

Abstract

The present study investigated family functioning, emotion regulation and quality of life in drug addicts. A sample of 150 drug addicts (50 heroin, 50 cannabis and 50 multiple substance users) with the age range of 19-65 years was collected from different drug rehabilitations centers of Lahore. Family functioning was measured with the help of Family Assessment Device (FAD) (Epstein, Baldwin & Bishop, 1982), emotion regulation with Emotion Regulation Questionnaire (ERQ) (Gross & John, 2003) and Quality of life with the help of WHOQOL-BRIEF (WHOQOL Group, 1999). Urdu versions of the scales were used. The results of inter correlation showed that communication, role, affective responsiveness, affective involvement, behavioral control was significantly negatively related with different dimensions of quality of life. The use of cognitive reappraisal resulted in better psychological health whereas use of expressive suppression resulted in poor psychological health, physical health, environmental health and overall quality of life. Regression analysis showed that problem solving, role, affective responsiveness, cognitive reappraisal and expressive suppression were significant predictors of different areas of quality of life. Demographic variables like marital status and monthly income was significantly positively related with physical health. Loss of mother negatively affected the social life of the addicts. Duration of the drug use was positively related with the overall quality of life. Drugs not used by other members in the family negatively affected the psychological and social health. Moderation analysis showed significant interaction effect of general functioning and cognitive reappraisal on the psychological health of the drug addicts. Significant differences were observed between heroin, cannabis and multiple substance users in

regard to psychological, environmental and overall quality of life. Findings are implicated in rehabilitation of the drug addicts.

Key words: Family functioning, Emotion regulation, Quality of life.