

Emotional Maltreatment as Predictor of Mental Health Problems among Adolescents: Moderating Role of Optimism

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Emotional maltreatment is a problem that creates difficulties in the life of adolescents and affects their mental health negatively. This research examined the impact of emotional maltreatment on the mental health among adolescents. The study further explored the moderating role of optimism. A cross sectional survey research design was used. The sample of 400 male and female adolescents with age range 14 to 18 was obtained from various public and private schools and colleges of Sargodha city. Depression Anxiety Stress Scale DASS (Lovibond & Lovibond, 1995); Questionnaire on Seven Dimensions of Emotional Maltreatment At Home (QSDEMH) developed by Gesinde (2010) and Life Orientation Test-Revised LOT-R (Scheier & Carver, 1985) were individually administered to measure emotional maltreatment, mental health and optimism of sample. The findings indicated that emotional maltreatment is a significant predictor of mental health problems among adolescents. Results further indicated that optimism partially moderates the relationship between emotional maltreatment and mental health. This research has implications for increasing parental awareness of their actions and behaviours and its negative consequences on the mental health of their children.

Keywords: Emotional maltreatment, mental health, depression, anxiety, stress, optimism