

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

Presented by
Viviane Seyranian, PhD¹

Co-Contributors: Angelica Spata¹, Frank Nieblas¹, Ian Thacker, PhD²,
Nicole Duong³, & Paul Beardsley, PhD¹

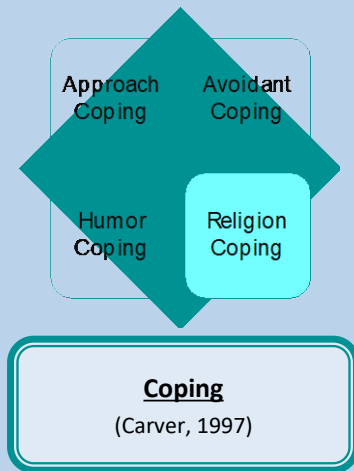
California State Polytechnic University, Pomona¹; University of Texas, San Antonio²; Claremont Graduate University³



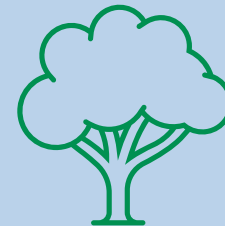
Introduction



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



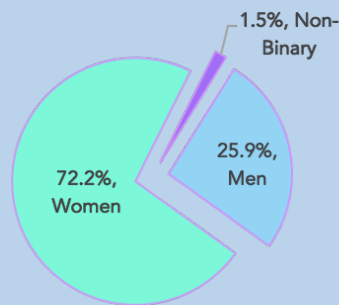
Self-report survey with 3 measures

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

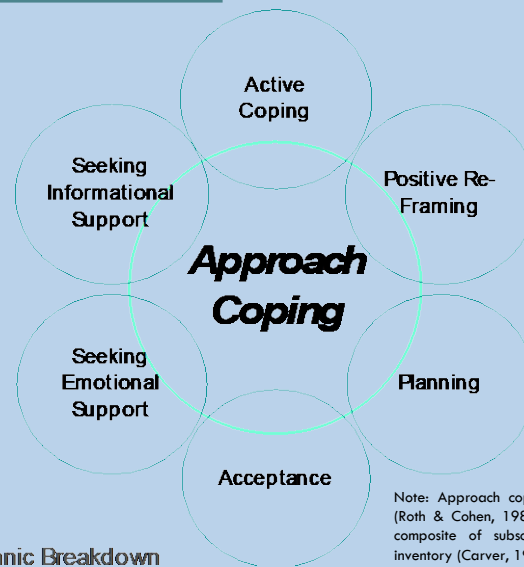
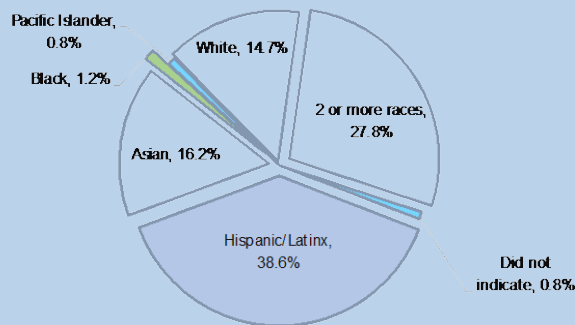


257 Undergraduate Students
($M_{age} = 22.11$ years old; $SD_{age} = 4.86$)

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	β
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	β
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

