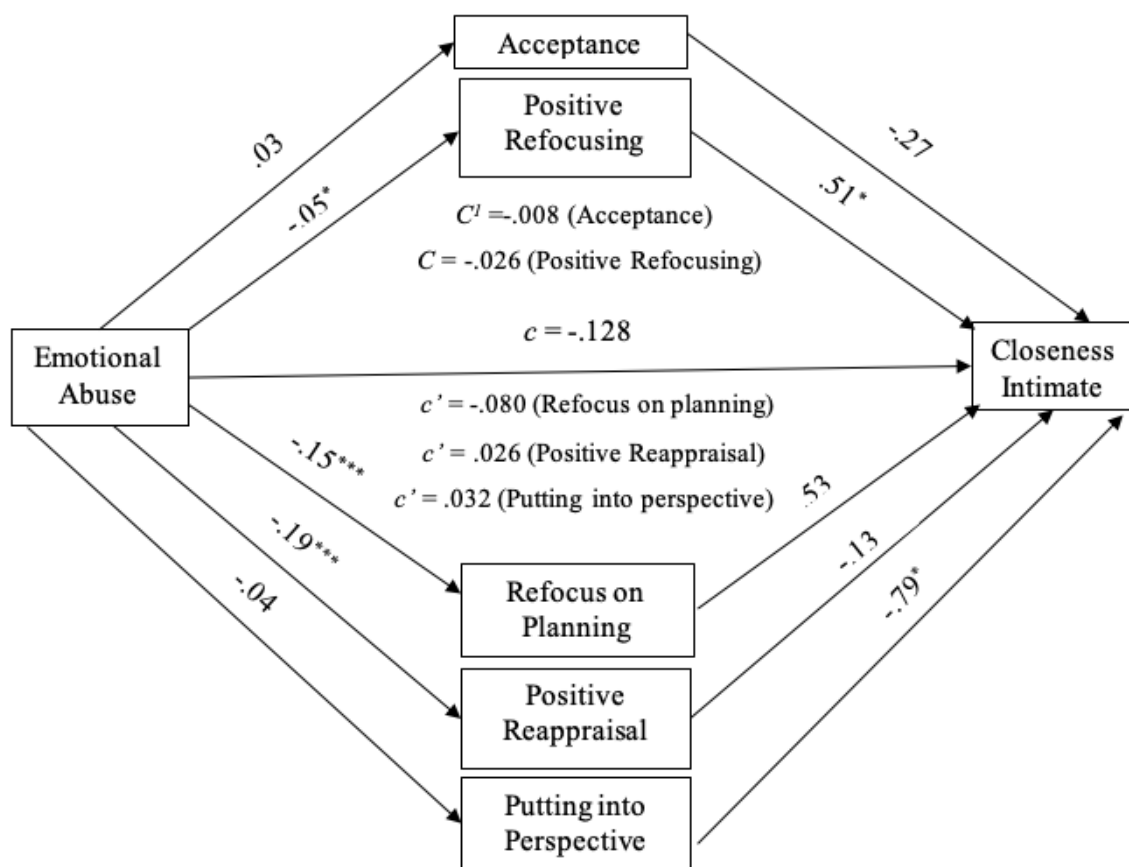


Figure 4.2. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Abuse and Closeness Intimate Partner.

Table 4.12

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Childhood Maltreatment and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II	95% <i>CI</i>	
		<i>B</i>	<i>LL</i>	<i>UL</i>
Constant	49.90***	45.63***	40.41	50.84
Physical Abuse	-.31**	-.17	-.41	.06
AC		.03	-.45	.55
PR		.43	-.02	.89
RP		.66*	.08	1.23
PRE		.48	-.04	1.00
PIP		-1.20***	-1.75	-.65
Indirect effect – Physical abuse → AC → Closeness		.00	-.012	.01
Indirect effect – Physical I abuse → PR → Closeness		-.01	-.03	.01
Indirect effect – Physical abuse → RP → Closeness		-.09	-.18	-.01
Indirect effect – Physical abuse → PRE → Closeness		-.06	-.15	.01
Indirect effect – Physical abuse → PIP → Closeness		.03	-.03	.09
<i>R</i> ²	.01	.07		
ΔR^2		.14		
<i>F</i>	7.34**	5.58***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
*** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.12 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationships (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to closeness with friends, however the link was weak and only marginally significant. Physical maltreatment indirectly influenced closeness with friends by refocus on planning, which lowered the direct effect. Participants who had been exposed to more physical abuse experienced less refocus on planning, which was linked to increased closeness with friend (see Figure 4.3). Other constructs were not shown to be mediated.

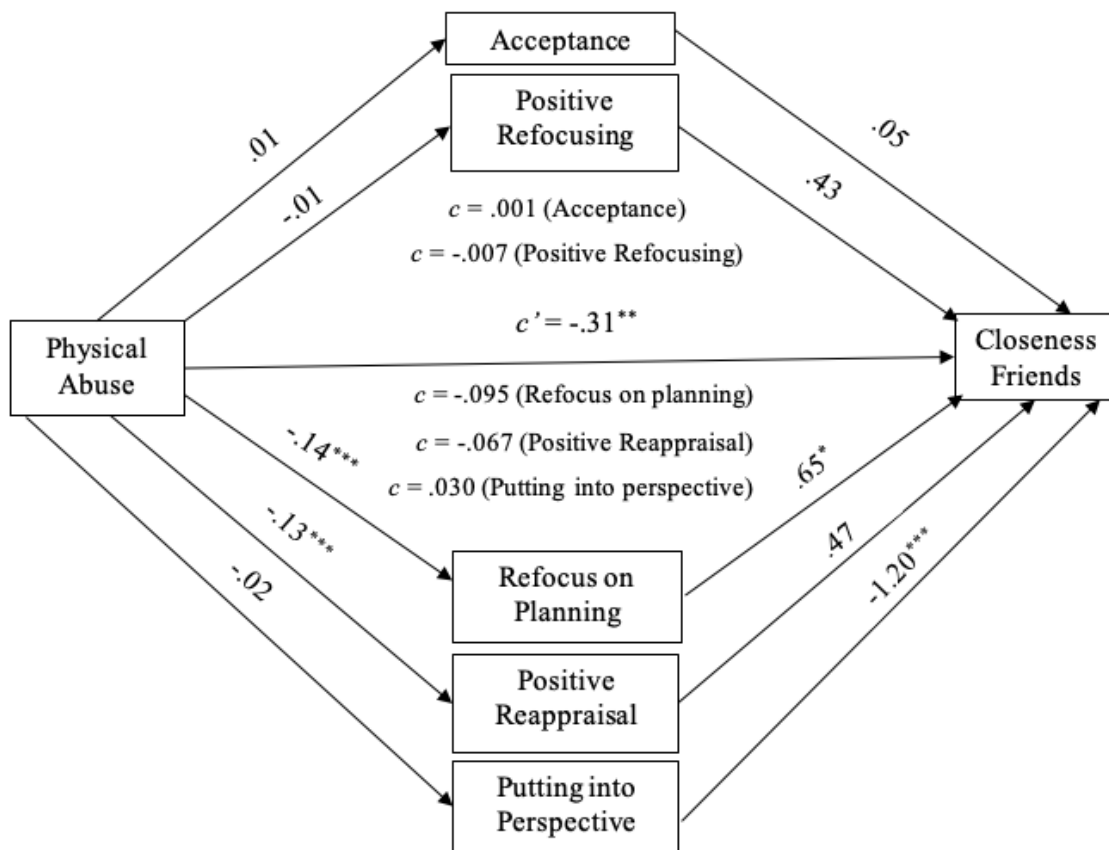


Figure 4.3. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Abuse and Closeness Friends.

Table 4.13

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Childhood Maltreatment and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner			
	Model I	Model II	95% CI	
	B	B	LL	UL
Constant	45.28***	44.72***	39.32	50.12
Physical Abuse	-.01	.06	-.18	.31
AC		-.31	-.83	.20
PR		.50*	.02	.97
RP		.62*	.02	1.21
PRE		-.02	-.56	.52
PIP		-.83**	-1.40	-.26
Indirect effect –Physical abuse → AC →		-.00	-.02	.01

Closeness			
Indirect effect – Physical I abuse → PR →		-0.01	-0.03
Closeness			.01
Indirect effect – Physical abuse → RP →		-0.08	-0.19
Closeness			-.00
Indirect effect – Physical abuse → PRE →		.00	-.07
Closeness			.07
Indirect effect – Physical abuse → PIP →		.02	-.01
Closeness			.07
R^2	.00	.03	
ΔR^2		.18	
F	.01	2.64*	

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.13 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Closeness with Intimate Partner) in a comparable manner. To test this model, social relationships (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to closeness with intimate partner; however the link was weak and only marginally significant. Physical maltreatment indirectly influenced closeness with intimate partner by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more physical abuse felt less putting into perspective, which was linked to increased closeness with intimate partner (see Figure 4.4). Other constructs were not shown to be mediated.

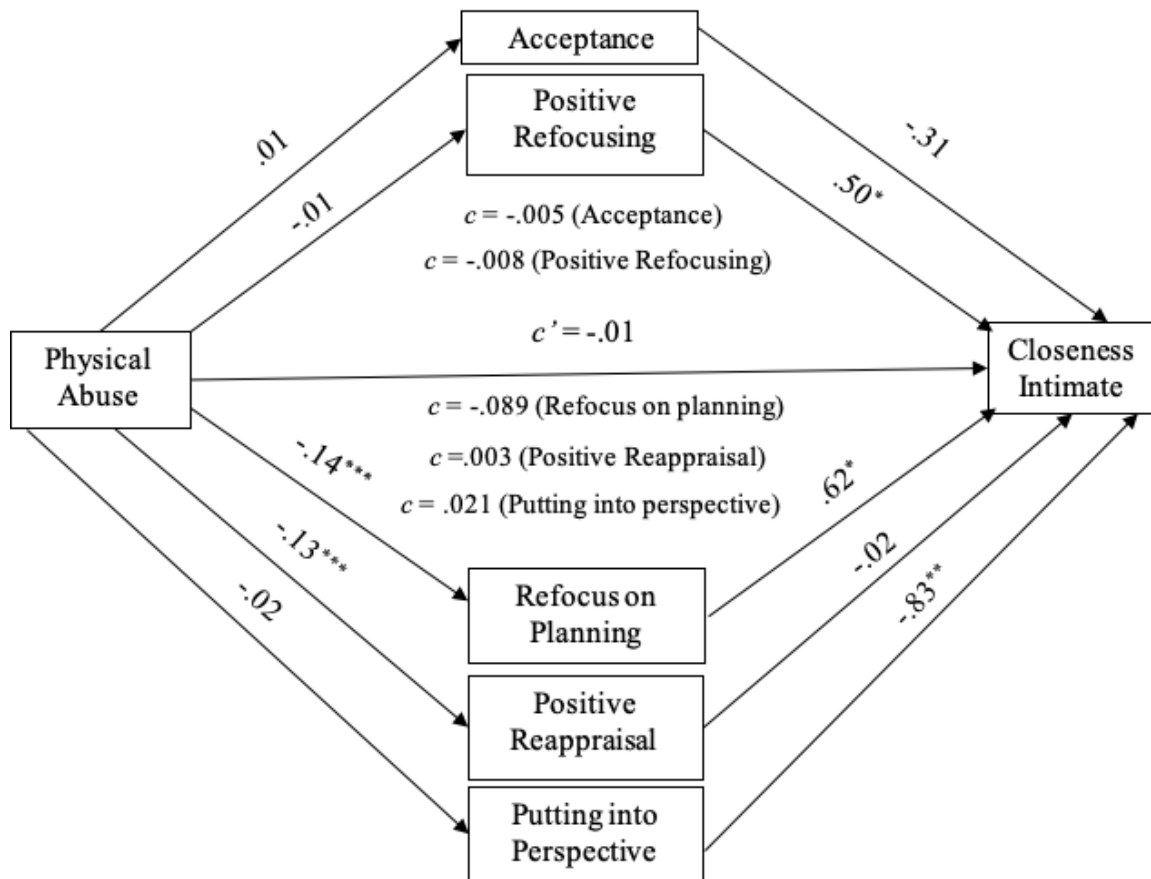


Figure 4.4. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Abuse and Closeness Intimate Partner

Table 4.14

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	51.27***	46.89***	41.76	52.01
Sexual Abuse	-.42***	-.28**	-.50	-.06
AC		.16	-.35	.66
PR		.44	-.01	.90
RP		.55	-.02	1.13

PRE		.36	-.16	.90
PIP		-1.08***	-1.64	-.52
Indirect effect – Sexual abuse → AC → Closeness		.01	-.02	.04
Indirect effect – Sexual abuse → PR → Closeness		-.01	-.04	.00
Indirect effect – Sexual abuse → RP → Closeness		-.07	-.15	.00
Indirect effect – Sexual abuse → PRE → Closeness		-.05	-.14	.03
Indirect effect – Sexual abuse → PIP → Closeness		-.01	-.07	.02
R^2	.04	.08		
ΔR^2		.08		
F	18.26***	6.39***		

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.14 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationships (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to closeness with friends; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced closeness with friends by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more sexual abuse felt less putting into perspective, which was linked to decreased closeness with friend (see Figure 4.5). Other constructs were not shown to be mediated.

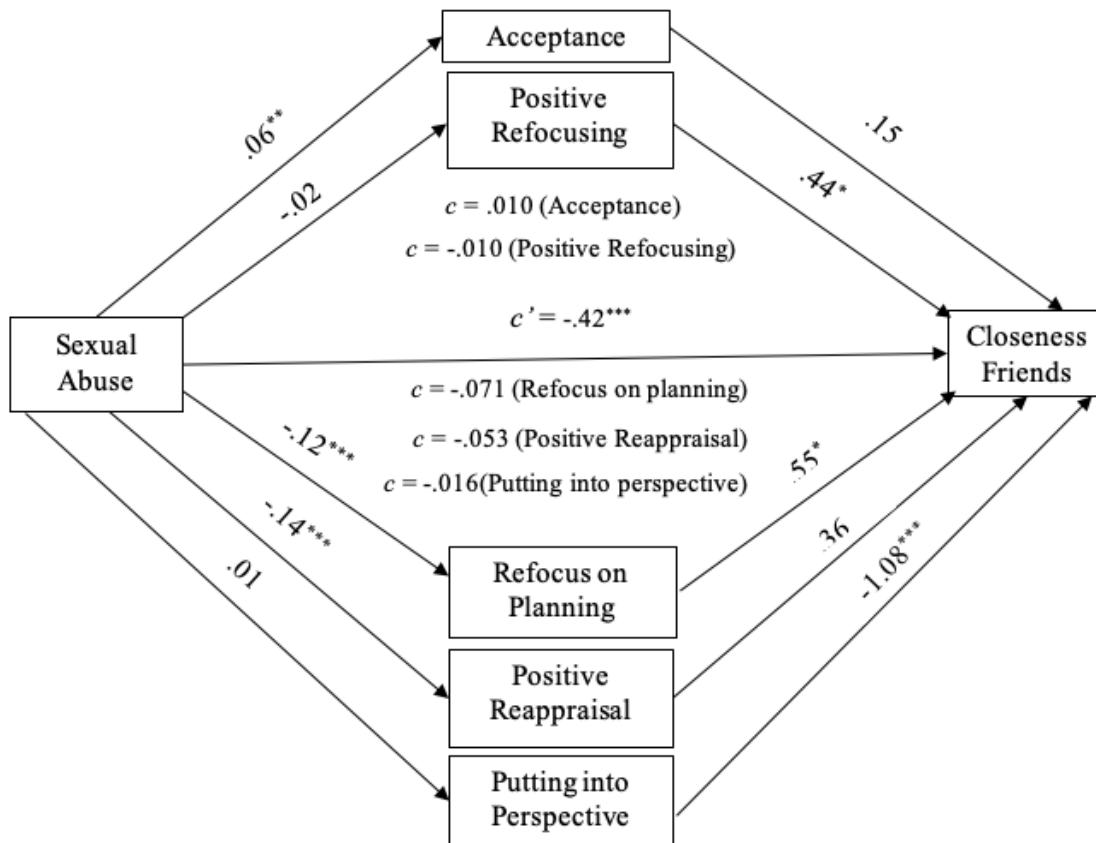


Figure 4.5. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Sexual Abuse and Closeness Friends

Table 4.15

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner			
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	45.67***	44.61***	39.28	49.94
Sexual Abuse	-.05	.07	-.15	.30
AC		-.34	-.86	.19
PR		.50*	.02	.97
RP		.63*	.03	1.23
PRE		-.001	-.55	.55

PIP		-.86**	-1.44	-.28
Indirect effect –Sexual abuse →AC → Closeness		-.02	-.0598	.01
Indirect effect – Sexual abuse→PR→ Closeness		-.01	-.04	.01
Indirect effect –Sexual abuse →RP → Closeness		-.08	-.17	-.01
Indirect effect – Sexual abuse→PRE → Closeness		.00	-.07	.08
Indirect effect – Sexual abuse→PIP → Closeness		-.01	-.05	.02
R^2	.00	.04		
ΔR^2		.16		
F	.29	2.67*		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.15 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Closeness with Intimate Partner) in a comparable manner. To test this model, social relationships (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, sexual abuse was linked to closeness with intimate partner; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced closeness with intimate partner by positive refocusing and refocus on planning, which lowered the direct effect. Participants who had been exposed to more sexual abuse felt less positive refocusing and refocus on planning, which was linked to increased closeness with intimate partner (see Figure 4.6). Other constructs were not shown to be mediated.

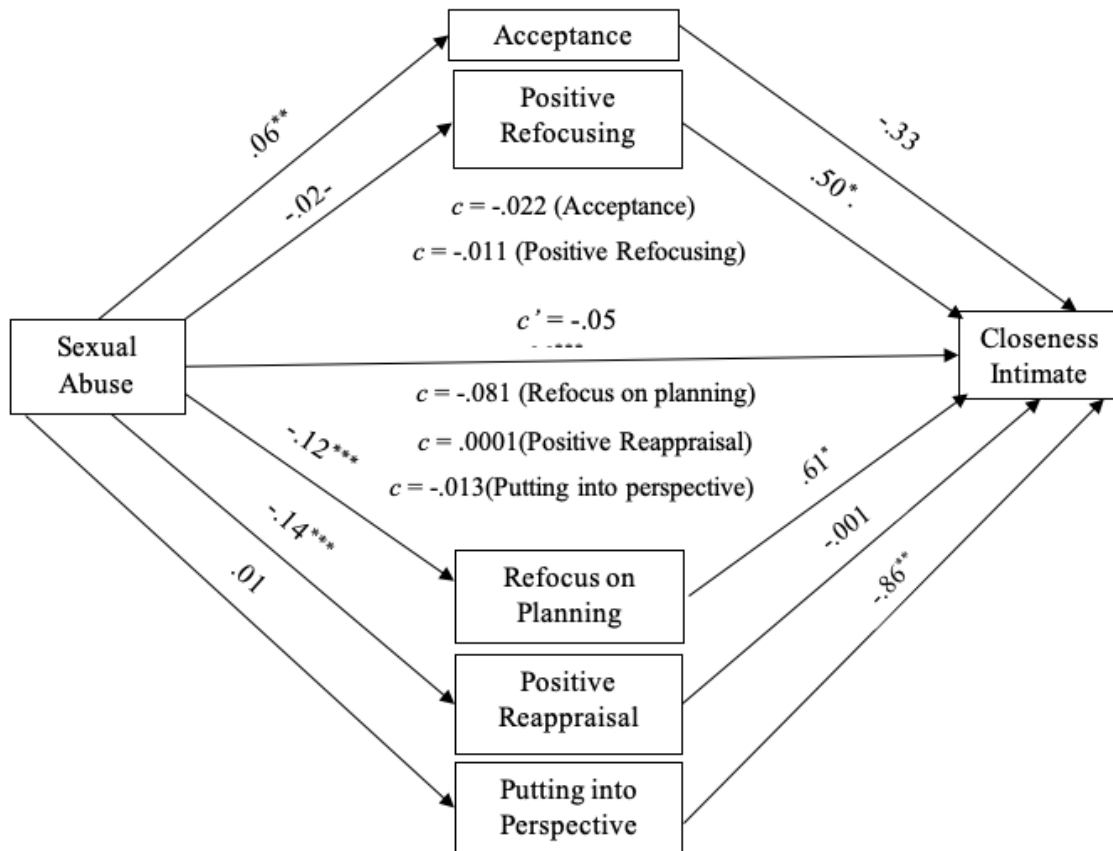


Figure 4.6. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Sexual Abuse and Closeness Intimate Partner

Table 4.16

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	54.94***	52.07***	46.71	57.43
Emotional Neglect	-.58***	-.48***	-.65	-.30
AC		.12	-.35	.61
PR		.27	-.18	.71
RP		.43	-.12	.99
PRE		.27	-.23	.79

PIP		-.89***	-1.44	-.35
Indirect effect -Emotional neglect→AC→Closeness		.002	-.01	.02
Indirect effect -Emotional neglect→PR→Closeness		-.01	-.05	.01
Indirect effect -Emotional neglect→RP→Closeness		-.04	-.10	.01
Indirect effect -Emotional neglect→PRE→Closeness		-.02	-.10	.03
Indirect effect -Emotional neglect→PIP→Closeness		-.01	-.04	.02
R^2	.10	.12		
ΔR^2		.04		
F	49.38***	10.35***		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.16 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationships (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to closeness with friends; however the link was weak and only marginally significant. Emotional neglect indirectly influenced closeness with friends by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt less putting into perspective, which was linked to decreased closeness with friend (see Figure 4.7). Other constructs were not shown to be mediated.

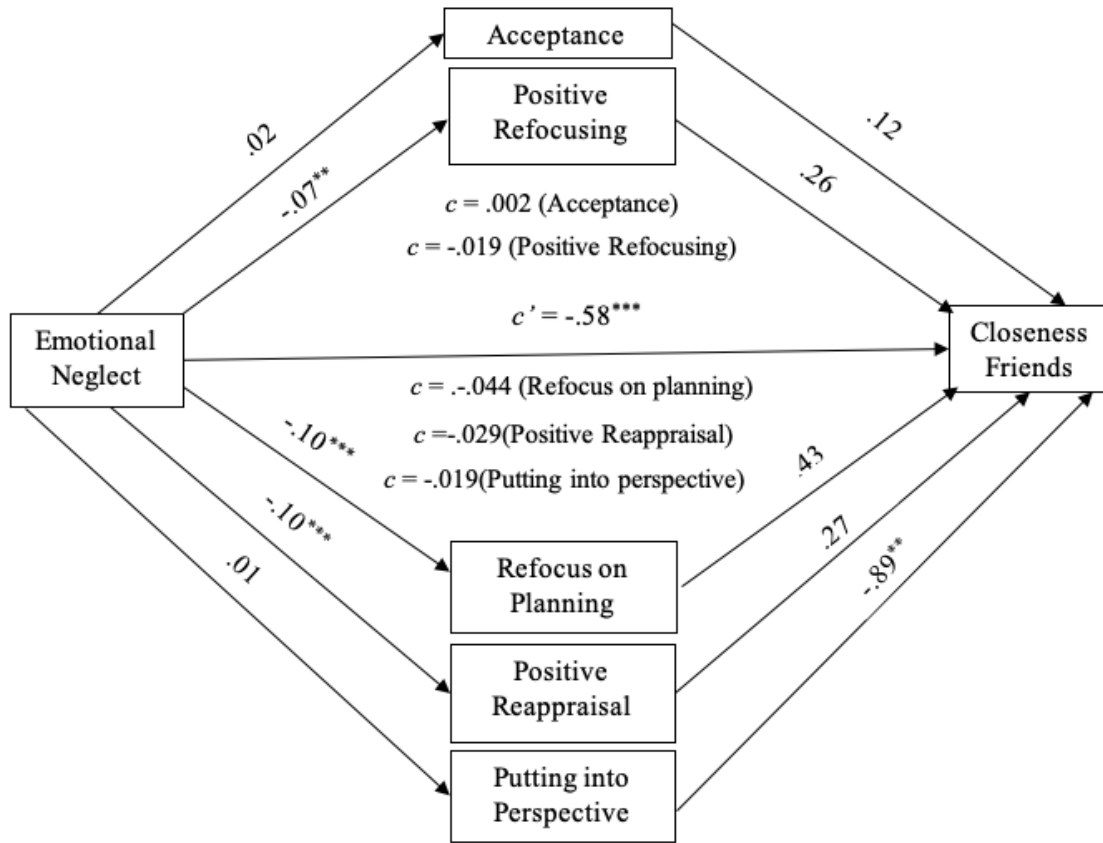


Figure 4.7. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Neglect and Closeness Friend.

Table 4.17

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Closeness Intimate Partner (N = 437)

Predictors	Model I <i>B</i>	Closeness Intimate Partner		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	47.78***	47.40***	41.69	53.11
Emotional Neglect	-.20*	-.11	-.30	.07
AC		-.27	-.79	.24
PR		.47	-.001	.95
RP		.51	-.08	1.10
PRE		-.11	-.65	.43

PIP		-.73**	-1.32	-.15
Indirect effect -Emotional neglect →AC→ Closeness		-.01	-.02	.01
Indirect effect -Emotional neglect→PR→ Closeness		-.03	-.07	-.00
Indirect effect -Emotional neglect→RP→ Closeness		-.05	-.11	.01
Indirect effect -Emotional neglect→PRE → Closeness		.01	-.04	.07
Indirect effect -Emotional neglect→PIP → Closeness		-.01	-.03	.02
<i>R</i> ²	.01	.04		
ΔR^2		.09		
<i>F</i>	5.26*	2.84**		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.17 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationships (Closeness with intimate partner) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to closeness with intimate partner; however the link was weak and only marginally significant. Emotional neglect indirectly influenced closeness with intimate partner by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt less putting into perspective, which was linked to decreased closeness with intimate partner (see Figure 4.8). Other constructs were not shown to be mediated.

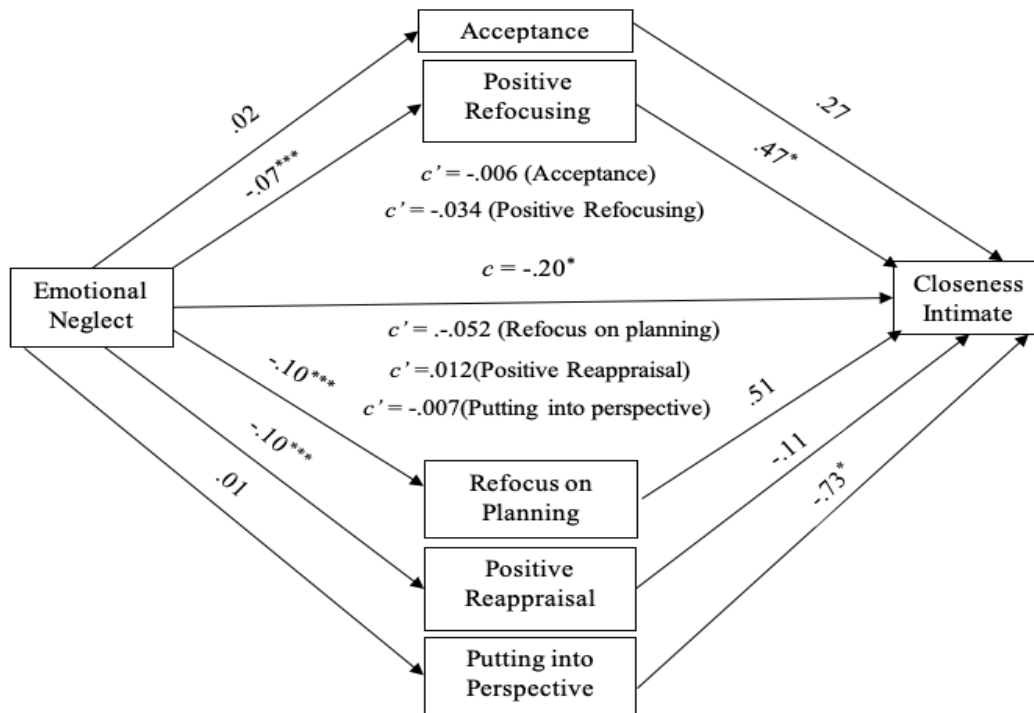


Figure 4.8. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Neglect and Closeness Intimate Partner

Table 4.18

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	54.50***	53.56***	47.71	59.40
Physical Neglect	-.68***	-.63***	-.87	-.38
AC		.23	-.25	.72
PR		.40	-.04	.85
RP		.43	-.12	.99
PRE		.10	-.42	.64
PIP		-1.12***	-1.66	-.59
Indirect effect –Physical neglect → AC → Closeness		.01	-.01	.04

Indirect effect –Physical neglect→ PR → Closeness		-0.03	-0.08	.00
Indirect effect –Physical neglect→ RP → Closeness		-0.08	-0.18	.02
Indirect effect –Physical neglect→ PRE → Closeness		-0.02	-0.16	.10
Indirect effect –Physical neglect→ PIP → Closeness		.07	.02	.14
R^2	.08	.12		
ΔR^2		.06		
F	38.88***	9.77***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.18 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationships (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to closeness with friends, however the link was weak and only marginally significant. Physical neglect indirectly influenced closeness with friends by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more physical neglect felt less putting into perspective, which was linked to decreased closeness with friend (see Figure 4.9). Other constructs were not shown to be mediated.

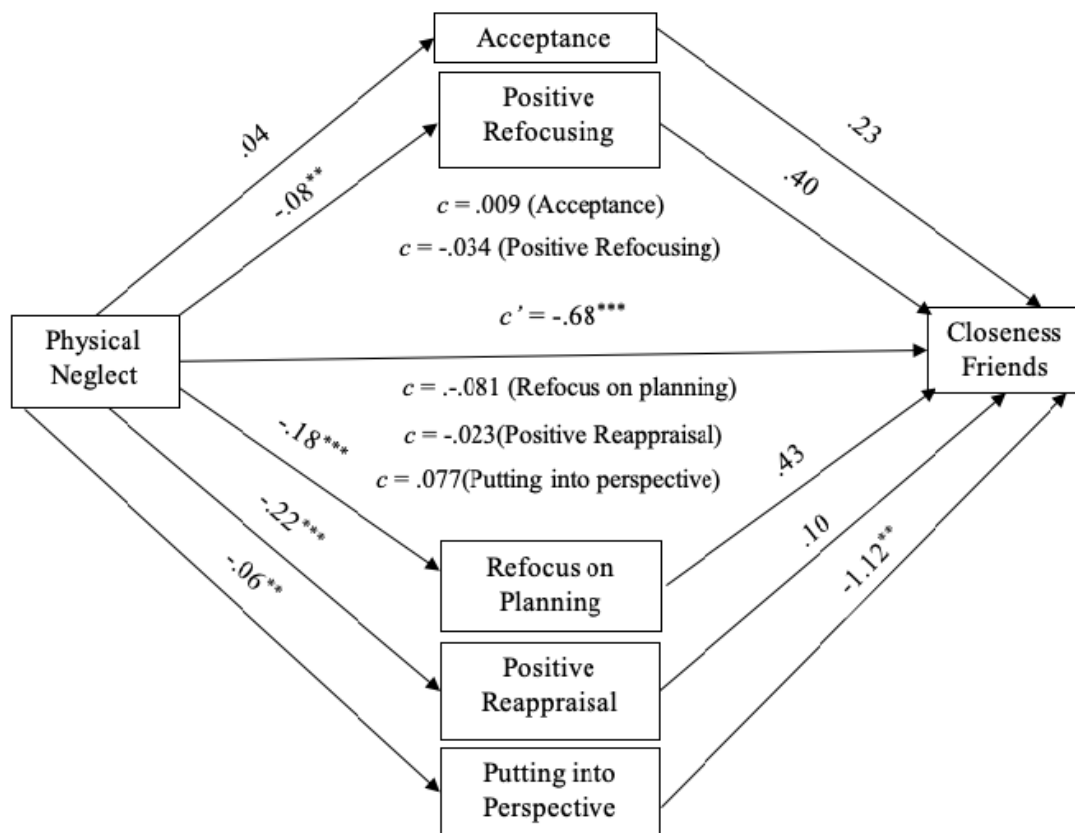
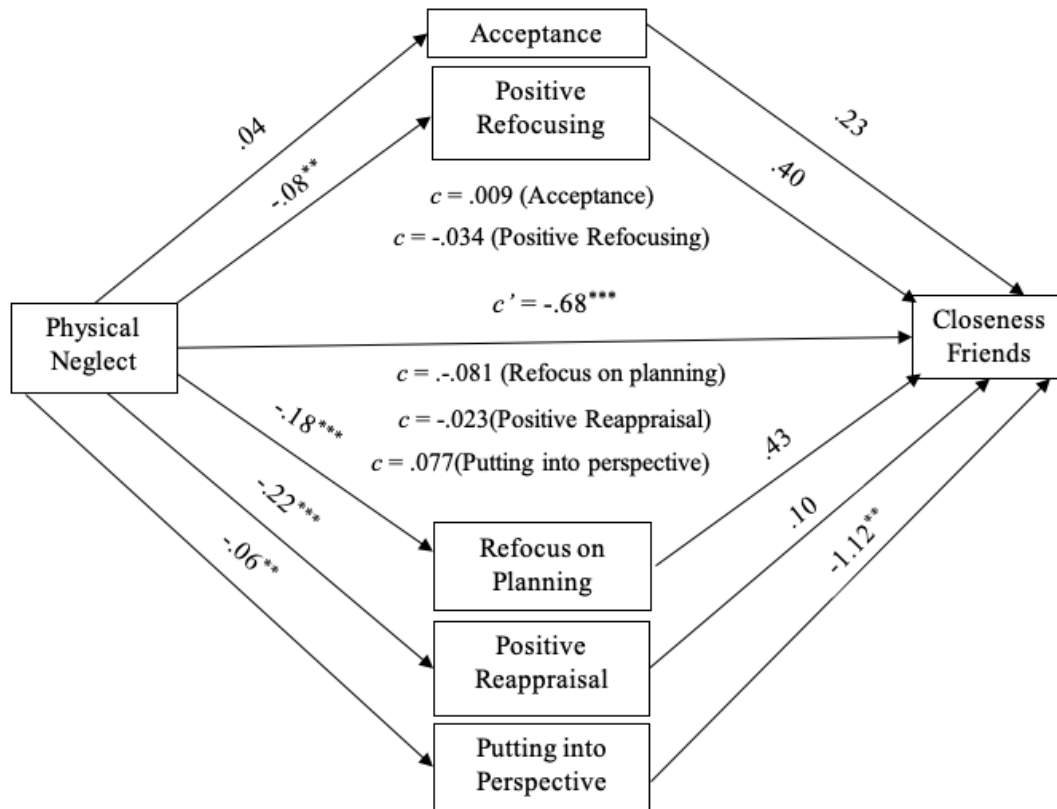


Figure 4.9. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Neglect and Closeness Friends.

Table 4.19

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Closeness Intimate Partner (N = 437)

Predictors	Model I <i>B</i>	Closeness Intimate Partner		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	49.64***	52.38***	46.25	58.51
Physical Neglect	-.43***	-.44**	-.70	-.18
AC		-.15	-.67	.36
PR		.50*	.03	.97
RP		.35	-.23	.94
PRE		-.35	-.91	.20
PIP		-.73**	-1.29	-.17
Indirect effect –Physical neglect → AC → Closeness		-.01	-.03	.01
Indirect effect –Physical neglect → PR → Closeness		-.04	-.09	-.00
Indirect effect –Physical neglect → RP → Closeness		-.06	-.19	.03
Indirect effect –Physical neglect → PRE → Closeness		.08	-.04	.21
Indirect effect –Physical neglect → PIP → Closeness		.05	.01	.11
<i>R</i> ²	.03	.06		
ΔR^2		.07		
<i>F</i>	14.22***	4.59***		

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.19 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationships (Closeness with intimate partner) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to closeness with intimate partner; however the link was weak and only marginally significant. Physical neglect indirectly influenced closeness with intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more physical neglect felt less positive refocusing, which was linked to increased closeness with intimate partner (see Figure 4.10). Other constructs were not shown to be mediated.

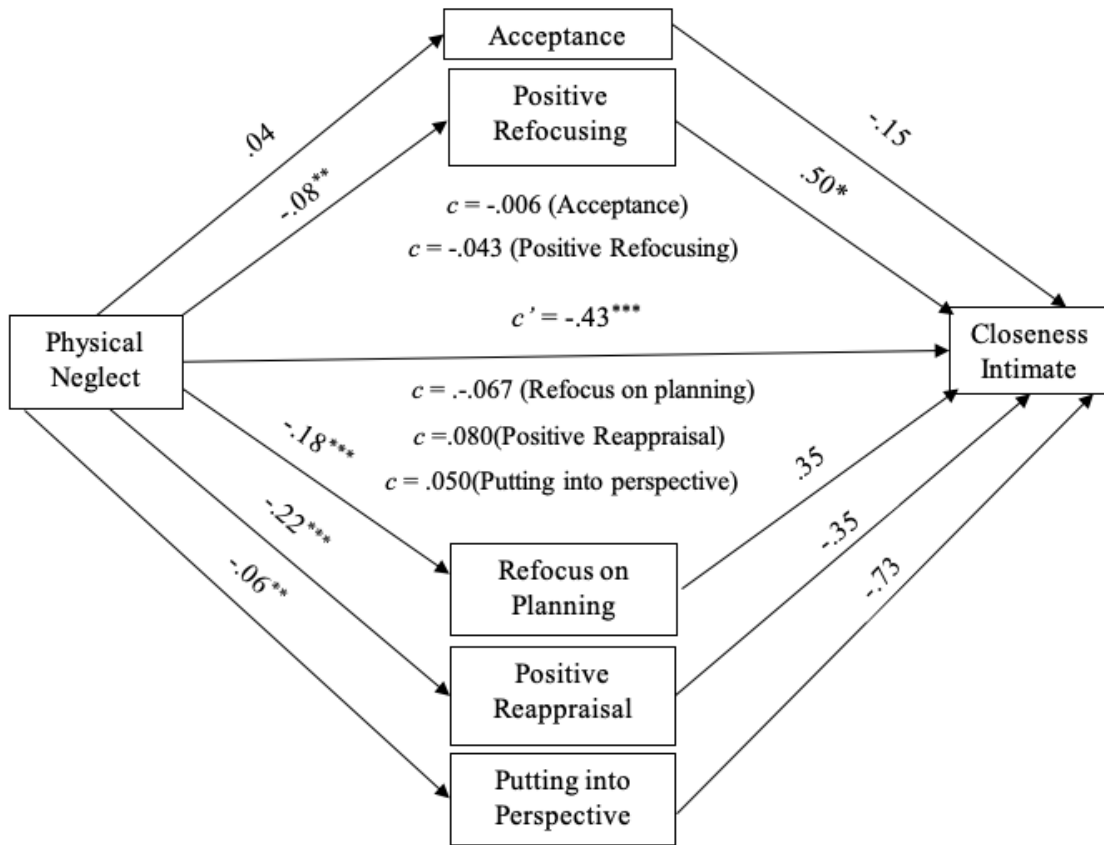


Figure 4.10. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Neglect and Closeness Intimate Partner

Table 4.20

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Denial and Closeness Friends (N = 437)

Predictors	Closeness Friends		95% CI	
	Model I B	Model II B	LL	UL
Constant	42.01***	40.65***	35.58	45.71
Denial	.55***	.36**	.08	.64
AC		.08	-.41	.58
PR		.31	-.15	.77
RP		.67*	.10	1.23
PRE		.45	-.06	.97
PIP		-1.11***	-1.66	-.55
Indirect effect – Denial → AC → Closeness		-.004	-.03	.02
Indirect effect – Denial → PR → Closeness		.03	-.01	.10



Indirect effect – Denial → RP → Closeness	.06	.01	.13
Indirect effect – Denial → PRE → Closeness	.05	-.01	.14
Indirect effect –Denial→ PIP → Closeness	.03	-.02	.10
R^2	.03	.08	
ΔR^2		-.05	
F	15.99***	6.40***	

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.20 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, denial was linked to closeness with friends; however the link was weak and only marginally significant. Denial indirectly influenced closeness with friends by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more denial felt less putting into perspective, which was linked to decreased closeness with friend (see Figure 4.11). Other constructs were not shown to be mediated.

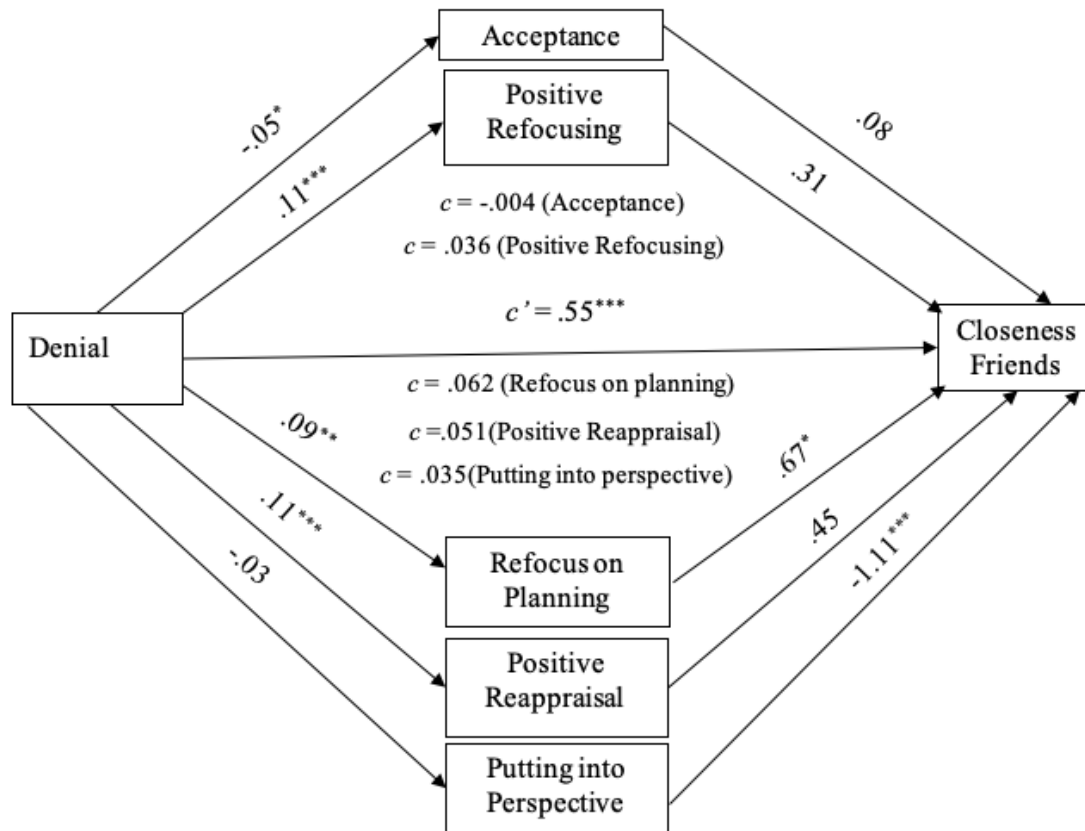


Figure 4.11. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Denial and Closeness Friend

Table 4.21

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Denial and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner				
	Model I	Model II	95% CI		
	B	B	LL	UL	
Constant	41.02***	42.92***	37.68	48.17	
Denial	.42**	.30*	.01	.59	
AC		-.25	-.77	.26	
PR		.43	-.04	.91	
RP		.51	-.06	1.10	
PRE		-.12	-.66	.41	
PIP		-.71*	-1.28	-.13	
Indirect effect – Denial → AC → Closeness		.01	-.01	.04	
Indirect effect – Denial → PR → Closeness		.05	-.00	.11	

Indirect effect – Denial → RP → Closeness	.04	-.01	.12
Indirect effect – Denial → PRE → Closeness	-.01	-.07	.04
Indirect effect – Denial → PIP → Closeness	.02	-.01	.07
R^2	.02	.04	
ΔR^2		.07	
F	9.02**	3.32**	

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.21 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Closeness with Intimate Partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, denial was linked to closeness with intimate partner; however the link was weak and only marginally significant. Denial indirectly influenced closeness with intimate partner by putting things into perspective, which lowered the direct effect. Participants who had been exposed to more denial felt less putting into perspective, which was linked to decreased closeness with intimate partner (see Figure 4.12). Other constructs were not shown to be mediated.

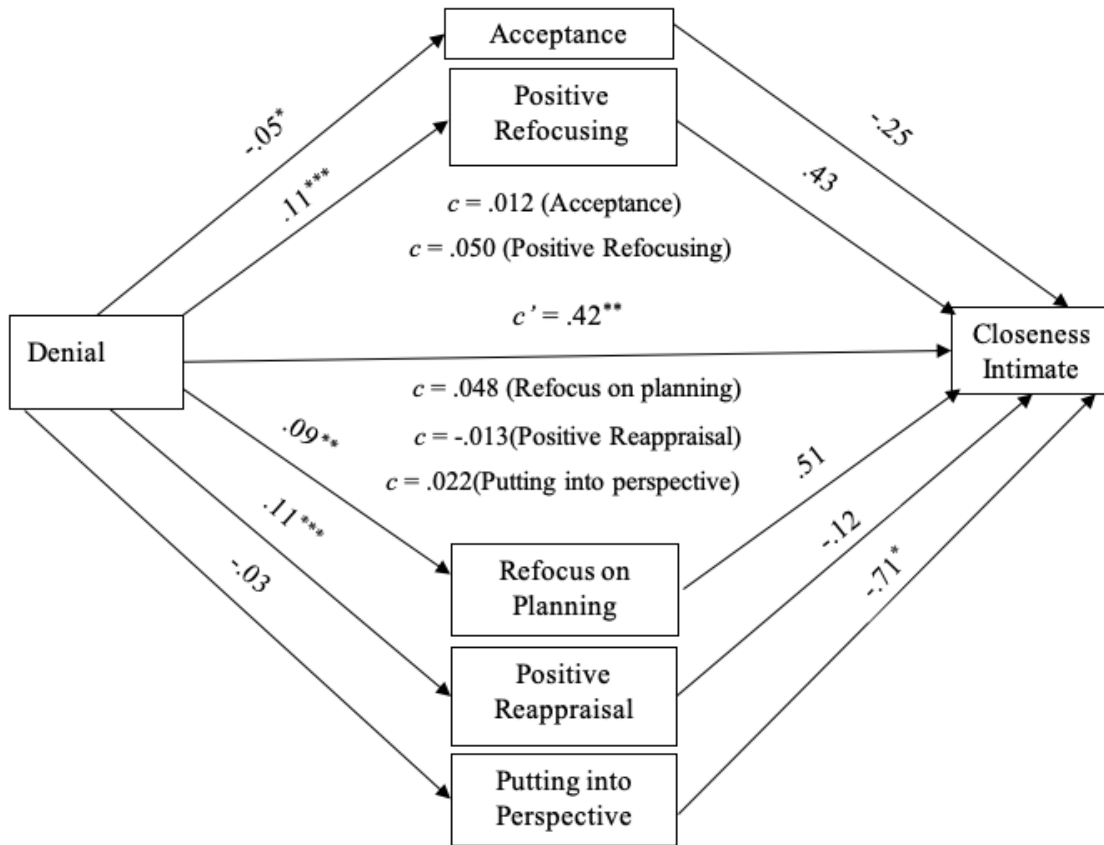


Figure 4.12. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Denial and Closeness Intimate Partner.

Table 4.22

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Abuse and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner				
	Model I	Model II		95% CI	
	B	B	LL	UL	
Constant	28.59***	25.85***	20.48	31.23	
Emotional Abuse	1.04***	1.10***	.87	1.34	
AC		.17	-.30	.66	
PR		-.77***	-1.21	-.32	
RP		.26	-.28	.81	
PRE		.28	-.23	.81	
PIP		.29	-.23	.82	
Indirect effect – Emotional abuse → AC → Discord		.005	-.01	.02	

Indirect effect – Emotional abuse → PR → Discord	.03	.00	.08
Indirect effect – Emotional abuse → RP → Discord	-.03	-.12	.04
Indirect effect – Emotional abuse → PRE → Discord	-.05	-.15	.03
Indirect effect – Emotional abuse → PIP → Discord	-.01	-.04	.01
R^2	.17	.20	
ΔR^2		.16	
F	90.29***	17.98***	

Note. CI = Confidence Interval; LL = Lower Limit; UL = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.22 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced discord intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure 4.13). Other constructs were not shown to be mediated.

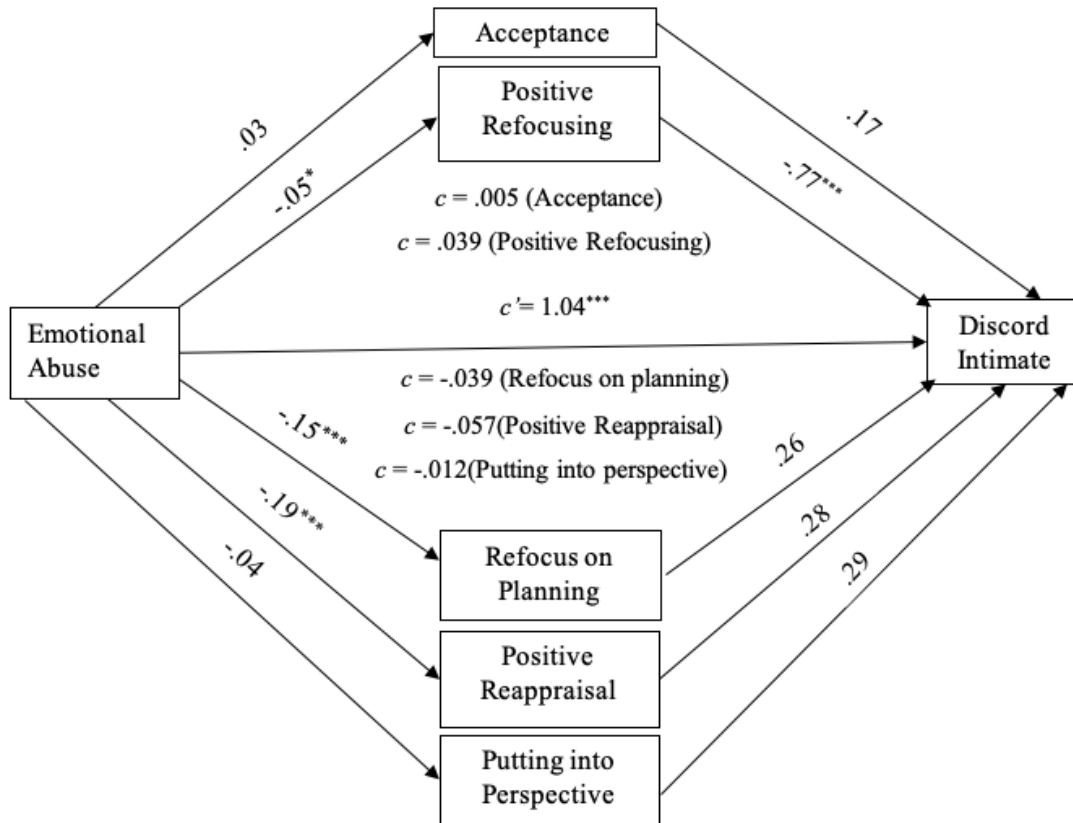


Figure 4.13. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Abuse and Discord Intimate Partner.

Table 4.23

Parallel Mediation Analysis for Positive Cognitive Emotional Regulation in Relationship between Physical Abuse and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	31.63***	31.46***	26.23	36.68
Physical Abuse	.83***	.84***	.60	1.08
AC		.31	-.18	.81
PR		-.82***	-1.28	-.36
RP		.26	-.31	.84
PRE		-.12	-.65	.40
PIP		.35	-.19	.90
Indirect effect – Physical abuse → AC → Discord		.005	-.01	.02

Indirect effect – Physical abuse → PR → Discord	.01	-.01	.05
Indirect effect – Physical abuse → RP → Discord	-.03	-.12	.04
Indirect effect – Physical abuse → PRE → Discord	.01	-.05	.09
Indirect effect – Physical abuse → PIP → Discord	-.01	-.04	.01
R^2	.10	.00	
ΔR^2		.04	
F	51.56***	11.49***	

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.23 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Physical maltreatment indirectly influenced discord intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more physical abuse felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure 4.14). Other constructs were not shown to be mediated.

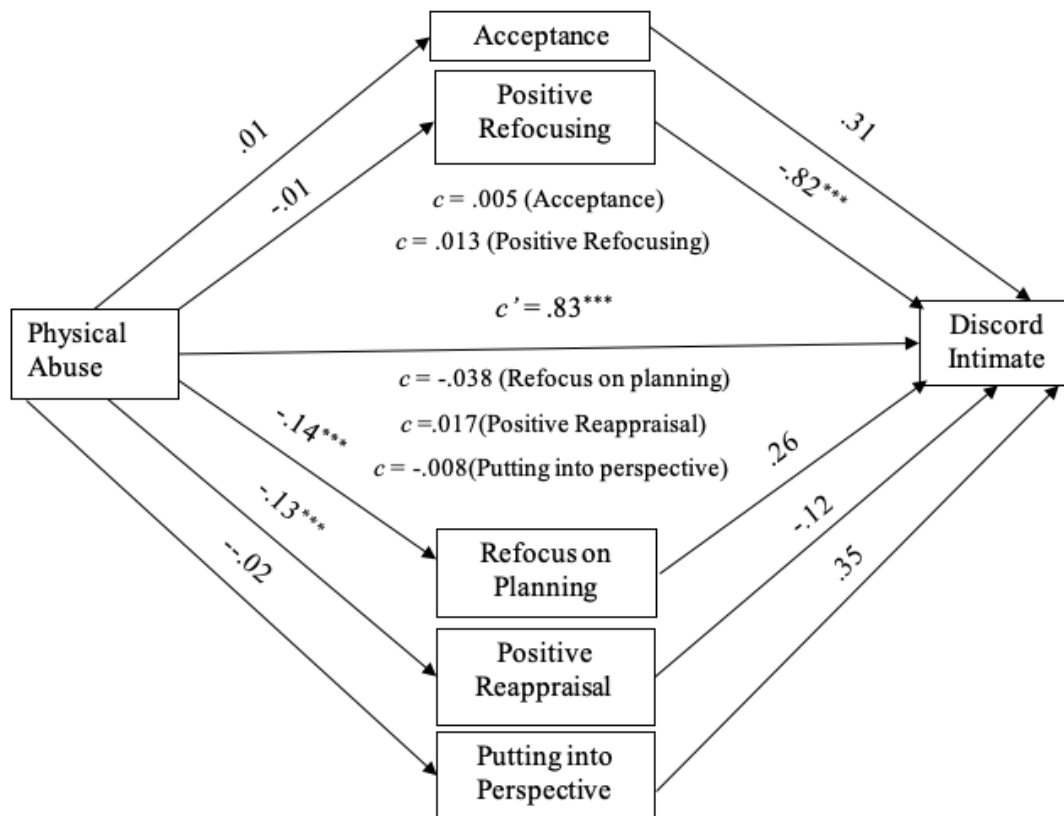


Figure 4.14. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Abuse and Discord Intimate Partner.

Table 4.24

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	28.90***	27.99***	23.17	32.81
Sexual Abuse	1.03***	1.13***	.92	1.33
AC		-.08	-.55	.39
PR		-.82***	-1.25	-.39
RP		.59*	.04	1.13
PRE		.26	-.24	.76

PIP		-06	-59	.45
Indirect effect – Sexual abuse → AC →		-005	-04	.02
Discord				
Indirect effect – Sexual abuse → PR →		.01	-01	.05
Discord				
Indirect effect – Sexual abuse → RP →		-07	-16	-.00
Discord				
Indirect effect – Sexual abuse → PRE →		-03	-11	.03
Discord				
Indirect effect – Sexual abuse → PIP →		-001	-01	.01
Discord				
R^2	.21	.24		
ΔR^2		.03		
F	119.11***	23.40***		

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.24 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, sexual abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced discord with intimate partner by refocus on planning, which lowered the direct effect. Participants who had been exposed to more sexual abuse felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure 4.15). Other constructs were not shown to be mediated.

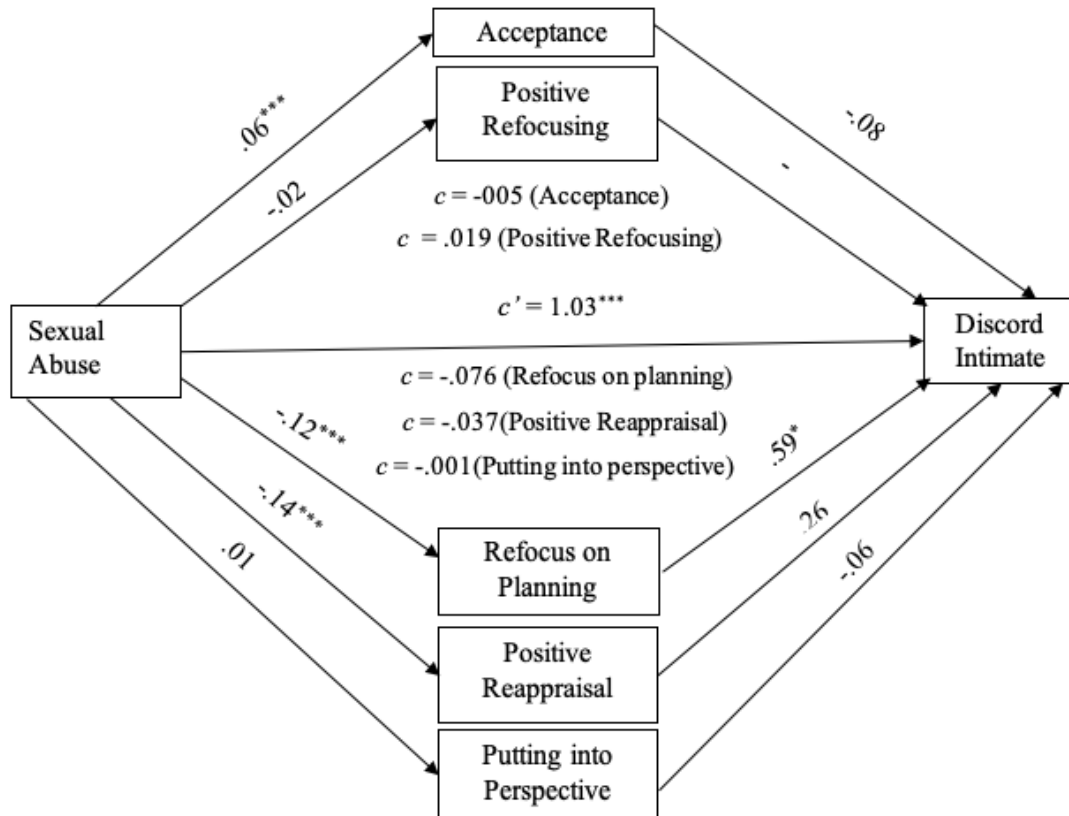


Figure 4.15. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Sexual Abuse and Discord Intimate Partner.

Table 4.25

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner				
	Model I	Model II	95% CI		
	β	B	LL	UL	
Constant	30.94***	31.73***	26.09	37.37	
Emotional Neglect	.55***	.50***	.32	.69	
AC		.33	-.17	.84	
PR		-.54*	-1.01	-.07	
RP		.15	-.43	.74	
PRE		-.16	-.70	.37	
PIP		.19	-.38	.76	

Indirect effect – Emotional neglect → AC Discord	.01	-.01	.02
Indirect effect – Emotional neglect → PR Discord	.03	.01	.08
Indirect effect – Emotional neglect → RP → Discord	-.01	-.07	.03
Indirect effect – Emotional neglect → PRE → Discord	.01	-.03	.07
Indirect effect – Emotional neglect → PIP Discord	.002	-.01	.02
R^2	.08	.10	
ΔR^2		.02	
F	41.33***	8.23***	

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.25 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to discord with intimate partner; however the link was weak and only marginally significant. Emotional neglect maltreatment indirectly influenced discord with intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure 4.16). Other constructs were not shown to be mediated.

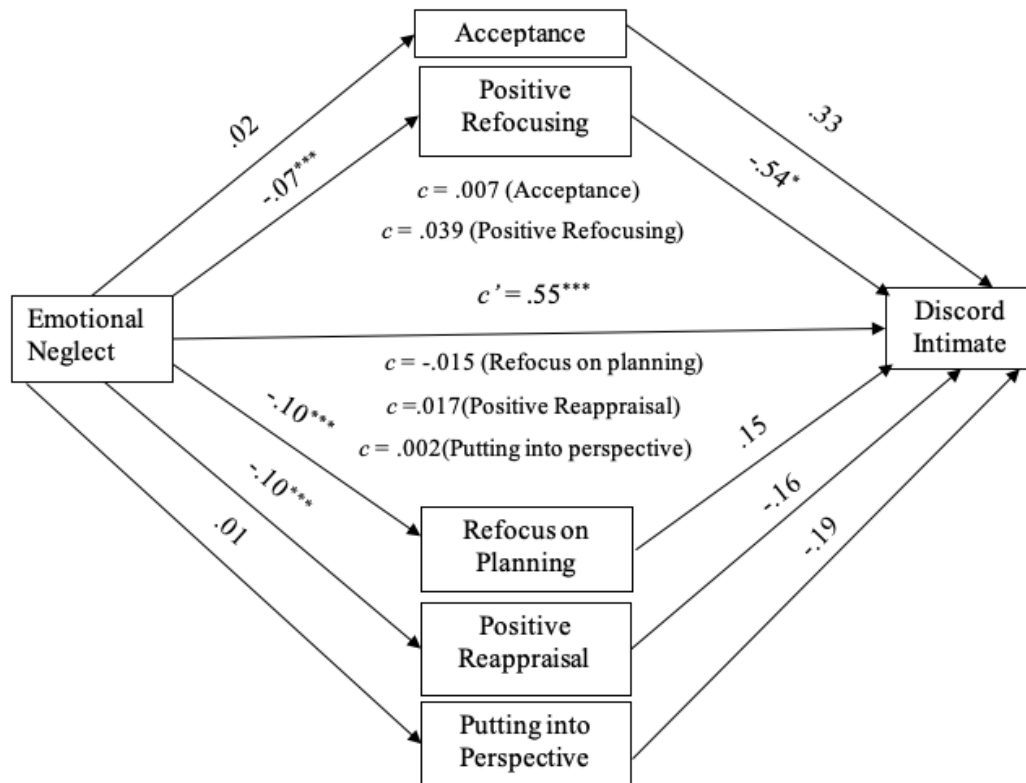


Figure 4.16. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Emotional Neglect and Discord Intimate Partner.

Table 4.26

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner				
	Model I	Model II	95% CI		
	B	B	LL	UL	
Constant	28.47***	24.65***	18.75	30.55	
Physical Neglect	.93***	1.01***	.77	1.26	
AC		.09	-.39	.59	
PR		-.69**	-1.14	-.23	
RP		.33	-.23	.90	
PRE		.26	-.27	.80	
PIP		.36	-.17	.90	
Indirect effect – Physical neglect → AC → Discord		.004	-.01	.02	
Indirect effect – Physical neglect → PR → Discord		.05	.01	.10	

Discord			
Indirect effect – Physical neglect → RP →		-0.06	-0.17
Discord			.03
Indirect effect – Physical neglect → PRE →		-0.05	-0.17
Discord			.05
Indirect effect – Physical neglect → PIP →		-0.02	-0.07
Discord			.01
R^2	.14	.16	
ΔR^2		.02	
F	71.84***	14.56***	

Note. CI = Confidence Interval; LL = Lower Limit; UL = Limit; AC = Acceptance; PR = Positive Refocusing; RP = Refocus on Planning; PRE = Positive Reappraisal; PIP = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.26 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to discord with intimate partner; however the link was weak and only marginally significant. Physical neglect maltreatment indirectly influenced discord with intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more physical neglect felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure 4.17). Other constructs were not shown to be mediated

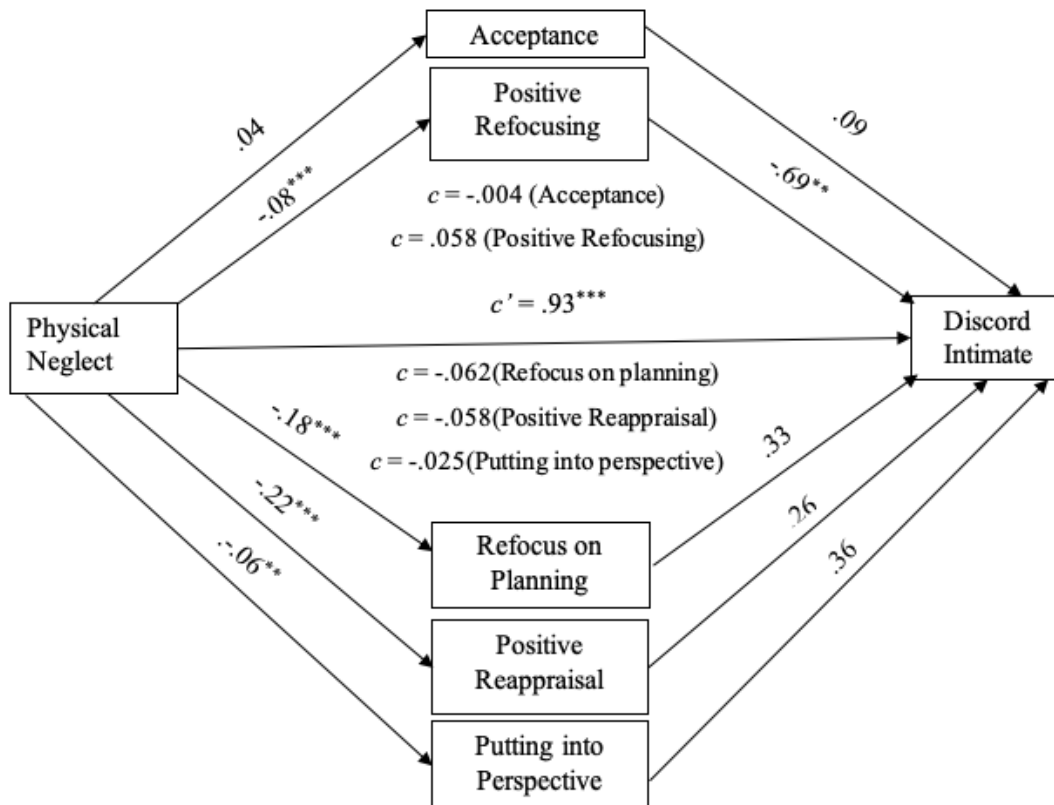


Figure 4.17. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Physical Neglect and Discord Intimate Partner

Table 4.27

Parallel Mediation Analysis for Adaptive Cognitive Emotional Regulation in Relationship between Denial and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner				
	Model I	Model II	95% CI		
	<i>B</i>	<i>B</i>	<i>LL</i>	<i>UL</i>	
Constant	45.67***	45.85***	40.59	51.11	
Denial	-.76***	-.64***	-.93	-.35	
AC		.34	-.17	.85	
PR		-.52*	-1.00	-.04	
RP		-.04	-.62	.54	
PRE		-.29	-.83	.24	
PIP		.32	-.25	.89	
Indirect effect – Denial → AC → Discord		-.01	-.05	.01	

Indirect effect – Denial → PR → Discord		-0.06	-0.13	-0.00
Indirect effect – Denial → RP → Discord		-0.00	-0.05	.04
Indirect effect – Denial → PRE → Discord		-0.03	-0.10	.02
Indirect effect – Denial → PIP → Discord		-0.01	-0.04	.01
R^2	.06	.08		
ΔR^2		.02		
F	29.66***	6.48***		

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit; *AC* = Acceptance; *PR* = Positive Refocusing; *RP* = Refocus on Planning; *PRE* = Positive Reappraisal; *PIP* = Putting into Perspective
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.27 represents parallel mediation which proposes that all five cognitive emotion regulation adaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Discord with Intimate Partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and five cognitive emotion regulation adaptive constructs as mediators. After mediators were taken into consideration, denial was linked to discord with intimate partner; however the link was weak and only marginally significant. Denial indirectly influenced discord with intimate partner by positive refocusing, which lowered the direct effect. Participants who had been exposed to more denial felt less positive refocusing, which was linked to increased discord with intimate partner (see Figure. 4.18). Other constructs were not shown to be mediated

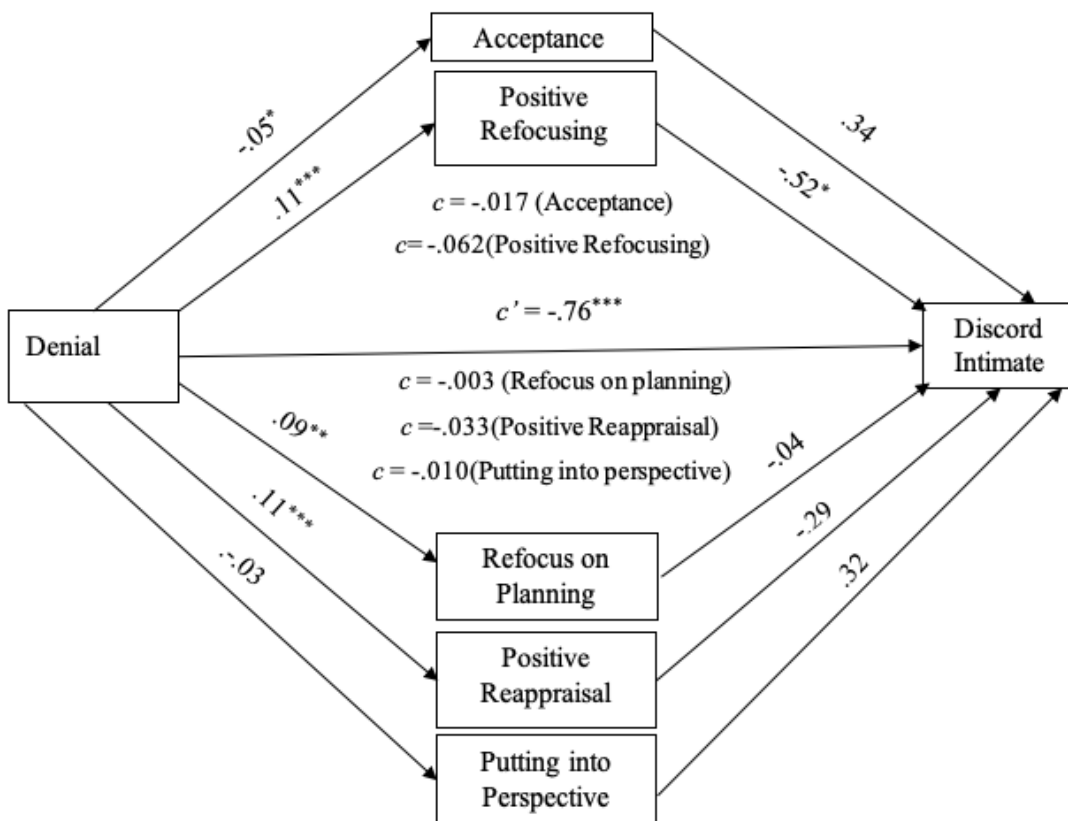


Figure 4.18. Parallel mediation of Cognitive Emotion Regulation (adaptive) between Denial and Discord Intimate Partner.

Table 4.28

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional abuse and Closeness friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	53.42***	50.51***	46.61	54.41
Emotional Abuse	-.66***	-.65***	-.88	-.42

SB		-.74**	-1.19	-.28
RU		.61*	.12	1.10
BO		.54*	.01	1.06
Cat		.14	-.31	.60
Indirect effect - Emotional abuse → SB → Closeness		-.05	-.11	-.01
Indirect effect - Emotional abuse → RU → Closeness		.01	-.02	.04
Indirect effect - Emotional abuse → BO → Closeness		.02	-.00	.06
Indirect effect - Emotional abuse → CA → Closeness		.02	-.06	.10
R^2	.27	.33		
ΔR^2		.06		
F	34.41***	10.84***		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.28 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to closeness with friends; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced closeness with friends by self blame, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt more self blame, which was linked to decreased closeness with friend (see Figure 4.19). Other constructs were not shown to be mediated.

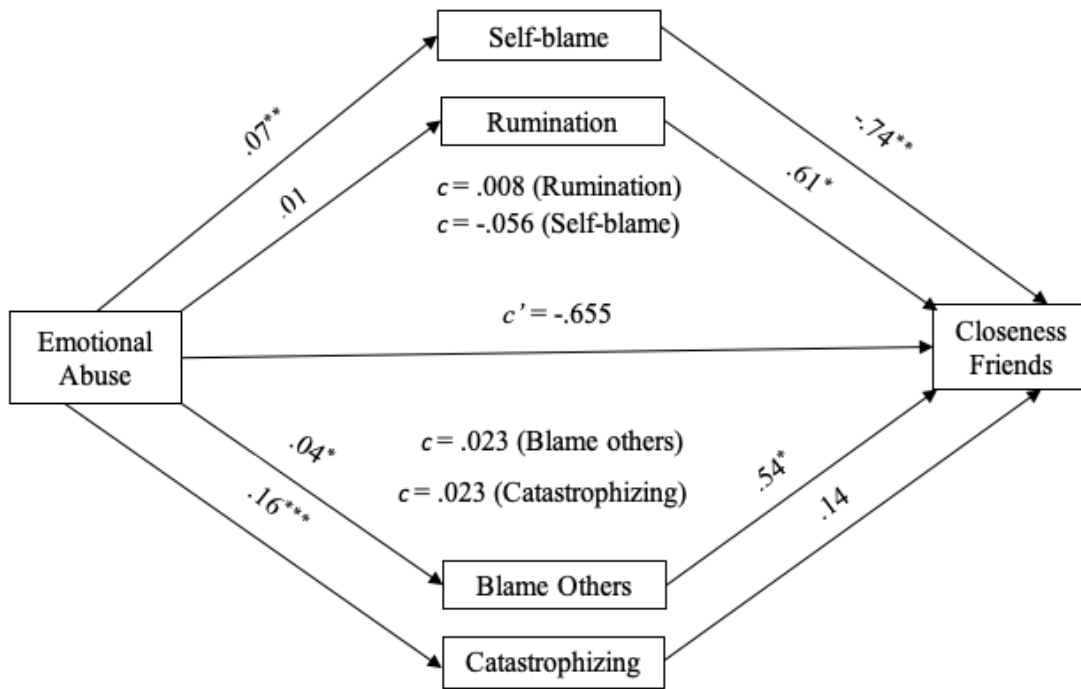


Figure 4.19. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Abuse and Closeness Friend.

Table 4.29

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Abuse and Closeness Intimate Partner (N = 437)

Predictors	Model I <i>B</i>	Closeness Intimate Partner			
		Model II <i>B</i>	95% <i>CI</i>		
			<i>LL</i>	<i>UL</i>	
Constant	46.86***	47.54***	43.39	51.69	
Emotional Abuse	-.18	-.13	-.37	.11	
SB		-.61*	-1.10	-.12	
RU		.29	-.23	.81	
BO		.27	-.28	.83	
Cat		-.13	-.62	.34	
Indirect effect -Emotional abuse → SB → Closeness		-.04	-.10	-.01	

Indirect effect -Emotional abuse →RU→ Closeness		.00		-01		.02
Indirect effect -Emotional abuse →BO→ Closeness		.01				.04
Indirect effect -Emotional abuse →CA→ Closeness		-.02		-.10		.05
R^2	.005		.009			
ΔR^2			-.003			
F	2.47		4.21			

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.29 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to closeness with intimate partner; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced closeness with intimate partner by self blame, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt more self blame, which was linked to decreased closeness with intimate partner (see Figure 4.20). Other constructs were not shown to be mediated.

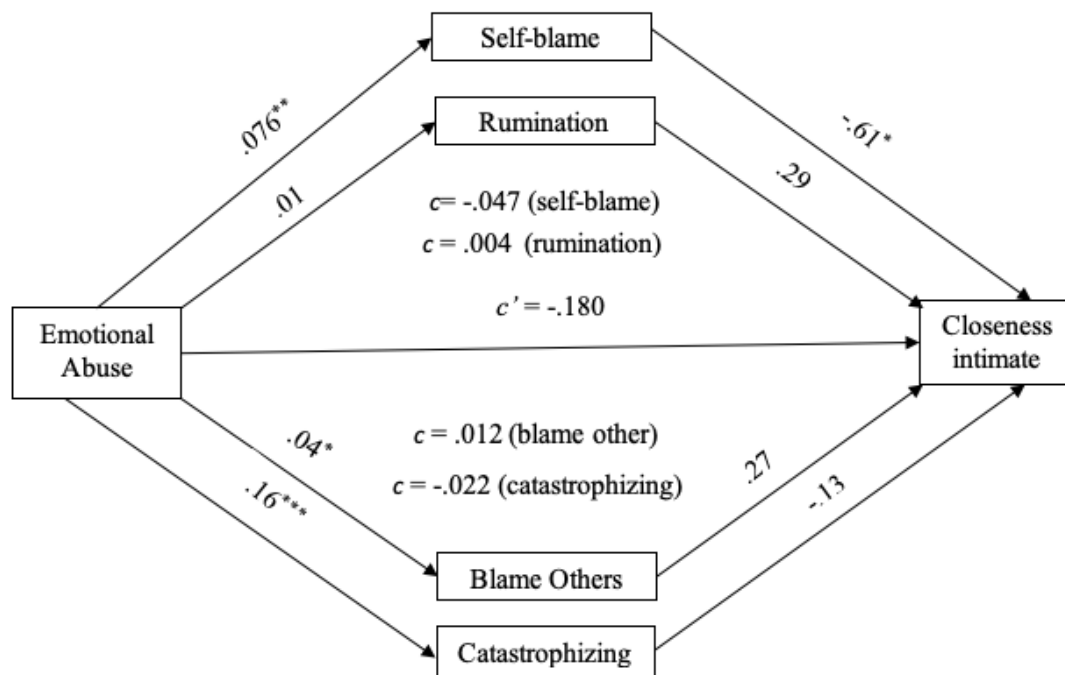


Figure 4.20. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Abuse and Closeness Intimate Partner.

Table 4.30

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Abuse and Closeness Friend (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	49.90***	48.17***	44.24	52.09
Physical Abuse	-.31**	-.30**	-.53	-.06
SB		-.83**	-.130	-.36
RU		.76**	.26	1.27
BO		.52	-.01	1.06
Cat		-.15	-.61	.30
Indirect effect -Physical abuse → SB → Closeness		-.02	-.11	-.01
Indirect effect -Physical abuse → RU → Closeness		.01	.004	.08

Indirect effect –Physical abuse→BO → Closeness		.01	-.003	.06
Indirect effect -Physical abuse →CA→ Closeness		-.01	-.07	.03
R^2	.01	.06		
ΔR^2		-.05		
F	7.34**	5.63***		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.30 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to closeness with friends; however the link was weak and only marginally significant. Physical maltreatment indirectly influenced closeness with friends by self blame and rumination, which lowered the direct effect. Participants who had been exposed to more physical abuse felt more self blame, which was linked to decreased closeness with friend and participants who had been exposed to more physical abuse felt more rumination , which was linked to increased closeness with friend (see Figure 4.21). Other constructs were not shown to be mediated.

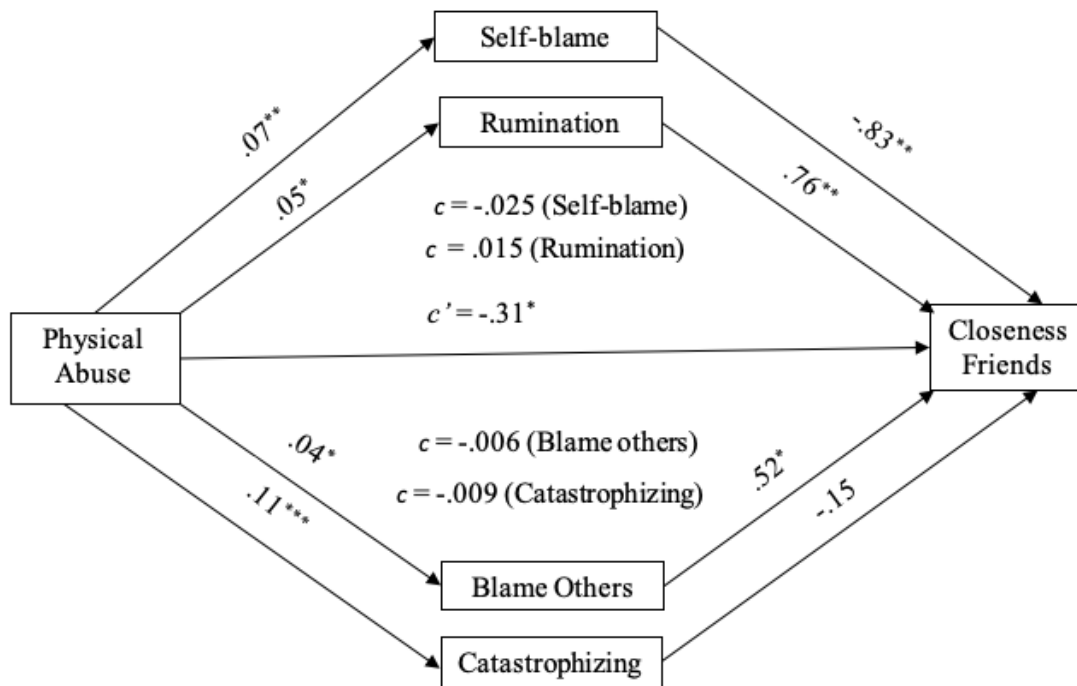


Figure 4.21. Parallel mediation of Cognitive Emotion Regulation (maladaptive)

between Physical Abuse and Closeness Friend.

Table 4.31

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Abuse and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner		95% CI	
	Model I <i>B</i>	Model II <i>B</i>	<i>LL</i>	<i>UL</i>
Constant	45.28***	46.64***	42.57	50.72
Physical Abuse	-.10	.03	-.20	.27
SB		-.64**	-1.13	-.16
RU		.32	-.20	.84
BO		.26	-.29	.82
Cat		-.22	-.70	.24
Indirect effect -Physical abuse → SB → Closeness		-.04	-.09	-.01
Indirect effect -Physical abuse → RU → Closeness		.01	-.01	.05
Indirect effect -Physical abuse → BO → Closeness		-.02	-.01	.04
Indirect effect -Physical abuse → CA → Closeness		.01	-.07	.02
R^2	.00	.01		
ΔR^2		-.01		
F	.01**	1.69		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame

Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.31 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to closeness with friends; however the link was weak and only marginally significant. Physical maltreatment indirectly influenced closeness with intimate partner by self blame, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt more self blame, which was linked to decreased closeness with intimate partner (see Figure 4.22). Other constructs were not shown to be mediated

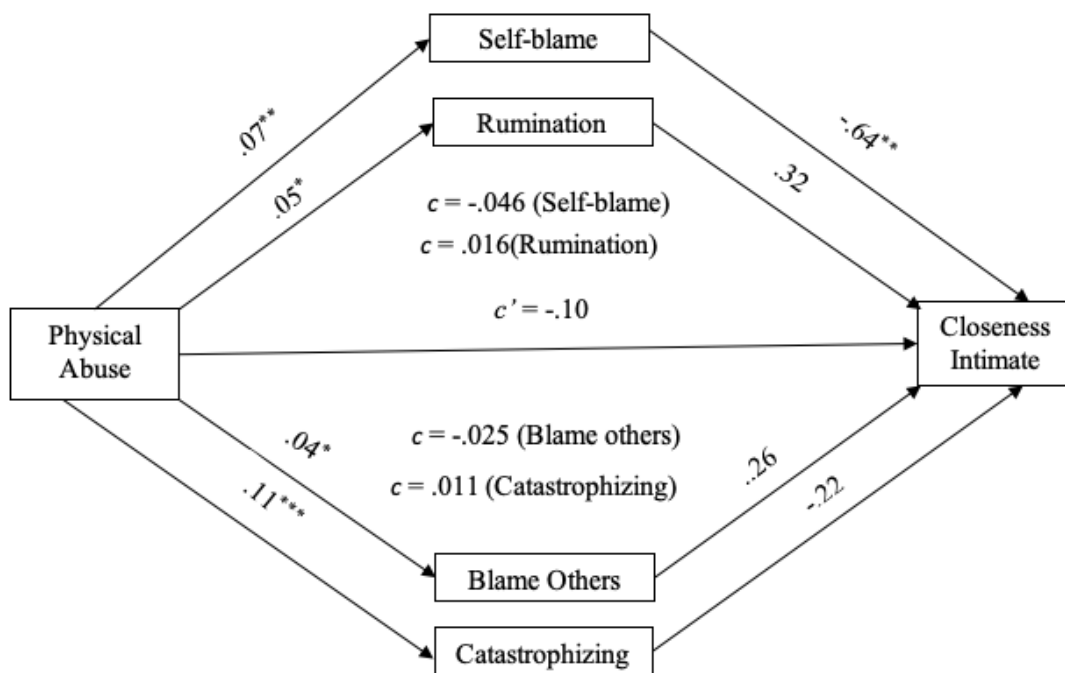


Figure 4.22. Parallel mediation of Cognitive Emotion Regulation (maladaptive)

between Physical Abuse and Closeness Intimate Partner.

Table 4.32

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	45.67***	44.61***	42.79	50.72
Sexual Abuse	-.05	.01	-.20	.22
SB		-.64**	-1.13	-.15
RU		.32	-.20	.84
BO		.26	-.29	.82
Cat		-.22	-.70	.26
Indirect effect -Sexual abuse → SB → Closeness		-.07	-.14	-.01
Indirect effect -Sexual abuse → RU → Closeness		.02	-.01	.07
Indirect effect -Sexual abuse → BO → Closeness		.01	-.01	.05
Indirect effect -Sexual abuse → CA → Closeness		-.03	-.10	.03
<i>R</i> ²	.00	.02		
ΔR^2		-0.02		
<i>F</i>	.29	1.68		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.32 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, sexual abuse was linked to closeness with friends; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced closeness with friends by self blame, which lowered the direct effect. Participants who had been exposed to more sexual abuse felt more self blame, which was linked to decreased closeness with friend (see Figure 4.23). Other constructs were not shown to be mediated.

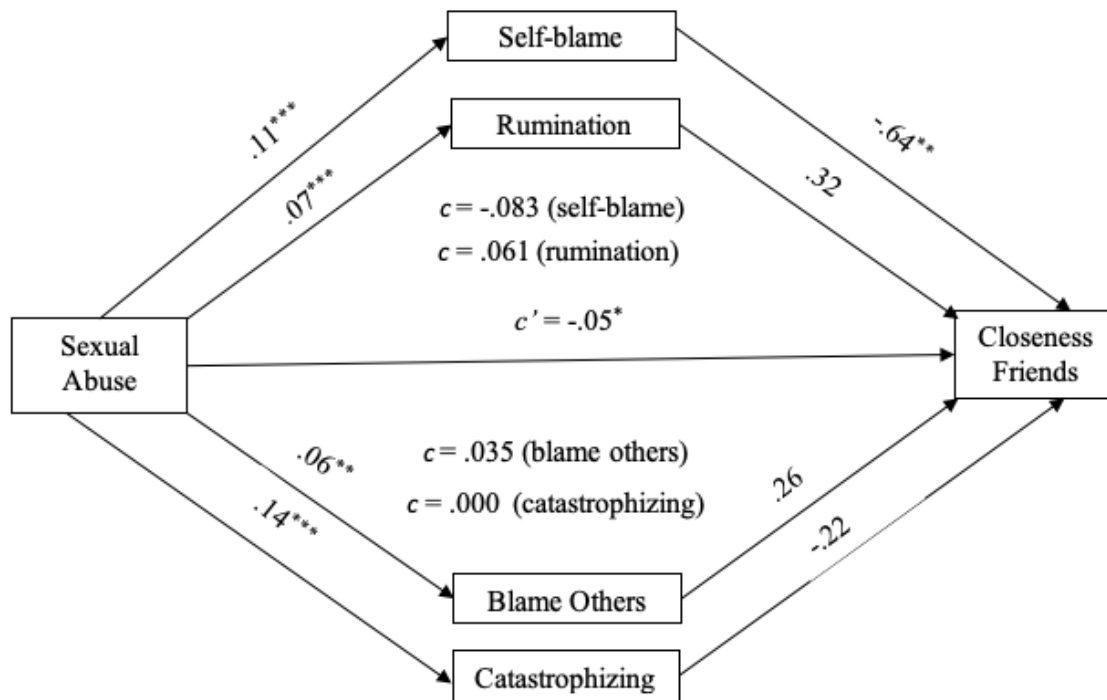


Figure 4.23. Parallel mediation of Cognitive Emotion Regulation (maladaptive)

between Sexual Abuse and Closeness Friend.

Table 4.33

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner		95% CI	
	Model I	Model II	LL	UL
	<i>B</i>	<i>B</i>		
Constant	45.67***	44.61***	42.79	50.72
Sexual Abuse	-.05	.01	-.20	.22
SB		-.64**	-1.13	-.15
RU		.32	-.20	.84
BO		.26	-.29	.82
Cat		-.22	-.70	.26
Indirect effect -Sexual abuse → SB → Closeness		-.07	-.14	-.01
Indirect effect -Sexual abuse → RU → Closeness		.02	-.01	.07
Indirect effect -Sexual abuse → BO → Closeness		.01	-.01	.05
Indirect effect -Sexual abuse → CA → Closeness		-.03	-.10	.03
<i>R</i> ²	.00	.02		
ΔR^2		-0.02		
<i>F</i>	.29	1.68		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.33 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as

mediators. After mediators were taken into consideration, sexual abuse was linked to closeness with friends; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced closeness with intimate partner by self blame, which lowered the direct effect. Participants who had been exposed to more sexual abuse felt more self blame, which was linked to decreased closeness with intimate partner (see Figure 4.24). Other constructs were not shown to be mediated

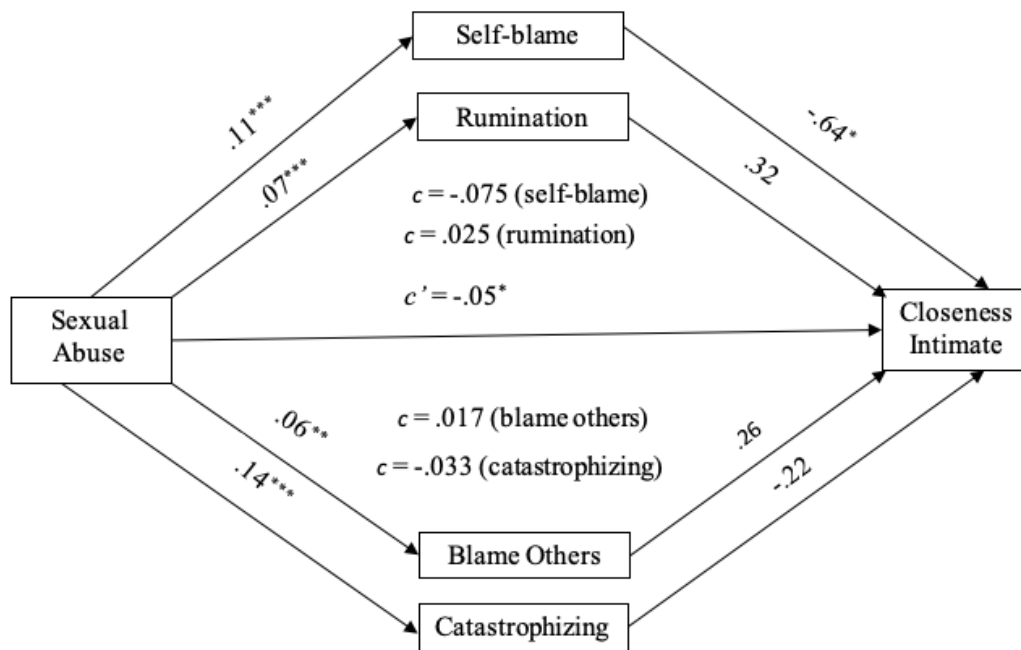


Figure 4.24. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Sexual Abuse and Closeness Intimate Partner.

Table 4.34

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Closeness Friends (N = 437)

Predictors	Model I <i>B</i>	Closeness Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	59.94***	51.92***	48.01	55.83
Emotional Neglect	-.58***	-.57***	-.73	-.40
SB		-.70**	-1.15	-.25
RU		.70**	.22	1.19
BO		.47	-.03	.99
Cat		.05	-.39	.49
Indirect effect –Emotional Neglect → SB → Closeness		-.04	-.08	-.00
Indirect effect –Emotional Neglect → RU → Closeness		.01	-.01	.05
Indirect effect – Emotional Neglect → BO → Closeness		.00	-.01	.03
Indirect effect - Emotional Neglect → CA → Closeness		.01	-.03	.04
<i>R</i> ²	.10	.13		
ΔR^2		-0.03		
<i>F</i>	49.38***	13.95***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.34 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to closeness with friends; however the link was weak and only marginally significant. Emotional neglect indirectly influenced closeness with friends by self blame and

rumination, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt more self blame, which was linked to decreased closeness with friend and participants who had been exposed to more emotional neglect felt more rumination , which was linked to increased closeness with friend (see Figure 4.25). Other constructs were not shown to be mediated.

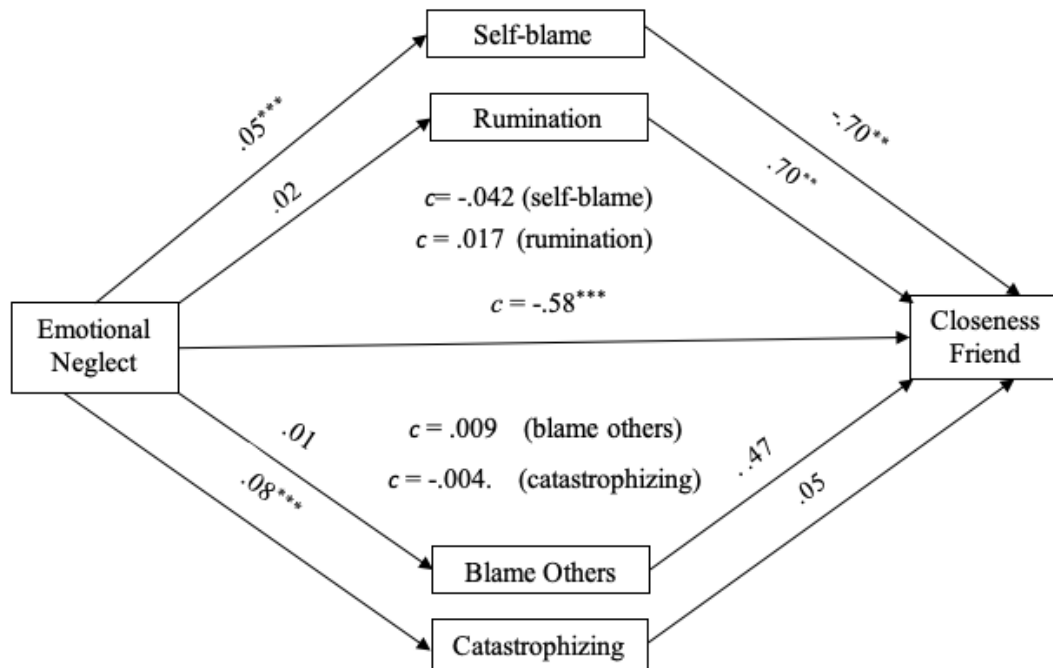


Figure 4.25. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Neglect and Closeness Friend.

Table 4.35

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Closeness Partner (N = 437)

Predictors	Closeness Intimate Partner			
	Model I	Model II	95% <i>CI</i>	
	β	<i>B</i>	<i>LL</i>	<i>UL</i>
Constant	47.78***	48.32***	44.10	52.54
Emotional Neglect	-.20*	-.16	-.34	.01
SB		-.59*	-1.07	-.10
RU		.30	-.21	.82
BO		.25	-.30	.81
Cat		-.12	-.60	.34
Indirect effect –Emotional Neglect→SB→Closeness		-.03	-.07	-.00
Indirect effect –Emotional Neglect→RU→Closeness		.01	-.006	.03
Indirect effect – Emotional Neglect→BO→Closeness		.00	-.007	.02
Indirect effect - Emotional Neglect→CA→Closeness		-.01	-.05	.03
R^2	.01	.04		
ΔR^2		.02		
<i>F</i>	5.26*	2.38*		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.35 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to closeness with friends; however the link was weak and only marginally significant. Emotional neglect indirectly influenced closeness with intimate partner by self blame, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt more self blame, which was linked to decreased closeness with intimate partner (see Figure 4.26). Other constructs were not shown to be mediate

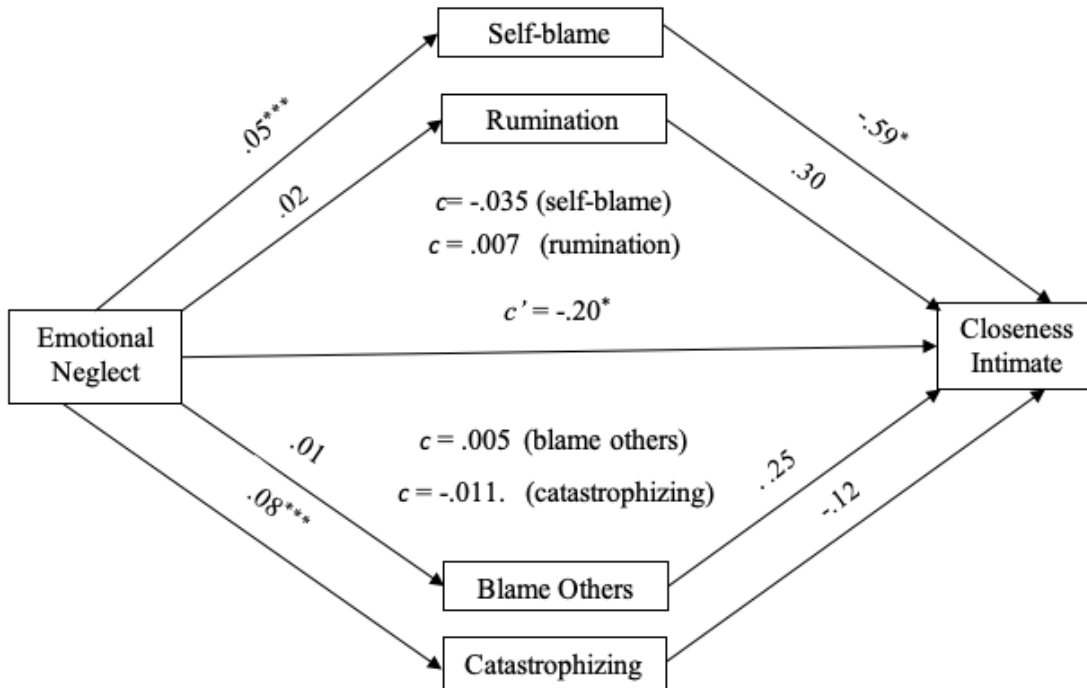


Figure 4.26. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Neglect and Closeness Intimate Partner.

Table 4.36

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Closeness Friends (N = 437)

Predictors	Model I	Model II	95% CI	
	<i>B</i>	<i>B</i>	<i>LL</i>	<i>UL</i>
Constant	54.50***	51.75***	47.72	55.79
Physical Neglect	-.68***	-.65***	-.87	-.43
SB		-.69*	-1.15	-.23
RU		.02*	.05	1.04
BO		.60*	.07	1.12
Cat		.01	-.43	.46
Indirect effect –Physical Neglect→SB→ Closeness		-.05	-.11	-.01
Indirect effect –Physical Neglect →RU → Closeness		-.00	-.03	.02
Indirect effect – Physical Neglect→BO → Closeness		.02	.0006	.06
Indirect effect - Physical Neglect →CA → Closeness		.00	-.05	.06
<i>R</i> ²	.08	.11		
ΔR^2		-0.03		
<i>F</i>	38.88***	11.32***		
ΔF				

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
*** *p* < .001. ** *p* < .01. * *p* < .05.

Table 4.36 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to closeness with friends; however the link was strong and considerably significant. Physical neglect indirectly influenced closeness with friends by self blame, rumination and blame others which lowered the direct effect. Participants who had been exposed to more physical neglect felt more self blame, which was linked to decreased closeness with friend. Participants who had been exposed to more physical neglect felt less rumination which was linked to increased closeness with friend and Participants who had been exposed to more physical neglect experienced more blame others which was linked to increased closeness with friend (see Figure 4.27).

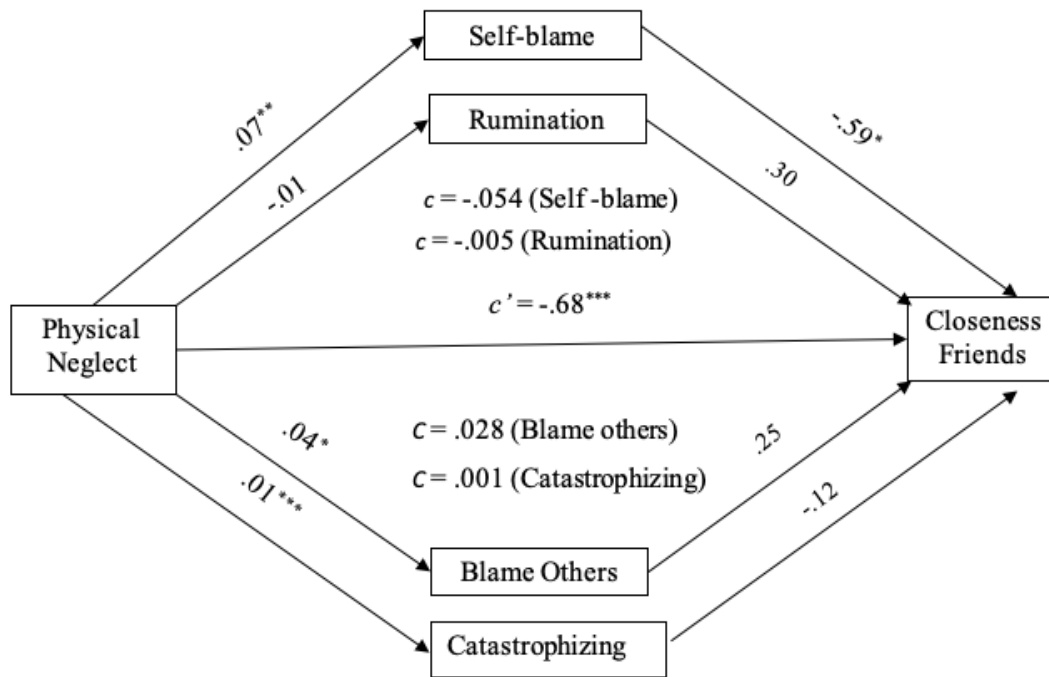


Figure 4.27. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Neglect and Closeness Friend.

Table 4.37

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner		95% CI	
	Model I β	Model II B	LL	UL
Constant	49.64***	49.83***	45.57	54.09
Physical Neglect	-.43**	-.39**	-.63	-.16
SB		-.53*	-1.01	-.04
RU		.19	-.33	.71
BO		.32	-.23	.87
Cat		-.05	-.52	.42
Indirect effect –Physical Neglect → SB → Closeness		-.04	-.09	-.00
Indirect effect –Physical Neglect → RU → Closeness		-.00	-.02	.01

Indirect effect – Physical Neglect→BO→ Closeness		.01	-.008	.05
Indirect effect - Physical Neglect→CA→ Closeness		-.00	-.05	.04
R^2	.03	.04		
ΔR^2		-0.01		
F	14.22**	3.94**		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.37 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to closeness with friends; however the link was weak and only marginally significant. Physical neglect indirectly influenced closeness with intimate partner by self blame, which lowered the direct effect. Participants who had been exposed to more physical neglect felt more self blame, which was linked to decreased closeness with intimate partner (see Figure 4.28). Other constructs were not shown to be mediated

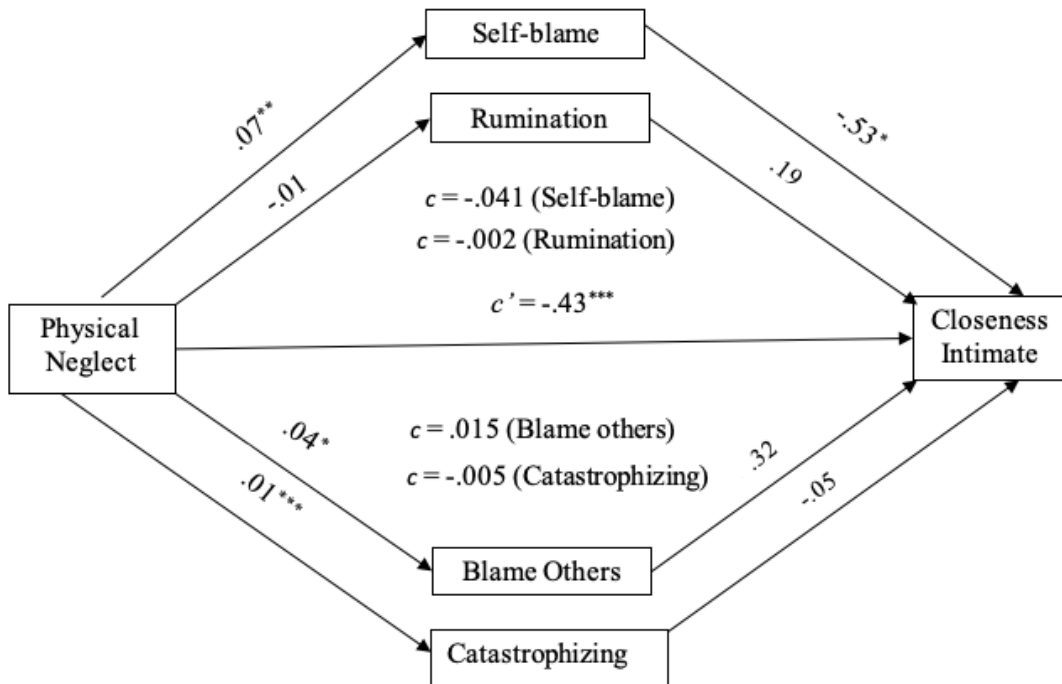


Figure 4.28. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Neglect and Closeness Intimate Partner

Table 4.38

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Denial and Closeness Friends (N = 437)

Predictors	Model I B	Closeness Friends		
		Model II B	95% CI	
			LL	UL

Constant	42.01***	38.96***	33.61	44.32
Denial	.55***	.56***	.28	.85
SB		-.73**	-1.20	-.26
RU		.88**	.38	1.39
BO		.46	-.07	.99
Cat		-.09	-.55	.35
Indirect effect-deniel Closeness → SB →		.11	.03	.20
Indirect effect-deniel Closeness → RU →		-.12	-.20	-.05
Indirect effect-deniel Closeness → BO →		-.02	-.06	.00
Indirect effect-deniel Closeness → Cat →		.01	-.06	.08
R^2	.03	.08		
ΔR^2		-0.05		
F	15.99***	7.59***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.38 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Closeness with Friend) in a comparable manner. To test this model, social relationship (Closeness with Friend) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, denial was linked to closeness with friends; however the link was weak and only marginally significant. Denial indirectly influenced closeness with friends by self blame and rumination, which elevated the direct effect. Participants who had been exposed to more denial felt less self blame, which was linked to decreased closeness with friend and participants who had been exposed to more denial felt less rumination , which was linked to increased closeness with friend (see Figure 4.29). Other constructs were not shown to be mediated.

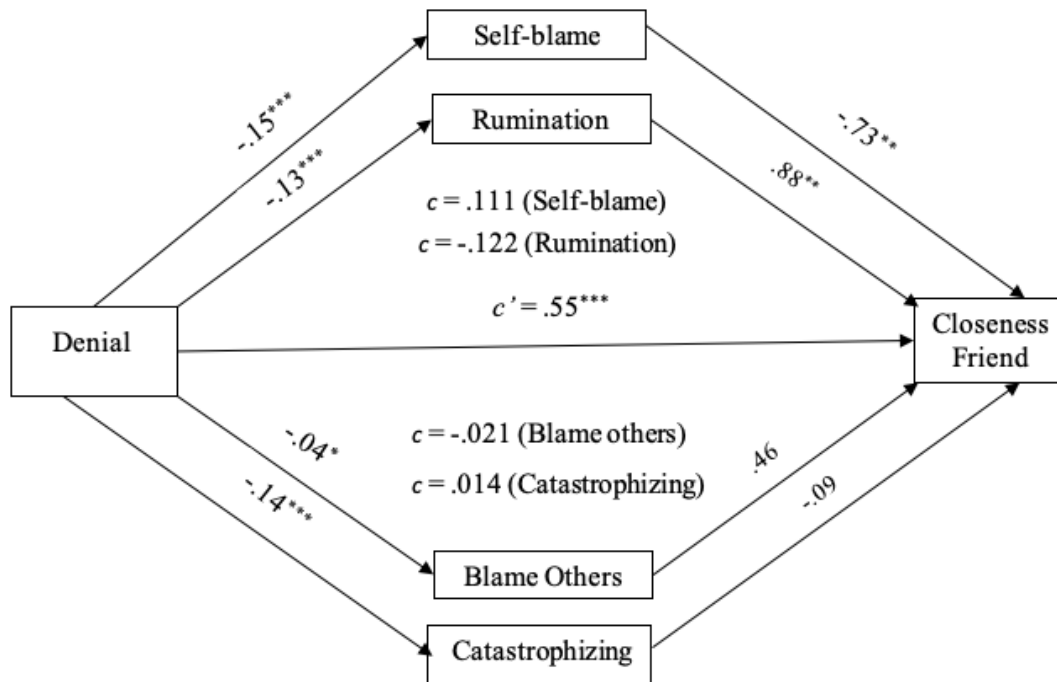


Figure 4.29. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Denial and Closeness Friend.

Table 4.39

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Denial and Closeness Intimate Partner (N = 437)

Predictors	Closeness Intimate Partner				
	Model I	Model II	95% CI		
	B	B	LL	UL	
Constant	41.02***	41.43***	35.86	47.00	
Denial	.42**	.39**	.10	.68	
SB		-.54*	-1.02	-.05	
RU		.40	-.11	.93	
BO		.23	-.32	.78	

Cat			-0.10		-0.58		.36
Indirect effect-denial → SB → Closeness			.08		.007		.17
Indirect effect-denial → RU → Closeness			-0.05		-0.13		.01
Indirect effect-denial → BO → Closeness			-0.01		-0.05		.01
Indirect effect-denial → Cat → Closeness			.01		-0.04		.08
R^2		.02		.03			
ΔR^2				-0.01			
F		9.02**		3.10**			

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.39 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Closeness with intimate partner) in a comparable manner. To test this model, social relationship (Closeness with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, denial was linked to closeness with friends; however the link was weak and only marginally significant. Denial indirectly influenced closeness with intimate partner by self blame, which elevated the direct effect. Participants who had been exposed to less denial felt less self blame, which was linked to decreased closeness with intimate partner (see Figure 4.30). Other constructs were not shown to be mediated

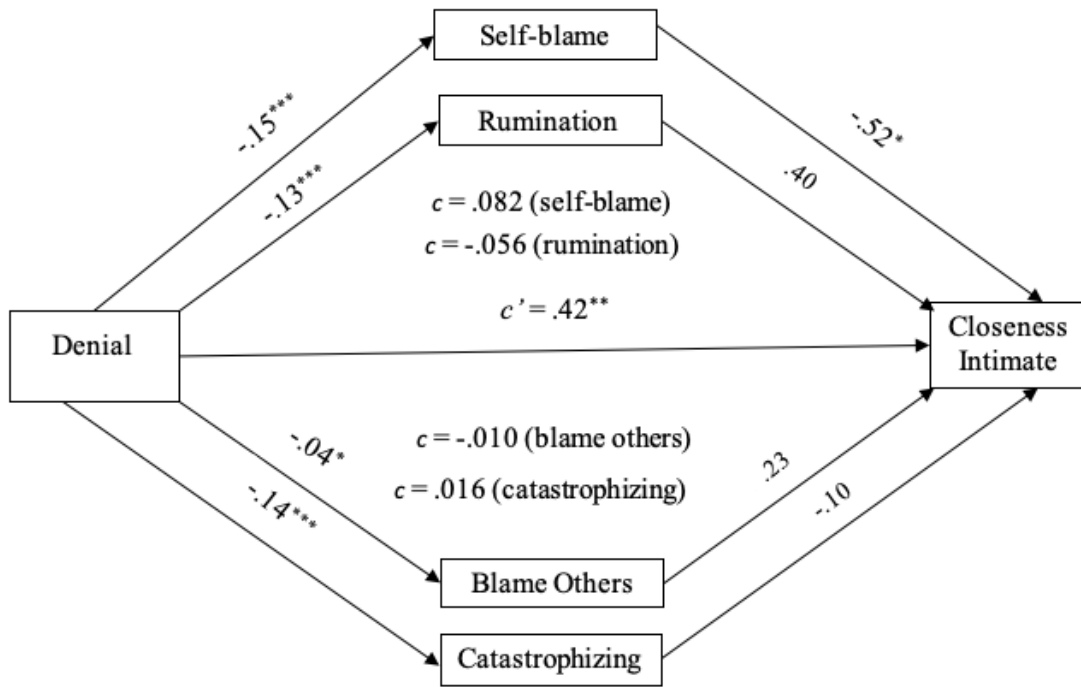


Figure 4.30. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Denial and Closeness Intimate Partner.

Table 4.40

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Childhood Maltreatment and Discord Friends (N = 437)

Predictors	Model I B	Discord Friends		
		Model II B	95% CI	
			LL	UL
Constant	31.76***	27.04***	23.56	30.51

Emotional Abuse	.68***	.54***	.34	.75
SB		.25	-.15	.66
RU		-.15	-.59	.28
BO		.40	-.05	.87
Cat		.62**	.21	1.03
Indirect effect -Emotional abuse → SB → Discord		.00	-.003	.02
Indirect effect -Emotional abuse → RU → Discord		-.00	-.01	.00
Indirect effect -Emotional abuse → BO → Discord		.00	-.0025	.02
Indirect effect -Emotional abuse → Cat → Discord		.04	.01	.08
R^2	.09	.13		
ΔR^2		-.04		
F	47.79***	13.59***		

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.40 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to discord with friends; however the link was weak and considerably significant. Emotional abuse indirectly influenced discord with friends by catastrophizing, which elevated the direct effect. Participants who had been exposed to more emotional abuse felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.31). Other constructs were not shown to be mediated

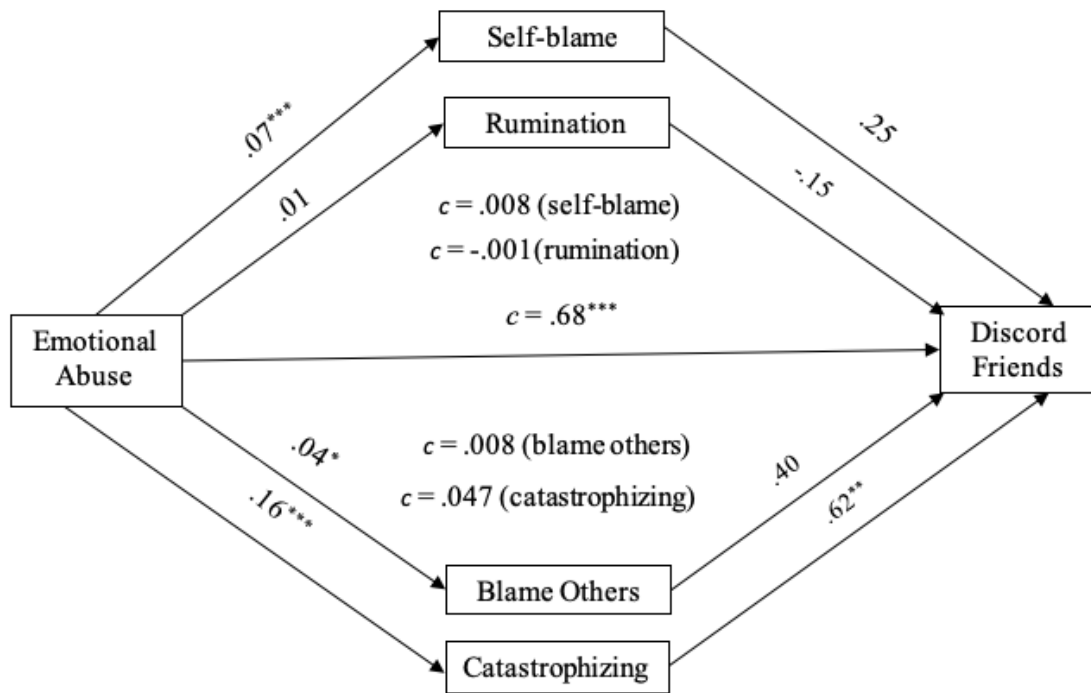


Figure 4.31. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Abuse and Discord Friend.

Table 4.41

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Abuse and Discord Friend (N = 437)

Predictors	Discord Intimate Partner			
	Model I	Model II	95% CI	
	B	B	LL	UL
Constant	28.59***	23.57***	19.74	27.41
Emotional Abuse	1.04***	.91***	.69	1.14
SB		.71**	.26	1.16
RU		-.11	-.60	.37
BO		.10	-.40	.62

Cat		.39	-.05	.84
Indirect effect -Emotional abuse→ SB → Discord		.05	.01	.10
Indirect effect -Emotional abuse→ RU → Discord		-.00	-.02	.01
Indirect effect -Emotional abuse→ BO → Discord		.00	-.02	.02
Indirect effect -Emotional abuse→ Cat → Discord		.06	-.00	.14
R^2	.17	.20		
ΔR^2		-.03		
F	90.29***	21.96***		

ΔF

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.41 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Emotional maltreatment indirectly influenced discord with intimate partner by self blame, which elevated the direct effect. Participants who had been exposed to more emotional abuse felt more self blame, which was linked to increased discord with intimate partner (see Figure 4.32). Other constructs were not shown to be mediated.

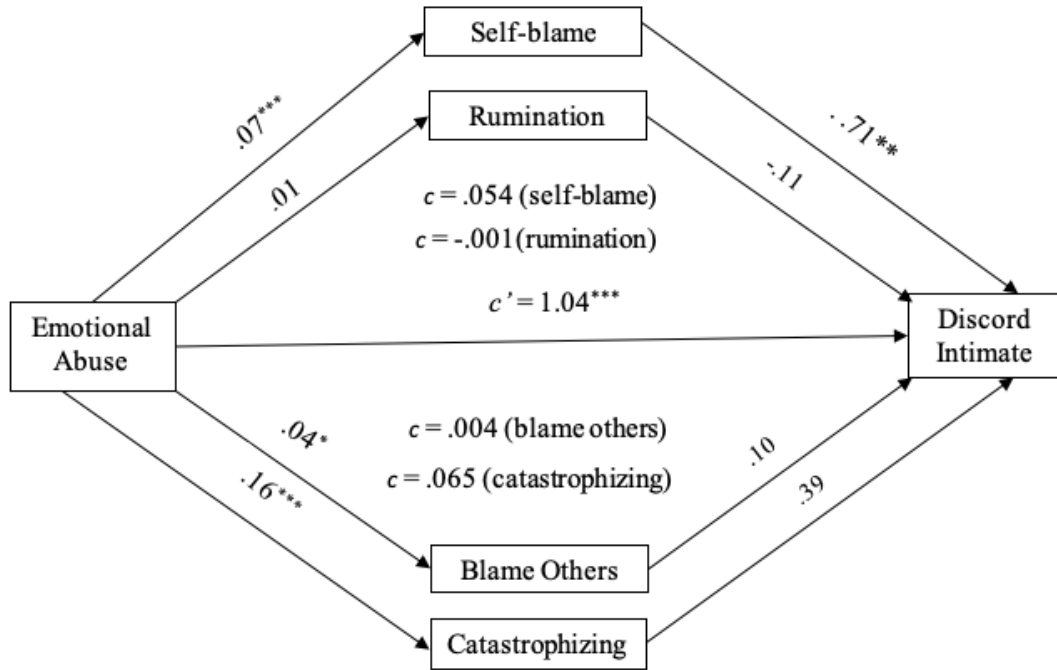


Figure 4.32. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Abuse and Discord Intimate Partner

Table 4.42

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Abuse and Discord Friend (N = 437)

Predictors	Model I B	Discord Friends		
		Model II B	95% CI	
			LL	UL
Constant	33.11***	27.71***	24.30	31.11
Physical Abuse	.63***	.52***	.32	.72
SB		.28	-.11	.69
RU		-.29	-.73	.14
BO		.41	-.05	.87
Cat		.78***	.38	1.18
Indirect effect -Physical abuse → SB → Discord		.02	-.004	.05

Indirect effect -Physical abuse → RU → Discord		-0.01	-0.04	.01
Indirect effect -Physical abuse → BO → Discord		.01	-.005	.04
Indirect effect -Physical abuse → Cat → Discord		.08	.03	.15
R^2	.08	.13		
ΔR^2		-0.05		
F	38.43***	13.25***		
ΔF				

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.42 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional abuse was linked to discord with friends; however the link was weak and considerably significant. Emotional abuse indirectly influenced discord with friends by catastrophizing, which lowered the direct effect. Participants who had been exposed to more emotional abuse felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.33). Other constructs were not shown to be mediated.

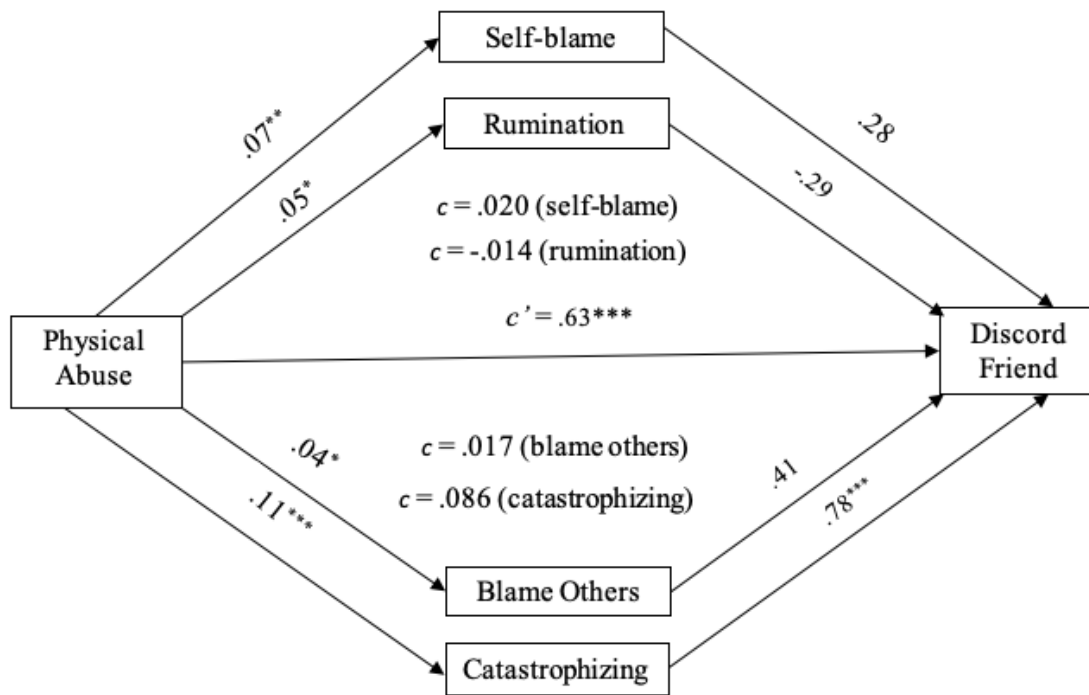


Figure 4.33. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Abuse and Discord Friend

Table 4.43

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Abuse and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	31.63***	25.50***	21.64	29.37
Physical Abuse	.83***	.70***	.47	.93
SB		.79**	.33	1.26
RU		-.33	-.83	.16
BO		.11	-.41	.64
Cat		.71*	.26	1.16
Indirect effect -Physical abuse → SB → Discord		.02	.01	.11
Indirect effect -Physical abuse → RU → Discord		-.01	-.05	.01



Indirect effect -Physical abuse → BO → Discord	.00	-.02	.02
Indirect effect -Physical abuse → Cat → Discord	.03	.02	.14
R^2	.10	.15	
ΔR^2		.04	
F	51.56***	16.15***	

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.43 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical abuse) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Physical maltreatment indirectly influenced discord with intimate partner by self blame, which elevated the direct effect. Participants who had been exposed to more physical abuse felt more self blame, which was linked to increased discord with intimate partner (see Figure 4.34). Other constructs were not shown to be mediated.

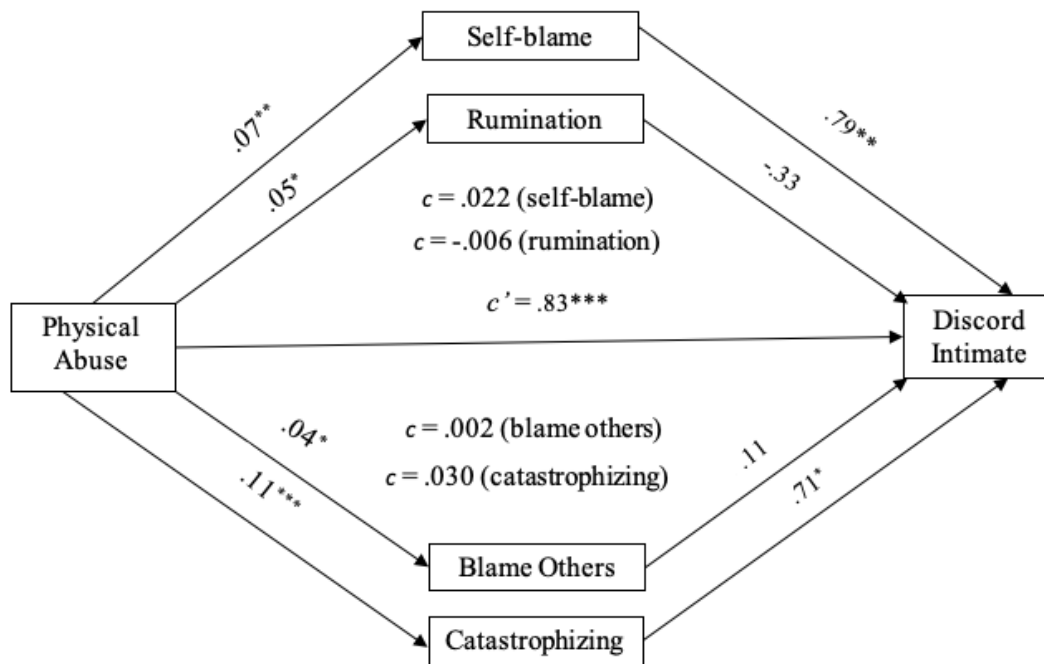


Figure 4.34. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Abuse and Discord Intimate Partner.

Table 4.44

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Discord Friends (N = 437)

Predictors	Model I B	Discord Friends		
		Model II B	95% CI	
			LL	UL
Constant	31.94***	28.53***	25.26	31.80
Sexual Abuse	.68***	.57***	.38	.75
SB		.16	-.24	.56
RU		-.31	-.74	.11

BO		.38	-.07	.84
Cat		.63**	.23	1.03
Indirect effect -Sexual abuse→ SB→ Discord		.01	-.02	.06
Indirect effect - Sexual abuse→ RU → Discord		-.02	-.06	.01
Indirect effect – Sexual abuse→ BO → Discord		.02	-.01	.05
Indirect effect - Sexual abuse → Cat → Discord		.09	.03	.16
R^2	.12	.15		
ΔR^2		.01		
F	62.20***	15.91***		
ΔF				

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.44 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, sexual abuse was linked to discord with friends; however the link was weak and considerably significant. Sexual abuse indirectly influenced discord with friends by catastrophizing , which elevated the direct effect. Participants who had been exposed to more emotional abuse felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.35). Other constructs were not shown to be mediated.

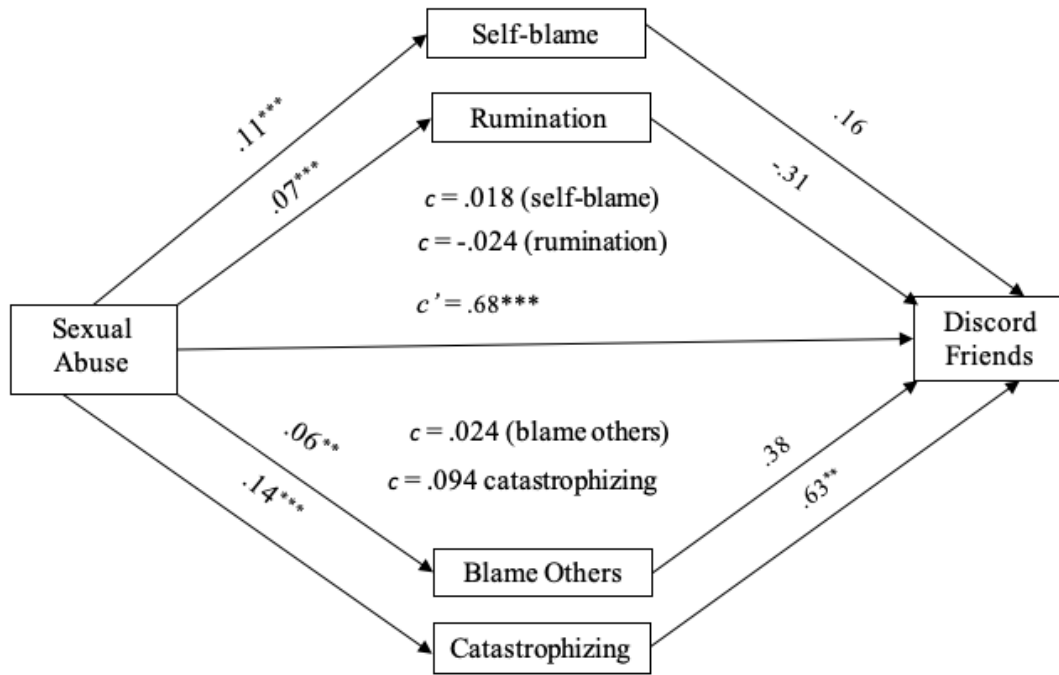


Figure 4.35. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Sexual Abuse and Discord Friend

Table 4.45

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Sexual Abuse and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I	Model II	95% CI	
	B	B	LL	UL
Constant	28.90***	26.17***	22.58	29.75
Sexual Abuse	1.03***	.92***	.72	1.12
SB		.57*	.12	1.01
RU		-.37	-.84	.09
BO		.06	-.43	.57
Cat		.41	-.02	.85
Indirect effect -Sexual abuse → SB → Discord		.06	.01	.12

Indirect effect - Sexual abuse →RU → Discord		-0.02	-0.07	.006
Indirect effect - Sexual abuse →BO → Discord		.004	-0.03	.03
Indirect effect - Sexual abuse →Cat → Discord		.06	-0.002	.12
R^2	.21	.23		
ΔR^2		-.02		
F	119.11***	26.47***		
ΔF				

Note. CI= Confidence Interval; LL =Lower Limit; UL = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.45 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., sexual abuse) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., sexual abuse) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, sexual abuse was linked to discord with intimate partner; however the link was weak and only marginally significant. Sexual maltreatment indirectly influenced discord with intimate partner by self blame, which elevated the direct effect. Participants who had been exposed to more sexual abuse felt more self blame, which was linked to increased discord with intimate partner (see Figure 4.36). Other constructs were not shown to be mediated.

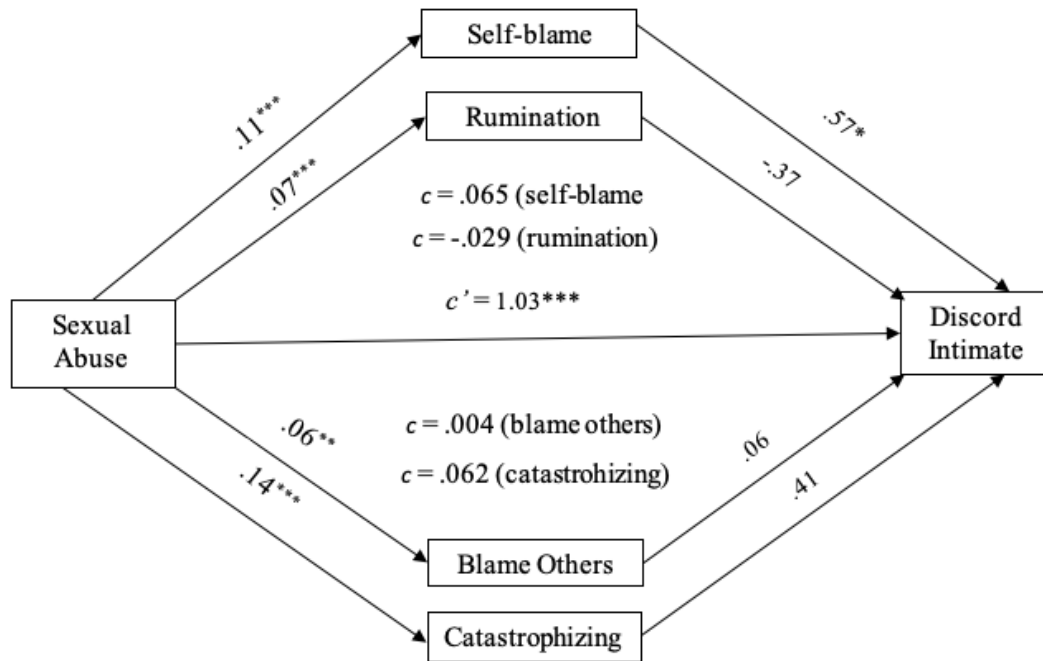


Figure 4.36. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Sexual Abuse and Discord Intimate Partner

Table 4.46

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Discord Friends (N = 437)

Predictors	Model I <i>B</i>	Discord Friends		
		Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	33.75***	28.01***	24.40	31.62
Emotional Neglect	.33***	.24**	.08	.39
SB		.29	-.11	.71
RU		-.25	-.70	.18
BO		.44	-.02	.92

Cat		.83***	.42	1.24
Indirect effect –Emotional Neglect → SB → Discord		.01	-.0029	.04
Indirect effect –Emotional Neglect → RU → Discord		-.01	-.02	.01
Indirect effect – Emotional Neglect → BO → Discord		.07	.03	.12
Indirect effect - Emotional Neglect → CA → Discord		.01	-.01	.03
R^2	.04	.10		
ΔR^2		.01		
F	18.66***	9.65***		
ΔF				

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; SB = Self Blame; RU=Rumination; BO=Blame Others; Cat= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.46 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to discord with friends; however the link was weak and considerably significant. Emotional neglect indirectly influenced discord with friends by catastrophizing , which lowered the direct effect. Participants who had been exposed to more emotional neglect felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.37). Other constructs were not shown to be mediated.

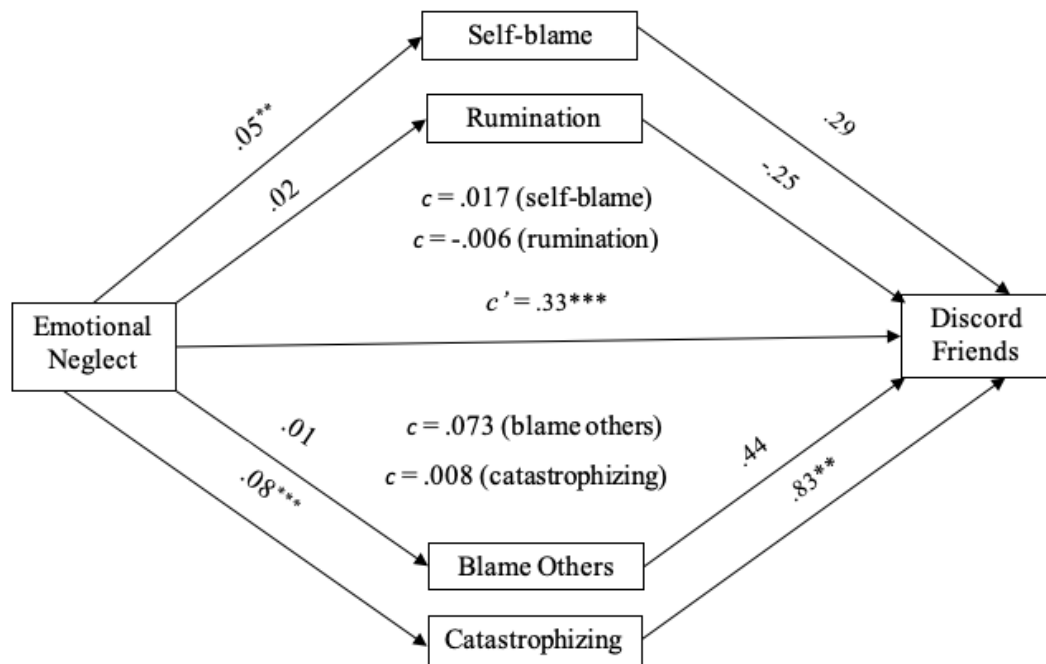


Figure 4.37. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Neglect and Discord Friend

Table 4.47

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Emotional Neglect and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I <i>B</i>	Model II <i>B</i>	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	30.94***	24.76***	20.69	28.82
Emotional Neglect	.55***	.45***	.28	.62
SB		.77**	.30	1.24
RU		-.28	-.78	.22
BO		.17	-.36	.71
Cat		.71**	.25	1.17
Indirect effect –Emotional Neglect → SB → Discord		.04	.01	.08
Indirect effect –Emotional Neglect → RU → Discord		-.01	-.03	.01

Indirect effect – Emotional Neglect→BO→ Discord		.003	-.01	.01
Indirect effect - Emotional Neglect→CA → Discord		.06	.02	.11
R^2	.08	.17		
ΔR^2		-0.09		
F	41.33***	13.87***		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.47 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., emotional neglect) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., emotional neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, emotional neglect was linked to discord with intimate partner; however the link was weak and considerably significant. Emotional neglect indirectly influenced discord with intimate partner by self blame and catastrophizing which elevated the direct effect. Participants who had been exposed to more emotional neglect felt more self blame, which was linked to increased discord with intimate partner and when emotional neglect indirectly influenced discord with intimate partner by catastrophizing, which lowered the direct effect. Participants who had been exposed to more emotional neglect felt more catastrophizing, which was linked to increased discord with intimate partner (see Figure 4.38). Other constructs were not shown to be mediated.

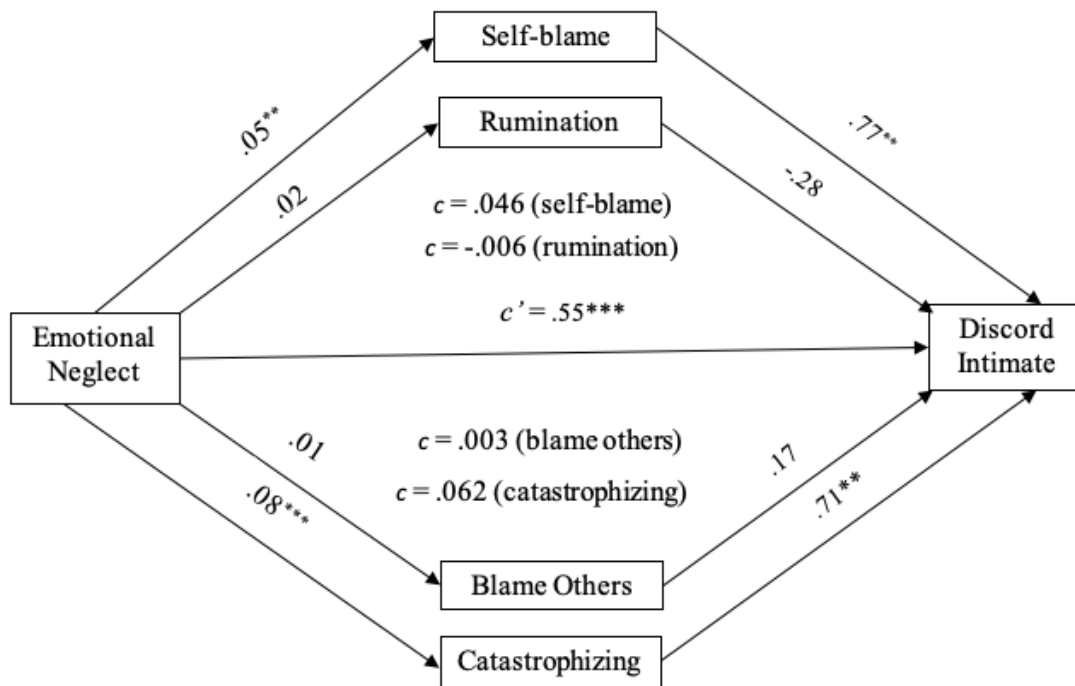


Figure 4.38. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Emotional Neglect and Discord Intimate Partner

Table 4.48

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Discord Friends (N = 437)

Predictors	Model I B	Discord Friends		
		Model II B	95% CI	
			LL	UL
Constant	29.81***	24.89***	21.37	28.41
Physical Neglect	.79***	.69***	.49	.88
SB		.17	-.22	.57
RU		-.05	-.48	.37
BO		.33	-.12	.79
Cat		.67**	.28	1.06
Indirect effect –Physical Neglect→SB→Discord		.01	-.01	.04
Indirect effect –Physical Neglect→RU→Discord		.001	-.01	.01
Indirect effect –Physical Neglect→BO→Discord		.01	-.01	.04
Indirect effect - Physical Neglect→CA→Discord		.07	.02	.13

Discord		
R^2	.13	.17
ΔR^2		-.04
F	68.88***	18.31***
ΔF		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.48 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to discord with friends; however the link was weak and considerably significant. Physical neglect indirectly influenced discord with friends by catastrophizing , which elevated the direct effect. Participants who had been exposed to more physical neglect felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.39). Other constructs were not shown to be mediated.

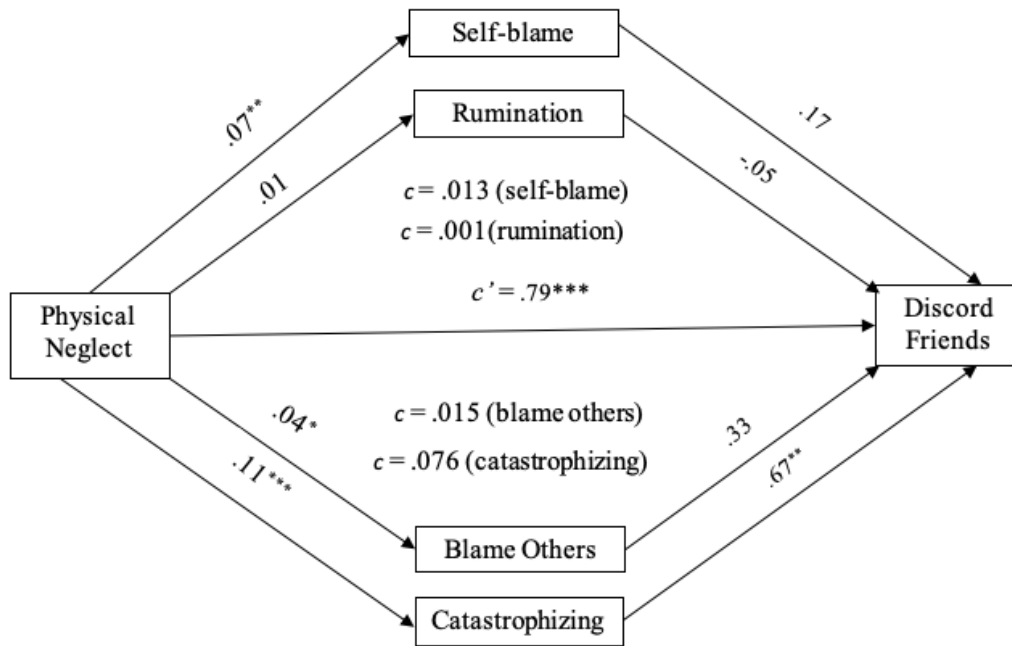


Figure 4.39. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Neglect and Discord Friend

Table 4.49

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Physical Neglect and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I	Model II	95% CI	
	<i>B</i>	<i>B</i>	<i>LL</i>	<i>UL</i>
Constant	28.47***	22.66***	18.63	26.69
Physical Neglect	.93***	.80***	.58	1.02
SB		.68**	.22	1.13
RU		-.06	-.55	.43
BO		.03	-.48	.55

Cat		.61**	.16	1.06
Indirect effect –Physical Neglect→SB→Discord		.05	.01	.10
Indirect effect –Physical Neglect→RU→Discord		.001	-.01	.01
Indirect effect –Physical Neglect→BO→Discord		.001	-.02	.02
Indirect effect - Physical Neglect→CA →Discord		.06	.01	.13
R^2	.14	.18		
ΔR^2		-.04		
F	71.84***	19.28***		

ΔF

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.49 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., physical neglect) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., physical neglect) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, physical neglect was linked to discord with intimate partner; however the link was weak and considerably significant. Physical neglect indirectly influenced discord with intimate partner by self blame and catastrophizing, which elevated the direct effect. Participants who had been exposed to more physical neglect felt more self blame and catastrophizing, which was linked to increased discord with intimate partner (see Figure 4.40). Other constructs were not shown to be mediated.

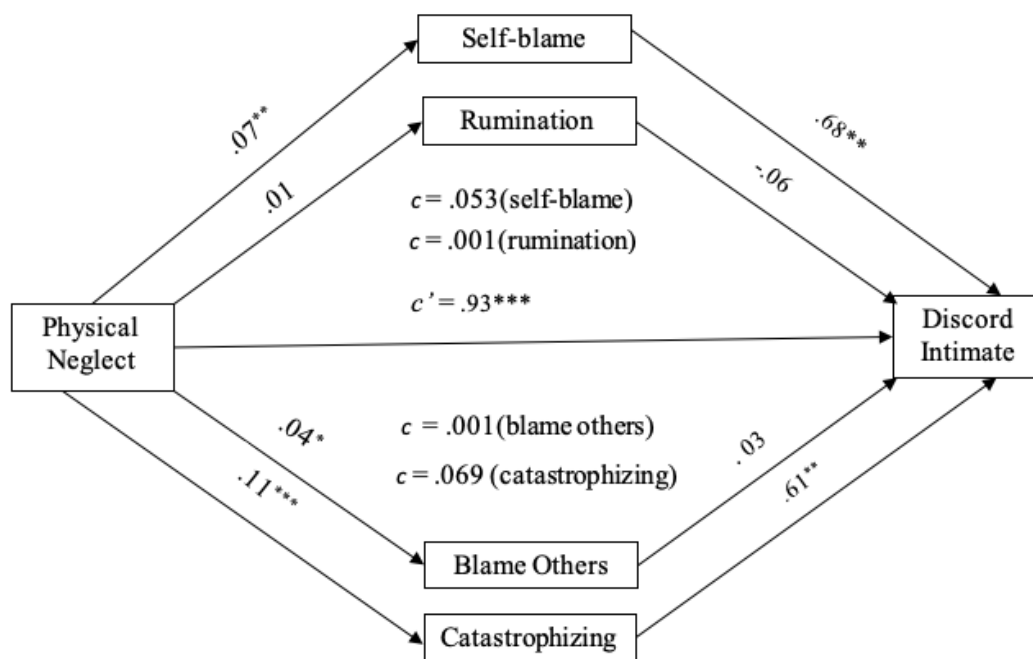


Figure 4.40. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Physical Neglect and Discord Intimate Partner.

Table 4.50

Parallel Mediation Analysis for Maladaptive Cognitive Emotional Regulation in Relationship between Denial and Discord Friends (N = 437)

Predictors	Model I B	Discord Friends		
		Model II B	95% CI	
			LL	UL
Constant	42.60***	34.47***	29.67	39.21
Denial	-.46***	-.31*	-.56	-.06
SB		.29	-.12	.71
RU		-.35	-.80	.10
BO		.46	-.01	.94
Cat		.87***	.46	1.28
Indirect effect – Denial → SB → Discord		-.04	-.12	.007

Indirect effect –Denial→ RU → Discord	.04	-.01	.11
Indirect effect – Denial→BO → Discord	-.02	-.0616	.01
Indirect effect - Denial →CA → Discord	-.13	-.22	-.06
R^2	.03	.09	
ΔR^2		-.06	
F	13.71***	8.87***	

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
 *** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.50 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Discord with Friend) in a comparable manner. To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, denial was linked to discord with friends; however the link was weak and considerably significant. Denial indirectly influenced discord with friends by catastrophizing , which lowered the direct effect. Participants who had been exposed to more denial felt more catastrophizing, which was linked to increased discord with friend (see Figure 4.41). Other constructs were not shown to be mediated.

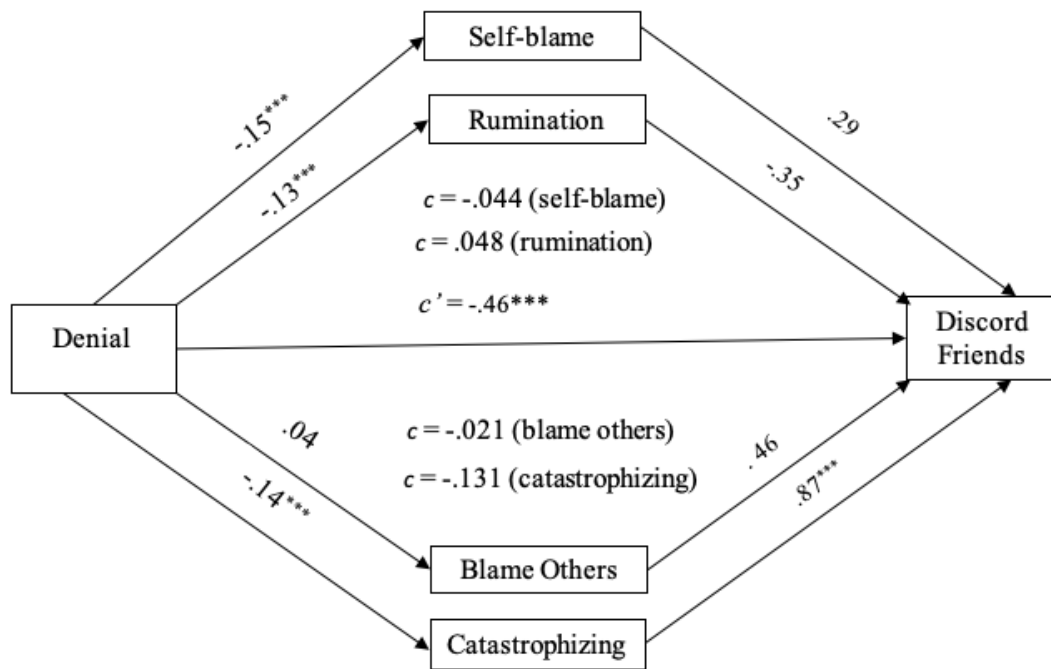


Figure 4.41. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Denial and Discord Friend.

Table 4.51

Parallel Mediation Analysis for Negative Cognitive Emotional Regulation in Relationship between Denial and Discord Intimate Partner (N = 437)

Predictors	Discord Intimate Partner			
	Model I <i>B</i>	Model II β	95% <i>CI</i>	
			<i>LL</i>	<i>UL</i>
Constant	45.67***	36.88***	31.43	42.32
Denial	-.76***	-.58***	-.87	-.30
SB		.76**	.28	1.23
RU		-.45	-.96	.05
BO		.20	-.34	.74
Cat		.79**	.330	1.25
Indirect effect – Denial → SB → Discord		-.11	-.20	-.04
Indirect effect – Denial → RU → Discord		.06	-.01	.14
Indirect effect – Denial → BO → Discord		-.01	-.04	.01
Indirect effect – Denial → CA → Discord		-.11	-.20	-.04
<i>R</i> ²	.06	.11		

ΔR^2		-0.05
F	29.66***	11.58***
ΔF		

Note. *CI*= Confidence Interval; *LL* =Lower Limit; *UL* = Limit; *SB* = Self Blame; *RU*=Rumination; *BO*=Blame Others; *Cat*= Catastrophizing
*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.51 represents parallel mediation which proposes that all four cognitive emotion regulation maladaptive constructs mediate the relationship between child maltreatment (i.e., denial) and social relationships (Discord with intimate partner) in a comparable manner. To test this model, social relationship (Discord with Intimate Partner) was entered as the outcome variable, child maltreatment (i.e., denial) as the predictor variable, and four cognitive emotion regulation maladaptive constructs as mediators. After mediators were taken into consideration, denial was linked to discord with intimate partner; however the link was weak and considerably significant. Denial indirectly influenced discord with intimate partner by self blame and catastrophizing, which lowered the direct effect. Participants who had been exposed to more denial felt more self blame and catastrophizing, which was linked to increased discord with intimate partner (see Figure 4.42). Other constructs were not shown to be mediated

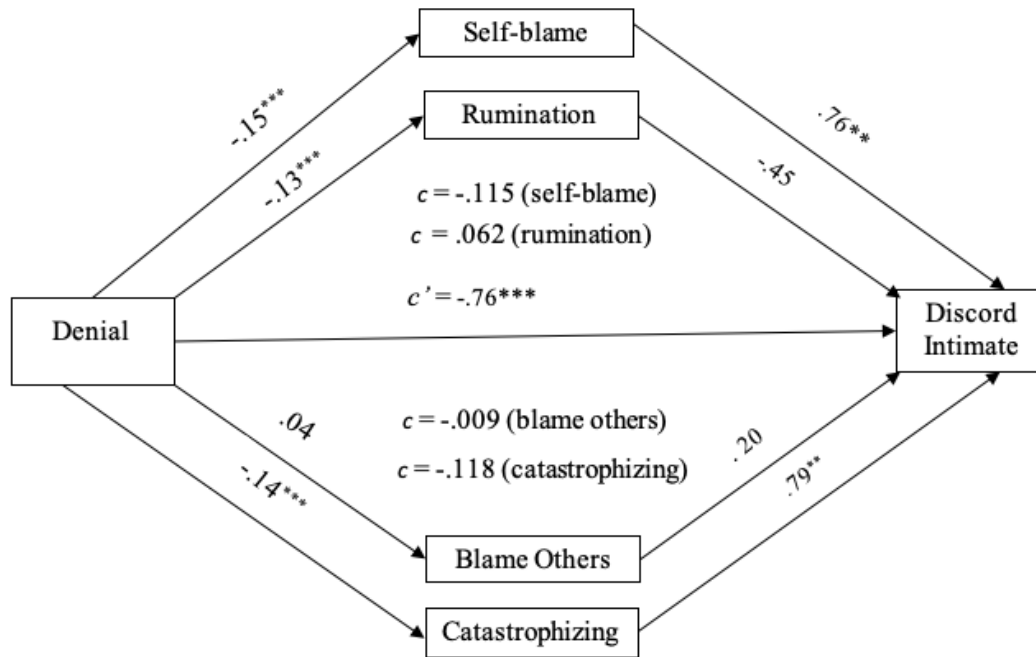


Figure 4.42. Parallel mediation of Cognitive Emotion Regulation (maladaptive) between Denial and Discord Intimate Partner

Simple mediation analysis for Ego Resiliency between Childhood maltreatment and Social relationships, only significant results had been reported

Table 4.52

Parallel Mediation Analysis for Ego Resiliency in Relationship between Emotional Abuse

and Discord friends ($N = 437$)

Predictors	Model I <i>B</i>	Discord Friends			
		Model II <i>B</i>	95% <i>CI</i>		
			<i>LL</i>	<i>UL</i>	
Constant	31.76***	23.49***	16.99	29.98	
Emotional Abuse	.68***	.74***	.54	.94	
Ego Resiliency		.19**	.04	.33	
Indirect effect Emotional Abuse → Ego Resiliency → Discord		-.05	-.12	-.01	
R^2	.09	.07			
ΔR^2		.02			
F	27.67***	22.98***			

Note. *CI* = Confidence Interval; *LL* = Lower Limit; *UL* = Limit.

*** $p < .001$. ** $p < .01$. * $p < .05$.

Table 4.52 represents mediation which proposes that ego resiliency mediate the relationship between child maltreatment (i.e., emotional abuse) and social relationships (Discord with Friend). To test this model, social relationship (Discord with Friend) was entered as the outcome variable, child maltreatment (i.e., emotional abuse) as the predictor variable, and ego resiliency as mediators. After mediator was taken into consideration, emotional abuse was linked to discord with friends; the link became weak and significant and the effect of emotional abuse decreased on discord with friend by ego resiliency. Participants who had been exposed to more emotional abuse are less ego resilient which was linked to increased discord with friends (see Figure 4.43).

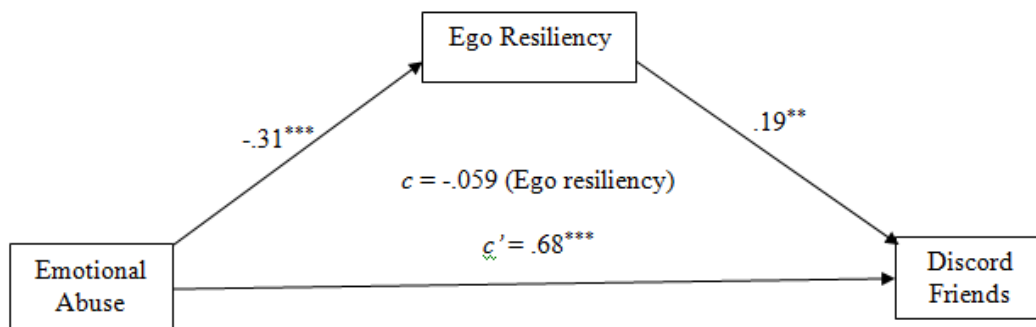


Figure 4.43. Mediation of Ego Resiliency between Emotional Abuse and Discord Friend

CHAPTER 5

5.1DISCUSSION

The study's primary goal was to look into the impacts of childhood maltreatment on social relationships, cognitive emotional regulation and ego resiliency. Research also explored the mediating role of cognitive emotional regulation and ego resilience between childhood maltreatment and social relationships. Furthermore, the role of various demographic variables was also examined including gender, family system, and education.

The main study was conducted on a sample of ($N = 437$). The frequencies and

percentages of the sample's demographic factors were examined to better understand its characteristics. The findings of the descriptive analysis revealed that all scales and subscales had acceptable alpha coefficients. According to the (Field, 2009) the acceptable range of skewness and kurtosis is -2.96 to +2.96. Regarding the primary study, which demonstrated that the values for skewness and kurtosis were within the permissible range and met the criteria.

The study of the relationships between study variables was the main objective of the study. Bivariate correlation was used to investigate the relationship between the study variables.

According to the hypothesis 1 of the study, There is a negative association between childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial) and social relationships (i.e closeness in friends and intimate partner) in emerging adults. Results showed that childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect and denial) is significantly negatively correlated with closeness. Results of the study are supporting hypothesis no. 1 and are consistent with the literature that the ability to form social connections later in life is significantly impacted by child abuse (Young & Widom, 2014). More studies showed that childhood maltreatment affects romantic relationships and friendships (Aloia, 2018; Beatty, 2013; DiLilio & Long, 1999; DiLillo et al., 2007). The relationship between a child and their primary caregiver also affects the child's capacity to develop close attachments and intimate relationships as an adult, according to attachment theory (Bowlby, 1969). Strong relationships with primary caregivers increase a child's perception of others as reliable and helpful. A child who has an insecure attachment, on the other hand, is more likely to view people as unreliable and inconsistent.

According to the hypothesis 2 of the study, there is a positive association between

childhood maltreatment (i.e emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e discord in friends and intimate partner) in emerging adults. Results showed that childhood maltreatment (i.e .emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial)is significantly positively correlated with discord. Results of the study are supporting hypothesis no. 2 and are consistent with the literature that conflict in relationships was a common symptom in those who had been abused as children (Young & Widom, 2014). According to another study, using parental hostility is linked to aggressive tendencies in children that subsequently manifest in romantic relationships as poor conflict resolution (Conger et al., 2000). More studies showed that childhood maltreatment affects romantic relationships and friendships. (Franz, 2015; Hornor, 2014; Koizumi & Takagishi, 2014; Lassri & Shahar, 2012; Peterson et al., 2018).

Furthermore, according to attachment theory, a child's interaction with his or her primary caregiver affects their ability to form lasting emotional attachments as adults (Bowlby, 1969). Children who have strong attachments to their primary caregivers are more likely to view other people as reliable than children who have weaker relationships to their primary caregivers. In the same way, (Bryant & Conger, 2002) provided a model to conceptualize social learning theory and anticipate how early family experiences influence the development of early adult romantic relationships. This paradigm contends that traits of a person's early home environment may predict eventual feelings and behaviours that a child may exhibit toward others and are thought to have an impact on the quality of romantic relationships in later life.

According to the hypothesis 3 of the study, ‘There is a negative association between childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect sexual abuse and denial) and cognitive emotion regulation (i.e. Acceptance, Refocusing on

planning, Positive refocusing, Positive reappraisal and Putting into perspective). Results showed that childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect, sexual abuse and denial) is significantly negatively correlated with cognitive emotion regulation (i.e. Acceptance, Refocusing on planning, Positive refocusing, Positive reappraisal and Putting into perspective)'. Results of the study are supporting hypothesis no. 3 and are consistent with the literature that childhood maltreatment predicts cognitive emotional regulation and cognitive impairments (De Bellis et al., 2013; Hart and Rubia, 2012; Lupien et al., 2009; Teicher et al., 2004).

Furthermore, research have indicated that children who have experienced maltreatment having difficulty controlling their emotions, and that this weakness is associated with developmental issues in the socioemotional and cognitive domains (Cicchetti et al., 1995; Shields & Cicchetti, 1997). A solid bond with a caregiver, enhances the capacity to control emotions in a manner that is consistent with growth and development of emotional regulation skills in children. (Thompson, 2008). Another study found that children who faced physical neglect were less able to distinguish emotions than physically abused and non-maltreated children (Pollak et al., 2000).

According to the hypothesis 4 of the study, 'There is a positive association between childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect sexual abuse and denial) and cognitive emotion regulation (i.e. Self-blame, Blaming others, Rumination and Catastrophizing)'. Results showed that childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect, sexual abuse and denial) is significantly positively correlated with cognitive emotion regulation (i.e. Self-blame, Blaming others, Rumination and Catastrophizing)'. Results of the study are supporting hypothesis no. 4 and are consistent with the literature that individuals childhood maltreatment predicts cognitive emotional regulation and cognitive impairments (De Bellis et al.,

2013; Hart and Rubia, 2012; Lupien et al., 2009; Teicher et al., 2004).

Furthermore, research have discovered that maltreated children have a reduced ability to regulate their emotions, which is linked to developmental impairment in the socio-emotional and cognitive domains (Cicchetti et al., 1995; Shields & Cicchetti, 1997). Similarly, research has indicated that neglecting or abusing children physically, sexually, or psychologically increases their risk of developing social, cognitive, and behavioural problems (Bremner & Vermetten, 2001; Majer et al., 2010; Peterson & Welsh, 2014). Individuals' cognitive emotional regulation was disrupted as a result of child maltreatment, according to the study.

According to the hypothesis 5 of the study, 'There is a negative association between childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect sexual abuse and denial) and ego resiliency'. Results showed that childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect, sexual abuse and denial) is significantly negatively correlated with ego resiliency. Results of the study are supporting hypothesis no 5 and are consistent with the literature that there is negative relationship between childhood maltreatment (i.e. emotional and physical abuse, emotional and physical neglect sexual abuse and denial) and ego resiliency (Cicchetti & Rogosch, 1997; Haskett et al., 2006; Masten, 2010; Walsh et al., 2010).

Using Andrew Hayes' process in SPSS, mediation analysis was carried out, and the results were reported. In present study it was hypothesize that adaptive cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in intimate partner).

Results showed that adaptive cognitive emotional regulation mediated in the

relationship between childhood maltreatment and closeness. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with closeness intimate partner, putting things into perspective, positive refocusing and refocus on planning emerged as significant mediator among all other adaptive cognitive emotion regulation strategies. Hence Participants who had been exposed to more childhood maltreatment felt less putting into perspective, positive refocusing and refocus on planning which was linked to decreased closeness with intimate partner. Past researches showed that childhood maltreatment impacts cognitive emotional regulation which in turn impact social relationships (Extremera & Rey, 2015; Gratz et al., 2004; Pollak et al., 2000). Planning was the sole protective strategy discovered in relation to distress related with social functioning issues, which is consistent with earlier studies. This finding backs up prior research that found planning to be an adaptive cognitive approach. (Bjorck et al., 2001; Garnefski et al., 2007; Legerstee et al., 2010). Despite this, positive refocusing and positive reappraisal were not identified as protective variables, contrary to earlier findings (Bjorck et al., 2001; Garnefski et al., 2007; Legerstee et al., 2010). The previously indicated cognitive methods may be more important in anticipating depression and anxiety symptoms than in predicting distress caused by social functioning issues. Couples who use adaptive emotion regulation strategies may benefit from similar assistance, whether it be high or low. Good communication has been linked to stable relationships ([Butler and Randall, 2013](#)).

Results showed that adaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and closeness in friends. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with closeness friends, putting things into perspective and refocus on planning emerged as significant mediator among all other adaptive cognitive

emotion regulation strategies. Hence Participants who had been exposed to more childhood maltreatment felt less putting into perspective and refocus on planning which was linked to decreased closeness with friends. This was in line with the other hypothesis of current study that is adaptive cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends). It is common knowledge that adaptive emotion regulation strategies improves the value and period of social interactions. ([English et al., 2013](#); [Garner & Waajid, 2012](#)).

Adaptive Emotion Regulation has also been shown to alleviate distress and improve good affect in other studies ([Gross & John, 2003](#)). This technique could increase mutual liking and perceived friendship success because it is used by both friends and creates a pleasant emotional environment in the friendship (Clark et al., 2018) and encourage them to put forth more effort to keep the bond going ([Gabriel et al., 2016](#)). Strong affective attachments, together with common values and goals, are thought to help maintain relationships ([Slotter & Gardner, 2011](#)).

“ Adaptive cognitive emotion regulation strategies (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in intimate partner)” was a hypothesis of current study. Results showed that adaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and discord. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with discord intimate partner positive refocusing and refocus on planning emerged as significant mediator among all other

adaptive cognitive emotion regulation strategies. Hence participants who had been exposed to more childhood maltreatment felt less positive refocusing and refocus on planning which was linked to increased discord with intimate partner.

Past researches showed that childhood maltreatment impacts cognitive emotional regulation which in turn impact social relationships (Extremera & Rey, 2015; Gratz et al., 2004; Pollak et al., 2000). In another study it was also revealed that Cognitive coping strategies are used to help people manage and regulate their emotions (Folkman & Moskowitz, 2004). These approaches may be adaptive (e.g., putting into perspective, positive refocusing, positive reappraisal, acceptance, refocus on planning) (Garnefski & Kraaij, 2006). The importance of a secure attachment style in the growth of emotion regulating abilities (Bowlby, 1969; Calkins & Fox, 2002; Carrère & Bowie, 2012; Roque & Veríssimo, 2011), provides adaptive cognitive emotion control approach for detecting, interpreting, and sharing emotions in social and affective connections.

There is another hypothesis of current study “adaptive cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) mediates the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends)”. When it comes to childhood maltreatment, there's a link (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with discord friends among all other adaptive cognitive emotion regulation strategies no construct were shown to be mediated.

In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with discord intimate partner, self blame and catastrophizing emerged as significant mediator among all other maladaptive cognitive emotion regulation strategies. Hence participants who had been exposed to more

childhood maltreatment felt more catastrophizing and self blame, which was linked to increased discord with intimate partner. Results showed that maladaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and discord therefore in present study it was hypothesize that maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in intimate partner). Results showed that maladaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and discord.

This is supported by the previous study, which revealed that adolescents with internalising problems utilise self-blame more frequently than those with externalising problems (Garnefski et al., 2005). Cognitive coping strategies have been shown to be effective in managing and regulating emotions in previous studies. (Folkman & Moskowitz, 2004). These approaches (e.g., self-blame, other-blame, concentrate on thought, catastrophizing) are ineffective (Garnefski & Kraaij, 2006).

Previous research has repeatedly highlighted catastrophizing as an unhelpful cognitive technique (Legerstee et al., 2010). Additionally, the only consistent predictor of both problems with social functioning and the related distress was catastrophizing (Garnefski et al., 2005).

Through maladaptive cognitive emotion regulation approaches, Insecure attachment patterns hinder the relationship's ability to grow and learn emotion control skills. The likelihood of using emotional control strategies is higher in those with insecure attachment styles that focus on unpleasant feelings and repressed emotional events (Morley & Moran, 2011). Another study found that traumatic experiences during childhood and adolescence may interrupt the normal course of emotional development, resulting in emotional regulation

impairment. (Cabecinha et al., 2021). As a result, when confronted with stressful circumstances, abused individuals are unable to successfully regulate their negative emotions, are continuously blaming themselves and others, and even exaggerate bad affect with detrimental consequences.

Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination, and catastrophizing) will mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends), according to the next hypothesis of the current study. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with discord friends, catastrophizing emerged as significant mediator among all other maladaptive cognitive emotion regulation strategies.

Hence participants who had been exposed to more childhood maltreatment felt more catastrophizing, which was linked to increased discord with friend. (Richards et al., 2003) also explored that people who had more maladaptive emotional regulation were more likely to develop new long-term negative relationships. Individuals who adopt maladaptive emotional regulation mechanisms may highlight the negative aspects of a moderate argument, causing them to become more difficult to resolve. Both of these factors raise the chances of them forming new, conflict-filled relationships. Finally, people often alter their social networks to satisfy their own emotional needs (English and Carstensen, 2014). However, an unwillingness to manage conflict might threaten friendships. Individuals who practice maladaptive emotional control on a regular basis may believe they lack the skills needed to form more good interactions with those who they think to be more proficient in terms of emotional regulation. (Bonanno et al., 2002).

Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination

and catastrophizing) mediate the relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in intimate partner). Results showed that maladaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and closeness intimate partner. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with closeness in intimate partner , self blame emerged as significant mediator among all other maladaptive cognitive emotion regulation strategies. (Dvir et al., 2014) suggested that early trauma exposure and emotional dysregulation had a complicated and bidirectional link. Childhood trauma is linked to a decreased ability to recognize and manage emotion. Increased levels of externalizing and internalizing psychiatric symptoms and a decline in social functioning that begins in childhood and lasts throughout adulthood. Adults with a history of childhood trauma are more likely to struggle with emotional regulation.

The relationship between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends) was mediated by maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing). Results showed that maladaptive cognitive emotional regulation mediated in the relationship between childhood maltreatment and closeness friends. In association between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) with closeness in friends, self blame, rumination and blame others emerged as significant mediator among all other maladaptive cognitive emotion regulation strategies. In terms of self-blame, the findings are in line with past studies that connected self-criticism, or the propensity for people to make unfavourable judgments about themselves, to personal unhappiness.

According to the current study individuals who used rumination on a daily basis to

regulate their emotions report a stronger tendency to avoid the person in distress.

Furthermore, rumination has been linked to frequent behavioural avoidance reports, showing that ruminating is a key predictor of social avoidance. Furthermore, rumination has been linked to frequent behavioural avoidance, implying that rumination is a key indicator of social avoidance. Individuals' willingness to remove themselves from others' difficulties may be strengthened by holding them accountable for their experiences on both an emotive and social level. On the other side, it's likely that people who keep their distance from others naturally hold others more accountable for their behavior (Grynberg & López, 2018)

The association between child maltreatment and social relationships is not significantly mediated by ego resilience. Ego-resiliency, indicating that this mediation effect was present at all traumatic levels. This is supported by other researches (Bonanno, 2004; Fredrickson et al., 2003; Ong et al., 2006) whether or not a person has had prior trauma experiences, ego-resiliency may still exist in them. It guards against all levels of trauma-related psychiatric disorders. However, due to cultural considerations, it may be adaptively advantageous for abused children to exhibit increased inhibition and control in their unfavorable home environments in order to prevent further maltreatment. Children in Pakistan are frequently molested by family members, making it impossible for them to disclose it. They hide because of the fear of survival. Another explanation for this finding might be the connection between child maltreatment and the co-occurrence of externalising and internalising (Jaffee et al., 2002). The current research did not account for the possibility of concurrent externalising issues, which may partially explain the surprise conclusion that ego undercontrol predicts depression.

The findings show that there are significant gender differences on sexual abuse, emotional neglect, denial, closeness friend, discord intimate partner, self-blame, acceptance and putting into perspective. Results showed that women experienced more cognitive

emotion regulation (rumination and catastrophising) Results of the study are supporting existing literature that women were shown to ruminate and catastrophize more frequently than males. These findings are in line with previous research suggesting that women pay greater attention to their emotional experiences, recognise and discuss feelings more openly, and ruminate on grief than men. (Fivush & Buckner, 2000; Nolen et al., 2008). Another study found that women are more likely than males to ruminate about negative experiences, focusing on negative inner sensations rather than taking action to deal with their discomfort (Nolen et al., 2008). Women are more to use the rumination strategy when experiencing a stressful situation and discuss their emotional experiences with others to overcome the stress (Nolen, 1987).

There are mix finding in literature showed that men experienced more child maltreatment (i.e. sexual abuse, emotional neglect, and denial) Regardless of the size of the home, the location (urban/rural), or whether the participants were living with both parents or someone else. This striking and consistent finding could be attributable to the previously mentioned variations in the socialization processes of boys and girls. It is likely to imply that abusive acts characterize the procedures (e.g., hard work) by which males are created to be tough and hard. Male youngsters, in particular, are more likely to engage in intense and hard labour activities where they may be subjected to physical abuse (Paat & Markham, 2019). Furthermore, male children are five times more likely than female children to experience child maltreatment. The findings are in line with those of other investigations (Black, 2001; Tajima, 2000)

Another study found that male children participate in intense and hard labour activities where they may be subjected to physical abuse on a regular basis. On the other hand, it is untrue that men are socially discouraged from publicly expressing feelings that are showing the signal of weakness (Breines & Gordon, 1983)

In Pakistan, there is a deeply ingrained societal preference for boys over girls. Many women encounter gendered disadvantages from birth; less opportunities to access restricted resources, poorer access to healthcare, increased child mortality and limited autonomy. Due to the abuse they endured as children, girls have an abnormally high prevalence of psychological illness. So it may be the reason that female experienced more child maltreatment than males

5.2 Conclusion

Current study explored the impact of childhood maltreatment on social relationships in emerging adults and mediating role of cognitive emotion regulation and ego resiliency. Findings revealed that there is negative association between childhood maltreatment and social relationship that is discord in friends and intimate partner and there is positive relationship of childhood maltreatment and social relationship that is closeness in friends and intimate partner. Adaptive cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) is a significant mediator between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends and intimate partner) it weakens the relationship. Hence participants who had been exposed to more childhood maltreatment felt less putting into perspective and refocus on planning which was linked to decreased closeness with friends and intimate partner. Adaptive cognitive emotion regulation (acceptance, refocusing on planning, positive refocusing, positive reappraisal, and putting into perspective) is a significant mediator between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends and intimate partner) it strengthen the relationship. Hence participants who had been exposed to more childhood maltreatment felt less positive refocusing and refocus on planning which was linked to increased discord with friends and intimate partner. Maladaptive cognitive emotion

regulation (self-blame, blaming others, rumination and catastrophizing) is significant mediator between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. closeness in friends and intimate partner) it weakens the relationship hence individuals who self-criticize and used to make negative self-evaluative are unable to form social relationship.

Maladaptive cognitive emotion regulation (self-blame, blaming others, rumination and catastrophizing) act as a significant mediator between childhood maltreatment (i.e. emotional abuse, physical abuse, sexual abuse, emotional neglect, physical neglect, and denial) and social relationships (i.e. discord in friends and intimate partner) it strengthen the relationship Hence participants who had been exposed to more childhood maltreatment used more malaadaptive strategies, which was linked to increased discord with friend and intimate partners. Ego resiliency is a non significant mediator between the relationship of childhood maltreatment and social relationship. Due to cultural considerations, it can be adaptively advantageous for abused children to show increased constraint and restraint in their unfavorable home environments to prevent further abuse. Furthermore, demographic features have been explored on study variables and results revealed significant gender differences on childhood maltreatment which indicates women experienced more childhood maltreatment. Finding of the present study will help clinical psychologist, family therapist, teachers and whole family system to make intervention against childhood maltreatment

5.3 Limitations and Suggestions

The current study aims to study the impact of childhood maltreatment on social relationship in emerging adults and examine the role of cognitive emotion regulation and ego resilience. There is a lack of research regarding the impact of childhood maltreatment on social relationships. In the present study, the focus will be the emerging adults with or without maltreatment histories from the general population. In Pakistan, there is a scarcity in

child maltreatment research. Although some organizations and NGO's are working with this population still there are gaps in literature and mostly they focus on the sample of children under 18 years of age. The present research will trace out the long term effects of childhood maltreatment in adult population specifically in Pakistani context The present study has following limitations that must be considered. The cross-sectional study design does not permit to draw conclusions about the impact of childhood maltreatment on social relationships among emerging adults. Future longitudinal research must be carried out to shed more light on this severe problem.

1. Only a sample of emerging adults was used to determine the results of the current study therefore the age related longterms effects are difficult to explore. When applying the findings to other populations, caution should be used.
2. The use of self-report measures for all dimensions could lead to bias. To get a better understanding of maltreatment and social relationships that are unaffected by self-report bias, future studies should take into account using a variety of informants, such as reliable source including friends' reports, and in-depth, extensive interviews.
3. Additionally, questions about the age and frequency of childhood maltreatment were not questioned, which may have had an impact on the findings given that younger children may be more resilient to unfavourable circumstances and occurrences.
4. In addition, the study neglected to consider how long the subjects had been abused, which could have an impact on their ability to cope later in life.
5. Finding of the present study will help clinical psychologist, family therapist, teachers and whole family system to make intervention against childhood maltreatment.

5.4 Implications

1. Teaching emotion management techniques to maltreated children and adolescents is essential, to improve a person's chances of developing healthy peer relationships as an adult. Adopting these strategies before adulthood can help victims of childhood abuse avoid peer interaction issues, which have been associated to lower levels of overall life satisfaction and psychological well-being.
2. Early detection and prevention of child maltreatment in schools may include questionnaires or psychological tests that ask specific types of questions connected to maltreatment or neglect. Taking these kinds of steps may encourage children who are being abused to report their abusers and prevent future abuse, increasing the chances of healthy growth and the formation of positive social relationships later in life.
3. Professionals in the fields of health and education bear a specific duty. Researchers in medicine and public health must be able to plan and conduct abuse investigations. Child abuse should be addressed in medical and nursing curricula, graduate training programmes in social and behavioural sciences, and teacher education programmes. Leading professionals in all of these sectors should work hard to garner resources that will allow such curriculum to be implemented successfully.
4. There is also a pressing need for additional research into the issue of child neglect. Because neglect is so strongly linked to low education and low money, it's critical to figure out how to tell the difference between parental neglect and poverty deprivation..
5. Many risk variables appear to operate in the same way in all countries, but there are a few that appear to be culture-dependent and require further investigation. While there appears to be a definite link between the risk of abuse and the age of the child, physical abuse rates peak at different times in different nations. More research into this phenomenon is required. It's important to understand how cultural differences in

parental expectations for children's behaviour and the impact of child characteristics on the likelihood of abuse.

6. Governments should closely monitor instances of child maltreatment and neglect, as well as the harm they cause. Academic institutions and the healthcare system may support this monitoring by gathering case reports, carrying out routine surveys, or using other relevant strategies. Regular population-based public surveys are likely to be required to raise public awareness about child maltreatment.

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اجازت نامہ

میں نیشنل یونیورسٹی آف ماڈرن لینگویج میں ایم فل کی طالبہ ہوں۔ یہ تحقیق میری ڈگری کے حصول کا اہم حصہ ہے۔ معاشرے میں ہر انسان مسائل سے دوچار ہے۔ اسی طرح نوجوان ہمارے معاشرے میں بہت سے مسائل سے دوچار ہیں۔ جس میں سب سے اہم ان کے جذبات اور احساسات ہیں۔ میں ایک تحقیق کر رہی ہوں جس کا مقصد نوجوانوں کو جو مسائل درپیش ہیں ان کی نشاندہی کی جائے اور ان وجوہات کی نشاندہی کرنا ہے جو ان کے درمیان یارستے میں حائل ہیں۔

میں آپ سے گزارش کرتی ہوں کہ آپ اس تحقیق کا حصہ بنیں۔ یہ تحقیق مختلف تحقیقی، تعلیمی اور حکومتی اداروں کے کام آئے گی جس سے نوجوان جن مسائل سے دوچار ہیں ان کو دور کرنے کی کوشش کر سکیں۔ اس تحقیق کا حصہ بن کر آپ نوجوانوں کی فلاح کے لئے اہم کردار ادا کر سکتی / سکتے ہیں۔ آپ کا نام کہیں بھی استعمال نہیں کیا جائے گا اور میں آپ کو یقین دلاتی ہوں کہ تمام معلومات صرف تحقیقی مقاصد کے لئے لی جارہی ہیں اور آپ کے جوابات کو صیغہء راز میں رکھا جائے گا اور انہیں کسی اور مقصد کے لئے استعمال نہیں کیا جائے گا۔ یہ کتابچہ چار / پانچ سوال ناموں پر مشتمل ہے۔ اگر آپ کسی بھی مقام پر اس تحقیق سے دستبردار ہونا چاہیں تو اس سے آپ کو کوئی نقصان نہیں ہوگا۔

آپ سے گزارش ہے کہ جو سوالات آپ سے کیے جائیں ان کا دیا ننداری سے جواب دیں۔ اگر آپ اس تحقیق کا حصہ بننا چاہتے ہیں تو نیچے دی گئی جگہ پر دستخط درج کریں۔

دستخط

اگر یہ سوال نامہ حل کرنے سے آپ کو کوئی ذہنی تناؤ ہو تو آپ ہم سے رابطہ کر سکتے ہیں۔

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ذاتی معلومات

- 1- جنس: مرد _____ عورت _____
- 2- عمر: _____
- 3- آپ کا پیشہ: _____
- 4- آپ کی تعلیم: _____
- 5- ماہانہ آمدنی: _____
- 6- ازدواجی حیثیت: شادی شدہ _____ غیر شادی شدہ _____ متعلقہ شدہ _____ نکاح یافتہ _____ دیگر _____
- 7- خاندانی حیثیت: مشترکہ _____ غیر مشترکہ _____
- 8- بہن بھائیوں کی تعداد: _____
- 9- بہن بھائیوں کی تعداد میں آپ کا نمبر: _____
- 10- آپ کون سے طبقہ سے تعلق رکھتے ہیں: پر _____ مڈل _____ لوئر _____
- 11- خاندان کے کسی فرد میں نفسیاتی بیماری ہوئی جس کے لئے ماہر نفسیات سے رابطہ کیا گیا ہو۔ ہاں _____ ناں _____
- 12- آپ کو کبھی نفسیاتی بیماری ہوئی جس کے لئے ماہر نفسیات سے رابطہ کیا گیا ہو۔ ہاں _____ ناں _____

Childhood Traumatic Questionnaire

ہدایات: نیچے دئے گئے سوالات میں آپ سے آپ کے بارے میں پوچھا گیا ہے جب آپ کم عمر تھی / تھے۔ مندرجہ ذیل 1 سے 5 نمبرز کے خانوں میں سے کسی ایک پر نشان لگائیں۔

- 1 = بالکل صحیح نہیں
2 = کسی حد تک
3 = کبھی کبھار صحیح
4 = اکثر صحیح
5 = بالکل صحیح

نمبر	بیانات	بالکل صحیح نہیں	کسی حد تک	کبھی کبھار صحیح	اکثر صحیح	بالکل صحیح
		1	2	3	4	5
1	میرے پاس کچھ زیادہ کھانے کو نہیں تھا۔	1	2	3	4	5
2	مجھے معلوم تھا کہ کوئی ہے جو میرا خیال رکھتا ہے اور میری حفاظت کرتا ہے۔	1	2	3	4	5
3	میری فیملی کے لوگ مجھے "بیوقوف"، "ست" یا "بد صورت" جیسے القابات سے پکارتے ہیں۔	1	2	3	4	5
4	میرے والد / والدہ اتنے نشے میں ہوتے تھے کہ فیملی کا خیال بھی نہ کر سکیں۔	1	2	3	4	5
5	میری فیملی میں کوئی ایسا تھا جس نے میری مدد کی فیملی میں خود کو اہم یا پیش محسوس کروا کر۔	1	2	3	4	5
6	مجھے گندے پکڑے پہنائے جاتے تھے۔	1	2	3	4	5
7	مجھے محبت کا احساس ہوتا تھا۔	1	2	3	4	5
8	میں سوچتا تھا کہ میرے والدین کی خواہش تھی کہ میں کبھی پیدا ہی نہ ہوتا / ہوتی۔	1	2	3	4	5
9	میری فیملی میں کسی نے مجھے اتنے برے طریقے سے مارا کہ مجھے ڈاکٹر کو دکھانے کے لئے ہسپتال لے کر جانا پڑا۔	1	2	3	4	5
10	میری فیملی سے متعلق ایسا کچھ نہیں تھا جو میں بدلنا چاہتا تھا۔	1	2	3	4	5
11	میری فیملی کے لوگ مجھے اتنا شدید مارتے تھے کہ نشانات یا زخم بن جاتے۔	1	2	3	4	5
12	مجھے جلت بجلی کی تار، دیوار یا کسی سخت چیز سے مارا جاتا تھا۔	1	2	3	4	5
13	میری فیملی کے لوگ ایک دوسرے کا خیال رکھتے تھے۔	1	2	3	4	5
14	میری فیملی کے لوگ مجھے دکھ پہنچانے والی باتیں کر کے والی باتیں کہتے تھے۔	1	2	3	4	5
15	مجھے لگتا ہے کہ مجھے جسمانی تشدد کا نشانہ بنایا گیا۔	1	2	3	4	5
16	میرا بچپن اطمینان بخش تھا۔	1	2	3	4	5
17	مجھے اتنا برے طریقے سے مارا گیا کہ تشدد کیا گیا کہ کسی دوسرے پر جیسے استاد، مسافر یا ڈاکٹر پر ایسا ہو گیا۔	1	2	3	4	5
18	میں محسوس کرتا تھا کہ میری فیملی میں کوئی مجھ سے نفرت کرتا ہے۔	1	2	3	4	5
19	میرے فیملی کے لوگ ایک دوسرے کے بہت قریب ہیں۔	1	2	3	4	5
20	کسی نے مجھے جنسی انداز میں چھونے کی کوشش کی یا چاہا کہ میں اس کے جنسی اعضاء کو چھوؤں۔	1	2	3	4	5

Cognitive Emotion Regulation Scale

ہدایات: آپ حالات و واقعات کے ساتھ کیسے ڈھالتے ہیں

ہر کسی کو حتمی اور ناخوشگوار واقعات کے کبھی نہ کبھی سامنا کرنا پڑتا ہے۔ اور ہر کوئی اپنے طریقے سے رد عمل کا اظہار کرتا ہے۔ آگے آنے والے سوالات میں آپ کو بتانا ہے۔ جب آپ حتمی اور ناخوشگوار

واقعات کا سامنا کرتے ہیں تو عموماً کیا سوچتے ہیں

- تقریباً کبھی نہیں = 1
 کبھی کبھار = 2
 باقاعدگی سے = 3
 اکثر = 4
 تقریباً ہمیشہ = 5

نمبر	بیانات	تقریباً کبھی نہیں	کبھی کبھار	باقاعدگی سے	اکثر	تقریباً ہمیشہ
1	میرے خیال میں مجھے مانا پڑے گا کہ ایسا ہو چکا ہے۔	1	2	3	4	5
2	میں اکثر سوچتا / سوچتی ہوں کہ میں اپنے تجربات کے بارے میں کیا محسوس کرتا / کرتی ہوں۔	1	2	3	4	5
3	میرا خیال ہے کہ میں حالات سے کچھ نہ کچھ سیکھ سکتا / سکتی ہوں۔	1	2	3	4	5
4	میں محسوس کرتا / کرتی ہوں کہ جو کچھ ہوا ہے میں ہی اس کا / کی ذمہ دار ہوں۔	1	2	3	4	5
5	میرے خیال میں حالات کو قبول کر لینا چاہیے۔	1	2	3	4	5
6	میں الجھتا رہتا / رہتی ہوں کہ جو کچھ میں نے تجربہ کیا ہے میں اس کے بارے میں کیا سوچتا / سوچتی اور محسوس کرتا / کرتی ہوں۔	1	2	3	4	5
7	میں خوشگوار چیزوں کے بارے میں سوچتا / سوچتی ہوں جس کا اس سے کوئی تعلق نہیں۔	1	2	3	4	5
8	میرے خیال میں جو کچھ ہوا ہے اس کے نتیجے میں میں مزید مضبوط شخص بن سکتا / سکتی ہوں۔	1	2	3	4	5
9	میں اس بارے میں سوچتا رہتا ہوں / رہتی ہوں کہ جو میں نے تجربہ کیا ہے وہ کتنا خوفناک ہے۔	1	2	3	4	5
10	میں محسوس کرتا / کرتی ہوں کہ جو کچھ ہوا ہے دوسرے اس کے ذمہ دار ہیں۔	1	2	3	4	5
11	جو کچھ ہوا ہے میں اس کی بجائے اچھی چیزوں کے بارے میں سوچتا / سوچتی ہوں۔	1	2	3	4	5
12	میں سوچتا / سوچتی ہوں کہ حالات کو کیسے بدلا جائے۔	1	2	3	4	5
13	میرے خیال میں یہ دوسری چیزوں کے مقابلے میں اتنا برا نہیں تھا۔	1	2	3	4	5
14	میرے خیال میں بنیادی طور پر اس کی وجہ میرے ہی اندر ہے۔	1	2	3	4	5
15	میں سب سے بہتر کر سکتا / سکتی ہوں میں اس پلان کے بارے میں سوچتا / سوچتی ہوں	1	2	3	4	5
16	میں اپنے آپ کو یہ بتاتا / بتاتی ہوں کہ زندگی میں بڑی چیزیں بھی ہیں۔	1	2	3	4	5
17	میں مسلسل سوچتا / سوچتی ہوں کہ صورتحال کتنی خوفناک رہی ہے۔	1	2	3	4	5
18	میں محسوس کرتا / کرتی ہوں کہ بنیادی طور پر اس کی وجہ دوسرے نہیں ہیں۔	1	2	3	4	5

The Network of Relationship Questionnaire- Relationship Quality Version (NRI-RQV)

ہدایات: نیچے دئے گئے سوالات میں آپ کے بہترین دوست اور رومینگ پارٹنر کے بارے میں پوچھا گیا ہے۔ مندرجہ ذیل سوالات میں یہ لوگ سے مراد بہترین دوست / رومینگ پارٹنر ہیں۔
مندرجہ ذیل 1 سے 5 نمبرز کے خانوں میں سے کسی ایک پر نشان لگائیں (دونوں سائیز پر)۔

- 1 = کبھی نہیں
2 = کبھی کبھار
3 = کبھی کبھی / کچھ وقت
4 = اکثر
5 = ہمیشہ


بہترین دوست					تفصیلات	رومی فلک پارٹنر				
بیش	اکثر	کبھی کبھی / کچھ وقت	کبھی کبھار	کبھی نہیں		بیش	اکثر	کبھی کبھی / کچھ وقت	کبھی کبھار	کبھی نہیں
5	4	3	2	1		5	4	3	2	1
5	4	3	2	1	1- اکثر اوقات آپ کتنا اچھا وقت اپنے دوستوں یا رومینگ پارٹنر کے ساتھ گزارتے ہیں۔	5	4	3	2	1
5	4	3	2	1	2- کتنا آپ لہنی وہ باتیں کسی کو بتاتے ہیں جو آپ چاہتے ہیں کہ دوسروں کو پتہ نہ چلے۔	5	4	3	2	1
5	4	3	2	1	3- کتنا آپ کو (یہ لوگ) وہ کام کرنے پر مجبور کرتے ہیں جو آپ نہیں کرنا چاہتے۔	5	4	3	2	1
5	4	3	2	1	4- آپ (ان لوگوں) کے ساتھ اپنے رشتے سے کتنا خوش ہیں۔	5	4	3	2	1
5	4	3	2	1	5- کتنا آپ اور (یہ لوگ) ایک دوسرے سے اختلاف کرتے ہیں جھگڑتے ہیں	5	4	3	2	1
5	4	3	2	1	6- کتنا آپ اپنے ذاتی مسائل کے لئے (ان لوگوں کا) سہارا لیتے ہیں۔	5	4	3	2	1
5	4	3	2	1	7- کتنا (یہ لوگ) آپ کی غلطیوں کی نشان دہی کرتے ہیں جو آپ کو نیا دکھاتے ہیں	5	4	3	2	1
5	4	3	2	1	8- جیسے آپ ہیں اس بنا پر کتنا یہ لوگ آپ کی تعریف کرتے ہیں۔	5	4	3	2	1
5	4	3	2	1	9- کتنا یہ لوگ لہنی مرضی کے راستے پر چلتے رہیں جب آپ دونوں اس بات پر رضامند نہیں ہوتے کہ کیا کرنا چاہیے۔	5	4	3	2	1
5	4	3	2	1	10- کتنا یہ لوگ آپ کو سرگرمیوں (Activities) میں شامل کر پاتے ہیں	5	4	3	2	1
5	4	3	2	1	11- کتنا آپ اور (یہ لوگ) اکتھے مختلف مشاغل پر جاتے ہیں اور ساتھ مل کر چیزیں کرتے ہیں۔	5	4	3	2	1
					12- کتنا آپ (ان لوگوں) کو ہر وہ بات بتاتے ہیں جس سے آپ گزر رہے ہیں۔					
					13- کتنا (یہ لوگ) آپ سے وہ کام کرواتے ہیں جو آپ کرنا پسند نہیں کرتے۔					







Ego-Resiliency Scale

مندرجہ ذیل بیانات میں دی گئی تحریر جو آپ کے مطابق ہونے کے جواب کو دائرہ لگائیں نمبر 1 سے 4 تک اور یہ بتائیں کہ عام طور پر حقیقت میں مندرجہ ذیل خوبیاں کس حد تک آپ کے مطابق ہیں۔



- 1 = بالکل بھی میرے مطابق نہیں
 2 = تھوڑا سا میرے مطابق
 3 = کچھ حد تک میرے مطابق
 4 = بالکل میرے مطابق

نمبر	بیانات	بالکل بھی میرے مطابق نہیں 1	تھوڑا سا میرے مطابق 2	کچھ حد تک میرے مطابق 3	بالکل میرے مطابق 4
1	میں اپنے دوستوں کے ساتھ تعلق ہوں۔	1	2	3	4
2	میں خوفزدہ کر دینے والی چیزوں پر قابو پالیتا / لیتی ہوں یا ان کے اثر سے باہر نکل آتی ہوں۔	1	2	3	4
3	مجھے لطف آتا ہے بے اور غیر معمولی حالات سے نبرد آزما ہونے میں۔	1	2	3	4
4	میں اکثر لوگوں پر حسبِ شانہ تاثر ڈالنے میں کامیاب ہوتا / ہوتی ہوں۔	1	2	3	4
5	ایسے کھانے میں جو میں نے پہلے نہیں کھائے ان کو کھا کر میں لطف اندوز ہوتا / ہوتی ہوں۔	1	2	3	4
6	مجھے پھر تھلا شخص سمجھا جاتا ہے۔	1	2	3	4
7	مجھے واقف شدہ مقامات کے مختلف راستے اختیار کرنا ہے۔	1	2	3	4
8	میں باقی لوگوں کی نسبت زیادہ تجسس ہوں۔	1	2	3	4
9	بہت سے لوگ جن سے میری ملاقات ہوتی ہے وہ پسند کئے جانے کے قابل ہوتے ہیں۔	1	2	3	4
10	میں عموماً کچھ بھی عمل درآمد سے پہلے کام کا بخور جائزہ لیتا / لیتی ہوں۔	1	2	3	4
11	مجھے جدید اور مختلف قسم کے کام کرنا پسند ہے۔	1	2	3	4
12	میری روزمرہ کی زندگی دلچسپ حوالے سے بھرپور ہے۔	1	2	3	4
13	میں کسی پر آئے ہوئے شخص پر بہت جلد قابو پالیتا / لیتی ہوں۔	1	2	3	4
14	میں باقی لوگوں کی نسبت زیادہ تجسس ہوں۔	1	2	3	4


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Hijab Zehra <hijab9589@gmail.com>
to bernstein.phw ▾

Dear Sir/ Madam

Hello Hope this email finds you in good health. I am a M. Phil Scholar and as a requirement of my degree I am conducting research on impact of COVID-19 on Regulation and Ego Resiliency under the supervision of Dr. Asia M. Bernstein. With your permission to use Childhood traumatic questionnaire 28-item version. To avoid further delay in my research, I humbly request you to grant me permission to be funded and I request you to permit me to use Childhood traumatic questionnaire



DP Bernstein
to me ▾

Hello Hijab,
you are permitted to use Childhood traumatic questionnaire and be



Q nadia



CERQ for research approved Inbox x



service@datec.nl

to me, info ▾

Dear 03135245794

Your request for the use of the CERQ has been approved

[You can download the CERQ here.](#)

The password is "JjCe9LXWD565LUmM".

Please only download the files you have permission for. The password changes regularly, don't wait too long

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Hijab Zehra <hijab9589@gmail.com>
to wfurman ▾

Dear Wyndol Furman Hope this email finds you in good health. I am currently in Pakistan. As a requirement of my degree I am conducting research on Cognitive Emotion Regulation and Ego Resiliency under the supervision of my supervisor in Pakistan. I require permission to use Network of relationship questionnaire. Due to a delay in my research, I humbly request you to grant me permission to use the questionnaire and I request you to permit me to use network of relationship scale.

Thankyou




Wyndol Furman <Wyndol.Furman@du.edu>
to me ▾


See attachment


Wyndol Furman, Ph.D.
Distinguished University Professor
Department of Psychology
University of Denver
Denver, CO 80208
wfurman@nova.psy.du.edu
(he/him/his)




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Re: Scale of Ego Resiliency Scale



Adamkremen

You have my permission. Adam Kremen, Ph.D. 5309 College Ave



Hijab Zehra <hijab9589@gmail.com>

to Adamkremen ▾

Thankyou gor the good response

