

## Is resilience related to depression, anxiety and energy? European Social Survey results

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Resilience can be defined as “An individual’s stability or quick recovery (or even growth) under significant adverse conditions” (Leipold & Greve, 2009, p. 41). Higher psychological resilience relates with lower risk of various physical and mental disorders (Davydov, Stewart, Ritchie, Chaudieu, 2010). Also higher psychological resilience relates with greater amount of positive emotions which in turn also relates with better physical and mental health (Tugade, Fredrickson, Barrett, 2004). There is a possibility that psychological resilience depends on cultural and geographic differences. R. Hassink (2009) argues that resilience can explain why some regions renew themselves and why others declines in the face of the same adversities. Aim of study: investigate psychological resilience predictors in different European regions

### Methods

The data from European Social Survey, ESS, (www.europeansocialsurvey.org) round 6 was used to assess links between psychological resilience and depressive symptoms, anxiety, levels of energy, gender and age. According to survey requirements sampling must be representative for people aged 15 and over, strict random probability methods must be used at every stage, substitution of non-respondents is not permitted at any stage.

A total number of respondents in research was 17425 (48.4 per cent of males and 51.6 per cent of females). Respondents’ age was from 15 to 101, but the majority of respondents were aged 15 to 79 (95.5 per cent). Countries were grouped to Western region (Germany, Switzerland, France, Belgium, Netherlands), Scandinavian region (Sweden, Denmark, Norway) and Baltic States (Lithuania, Estonia)

### Results

Table 1 – Predictors of psychological resilience in Western European

	Characteristics	B(SE)	$\beta$	t
Psychological resilience (R <sup>2</sup> = 0.14)	Depression	-0.24(0.01)	-0.15*	-17.92
	Anxiety	-0.28(0.01)	-0.19*	-23.59
	Energy level	0.19(0.01)	0.15*	18.99
	Age	-0.00(0.00)	-0.07*	-9.64

Results show that in Western Europe region lower levels of depression, anxiety, lower age, higher levels of energy predicted higher psychological resilience.

Table 2 – Predictors of psychological resilience in Scandinavian

	Characteristics	B(SE)	b	t
Psychological resilience (R <sup>2</sup> =0.15)	Depression	-0.31(0.04)	-0.19*	-7.55
	Anxiety	-0.24(0.04)	-0.15*	-6.07
	Energy level	0.19(0.02)	0.17*	7.32

Results show that in Scandinavian countries lower levels of depression, anxiety, higher levels of energy predicted higher psychological resilience.

Table 3 – Predictors of psychological resilience in Baltic States

	Characteristics	B(SE)	b	t
Psychological resilience (R <sup>2</sup> =0.17)	Depression	-0.36(0.08)	-0.25*	-4.15
	Energy level	0.18(0.06)	0.15*	2.70

The results demonstrate that in the Baltic region lower levels of depression and higher levels of energy predicted higher psychological resilience.

### Conclusion

Results demonstrate that predictors of resilience slightly differ in different regions. In Western Europe only gender does not predict psychological resilience. In Scandinavia gender and age does not predict psychological resilience. In Baltic States gender, age and anxiety does not predict psychological resilience. Also in Western Europe anxiety was the strongest predictor of psychological resilience but in Scandinavia and Baltic States depression was the strongest predictor.

In general, the study showed that in all three regions only lower levels of depression and higher levels of energy predicted higher psychological resilience.

### References

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