

¹Relationship between Expressed Emotion and Expectant Mothers Psychological Well-being

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The aim of study was to explore the relationship that exists between expressed emotion and psychological health of expectant mothers. The study focused on relationship between expressed emotion and psychological well-being of expectant mothers. Another aim of the study was to find out the relationship between attitude and the behavior of family members and the psychological health factors that affect the expectant mothers. The study is based on Schachter-Singer Appraisal theory. The theory of Schachter-Singer combines the physiological arousal with cognitive factors to describe emotion. Sciences. Correlation, and Anova were used for the purpose of statistical analysis.

Keywords: Expressed Emotion, Expectant Mothers, Psychological wellbeing

Correlation research design was used to collect data from (n=105) expectant mothers. Data was collected from systematic random sample of public sector hospitals. The participants were given the following questionnaires in Urdu

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