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# An application of structural equation modeling of test dispositional optimism as mediator or moderator in quality of life in patients with chronic disease

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## Abstract

The aim of the present study was to test a hypothetical model to examine if dispositional optimism exerts a moderating or a mediating effect between personality traits and quality of life, in Portuguese patients with chronic diseases. A sample of 540 patients was recruited from central hospitals in various districts of Portugal. All patients completed self-reported questionnaires assessing socio-demographic and clinical variables, personality, dispositional optimism, and quality of life. Structural equation modeling (SEM) was used to analyze the moderating and mediating effects. Results suggest that dispositional optimism exerts a mediator rather than a moderator role between personality traits and quality of life, suggesting that “the expectation that good things will happen” contributes to a better general well-being and better mental functioning.



### An Application of Structural Equation Modeling of Test Dispositional Optimism as Mediator or Moderator in Quality of Life in Patients with Chronic Disease

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**Abstract**  
The aim of the present study was to test a hypothetical model to examine if dispositional optimism exerts a moderating or a mediating effect between personality traits and quality of life in Portuguese patients with chronic diseases. A sample of 500 patients was recruited from several hospitals in various districts of Portugal. All patients completed self-reported questionnaires assessing socio-demographic and clinical variables, personality, dispositional optimism, and quality of life. Structural equation modeling (SEM) was used to analyze the moderating and mediating effects. Results suggest that dispositional optimism exerts a mediator rather than a moderator role between personality traits and

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## Within this Chapter

1. Introduction
2. Methods
3. Conclusions
4. References
5. References

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