I owe a debt of gratitude to my guides Dr. S.V. Nagalakshmi, Lecturer in Clinical Psychology and Dr. K. Sathyavathi, Associate Professor of Clinical Psychology, NIMHANS for their continued support, encouragement and valuable guidance during the course of my work.

I would like to thank Dr. G.G. Prabhu, Professor and Head, Department of Clinical Psychology, NIMHANS, for his assistance through the stages of the study, particularly the difficult initial stages.

To Dr. H.N. Murthy, former Professor and Head, Department of Clinical Psychology, I am indebted for his valuable suggestions and patient clarifications throughout the course of the study.

I am grateful to Mr. D.K. Subbakrishna, Assistant Professor of Biostatistics, NIMHANS, for his guidance in planning and carrying out the statistical analysis.

I would like to acknowledge and thank:

All the subjects who participated in the study;

The consultants from the departments of Psychiatry, Clinical Psychology and Psychiatric Social Work, NIMHANS, who cooperated by referring cases for the clinical try out;

All my friends and colleagues who helped in the process of data collection;
Mr. Shrikant of Bangalore Institute of Computer Application for carrying out the computer analysis required for the study; and

Sri. Shankar Book Binders for binding the thesis.

Finally I owe my thanks to my family for their support and encouragement.

Rajini. M. R
(RAJINI M.R)