THE BIDIRECTIONAL RELATION BETWEEN POSITIVE MENTAL HEALTH AND PSYCHOPATHOLOGY IN A LONGITUDINAL REPRESENTATIVE PANEL STUDY

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WHO (2004, p.12): “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make contribution to his or her community.”

POSITIVE MENTAL HEALTH
Emotional well-being

Psychological well-being

Social well-being

Positive mental health

Keyes, 2002
Emotional Well-being

Well-being of the individual

Psychological well-being

Social well-being

Positive mental health
Emotional well-being

Psychological well-being

Effective functioning of the individual

Social well-being

Positive mental health

IPPA 2015
Emotional well-being

Psychological well-being

Social well-being

Effective functioning in society

Positive mental health
Positive mental health

Psychological well-being

Emotional well-being

Social well-being

Keyes, 2002
MENTAL HEALTH

Traditionally mental health is defined as the absence of psychopathology: one continuum

Psychopathology

Positive mental health
MENTAL HEALTH

Traditionally mental health is defined as the absence of psychopathology: one continuum

Psychopathology

Positive mental health
MENTAL HEALTH

Two-continua model: Two related continua (Keyes, 2005)

Psychopathology

High

Low

Positive mental health

Low

High

Poor mental health

Good mental health

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MENTAL HEALTH

Two-continua model: Two related continua (Keyes, 2005)

High
Psychopathology
Low

Poor mental health
Good mental health

Low
Positive mental health
High
MENTAL HEALTH

Two-continua model: Two related continua (Keyes, 2005)

Psychopathology

High

Low

Poor mental health

Good mental health

Positive mental health

High

Low

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POSITIVE MENTAL HEALTH & PSYCHOPATHOLOGY

- Moderately correlated, but in which direction?
- Having a mental illness affects positive mental health (e.g., Eack & Newhill, 2007; Hansson, 2006)
- Positive mental health predicts the presence of psychopathology (e.g., Keyes, Dhingra, & Simoes, 2010; Wood & Joseph, 2010)

Present study: *What is the bidirectional relation between positive mental health and psychopathology over time?*

Evaluate the reciprocal effects of both level and changes
DATA

- LISS panel (CentERdata; Tilburg): Longitudinal Internet Studies in the Social sciences

- Random selection of Dutch adults

- N = 1,932 (age 18 to 88)
  4 measurement occasions, 3-month intervals
  - Mental Health Continuum-Short Form
  - Brief Symptom Inventory (short SCL-90)

- Cross-lagged panel design
RESULTS
RESULTS

A.

Positive mental health $T_0$ (baseline) → Change in positive mental health $(T_1 - T_0)$ → Positive mental health $T_1$ (3 months after $T_0$)

Psychopathology $T_0$ (baseline) → Psychopathology $T_1$ (3 months after $T_0$)

-.12

-.77
RESULTS

A.

Positive mental health $T_0$ (baseline) \(-.12\)

Positive mental health $T_1$ (3 months after $T_0$) \(-.19\)

Change in positive mental health $(T_1 - T_0)$

Psychopathology $T_0$ (baseline) \(.77\)

Psychopathology $T_1$ (3 months after $T_0$)
RESULTS
RESULTS

A.

- Positive mental health $T_0$ (baseline)
- Positive mental health $T_1$ (3 months after $T_0$)
- Change in positive mental health ($T_1 - T_0$)
- Psychopathology $T_0$ (baseline)
- Psychopathology $T_1$ (3 months after $T_0$)

B.

- Positive mental health $T_0$ (baseline)
- Positive mental health $T_1$ (3 months after $T_0$)
- Change in psychopathology ($T_1 - T_0$)

Correlation coefficients:

- A: -0.19, -0.12, 0.77
- B: 0.64, -0.16
RESULTS

A. Positive mental health $T_0$ (baseline) \rightarrow \text{Change in positive mental health ($T_1 - T_0$)} \rightarrow \text{Psychopathology $T_0$ (baseline)} \rightarrow \text{Psychopathology $T_1$ (3 months after $T_0$)}$

B. Positive mental health $T_0$ (baseline) \rightarrow \text{Change in psychopathology ($T_1 - T_0$)} \rightarrow \text{Psychopathology $T_0$ (baseline)} \rightarrow \text{Psychopathology $T_1$ (3 months after $T_0$)}$

- $R = -0.19$
- $R = 0.64$
- $R = -0.12$
- $R = -0.16$
- $R = 0.77$
- $R = -0.27$
RESULTS

Similar results for:
- t1 – t2
- t2 – t3
RESULTS

Similar results for:

- t1 – t2
- t2 – t3
- All in one model
RESULTS

Similar results for:
- t1 – t2
- t2 – t3
- All in one model

Change in PMH: 18% of the variance in psychopath

Change in psychopath: 27% of the variance in PMH

Positive mental health $T_0$ (baseline)

Positive mental health $T_1$ (3 months after $T_0$)

Change in positive mental health ($T_1 - T_0$)
CONCLUSION

- Predictive for each other over time, when controlling for baselines: confirms the two-continua model
  ➔ The promotion of positive mental health should be an additional goal in health care

- Changes are more important than absolute levels
  ➔ Interesting finding for positive clinical interventions!

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