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## Cognitive and social predictors of post-traumatic growth in patients with cardiovascular disease

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**Statement of Problem:** Life threatening ailments can be very stressful and may require reconstructing of one's thought process and readjustment of one's priorities in life. Though studies have highlighted the trauma faced by people diagnosed with cardiovascular diseases, there is lack of research on post-traumatic growth in patients with heart ailments. This research focusses on cognitive and social predictors of PTG.

**Methodology:** About 2000 patients (undergoing treatment for heart ailment or cancer) at the hospitals located in three neighboring states viz. Punjab, Haryana and UT of Chandigarh were contacted. Out of these, who met the inclusion criteria and volunteered, 200 patients for each ailment category and 200 as control group were investigated on cognitive rigidity, meaning in life, resilience, perceived intimate partner emotional abuse, marital satisfaction and PTG.

**Statistics:** Mixed research with qualitative and quantitative strands was used. Descriptive analyses, intercorrelation, regression analysis and 2x3 ANOVA (with 2 levels of gender and 3 levels of conditions) were done. Besides, interviews with the participants were done.

**Findings:** Cognitive rigidity, perceived intimate partner abuse and marital satisfaction emerged as significant predictors for PTG. Resilience, marital satisfaction was higher in heart patients as compared to patients with cancer. Significant gender differences on cognitive rigidity, intimate partner emotional abuse and marital satisfaction emerged.

**Conclusion and significance:** Psychological intervention programs for the patients can be designed which will add to the life satisfaction and general wellbeing of the patients.

### Biography

Seema Vinayak is a Professor of Psychology at Department of Psychology, Panjab University, Chandigarh in India. With research and teaching experience of more than two decades, she has delivered keynote addresses, research presentations, chaired sessions at national and international conferences. Widely travelled and honoured at national and international forums, Prof Vinayak has specialization in clinical psychology, organizational and media psychology.

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