

## Abstract

The current study explored the level of emotional distress, hope and quality of life in couples experiencing primary and secondary infertility. It also focused on the role of emotional distress and demographics as predictors of quality of life in infertile couples. A purposive sample of 30 couples with primary infertility between the age ranges of 25-50 years ( $M=32.5$ ,  $SD=6.0$ ) and 30 couples with secondary infertility between the age ranges of 25-50 years ( $M=34.7$ ,  $SD=5.8$ ) was taken from different infertility clinics, homes and hospitals of Lahore. Perceived Emotional Distress Inventory (PEDI) for measuring emotional distress, Trait Hope Scale (THS) for measuring hope and Quality of Life scale (QOL-BREF) for measuring quality of life were used in the study. These scales were translated in Urdu language and Chronbach's alpha coefficients were computed to determine the reliability of the scales which was ( $\alpha=.92$ ,  $\alpha=.90$ ,  $\alpha=.94$ ) for Perceived Emotional Distress Inventory, Trait Hope Scale, and Quality of Life Scale respectively. The results indicated that emotional distress was negatively related to the hope and quality of life. The results also showed that both hope and quality of life were positively associated with each other. Emotional distress and demographic variables were found to be the significant predictor of the quality of life. Finally, results also showed significant group and gender differences in emotional distress, hope and quality of life in couples experiencing primary and secondary infertility.