

Mental Health and Human Resilience

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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 relationship between resilience and depression (Schiavone et al., 2013; Vuitton, de Wazières, Dupond, 1999). 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, hopelessness, and low 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 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 $t(53) = 4.174, p < .001, d = .497$, the control group is higher (Graph 1). Correlation is the strongest negative correlation with Resilience the feeling of sadness ($r = -.610$), Hopelessness, Anhedonia, Inadequacy, Lack of sense of security is almost the same ($r = -.55$ 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 feeling 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 had $\beta = .12, \text{SE} = .03, t(119) = 3.99, p < .001, \text{OR} = 1.13, \text{CI} = 1.07-1.19$. In the regression model, we had $\beta = .12, \text{SE} = .03, t(119) = 3.99, p < .001, \text{OR} = 1.13, \text{CI} = 1.07-1.19$.