

NOTIFICATION NO-550/2023

Date : 12/12/2023

Student's Name: Ashti Emran

Supervisor's Name: Prof. Naved Iqbal

Name of Department: Department of Psychology

Name of Topic: Silencing the Self and Depression: A Test of a Theoretical Model

Keywords: Self-silencing, Depression, Women's Mental Health

Findings:

It was found that greater endorsement of conformity orientation as a family communication pattern within one's family of origin, and endorsement of traditional gender roles increased one's tendency to self-silence in their intimate relationships. Furthermore, consistent with the theoretical assertions of 'silencing the self' (STS) and prior research based on the model, increased silencing in intimate relationships was positively related to depression. The findings are also indicative of the importance of self-silencing as a mediating pathway between conformity orientation and depression. In other words, the negative impact of a family communication pattern characterized by conforming to parental authority on depression can be explained by an individual's learning of similar communication patterns and relational schemas in their extra-familial relationships, such as intimate ones. This supports Jack's theoretical assertion of the importance of family in developing STS. Interestingly, the findings also highlight the mediating and suppressing role of self-silencing in the relationship between gender roles and depression; thus, suggesting STS's importance in increasing the negative effect of traditional gender roles on depression. Together, the findings provide support for the hypothesized model based on Jack's (1991) silencing the self theory.