



CERTIFICATE OF PARTICIPATION



This certificate is proudly presented to

Ms. Rimsha Khan

For participation in the 3rd International Conference on Multidisciplinary Research: Redefining the Boundaries of SOCIAL SCIENCES, BUSINESS, TECHNOLOGY, LAW and PSYCHOLOGY held at University of Haripur on 16 – 17 Oct, 2025. We appreciate your presentation on research topic *"Exploring the Pathways from Body Dissatisfaction to Anxiety and Depression in Women with PCOS: A Mediation Analysis"*

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motivational strategies play an important role in the achievement, learning outcomes and overall psychological wellbeing of the students. Besides its importance there was limited research has been conducted on emotional intelligence and its relationship with motivational strategies, especially in the context of undergrad students in the universities of Lahore. This study tends to fill this gap. To address this gap a quantitative research design was adopted. And this study was delimited to the universities located in the Lahore. Both public and private universities are the population of this study. The target population consisted of undergraduate students, and a sample of 300 students was selected. Data were collected using a structured questionnaire that measured both emotional intelligence and motivational strategies. The Statistical Package for Social Sciences (SPSS-21) was used for analysis. Correlation analysis was applied to determine the association between the two variables emotional intelligence and motivational strategies. And the findings of this study are that there is no significance correlation between emotional intelligence and motivational strategies of learners at the university level. The findings indicated that there was no statistically significant correlation between emotional intelligence and motivational strategies among university students. This outcome suggests that the two constructs may operate independently in the academic context of Lahore. The study adds to the existing body of literature and offers practical insights for educators, administrators, and policymakers. By recognizing the independent role of both emotional intelligence and motivation, interventions may be designed to strengthen students' learning outcomes and personal development in higher education.

Keywords: Emotional Intelligence, Motivational Strategies, Quantitative Research, Undergraduate Students, Correlation Analysis

4.5 Exploring the Pathways from Body Dissatisfaction to Anxiety and Depression in Women with PCOS: A Mediation Analysis

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Background: Polycystic ovarian syndrome serves as a challenge for women globally with a never-ending struggle of body dissatisfaction and mental health problems.

Objective: To assess body dissatisfaction in women with PCOS and To determine the mediating effect of coping strategies Emotion focused, Problem focused and Dysfunctional coping between body dissatisfaction and mental health problems Anxiety and Depression among women diagnosed with polycystic ovarian syndrome living in Islamabad, Pakistan.

Design: This cross-sectional study was conducted on 100 women from Islamabad they were approached through various OB/Gynae clinics and fertility groups on social media. Participants filled out 1) Demographic Form, 2) Body image action and acceptance questionnaire, 3) Brief cope inventory and 4) Mental health inventory.

Results: The age of participants was categorized using Erikson's psychosocial theory. The mediation analysis shows that body dissatisfaction has a significant direct effect on mental health of women; Anxiety ($P=0.03$) and Depression ($P=0.01$). Furthermore, the mediating

analysis suggest that there is partial mediation between body dissatisfaction and anxiety of coping strategies (EFC M= -0.0077; P=0.07, PFC M= 0.0122; P= 0.25 and DCS M= 0.0517; P=0.01) whereas mediating analysis of coping strategies between body dissatisfaction and depression show (EFC M= -0.0121; P=0.01, PFC M= -0.0040; P= 0.73 and DCS M= 0.0492; P=0.02).

Conclusion: Body dissatisfaction was positively correlated with Anxiety and Depression, with significant mediation by emotion focused coping and dysfunctional coping. Problem focused coping showed partial nonsignificant mediation, warranting further study.

Keywords: Body Dissatisfaction, Mental Health Problems, Anxiety, Depression, Coping, Polycystic Ovarian Syndrome, Women, Islamabad, Pakistan.

4.6 Linking Alexithymia and Mental Health in Women with Polycystic Ovary Syndrome: A Cross-Sectional Study from Pakistan

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Objective: To determine the impact of alexithymia on mental health problems (Anxiety, Depression, Behavior Control and Positive Affect) among women diagnosed with PCOS living in Islamabad, Pakistan.

Methods: This study was conducted on women (N=100) living in Islamabad. They were approached for this study from various OB/Gynae clinics and fertility groups on social media. Informed consent was obtained and these women filled out 24 item Perth alexithymia scale (Preece et al., 2018) and the 18-item mental health inventory (Veit & Ware, 1983).

Results: Most participants (N=100) were adult females (20-40) and the data regarding age was categorized using Erikson's psychosocial theory (Erikson, 1980). The most common clinical symptom of polycystic ovarian syndrome was reported altered physical appearance, included excessive facial and body hair and weight gain (86.1 %). Regression analysis indicate that alexithymia has an impact on mental health problems (anxiety B=0.075; P=0.36 and depression B=0.066; P=0.46) however, it has a negative impact on (behavior control B= -0.90; P=0.23 and positive affect B= -0.227; P=0.00). Furthermore, the Beta values show there is positive weak relation between alexithymia and anxiety (0.091) and depression (0.073) whereas, negative relation exists between alexithymia and behavior control (-0.120) and positive affect (-0.300).

Conclusion: The study shows that there some impact of alexithymia on anxiety and depression whereas, negative impact exists on behavior control and positive affect. The results predict presence of alexithymia and its evident impact on mental health problems (anxiety, depression, behavior control and positive affect). Further research can help investigate the factors leading to this impact.

Keywords: Alexithymia, Mental Health Problems, Anxiety, Depression, Behavior Control and Positive Affect, Polycystic Ovarian Syndrome, Regression Analysis, Women, Islamabad, Pakistan.