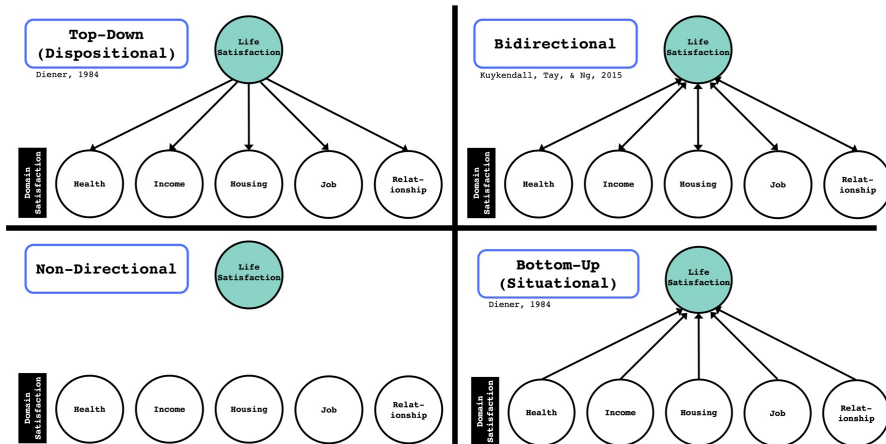


Background

Is life satisfaction top-down, bottom-up, or bi-directional?



Research Questions

1) Can we quantify the *degree* of directional patterns of life satisfaction? 2) Are there individual differences in the degree of directional patterns 3) Do individual patterns mirror population-level patterns?

Design

5 longitudinal samples

1. BHPS
2. GSOEP
3. HILDA
4. LISS
5. SHP

Measures

1. BHPS
2. GSOEP
3. HILDA
4. LISS
5. SHP

Life Satisfaction

Analyses:

Idiographic: lag 1 graphical VAR models
Quantifying directionality: standardized in- (bottom-up) and out- (top-down) strength centrality

Conclusions

The directionality of life satisfaction is an individual difference that requires a personalized approach to happiness and well-being.

GitHub:

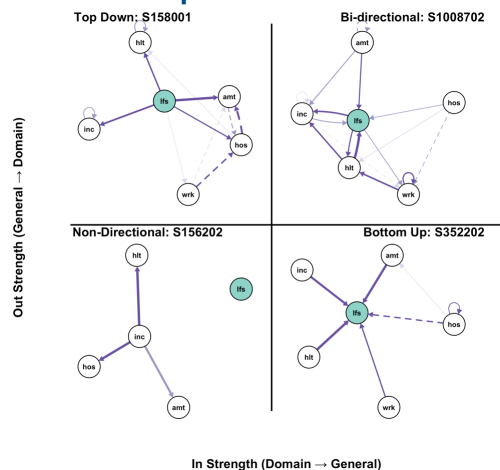
<https://github.com/emoriebeck/behavior-prediction>

Shiny App:

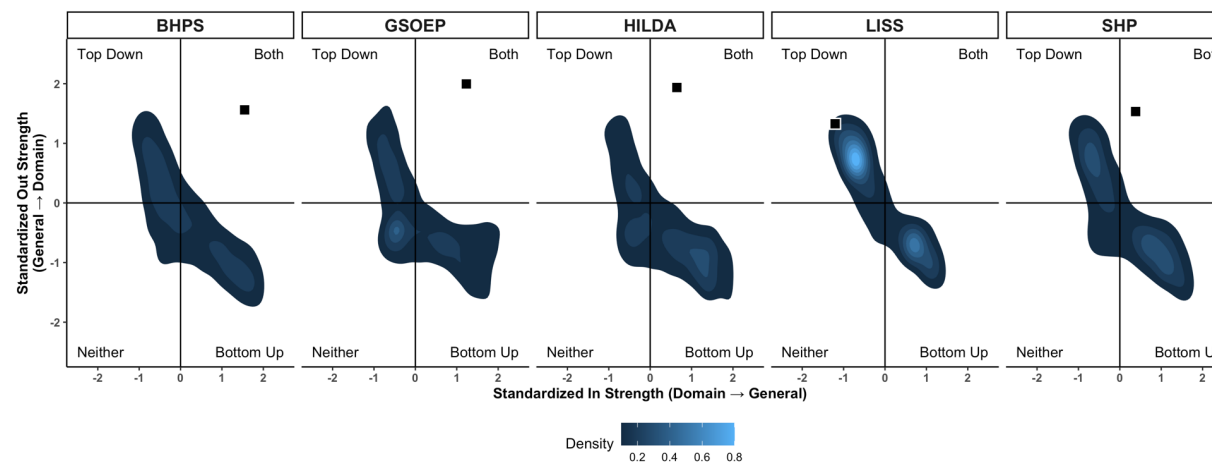
<https://emoriebeck.shinyapps.io/behavior-prediction/>
OSF Rep: <https://osf.io/8ebyx/>

Results

RQ1: Can we quantify the *degree* of directional patterns of life satisfaction?



RQ2: Are there individual differences in the degree of directional patterns?



RQ3: Do individual patterns mirror population-level patterns?

