

Differentiating coping behaviors in predicting NIH Toolbox[®] Psychological Well-Being

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BACKGROUND

- Previous research has hypothesized but not tested the connection between coping behaviors and psychological well-being.
 - Positive affect (i.e. higher psychological well-being) predicts better health outcomes through adaptive coping. (Pressman, 2005 & Brown, 1997)
 - Adaptive coping could curtail health-risk behaviors by reducing negative affect (i.e. lower psychological well-being) in at-risk communities (Kendzor, 2008)
- The NIH Toolbox[®] measures psychological well-being as two components: hedonic well-being (“Meaning and Purpose”) & eudaimonic well-being (“General Life Satisfaction”). (Salsman, 2013 & Samman, 2007)
- Existing research has not examined how *specific* coping behaviors are associated with high or low levels of the two components of psychological well-being.

RESEARCH OBJECTIVES

- Examine which specific adaptive and maladaptive coping behaviors are associated with greater or less psychological well-being.
- Evaluate two constructs of psychological well-being, (hedonic & eudaimonic).

TABLE 1. Demographics

		Full Sample (n=26,770)	GLS Sample (n= 572)	MNP Sample (n= 389)
Age	Mean (Range)	25.79 (11-86)	26.95 (12-72)	28.17 (12-71)
	Median	22	24	25
Gender	Male	10007 37.69%	180 37.58%	159 41.19%
	Female	16471 62.04%	297 62.00%	227 58.80%
	Other	70 0.26%	2 0.42%	0 0.00%
	Not Reported	222	3	3
Education	Less than 12 years	3071 12.61%	58 13.03%	36 10.06%
	High school graduate	2739 11.25%	47 10.56%	41 11.45%
	Currently in college/university	8261 33.92%	127 28.54%	101 28.21%
	Some college/university, but did not graduate	1520 6.24%	41 9.21%	33 9.22%
	Associate degree (2 yr)	861 3.54%	20 4.49%	11 3.07%
	College/university degree (4 yr)	3923 16.11%	79 17.75%	60 16.76%
	Currently in graduate or professional school	1189 4.88%	27 6.07%	32 8.94%
	Graduate or professional school degree	2792 11.46%	46 10.34%	44 12.29%
	Not Reported	2414	37	31
	Income	\$10,000 to \$19,999	726 7.92%	10 5.05%
\$20,000 to \$39,999		2581 28.16%	65 32.83%	54 32.14%
\$40,000 to \$74,999		3662 39.95%	84 42.42%	70 41.67%
\$75,000 to \$99,999		1398 15.25%	24 12.12%	20 11.90%
\$100,000 or more		799 8.72%	15 7.58%	14 8.33%
Don't know		17604	374	221
Maladaptive Coping Behaviors		Ignoring the problem	3731 13.94%	73 15.15%
	Substance Use	1963 7.33%	48 9.96%	39 10.03%
	Distraction	6765 25.27%	160 33.20%	121 31.11%
	Eating	2889 10.79%	67 13.90%	59 15.17%
Adaptive Coping Behaviors	Meditation/Mindfulness	1899 7.09%	46 9.54%	33 8.48%
	Spiritual Practice	1087 4.06%	18 3.73%	13 3.34%
	Exercise	3316 12.39%	70 14.52%	55 14.14%
	Other Coping Behaviors			
Sleeping	3661 13.68%	--	--	
Other	1459 5.45%	--	--	

Table 1. Demographics in the Full Sample, and General Life Satisfaction (GLS) & Meaning and Purpose (MNP) Subsamples

METHODS

- Database
 - Synthetic Aperture Personality Assessment (SAPA) project (Condon, 2017)
 - Collected February 2017 - November 2017
- Participants
 - N=26,770
 - Age Ranged from 11 to 86 with a median age of 22 ($M=25.79$; $SD=11.1$)
 - 62.0% female
 - International sample from 193 countries
 - 50% of participants from U.S.
- Measures
 - Coping behaviors
 - “How do you most often cope with stress?”
 - **Maladaptive:**
 - Substance use
 - Eating
 - Ignoring stress
 - Distraction
 - **Adaptive:**
 - Exercise
 - Meditation & mindfulness
 - Spiritual practice
 - NIH Toolbox Psychological Well-Being
 - Meaning and Purpose
 - General Life Satisfaction
- Analyses
 - Tetrachoric and polychoric correlations between coping variables and psychological well-being scales.
 - Biserial correlations were completed examining the correlations between coping and psychological well-being at the item level.
- All analyses are done in R (R Core Team, 2018) using the psych package (Revelle, 2018).

RESULTS & CONCLUSION

- **Adaptive Coping Behaviors**
 - Exercise, meditation/mindfulness, and spiritual practice showed positive correlations with both components of Psychological Well-Being.
- **Maladaptive Coping Behaviors**
 - Substance use and eating showed the strongest negative correlations with both components of Psychological Well-Being.
 - Ignoring stress and distraction showed small to no correlation with our two components of Psychological Well-Being
- Utilization of adaptive or maladaptive coping behaviors might skew one’s self report of General Life Satisfaction & Meaning and Purpose in life.
- Secondary coping behaviors could also be influencing variance of Psychological Well-Being.

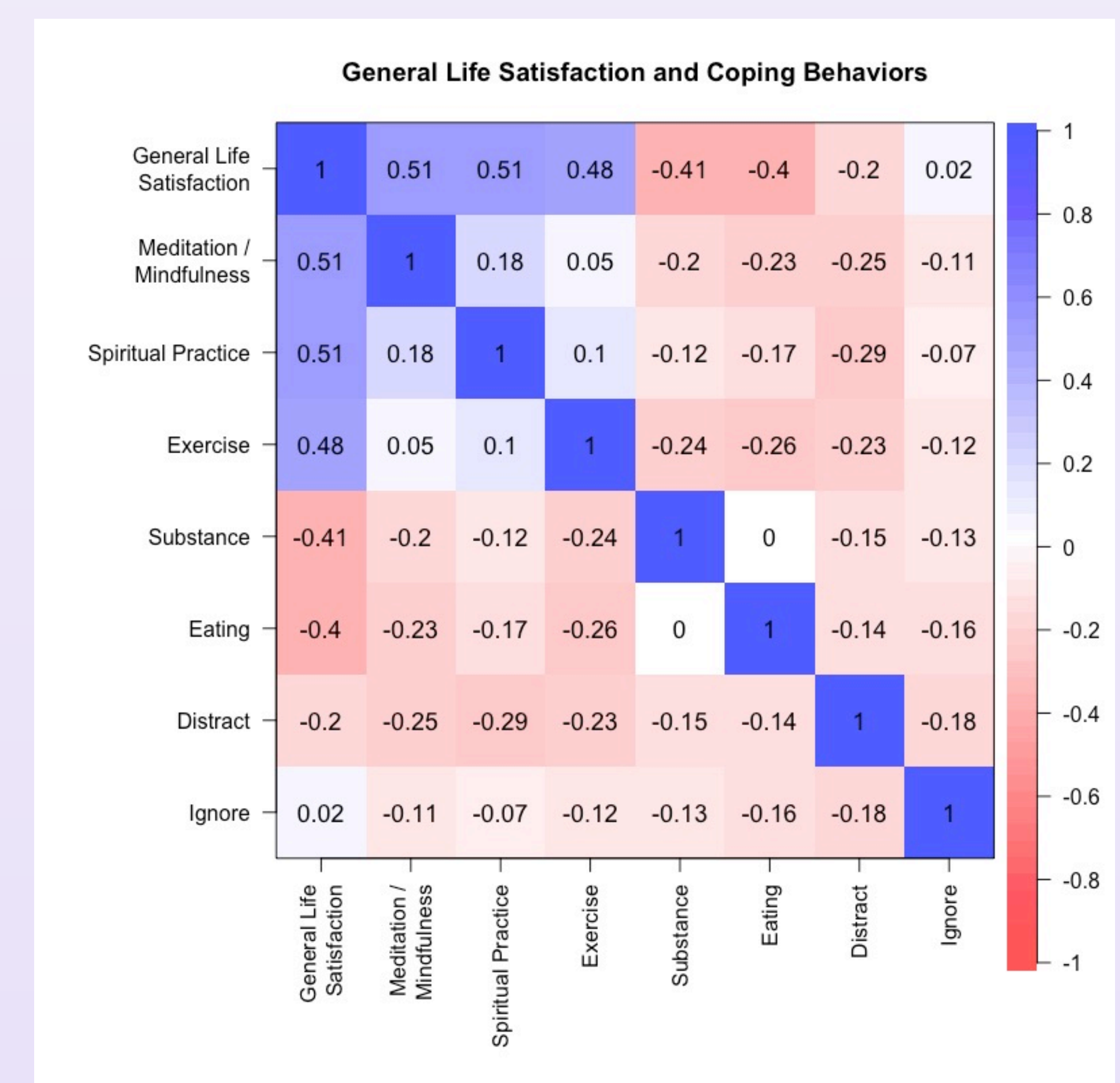


Figure 3. Correlations between General Life Satisfaction and coping behavior.

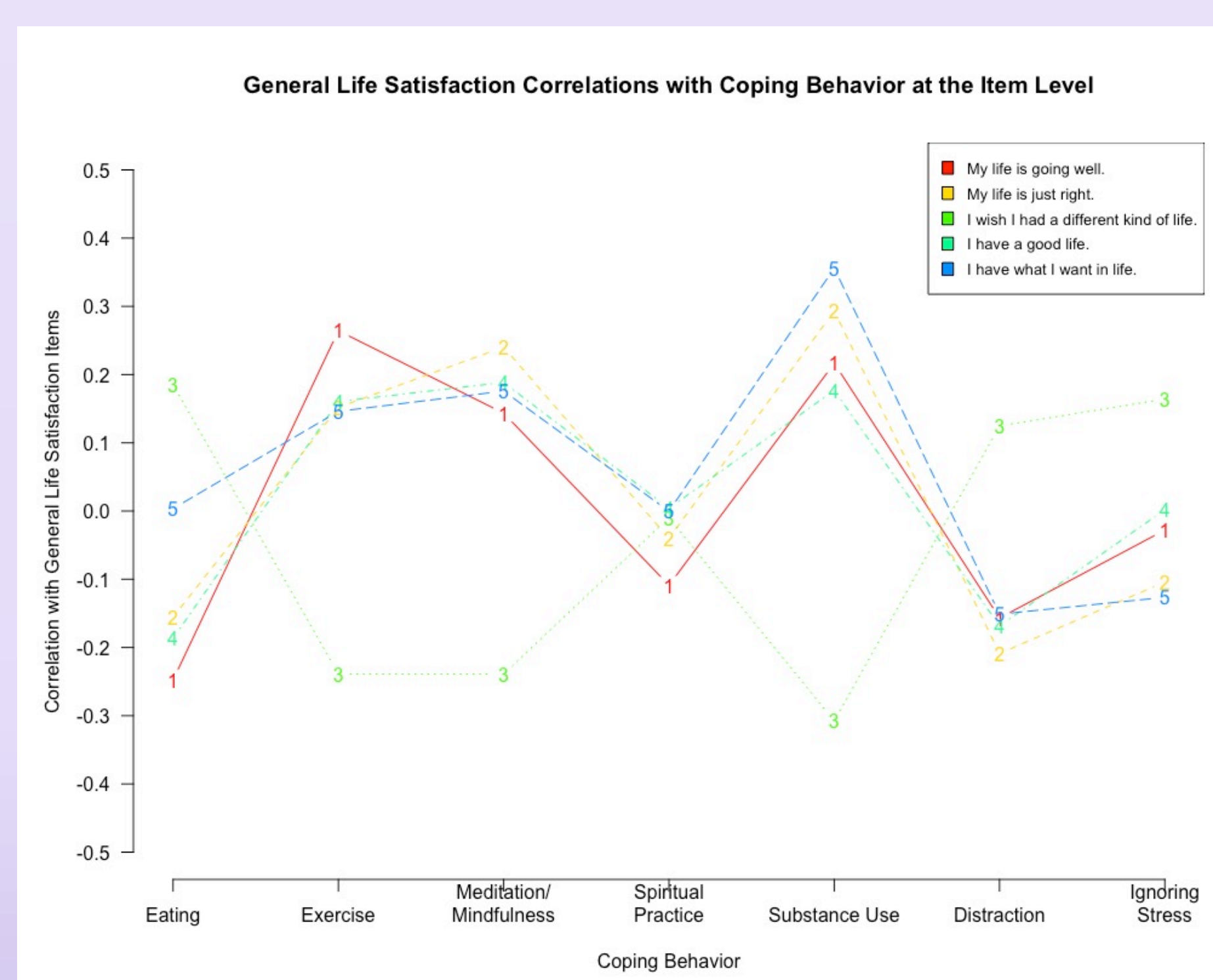


Figure 1. A matrix plot of item level correlations between General Life Satisfaction and coping behavior.

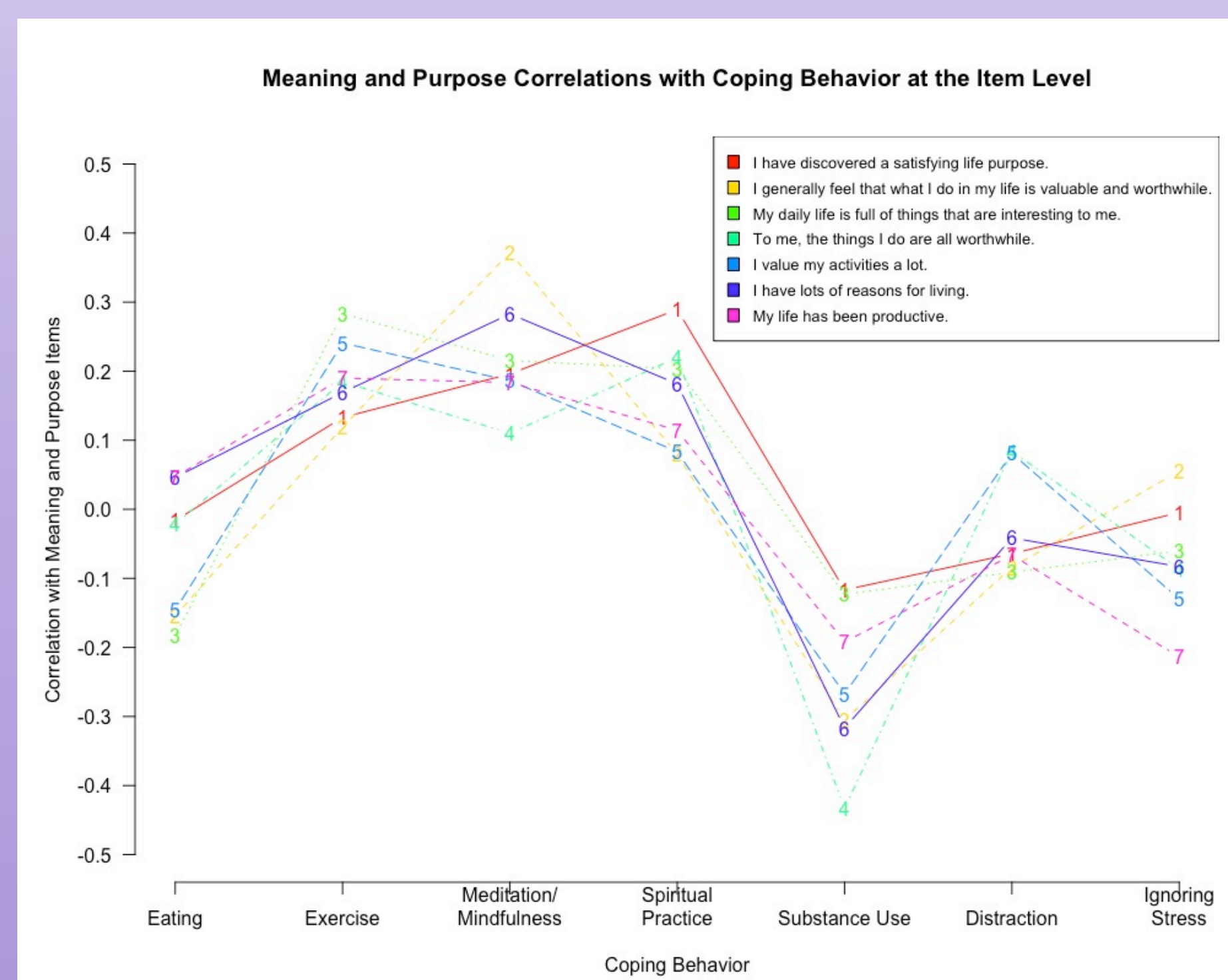


Figure 2. A matrix plot of item level correlations between Meaning and Purpose and coping behavior.

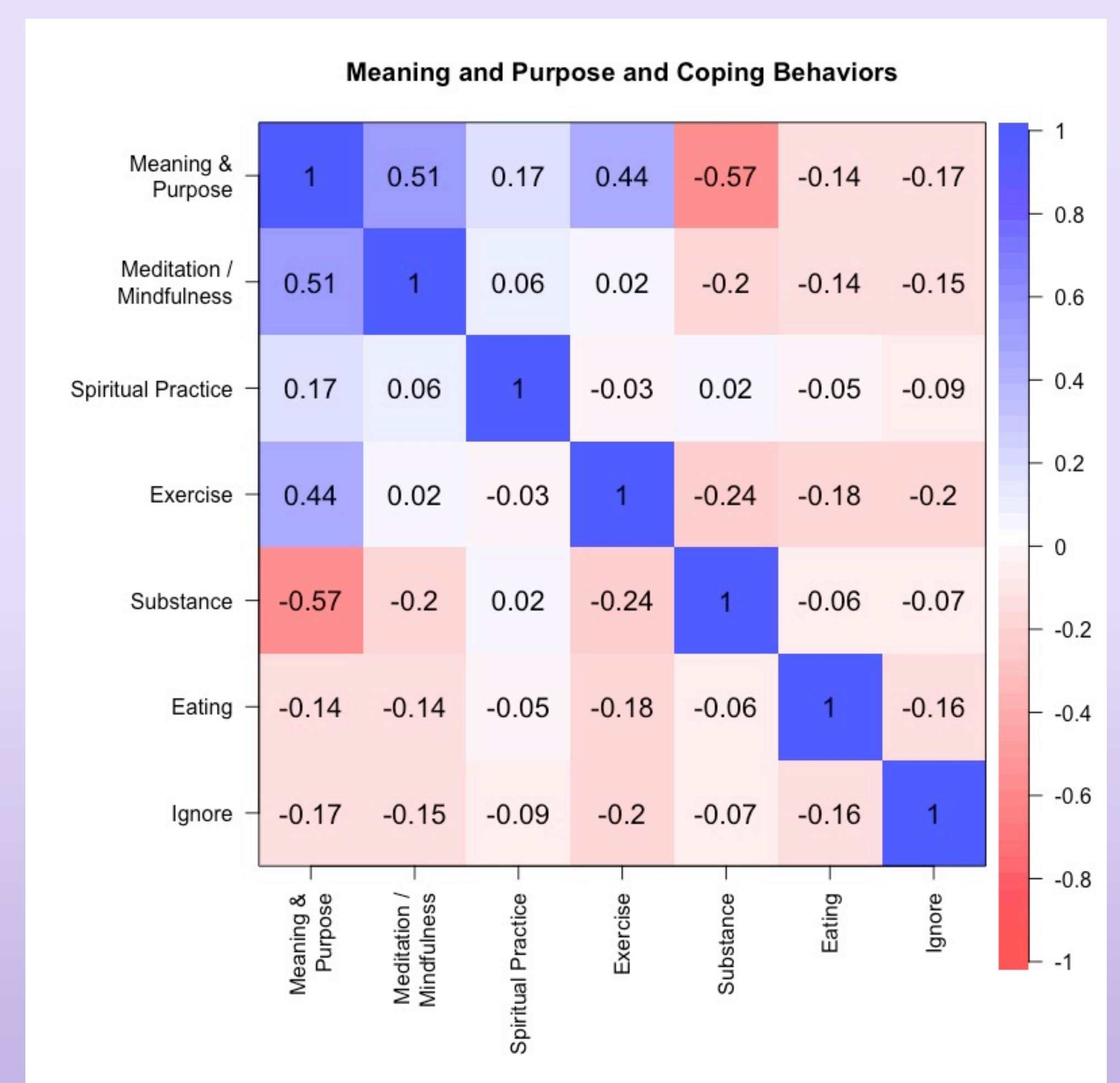


Figure 4. Correlations between Meaning and Purpose and coping behavior.

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