

# Approach Coping is Associated with Higher Flourishing & Post-Traumatic Growth During the Lockdowns of the COVID-19 Pandemic

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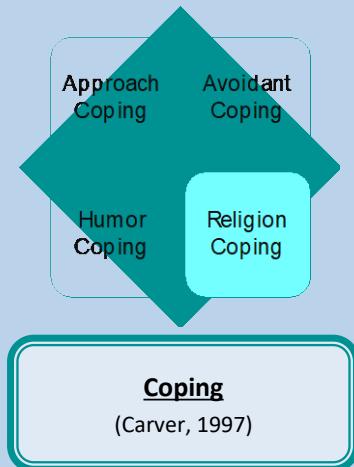
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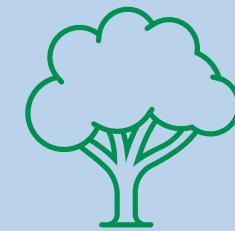
# Introduction



**Research Question:** How are coping styles related to flourishing and post-traumatic growth as a result of the virtual online transition in March 2020?



**Flourishing**  
Self-perceived success in important areas like relationships or purpose (Diener & Biwas-Diener, 2009)



**Post-Traumatic Growth**  
The ability to overcome or grow from challenges (Tedeschi & Calhoun, 1996)

# Methodology & Demographics



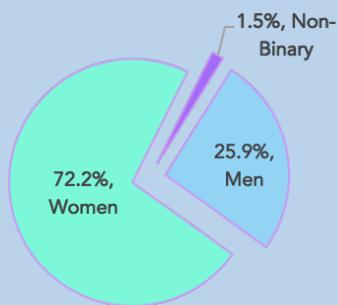
## Self-report survey with 3 measures

- Brief Coping Inventory (Carver, 1997)
- Flourishing Scale (Diener & Biwas-Diener, 2009)
- Post-Traumatic Growth Inventory (PTG; Tedeschi & Calhoun, 1996)

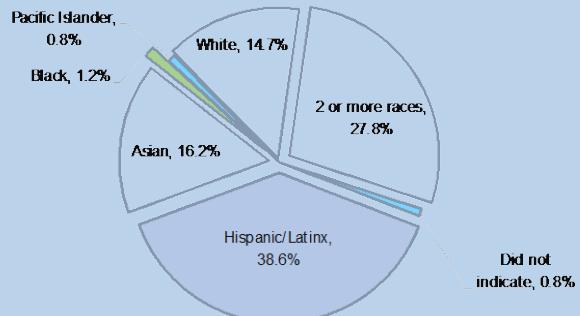


257 Undergraduate Students  
( $M_{age} = 22.11$  years old;  $SD_{age} = 4.86$ )

Participant Gender Breakdown



Participant Racial/Ethnic Breakdown



Note: Approach coping and avoidance coping (Roth & Cohen, 1986) was devised by using a composite of subscales from the brief cope inventory (Carver, 1997).

# Results & Discussion

Two separate multiple regression analyses showed:

- ❖ Coping styles significantly predicted flourishing ( $R^2 = .28$ ,  $R^2_{adj} = .26$ ,  $F(4, 253) = 23.97$ ,  $p < .001$ )
- ❖ Approach coping predicted higher flourishing ( $\beta = .45$ ,  $t(253) = 7.71$ ,  $p < .001$ )
- ❖ Avoidant coping predicted lower flourishing ( $\beta = -.27$ ,  $t(253) = -4.75$ ,  $p < .001$ )
- ❖ Coping styles significantly predicted PTG ( $R^2 = .15$ ,  $R^2_{adj} = .14$ ,  $F(4, 253) = 11.05$ ,  $p < .001$ )
- ❖ Approach coping predicted higher PTG ( $\beta = .38$ ,  $t(253) = 5.93$ ,  $p < .001$ )
- ❖ Humor coping predicted lower PTG ( $\beta = -.13$ ,  $t(253) = -2.06$ ,  $p < .001$ )

Regression Analysis of Coping Styles on Flourishing			
Variable	B	Standard Error B	$\beta$
Approach	1.02	.13	.45**
Avoidant	-.84	.18	-.27**
Humor	-.08	.08	-.06
Religion	.12	.08	.09

\*\* $p < .001$

Regression Analysis of Coping Styles on Post-Traumatic Growth			
Variable	B	Standard Error B	$\beta$
Approach	.65	.11	.38**
Avoidant	-.06	.15	-.03
Humor	-.13	.06	-.13*
Religion	-.02	.06	-.02

\*\* $p < .001$ ; \* $p < .05$



**Key Takeaway:** Employing approach coping techniques has positive mental health benefits that support well-being & help create positive life changes during difficult times

