

## Psychological Well-Being: Retrospective vs. Daily Reports

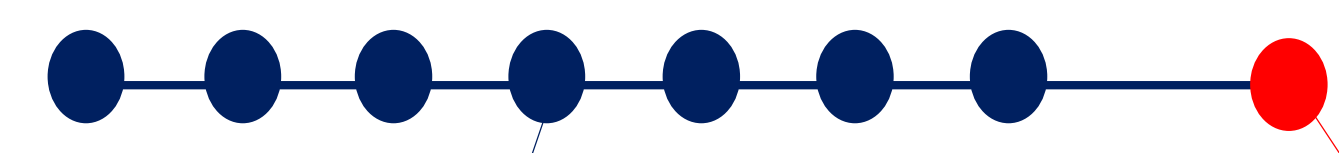
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### INTRO:

The purpose of this study was to examine the correspondence between EWB elements when assessed as retrospective, longer-term states or concurrent, shorter-term states. We conceptualized EWB as a distribution of changing states of well-being - **autonomy, connection, and competence** - linking means of those states to retrospective reports of well-being.

### METHODS:

The **Daily Activity and Health in the Lives of Adult Women (DAHLiA)** study investigated the relationship between physical pain and well-being in 200 midlife and older women (age 50 to 75) in a longitudinal burst design that included daily and retrospective reports of EWB at each of **9 week-long bursts** taking place every 3 months.



Daily Online Diary:  
**I felt free to decide for myself**  
**I felt close and connected to others**  
**I felt competent and capable in my activities**

Questionnaire with Interviewer:  
**Autonomy**  
**Positive Relations with Others**  
**Mastery**  
from the Scales of Psychological Well-Being

Of the possible 1800 bursts, 1529 were completed.

Data analysis was performed in R (3.5.0). Sources of variance were estimated in "empty" multilevel models using REML estimation.

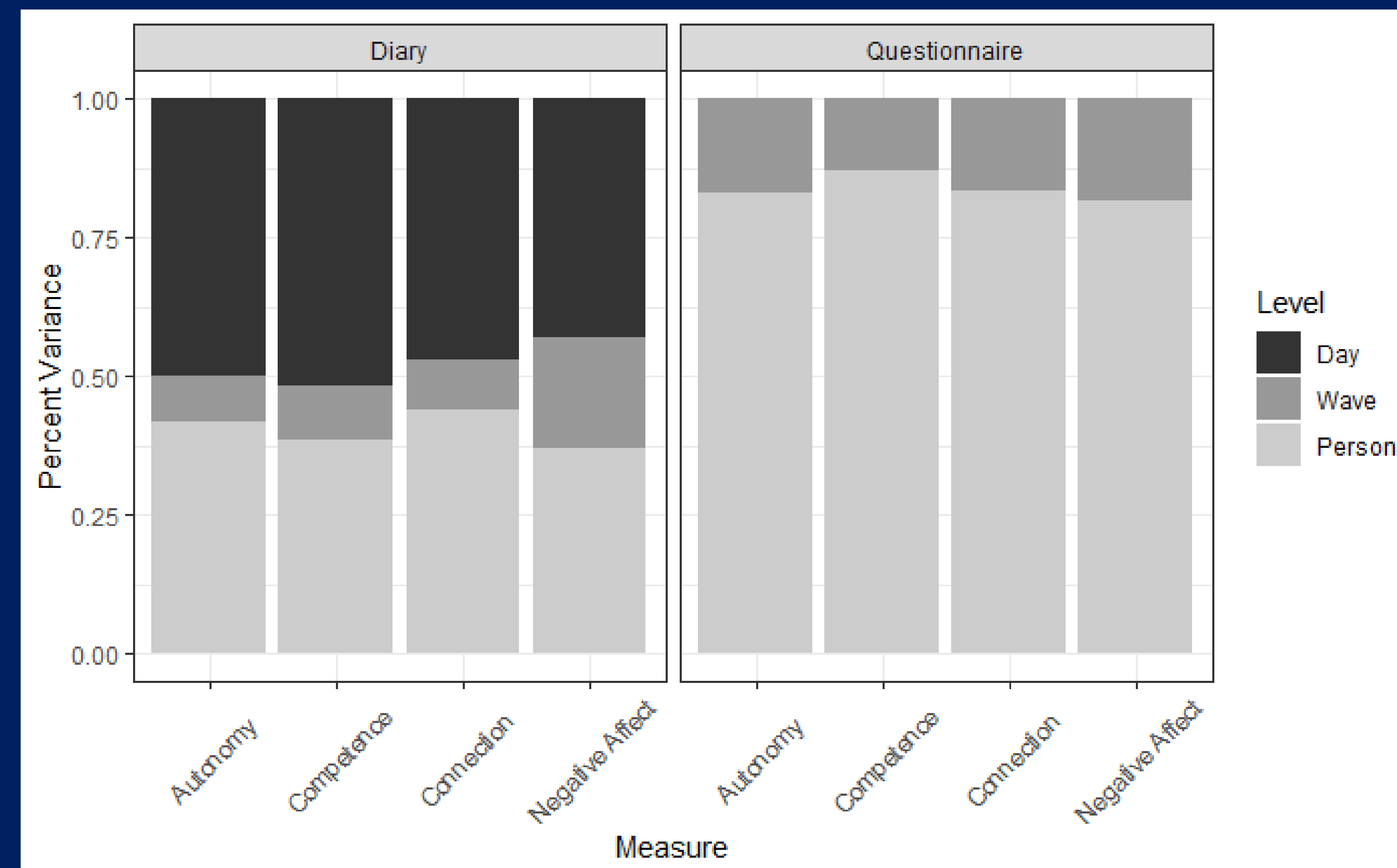
### RESULTS:

	Autonomy (d)	Competence (d)	Connection (d)	Autonomy (q)	Competence (q)	Connection (q)
Autonomy (d)	-	0.77	0.55	<b>0.29</b>	0.53	0.24
Competence (d)	0.82	-	0.64	0.33	<b>0.63</b>	0.36
Connection (d)	0.61	0.69	-	0.19	0.49	<b>0.49</b>
Autonomy (q)	0.34	0.39	0.21	-	0.44	0.24
Competence (q)	0.60	<b>0.74</b>	0.55	0.47	-	0.53
Connection (q)	0.30	0.45	<b>0.56</b>	0.27	0.54	-

Correlations at the level of the person (mean across bursts) are shown below the diagonal and at the level of the burst (deviations from that mean) are shown above the diagonal. Note the correspondences in bold.

In multi-level models, correspondence at the level of the person was statistically significant for all three aspects of well-being. Correspondence at the level of the wave was statistically significant only for competence and connection.

# Well-being is experienced both as stable traits and daily changes. Daily and retrospective reports correspond with each other.



Most of the variance in well-being was at the level of people (in both diary and questionnaire) and day (in diary). Burst or "wave" level change comprised a minority of the variance in both diary and questionnaire.



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All scales were converted to percent of maximum possible for description and analysis. Description of daily diary distributions is shown below.

	Mean	SD	Median	Minimum	Maximum
Autonomy iMean	84.24	14.38	87.73	35.98	100.00
Autonomy iSD	14.42	7.91	15.00	0.00	37.66
Connection iMean	79.47	17.28	81.68	28.63	100.00
Connection iSD	17.03	8.56	17.88	0.00	37.89
Competence iMean	86.84	12.23	89.17	42.07	100.00
Competence iSD	13.21	7.23	13.96	0.00	34.59

Daily diary reports of autonomy, connection, and competence were generally high, as reflected in the individual means (iMean). There was substantial variance within people over days, as reflected in the individual SDs (iSD) (see Mean and Median of the iMeans and iSDs). There were also individual differences in the iMeans and iSDs (see SD, Minimum, and Maximum).

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