Examining the Role of Self-Esteem in the Association between Emotional Vulnerability and Psychological Well-Being.

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Examining the Role of Self-esteem in the Association between Emotional Vulnerability and Psychological Well-being

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Advisor: Erin O'Mara, Ph.D.

Results (continued)

Self-esteem was positively associated with well-being for the following sub scales:
• Autonomy $t(67)=-.80, p<.001$
• Environmental Mastery $t(67)=-15.7, p<.001$
• Personal Growth $t(67)=-22.3, p<.001$
• Positive Relations With Others $t(67)=-18.97, p<.001$
• Purpose in Life $t(67)=-17.2, p<.001$
• Self-Acceptance $t(67)=-22.9, p<.001$

Table 1 includes the correlations between self-esteem and each psychological well-being subscale.

Conclusion

We found that participants who reflected on a time of EV did not report a better well-being than the control.

Instead, people with higher trait self-esteem expressed a higher level of well-being.

Selected References


Table 1.

Bivariate Correlations between Self-Esteem and the Psychological Well-Being Subscales.

<table>
<thead>
<tr>
<th>Subscale</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
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<td>2. Autonomy</td>
<td>.34*</td>
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<td>3. Environmental Mastery</td>
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<td>.31*</td>
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<td>4. Personal Growth</td>
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<td>.23</td>
<td>.53**</td>
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<td>5. Positive Relations with Others</td>
<td>.38**</td>
<td>.30</td>
<td>.53**</td>
<td>.57**</td>
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<td>6. Purpose in Life</td>
<td>.53**</td>
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<td>.70**</td>
<td>.55**</td>
<td>.56**</td>
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<td>7. Self-Acceptance</td>
<td>.81**</td>
<td>.23</td>
<td>.68**</td>
<td>.62**</td>
<td>.57**</td>
<td>.60**</td>
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</tbody>
</table>

Note: * $p<.05$, ** $p<.01$.