

Various occupations can cause stress but occupations with high-risk are more hazardous and stressful due to their challenging nature. Therefore, this research study was conducted to explore the professional quality of life and psychological distress in the sample of police and rescue 1122 personnel. In addition to it, moderating role of humor style was also analyzed to confirm the protective role of using humor against compassion fatigue and psychological distress. Sample of this study consist of police (N= 290) and rescue workers (N= 265) from Lahore, Islamabad and Rawalpindi. Professional quality of life scale- version-5 (ProQOL; Stamm, 2010), Depression, Anxiety, Stress Scale, Urdu version) (DASS-21; Aslam, 2007), and Humor Style Questionnaire (HSQ; Martin et al., 2003) were administrated on the sample to measure professional quality of life, psychological distress and humor styles respectively. Professional quality of life and humor style questionnaire were translated in Urdu to improve their comprehension level among sample. Confirmatory factor analysis and exploratory factor analysis were used to validate instruments in given sample. Data was further analysed using statistical methods including descriptive statistics, correlation, t-test, analysis of variance, regression and moderation. Results indicated that burnout, secondary traumatic stress, psychological distress and negative humor styles have significant positive correlation with one another while having significant negative correlation with compassion satisfaction and positive humor styles. Moreover, burnout, secondary traumatic stress and compassion satisfaction are significant predictors of psychological distress among this sample. Mean differences were found to be significant across family system, city, profession and designation of police. Moderation analysis confirmed the moderating role of positive humor styles in the relationship of professional quality of life and psychological distress while negative humor styles moderate in few of the relationship of subscales of professional quality of life and psychological distress. Therefore, it is concluded that humor can play a significant protective role against psychological distress in police and rescue 1122 when used appropriately. Further, limitations, implications of this study and suggestions for future studies have been discussed.