

Abstract of PhD

Name of the Research Scholar: Bilal Ahmad Teli

Supervisor: Dr. Samina Bano

Department of Psychology: Jamia Millia Islamia, New Delhi

Title: Psychological and Physical Health Effects of Betrayal Trauma in Young Adults

Abstract

Background: Trauma can be said to either involve betrayal or not, but can also involve varying degrees of betrayal e.g. Abuse by a domestic worker may be less betraying than abuse by a parent (Freyd, DePrince, & Zurbriggen 2001). Betrayal is the breaking or violation of a trust, or confidence that produces moral and psychological conflict within a relationship amongst individuals or organizations. Betrayal trauma theory (Freyd, 1996) postulates abuse perpetrated by a caregiver or someone close to the victim results in worse mental health and physical health problems than abuse perpetrated by a non caregiver. Hence the present study was designed to study the psychological and physical health effects of betrayal, moderation effect of gender and mediation effect of psychological factors on high betrayal trauma and physical health symptoms among young adults. **Method:** The present study was correlation research in nature, trauma experienced young adults were taken on purposive basis from different areas of Delhi. A sample of 200 young adults, which comprised of 100 high betrayal traumas and 100 low betrayal traumas with equal number of males (n=50) and females (n=50) in both the groups were included in the present research with age group ranged from 20-30 years. Thus in order to get equal number of high betrayal trauma and low betrayal trauma, it took researcher to approach 523 respondents. In order to identify high betrayal trauma and low betrayal trauma and to get the other required data, four instruments were applied which are Brief Betrayal Trauma Survey (BBTS), Toronto Alexithymia Scale (TAS-20), Trauma Symptom Checklist-40 (TSC-40), Pennebaker Inventory of Limbic Languidness (PILL) and socio-demographic data sheet was included to gather relevant information. Data was analysed by using analysis of variance (ANOVA), multiple regression, multiple mediator analysis, pearson product moment correlation, omega square and post hoc power of the test. **Results:** The results found that high betrayal

trauma group were reported more psychological health problems and physical health symptoms as compared to exposure of low betrayal trauma. Similar the young adult females reported more psychological health problems and physical health symptoms as compared to males. The group predicts the trauma symptoms, alexithymia and physical health problems. Exposure of high betrayal trauma predicts more than low betrayal trauma. Similar the gender is also predicts the psychological health (trauma symptoms & alexithymia) and physical health symptoms. Female predicts more as compared to the male young adults. The results found that gender acts as a significant moderator between exposure of betrayal trauma group and depression, sexual abuse, sleep disturbance, sexual problem, alexithymia and physical health symptoms. The results found significant relationship between psychological health problems (trauma symptoms and alexithymia) and physical health problem in high betrayal trauma. However, no significant relationship was found between trauma symptoms and alexithymia, but significant relationship was found between trauma symptoms and physical health problems in low betrayal trauma population. The present study also studied the mediation analyses and found that sexual abuse and sexual problem were mediates the association between high betrayal trauma and physical health problem. **Conclusion:** High betrayal trauma group and females reported more psychological health and physical health symptoms as compared to their counter partner. High betrayal trauma and females predicts the psychological and physical health problems. Gender also acts as a moderator of many psychological and physical health symptoms and the mediation effect by sexual abuse trauma and sexual problem was reported on high betrayal trauma and physical health symptoms It highlights to inform the health professionals about the diverse range of symptoms associated with betrayal trauma and highlights the urgency of immediate intervention incorporate with gender factor when considering the impact of betrayal trauma and helps the health professionals in awareness of connection among betrayal trauma, psychological difficulties, and physical health complaints and make appropriate assessments and referrals

Key words: Psychological Effects, Physical Health Effects, Alexithymia, High Betrayal Trauma,

Low Betrayal Trauma