

Request #: 496 - CPD - Publication/Article

The Mediating Role of Psychological Flexibility in Mitigating Self-Harming Behaviors

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October 27, 2020

Background

Dissertation project exploring risk-taking beliefs, perceptions, and behaviors and their relation to psychological flexibility and inflexibility.

Sample

Data from 1101 adult participants.

Hypothesis

Does psychological flexibility mediate the relationship between risky personality traits and risky behaviors?

We hypothesize that individuals with higher levels of flexibility will participate in less risky behaviors regardless of their personality traits

Progress

Collected all data, cleaned. Done preliminary analysis (correlations, descriptives). Ran regression models.

Request

Help planning new analyses and running/writing them up. In the attached files are the measures I used.

Timeline

Hoping to submit a manuscript by the end of the year.