

Fear of Negative Evaluation and Psychological Distress among Patients of Drug Addiction

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The present study aimed to examine the relationship between fear of negative evaluation and psychological distress among addicts and non addicts. Translated Urdu version of Brief Fear of Negative Evaluation Scale by Leary, and Depression, Anxiety, and Stress Scale by Aslam were used for the purpose of data collection. The sample of the present study was comprised of 200 male adults including drug addicts (n=100) and non addicts (n=100). Purposive convenient sampling technique was employed for the data collection. Pearson Correlation, t-test and ANOVA were computed to test the hypotheses. Findings showed that fear of negative evaluation was positively correlated with psychological distress (i.e. depression, anxiety and stress) ($r=.64$, $p<.001$). Fear of negative evaluation was higher among addicts as compared to non addicts ($p<.001$) and the psychological distress was higher among addicts as compared to non addicts ($p<.001$).

Keywords: Fear of negative evaluation, Psychological distress, Depression, Anxiety, stress, Drug addiction.

Fear is a powerful and considerably negative human emotion. It involves a mild to severe feelings of apprehension about some perceived threat (Shafer, 1992). While most people experience fear only infrequently, there are some people to whom fear and anxiety constitutes a debilitating disorder. These disorders cause significant distress and interfere significantly with a person's life (Armfield, 2006). Fear reactions, including panic attacks and phobias, arise from three fundamental fears: anxiety sensitivity, fear of negative evaluation, and illness sensitivity (Taylor, as cited in Byrne, 2000). So the fear of negative evaluation are apprehension about others appraisal, distress over their negative evaluations, avoidance of evaluative situations, and the expectation that others would evaluate oneself negatively. (Watson & Friend as cited in Collins, Westra, Dozois, & Stewart, 2004). It is the core cognitive aspect of social anxiety (Buckner, Heimberg, & Schmidt, 2010). Social anxiety have two

facets such as affective (fear in social situations) or behavioral (social avoidance) of social anxiety were uniquely related to drug use problems (Buckner, Heimberg, & Schmidt, 2010). As negative evaluation by others is the greatest fear of socially anxious patients, negative biases in interpretations and judgments of social situations are considered the most prominent dysfunctional cognitive processes in social anxiety disorder (Foa, Franklin, & Kozak, 2001; Mathews & Mackintosh, 2000 as cited in Lange, Keijsers, Becker, & Rinck, 2008). It plays a key role in motivating individuals with social anxiety to assume that others tend to be highly critical and as a result are inclined to evaluate them negatively (Rapee & Heimberg as cited in Musa & Lepine, 2000). Those with social anxiety have a number of distorted thinking including the following negative social events lead to negative evaluation by others, the negative evaluation of others are true judgments of the individuals personal