

**Post traumatic stress disorder post traumatic growth
And resilience in cancer survivors**



M.Phil Thesis: PY 699

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Research Completion Certificate

Certificate that the research work contained in this thesis titled “Posttraumatic Stress disorder Symptoms Posttraumatic Growth and Resilience in Cancer Survivors” has been carried out and completed by Ms. Nida Sohail, Student No: 14001238011; Student of M.Phil Psychology, session 2014 – 2016, under my supervision. This study is an independent research work and carried out under given instruction and consideration.

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Declaration

I, Ms. Nida Sohail, Student No: 14001238011, student of M.Phil in the subject of psychology, session of 2014 - 2016, hereby declare that the material printed in this thesis titled “Posttraumatic Stress disorder Symptoms Posttraumatic Growth and Resilience in Cancer Survivors” is original work and has not been printed, published or submitted as research work, thesis or publication in any form in any university, research institution in Pakistan or abroad.

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Dedication

This thesis is dedicated to God for his fruitful help to finish this thesis, my beloved parents as well as someone special who make me special in this year.

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No.	List of Contents	Page #
	Title Page	i
	Research Completion Certificate	Ii
	Declaration	iii
	Dedication	iv
	Acknowledgment	v
	Table of Contents	vi
	Abstract	xi
1	Introduction	1
	Common Types of Cancer	1
	Mental Health of Cancer Survivors	3
	Posttraumatic Stress Disorder Symptoms and Cancer	6
	Psychological Procedure of Posttraumatic Stress Disorder	7
	Theories of Posttraumatic Stress Disorder Symptoms	10
	Posttraumatic Growth and Cancer	14
	Procedure of Posttraumatic Growth	17
	Theories of Posttraumatic Growth	19
	Resilience in Cancer Survivors	24
	Theories and Models of Resilience	25

2	Literature Review	29
	Posttraumatic Stress Disorder Symptoms in Cancer Patients	29
	Posttraumatic Growth in Cancer Patients/Survivors	32
	Resilience in Cancer Patients/Survivors	39
	Rationale	44
	Objective	45
	Hypotheses	45
3	Method	46
	Research Design	46
	Participants and Sampling Strategy	46
	Inclusion Criteria	46
	Tools of Assessment	47
	The Hopkins Symptoms Checklist (HSCL)	47
	The Posttraumatic Growth Inventory (PTGI)	47
	Brief Resilience Scale (BRS)	48
	Procedure	48
	Statistical Analysis	49
	Ethical Considerations	49
4	Results	50
	Table 1: Descriptive characteristics of Sample	50
	Table 2: Psychometric Indexes of the scale	52
	Table 3: Correlation between Posttraumatic Stress Disorder	53

Symptoms, Post Traumatic Growth and Resilience in Cancer Survivors	
Table 4: Inter Correlations, Means and Standard Deviations for Male and Females on PTSD Symptoms, Posttraumatic Growth and Resilience in Cancer Survivors	54
Table 5: Regression Analyses Predicting Posttraumatic Growth from Resilience in Males and Females Cancer Survivors	55
Table 6: <i>Regression Analyses Predicting Posttraumatic Stress Disorder Symptoms from Resilience in Males and Female survivor</i>	56
Table 7: Independent Sample t-test Comparing Males and Females on PTSD Symptoms, Posttraumatic Growth and Resilience in Cancer Survivors	
Table 8: Correlation between PTSD Symptoms, Post Traumatic Growth, Resilience and demographics in Cancer Survivors	58
Table 9: Inter Correlations, Means and Standard Deviations for Male and Females on PTSD Symptoms, Post Traumatic Growth, Resilience and demographics in Cancer Survivors	59
Table 10: Regression Analyses Predicting the Posttraumatic Growth from Age and Treatment Completion Duration in Females Cancer Survivors	60
Table 11: Regression Analyses Predicting the PTSD Symptoms from Age and Treatment Completion Duration in Males Cancer Survivors	61

5	Discussion	64
	Conclusion	72
	Limitations and Suggestions	73
	Implications	74
6	List of References	76
7	Appendices	85
	Consent Form	
	Demographic Form	
	Assessment Measures	
	Author Permission Letter	
	Data Collection Permission Letter	
	Similarity Report	

Abstract

Cancer survivors face transient and long haul difficulties to physical and psychological wellness, family working, and support of a solid way of life throughout and subsequent to treatment. The current study is carried out to explore the relationship between the posttraumatic stress disorder (PTSD) symptoms, posttraumatic growth (PTG) and resilience in cancer survivors. There is evidence about influence of PTSD, PTG and resilience in cancer survivors in past studies. So, it is hypothesized that PTSD is negatively correlated with PTG and resilience. In addition, PTG is also hypothesized to positively correlate with resilience. In this correlational study, a sample of 108 cancer survivors distributed across both genders taken from cancer departments in govt. and private hospitals. These participants were recruited through purposive sampling technique and assessed on the Hopkins Symptoms Checklist (HSCL; Parloff, Kelman, & Frank, 1970), Posttraumatic Growth Inventory (PGI; Tedeschi & Calhoun, 1996), and Brief Resilience Scale (BRS; Smith & Bernard, 2008). For present study translated version of HSCL (Helepota & Wasif, 2001), PGI (Kausar, 2010) BRS (Ashraf & Sohail, 2016) are used to assess study measures. Pearson Product Moment Correlation Analysis reveals significant negative correlation of PTSD with PTG and resilience and positive correlation of PTG with resilience. Results also described the relationship between demographic characteristics with PTSD symptoms, PTG and resilience. Variations across gender also exist in PTSD symptoms, PTG and resilience in cancer survivors. Research not only focused on recognition of distress but its major emphasis on the positive changes

Keywords: *Cancer Survivors, PTSD, PTG, Resilience*

Introduction

Accepting a cancer finding can be a terrifying and startling occasions that might have adverse impact on the individual world and feeling of authority. Cancer is an interminable sickness begins gradually and proceeds hazy for quite a while. It is the name given to an accumulation of related diseases as in cancer. A wide portion of the body's cells starts to partition without halting and spread into surrounding tissues. Tumor can begin anywhere in the human body, which is contained of trillions of cells (Velikova, Selby & Snaith, 1995).