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in Male and Female Victims of Nightmares

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ABSTRACT

Present study was conducted to examine the Schizotypal, Dissociation, Alexithymia, and Childhood maltreatment in male and female victims of Nightmares. Some studies show that nightmares have been viewed as an indication of some disorders and abnormal thought processes, such as anxiety, PTSD, depression, dissociation, schizotypal personality, and alexithymia. Although child maltreatment leads to different psychological problems, there are indications that sometimes without resulting in full-fledged psychological problems it can be a cause of nightmares.

Given that schizotypal, alexithymia, dissociation, and childhood maltreatment are factors in the experience of nightmares, it is not clear how it is experienced by males and females. Therefore, the present study has been planned to examine Schizotypal, Dissociation, Alexithymia, and Childhood maltreatment in male and female victims of Nightmares.

The findings suggest that males experienced emotional abuse more than females if they belong to the nightmare sufferer group. Besides, it suggests that males of the nightmare

sufferer group experience emotional abuse more than males of the non-nightmare sufferer group. These findings are supported by Simsek, et al., (2017) among medical students in Turkey. They also found higher emotional and physical abuse rates among males than females. Moreover, it has been stated that individuals who frequently report nightmares are twice as likely to have a history of childhood maltreatment compared to those with lower nightmare frequency (Agargun et al., 2003). The frequency of bad dreams and nightmares significantly increases with the severity of childhood maltreatment (Duval et al., 2013). In his study, Schredl (2003) found that state factors (such as stress) could play a more important role in explaining individual differences in nightmare frequency in a nonclinical sample than did trait factors.

Keywords: Schizotypal, Dissociation, Alexithymia, Childhood maltreatment, Nightmares