

Can resilience predict level of hopelessness when controlling for stressful life events, mood and personality (NEO-PI-R)?

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Definition and Characteristics

- “Relative good outcome despite experiencing situations that have been show to carry significant risk for developing psychopathology” (Luthar, Cicchetti, & Becker, 2000; Masten & Reed, 2002; Rutter, 2000)
1. Individuals constitutional and dispositional traits and competencies
 2. Family cohesion, warmth and absence of discord
 3. External support system that reinforce and promote efficient coping
 (Garmezy, 1983; Werner & Smith 1992; 2002)

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Advantages of having a scale

1. Indication of protective resources for groups/individuals
2. Screen large samples for subgroups of special interest (e.g. for longitudinal studies)
3. Track changes in protective factors
4. Facilitates experimental studies
5. Possibly financial and time saving

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Development of scale

- Literature review
 - Registration of protective factors
 - Sorted the protective factors into 15 different categories
 - 295 items
 - Reviewed by 3 professors, 8 psychology students and 5 adult not related to psychology
 - 200 items
- Explorative factor analyses
 - 45 items

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Resilience Scale for Adults

- Psychometric qualities for total scale Cronbachs alpha .91
 - Hjemdal et al., (2001)
- Differentiate between clinical (N = 60) and non-clinical sample (N = 276)
 - Personal competence t = 9.25***
 - Social competence t = 3.30**
 - Family coherence t = 5.33***
 - Social resources t = 2.12*
 - Structured style t = 3.38***

 - RSA total t = 7.78***
- (Friborg, Hjemdal, Rosenvinge, & Martinussen, 2003)

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Criterion validity (N = 648)

Correlations

Instruments	PC	SC	SS	FC	SR
Sense of Coherence	.70	.36	.52	.55	.55
Optimism	.68	.48	.40	.42	.53
Active coping	.42	.28	.28	.23	.30
Satisfaction w/life	.62	.31	.43	.51	.48
Avoidance coping	-.16	-.21	-.18	-.21	-.28
Wishful Thinking	-.35	n.s	-.29	-.20	-.15
Symptoms, SCL	-.67	-.31	-.43	-.50	-.46

(Friborg & Hjemdal, 2004)

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RSA and number of factors

- Confirmatory factor analyses ($N_1 = 482$ and $N_2 = 201$)
 - Remaining 33 items
 - Six factors
 - Absolute fit: S-B $\chi^2(34) = 46.92$, $p = .07$
 - Relative fit: RMSEA ranging from .013 to .042

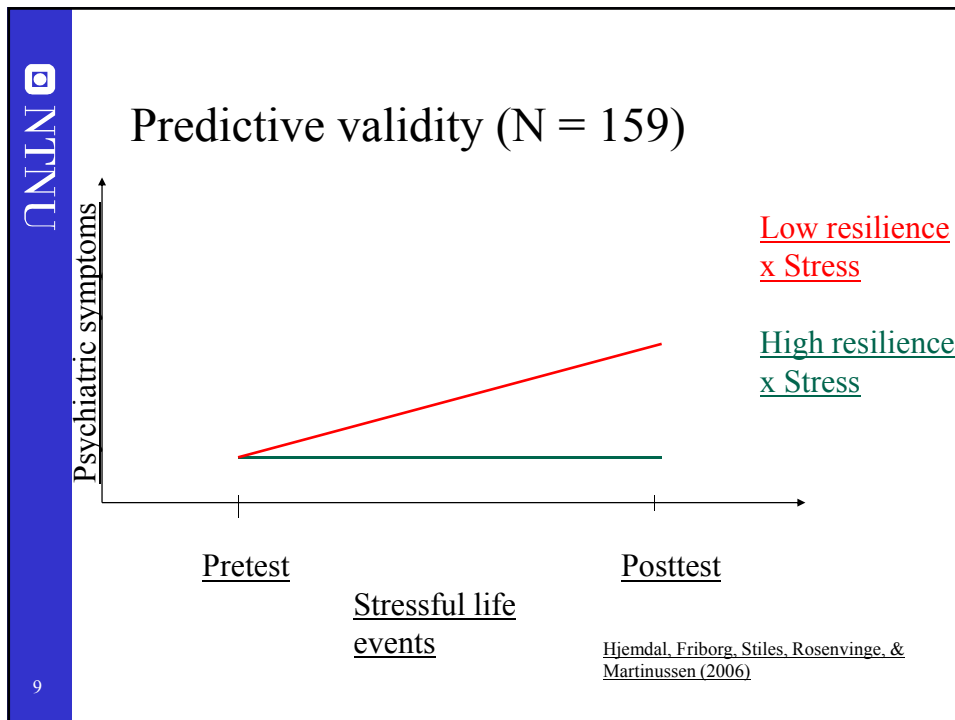
	α_1	α_2	items
1. Perception of self	.70	.81	6
2. Planned future	.66	.78	4
3. Social competence	.76	.75	6
4. Structured style	.69	.67	4
5. Family cohesion	.78	.79	6
6. Social resources	.69	.77	7

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Content of the RSA factors

1. Perception of self
 - Confidence in own abilities, self-confidence, self-efficacy, positive outlook, realistic
2. Planned future
 - Planning ability, optimistic view of future, goal orientated
3. Social competence
 - Extraversion, flexibility, establish friendships, humor
4. Structured style
 - Goal oriented, planfulness, organization of own time, rule/ routine oriented
5. Family cohesion
 - Shared values, enjoy family, cohesion, shared optimistic view of future, loyalty, mutual appreciation
6. Social resources
 - Social support, presence of important person outside family, encouragement, feeling of cohesion, help when needed, appreciation

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Personality and mental health I

- NEO-PI-R (Costa & McCrae, 1995)
 - Five factors
 - Neuroticism, Extraversion, Openness, Agreeableness, Conscientiousness
- NEO-PI-R predictor of mental health
 - Lower Neuroticism and higher scores on the remaining factors is associated with **faster recovery** and **less symptomatology** after trauma
 - (Davey, Eaker, & Walters, 2003; Riolli, Savicki, & Cepani, 2002)

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Personality and mental health II

- Higher Neuroticism
 - More **negative affect, emotional instability**, lower self-esteem, more depressive and anxiety symptoms
 - (Bagby, Kennedy, Dickens, Minifie, & Schuller, 1997; Duggan, Sham, Lee, Minne, & Murray, 1995; Enns & Cox, 1997; McCrae, 1990; Trull & Sher, 1994; Watson, Clark & Harkness, 1994)
 - 12 year longitudinal study – higher Neuroticism the **strongest predictor** for poor outcome
 - (Surtees & Wainwright, 1996)
 - **Greater degree of psychological stress** when experiencing stressful life events
 - (Bolger & Schilling, 1991; De Jong, van Sonderen & Emmelkamp, 1999; Mills & Huebner, 1998)

(N = 666)	Perception Self	Perception Future	Social Compet.	Structured Style	Family Cohesion	Social resources
Neuroticism	-.71**	-.49**	-.29**	-.20**	-.27**	-.23**
Extraversion	.41**	.37**	.72**	.08	.32**	.46**
Openness	.15**	.12**	.21**	-.05	-.04	.07
Agreeableness	.03	.04	.16**	-.03	.26**	.24**
Conscientiousness	.32**	.43**	.16**	.70**	.20**	.17**

The relation between resilience and hopelessness

- Hopelessness is a strong predictor of
 - Depression
 - (Beck, 1963; 1967; Clark, Beck & Brown, 1989) & Rush, 1978)
 - Development and predisposition of suicide ideation
 - (Weishaar & Beck, 1992)
 - The relation between depression and suicide
 - (Beck & Rush, 1978)

Research question

- Will the RSA predict level of hopelessness over and above variables like gender, age, stressful life events, anxiety and depressive symptoms, and personality (NEO-PI-R)?
- The cake illustration now!!!

Method and materials

- Correlational study
 - N = 532, 413 women, M = 22.0, SD = 3.30
 - Measures administered
 - The Beck Hopelessness Scale (20 items)
 - Stressful life events (18 items)
 - Hopkins symptom check list (25 items)
 - NEO-PI-R (240 items)
 - Resilience Scale for Adults (33 items)

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Analysis

- Multiple Hierarchical linear regression
- Dependent variable
 - The Beck Hopelessness Scale
- Independent variables entered in steps
 1. Gender
 2. Age
 3. HSCL-25
 4. NEO-PI-R
 - (Neuroticism, Extraversion, Agreeableness, Openness, Conscientiousness)
 5. Stressful life events
 6. Resilience Scale for Adults

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Results with hopelessness as dependent variable

Steps		F change	R ²	t
1	Gender	.12	.00	.34
2	Age	.89	.00	.94
3	Life events	15.06***	.03	3.88
4	HSCCL-25	207.86***	.28	14.42
5	NEO-PI-R	19.95***	.11	.42 to 4.36
6	RSA	43.91***	.05	6.63

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Conclusion

- Resilience Scale for Adults (RSA) is a reliable and valid measure of protective factors
- RSA measure protective factors that are both strongly and mildly associated to NEO-PI-R
- RSA measures protective factors that predict hopelessness in an adult sample, even when controlling for gender, age, anxiety and depressiv symptoms, personality (NEO-PI-R) and stressful life events

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Thank you for your time

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