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LA RETE NOMOLOGICA DELLA RESILIENZA: UN ESEMPIO DI NETWORK ANALYSIS

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Untying a Gordian knot: Exploring the nomological network of resilience

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Abstract

Objective: This study investigates the relations of resilience with coping, personality traits, emotional intelligence, sense of coherence and maladaptive personality traits.

Method: The study employs network analysis techniques to the study of resilience, showcasing how these methods can estimate a model that is simple to interpret while still retaining the most important relations and that can even suggest the direction of causality despite using a cross-sectional design ($N = 305$).

Results: The results highlight several important variables that should be considered for fostering resilience, foremost among them the use of positive reappraisal coping, sense of coherence, and the social management aspect of emotional intelligence.

Conclusions: The results successfully replicated known associations between resilience and other psychological constructs (emotional intelligence, personality, sense of coherence, coping) and shed light on relations between resilience and maladaptive personality traits. Network analysis considered all these constructs together, so as to take into account the complex pattern of relations between them and offer a bird's eye view of the whole network of associations centred on resilience. The resulting model is parsimonious and easy to interpret while still striving to preserve the complexity of the variables' interrelations.

KEYWORDS

coping, dark triad, emotional intelligence, nomological network, resilience, sense of coherence



Partecipanti

$N = 305$ ($F = 61\%$)

Age: 18 to 74 ($M = 37.32$, $DS = 13.32$)



PERGAMON

Personality and Individual Differences 34 (2003) 77–85

PERSONALITY AND
INDIVIDUAL DIFFERENCES
www.elsevier.com/locate/jpand

Resilience in response to life stress: the effects of coping style and cognitive hardness

Margaret Beasley, Ted Thompson*, John Davidson

School of Psy, University of Tasmania, GPO Box 253-30, Hobart, 7001, Tasmania, Australia

Received 15 November 2001; accepted 21 January 2002

Abstract

Direct effects of health and psychosocial life or coping style (5 variables) in psychological on measures model in w/ psychological

Keywords

Coping

Life events

Stress

Resilience

Emotional intelligence

Psychological resilience

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Life events



Variabili

Resilience



Resilience Scale for Adults
(RSA; Friborg et al., 2003)

- Perception of self
- Perception of future
- Structured style
- Social competence
- Family cohesion
- Social resources

Coping



Coping Inventory for Stressful
Situations – Short Form
(CISS-SF; Endler & Parker, 1999)

- Task oriented coping
- Emotion oriented coping
- Contact friend oriented
- Treat oneself oriented

**Cognitive
Emotion
Regulation**



Cognitive Emotion Regulation
Questionnaire
(CERQ; Garnefski, Kraaij & Spinhoven,
2001)

- Self blame
- Blaming others
- Acceptance
- Refocus on planning
- Positive refocusing
- Rumination
- Positive reappraisal
- Putting into perspective
- Catastrophizing

Variabili

Emotional intelligence	→ Self-Rated Intelligence Emotional Scale (SREIS; Bracket et al., 2005)	• Perceiving emotion • Use of emotion • Understanding emotion • Managing emotion • Social management
Sense of coherence	→ Sense Of Coherence Scale (SOCS; Antonovsky, 1993)	• Cognitive • Motivational
Big Five	→ Single Item Measure of Personality (SIMP; Woods & Hampson, 2005)	• Extraversion • Agreeableness • Conscientiousness • Emotional stability • Openness
Dark Triad	→ Dirty Dozen (DD; Jonason & Webster, 2010)	• Machiavellianism • Psychopathy • Overt narcissism
Covert narcissism	→ Narcissistic Vulnerability Questionnaire (NVQ; Rosso et al, 2009)	

È una situazione frequente

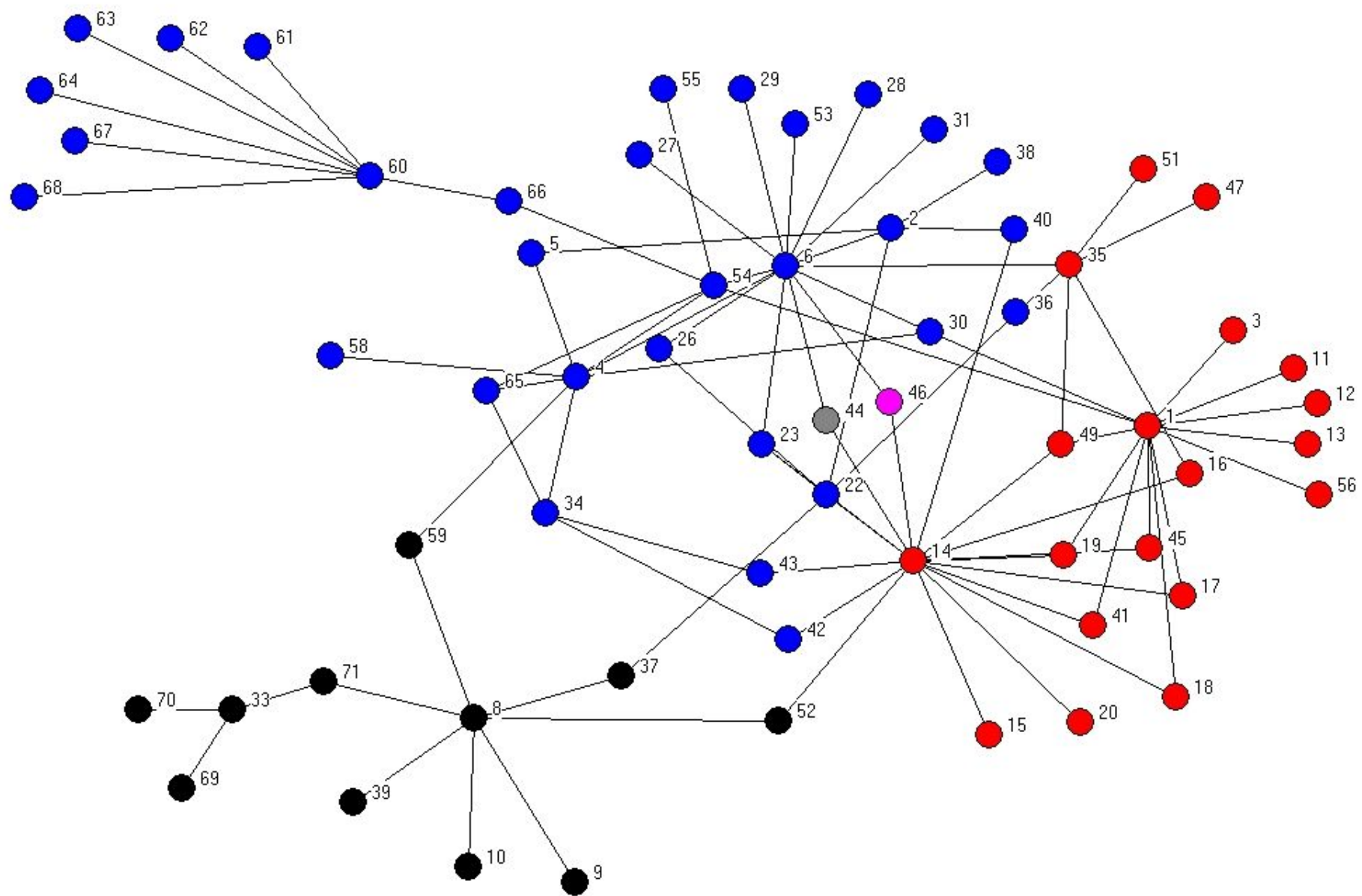
Psychology is a science of complexity.

Che strategia adottare?

PCA?

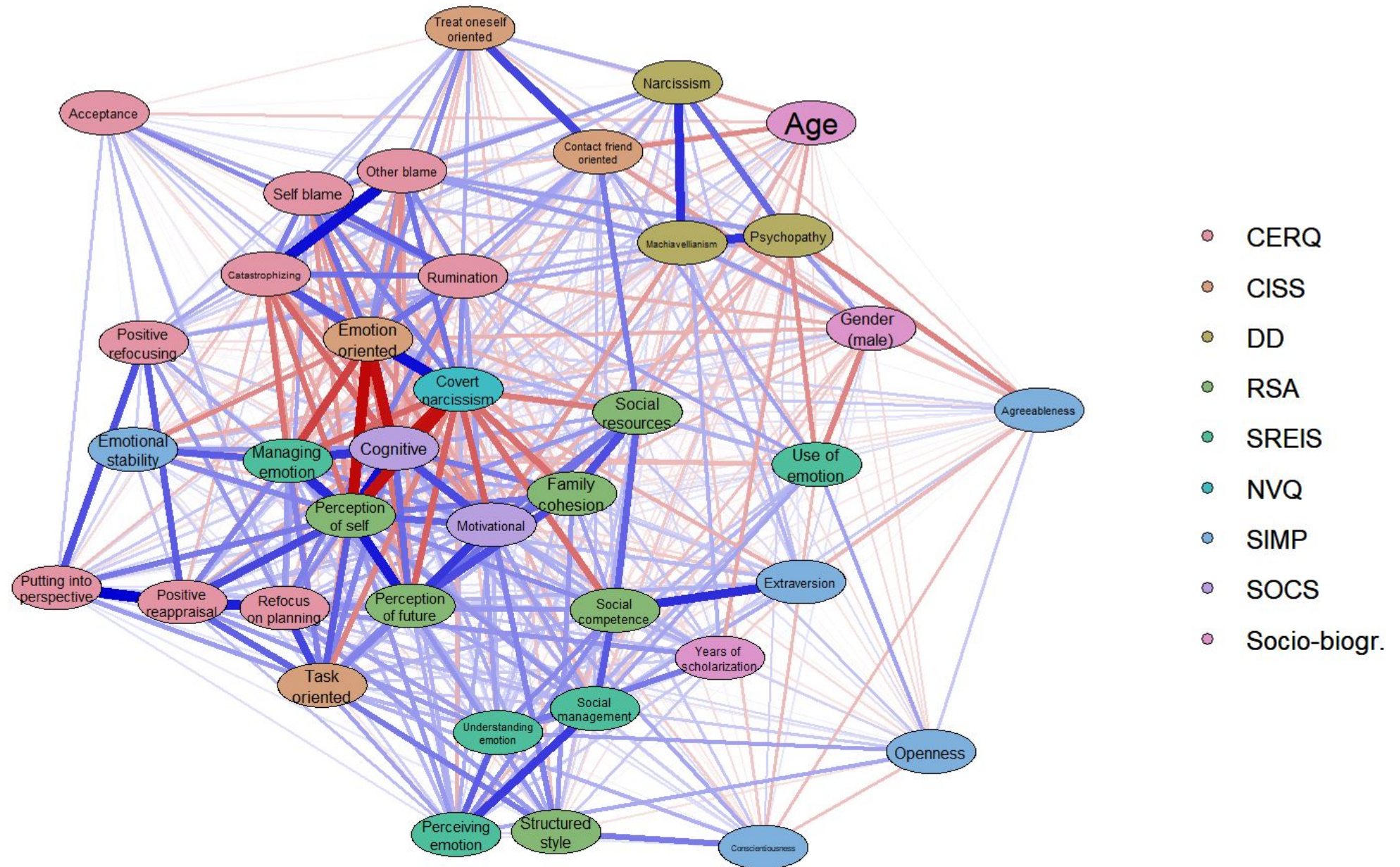
Stepwise regression?

Machine learning?

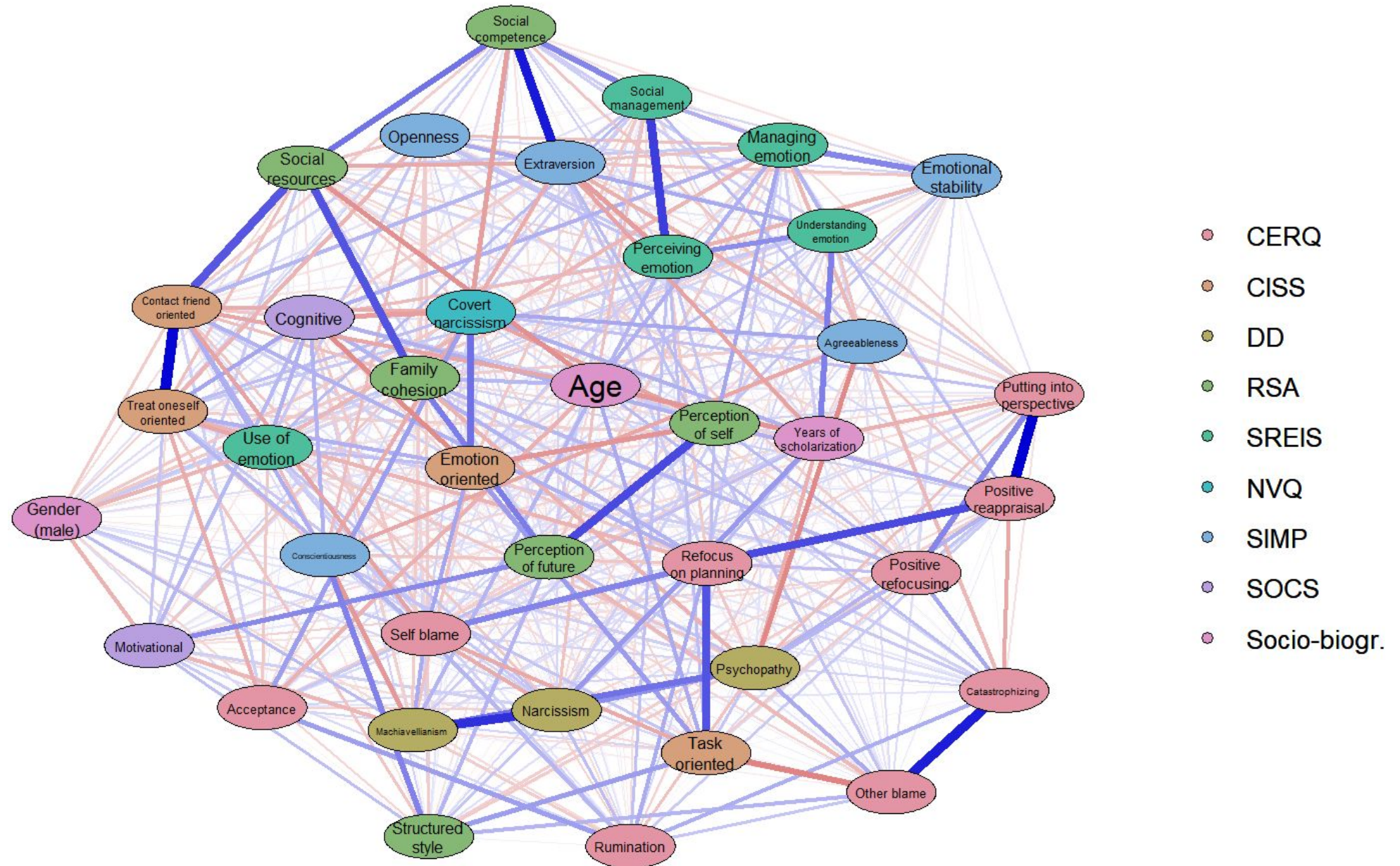


Come funziona la network analysis?

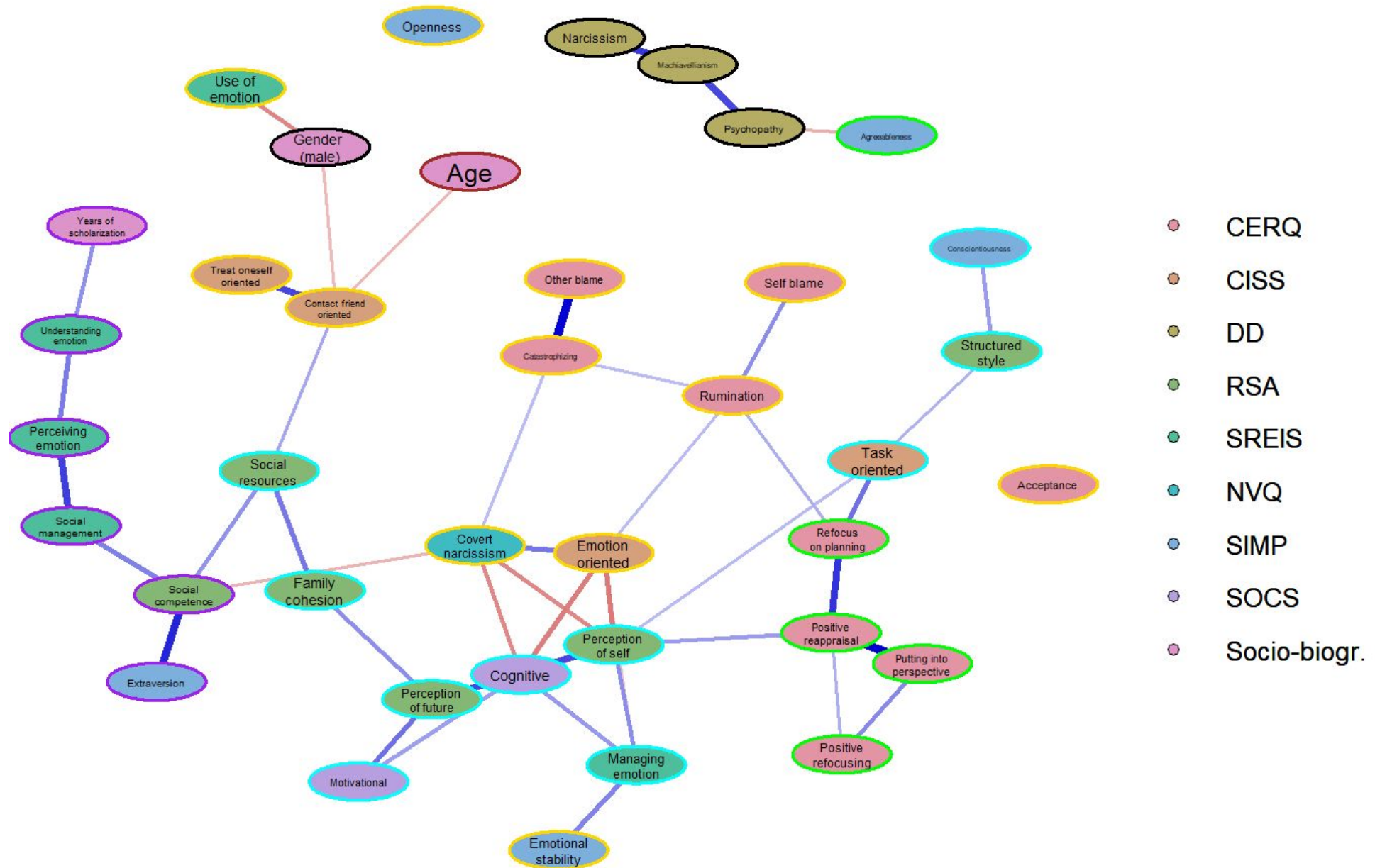
Rete delle correlazioni

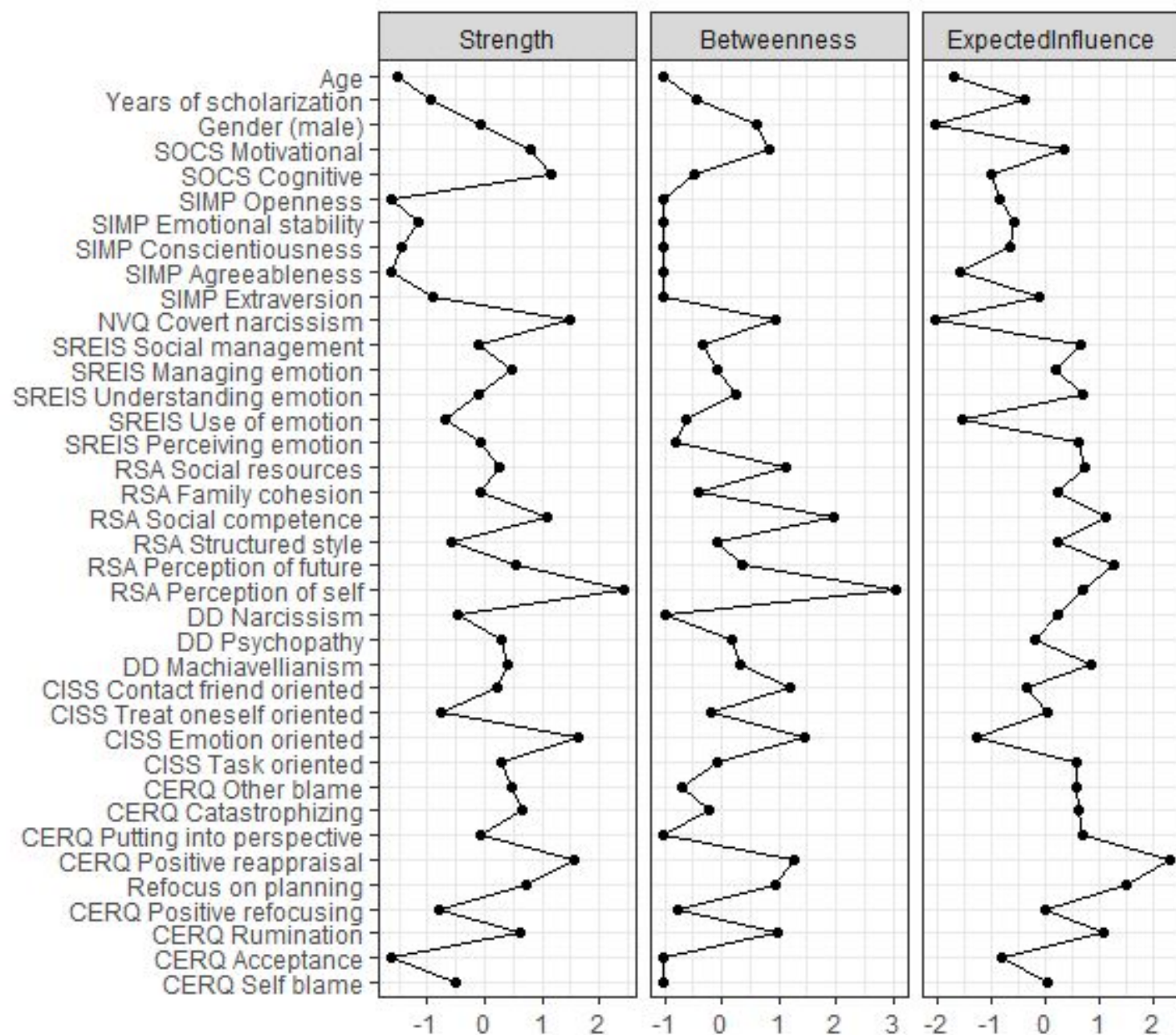


Rete delle correlazioni parzializzate



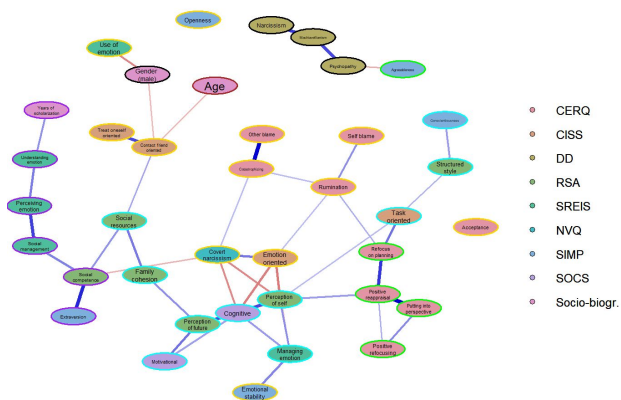
Rete delle correlazioni parzializzate e regolarizzate





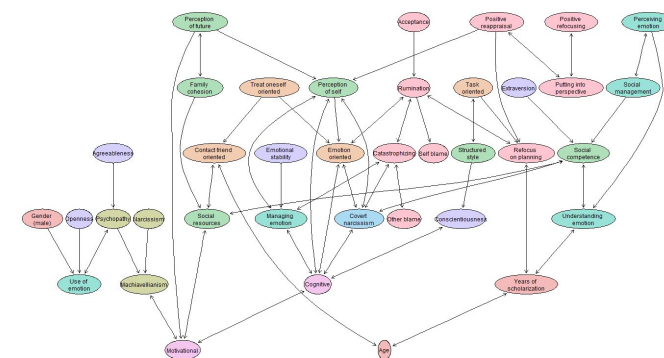
E la direzione delle relazioni?

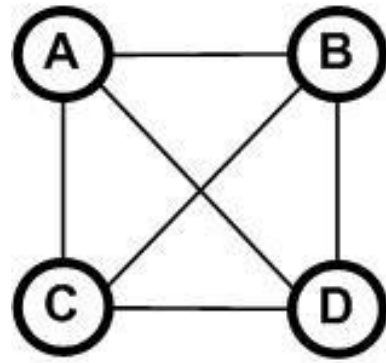
Undirected Graph



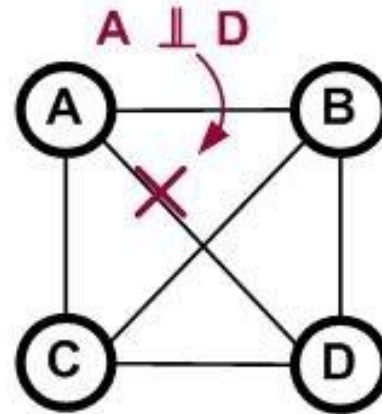
Algoritmo PC

Directed Acyclic Graph (DAG)

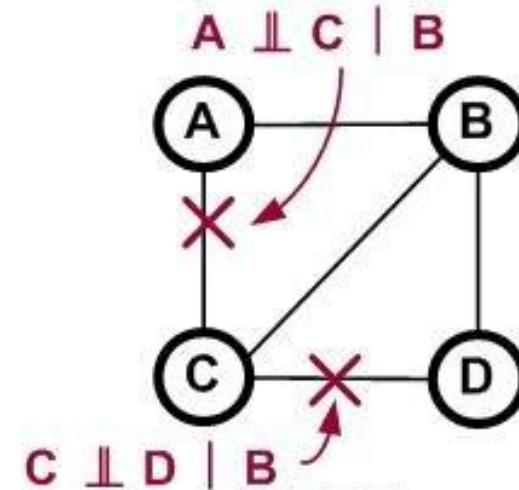




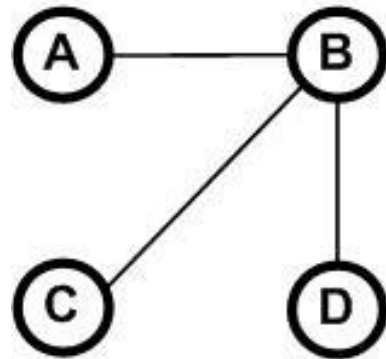
(a)



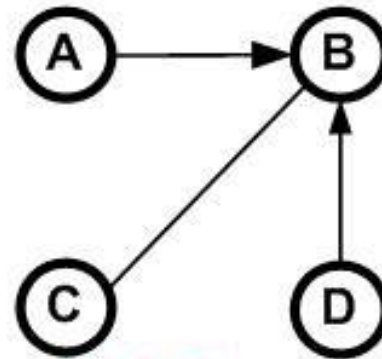
(b)



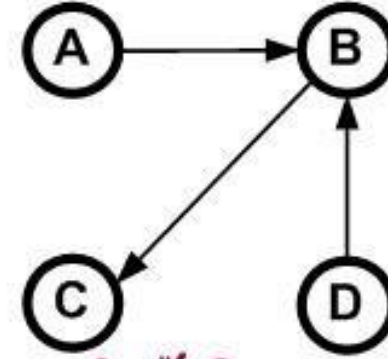
(c)



(d)



(e)



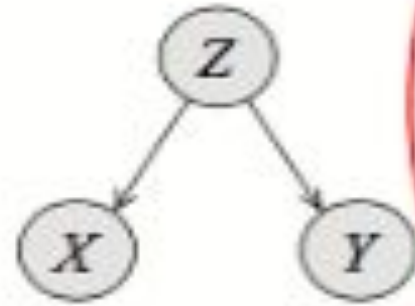
(f)



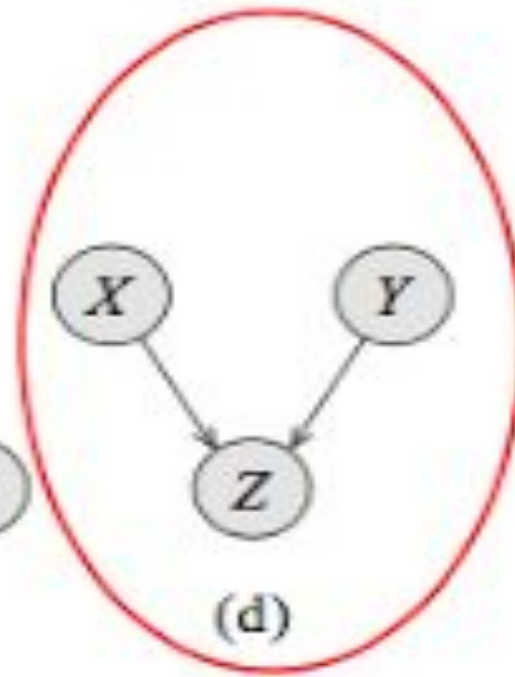
(a)



(b)



(c)



(d)

Qualità studio

Reviews

Decision letter

Qualità studio

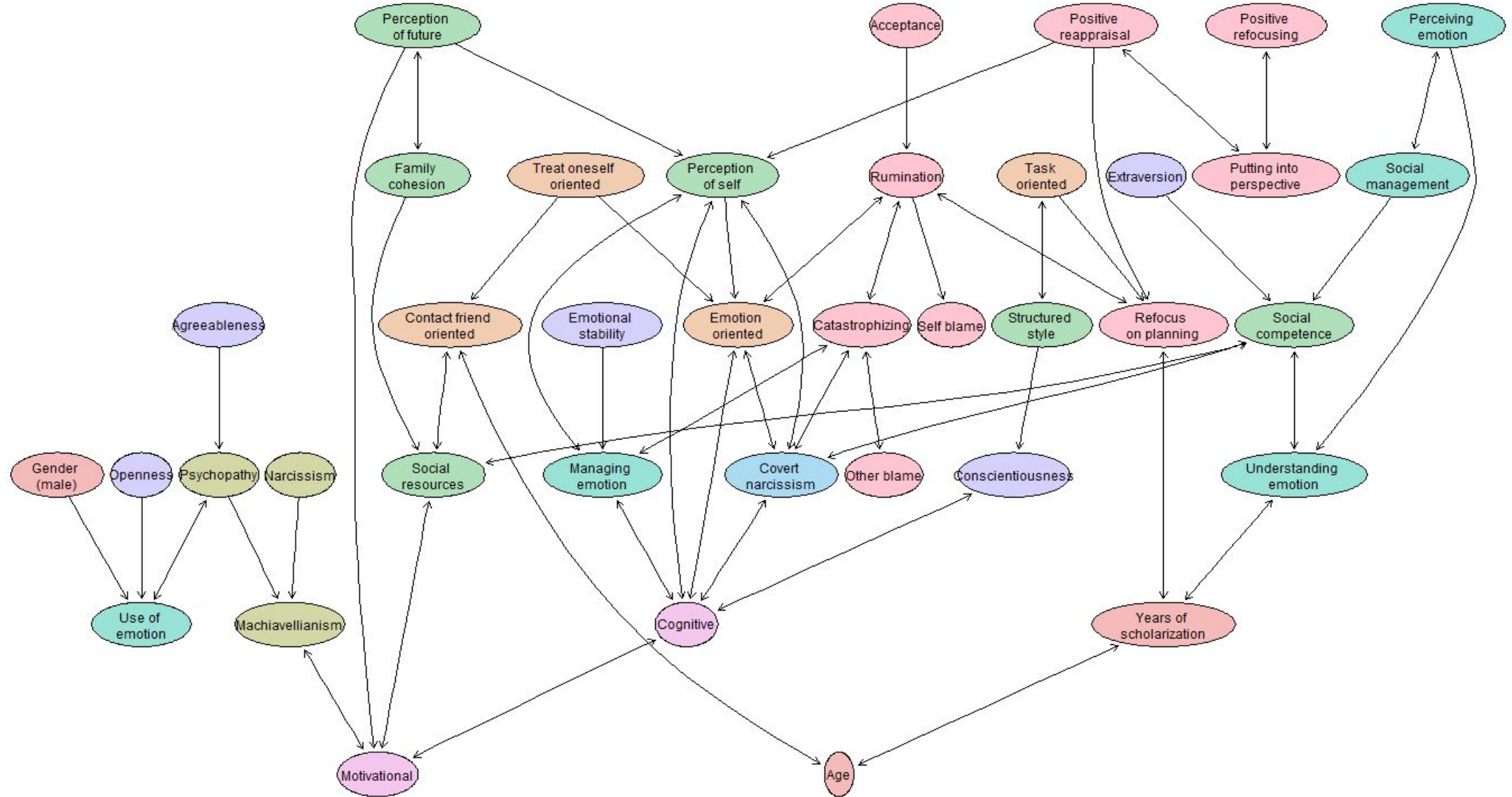
Rev.1

Rev.2

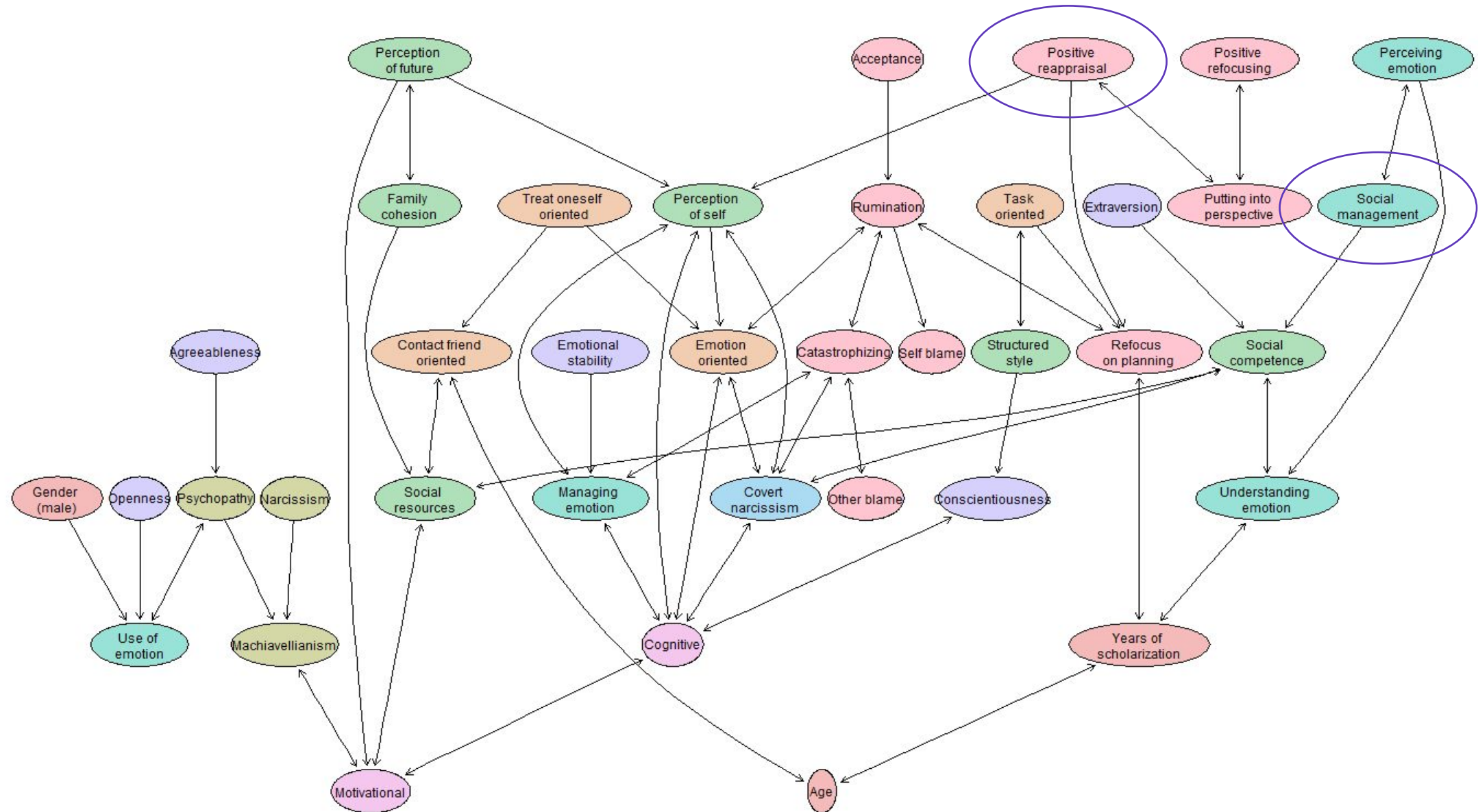
Rev.1

Rev.2

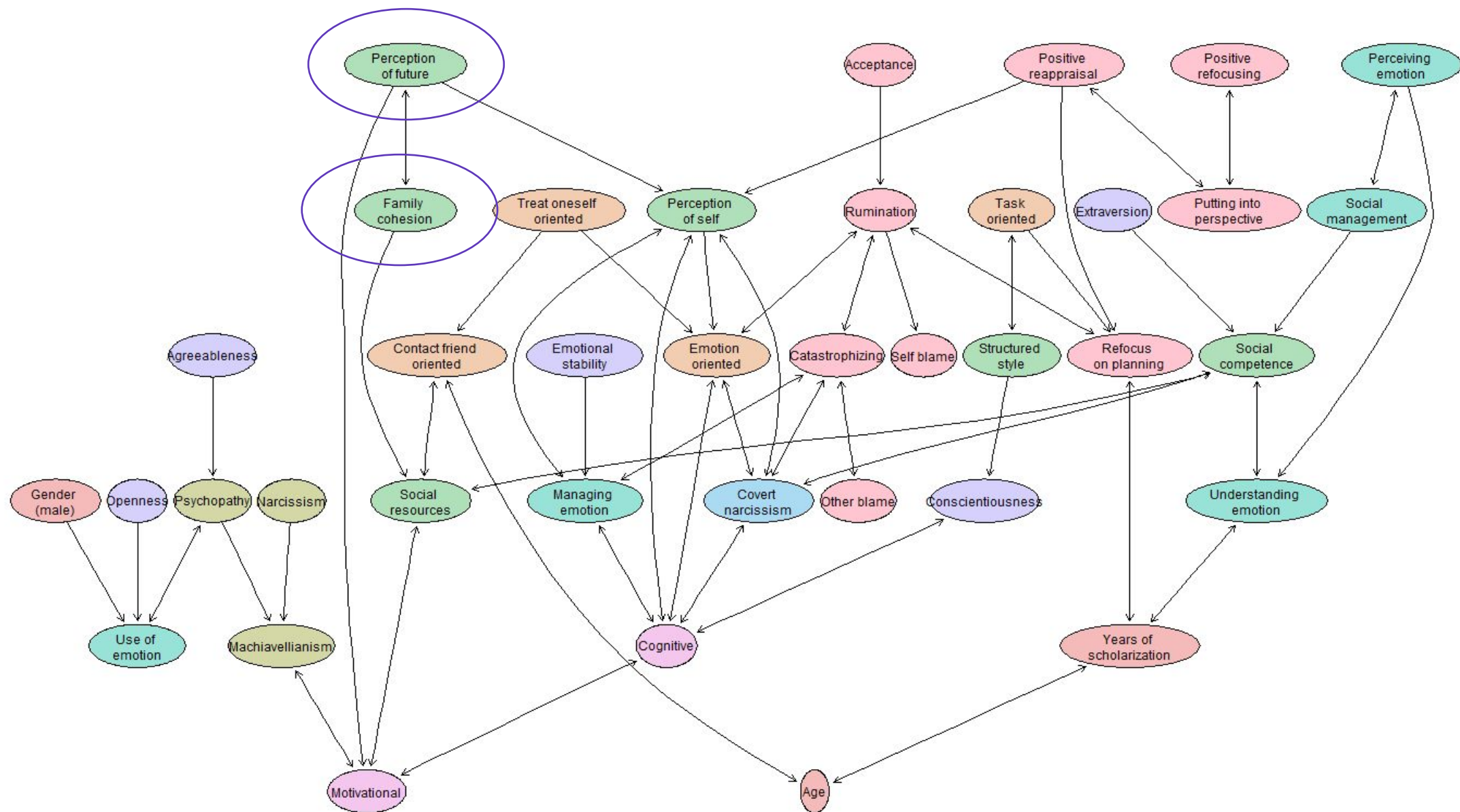
Decision letter



Quali variabili influenzano la resilienza?



Su quali variabili è più difficile intervenire?





Algoritmo PC

- i.i.d. variables
 - Acyclicity
 - Sparsity
- Faithfulness & Markov condition
 - Causal sufficiency

Conclusioni

- La Network Analysis può aiutare in caso di studi esplorativi complessi
- È possibile effettuare inferenze causali con dati cross-sezionali
- Senza alcuna conseguenza negativa e di sicuro non ce ne pentiremo



Articolo:

<https://onlinelibrary.wiley.com/doi/full/10.1111/jopy.12778>

Script:

<https://github.com/m-pass/nomologicalnetworkresilience>

