

Self-Criticism, Hope, and Attribution Style in Adolescents: A Comparison of Levels of Depression

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The present study aimed to compare adolescents with lower depressive symptoms and more depressive symptoms on self-criticism, hope, and attribution style. The sample consisted of 290 students (145 boys and 145 girls). Their ages ranged from 11 years to 23 years. The data was collected from both public and private educational institutes of Islamabad and Rawalpindi, Pakistan. The present research instruments included: The Forms of Self-Criticizing/Self-reassuring Scale (FSCRS; Gilbert, Clarke, Hempel, Miles, & Irons, 2004), The Measure of Attributional Style (Kwon & Whisman, 1992), Psychological Capital Questionnaire (Luthans, Avolio, Avey, & Norman, 2007) and Depression, Anxiety, Stress Scale (DASS-21; Lovibond & Lovibond, 1995). Results indicated that reported levels of depression related to study variables, differently; the sample was assigned to groups based on the reported levels of depression. According to the findings, self-criticism and internality showed a non-significant relationship in adolescents with more depressive symptoms while hope and generality revealed a significant association in individuals with low depressive symptoms. Gender showed non-significant differences in self-criticism. Furthermore, regression analysis revealed the predictive role of inadequate-self, hated-self, and hope in lower depressive symptoms. However, hated-self significantly predicted more depressive symptoms. The present study contributes to understanding risk factors associated with depressive symptoms. Furthermore, professionals, teachers, and parents working with adolescents may also benefit from the findings of the research.

Keywords. Self-criticism, attribution style, hope, depressive symptoms, anxiety