



# Meaning, Purpose, and Experiential Avoidance as Predictors of Valued Living: A Daily Diary Study

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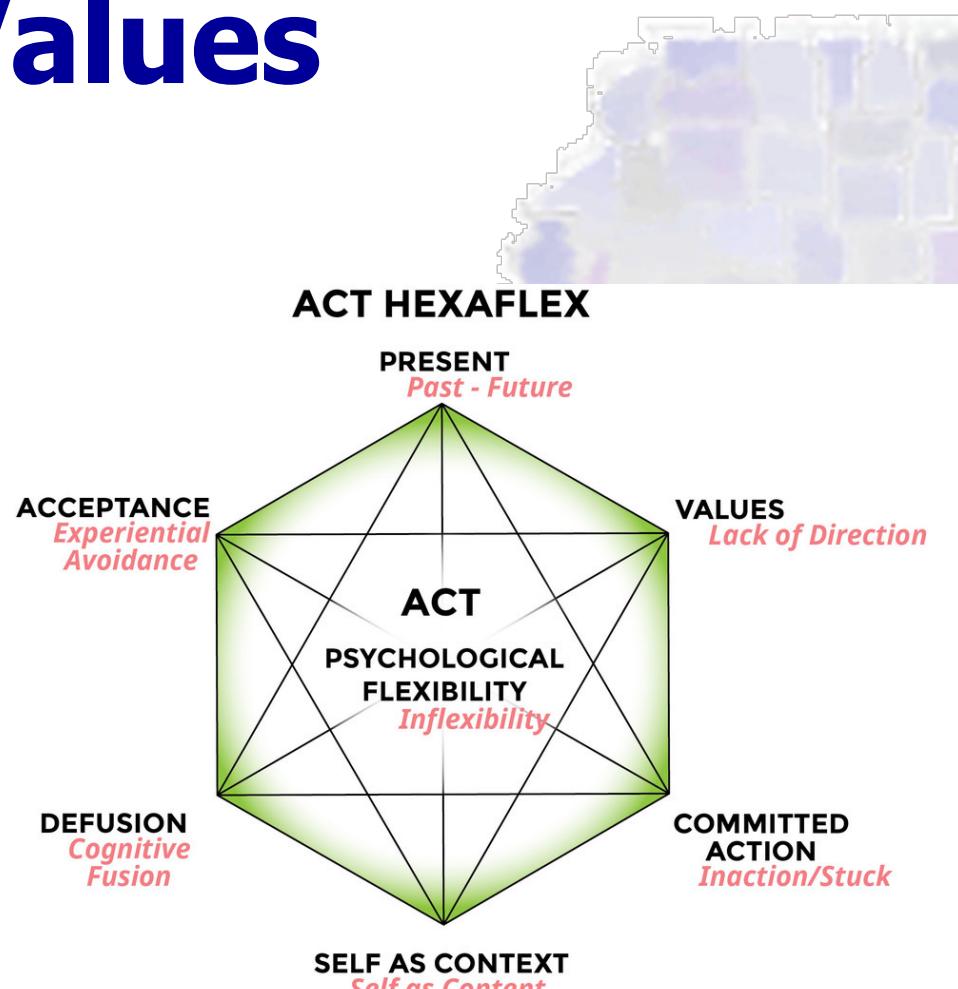
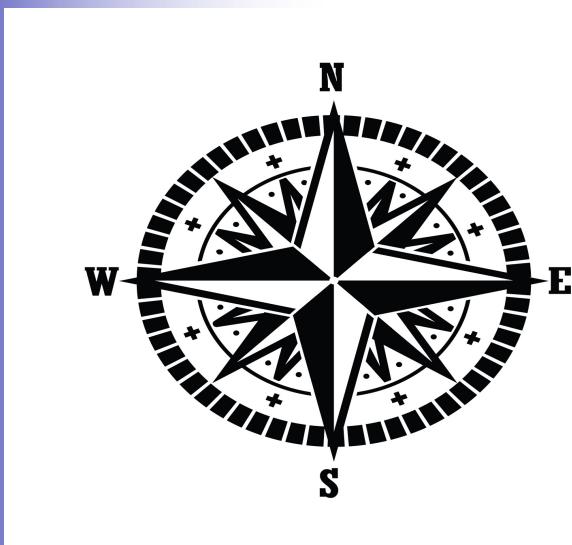
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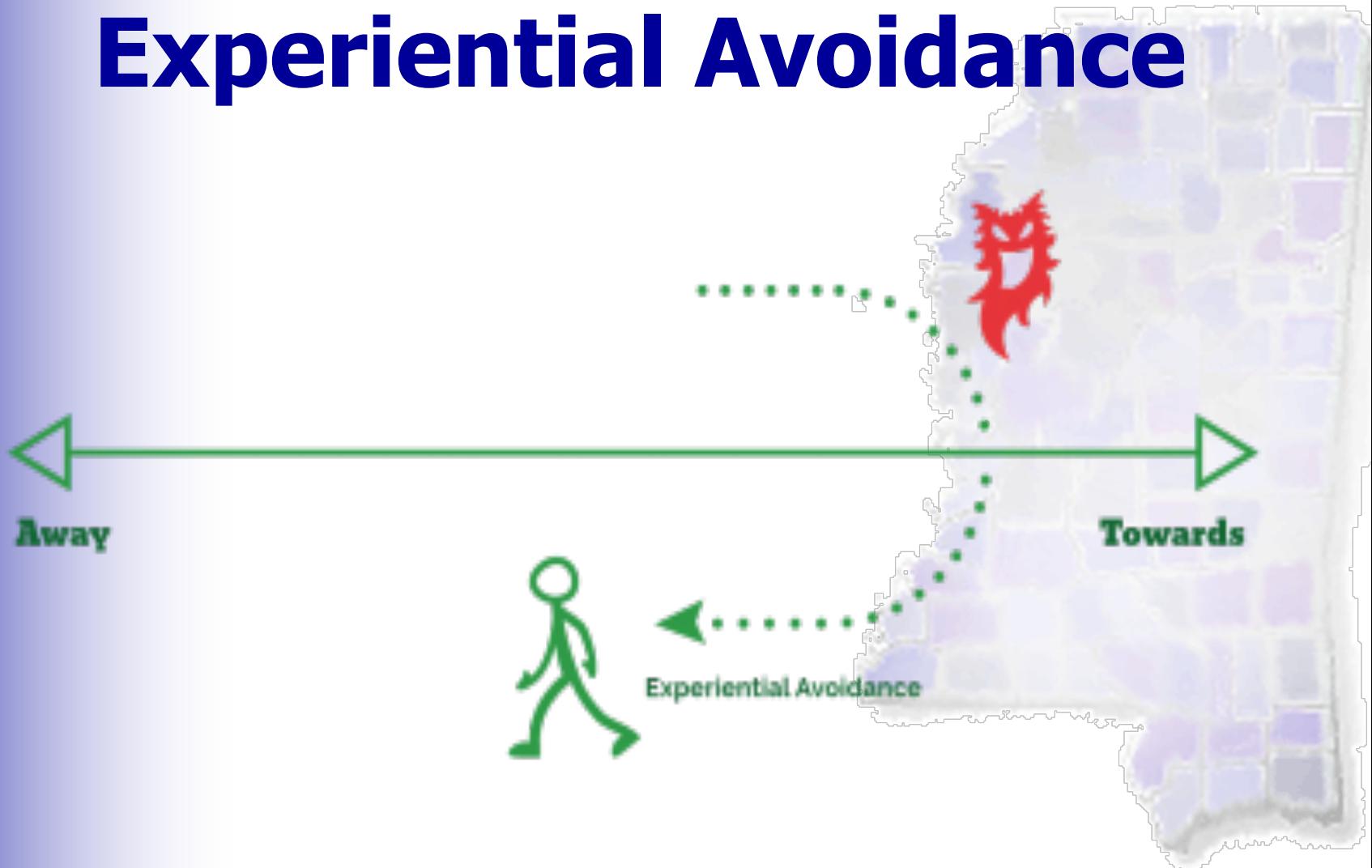


# Values



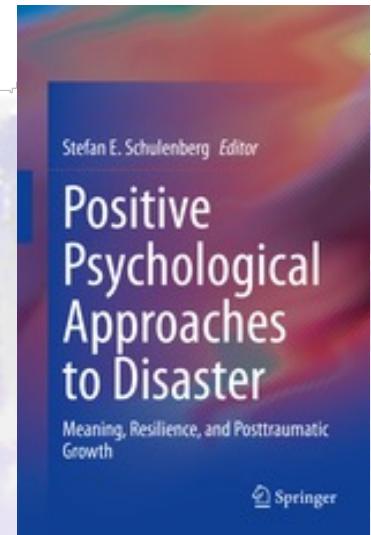
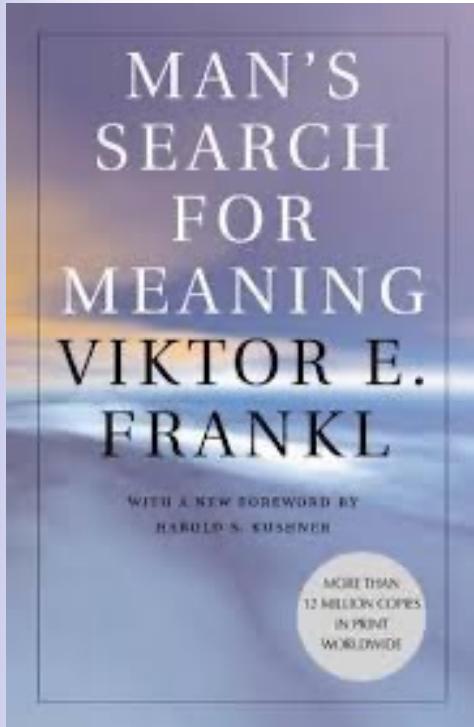


# Experiential Avoidance





# Meaning in Life





# Purpose in Life





# Multilevel Methods





# Multilevel Methods

***ICC = .67***

Model	Predictor	b	SE	df	t	p
Mindfulness	Intercept	1.81	3.00	111.98	0.60	.548
	Time	-0.07	0.03	107.94	-2.71	.008
	Centered stress	-0.51	0.06	1313.69	-8.34	<.001
	Mindfulness	0.09	0.02	111.62	4.28	<.001
	Mean stress	-0.43	0.34	113.42	-1.24	.218
Meaning in Life	Intercept	4.74	0.99	113.02	4.81	<.001
	Time	-0.07	0.03	107.25	-2.70	.008
	Centered stress	-0.51	0.06	1317.03	-8.34	<.001
	Meaning	0.36	0.03	110.91	11.10	<.001
	Mean stress	-0.36	0.26	112.78	-1.42	.160
Flexibility	Intercept	16.38	0.72	115.22	22.70	<.001
	Time	-0.07	0.03	107.64	-2.67	.009
	Centered stress	-0.51	0.06	1313.81	-8.31	<.001
	Flexibility	0.17	0.03	111.02	4.86	<.001
	Mean stress	0.18	0.38	112.62	0.47	.639



# Aims

- 1) Understand Between (BT)/Within (WI) variability in valued living
- 2) Understand BT/WI effects of daily experiential avoidance, meaning, & purpose in predicting daily valued living
- 3) Explore reciprocal daily relationships



# Hypotheses

- 1) Participants would reliably differ in valued living across days
- 2) BT/WI experiential avoidance (EA) would negatively predict valued living across days
- 3) BT/WI meaning & purpose would positively predict valued living across days, above EA



# Participants/Procedure

$N = 73$  undergraduate students from SONA university participant pool

- $M_{age} = 18.60$
- 65.75% female
- 73.97% White, 20.55% Black



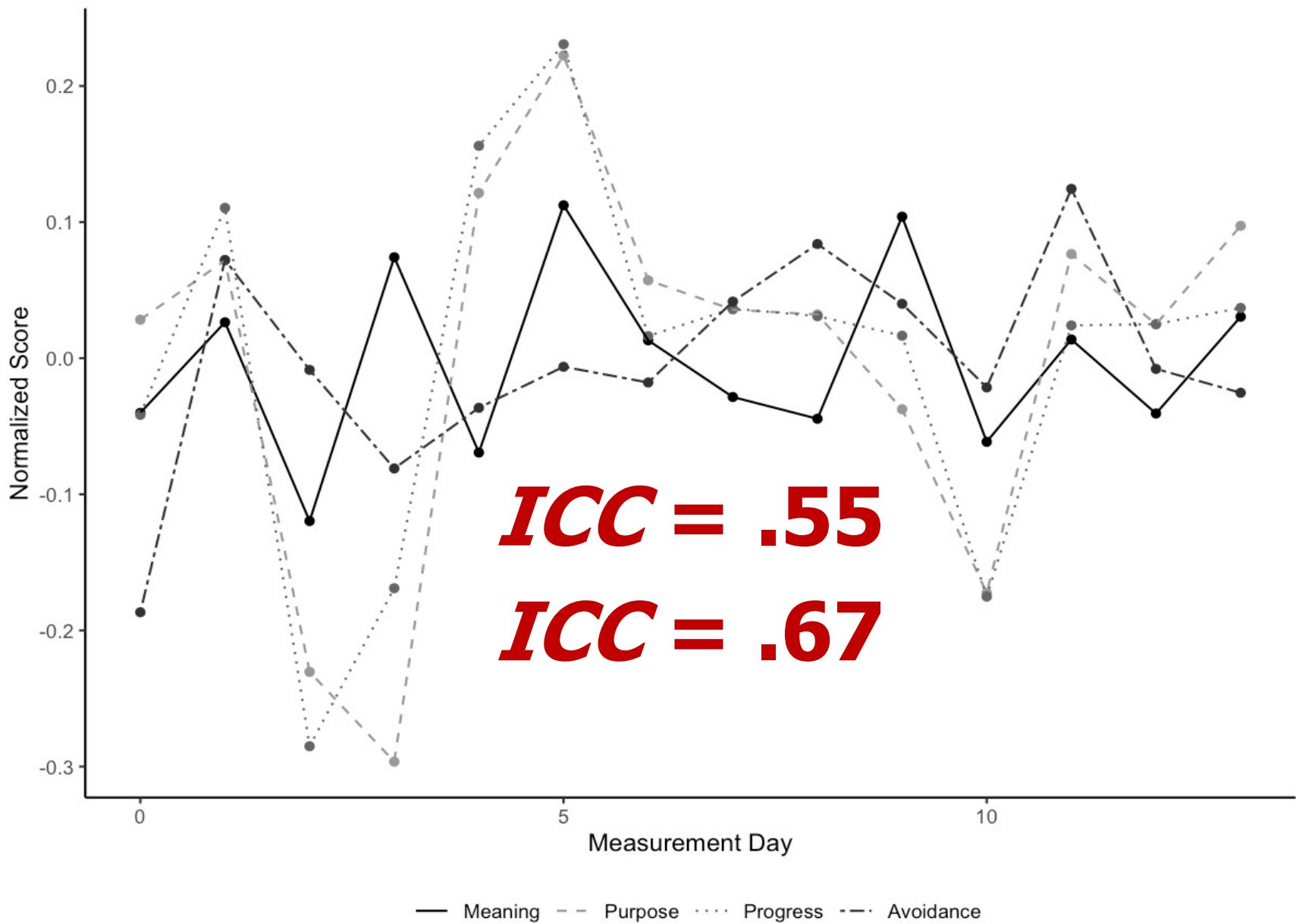
# Data Screening

787 surveys over 14 days  
( $M_{surveys} = 10.84$ ,  $SD_{surveys} = 2.87$ )

- Attention check
- 7:00 PM – 1:00 AM cutoff
- Imputation of missing data

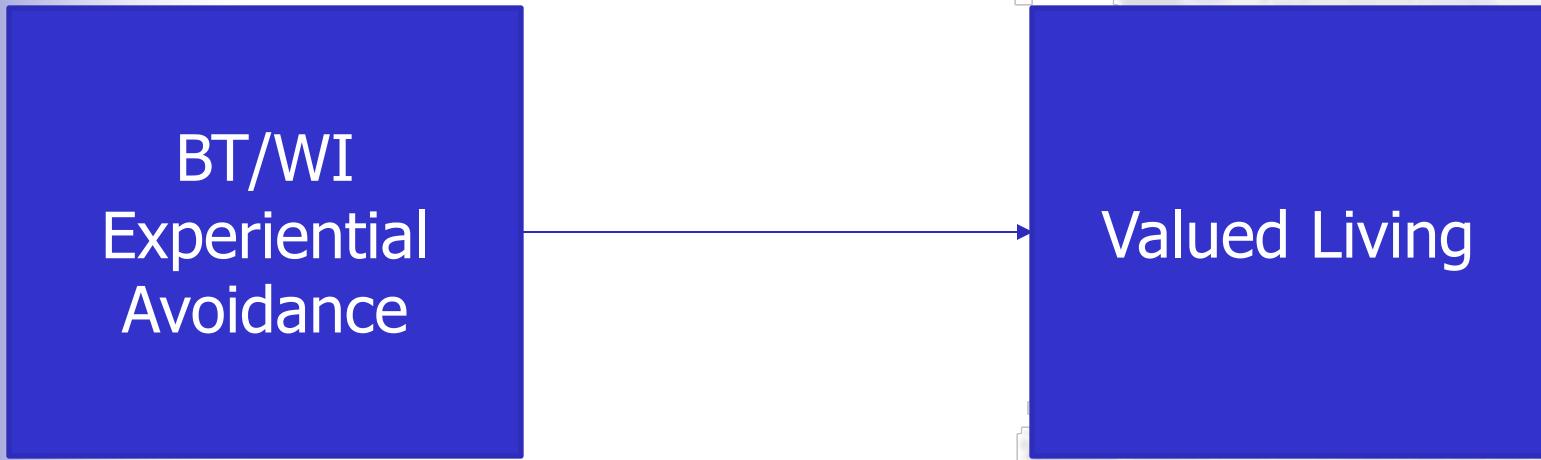


<u>Construct</u>	<u>Measure</u>
<b>Baseline</b> depression, anxiety, stress	Depression, Anxiety, Stress Scale – 21
<b>Daily</b> valued living	Valuing Questionnaire
<b>Daily</b> experiential avoidance	Acceptance and Action Questionnaire – II
<b>Daily</b> meaning in life	Meaning in Life Questionnaire/Claremont Purpose Scale (meaningfulness subscale)
<b>Daily</b> purpose in life	Claremont Purpose Scale (goal orientation subscale)





# Hypothesis 2



Within:  $b = -0.12, p < .001$   
Between:  $b = -0.16, p = .058$   
 $pseudoR^2 = .04$



# Hypothesis 2

BT/WI  
Experiential  
Avoidance

BT/WI Meaning  
in Life

Valued Living

Within:  $b = 0.84, p < .001$   
Between:  $b = 3.46, p < .001$   
 $pseudoR^2 = .41$



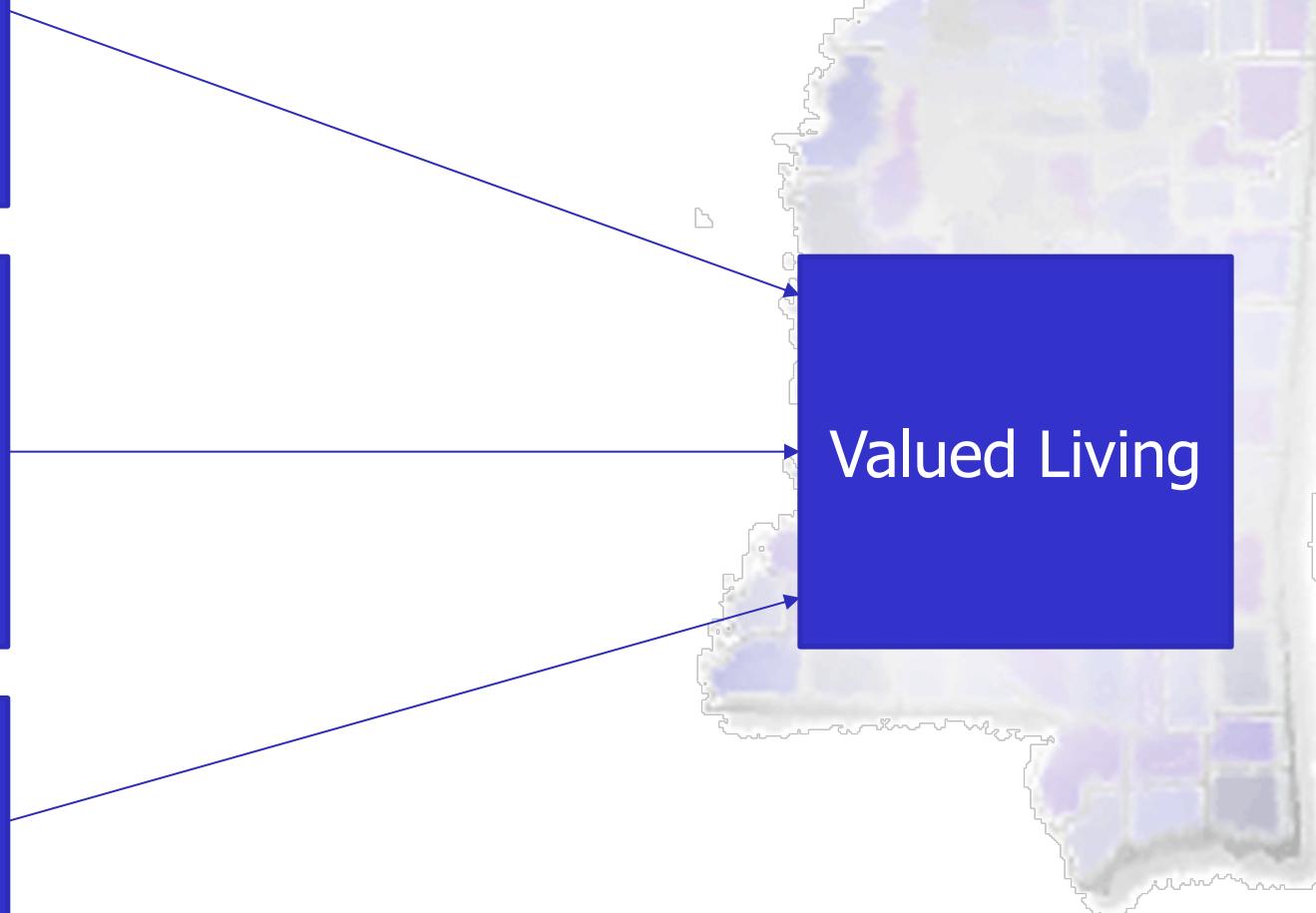
# Hypothesis 2

BT/WI  
Experiential  
Avoidance

BT/WI  
Meaning in  
Life

BT/WI  
Purpose in  
Life

Valued Living





# Hypothesis 2

WI Meaning:  $b = 0.40, p < .001$

BT Meaning:  $b = 0.98, p < .001$

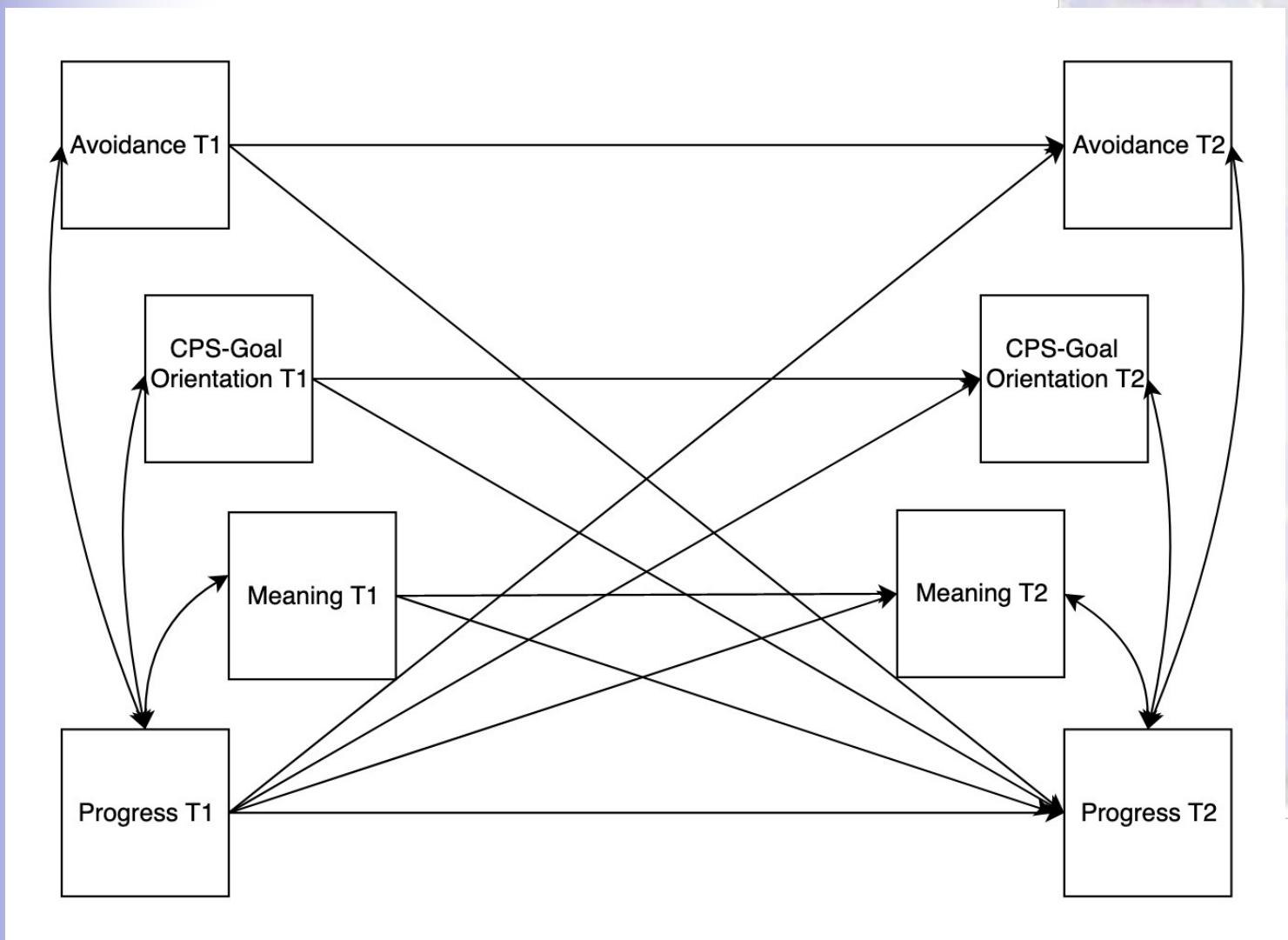
WI Purpose:  $b = 0.76, p < .001$

BT Purpose:  $b = 0.72, p < .001$

$$pseudoR^2 = .57$$



# Hypothesis 3





# Hypothesis 3

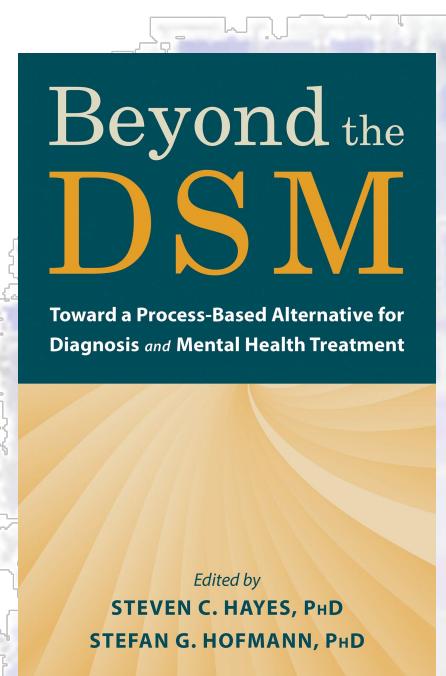
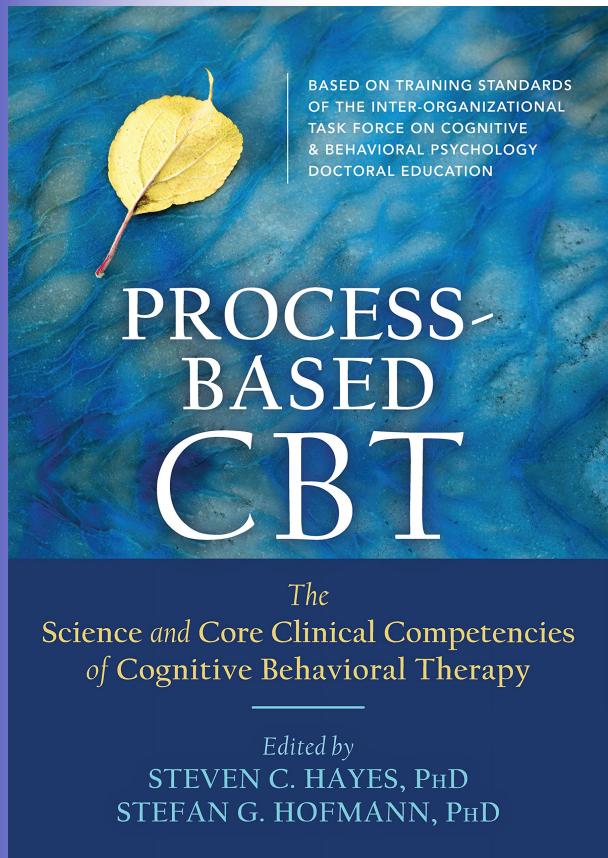
Experiential Avoidance/Values:  $\beta = -0.02, \beta = 0.06$

Meaning/Values:  $\beta = 0.12, \beta = 0.15$

Purpose/Values:  $\beta = 0.19, \beta = 0.05$



# Discussion



"What core biopsychosocial processes should be targeted with this client given this goal in this situation, and how can they most efficiently and effectively be changed" – Hayes & Hofmann (2018, p. 4)



# Multilevel & Daily Frameworks





# Limitations

- Generalizability
- Multicollinearity
- Variance inflation factors
- Subclinical DASS – 21
- Trait- to state-based measures
- Cross lagged panel model



# Contact info for questions

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