

The purpose of the present study was to explore the relationship between psychological and spiritual predictors of resilience in traumatized elderly population living in their homes and old age homes; to explore the gender difference between the level of psychological and spiritual predictors of resilience among traumatized elderly population living in their homes and old age homes; and to explore psychological and spiritual dimensions (patience, forgiveness, gratitude, emotion regulation, morality and spirituality) as a predictor of resilience in traumatized populations living in their homes and old age homes. Research was conducted into two phases; first was systematic review and second was quantitative research. Sample was comprised of N=300 elders lived in their homes (n=150) and old age homes (n=150) (n=190 males, n=110 females) with the age range of 50 to 80 years who faced trauma, was recruited through nonprobability purposive sampling technique. Sample was taken from Old Age Homes of Lahore, Islamabad and Faisalabad. Assessment was done using Life Stressor Checklist-Revised (LSC-R; National Center for PTSD, 1997), 3-Factor Patience Scale (3-FPS; [Schnitker, 2012](#)), Heartland Forgiveness Scale (HFS; [Thompson & Synder, 2003](#)), Gratitude Questionnaire (GQ-6; [McCullough & Emmons, 2002](#)), Emotion Regulation Skill Questionnaire (ERSQ; [Berking & Znoj, 2008](#)), Moral Identity Questionnaire ([Black & Reynold, 2016](#)), Daily Spiritual Experience Scale (DSES; [Underwood, 2011](#)) and State Trait Resilience Inventory (STRI; [Hiew, 1999](#)). Result showed that the state resilience was positively and significantly correlated with (patience) interpersonal, life hardships, moral self, gratitude (ERSQ) attention, body perception, Clarity of feelings, understanding of feelings, resilience tolerance, Self-support, and modification and moral integrity was negatively and significantly correlated with state resilience. While trait of resilience was positively and significantly correlated with (patience) interpersonal, life hardships, daily hassle, (MIQ) moral self, moral integrity, gratitude, (ERSQ) attention, body perception, Clarity of feelings, understanding of feelings, acceptance of feelings, resilience tolerance, readiness to confront, Self-support, and spirituality. Only the (ERSQ) self-support, readiness to confront and trait resilience mean score were statistically significantly different between males and females. On other hand, (Patience) interpersonal, life hardships, (Moral identity) self, integrity, gratitude, (Forgiveness) self, other, situation, (ERSQ) body perception, clarity of feelings, understanding of feelings, acceptance of feelings, resilience tolerance, readiness for confrontation, self-support, modification, spirituality, state resilience, trait resilience mean scores were statistically different between people living with family and individuals living in old homes. Age, education level, duration of living at old age home, socioeconomic status, physical and psychological illness, Moral self, moral integrity, gratitude, HFS other, (ERSQ) Attention, (ERSQ) acceptance of feelings, (ERSQ) resilience tolerance, (ERSQ) readiness for confrontation, (ERSQ) self-support were the predictors of state resilience. The most important predictors of trait resilience were educational level, relationship status, children, employment, socioeconomic status, moral integrity, gratitude, (ERSQ) resilience tolerance and (ERSQ). This research would be helpful to those who make policies for old home societies, mental health workers, psychologists and counselors, and social workers.