ABSTRACT

A majority of developing research reveals that the major trials we face present an opportunity for deeper experiences and more meaningful lives. Posttraumatic Growth is a positive psychological aspect of growing after a traumatic life event. The aim of the present study was to explore posttraumatic distress, sense of coherence, wisdom and cognitive emotion regulation as correlates of posttraumatic growth.

The present study was conducted on a sample of 200 trauma victims (30-50 years) in two phases. In the first phase, based on the criteria of inclusion, the sample of the study was contacted. In the second phase five standardized tests were administered to the trauma victims, namely Impact of Event Scale - Revised (Weiss & Marmar, 1996), Sense of Coherence Scale (Antonovsky, 1987), Cognitive Emotion Regulation Questionnaire (Garnefski et al., 2001), Three Dimensional Wisdom Scale (Ardelt, 2003), Post Traumatic Growth Inventory (Tedeschi & Calhoun, 1996) with Demographic Questionnaire. In order to analyze the results, mean, standard deviation, correlation, regression and multiple regression were computed.

Participants reported high scores on overall PTG with higher scores on all other correlates of PTG. The results yielded by regression analysis suggested that hyperarousal, meaningfulness, cognitive, affective, cognitive coping strategies such as blaming others, acceptance and catastrophizing were highly correlated with PTG in trauma victims. Implications of the findings and recommendations for future research are discussed.