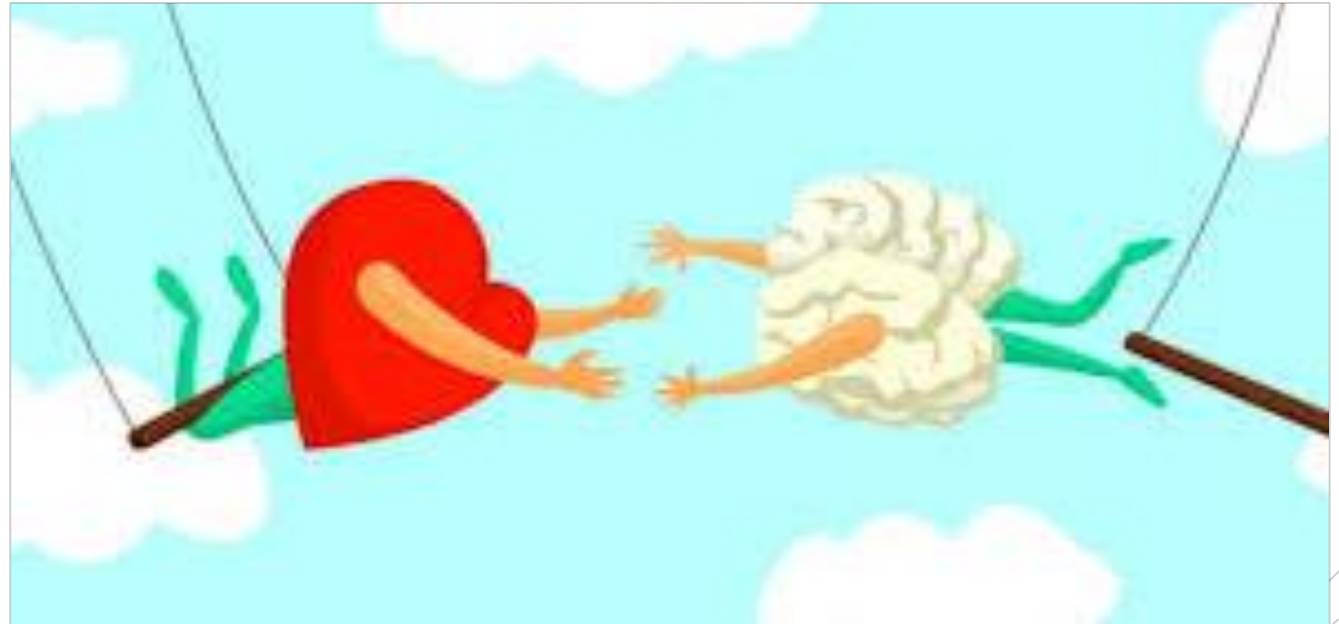


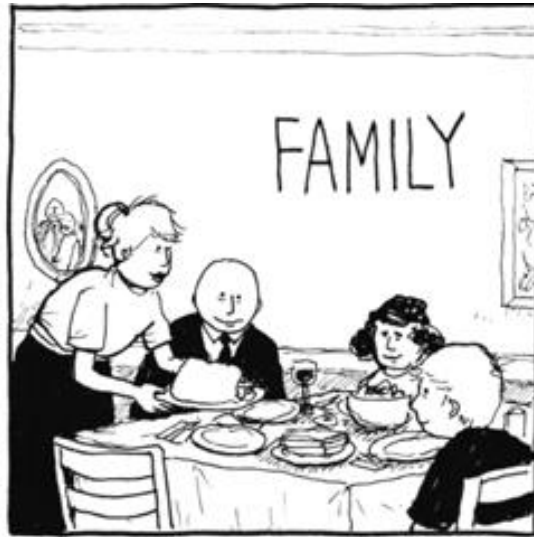
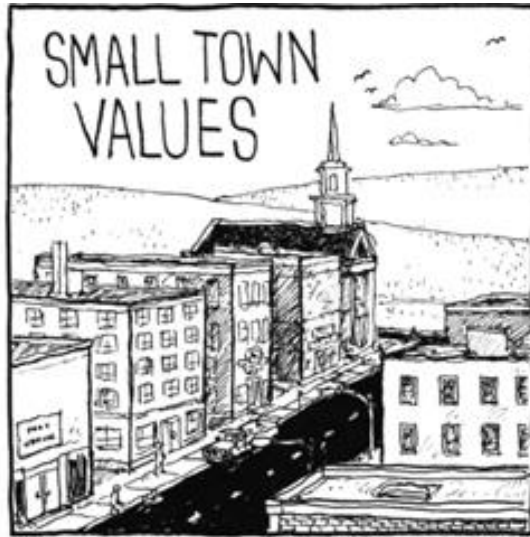
# VAMOOSE : Value Affirmation & Meaning in life

By: Holli-Anne Passmore, Frank Martella, Mario Tavolieri & Michael Hunter

# Well Being & Meaning

- What is Well-Being – Composed of Both Hedonic, and Eudaimonic well-being
- Hedonic Well-Being - levels of positive and negative affect i.e. how good you feel (Keyes & Annas, 2009)
- Eudaimonic Well-Being – Functioning well (Keyes & Annas, 2009)
- What is meaning in life – The enactment of ones values (Frankl 1950)





## Values Affirmation

- Self affirmation- practices typically involve writing about ones most important skills or values for a period of 10-20 min
- Values affirmation is a specific self affirmation that reaffirms ones most important values
- Values – qualities that are important to an individual, something they believe in and something they identify with e.g. Being independent, music or art, being humble, honesty, relationships with family and friends, leadership skills, belonging to a social group.

# Literature

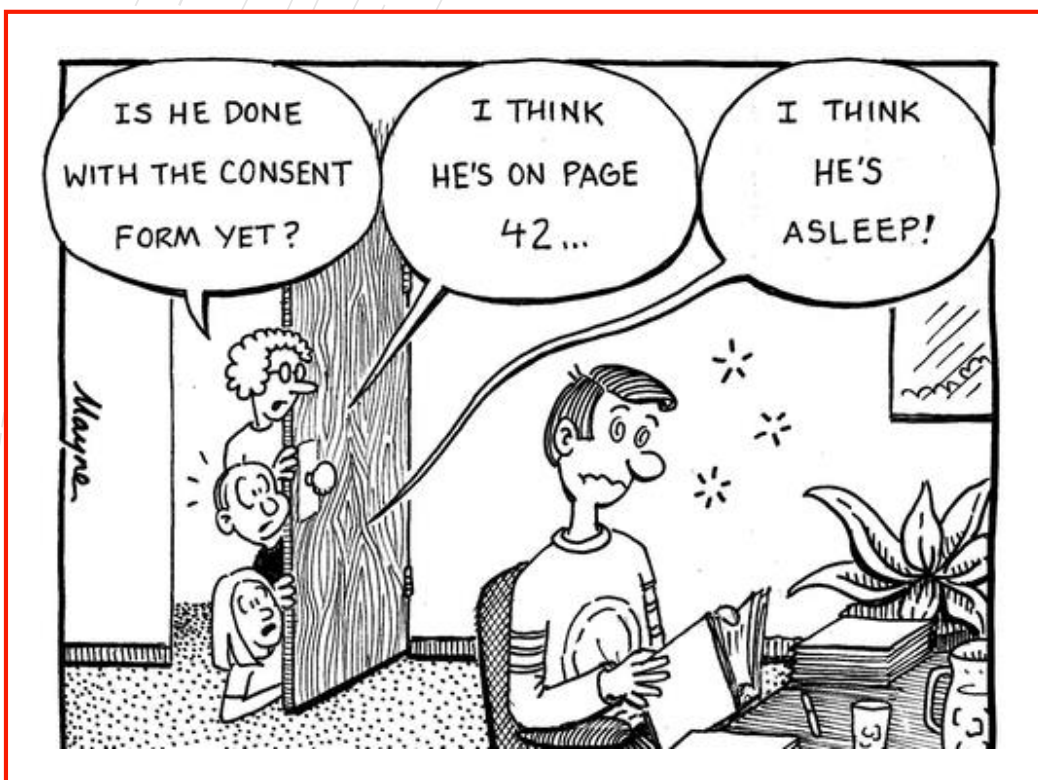
- Nelson et al. (2014) - *Beyond Self-Protection: Self-Affirmation Benefits Hedonic and Eudemonic Well-Being*
- Steger (2009, 2012) – meaning in life is apart of well-being
- Shin & Steger, (2014) – *promoting meaning and life purpose*

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LITERATURE

# Our study



- Registered on Open Science Framework  
<https://osf.io/4gzu2/>
- H1: Hedonic well-being & Meaning in life will increase due to values affirmation intervention
- Are we able to identify moderators that may be facilitating the interaction of our variables
- Does cultivating a weekly values affirmation practice lead too empirically supported improvement in meaning in life and well – being

# Measures

## Meaning in life measures

- Sense of meaningful experience (SMS)
- The Meaning in life Questionnaire (MLQ)
- Three-Dimensional Meaning in Life Measures (T-MLM)

## Hedonic – Well being Measures

- The scale of positive and negative affect (SPANE)

## Qualitative question

- Did your behavior or activities change in the past week as a result of this activity? Yes or no? If yes, please briefly describe.

## Mediators & Moderators

Implicit Theories of  
Well-Being (ITWB)

Basic  
Psychological  
Needs (BPN)

Authenticity



# Methodology



Experimental design is between subject, and single factor containing two levels, a control and a value condition



The experiment is conducted in person, using paper and pen



It is a three part study conducted over the course of three weeks with each part taking place once per



We are seeking a sample size of 150 individuals



# Procedures

1

## Part 1

- Briefing for participants & registration of study token
- Questionnaire exercise for a timed 20 min
- Written Values-Affirmation or Control Exercise timed 15 min



2

## Part 2

- Re-read of last weeks written exercise & performance of written task for 16 min
- Re-administration of Measures



3

## Part 3

- Final state measures

# Challenges

- Study Token and keeping confidentiality
- Organization
- Communicating with participants



## Future Research

- Application of Values Affirmation
- *Self-affirmation facilitates minority middle schoolers' progress along college trajectories – (Goyer et al. 2017)*
- Positive Psychological Intervention



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