

Abstract

The current study aimed to explore the relationship between distress tolerance, counterfactual thinking and post traumatic growth in amputees. The sample consisted of 120 amputees, 60 of them were male and 60 were females. Purpose sampling technique was used to recruit the sample from Pakistan Society of Rehabilitation of Disabled (PSRD) and Govt. Mian Munshi DHQ Teaching Hospital, Lahore. The age range of the participants was 18-60 years. Different measure i.e. Distress Tolerance Scale (DTS) (Simons & Gaher, 2005), translated version was used. Counterfactual Thinking for Negative Events Scale (CTNES) (Rye, Cahoon, Ali & Daftary, 2008) and Posttraumatic growth inventory (PTGI) (Tedeschi & Calhoun, 1996) translated by Saghir & Kausar (2007) were also used. CTNES was translated to Urdu for the purpose of research. The results of the study revealed that upward counterfactual thinking has negative correlation with distress tolerance and posttraumatic growth, while the downward counterfactual thinking has positive correlation with them. The findings of the study also suggested that distress tolerance (tolerance and absorption) and downward counterfactual thinking are significant predictors of post traumatic growth (relating to others, spiritual change and new possibilities). Gender difference were found in post-traumatic growth. Moreover, the individuals with lower limb amputation reported more levels of post traumatic growth. Current study concluded that the individuals with high levels of distress tolerance engage in positive patterns of thinking which in result leads to growth in trauma. Findings are implicated for psychological rehabilitation of amputees.

Keywords: Distress tolerance, counterfactual thinking, posttraumatic growth, amputees.