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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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National Research Council of Italy

Abstract

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

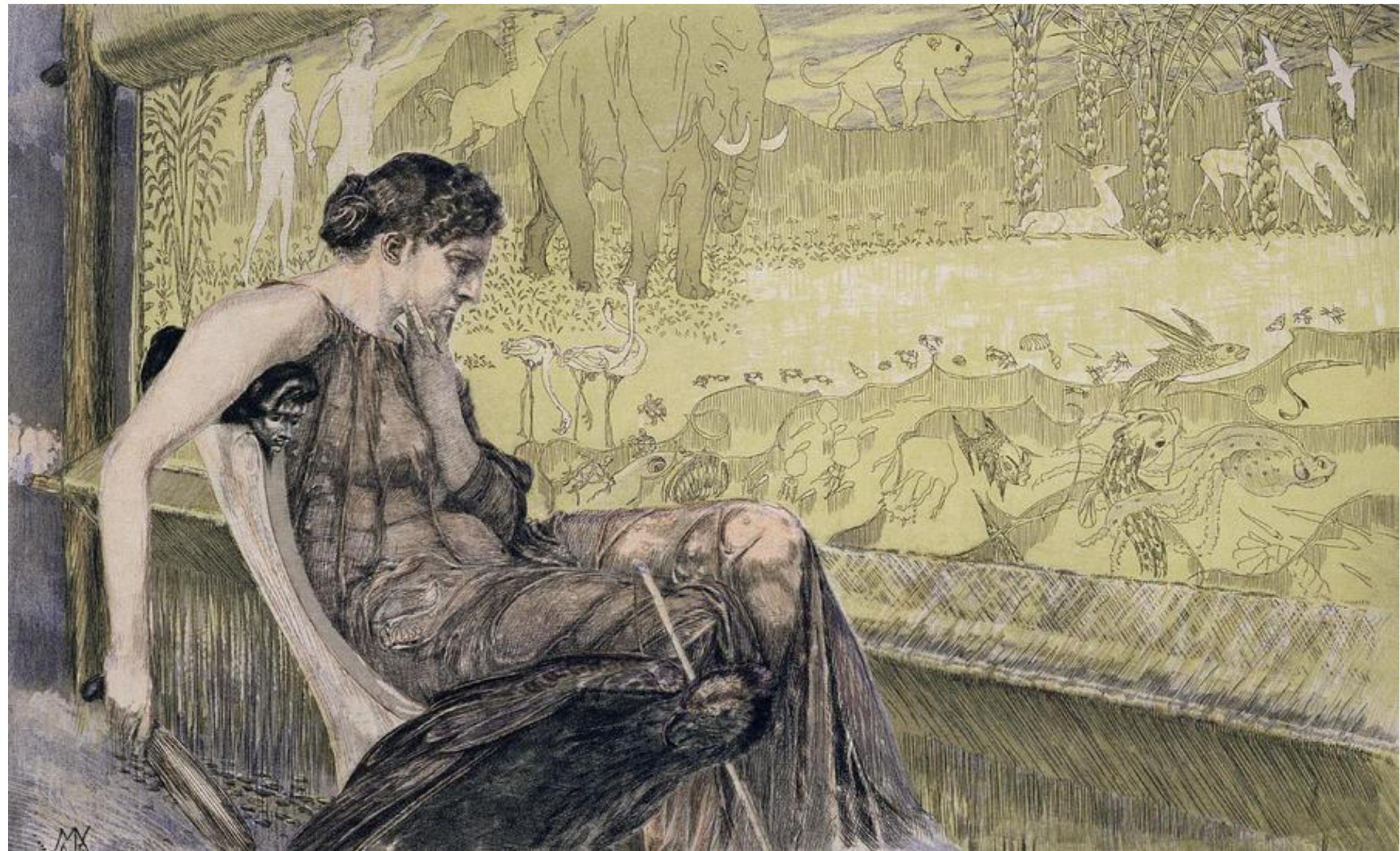
Method: The study employs network analysis techniques to the study of resilience, showcasing how these methods can estimate a model that is simple to interpret while still retaining the most important relations and that can even suggest the direction of causality despite using a cross-sectional design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

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.

KEY WORDS

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) 77–95

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

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Abstract

Dramatic effects of life events on resilience and coping style (r values) were examined using a psychological model in which psychological measures model in w/ psychological

Keywords: C

Emotional intelligence and psychological resilience
Andrew R. Armstrong^{a,*}, Roslyn F. Gilligan^b, Christine R. Critch^c

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Life events

1. Introduction

Major life events, including the death of loved-ones, serious illness, or job loss, precede almost all types of mood disorder (Suewe, Dohmen, & Sibbel, 1998). Emotional intelligence (EI), or the ability to intelligently utilize emotional information, may temper their impact on mental health (Carrozza, Fargas, & Mayer, 2001). How EI might buffer the effect of aversive events is the focus of the present study.

A stressful or negative life event has typically been construed as change events that precipitate movement from one set of living conditions to another. The life transitions resulting from such events pose significant adaptational challenges that can strain an individual's capacity to cope to the point of clinical distress, manifest in the experience of multiple depression, anxiety, and stress. Moreover, one stressful event can compound distress (Monroe & Simons, 1991). Indeed, one stressful event can impede coping efficacy for additional events, further increasing vulnerability to long-term transitional recovery periods (Messer, 1991).

While such events are potentially traumatic, people are impacted differently. Some people experience long-term trauma and even the likelihood of further increasing vulnerability to long-term transitional recovery periods are typically quite their impact over a two-year period (Monroe & Simons, 1991).

Others suffer significant short-term impairment. Then there are

Do Perceived Social Stress and Resilience Influence the Effects of Psychopathy-Linked Narcissism and CU Traits on Adolescent Aggression?

Rebecca Kauten, Christopher T. Barry*, and Lacey Leachman

Department of Psychology, The University of Southern Mississippi, Hattiesburg, Mississippi

This study investigated the relative importance of a variety of dimensions of resilience and narcissism across three latent factors of four EI dimensions. Narcissism, function and behavior, Emotional Self-Awareness, with higher scores on multiple negative life events.

those who experience only minor life events are considered resilient (Suewe, Dohmen, & Sibbel, 1998). Emotional intelligence may be adaptive. Salovey (1999) theorized that persons with emotional demands of stressors can "accurately perceive and appraise what is threatening and what is safe when to express their feelings, their mood states" (p. 161). EI is thus facets of aversive events through emotional management.

Researchers investigating these and related concepts have frequently distinguished between a one Mayer-Salovey-Caruso-Emotional Intelligence Test (Mayer, Salovey, & Caruso, 2000) and two models in which EI is measured via self-reported very-Caruso Emotional Intelligence Questionnaire (CEI; Kokonai, 2007). While ability tests purport to measure "natural" posttraumatic growth consistent? The findings emotion-related dispositions, self-perceptions or motivations (e.g., Petrides, Pita, & Kokonai, 2007). In the current study we focus on typical performance". In models measure "typical performance" or resilience, operationalized by the sense of coherence with event-related distress. Moreover, we take the view that emotional intelligence is antecedent to resilience (Matthews, Zeidner, & Roberts, 2002), rather than encompassing resilience (Bar-On, 1997), such that EI functions through its composite dimensions. The evidence linking self-reported EI to health is considerable. A meta-analysis of 80 studies involving 20,000 participants found the

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REGULATION OF POSITIVE EMOTIONS: EMOTION REGULATION STRATEGIES THAT PROMOTE RESILIENCE

AGGRESSIVE BEHAVIOR
Volume 39, pages 381–390 (2013)

BEHAVIOR
RESEARCH AND
THERAPY
www.sciencedirect.com/science/jid_brat

ABSTRACT. The regulation of emotions is essential in everyday life. In this paper, we discuss the regulation of positive emotional experiences. Our discussion focuses on strategies aimed at maintaining and increasing experiences of these strategies for well-being. We explore possible mechanisms for people, with a focus on coping. We conclude by directions in the work on

ive emotions

of complex processes uses to negative feelings. I might watch a comedy through the park (cf., seeking a means to , you might decide it might be useful good feelings 1994). In yet other , a faint whiff of by) might capture and unsuspect 1989). Although above illustrates one for coping

', coping, and adults

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potentially important for disease and vulnerability styles and psychiatric Resilience Scale, NEO dimensions and coping

exacerbate or attenuate the connection between psychopathology-linked personality characteristics and behavioral



Variabilität

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

Variability

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

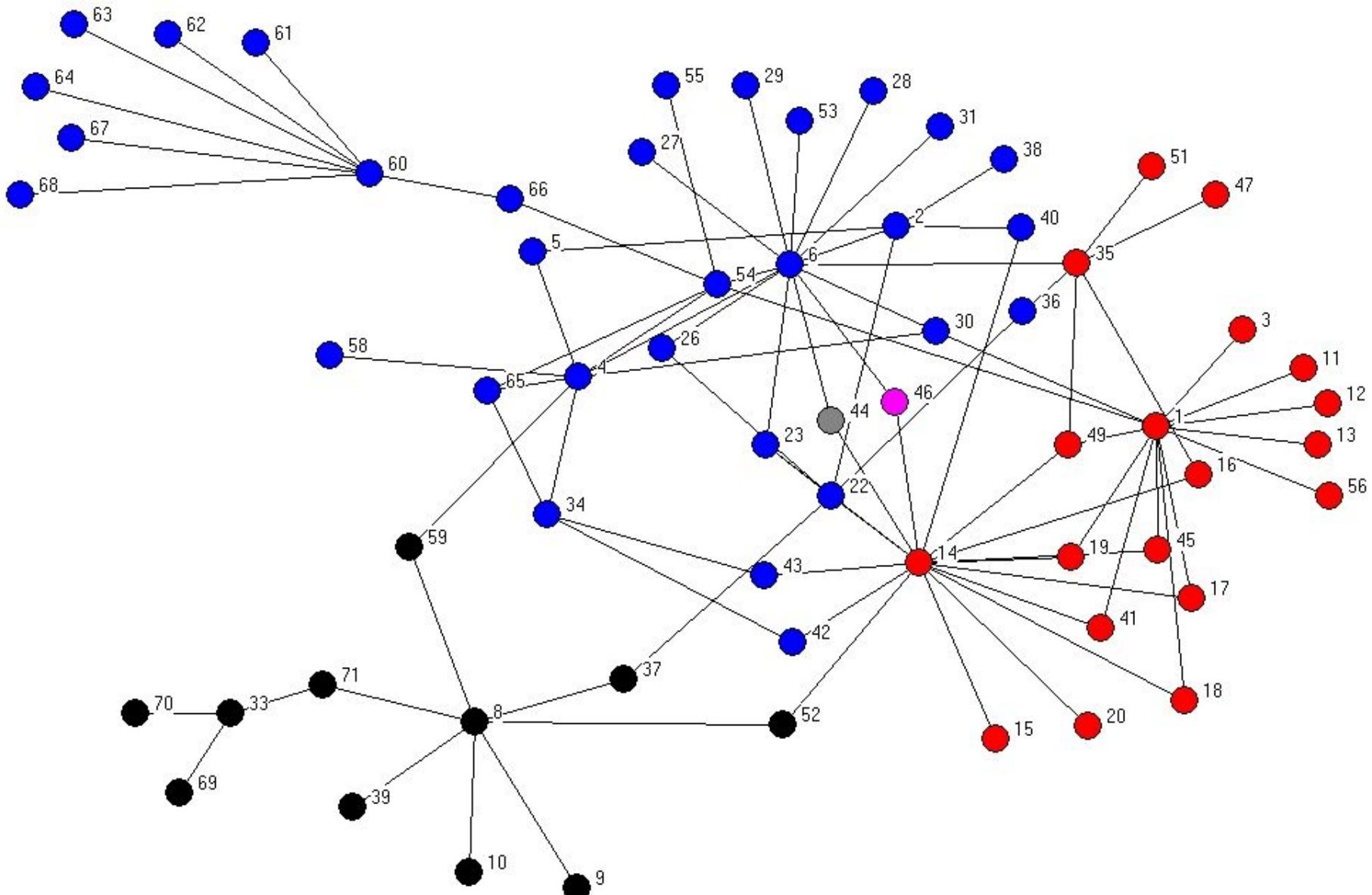
Psychology is a science of complexity.

Che strategia adottare?

PCA?

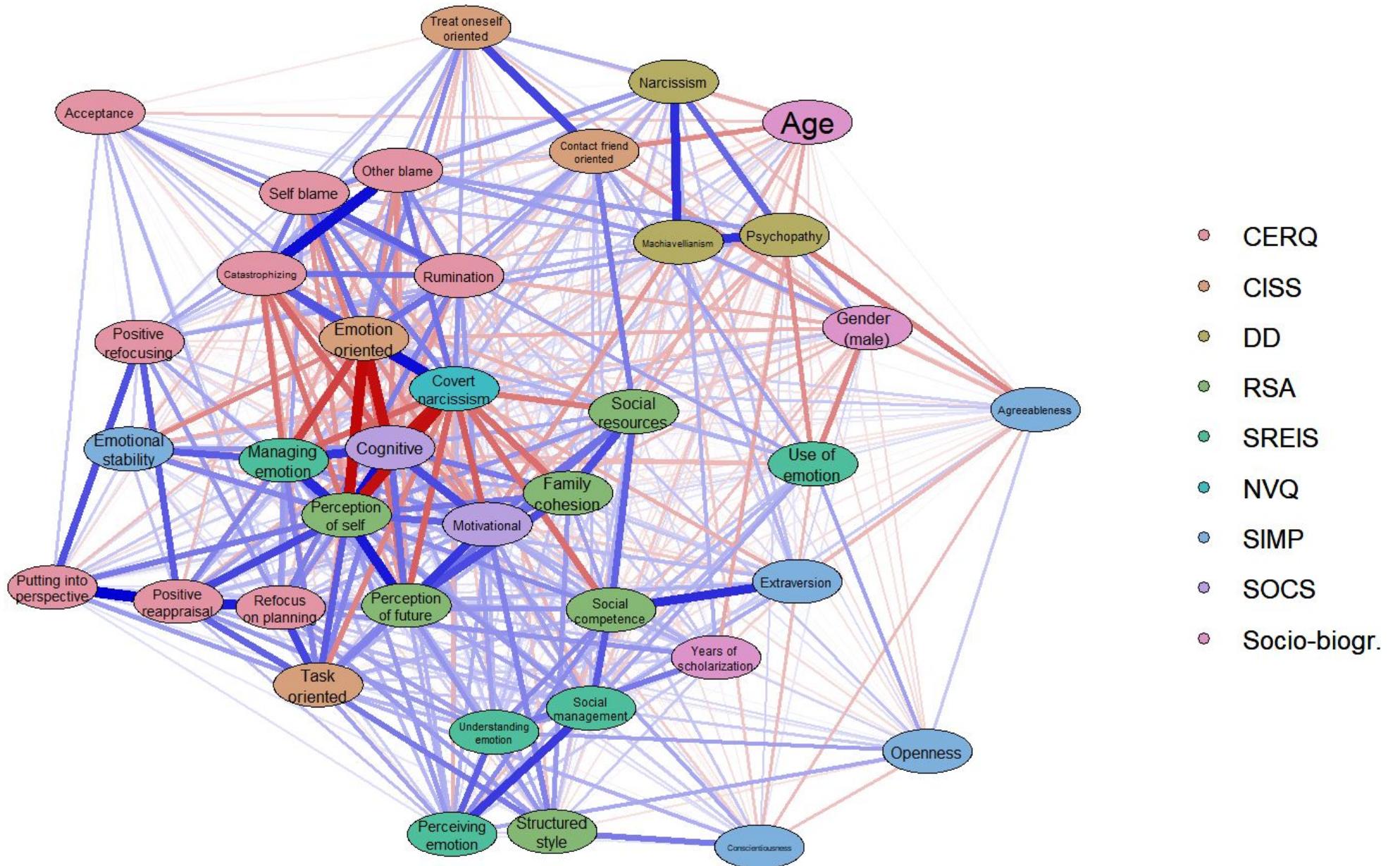
Stepwise regression?

Machine learning?

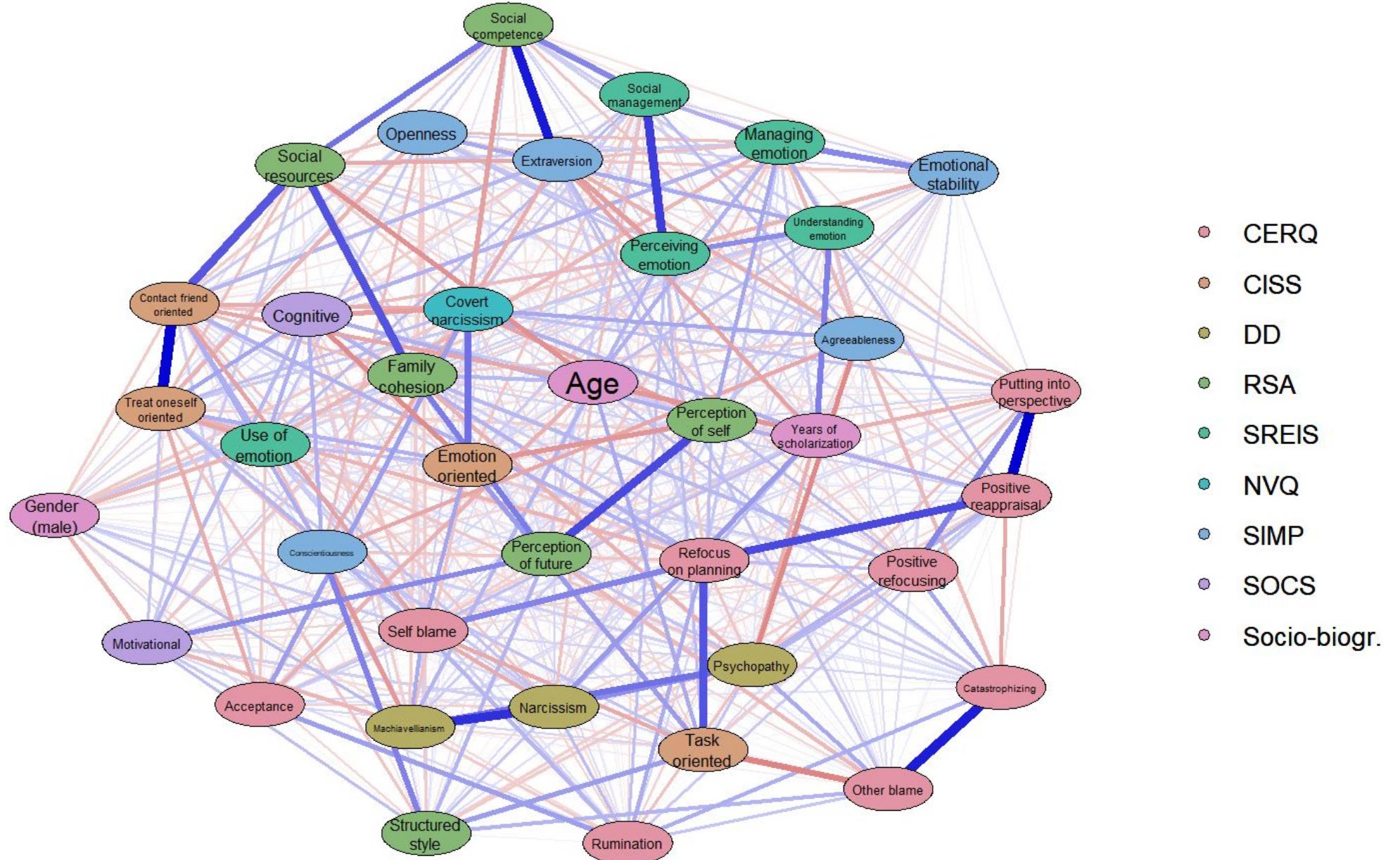


Come funziona la network analysis?

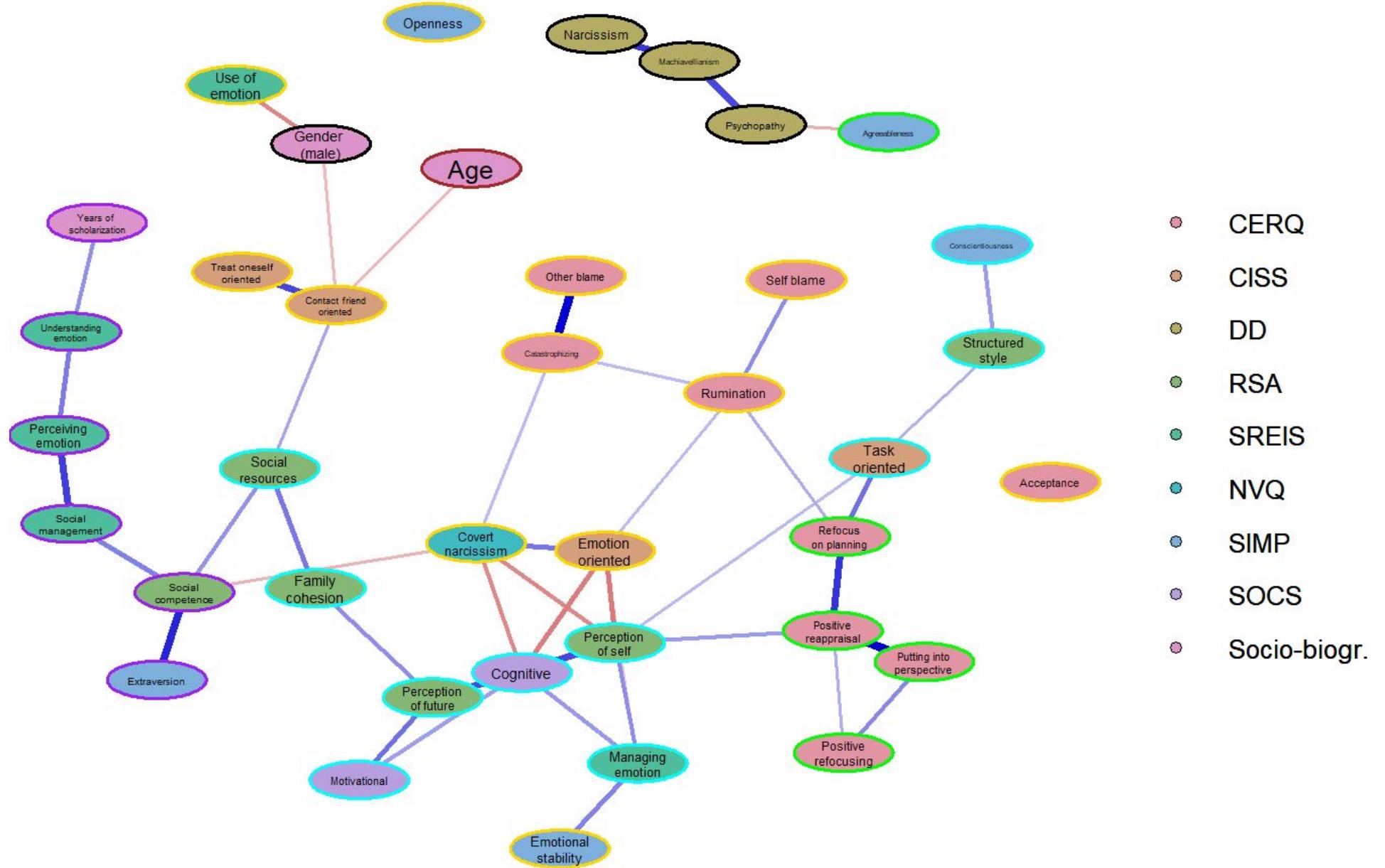
Rete delle correlazioni

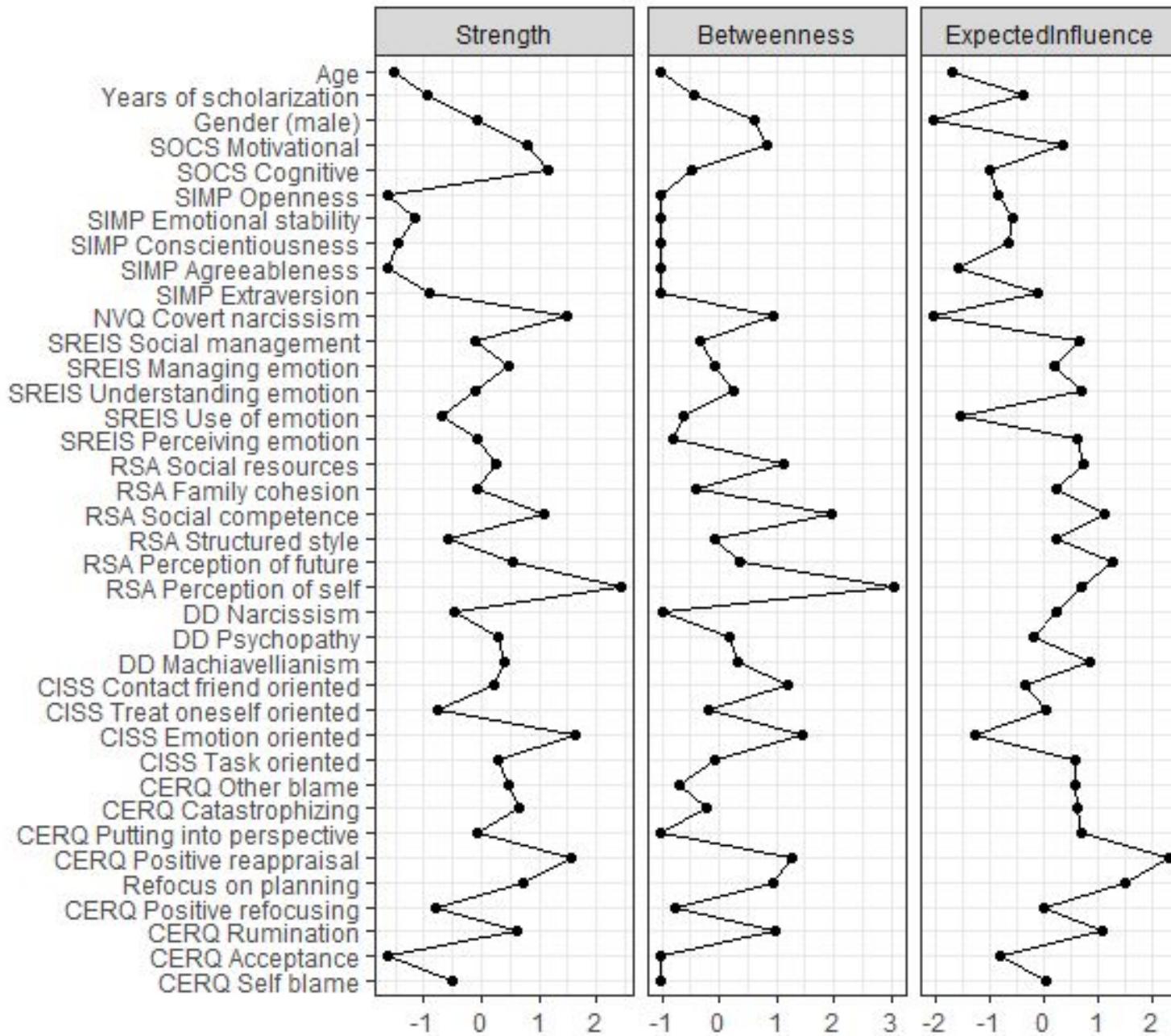


Rete delle correlazioni parzializzate



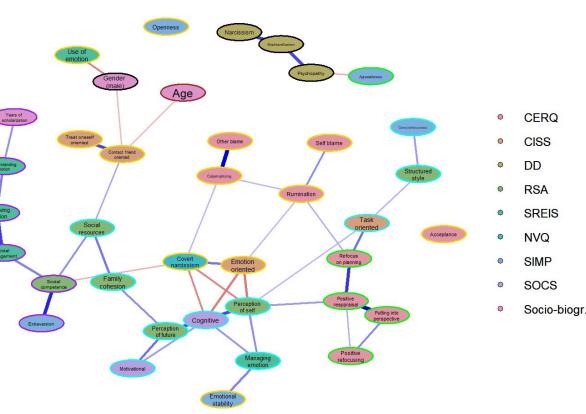
Rete delle correlazioni parzializzate e regolarizzate





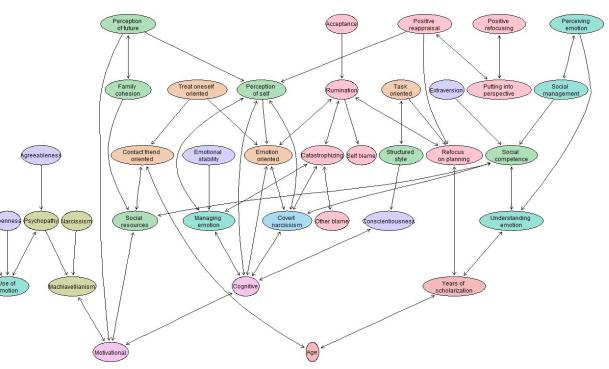
E la direzione delle relazioni?

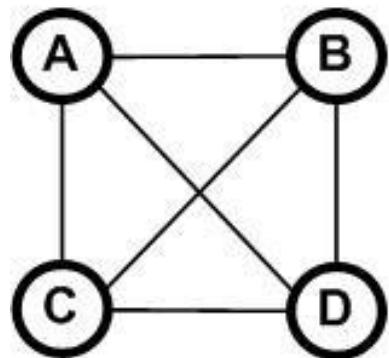
Undirected Graph



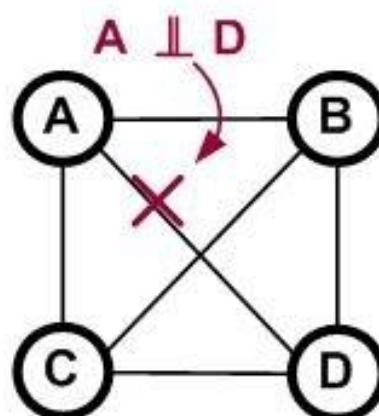
Algoritmo PC

Directed Acyclic Graph
(DAG)

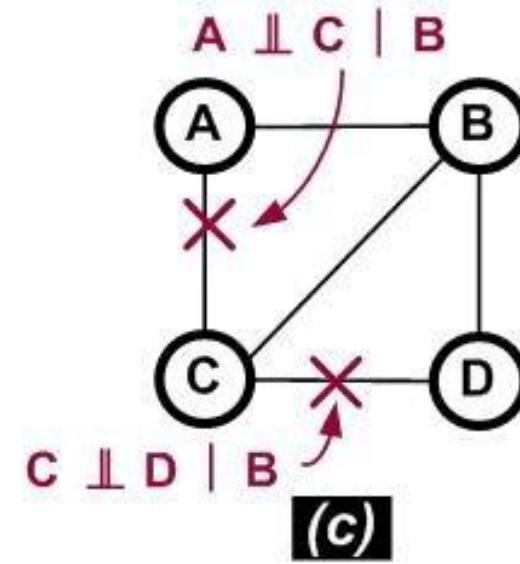




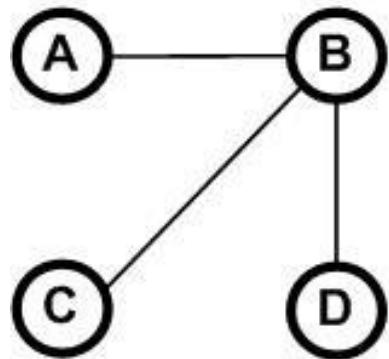
(a)



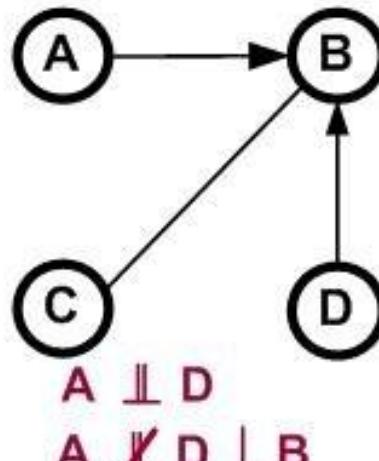
(b)



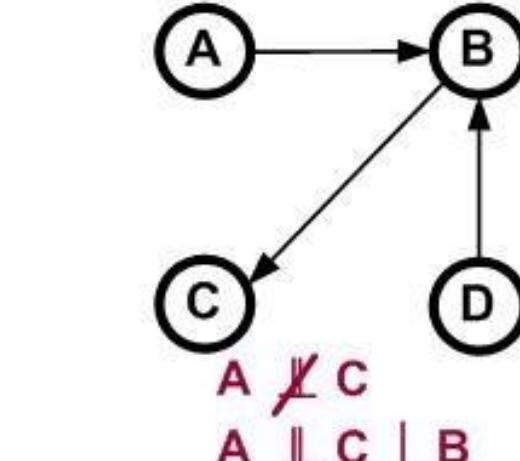
(c)



(d)



(e)



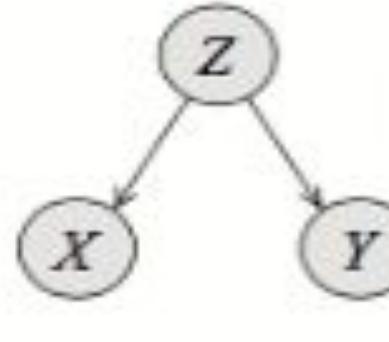
(f)



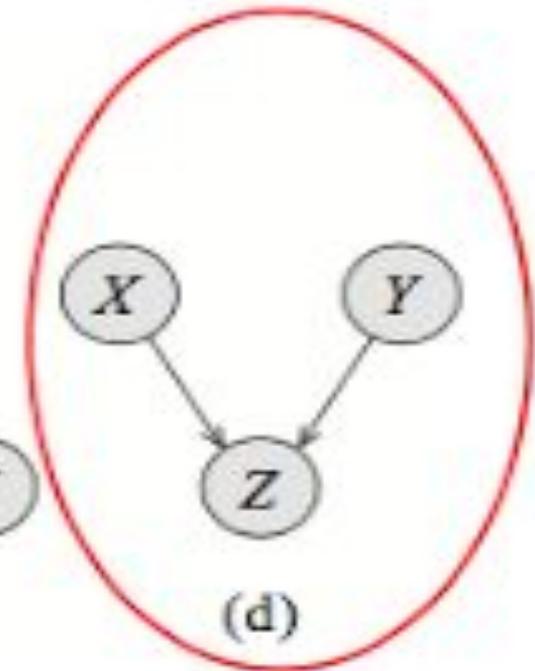
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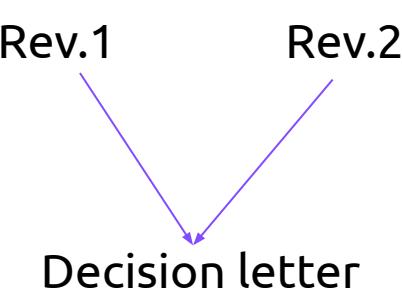
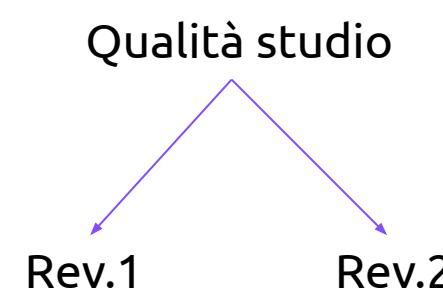
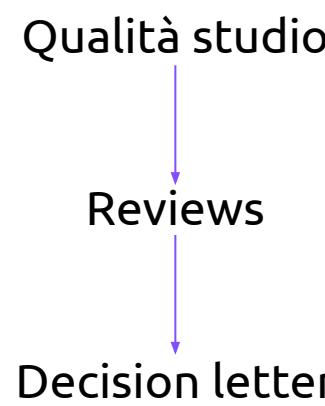
(b)

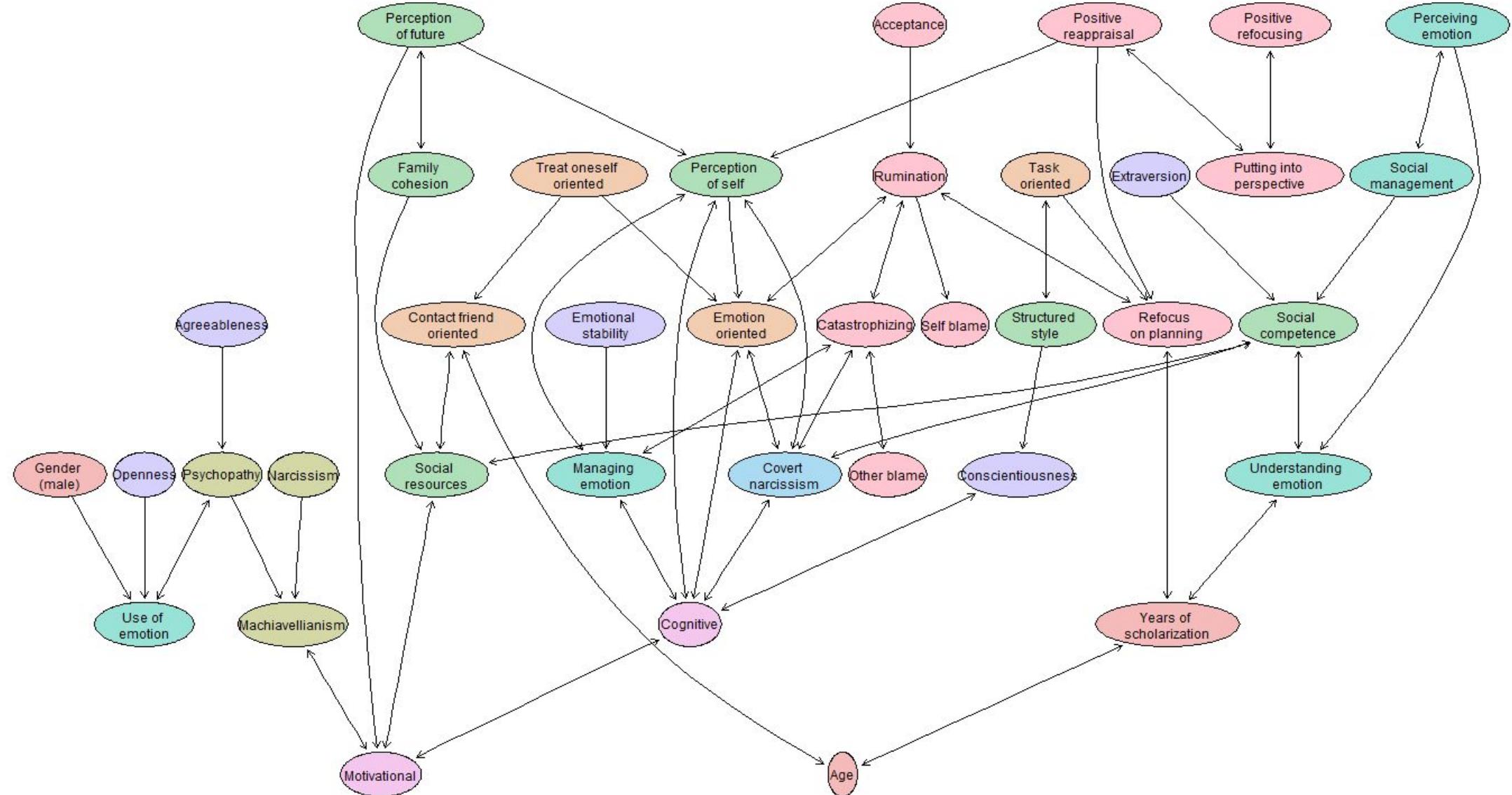


(c)

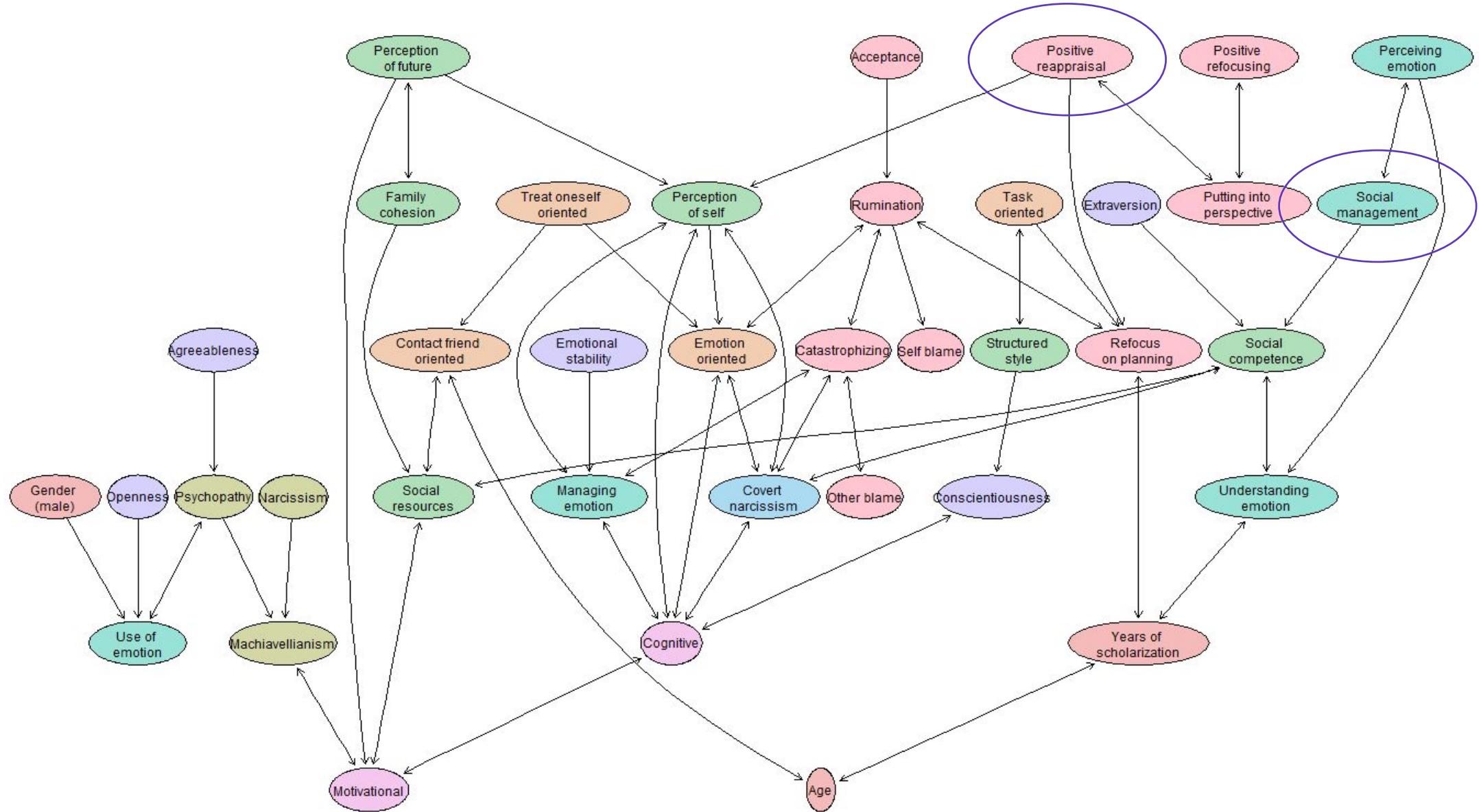


(d)

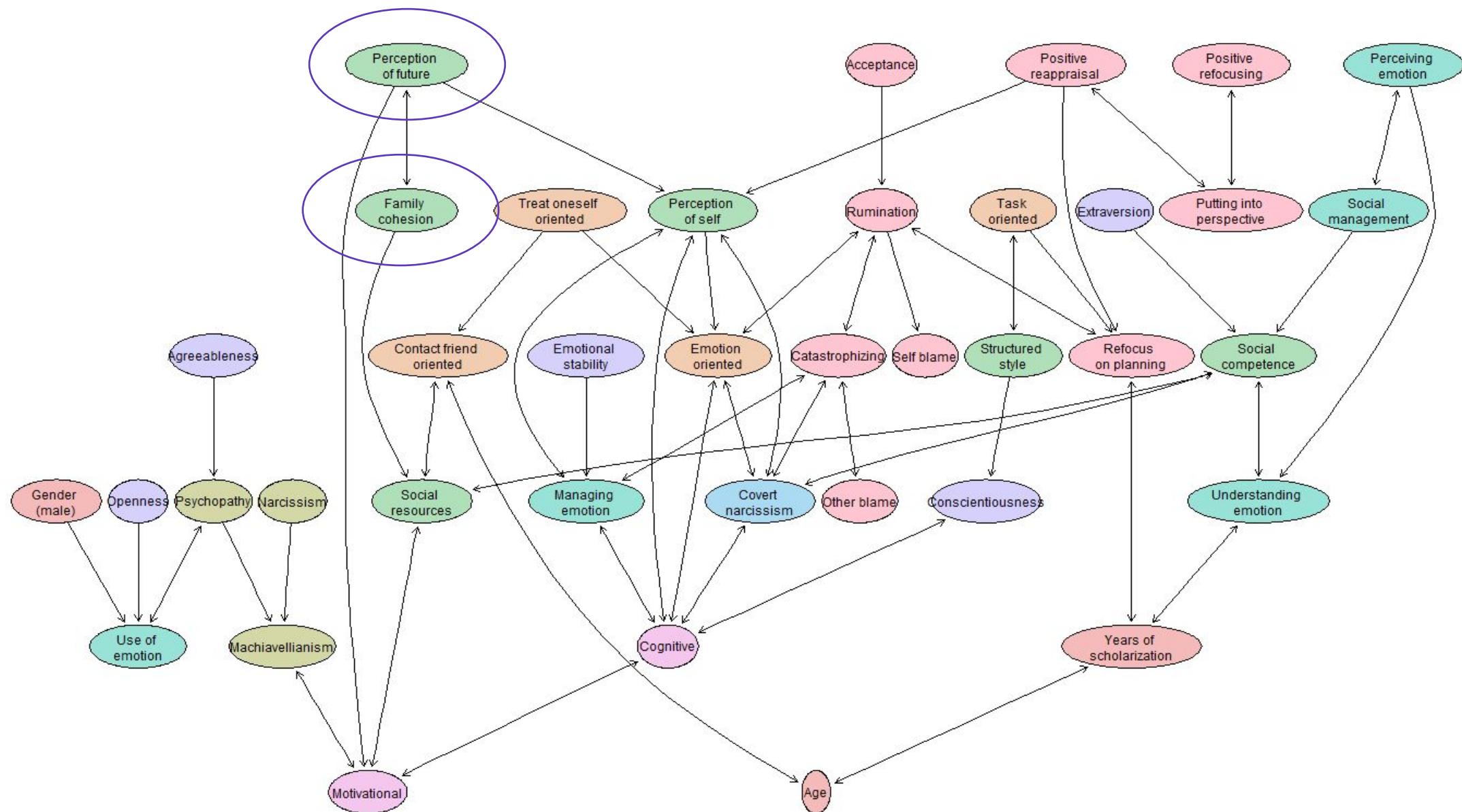




Quali variabili influenzano la resilienza?



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/10.1111/jopy.12778>

Script:

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



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