



Department of psychology

A thesis submitted to obtain the master's degree in clinical psychology of special populations

Titled:

The Moderating role of Cognitive Reserve in the relation between Alexithymia and Self-Regulation among Adolescents Visually Disabled and Visionaries

The current study aimed to determine the role of Cognitive Reserve as a variable modifying the relationship between Alexithymia and Self-Regulation among Adolescents with complete Visual Impairment and Sighted People. It also aimed to examine the correlational relationships between Alexithymia and its various components and Self-Regulation with its various components, and to explore the differences between visually Impaired and Sighted Adolescents in Cognitive Reserve agnosia and Self-regulation. The study sample consisted of (٥٥) visually impaired adolescents, And (٥٥) sighted teenagers, their ages ranged from ١٣ to ١٩ years, and three questionnaires were relied upon, namely: the Cognitive Reserve questionnaire, the Alexithymia awareness questionnaire, and the Self-Regulation questionnaire, in addition to the initial interview, the socio-economic level scale, and the understanding scale from Wechsler intelligence test for adolescents and adults. The results indicated that there are many correlations between the

study variables and each other. Analyzes of the modified variable resulted in modifying the Cognitive Reserve variable, the correlation between Alexithymia and Self- Regulation among Adolescents with complete visual impairment and sighted people, The reverse stepwise multiple regression equations revealed the predictive ability of the Cognitive Reserve variable for the Alexithymia variable. The results also indicated that there were statistically significant differences in Cognitive Reserve between both the sample of Visually Impaired Adolescents and sighted Adolescents, in the direction of the Visually Impaired, and statistically significant differences in the functional level of Both Visually Impaired Adolescents and sighted Adolescents are in relation to the sample of sighted Adolescents. There are also significant differences in the measure of leisure time among both Visually Impaired and sighted adolescents in relation to the sample of Sighted Adolescents. There are fundamental differences between both Visually Impaired and Sighted Adolescents in both reading and pictures. Mindfulness and the texture of things, in relation to a sample of Visually Impaired Adolescents.

Keywords: Cognitive Reserve - Alexithymia - Self-Regulation - Adolescents - Visually Impaired - Sighted People.