

Abstract

The present research aimed to investigate the relationship between cognitive emotional regulation, optimism and health related quality of life among blood cancer patients. Purposive sampling technique was used to collect sample from blood cancer patients with age range of 20 to 80 years old. The sample consists of 70 blood cancer patients. Cognitive emotional regulation was measured by Urdu translated version of Cognitive Emotional Regulation Questionnaire (CERQ), optimism was measured by Urdu translated version of Life Orientation Test – Revised (LOT-R) and health related quality of life of blood cancer patients was measure by Urdu version of EORTC-QLQ C-30. The correlation matrix showed that cognitive emotional regulation has significant positive correlation with optimism and health related quality of life and optimism also has significant positive correlation with cognitive emotional regulation and health related quality of life. The results of regression analysis indicated that cognitive emotional regulation and optimism is significant predictor of health related quality of life of blood cancer patients. Results of ANOVA indicated that age has no significant impact on health related quality of life of blood cancer patients.

Keywords: *Cognitive emotional regulation, optimism, health related quality of life.*