Stress, Resilience, and Impulsivity

Kendra Clark
kmc6xc@mail.umsl.edu

Adam Runyan
University of Missouri-St. Louis

Carissa Philippi
University of Missouri-St. Louis

Follow this and additional works at: https://irl.umsl.edu/urs

Part of the Biological Psychology Commons, and the Cognitive Psychology Commons

Recommended Citation
Clark, Kendra; Runyan, Adam; and Philippi, Carissa, "Stress, Resilience, and Impulsivity" (2021). Undergraduate Research Symposium. 54.
Available at: https://irl.umsl.edu/urs/54

This Poster is brought to you for free and open access by the UMSL Undergraduate Works at IRL @ UMSL. It has been accepted for inclusion in Undergraduate Research Symposium by an authorized administrator of IRL @ UMSL. For more information, please contact marvinh@umsl.edu.
Stress, Resilience, and Impulsivity

Kendra M. Clark¹, Adam C. Runyan¹, & Carissa L. Philippi¹
¹Department of Psychological Sciences, University of Missouri – St. Louis

Introduction

- Previous research has observed relationships between
  - Stress and Resilience, where greater levels of perceived stress were related to lower levels of resilience¹,²
  - Stress and Impulsivity, where higher levels of stress were related to higher levels of impulsivity³
  - Impulsivity and Resilience, where higher levels of impulsivity were related to lower levels of resilience⁴,⁵
  - No research has examined whether impulsivity moderates the association between stress and resilience

- The current study aims to investigate the moderating effect of impulsivity on the relationship between stress and resilience

Method

- 81 participants (M=30.09, SD = 16.93, 20 males) from the University of Missouri – St. Louis took an online questionnaire that measured stress, resilience, and impulsivity

- The Life Stressors Checklist-Revised (LSC-R)⁶ measured exposures to chronic and traumatic stress; the Depression Anxiety Stress Scale (DASS)⁷ was used to measured current and subjective stress

- The Resilience Scale for Adults (RSA)⁸ measured factors of resilience

- The Abbreviated Impulsiveness Scale (ABIS)⁹ measured levels of impulsivity

Aim and Hypotheses

- Aim 1: To explore the relationship between stress, resilience, and impulsivity
  - Hypothesis 1.1: There will be a significant relationship between stress and resilience
  - Hypothesis 1.2: Impulsivity will moderate the relationship between stress and resilience

Results

- 1.1: A linear regression was conducted to assess the relationship between stress and resilience
  - Chronic stress is not a significant predictor of resilience, \( R^2 = .52, F(1,79) = .40, p > .05 \)
  - Current stress is a significant predictor of resilience \( R^2 = .15, F(1,79) = 13.4, p < .001 \)

- 1.2: Moderations were conducted to examine the moderating effect of impulsivity on the relationship between stress and resilience
  - Impulsivity was not a significant moderator between current stress and resilience \( B = -.02, p > .05 \) [Figure 2]

Discussion

- Results for hypothesis 1.1 were partially aligned with previous research¹,²
- Hypothesis 1.2 was not supported
- Limitations
  - Physiological data not collected
  - Non-clinical sample
- Future Studies
  - Analyze physiological data
  - Collect data over different dimensions (trait or state categories) of each of the variables

Questions?
References


