Affect shift dynamics in the prediction of psychological flexibility and well-being

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how do you feel right now?
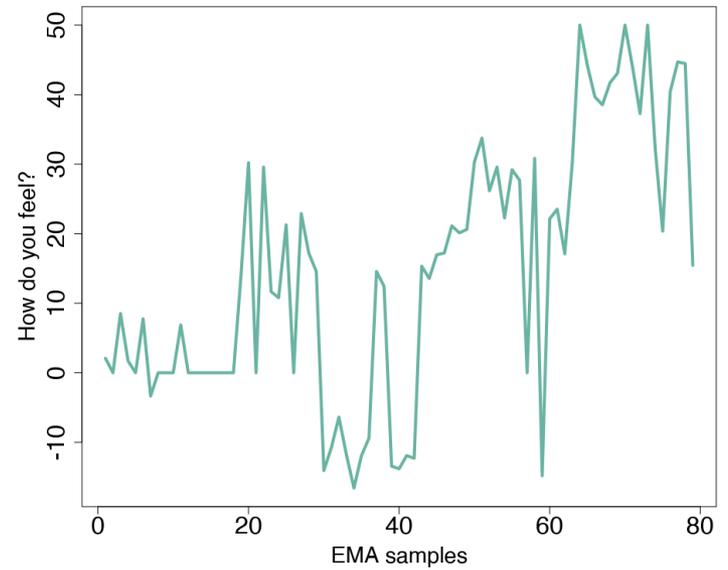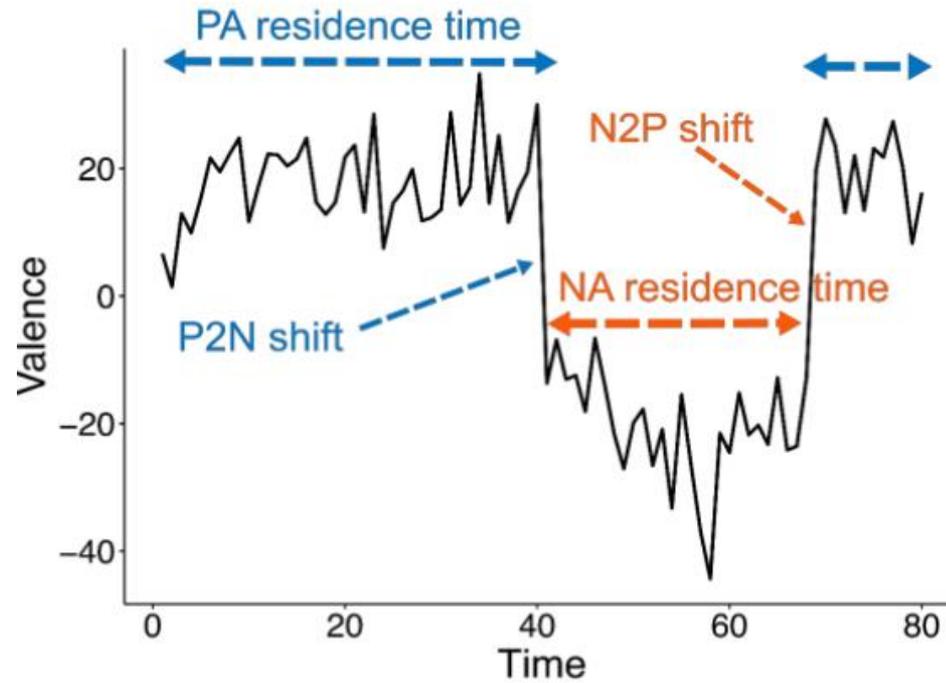
very
bad

very
good

-50

50

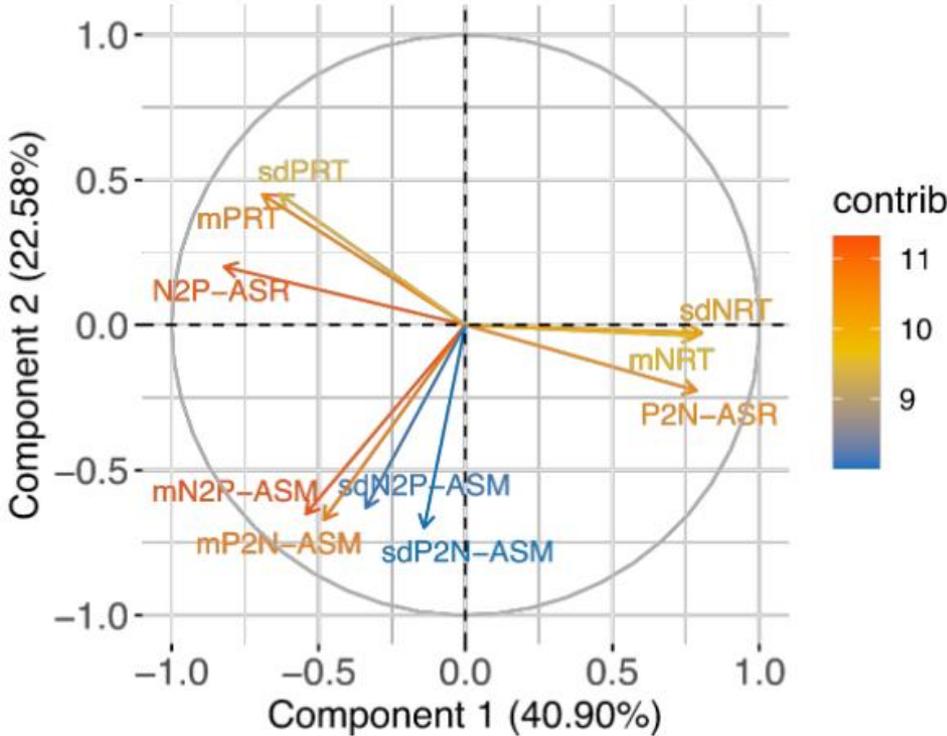# monitoring the state and evolution of the psychological system

how do you feel?

novel metrics

• Goicoechea et al. 2024. *Emotion* | https://doi.org/10.31234/osf.io/cqpuz

novel metrics

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P2N−ASR: Propensity to shift from positive to negative affect in the next measurement

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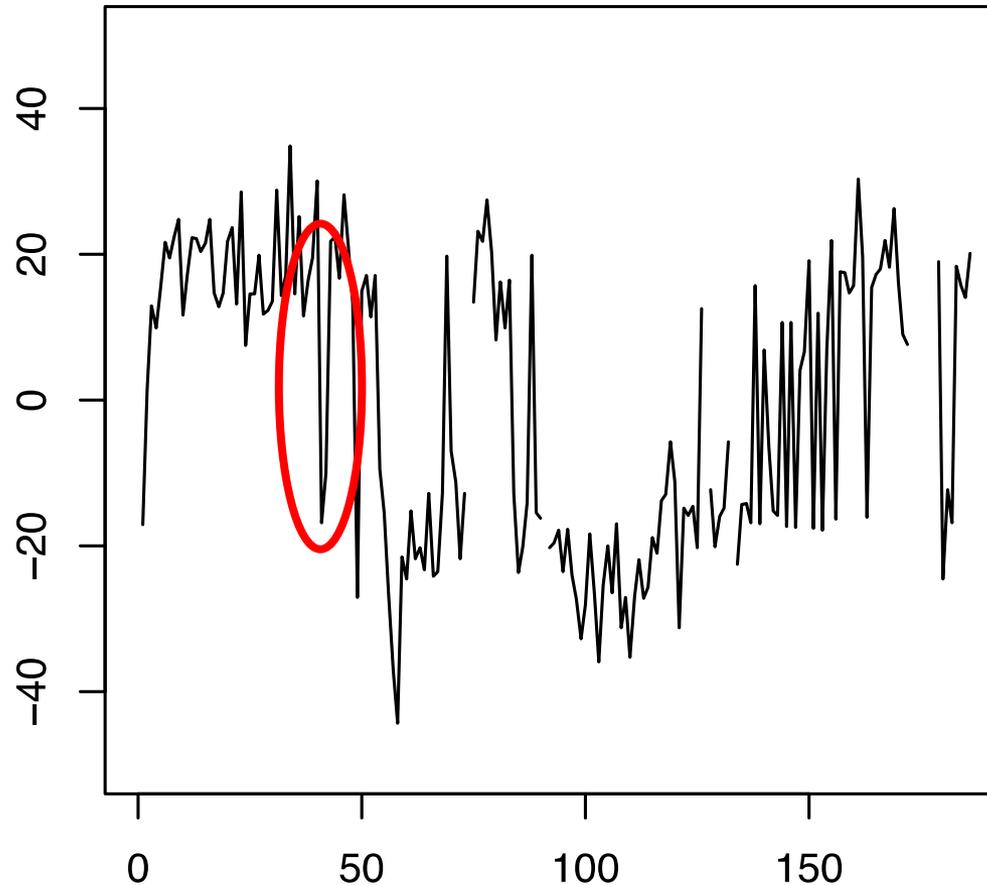
LASSO regressions

		Study 1 (Spanish)						Study 2 (German)				
		GAD	PHQ	AAQ	FS	BRS	SWLS.1	DASSa	DASSd	AAQ	BRS	SWLS
Affect shift	Type					0.14	0.14		-0.79		0.34	
	P2N-ASR	6.50	17.56	39.89	-6.78	-0.92		1.95	6.85	25.57	-3.54	-15.66
	N2P-ASR			8.92		-1.04	0.07			-0.03	-0.93	1.24
	mPRT					0.05	0.02					
	sdPRT			-0.10							-0.07	
	mNRT										0.91	
	sdNRT			0.70		-0.05		0.56			-0.79	
	mP2N-ASM		0.07						-0.01		0.01	
	sdP2N-ASM			-0.16		0.01			-0.01	0.25		
	mN2P-ASM										-0.01	
	sdN2P-ASM	-0.08	-0.50	0.11	0.06	0.01			-0.01		-0.01	0.09
Mean/sd	mPA						0.01				0.04	
	sdPA			-0.34	0.49	0.04			-0.28		-0.03	0.45
	mNA									0.13	-0.06	
	sdNA			-0.13							0.01	0.20
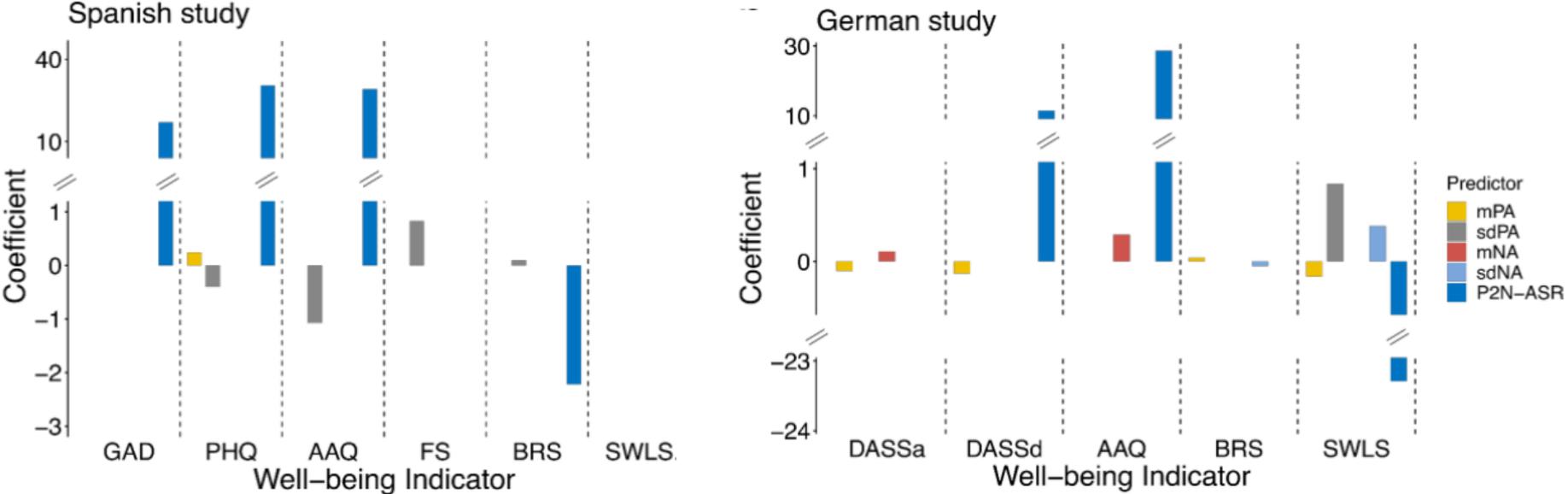
• Goicoechea et al. 2024. *Emotion* | https://doi.org/10.31234/osf.io/cqpuz

Stepwise regressions

• Goicoechea et al. 2024. *Emotion* | https://doi.org/10.31234/osf.io/cqpuz
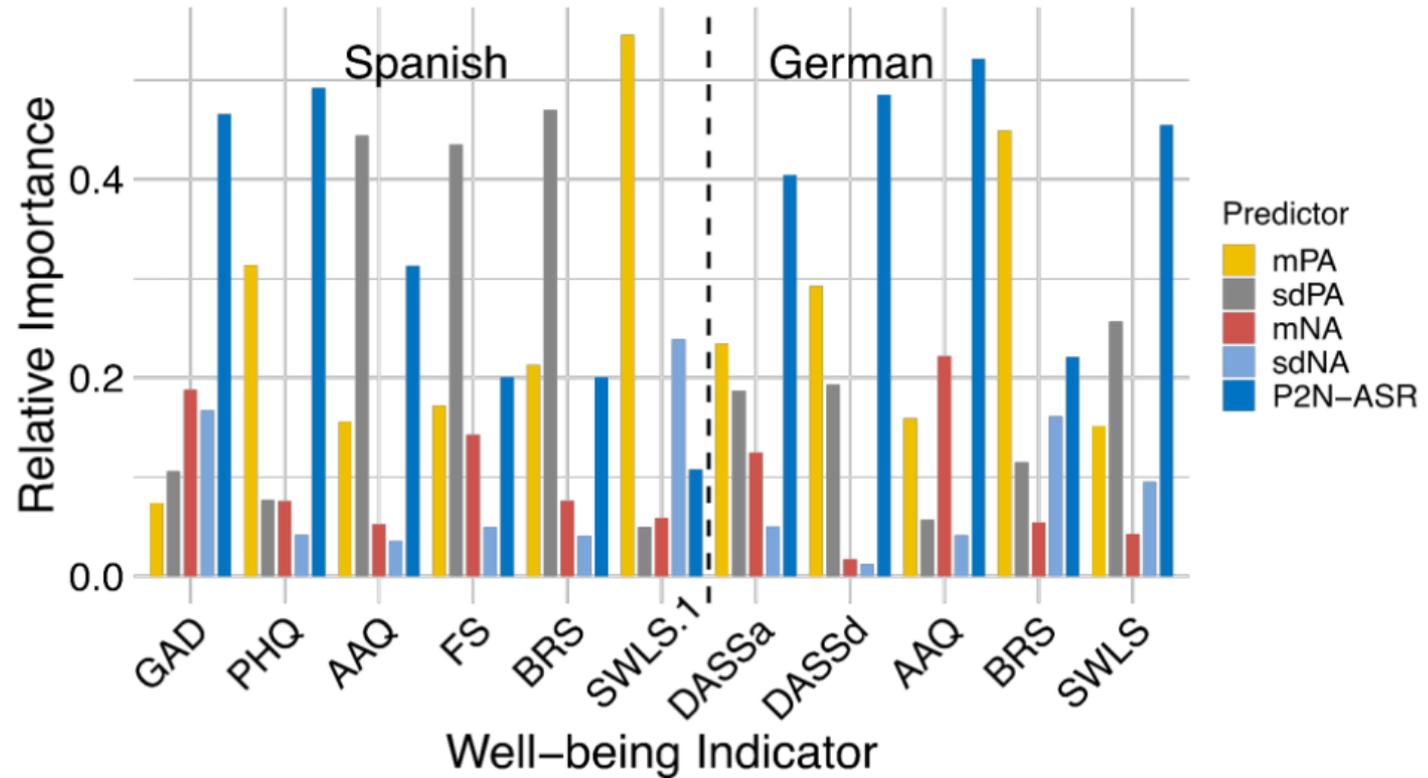
Relative importance

• Goicoechea et al. 2024. *Emotion* | https://doi.org/10.31234/osf.io/cqpuz
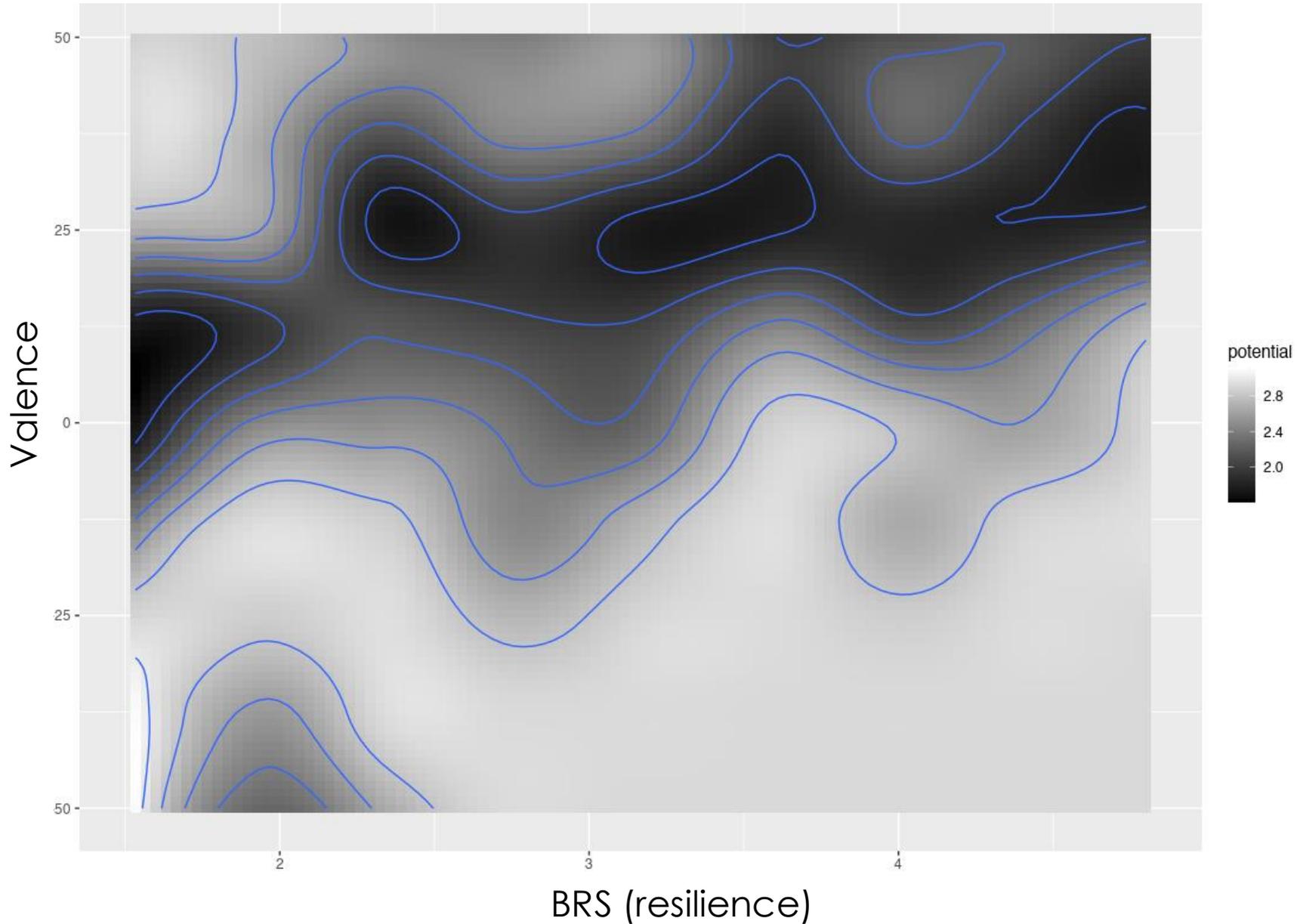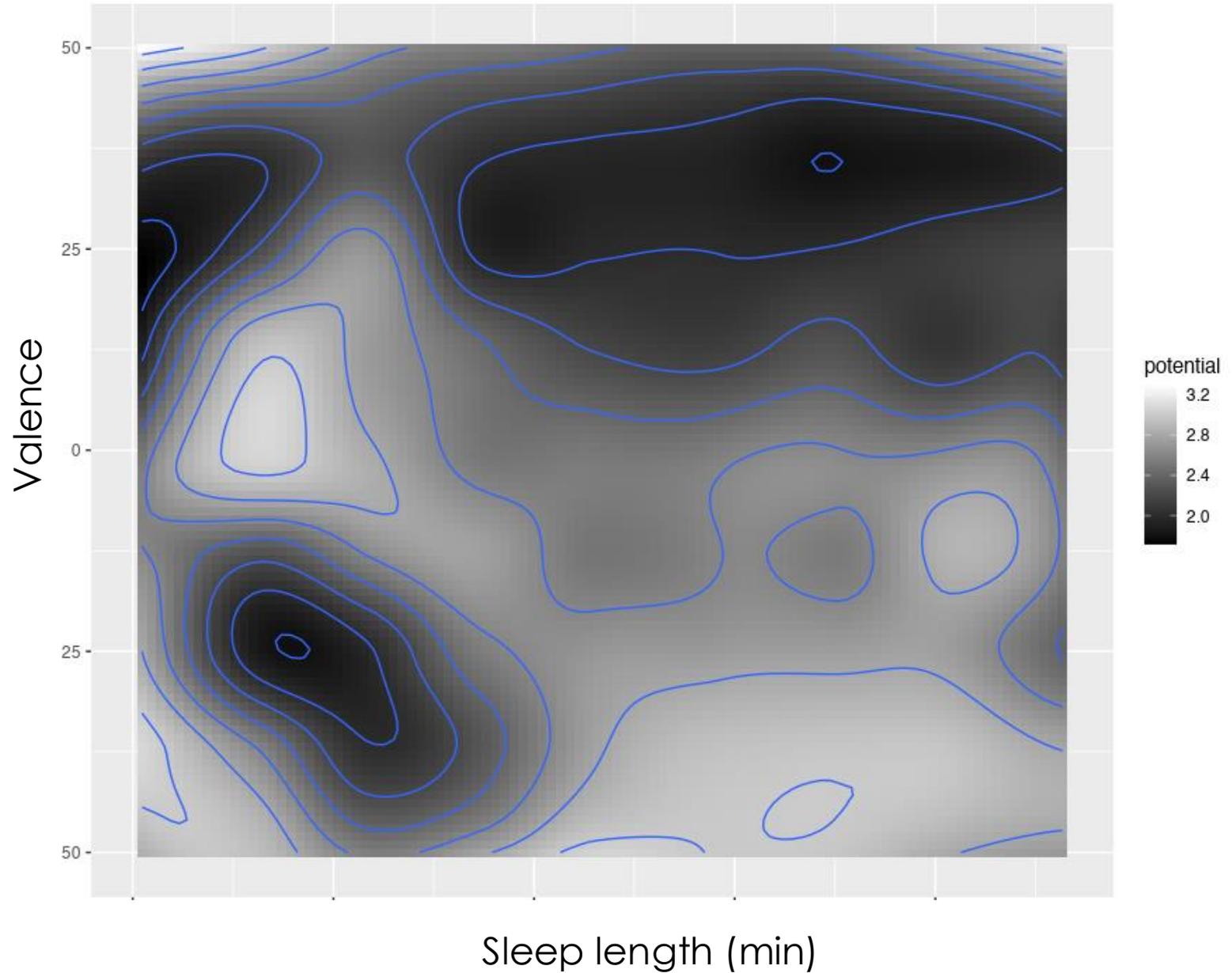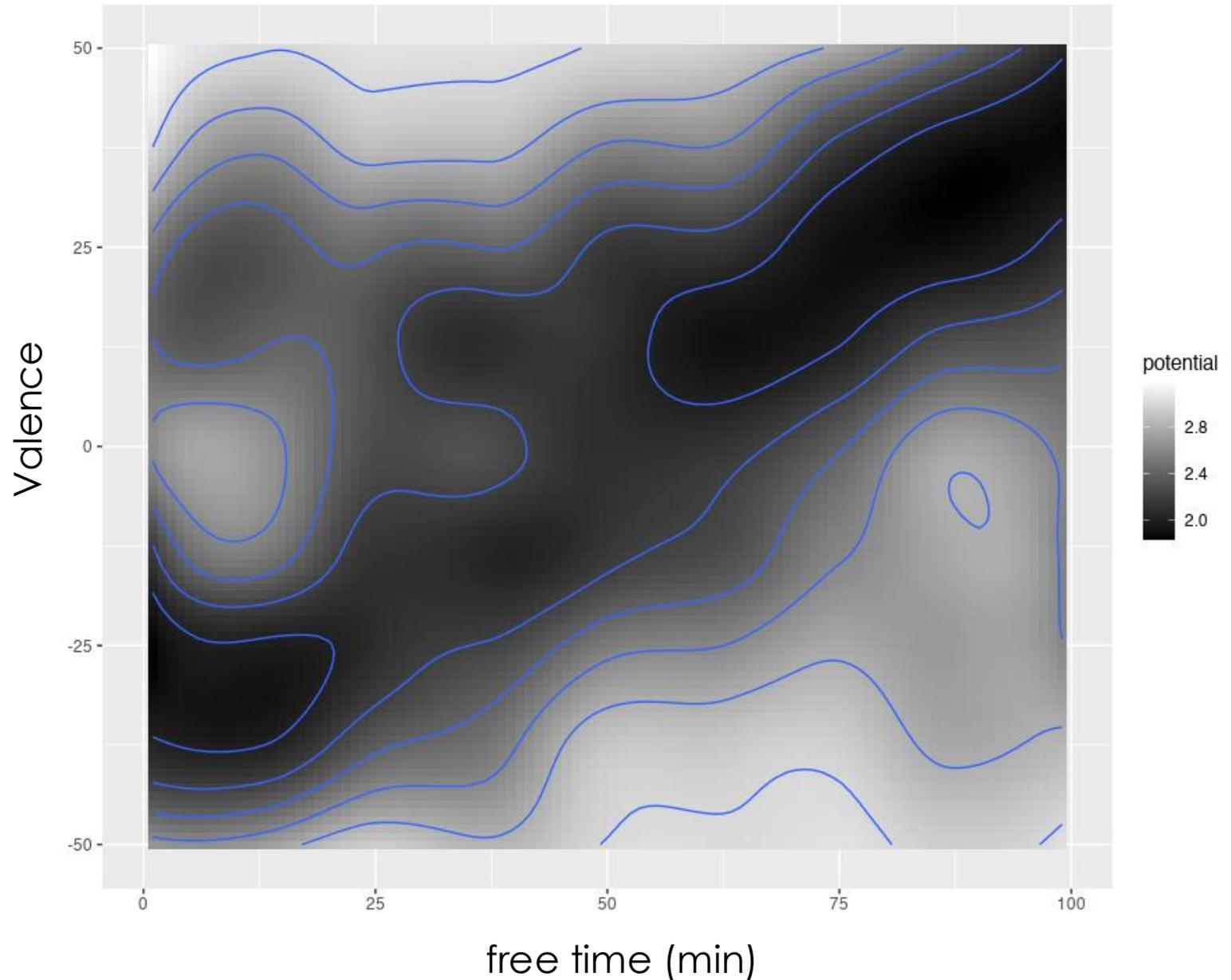
modulation of the affect shift landscape

modulation of the affect shift landscape

modulation of the affect shift landscape

Valence

Sleep length (min)

potential
3.2
2.8
2.4
2.0
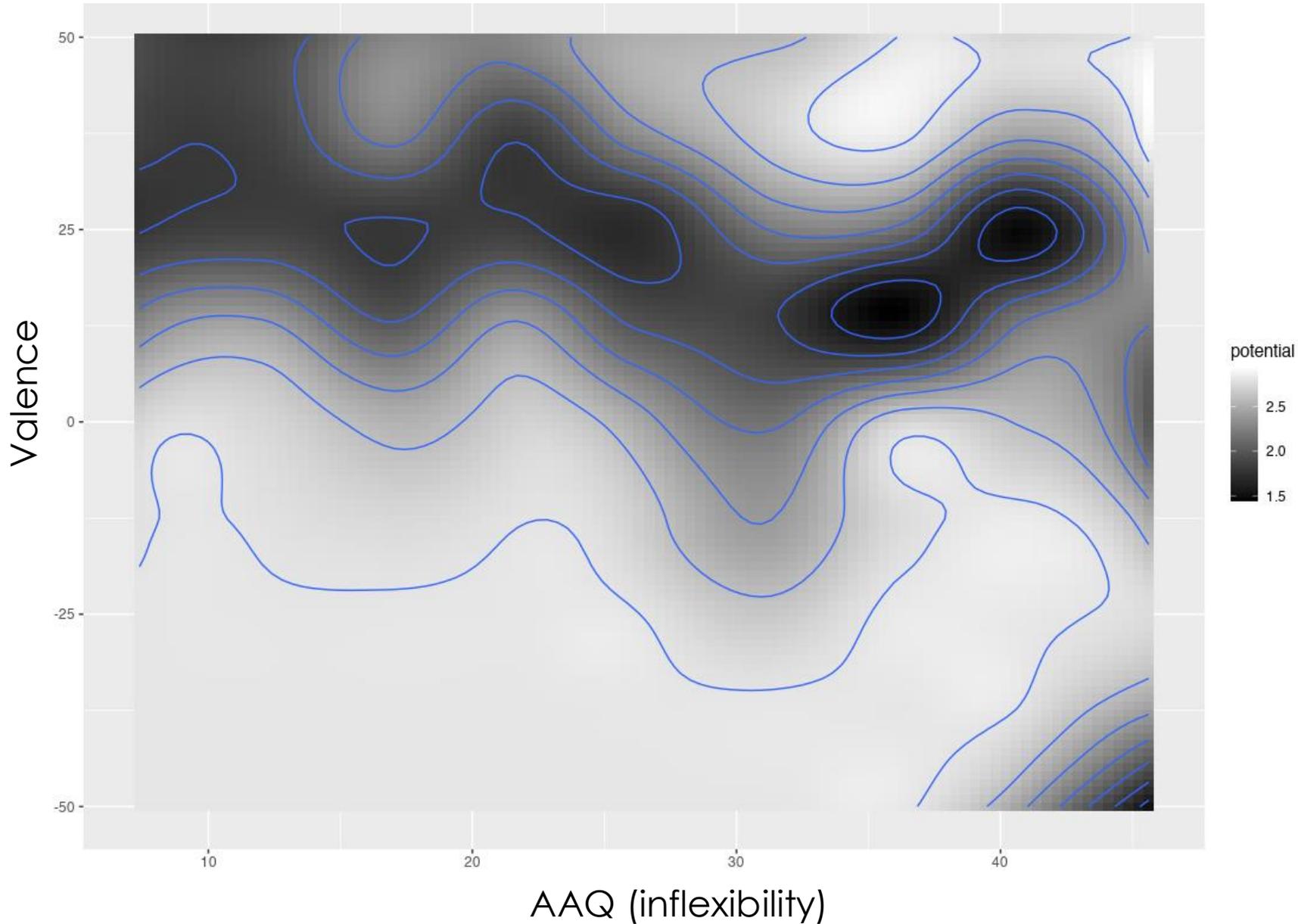
modulation of the affect shift landscape

implications of affect shift dynamics

- theoretical & analytical framework for psychological

 flexibility, resilience, recovery, abrupt change

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- theoretical & analytical framework for psychological

  flexibility, resilience, recovery, abrupt change

- P2N-ASR better predictor of psychological well-being

implications of affect shift dynamics

- theoretical & analytical framework for psychological flexibility, resilience, recovery, abrupt change

- P2N-ASR better predictor of psychological well-being

- external (or internal) processes can be modeled by their effect on the affect shifts dynamical landscape
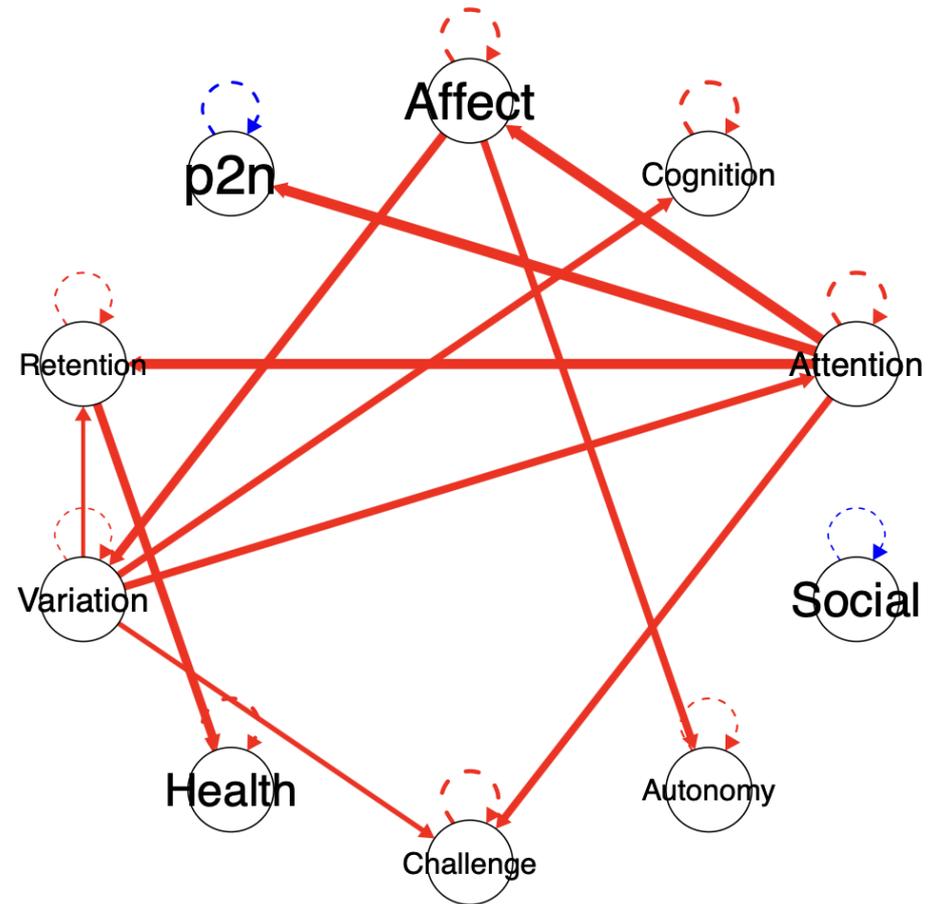
moving forward
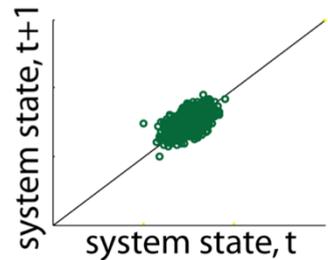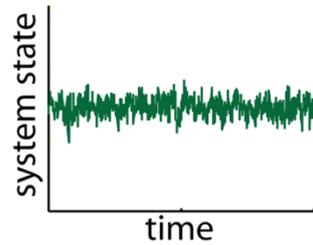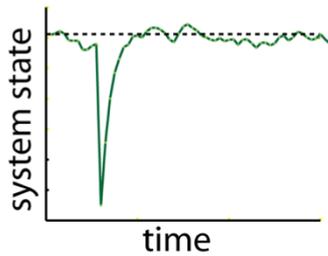
- Idiographic profiles

Participant 1

Participant 2

- Goicoechea et al. 2024. *In preparation*
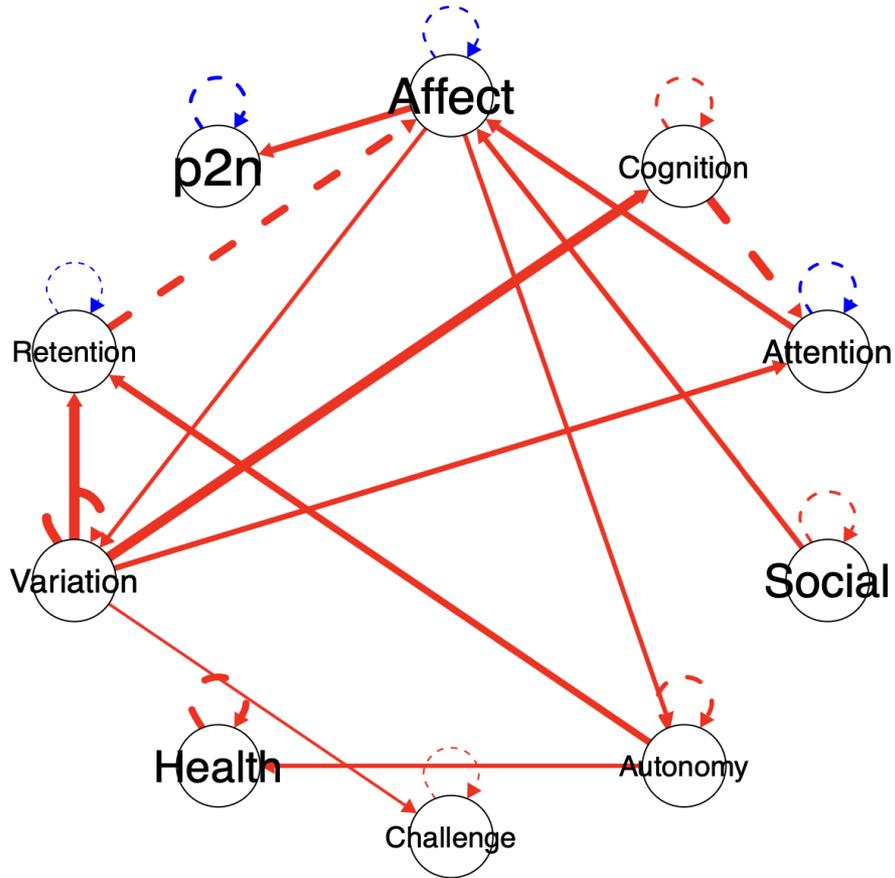
moving forward

- idiographic profiles

- early warning signals

affect shifts and early warnings
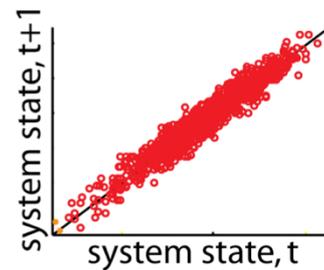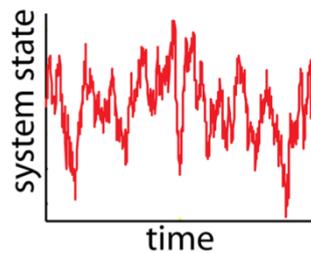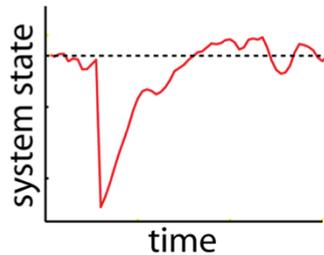
Scheffer et al. 2009. Early-warning signals for critical transitions. *Nature*

moving forward

- idiographic profiles

- early warning signals

- investigate utility for psychological intervention

Initial sample N=120

Treatment group N=60

16-week intervention: ACT + AS information

1-month Pre-assessment (AS + PBAT)

Compare outcomes

Control group N=60

16-week intervention: ACT
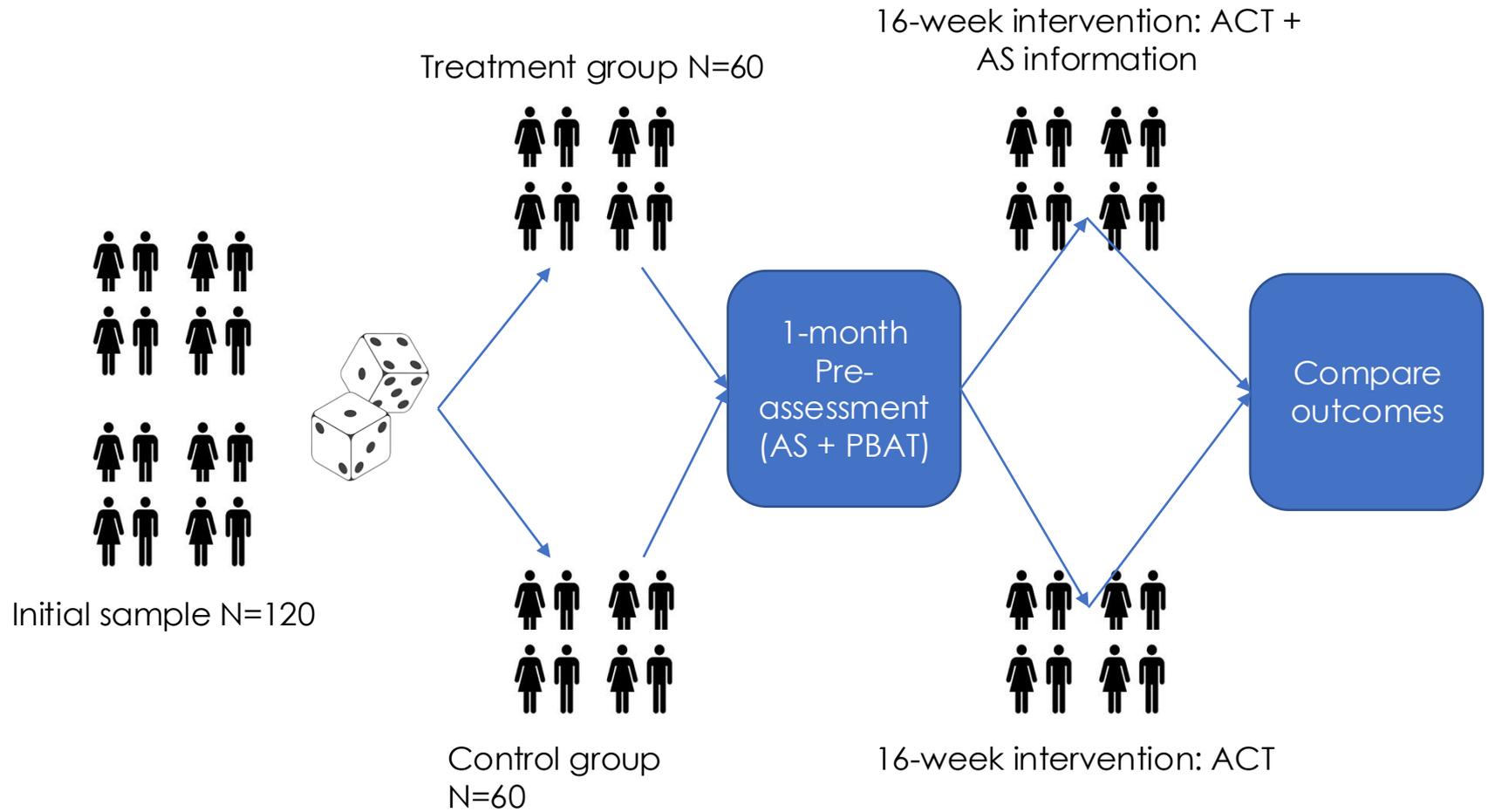
thank you for your attention!

More info:

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