

Abstract

This experimental study examined how time perspective affected patients with trauma's choice of coping and their psychological well-being. One hundred and ten participants, with both sexes equally numbered, were recruited and were randomly assigned either into traumatic group or non-traumatic group. Result showed that there was no significant difference on time perspective between two groups. However, participants in the traumatic group used more emotion-focused coping than did those in the non-traumatic group, and their scores on posttraumatic growth was nearly as high as that of the later group. The results posed a challenge to the previous findings that using emotion-focused coping usually led to greater distress.