

# Posttraumatic Distress and Posttraumatic Growth among Pellet Victims: Time since Trauma as a Possible Moderator

Imtiyaz Ahmad Dar<sup>1</sup>, Naved Iqbal<sup>2</sup> and Tofail Bashir<sup>3</sup>

<sup>1</sup>Research Scholar at the Department of Psychology, Jamia Millia Islamia, New Delhi

<sup>2</sup>Professor at the Department of Psychology, Jamia Millia Islamia, New Delhi

<sup>3</sup>Postgraduate student at the Department of Psychology, Jamia Millia Islamia, New Delhi

---

**Abstract**—Inconsistent research exists regarding the relationship between posttraumatic distress (PTD; negative psychological changes after a traumatic event) and posttraumatic growth (PTG; positive psychological changes beyond pre-trauma level). Some research suggests null or negative relationship; others suggest positive relationship, while some others suggest a more complex curvilinear relationship between the two constructs. There are also evidences suggesting that, the nature of the relationship between PTD and PTG changes over time. Therefore, the aim of the present study was to first investigate the nature of the relationship between PTD and PTG, and to explore whether ‘time since trauma’ moderates this relationship among a sample of 100 pellet victims. After controlling for the effects of gender, age, and time since trauma, results of quadratic hierarchical multiple regression analysis provide support for a curvilinear model(over and above a linear model); suggesting that, moderate levels of PTD are associated with the highest PTG. Further, to test for the moderation effect of ‘time since trauma’ between PTD and PTG, process procedure for SPSS Release 2.15 by Hayes (2013) was used. Findings suggest that, time since trauma significantly moderated the relationship between PTD and PTG. Results of the simple slope analysis revealed that, the higher levels of PTD is associated with the higher levels of PTG only at moderate to higher levels of time since trauma; however, no association was found between these variable at lower levels of time since trauma.

**Keywords:** Posttraumatic distress; posttraumatic growth; pellet victims; moderation; curvilinear relationship.