

More Hopeful, Less Depressed. How Hope Protects us From Depression?

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ACKNOWLEDGEMENTS

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- Successful collaboration with media and public
- Participation at the Hoffnungskonferenz

HOPE AND DEPRESSION

HOPE

- Emotion (B. Fredrickson, G. Vaillant)
- Cognitive style (R. Snyder)
- Character strength (C. Peterson & M. Seligman)
- Perceived hope (A. Krafft)

HOPE AND DEPRESSION

DEPRESSION

Epidemic of depression (Seligman, 2011)

Criteria of depression (DSM-IV; APA, 1994):

- Diminished interest in activities & loss of energy and fatigue
- Psychomotor. retardation or acceleration
- The inability to concentrate
- Depressed mood & feelings of worthlessness
- Suicidal thoughts and attempts
- Weight loss or gain & sleep disturbance

AIMS OF THE STUDY

- To compare the findings in all involved countries: Czechia, Switzerland, Germany and France
- To reveal the correlates and predictors of hope and depression in Czech sample (N=753)
- To explore the protective role of hope
- To distinct between concepts of Perceived hope and Dispositional hope

METHODS

- Life satisfaction (SWLS; Diener et al., 1985)
- Depression (PHQ-4; Kroenke et al., 2003)
- Dispositional Hope (ATHS; Snyder et al., 1991)
- Perceived Hope (HS; Krafft, 2014)
- Optimism (LOT; Scheier et al., 1994)
- Self-efficacy (SES; Schwarzer & Jerusalem, 1993)
- Gratitude (GQ-6; McCullough, Emmons & Tsang, 2002)
- Meaning in life (MLS; Steger et al., 2006)
- Quality of relationships (PWBS; Ryff, 1989)

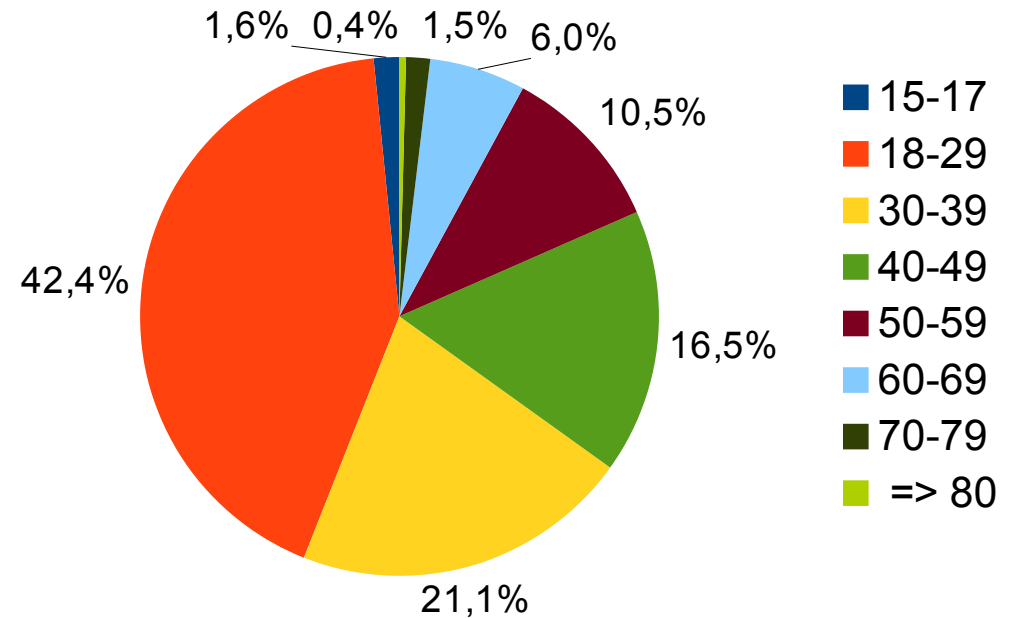
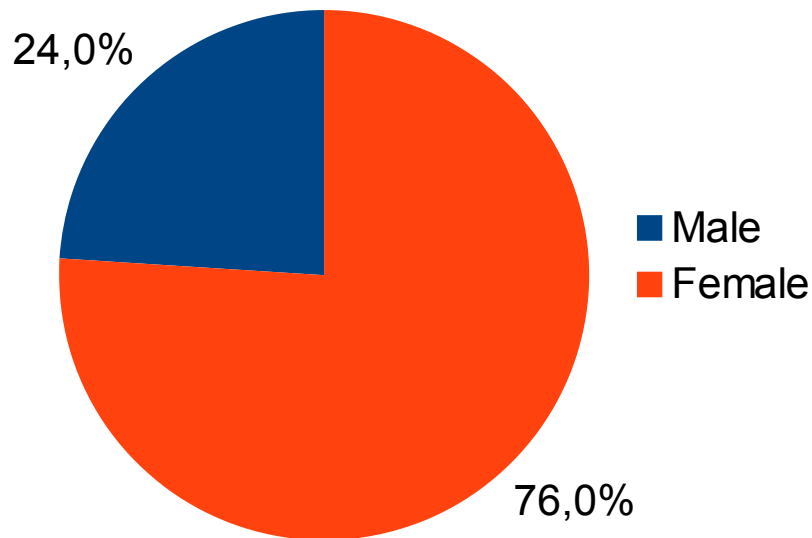
DEMOGRAPHIC VARIABLES

- Age
- Gender
- Education
- Family status
- Volunteering activities

DATA COLLECTION: November 2014
Online anonymous questionnaire

RESEARCH SAMPLE

- Number of Czech respondents **N=753**
- 76% females, 24% males, aged between 15 and 80
- The distribution of **Gender** and **Age** in the sample:



RESULTS

What are the differences and similarities between all national samples?



COMPARISON OF 4 COUNTRIES

**Tab 1. Mean scores for all involved countries (CZ, CH, D, F)
- significant differences**

	Scale	Switzerland	Germany	France	Czechia
		n=5228	n=4583	n=726	n=753
Life satisfaction	1 to 7	4.88	4.53	4.22	4.71
Depression	0 to 3	0.59	0.67	0.81	0.67
Dispositional hope	1 to 8	3.60	3.53	3.31	3.46
Perceived hope	0 to 5	3.35	3.20	3.21	3.52
Optimism	1 to 5	3.67	3.51	3.46	3.40
Pessimism	1 to 5	2.64	2.84	2.42	2.58
Self - efficacy	0 to 3	2.03	1.96	1.99	1.98
Gratitude	1 to 7	5.40	5.19	5.26	5.53
Meaning	1 to 7	4.83	4.64	4.57	4.81
Quality of relations	1 to 6	4.99	4.95	4.88	4.87

What is the relationship between Hope and Depression?



HOPE AND DEPRESSION

(Czech sample, N = 753)

Tab 2. Pearson correlations between Hope, Depression and other variables ($p < 0.01$)

	Satisf.	Depres.	Disp. Hope	Perc. Hope	Optim.	Pessim	Self effic.	Gratit.	Mean.
Satisfaction									
Depression	-.554								
Disp. hope	.584	-.438							
Perc. hope	.663	-.552	.613						
Optimism	.585	-.477	.550	.706					
Pesimism	-.502	.418	-.461	-.589	-.623				
Self-effic.	.452	-.330	.774	.476	.471	-.379			
Gratitude	.477	-.239	.328	.517	.412	-.390	.222		
Meaning	.635	-.497	.499	.601	.514	-.402	.382	.423	
Relations	.337	-.224	.350	.384	.381	-.278	.277	.446	.375

What are the predictors of Depression?



Tab. 3 Hierarchical linear regression model predicting Depression (N=751)

Model 3	Unstandardized Coefficients		Standardized Coefficients
	B	Std. error	Beta
(Constant)	1.661	.248	
Gender (0=male)	.152	.050	.90
Age	-.045	.016	-.87
Education	.003	.013	.006
Life satisfaction	-.137	.023	-.254***
Relationships	-.003	.030	-.004
Optimism	-.027	.038	-.032
Pessimism	.078	.031	.097*
Self-efficacy	.068	.072	.042
Gratitude	.084	.026	.118***
Meaning	-.073	.021	-.140***
Perceived hope	-.180	.035	-.254***
Dispositional hope	-.054	.042	-.067

* $p < 0.05$, *** $p < 0.001$, $R = 0.646$; $R^2 = 0.408$

What are the predictors of Perceived Hope?



Tab. 4 Hierarchical linear regression model predicting **Perceived hope (N=751)**

Model 2	Unstandardized Coefficients		Standardized Coefficients
	B	Std. error	Beta
(Constant)	.441	.262	
Gender (0=male)	.054	.051	.023
Age	.037	.016	.050
Education	-.035	.014	-.054
Life satisfaction	.095	.024	.125***
Relationships	-.010	.030	-.008
Optimism	.346	.037	.289***
Pessimism	-.127	.031	-.112***
Self-efficacy	-.041	.075	-.018
Gratitude	.163	.026	.163***
Meaning	.073	.022	.098***
Dispositional hope	.226	.042	.196***
Depression	-.191	.037	-.135***

*** $p < 0.001$, $R = 0.831$; $R^2 = 0.685$

What are the predictors of Perceived hope in all national samples?



Comparison of 4 countries: Predictors of Perceived hope

Tab. 5 Predictors of perceived hope (CH, D, F, CZ) – simplified table

	Switzerland n=5228	Germany n=4583	France n=726	Czechia n=753
	β	β	β	β
Life satisfaction	.064***	.069***	-.017	.125***
Quality of relations	.084***	.056***	.090***	-.008
Optimism	.323***	.381***	.391***	.289***
Pessimism	-.071***	-.099***	-.079**	-.112***
Self-efficacy	-.013	.046***	-.048**	-.018
Gratitude	.133***	.107***	.079**	.163***
Meaning	.103***	.065***	.091**	.098***
Dispositional hope	.141***	.105***	.329***	.196***
Depression	-.122***	-.103***	-.054*	-.135***

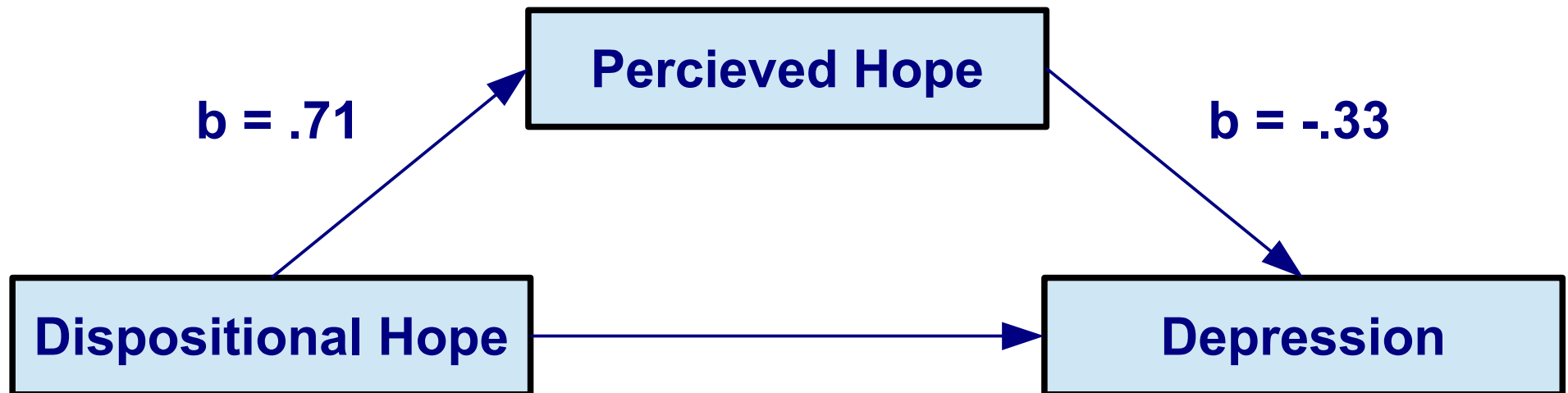
* $p < 0.05$, ** $p < 0.01$, *** $p < 0.001$

What is the nature of the relationship between Dispositional hope, Perceived hope and Depression?



EFFECTS OF HOPE ON DEPRESSION

Mediation analyses revealed direct effect of Dispositional hope on Depression ($b = -.12$, $p < 0.001$), but its indirect effect through Perceived hope is larger ($b = -.24$, $p < 0.001$).



Direct Effect, $b = -.12$
Indirect Effect, $b = -.24$

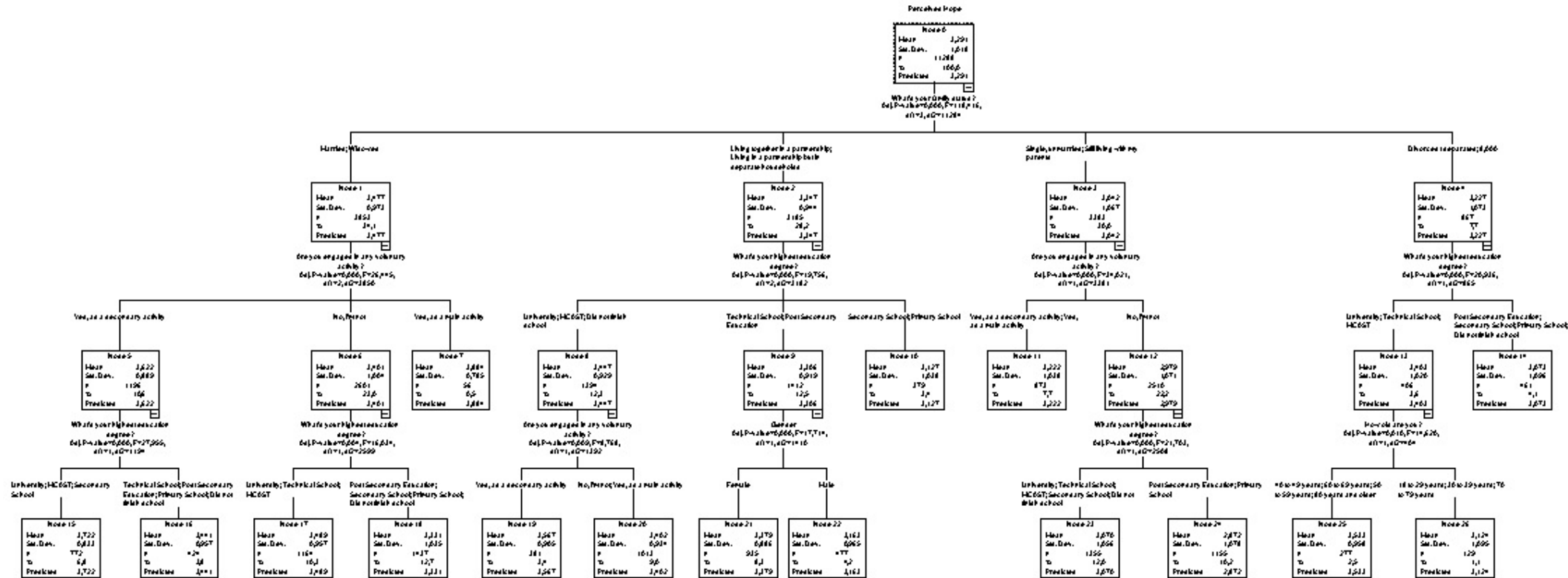
Do demographic variables matter?



Picture 1. Classification analysis (Tree CHAID, $p < 0.05$)

Dependent variable: **Perceived hope**

Indep. var.: Gender, Age, Marital status, Education, Volunteering



Mean = 3.30

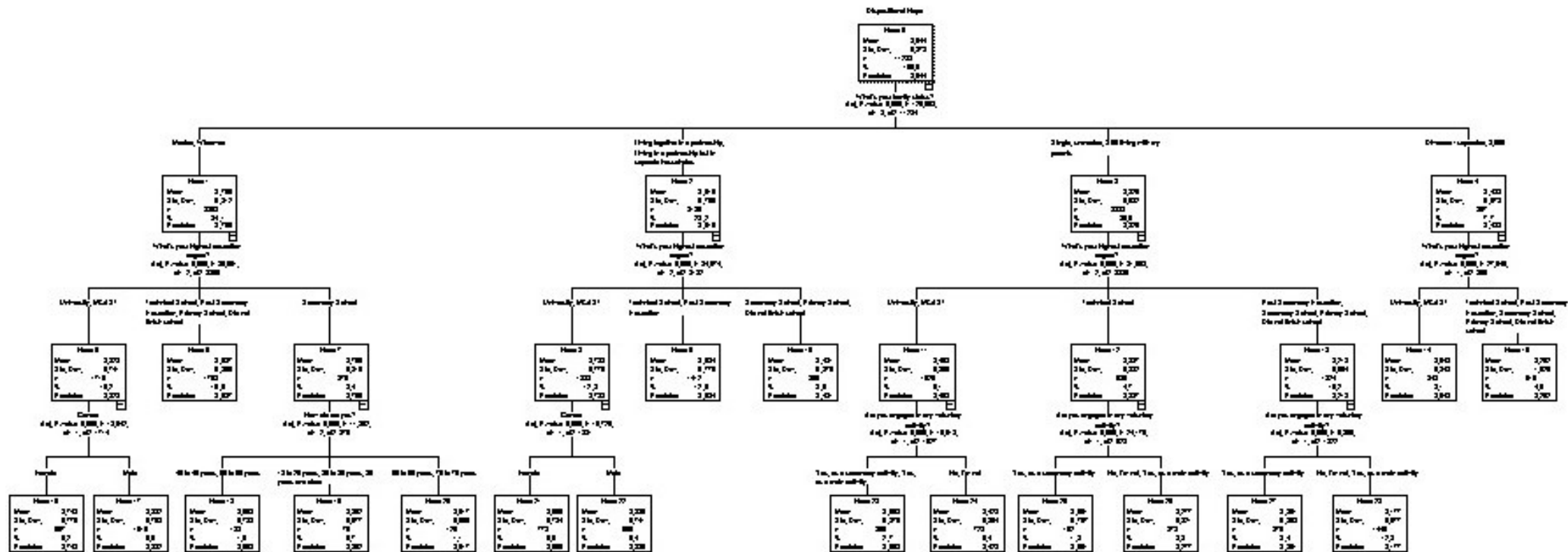
The highest Perceived hope (M = 3.88):
 married and widowed + volunteering activities

The lowest Perceived hope (M = 2.87):
 Single and living with parents + no volunteering + lower education

Picture 2. Classification analysis (Tree CHAID, $p < 0.05$)

Dependent variable: **Dispositional hope**

Indep. var.: Gender, Age, Marital status, Education, Volunteering



Mean = 3.54

The highest Dispositional hope (M = 3.88):
married and widowed + higher education + male

The lowest Dispositional hope (M = 3.17):
single and living with parents + lower education + no volunteering

HOW TO DEVELOP HOPE?



Hope is a natural balancing force
against depression.

(Snyder, 2004)

BOOSTING HOPE

1. See the positive things in life

Appreciation of the good things

Gratitude

Identification of positive traits

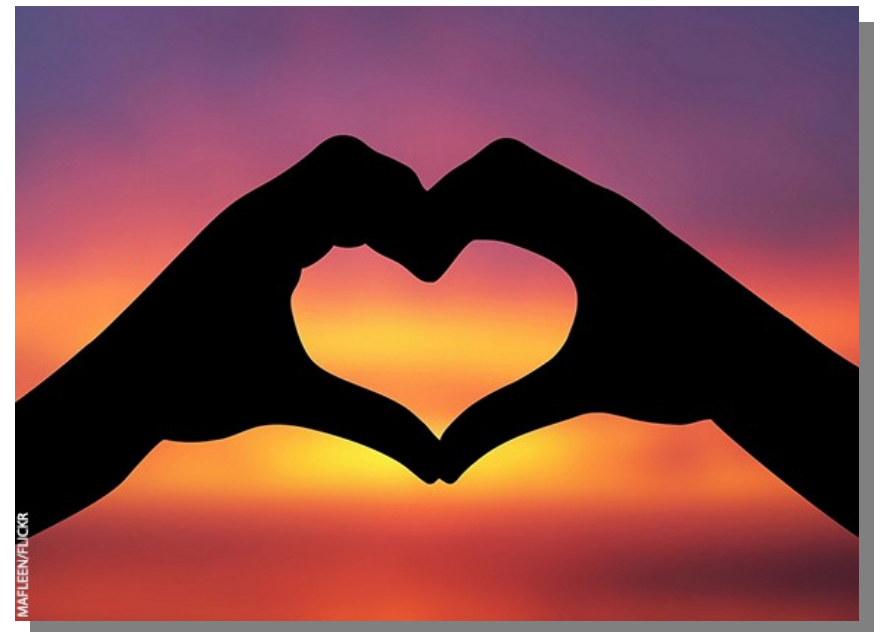


BOOSTING HOPE

2. Set up your priorities

True values and priorities

What really matters?



BOOSTING HOPE

3. Determine your goals

Attainable

Intrinsic

Growth seeking goals



BOOSTING HOPE

4. Be open and flexible

Seeking more pathways, setting alternative goals

Noticing similarities rather than differences



BOOSTING HOPE

5. Be connected

Social relationships

Natural world

Transcendence



BOOSTING HOPE

6. Give hope to others

Acts of kindness

Volunteering

Gift of time



TO CONCLUDE...

„Hope is not a belief that things will turn out fine.
It is a certainty that something is meaningful –
regardless of how it turns out at the end.”

Vaclav Havel





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