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**Influences of psychological resources on the relationship between life stressors and distress among cardiac patients**

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**Statement of the problem:** Psychological resources are those entities that either are centrally valued in their own right (e.g., self-esteem, close attachments, health, and inner peace) or act as a means to obtain centrally valued ends (e.g. money, social support, credit). Psychological distress is an emotional state of depression, anxiety, stress, behaviors problems, personality characteristics and disabilities. Those who use positive psychological resources can overcome psychological distress and life stressors. Life stressors have a great influence on person mental health and daily life activities. Eventually, chronic stress could be treated as an important risk factor for cardiovascular disease, which is routinely screened for and effectively managed like other major cardiovascular disease risk factors. The rationale of this study was to see the impact of psychological resources (feeling recovered, enthusiasm) on the relationship between life stressors and distress in patients with heart disease.

**Methodology:** We used Kessler Scale for psychological distress and took two parameters of psychological resources from PANAS-X Scale. Holmes and Rahe Scale assessed the life stressors. The role of demographic variables was also evaluated. This study was conducted on patients admitted in the cardiac ward of CPE Institute of Cardiology Multan, Pakistan. The sample size was 300 cardiac patients that include both men and women. The patients were asked to complete the questionnaire and data was analyzed using regression analysis.

**Findings:** We saw that the patients who were enthusiastic and felt recovered had a faster recovery and early discharged from the hospital. Both psychological resources (feeling recovered and enthusiasm) had positive effect in reducing distress. The impact was greater on patients who had severe or high level of distress in life.

**Conclusion:** We can motivate the patients by implementing positive psychological resources and can reduce the level of distress and get a speedy recovery of patients.

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