

INTERNALIZED TRANSPHOBIA, COPYING STATERGIES AND COMMON MENTAL DISORDERS IN TRANSGENDER

Rakia Ashraf

Centre For Clinical Psychology, Punjab
University, Lahore
PAKISTAN
rakiaashraf@gmail.com

Nashi Khan

Centre For Clinical Psychology, Punjab
University, Lahore
PAKISTAN
nashi.khan.ccpsy@pu.edu.pk

ABSTRACT

The current study was conducted to examine the relationship between Internalized Transphobia, Coping Strategies, and Common Mental Disorders in Transgender. It also aims to determine the role of Coping Strategies in mediating the relationship between Internalized Transphobia and common Mental Disorders in Transgender. Correlational study design and purposive sampling technique were used. For data collection Transgender Identity Scale (Bockting, Miner, Robinson, Rosser, & Coleman, 2010), Coping Strategies Questionnaire (Kausar & Munir, 2004) and Symptom Checklist-Revised (Rahman, Dawood, Rehman, Mansoor, & Ali, 2009) were used. Pearson product moment correlation and PROCESS were used to find the correlation, prediction and mediation. The results found that Internalized Transphobia was significantly negatively correlated with Active Practical Coping, Religious Focused and it was significantly positively correlated with Active Distractive Coping, Avoidance Focused Coping and Common Mental Disorders. Internalized Transphobia predicted Avoidance-Focused Coping Strategy and all Common Mental Disorders.

Keywords: Internalized Transphobia, Coping Strategies, Common Mental Disorders, Transgender.