

Catastrophising and Integration of Stressful Life Experiences



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Background

- Catastrophising, a transdiagnostic symptom, is when an individual predicts or imagines the worst possible outcome of a particular situation (Pike et al., 2021).
- Previous studies in high-risk populations have shown that catastrophising symptoms are linked to an individual's ability to deal with and derive meaning from stressful life experiences (Bryant & Guthrie, 2005).
- Lower socioeconomic status has been extensively associated with poorer mental health (Marmot et al., 1997), such as depressive symptoms (Schlax et al., 2019).



SCAN ME for OSF Preregistration

Methods

Participants:

170 online participants with an average age of 26.18 took part, with the modal country of residence being the UK.

Design:

The study had a correlational, between-subjects design, with participants providing three data points.

Materials:

The ISLES Test assess participants' ability to integrate stressful life experiences from the past 2 years. The MacArthur Scale of Subjective Social Status (SSS) assess participants perceived social status.

Procedures:

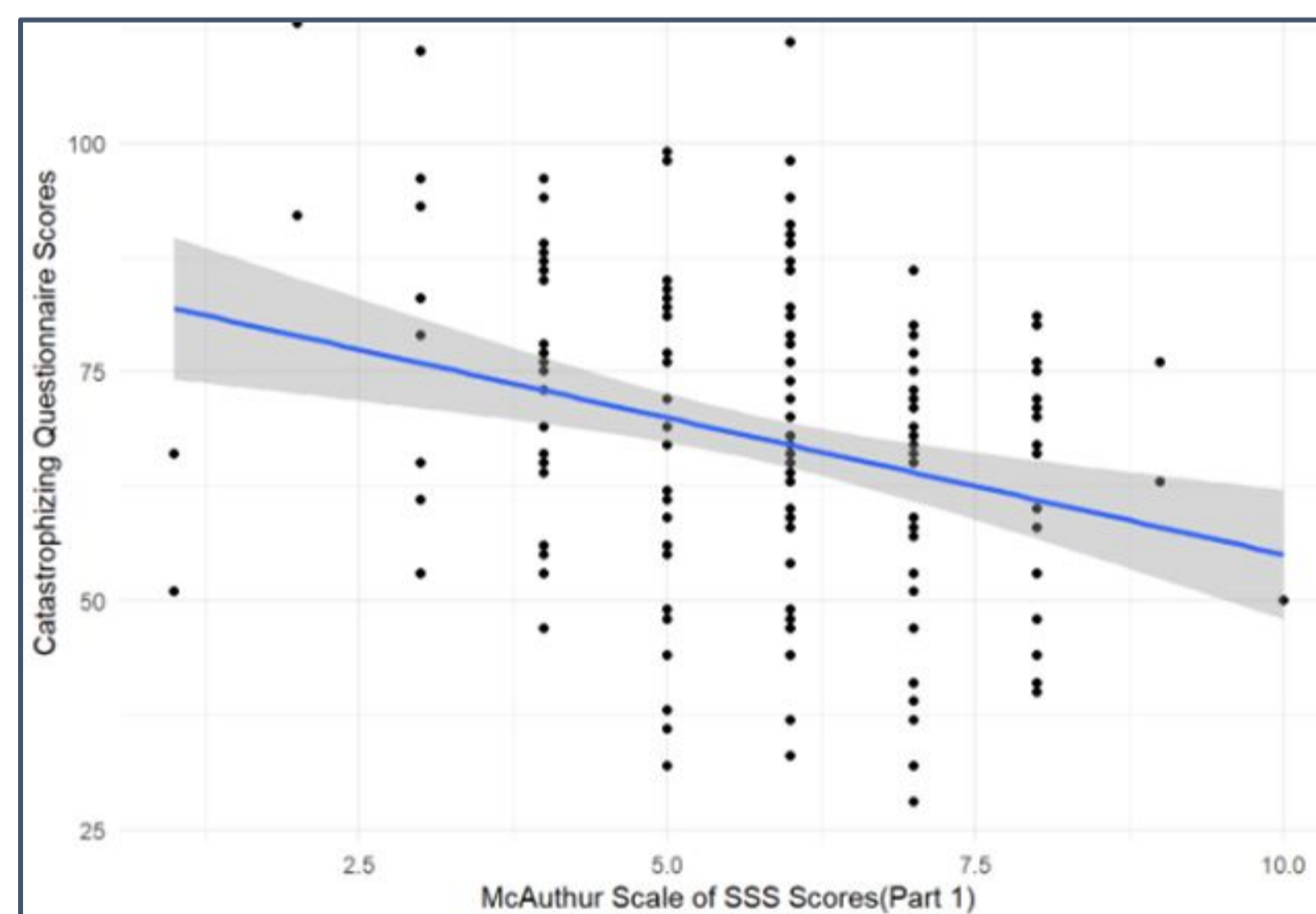
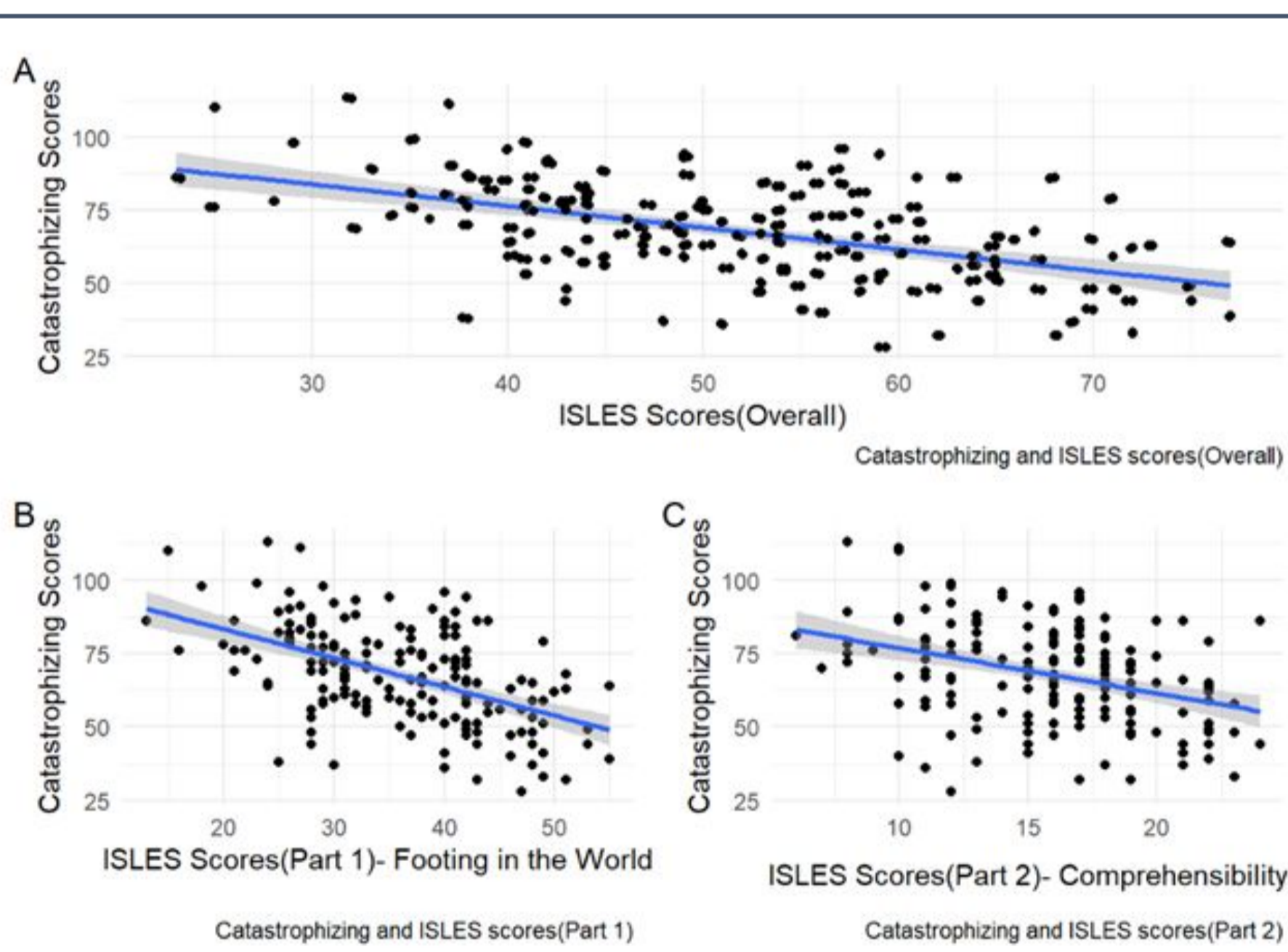
Participants completed the study on Qualtrics and responses to the Catastrophizing Questionnaire, ISLES Test and MacArthur Scale of SSS were collected. Demographic data was also collected.

Ethics Identification Number 20231

Aims

1. Assess the relationship between Catastrophising and Integration of Stressful Life Experiences (ISLES)
2. Assess the relationship between ISLES and MacArthur Scale of SSS
3. Assess the relationship between Catastrophising and MacArthur Scale of SSS

Key Results



2. There also was a small negative correlation between Catastrophising and MacArthur Scale of SSS scores.

3. No significant correlation was found between ISLES and MacArthur Scale of SSS.

Exploratory Analysis

- An ANOVA showed a significant effect of gender on Catastrophising scores, driven by differences between those who were Genderqueer and Male, and those who were Genderqueer and female.
- In a hierarchical analysis of the variables, the best significant model included ISLES, Catastrophising and MacArthur Scale of SSS scores (main hypotheses) and participants' age. This accounted for 35.9% of the variance.

Conclusion

- This study found that higher catastrophising correlates with reduced integration of stressful life experiences and lower perceived socioeconomic status, supporting the hypotheses and extending the current literature.
- Next steps are assessing the impact of other factors on the relationship between Catastrophising and ISLES scores, to allow for future therapeutic measures to account for the other linked mediating factors.

References

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