

**RELATIONSHIP BETWEEN POST-TRAUMATIC STRESS DISORDER
AND HEALTH RELATED QUALITY OF LIFE AMONG BREAST
CANCER PATIENTS: A MODERATING ROLE OF POSTTRAUMATIC
GROWTH**



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ABSTRACT

The present study was aimed to explore the relationship between Posttraumatic Stress Disorder and Health Related Quality of Life among Breast Cancer Patients: a Moderating role of Posttraumatic Growth. A sample of 150 patients were taken from government and private hospitals of Islamabad. For assessment of breast cancer, Posttraumatic checklist (PCL-5) was used, Posttraumatic growth inventory (PTGI) and Functional Assessment of Cancer therapy (FACT-B) was used. It was hypothesized that Posttraumatic stress disorder is negatively correlated with Health Related Quality of life. Posttraumatic growth plays a positive role of moderator between Posttraumatic Stress Disorder and Health Related Quality of life (physical and emotional wellbeing). Results revealed that Breast cancer female's patients with first stage of illness have a high level of posttraumatic stress disorder. Results also revealed that Health Related quality of life in breast cancer women with ongoing chemotherapy showed drastic effect in the patient's functional wellbeing and physical wellbeing and therefore health related quality of life. Results also revealed that patients with breast cancer more than 20 years of age found high level of PTSD symptoms during the first 2-3 months after the diagnosis. The present study has important implication in clinical psychologist and other health professionals to understand patient's quality of life and personal growth and development. Much focus is on Posttraumatic stress disorder rather than Health Related Quality of life. This has affected the individuals who did not get the right treatment on right time as they have faced difficulty in their daily lives.

Keywords: Posttraumatic Stress Disorder, Posttraumatic Growth, Health Related Quality of life, Breast Cancer patients.