Using Integrative Mixed Methods to Assess the Relationship between Stress and Resilience as Mediated by Coping

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Purpose of this study

- The purpose of this study is to examine how two groups that drastically differ in multiple areas of functioning (drug-addicted persons and community leaders) navigate through the stress—coping—resilience path model
- This poster serves as a prospectus for the forthcoming dissertation and as an outline for the research training plan and Ph.D. curriculum

Background & Significance

- Hyman et al. (2009) reported that opioid users had less problem-focused coping & less emotion-focused coping as compared to a healthy control group
- Positive affect has been shown to be associated with reappraisal, problem solving coping, and abstention-related action tendencies among methamphetamine users (Carrico et al., 2013)
- Emotion-focused coping and problem-focused coping often depend on how the stressor is appraised, amenable or not (Folkman & Lazarus, 1980)

Hypotheses

- Among drug-addicted persons, forms of coping that involve cognitive complexity will be positively associated with resilience and negatively associated with stress-induced addictive behaviors
- Active forms of coping will mediate the relationship between stress and resilience among both groups

Theoretical & Conceptual Framework

- Stress-coping model developed by Lazarus and Folkman (1984) describes two stress appraisal factors: (a) threat-urgency and (b) perceived control
- This model will be used to answer the research questions:
  - “How does coping mediate the relationship between stress and resilience?”
  - “What types of coping strengthen the relationship between stress and positive health outcomes?”
- Thus, this study examines effects of various forms of coping on levels of resilience in drug-addicted males and community leaders

Method

- Phase I used a concurrent QUAL + QUAN methods methodology (Castro, 2010)
- Semi-structured interviews were conducted within an inpatient rehabilitation center in the local community
- Quantitative data was collected to measure stress, health, and demographics
- Qualitative data was collected in response to the Focus Question: Think of the most “Difficult Problem” that you have had in the past 5 years:
  - What happened and how?
  - What did you: think, feel, do, and learn from this experience?
- Phase II will include a biological data collection to measure stress and health outcomes

Data Analysis Plan

- Zero-order correlation will be used to examine the relationship between:
  - control variables (age, sex, & education)
  - predictor variables (stressor, primary, & secondary stages of appraisal)
  - mediator and moderator variables (coping, cognitive complexity, social support, & self-efficacy)
- outcome variables (resilience, measures of health)
- Multiple regression model analysis
- Mediation and Moderation models using PROCESS by Hayes (2013)
- Thematic analysis derived from qualitative response codes

Preliminary Analyses

- The drug-addicted group is significantly lower in respect to resilience
- Group orientation: Threat appraisal moderate the relationship between control and stress (Perkins, 2015)
- Cognitive complexity & life satisfaction are predictors of resilience within the drug-addicted group (Perkins, 2014)

References


Research Training Timeline

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<th>Summer 2016</th>
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<th>Spring 2017</th>
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<tr>
<td>Systematic review Phase I</td>
<td>Qualitative analysis</td>
<td>Write NDA proposal</td>
<td>Comprehensive exams</td>
<td>Dissertation Proposal</td>
<td>Data management</td>
<td>Dissertation Defense</td>
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<td>Interdisciplinary Research Training Institute (IRTI)</td>
<td>Quantitative analysis</td>
<td>Submit NDA proposal (April)</td>
<td>Publish &amp; conference travel</td>
<td>Phase II data collection</td>
<td>Dissertation writing</td>
<td>Job talks or Postdoc</td>
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<td>Prospectus for NIDA</td>
<td>Phase II planning</td>
<td>Systematic review Phase II</td>
<td>Draft Dissertation proposal</td>
<td>Revise &amp; Resubmit proposal</td>
<td>Data analysis</td>
<td>Independent funding search</td>
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