

Post Traumatic Growth in Road Traffic Accident Survivors: A Cross Sectional Study from a Tertiary Care Centre in North India: Reg ID : 294

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CITATION

Misra Rajeev, Singh Divyanshi, Mishra Akanksha, Reddy Rajgopal. Post Traumatic Growth in Road Traffic Accident Survivors: A Cross Sectional Study from a Tertiary Care Centre in North India: Reg ID : 294. Journal of the Epidemiology Foundation of India. 2025;3(2Suppl):02.

DOI: <https://doi.org/10.56450/JEFI.2025.v3i2Suppl.002>

ARTICLE CYCLE

Received: 10/11/2025; Accepted: 20/12/2026; Published: 31/12/2025

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ABSTRACT

Introduction: Road traffic accidents (RTAs) remain a major public health problem in India, yet most research focuses on psychopathology rather than positive psychological outcomes. Posttraumatic growth (PTG)—positive changes in personal strength, relationships, spirituality, appreciation of life and new possibilities—has been documented after various traumas but rarely among RTA survivors in North India. This study aimed to assess PTG and its correlates among survivors receiving care at a tertiary centre. **Method:** A cross-sectional study was conducted at Chandan Hospital, Lucknow. Using purposive sampling, 285 RTA survivors aged ≥ 18 years who had recovered from moderate–severe injuries within the previous 6–24 months were recruited. Data were collected through a socio-demographic questionnaire, the Posttraumatic Growth Inventory (PTGI), Connor-Davidson Resilience Scale (CD-RISC10) and Brief COPE Inventory. Descriptive statistics, Pearson correlations and multiple linear regression were applied using SPSS v25. **Results:** Participants had a mean age of 34.6 ± 10.2 years; 61.8% were male. The mean PTGI score was 61.4 ± 15.8 , indicating moderate–high PTG. PTG correlated positively with resilience ($r=0.42$) and religious coping ($r=0.38$). Regression analysis showed resilience ($\beta=0.34$, $p<0.001$), religious coping ($\beta=0.28$, $p=0.001$), female gender ($\beta=0.18$, $p=0.007$), avoidant coping ($\beta=0.19$, $p=0.013$) and longer time since trauma ($\beta=0.12$, $p=0.028$) as significant predictors of PTG. **Conclusion:** PTG is a salient outcome among Indian RTA survivors and is shaped by resilience, coping styles, gender and time since trauma. Incorporating psychosocial interventions that build resilience, support adaptive coping and respect spiritual frameworks may enhance holistic recovery. Longitudinal studies are warranted to trace PTG trajectories over time.

KEYWORDS

Posttraumatic growth, Road traffic accidents, Resilience, Coping strategies, India