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4-30-2021

### Filled and Unfulfilled Hope: The Effect of Imagery on Self-Regulatory Resources and Emotion

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# Imagining the Future

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# Background

- ❑ Hope
  - ❑ **virtue** (e.g., Barilan, 2012), **emotion** (e.g., Bruininks & Malle, 2005; Ellsworth & Smith, 1988), **cognitive process** (e.g., Snyder et al., 1991, 1996), and **integration of cognition, emotion, relationships, and spirituality** (Scioli et al., 2011)
  - ❑ Oriented toward a specific outcome
  - ❑ Correlated with positive emotions (Snyder et al., 1991)
- ❑ Hopelessness
  - ❑ Despair over future
  - ❑ Associated with depression (Waszczuk et al., 2016)
- ❑ Recent research
  - ❑ Evoking hope resulted in lower heart rate and greater positive emotion (Chadwick et al., 2016)



# Current Study & Hypothesis

- ❑ Intend to evaluate the impact of thinking about a future hoped-for outcome
- ❑ **Hypotheses**
  - ❑ We expected hope-fulfilled and hope-unfulfilled imagery would influence *self-regulatory resources* and *emotional processes*
  - ❑ Specifically, imagining an unfulfilled hoped-for outcome would result in decreased positive emotion, flourishing, and state self-regulation along with increased negative emotion compared to imagining the fulfilled hoped-for outcome

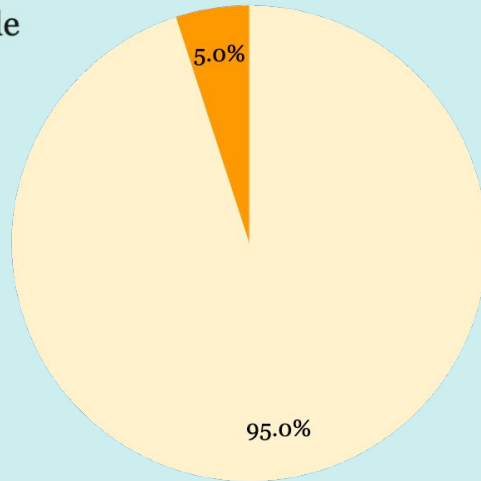


# Demographics

☐ Actual  $N=33$  vs. Intended  $N=105$

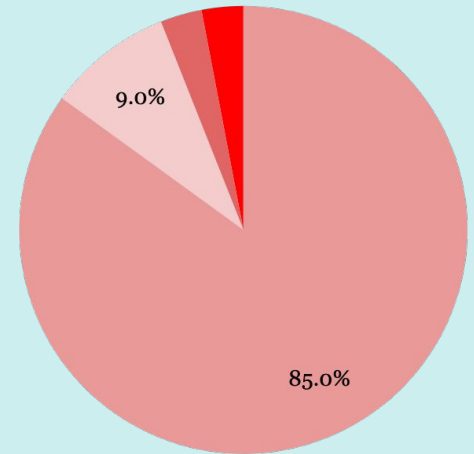
## Sex

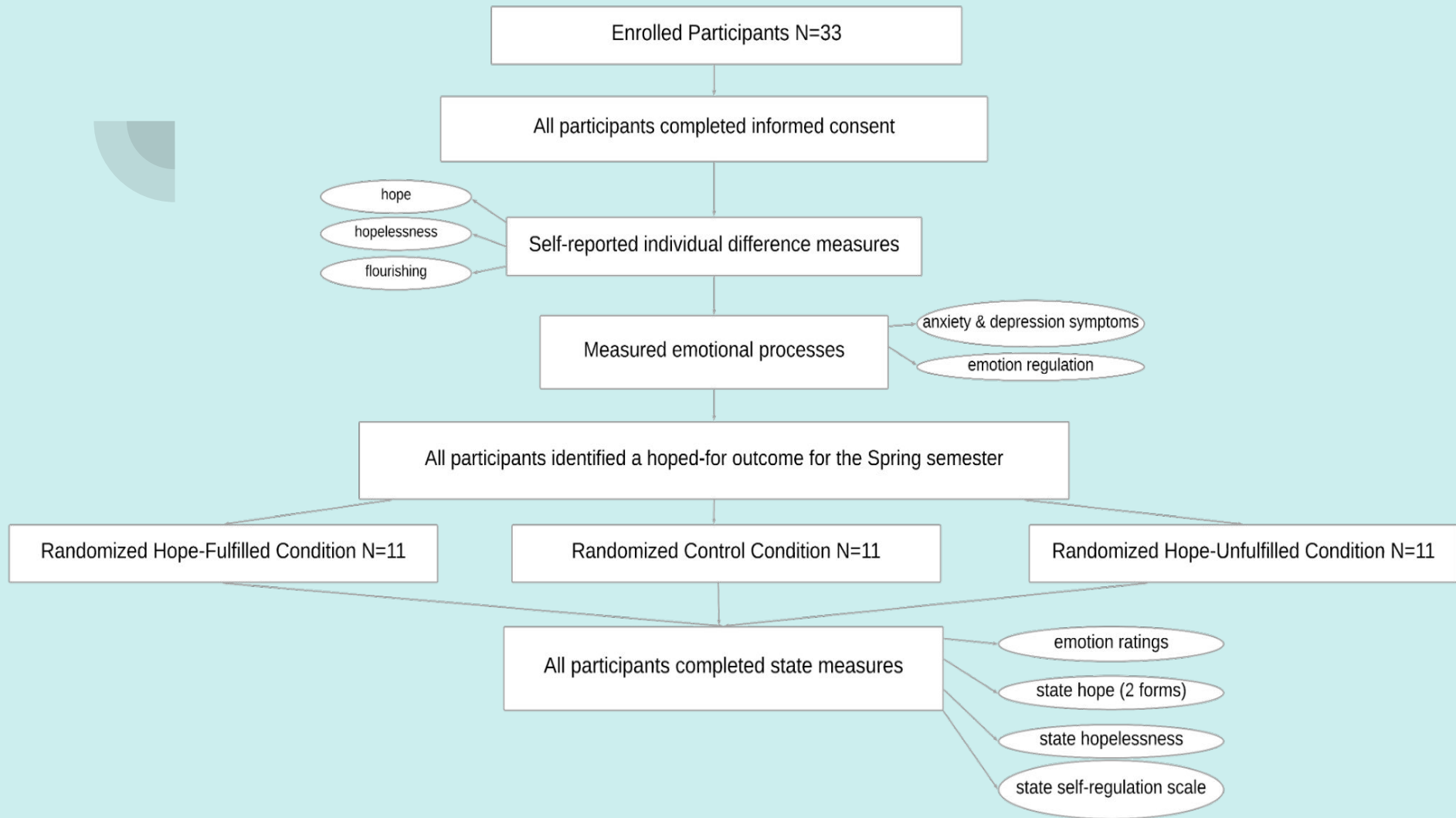
- Female
- Male



## Ethnicity

- White and non-Hispanic
- Asian
- Black or African American
- "Other"







# Hope Themes

- ❑ **Academic performance**
  - ❑ “...maintain at least a 3.2 GPA in order to both keep my scholarship and get into the education department at Hope.”
- ❑ **Relationships**
- ❑ **Intrapersonal growth**
  - ❑ “I hope that in the next month I will experience inner peace and come to terms with what occurred during a breakup. “
- ❑ **COVID-19**



# Emotion Regulation & Hope

|                                       | <i>M</i> (SD)<br>Range | Trait Hope<br>(Snyder) | Trait Hope<br>(Scioli) |
|---------------------------------------|------------------------|------------------------|------------------------|
| <b>Self-Blame</b><br>(4-20)           | 12.52 (3.30)           | -.05                   | <b>-.40*</b>           |
| <b>Positive Refocusing</b><br>(4-20)  | 11.85 (2.67)           | <b>.43*</b>            | .31                    |
| <b>Refocus on Planning</b><br>(4-20)  | 12.94 (3.44)           | <b>.56***</b>          | <b>.39*</b>            |
| <b>Positive Reappraisal</b><br>(4-20) | 13.55 (3.94)           | <b>.54***</b>          | .33                    |



# Trait Hope, Depression, & Flourishing

|   | <i>M</i> (SD)    | 1 | 2   | 3              | 4             | 5              |
|---|------------------|---|-----|----------------|---------------|----------------|
| <b>1. Trait Hope (Snyder)</b><br>(8-64) | 51.88<br>(5.72)  | — | .42 | <b>-.54***</b> | -.32          | <b>.40*</b>    |
| <b>2. Trait Hope Scioli</b><br>(28-112) | 87.94<br>(10.72) |   | —   | <b>-.35*</b>   | <b>-.52**</b> | <b>.56***</b>  |
| <b>3. Hopelessness</b><br>(1-4)         | 1.83<br>(0.64)   |   |     | —              | <b>.51**</b>  | <b>-.53*</b>   |
| <b>4. Depression</b><br>(20-100)        | 41.76<br>(15.72) |   |     |                | —             | <b>-.57***</b> |
| <b>5. Flourishing</b><br>(14-84)        | 61.48<br>(9.80)  |   |     |                |               | —              |



# Conclusions, Limitations, & Future Directions

- ❑ Overall, trait measures of hope correlated positively with positive emotion regulation strategies and flourishing, as would be expected
- ❑ Hopelessness was correlated with depression
- ❑ Limitations
  - ❑ Sample lacked sufficient diversity in gender, ethnicity, and race
  - ❑ Increase sample size
  - ❑ COVID-19 pandemic
- ❑ Future Directions
  - ❑ Second wave of data
  - ❑ Possibly consider a more diverse sample

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