

The Mediating Role of Resilience and its Facets in the Association between Mindfulness and  
Psychological Health

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## **Declarations**

### **Statement of Originality**

This thesis contains no material which has been accepted for the award of any other degree or diploma in any university or other tertiary institution and, to the best of my knowledge and belief, contains no material previously published or written by another person, except where due reference has been made in the text. I give consent to the final version of my thesis being made available worldwide when deposited in the University's Digital Repository, subject to the provisions of the Copyright Act 1968.

### **Acknowledgement of Collaboration**

I hereby declare that the work embodied in this thesis has been done in collaboration with other researchers. I declare that the data collection in the present study was completed by previous researchers: Marissa Black, Alexandra Arentz, Madeline Begg, and Callie Buller, as was the application to the Ethics Committee, development of the survey, data collection, reimbursements of participants, and data screening.

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### Abstract

**Objectives:** Mindfulness is associated with improved mental health and well-being.

However, the mechanisms by which mindfulness exerts its beneficial effects is not well understood. Psychological resilience has been identified as a possible mediating construct through which mindfulness affects psychological health. Previous research has tended to treat resilience as a unitary construct; however, a large body of research suggests resilience is multifaceted. Our study aimed to identify which key facets in the construct of resilience are responsible for mediating the association between mindfulness and psychological health.

**Methods:** This study involved the recruitment of 654 participants. After data screening, 506 participants remained. 78% of Participants were female and participants had a mean age of 31 years. Participants were comprised of members of the general population (51%), psychology students from the University of Newcastle (42%), and volunteers from the Hunter Medical Research Institute (7%). Data from the following measures were analysed: the Five Facet Mindfulness Questionnaire (FFMQ), the Resilience Scale for Adults (RSA), the Depression, Anxiety and Stress Scale – 21 item (DASS21), and the Satisfaction with Life Scale (SWLS).

**Results:** Our hypotheses were investigated using correlations and mediation analysis using the PROCESS computational tool (Hayes, 2012). Resilience was found to partially mediate the relationship between Mindfulness and Psychological Distress ( $\beta = -.32$ , CI:  $-.38, -.25$ ). Within this mediation, the most important facet of Resilience was found to be Perception of Self. Resilience was found to fully mediate the relationship between Mindfulness and Satisfaction with Life ( $\beta = .34$ , CI:  $.26, .41$ ). Within this mediation, the facets of Perception of Self and Planned Future were found to be the most important facets.

**Conclusions:** Our findings support the findings of previous research which suggests resilience mediates the relationship between mindfulness and satisfaction with life, further, we found evidence suggesting resilience mediates the relationships between mindfulness and

psychological distress. Our study provided evidence that resilience is best conceptualised as a multifaceted construct. This is based on the finding that specific facets of resilience vary in their correlation with mindfulness and psychological health and also vary in their contributions to the mediation between mindfulness and psychological health. Our findings suggest future research into resilience would benefit from conceptualising resilience as multifaceted and exploring further the role of individual facets.

**Keywords:** mindfulness, resilience, psychological distress, satisfaction with life

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