Link2Care Distress Tolerance Scale Analysis Report

Created: 2021-03-29

Updated: date

# Overview

DT is defined as one’s perceived or behavioral capacity to withstand distress related to affective, cognitive, and/or physical states (Simons & Gaher, 2005; Zvolensky, Bernstein, & Vujanovic, 2011). Lower DT has been found to be associated with increased mental health problems and addictive behavior as well as physical health problems (Buhr and Dugas, 2010; Leyro et al., 2010).

## The purpose of this study was to

1. Evaluate the association between DT and psychosocial variables in homeless adults, including XYZ; and
2. Examine the buffering effect of social support for these relationships.

## Hypotheses

1. It was hypothesized that total lifetime homelessness will be negatively related DT.
2. It was hypothesized that lower DT would relate to increased depression, aggression, hostility, perceived stress, anxiety, perceived discrimination, and recent victimization among this vulnerable group.
3. Additionally, it was hypothesized that social support would buffer the effect of DT on outcomes such that the association between DT and outcomes would be weaker among those who report higher social support.

Table

Description automatically generated

## 2021-04-16 Update

We decided to additionally add the following analyses:

* Independent variables: The 4 DTS subscales
* Dependent variables: Depression (PHQ

# Results