

Abstract

The present study is aimed to find out the illness perceptions, cognitive emotional regulation strategies and Quality of life of patients with chronic pain. A sample of 150 patients with chronic pain conditions including Cancer patients, Burn injured and Hepatitis patients were taken including both men and women. A total of three questionnaires were used in this study i.e Illness Perception Questionnaire Revised - IPQ-R (Moss-Morris et al, 2002), Cognitive Emotional Regulation Questionnaire- CERQ (Butt, Sanam, Gulzar and Yahya, 2012) and World Health Organization Quality of Life Brief-WHO-QOL-BREF(The World Health Organization Group). The study found that there was a relationship between Illness perception and Cognitive Emotional Regulation in patients with Chronic Pain. It was hypothesized that there will be a relationship between Illness perception, Cognitive Emotional Regulation and Quality of Life (QOL) in patients with Chronic Pain, there will be a predictive relationship between Illness Perception, Cognitive Emotional Regulation and Quality of Life (QOL) of patients of with Chronic Pain and there would be a gender difference on Illness perception, Cognitive Emotional Regulation and Quality of life (QOL) in patients of with chronic pain. It is concluded that illness perceptions, cognitive emotional regulation and Quality of life play a significant role in patients with chronic pain. It is implicated from this research that emotional support from significant others is recognized as very important and a number of researches are needed with other mediator variables to get an overall picture regarding the effect of chronic pain on the general health and quality of life of these patients.

Keywords: Illness perceptions, Cognitive emotional regulation, Cognitive emotional regulation strategies, Quality of life, chronic pain.