

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

Andrius Šmitas & Loreta Gustainienė  
Vytautas Magnus University

# Introduction

- Resilience - “An individual’s stability or quick recovery (or even growth) under significant adverse conditions” (Leipod & Greve, 2009, p. 41).
- Higher psychological resilience relates with lower risk of various physical and mental disorders (Davydov, Stewart, Ritchie, Chaudieu, 2010).
- However, it is not clear what psychosocial characteristics predict resilience in socially diverse Europe

# Research question

- How resilience relates with anxiety, depression and energy levels in European citizens?

# Methodology

- The data gathered in 2012 within the European Social Survey was used for analysis.
- The number of respondents in this study was 17425 (48.4% of males, 51.6% of females) aged 15 to 101.
- The countries were grouped into:
  - Western* (Germany, Switzerland, France, Belgium, Netherlands),
  - Scandinavian* (Sweden, Denmark, Norway),
  - Baltic States* (Lithuania, Estonia).

# Methodology

- One-item questions, measuring psychological **resilience, depression, anxiety, energy levels** from European Social Survey were included in the study, as well as **age and gender**.
- Linear regression model was used for statistical analysis (psychological resilience as a dependent variable , and depression, anxiety, energy levels, age, gender as independent variables).

# Results

Resilience in Western<sup>1</sup> Europe ( $R^2=0.14$ )

**Depression\***

B(SE)=-0.24(0.01) b=-0.15 t=-17.92

**Anxiety\***

B(SE)=-0.28(0.01) b=-0.19 t=-23.59

**Energy levels\***

B(SE)=0.19(0.01) b=0.15 t=18.99

**Age\***

B(SE)=0.00(0.00) b=-0.07 t=-9.64

$p < 0.05$ ;

<sup>1</sup> – Switzerland, Germany, France, Belgium, Netherlands

# Results

Resilience in **Scandinavian**<sup>1</sup> countries ( $R^2=0.15$ )

## **Depression\***

B(SE)=-0.31(0.04) b=-0.19 t=-7.55

## **Anxiety\***

B(SE)=-0.24(0.04) b=-0.15 t=-6.07

## **Energy levels\***

B(SE)=0.19(0.02) b=0.17 t=7.32

$p < 0.05$

<sup>1</sup> – Denmark, Sweden, Norway

# Results

Resilience in the **Baltic States**<sup>1</sup> ( $R^2=0.17$ )

**Depression\***

$B(SE)=-0.36(0.04)$   $b=-0.25$   $t=-4.15$

**Energy levels\***

$B(SE)=0.18(0.06)$   $b=0.15^*$   $t=2.70$

$p<0.05$

<sup>1</sup> – Lithuania, Estonia



# Predictors of higher resilience

(summary)

	Western Europe	Scandinavia	Baltic States
Energy level (high)	✓	✓	✓
Depression (low)	✓	✓	✓
Anxiety (low)	✓	✓	
Age (younger)	✓		
Gender			

# Implications for policy

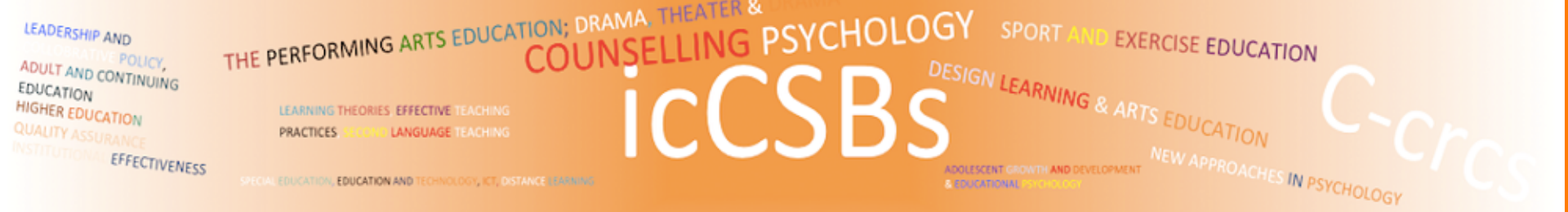
- Politicians should take in consideration a variety of social and economic issues when planning health policy and strategies for health maintaining and promotion.
- Attention should be drawn to promoting both strategies of health: disease treatment and disease prevention in both somatic and mental health.

# Implications for practice

- Practitioners could pay more attention to increasing the levels of resilience in their clients as a means for prevention of mental health diseases.

# Conclusion

- The study demonstrates that resilience plays a significant role in mental health promotion.
- Further studies might throw more light on the possible relationship between resilience and other protective factors for major mental health problems and sociodemographic issues.



# Is resilience related to depression, anxiety and energy?

## European Social Survey results

Andrius Šmitas & Loreta Gustainienė

Vytautas Magnus University