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Stress, Resilience, and Impulsivity

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Introduction

- Previous research has observed relationships between
  - Stress and Resilience, where greater levels of perceived stress were related to lower levels of resilience [1,2]
  - Stress and Impulsivity, where higher levels of stress were related to higher levels of impulsivity [3]
  - Impulsivity and Resilience, where higher levels of impulsivity were related to lower levels of resilience[4,5]
  - No research has examined whether impulsivity moderates the association between stress and resilience
- The current study aims to investigate the moderating effect of impulsivity on the relationship between stress and resilience

Method

- 81 participants (M=30.09, SD = 16.93, 20 males) from the University of Missouri – St. Louis took an online questionnaire that measured stress, resilience, and impulsivity
- The Life Stressors Checklist-Revised (LSC-R)[6] measured exposures to chronic and traumatic stress; the Depression Anxiety Stress Scale (DASS)[7] was used to measured current and subjective stress
- The Resilience Scale for Adults (RSA)[8] measured factors of resilience
- The Abbreviated Impulsiveness Scale (ABIS)[9] measured levels of impulsivity

Aim and Hypotheses

- Aim 1: To explore the relationship between stress, resilience, and impulsivity
  - Hypothesis 1.1: There will be a significant relationship between stress and resilience
  - Hypothesis 1.2: Impulsivity will moderate the relationship between stress and resilience

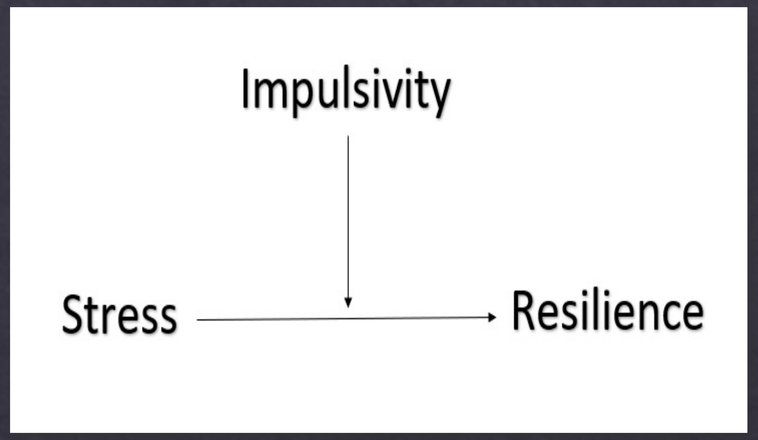

Figure 1: Moderation between Stress, Resilience, and Impulsivity

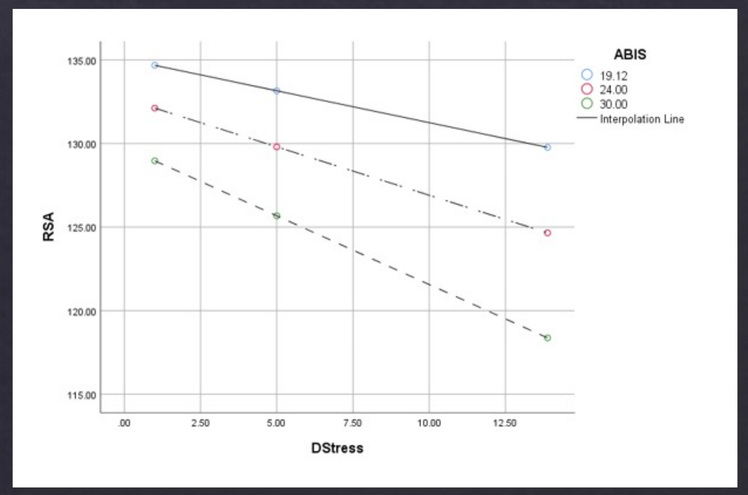

Figure 2: Moderating effect of impulsivity on relationship between current stress and resilience

Results

- 1.1: A linear regression was conducted to assess the relationship between stress and resilience
  - Chronic stress is not a significant predictor of resilience, (R^2=.52, F(1,79)=.40, p>.05)
  - Current stress is a significant predictor of resilience (R^2=.15, F(1,79)=13.4, p<.001)
- 1.2: Moderations were conducted to examine the moderating effect of impulsivity on the relationship between stress and resilience
  - Impulsivity was not a significant moderator between current stress and resilience (B=-.02, p>.05) [Figure 2]

Discussion

- Results for hypothesis 1.1 were partially aligned with previous research [1,2]
- Hypothesis 1.2 was not supported
- Limitations
  - Physiological data not collected
  - Non-clinical sample
- Future Studies
  - Analyze physiological data
  - Collect data over different dimensions (trait or state categories) of each of the variables

Questions?

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