The present chapter provides a detailed resume of researches related to the objectives of the present study. Most of the researchers have focused on psychological preparedness for emergency situations/health related problems while others have studied psychological preparedness for specific general life situations like, retirement, transfer etc.

Literature Review is based on search in several databases, including Springerlink, PubMed, Scopus, Informaworld, PsychINFO, Science Direct, MDU digital library (Single Windo Search), and Researchgate for articles published in English. Key words that were searched included psychological preparedness and preparedness in subject area “Medicine”, “Nursing”, “Psychology”, “Social sciences”, “health professions”, “Neuroscience”, “Arts and Humanities”, “Business, management & Accounting”, “Multidisciplinary”, “Economics, Econometrics & Finance” and “Undefined”. Near about 500 abstracts were selected and read. Several criteria were used to guide this literature review (Figure-2.1). Finally, 50 empirical researches published in refereed journals, which have utilized rigorous quantitative or qualitative methods, were scanned to fulfill research objective. The selected 50 empirical articles were collected from several sources like: Libraries of Defence Institute of Psychological Research (DIPR), University of Delhi, Punjab University, National Medical Library & Banaras Hindu University and some electronic resources/groups like: Researchgate, Academia.edu, IndianPsychologists and personal emails. The selected publications are listed in Table 2.1.
**Description and summarization of studies:** A thorough reading of the screened full articles was done in the context of the objectives of the present study. For precise depiction, the tabular format was decided as given in Table 2.1 running continuously into several pages. It is a seven featured (columned) table presenting studies in a temporal order from 1978 to 2013 for precise findings. It is followed by identifying certain trends in respect of three content areas and the moderators/correlates relevant to the construct of psychological preparedness.