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Resilience moderated by lack of sense of security in anorexic adolescents

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Introduction: Resilience is a personality trait that is closely related to adaptability, including positive management of change, positive self-image, and self-acting behavior (Masten, 2001). Previous studies have shown the reverse relationship between resilience and depression (Schivavone et al., 2013; Vuitton, de Wazières, Dupond, 1999). The lack of sense of security has a profound effect on affective factors leading to dysfunctional functioning, preventing the possibility of flexible adaptation. Several studies have confirmed the negative impact of insecurity, hope and resilience (Haase et al., 1999, Haase, 2004, Woodgate, 1999). In this study we examine the moderating effect of the lack of sense of security in terms of mood dimensions, such as sadness and hopelessness. Higher resilience value is a significant protective factor against depression (Birmaher 1996). Also, higher resilience is a protects against the development of psychiatric diseases (Bachen, Chesney, Criswell, 2009, Erim et al., 2010). Anorexia is a severe psychosomatic disease (Túry, Pászthy, 2008), that can become chronic in adolescence. Deaths are 6-10% within 10 years (Fisher, 2006). Anorexia is one of the psychosomatic diseases Rief et al.,1992) In their semi-structured interviews, have shown that the somatoform disorder appears to be (73%) preceded by affective disorders (Rief et al., 1992). In the comparison of the two groups, Resilience shows a significant difference $t(53) = 4.174$ $p < .001$ $r = .497$, the control group is higher (Graph 1). Correlation is the strongest negative correlation with Resilience there is sadness ($r = -.610$), Hopelessness, Anhedonia, Inadequacy, Lack of sense of security is almost the same ($r = -.5$ to -6) correlation and the weakest with guilt ($r = -.414$). There is no significant relationship between Irritability and Resilience (Figure 2). Sadness itself is an explanatory factor in the model. We found a positive correlation between Ruthlessness and Hopelessness; the Feeling of Sadness, the more the Hope appears (Table 2). The lack of a sense of Security moderates the effect of Sadness on Hopelessness (Figure 2). Discussion; According to our results, in the group comparison, the value of resilience is lower for anorexic adolescents. Similar results were found among researchers in adult eating disorders (Hayas et al., 2014). In the regression model, we have found significant explanatory power in the Depression Scale, Sadness subscales. Previously, a negative relationship between Sadness and Hopelessness was described with Resilience (Haase et al., 1999, Haase, 2004, Woodgate, 1999). In our study, we confirmed the moderating role of the Lack of Security on the Sadness and Hopelessness. Furthermore, the lack of a higher sense of Security increases the negative impact of Hope on Resilience. The lack of a higher sense of security increases its vulnerability through its moderating role. Conclusion; Negative affective factors exhibit vulnerability to Resilience, as has been shown earlier. According to our study, the strongest effect of Depression on Dimension is on Resilience in the whole sample. This effect is exacerbated by the moderating effect of the lack of Security. The relationship between Sadness and Hopelessness is negatively affected by the lack of Security, increasing the Hope that has a negative effect on Resilience. All in all, in terms of Resilience we underline the importance of Sadness, Hopelessness, and Lack of sense of security as negative moderator of the two above.

Biography

Andrea Kovetsdi examines the resilience of adolescents in several ways. It focuses on emotional regulation, affective components, and different self states on the sine morbo and anorexic patterns. In addition, resilience and psychosomatic relationships are also sought in the hope of contributing to the research results of recovery from the disease. The Resilience Development Research Group is looking for broader relationships of resilience during pregnancy, the effect of divorce on children and children with ADHD.

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