

The Impact of Optimism on Life Satisfaction, Psychological Well-being, and Happiness: The Mediating Role of Resilience

¹Maria Shah

²Jalwa Javed

^{*3}Wagma Iqbal

⁴Syeda Aisha Bibi

¹Visiting Lecturer Abdul Wali Khan University Mardan

²Advance Clinical Diploma Quaid e Azam University

^{*3}MPhil Scholar, Department of Psychology, Abdul Wali Khan University

⁴MPhil Scholar, Department of Psychology, Women University, Mardan

mariashah9527@gmail.com, jalwakhanni@gmail.com, wagmajaved@gmail.com,

syedaaisha1590@gmail.com

Abstract

Optimism defined as the expectation of favorable outcomes in the future is associated with an improved subjective well-being although mechanisms are still important to clarify. This study investigated the impact of optimism on life satisfaction, psychological well-being and happiness and used resilience as a mediator among young adults. Data was gathered from 300 university and young adult subjects aged 18 - 30 years (female = 54%). Standardized measures were used by participants, including Life Orientation Test-Revised, Connor-Davidson Resiliency Scale, Satisfaction With Life Scale, Ryff Psychological Well-being Scale, and Subjective Happiness Scale. Analyses included descriptive statistics, reliability testing, correlations, regression and mediation testing. Internal consistency was high ($\alpha = .85-.89$) between scales and resilience, level of optimism, and level of well-being was at a moderate to high level. Optimism was significantly positively associated with resilience ($r = .52, p < .01$), life satisfaction ($r = .48, p < .01$), psychological well-being ($r = .46, p < .01$) and happiness ($r = .51, p < .01$). Regression models showed that optimism predicted life satisfaction ($\beta = .48, p = .001$), psychological well-being ($\beta = .46, p = .001$) and happiness ($\beta = .51, p = .001$). Mediation analyses revealed optimism was a predictive factor of resilience, resilience was predictive of each outcome, and indirect effects were significant, which in turn supported resilience as a mediator. These results show that interventions to boost optimism and resilience may improve young adults' well-being; but causality is limited because of the cross-sectional study design.

Keywords: Optimism, Life Satisfaction, Psychological Well-being, Happiness, Resilience, Mediation, Young Adults

Article Details:

Received on 19 Feb, 2026

Accepted on 12 March, 2026

Published on 15 March, 2026

Corresponding Authors*

Wagma Iqbal

Introduction

Optimism, which is conceptualized as a generalized expectancy for good things in the future, has long been shown to be associated with increased life-satisfaction and psychological well-being in general (Cao et al., 2024). This disposition is not only an outcome but also a significant predictor in the context of psychosocial systems, therefore playing a role in how various life events are navigated and responded to by people (Dou et al, 2023). Specifically, the optimism individual criticized Shows a greater level of resilience in the exploration of challenges while Protecting their physical and psychological well-being and promoting a quick recovery from stressful situations (Sabouripour et al., 2021). This natural ability to recover is sometimes called resilience and it is significant in preserving subjective well-being and optimal functioning in the face of adversity (Sayed et al., 2024). The relationship between optimism and resilience appears to point towards a dynamic in which optimistic views lead to the development of strong coping mechanisms thus mediating the effect of life stressors on well-being (Oriol & Miranda, 2023). This investigation assumes that resilience as not only individual but as a capacity developed through the interaction with social and physical environments plays a significant mediating role in linking optimism and different aspects of subjective well-being (Kanapekaitė & Bagdziunienė, 2024).

Empirical evidence suggests indirect effects of optimism on the state of life satisfaction and people's overall well-being by its influence on resilience, thus highlighting the importance of this mediating path within the psychological framework (Lau et al., 2024). The current paper discusses the complex relationships between optimism, resilience, life satisfaction and psychological well-being, hypothesising a model in which resilience serves as a key intermediate in the transfer of optimistic dispositions to improved life outcomes. Psychological resilience has been in particular shown to create a significant positive impact on subjective well-being (Öztekin, 2025). Furthermore, resilience can moderate the effect of stressful situations on the development of mental health that somehow suggest its protective role for the psychological state. Furthermore, resilience could moderate the effect of stressful situations on mental health consequences, thus suggesting its protective role on maintaining psychological equilibrium (Diao et al., 2023). This line of thinking is consistent with the construct of psychological capital in general, which encompasses psychological well-being, perhaps viewed as the interaction between resilience, which together with a case psychological well-being elements such as self eagerness, hope and optimism, is a votive mechanism for the translation of the into medium-term life satisfaction status that is particularly very unfavorable situations (Moustafa et al, 2024; Shereda et al, 2025). The resilience is also found to be an adaptive psychological mechanism declared to turn the emotion regulation strategies into better well-being, thereby highlighting its core importance in overcoming the complexities and difficulties in life (Bunkaewsuk et al., 2024; Shi & Gao, 2025).

Resilience is characterized as the ability to quickly recover and re-establish normal functioning after being exposed to stressful life events that lead to a breakdown of functionality (Aliyev et al., 2024). This capacity for psychological resilience is further elaborated as being an individual's ability to cope with challenging situations, maintain mental health and achieve positive adaptation in the face of adversity (Seccers et al., 2025). Researchers have suggested that resilience has a positive contribution to life satisfaction and some studies have suggested that resilience mediates the relationship between career adaptability and life satisfaction (Padmanabhanunni et al., 2023). This strong link makes it an important trait in its multifaceted role as a personality attribute, dynamic adaptive process, and protective factor against psychological distress (Konaszewski et al., 2021; Sagi et al., 2021).

Moreover, resilience has been found as a fundamental element of professional development, which helps the acquisition of competencies essential to deal with the workplace challenges and is negatively correlated with burnout and positively correlated with job satisfaction and performance (Topino et al., 2022). This capacity includes behavioral adaptation in the face of challenging circumstances and the ability to recover from adverse emotional experiences, indicating positive psychological ability to "bounce back" from different stressors (Eryılmaz et al., 2024). Within this context, resilience can be further defined as having two different aspects: the ability to restore psychological, physiological, and social balance after the stressor and the ability to withstand the immediate stress and persist in the pursuit of one's own goals (Boniwell et al., 2023).

Literature Review

This way people can maintain mental health and functioning despite their adversity, recover from stressors, and find constructive meaning in the challenging situations (Tang et al., 2023). This adaptive capacity is not just crucial when it comes to management of substantial life challenges but also in managing daily stressors (Fu et al. 2025). It helps individuals to recover their mental health after experiencing a stressor and achieve psychological strength and emotional balance (Chye et al., 2024; Egan et al., 2024). Such resilience is manifested as both the ability to continue functioning during stress (sustainability) as well as the ability to recover from being affected to function the same way as before being stressed (recovery) (IJntema et al., 2021). Indeed, this multifaceted understanding states that resilience is a dynamic construct that includes the immediate mechanisms intended to protect as well as the long-term functional mechanisms that are necessary for sustaining mental health and well-being (Schäfer et al., 2024). Furthermore, resilience has been associated with a host of positive outcomes, higher self-efficacy, and better coping skills, all of which are necessary for overall psychological well-being and life satisfaction (Sipondo & Terblanche, 2024). This is consistent with the findings showing that resilience is an essential buffer against stress allowing people to sustain their mental and emotional stability in the face of adversity that contributes to mental health overall (Rehman et al., 2025). The concept of resilience, therefore, goes beyond the simple coping mechanism and develops into a proactive capacity that enables positive adaptation and growth in the face of challenging circumstances (Fuente et al., 2021). Indeed, resilience as a mental health outcome can be conceptualized as the maintenance or rapid restoration of mental health after the exposure to a stressor (Köber et al., 2022; Schäfer et al., 2024).

On the other hand, resilience is also described as a dynamic process of positive adaptation or a disposition of an individual to inherently recover from adversity (Pellerin et al., 2022). This ability to effectively negotiate and adapt to important stressors, either internal or external, is consistently linked to positive psychological outcomes, i.e. enhanced well-being and life satisfaction (Gomez et al., 2022). This is a dynamic adaptive process that refers to maintenance or quick recovery of mental health after exposure to stressors and underscores the importance of this resilience process in reducing negative effects of adverse life circumstances (Abate et al., 2024). This process is the balance of multiple protective factors that allow one to not only "bounce back" but to also emerge even stronger from adversity (Fuente et al., 2021). In this context, resilience is considered to be a multidimensional construct that includes a set of traits, processes, capabilities and findings, which refers to a person's ability to positively adapt despite threats or adversities (Surżykiewicz et al., 2022). Furthermore, it is considered a key psychological capacity that needs to be developed and strengthened in order for an individual to be able to successfully adjust to situations that

become a threat to their functioning and development (Eryilmaz et al., 2024). Within this framework, resilience can be seen as a positive personality characteristic that helps to cope with change and misfortune, helping to help us adapt personally (Konaszewski et al., 2021).

This adaptive capacity is not limited to the pre-adversity state's return to how people functioned before the trauma, but often results in post-traumatic growth, an outcome where people emerge with greater strength and function at a higher level than they did prior to the challenge experienced (Hiebel et al., 2021). Such a perspective emphasizes resilience as a developmental force - a form of active engagement rather than a simple mechanism of recovery and can introduce new facts such as resilience abilities being shaped toward concrete individuals rather than merely suggesting that individuals are resilient and addressing psychological trauma due to life events. This includes the ability to keep a positive outlook, manage emotions and see challenges as growth prospects (Arslan & Wong, 2023). This dynamic and multifaceted nature of resilience, which includes compete ability in addition to well-being in the face of adversity, as well as competent ways to respond in recovery, further underscores it versus static nature and presents it as a process-related concept (Bögemann et al., 2023; Tai et al., 2023). This understanding is consistent with What's Going on in Models of Resilience These days resilient responses and resilient outcomes are seen in light of the synergistic interplay between individual characteristics, coping processes, and adaptive outcomes (Fullerton et al., 2021). This dynamic concept includes resilience as a growth process rather than an attribute and is always resonation in an individual's interaction with the surrounding environment and changing demands (Gulla & Golonka, 2021). It is a multi-dimensional construct that includes individual, relational and environmental factors, that interact dynamically and enable beneficial adaptation after significant adversity or trauma (Ciren et al., 2025; Heinz et al., 2025). This implies that perhaps resilience is not just a personal characteristic as it's a capacity that is interacted by various systemic and environmental context (Masten et al. 2023).

Hypotheses

H1: Optimism will significantly positively impact life satisfaction.

H2: Optimism will positively impact psychological well-being.

H3: Optimism will have a positive impact on happiness.

H4: Optimism will positively affect resilience.

H5: Resilience will significantly affect life satisfaction.

H6: Resilience will positively impact psychological well-being.

H7: Resilience will significantly impact happiness.

H8: Resilience will mediate the relationship between optimism and life satisfaction.

H9: Resilience will act as a mediator between optimism and psychological well-being.

H10: Resilience will play a mediating role in between optimism and happiness.

Methodology

Research Design

The current study used a quantitative cross-sectional research design to investigate the relationship between optimism and psychological adjustment outcomes, which were life satisfaction, psychological well-being, and happiness, and the mediation of resilience. This is the design that was thought suitable for studying the links between study variables in a particular population at a single point in time.

Participants

The sample was 300 participants recruited in the convenience sampling with university participants, and young adult participants. The respondents were in the range of 18 to 30 years

of age. The male and female participants were a part of the study. Individuals who were willing to participate and gave an informed consent were included and incomplete questionnaires were excluded from the final analysis.

Instruments

Optimism

The Life Orientation test- Revised (LOT-R) was used to measure optimism as it was developed by Scheier, Carver and Bridges (1994). The scale is in the 10 items (comprising of 6 rated items and 4 filler items) to be rated on a 5-items Likert Scale of strongly disagree (0) to strongly agree (4) items. Increased scores imply increased optimism.

Resilience

The Connor-Davidson Resilience Scale (CD-RISC) created by Connor and Davidson (2003) was used to measure resilience. The scale has a foundation on 25 items on a 5-point Likert scale of 0 (not true at all) to 4 (true almost always). The higher the scores, the higher the levels of psychological resiliency.

Life Satisfaction

Diener et al. (1985) used the Satisfaction With Life Scale (SWLS) in measuring life satisfaction. The scale has 5 items that are assessed using a 7-point Likert scale (strongly disagree (1) to strongly agree (7)). Increased scores denote increased satisfaction in life.

Psychological Well-being

The Ryff Psychological Well-Being Scale was used to measure psychological well-being (Ryff, 1989). The scale quantitatively reflects a set of dimensions of wellbeing including autonomy, mastery of environment, personal growth, purpose in life as well as positive relation and self-acceptance. The answers are documented in the Likert-type scale (the more the score the more the psychological well-being).

Happiness

There was the measurement of happiness based on the Subjective Happiness Scale (SHS) developed by Lyubomirsky and Lepper (1999). The scale consists of 4 items and these items are rated using a 7 point Likert scale, the higher the score, the higher the subjective happiness is.

Procedure

Data collection was through self-administered questionnaires through online and paper and pencil means of administration. The participants were told the objective of the study and guaranteed to maintain a strict confidentiality of their responses and that it was not going to be applied elsewhere. The participation was voluntary and the participants volunteered and provided their informed consent before the survey was conducted. The questionnaires required an estimated of 10-15 mins.

Ethical Considerations

Ethical standards of the psychological research were observed to the letter. The participants were told that they could pull out at any given time and that their responses would remain confidential as well as the reason as to why the study was being conducted. No identifying data were collected and all data were only used in an academic research.

Data Analysis

Statistical Package of the Social Sciences (SPSS) was used in analyzing the data. The demographic characteristics and the key study variables have been summarized using descriptive statistics. A reliability analysis using alpha method of Cronbach was conducted as one of the examples of internal consistency of the measurement scales. Pearson correlation analysis was done to test the correlation between optimism, resilience, life satisfaction,

psychological well-being and happiness. In addition to this, the regression analysis was conducted to examine the predictive role of optimism on the psychological adjustment that encapsulates life satisfaction, psychological wellbeing as well as happiness. In order to have a closer look at the mediating mechanism, mediation analysis was conducted through the application of the PROCESS Macro (Model 4) created by Hayes to test the mediating effect of resilience between optimism and the results of psychological adjustment.

Results

Table 1: *Demographic Characteristics of Participants (N = 300)*

Variable	Category	Frequency (n)	Percentage (%)
Gender	Male	138	46.0
	Female	162	54.0
Age Group	18–21 years	96	32.0
	22–25 years	128	42.7
	26–30 years	76	25.3
Education Level	Undergraduate	172	57.3
	Graduate	98	32.7
	Postgraduate	30	10.0
Marital Status	Single	214	71.3
	Married	86	28.7

Note. N = 300.

Table 1 demonstrates the demographic features of individuals that were used in the study. The sample size was 300 respondents 54% (n=162) female and 46% (n=138) male. In terms of age, majority of the subjects were below 22-25 years (42.7%) then 22-25 (32.0%) and 25.3% were below 26-30 years. Education level wise the biggest percentage of population is composed of undergraduate students (57.3%), then graduate students (32.7%) and finally the 10% of students within the postgraduate level. Regarding the marital status, most of the participants were single (71.3%) with the married (28.7%). These characteristics indicate that the participants of the study were predominantly young adult students.

Table 2: *Descriptive Statistics and Reliability of Study Variables (N = 300)*

Variables	Mean	SD	Cronbach's α
Optimism	3.54	0.62	.86



Resilience	3.48	0.58	.88
Life Satisfaction	3.60	0.65	.87
Psychological Well-being	3.52	0.60	.89
Happiness	3.57	0.63	.85

Note. SD = Standard Deviation.

Table 2 demonstrates the descriptive statistics and reliability of the variables of study. The means scores indicate that there are moderate and high levels of optimism, resilience, life satisfaction, psychological well-being and happiness amongst the participants. The values of alpha of Cronbach were between .85 to .89 which supports that all scales of measurement had good internal consistency.

Table 3: Pearson Correlation Matrix (N = 300)

Variables	1	2	3	4	5
1. Optimism	—				
2. Resilience	.52**	—			
3. Life Satisfaction	.48**	.50**	—		
4. Psychological Well-being	.46**	.54**	.58**	—	
5. Happiness	.51**	.49**	.56**	.60**	—

Note. p < .01

Table 3 used in the study reveals the correlation analysis of the variables of the study. The positive and significant correlations were found between optimism and resilience (r=.52, p<.01), life satisfaction (r=.48, p<.01), psychological well-being (r=.46, p<.01) and happiness (r=.51, p<.01). It was also discovered that resilience is positively correlated to a large extent with life satisfaction, psychological well-being, and happiness. Findings are in line with the postulated relationships between the variables.

Table 4: Regression Analysis

Dependent Variable	B	β	t	p	R ²
Life Satisfaction	.43	.48	9.12	.000	.23
Psychological Well-being	.39	.46	8.64	.000	.21
Happiness	.41	.51	9.45	.000	.26

Table 4 displays the regression analysis of effects of optimism on the outcome of psychological adjustment. The findings indicated that optimism had a powerful prediction of the level of life satisfaction ($\beta = .48, p = .001$), psychological well-being ($\beta = .46, p = .001$), and happiness ($\beta = .51, p = .001$). These results are some indications that individuals who are more optimistic are more psychologically adapted.

Table 5: Mediation Analysis

Path	Effect	SE	t	p
Optimism → Resilience	.52	.05	10.21	.000
Resilience → Life Satisfaction	.41	.06	7.85	.000
Resilience → Psychological Well-being	.45	.05	8.32	.000
Resilience → Happiness	.38	.06	7.14	.000

Indirect Effects

Relationship	Indirect Effect	SE	95% CI
Optimism → Resilience → Life Satisfaction	.21	.04	.13 - .29
Optimism → Resilience → Psychological Well-being	.23	.05	.14 - .31
Optimism → Resilience → Happiness	.20	.04	.12 - .28

The mediation analysis of the PROCESS Model 4 is shown in Table 5. The researchers established that optimism was an important predictor of resilience and resilience was a strong predictor of life satisfaction, psychological well-being and happiness. The indirect effects were found to be important as they did not fall in their confidence intervals and this implies that the indirect effect of optimism on the psychological adjustment outcomes is mediated by resilience. The findings confirm the mediating position of resiliency.

Discussion

The objective of the current study was to examine how optimism has a direct effect on life satisfaction, psychological well-being and happiness or the indirect effect via resilience among the young adults. The findings support the hypotheses raised and provides suggestions that it is proposed that optimism is utilizing a substantial predictor of higher degree of life contentment, psychological health and happiness. Furthermore, the mediation of these relationships was discovered to show that resilience was a strong mediator that exists between optimistic persons and the development of resilience resulting in the greater psychological adjustment. These results coincide with those of other studies that highlight the beneficial influence of optimism towards the psychological state and wellness (Karababa et al., 2025; Lv et al., 2024). The study findings revealed that the more favorable one felt the more they were happy and satisfied with their lives and the more psychologically healthy they were. Positive individuals also possess a bright attitude to the future and are more likely to interpret the events of the life positively and in such a way that would help them to cope with the challenges

and stress. This result is consistent with the past literature which portrays that optimism accompanies with enhanced life engagement with a contribution to psychological functioning, particularly in uncertain or stressful situations (Asiamah et al., 2025).

Notably, the findings also revealed that, the relationship between optimism and psychological adjustment outcomes were mediated by resilience. This indicates that optimism is helpful in getting psychological well-being through its ability to strengthen the individuals. Strong people find it easier to adjust to negative occurrences and manage their emotions as well as maintain their mental stability amidst unfavourable circumstances. According to the paper by Yildirim et al. (2021), resilience enables individuals to apply adaptable coping strategies and stay in good emotional conditions despite the occurrence of unpleasant life situations. Thus, resilience may be a significant psychological resource that transforms positive attitudes into mental wellness. The mediating effect of resilience used in the current study also coincides with another construct known as the psychological capital which consists of optimism, resilience, hope and self-efficacy. The significance of the psychological capital as a factor leading to the well-being and healthy functioning of people is something that has been generally accepted. Those with greater amounts of psychological capital are more indicative of emotional stability and satisfaction in life (Lv et al., 2024). In that regard, resilience is a process through which optimism elevates adaptive coping and psychological adaptation.

Moreover, the high levels of correlation between optimism and resilience and the psychological adjustment measures, in this research, indicate the interrelations between these variables. It has also been suggested in previous studies that these psychological resources mutually supplement each other to create positive mental health results (Lai et al., 2024). Individuals with a positive mindset are, in particular, more prone to building positive coping strategy, with the help of which they will be able to better respond to stress and prevent challenges in their lives (Sabouripour et al., 2021). Likewise, the positive explanatory style might help individuals to reduce the adverse influence of stress by facilitating adaptive response and emotion control (Lu et al., 2024). The significance of the findings of the research, in terms of practice, is significant. Resilience and decreased psychological well-being and life satisfaction in individuals may theoretically be a two-fold effect of the intervention to enhance optimism. Interventions based on the enhancement of the psychological capital, namely, optimism, hope, and resilience, are proven to advance the ability to endure adversity and, therefore, to remain emotionally stable (Wang et al., 2023). These interventions can also assist people in managing stress and be uncertain because of a challenge in the environment or a society (Nimo et al., 2025; Qiu and Qiu, 2024).

On the whole, the present research generates awareness of the importance of optimism and resilience as valuable components in the mechanism of the enhancement of psychological adjustment. By demonstrating that resilience intervenes between optimism and consequences of wellbeing, the findings indicate the importance of building the growth of positive psychological assets that would aid individuals in managing their mental wellbeing and life quality in general.

Theoretical Implications

The results of this study add to the existing literature on positive psychology through the significance role of optimism and resilience in the psychological adjustment of young adults. Specifically, the results advance theoretical views that are connected to psychological capital, which highlights the significance of positive psychological resources such as optimism and resilience to promote people's well-being and adaptive functioning. By showing the mediating

effect of resilience on the link between optimism and the outcomes of psychological adjustment, namely life satisfaction, psychological well-being, and happiness, the study provides empirical evidence to support the theoretical assumption that optimism can promote the growth of psychological strengths that can help individuals deal well with stresses and adversity. Thus, the findings give the theoretical understanding of positive cognitive dispositions translates to improved mental health by the adaptive psychological mechanism's richness.

Practical Implications

The practical implications of the results of this study are also significant to the mental health professionals, teachers and policy makers. The use of interventions to enhance optimism and resilience can be a good measure of improving psychological well-being of the people in addition to enhancing their life satisfaction and happiness. Positively-psychology-oriented programmers, positive resilience-training programmers, and even cognitive-behavior ones would encourage people to develop more optimistic perceptions and adaptive ways of coping. This form of intervention can be particularly helpful to young adults who have to face academic, career and social challenges. The practitioners can make people more optimistic, resilient and discover how to settle stress and manage it effectively, feel more emotionally stable and be emotionally stable in challenging situations.

Limitations and Future Directions

Even though this contribution is made, the current study has certain limitations and they must be identified. To begin with, the research adopted cross-sectional research design, which does not allow to easily develop the cause-and-effect relationship between the variables. Though the findings reveal major relationships between resilience, optimism and psychological adjustment, longitudinal or experimental research designs would be more amenable regarding the causality of the relationships. Second, the research relied on self-report scales which are subject to other response biases such as social desirability or incorrect self-view. These could influence the respondents and their answer and even the validity of the findings.

These limitations can be resolved in future research by adopting longitudinal/experimental research design in order to conduct further investigation on the causal relationship among optimism, resilience and psychological well being. Longitudinal research would provide the researchers to monitor the changes in these psychological resources with time and assess their impact on the long-term state of their mental health of people. Secondly, more heterogeneous and numerous samples, as well as individuals with diverse cultural, educational, and professional backgrounds, may be used in future studies to make the findings more generalized.

Additionally, the future research might include more psychological factors that would then be used to explain the correlation between optimism and well-being (e.g. coping strategies, emotional intelligence, social support). These aspects can be used to explore a more comprehensive discussion of psychological processes that contribute to the good mental health. Researchers can also study the effectiveness of the intervention programs aimed at developing optimistic and resilient, which may provide valuable resources to the design of evidence-based mental health promotion programs.

Conclusion

To sum up, the problem of the relationship between optimism and psychological adaptation was examined in the present research and the mediating effect of optimism on psychological adaptation in young adults. The findings indicate that optimism is identified as a serious predictor of life convenience, psychological well-being and happiness whilst resilience is a

crucial mediating variable of the connection. These findings indicate the vast potential of positive psychological resources in making mental health and stable operation. Promoting optimism and resilience also leads to potential ability of people to better cope with life difficulties and maintain higher rates of psychological health and general life satisfaction.

References

- Abate, B. B., Sendekie, A. K., Tadesse, A. W., Engdaw, T., Mengesha, A., Zemariam, A. B., Alamaw, A. W., Abebe, G. K., & Azmeraw, M. (2024). Resilience after adversity: an umbrella review of adversity protective factors and resilience-promoting interventions. *Frontiers in Psychiatry, 15*, 1391312. <https://doi.org/10.3389/fpsyt.2024.1391312>
- Aliyev, B., Rustamov, E., Satıcı, S. A., & Nuriyeva, U. Z. (2024). Azerbaijani adaptation of the WHO-5 wellbeing index: investigating its relationship with psychological distress, resilience, and life satisfaction. *BMC Psychology, 12*(1). <https://doi.org/10.1186/s40359-024-01593-0>
- Arslan, G., & Wong, P. T. P. (2023). Embracing life's challenges: Developing a tool for assessing resilient mindset in second wave positive Psychology. *Journal of Happiness and Health, 4*(1), 1. <https://doi.org/10.47602/johah.v4i1.53>
- Asiamah, N., Mensah, H. K., Ansah, E. W., Eku, E., Ansah, N. B., Danquah, E., Yarfi, C., Aidoo, I., Opuni, F. F., & Agyemang, S. M. (2025). Association of optimism, self-efficacy, and resilience with life engagement among middle-aged and older adults with severe climate anxiety: Sensitivity of a path model. *Journal of Affective Disorders, 380*, 607. <https://doi.org/10.1016/j.jad.2025.03.180>
- Bögemann, S., Riepenhausen, A., Puhlmann, L., Bär, S., Hermsen, E. J. C., Mituniewicz, J., Reppmann, Z., Uściłko, A., Leeuwen, J. van, Wackerhagen, C., Yuen, K. S. L., Zerban, M., Weermeijer, J., Marciniak, M. A., Mor, N., Kraaij, A. van, Köber, G., Poeseh, S., Koval, P., ... Walter, H. (2023). Investigating two mobile just-in-time adaptive interventions to foster psychological resilience: research protocol of the DynaM-INT study. *BMC Psychology, 11*(1). <https://doi.org/10.1186/s40359-023-01249-5>
- Boniwell, I., Osin, E., Kalisch, L., Chabanne, J., & Zaki, L. A. (2023). SPARK Resilience in the workplace: Effectiveness of a brief online resilience intervention during the COVID-19 lockdown. *PLoS ONE, 18*(3). <https://doi.org/10.1371/journal.pone.0271753>
- Bunkaewsuk, P., Uppathampracha, R., Peng, B., & Anwar, M. (2024). Unpacking the relationship between ethical leadership and innovative work behavior: A moderated mediation model. *Banks and Bank Systems, 19*(2), 184. [https://doi.org/10.21511/bbs.19\(2\).2024.15](https://doi.org/10.21511/bbs.19(2).2024.15)
- Cao, F., Zhang, L., Li, M., & Xie, Z. (2024). Subjective well-being among PhD students in mainland China: the roles of psychological capital and academic engagement. *Frontiers in Psychology, 15*. <https://doi.org/10.3389/fpsyg.2024.1354451>
- Chan, L. S., Bilney, E. V. M., Ganotice, F. A., Chen, J., Wong, S. Y. S., Chan, P. P. L., Tang, Z., Yuen, S. M., Wong, C., Lam, T. P., Whitehead, C., & Tipoe, G. L. (2025). Unveiling how medical educators conceptualise resilience: a qualitative study. *BMC Medical Education, 25*(1). <https://doi.org/10.1186/s12909-025-07834-z>
- Chye, S. M., Kok, Y.-Y., Chen, Y. S., & Er, H. M. (2024). Building resilience among undergraduate health professions students: identifying influencing factors. *BMC Medical Education, 24*(1), 1168. <https://doi.org/10.1186/s12909-024-06127-1>
- Ciren, Z., Tsui, H. K. H., & Chan, S. K. W. (2025). Effects of Resilience Interventions for Adolescents and Young Adults Without Psychiatric Diagnoses: A Systematic Review and Network Meta-analysis of Randomized Controlled Trials [Review of *Effects of Resilience*

- Interventions for Adolescents and Young Adults Without Psychiatric Diagnoses: A Systematic Review and Network Meta-analysis of Randomized Controlled Trials*]. *Adolescent Research Review*. Springer Science+Business Media. <https://doi.org/10.1007/s40894-025-00270-6>
- Diao, C., Tan, H., Wen, Y., Zhu, R., Wu, X., Zhang, S., Zhao, Y., Liu, N., Zhou, X., & Hu, Z. (2023). Emotions, COVID-19 related thoughts and satisfaction with life during the critical period from control to relaxation. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1211614>
- Dou, D., Shek, D. T. L., Tan, L., & Zhao, L. (2023). Family functioning and resilience in children in mainland China: life satisfaction as a mediator. *Frontiers in Psychology*, 14. <https://doi.org/10.3389/fpsyg.2023.1175934>
- Egan, L. A., Park, H., Lam, J., & Gatt, J. M. (2024). Resilience to Stress and Adversity: A Narrative Review of the Role of Positive Affect [Review of *Resilience to Stress and Adversity: A Narrative Review of the Role of Positive Affect*]. *Psychology Research and Behavior Management*, 2011. Dove Medical Press. <https://doi.org/10.2147/prbm.s391403>
- Eryılmaz, İ., Dirik, D., & Öney, T. (2024). A phenomenological study on psychological resilience of aircraft rescue and fire fighting professionals. *Current Psychology*, 43(23), 20286. <https://doi.org/10.1007/s12144-024-05862-4>
- Fu, C., Chien, W. T., Zhang, Y., & Lam, S. K. K. (2025). Strength-based capacity-building interventions to promote adolescents' mental health: A systematic review and meta-analysis [Review of *Strength-based capacity-building interventions to promote adolescents' mental health: A systematic review and meta-analysis*]. *European Child & Adolescent Psychiatry*, 34(10), 2975. Springer Science+Business Media. <https://doi.org/10.1007/s00787-025-02741-6>
- Fuente, J. de la, Santos, F. H., Garzón-Umerenkova, A., Fadda, S., Solinas, G., & Pignata, S. (2021). Cross-Sectional Study of Resilience, Positivity and Coping Strategies as Predictors of Engagement-Burnout in Undergraduate Students: Implications for Prevention and Treatment in Mental Well-Being. *Frontiers in Psychiatry*, 12. <https://doi.org/10.3389/fpsyt.2021.596453>
- Fullerton, D. J., Zhang, L., & Kleitman, S. (2021). An integrative process model of resilience in an academic context: Resilience resources, coping strategies, and positive adaptation. *PLoS ONE*, 16(2). <https://doi.org/10.1371/journal.pone.0246000>
- Gomez, K. U., Corcoran, R., Ring, A., Hassan, S., Abba, K., Downing, J., Goodall, M., Gabbay, M., Clarke, P., Moran, P., Akeju, D., & Bennett, K. (2022). Characteristics of mental health stability during COVID-19: An online survey with people residing in a city region of the North West of England. *PLoS ONE*, 17(7). <https://doi.org/10.1371/journal.pone.0266153>
- Gulla, B., & Golonka, K. (2021). Exploring Protective Factors in Wellbeing: How Sensory Processing Sensitivity and Attention Awareness Interact With Resilience. *Frontiers in Psychology*, 12. <https://doi.org/10.3389/fpsyg.2021.751679>
- Heinz, S. S., O'Brien, A., Walker, C., O'Sullivan, M., Rouse, P., Whitehead, J., Parsons, M., Cunningham, R., & Edmonds, M. (2025). Mediating pathways between resilience, mental health and wellbeing: a scoping review of individual, social, and systemic factors [Review of *Mediating pathways between resilience, mental health and wellbeing: a scoping review of individual, social, and systemic factors*]. *BMC Public Health*, 25(1), 3758. BioMed Central. <https://doi.org/10.1186/s12889-025-24897-1>
- Hiebel, N., Rabe, M., Maus, K., Peusquens, F., Radbruch, L., & Geiser, F. (2021). Resilience in Adult Health Science Revisited—A Narrative Review Synthesis of Process-Oriented

- Approaches [Review of *Resilience in Adult Health Science Revisited—A Narrative Review Synthesis of Process-Oriented Approaches*]. *Frontiers in Psychology*, 12. Frontiers Media. <https://doi.org/10.3389/fpsyg.2021.659395>
- IJntema, R. C., Schaufeli, W. B., & Burger, Y. (2021). Resilience mechanisms at work: The psychological immunity-psychological elasticity (PI-PE) model of psychological resilience. *Current Psychology*, 42(6), 4719. <https://doi.org/10.1007/s12144-021-01813-5>
- Kanapeckaitė, R., & Bagdžiūnienė, D. (2024). Relationships between team characteristics and soldiers' organizational commitment and well-being: the mediating role of psychological resilience. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1353793>
- Karababa, B., Yılmaz, O., Bayram, E., & Aydın, G. (2025). Trust yourself, discover your resilience! From self-efficacy to life satisfaction: the mediating effect of psychological resilience. *Frontiers in Psychology*, 16. <https://doi.org/10.3389/fpsyg.2025.1697876>
- Köber, G., Pooseh, S., Engen, H., Chmitorz, A., Kampa, M., Schick, A., Sebastian, A., Tüscher, O., Wessa, M., Yuen, K. S. L., Walter, H., Kalisch, R., Timmer, J., & Binder, H. (2022). Individualizing deep dynamic models for psychological resilience data. *Scientific Reports*, 12(1). <https://doi.org/10.1038/s41598-022-11650-6>
- Konaszewski, K., Niesiołędzka, M., & Surżykiewicz, J. (2021). Resilience and mental health among juveniles: role of strategies for coping with stress. *Health and Quality of Life Outcomes*, 19(1), 58. <https://doi.org/10.1186/s12955-021-01701-3>
- Lai, Y., Tsai, E.-Y., Jarustanaput, P., Wu, Y., Chen, Y., O'Leary, S., Manachevakul, S., Zhang, Y., Shen, J., & Wang, Y. (2024). Optimism and mental health in college students: the mediating role of sleep quality and stress. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1403146>
- Lau, E. Y. Y., Zhang, X., Sun, R. W., & Lee, J. C. (2024). "The Sum Is Greater Than the Parts?"—The Role of Student Covitality in Flourishing. *Journal of Happiness Studies*, 25(5). <https://doi.org/10.1007/s10902-024-00759-2>
- Lu, L., Ye, C., Xu, R., Feng, H., & Liu, B. (2024). Psychological resilience and perceived stress among Chinese medical students: mediation between optimistic intelligence quotient and adversity quotient. *BMC Medical Education*, 24(1). <https://doi.org/10.1186/s12909-024-06287-0>
- Lv, F., Tan, J., Shi, D., & Gao, D. (2024). Resilience and emotional intelligence as mediators between personal values and life satisfaction among Chinese young adults. *Frontiers in Psychology*, 15. <https://doi.org/10.3389/fpsyg.2024.1491566>
- Masten, A. S., Tyrell, F. A., & Cicchetti, D. (2023). Resilience in development: Pathways to multisystem integration. *Development and Psychopathology*, 35(5), 2103. <https://doi.org/10.1017/s0954579423001293>
- Moustafa, M. A., Elrayah, M., Aljoghaiman, A., Hasanein, A. M., Ali, M. A. S., Moustafa, M. A., Elrayah, M., Aljoghaiman, A., Hasanein, A. M., & Ali, M. A. S. (2024). How Does Sustainable Organizational Support Affect Job Burnout in the Hospitality Sector? The Mediating Role of Psychological Capital. *Sustainability*, 16(2), 840. <https://doi.org/10.3390/su16020840>
- Nimo, T. K. O. A., Akoto-Baako, H., Antiri, E. O., & Ansah, E. W. (2025). Coping strategies for climate change anxiety: a perspective on building resilience through psychological capital [Review of *Coping strategies for climate change anxiety: a perspective on building resilience through psychological capital*]. *BMJ Mental Health*, 28(1). BMJ. <https://doi.org/10.1136/bmjment-2024-301421>

- Oriol, X., & Miranda, R. (2023). The Prospective Relationships between Dispositional Optimism and Subjective and Psychological Well-being in Children and Adolescents. *Applied Research in Quality of Life*. <https://doi.org/10.1007/s11482-023-10237-1>
- Öztekin, G. G. (2025). The relationship of future anxiety with a multidimensional framework of well-being among undergraduate students: optimism and pessimism as mediators. *BMC Psychology*, *13*(1), 40. <https://doi.org/10.1186/s40359-025-02387-8>
- Padmanabhanunni, A., Pretorius, T. B., & Khamisa, N. (2023). The role of resilience in the relationship between role stress and psychological well-being during the COVID-19 pandemic: a cross-sectional study. *BMC Psychology*, *11*(1). <https://doi.org/10.1186/s40359-023-01082-w>
- Pellerin, N., Raufaste, É., Corman, M., Teissèdre, F., & Dambun, M. (2022). Psychological resources and flexibility predict resilient mental health trajectories during the French covid-19 lockdown. *Scientific Reports*, *12*(1). <https://doi.org/10.1038/s41598-022-14572-5>
- Qiu, S., & Qiu, J. (2024). From individual resilience to collective response: reframing ecological emotions as catalysts for holistic environmental engagement. *Frontiers in Psychology*, *15*. <https://doi.org/10.3389/fpsyg.2024.1363418>
- Rehman, S., Rehman, N., Altalbe, A., Khan, M. N., Khan, A. R., Akhlaq, M., Liú, D., & Wang, M. (2025). Mediating roles of rumination and emotional intelligence in the relationship between resilience and professional efficacy in pharmacy practice. *BMC Psychology*, *13*(1). <https://doi.org/10.1186/s40359-025-03302-x>
- Sabouripour, F., Roslan, S., Ghiami, Z., & Memon, M. A. (2021). Mediating Role of Self-Efficacy in the Relationship Between Optimism, Psychological Well-Being, and Resilience Among Iranian Students. *Frontiers in Psychology*, *12*. <https://doi.org/10.3389/fpsyg.2021.675645>
- Sagi, L., Bareket-Bojmel, L., Tziner, A., Icekson, T., & Mordoch, T. (2021). Social Support and Well-being among Relocating Women: The Mediating Roles of Resilience and Optimism. *Journal of Work and Organizational Psychology*, *37*(2), 107. <https://doi.org/10.5093/jwop2021a11>
- Sayed, T., Malan, H., & Fourie, E. (2024). Exploring the associations between resilience and psychological well-being among South Africans during COVID-19. *Frontiers in Psychology*, *15*. <https://doi.org/10.3389/fpsyg.2024.1323466>
- Schäfer, S. K., Supke, M., Kausmann, C., Schaubbruch, L. M., Lieb, K., & Cohrdes, C. (2024). A systematic review of individual, social, and societal resilience factors in response to societal challenges and crises. *Communications Psychology*, *2*(1), 92. <https://doi.org/10.1038/s44271-024-00138-w>
- Seçer, E., Kaçay, Z., Yıldız, N. O., Talaghir, L.-G., Cosoreanu, D. M., & Bențea, C. C. (2025). The effect of physical activity on life satisfaction among sports science students: a moderated mediation model of resilience and mindfulness. *Frontiers in Psychology*, *16*, 1682469. <https://doi.org/10.3389/fpsyg.2025.1682469>
- Shereda, H. M. A., Alhazmi, R., Kasemy, Z. A., Dawood, E., Singh, E. S. J., Alkhalaf, I., Alshehri, B., & Alanazi, T. D. M. (2025). Life satisfaction and psychological wellbeing among medical students: the mediating role of psychological capital. *Frontiers in Psychology*, *16*. <https://doi.org/10.3389/fpsyg.2025.1614803>
- Shi, H., & Gao, J. (2025). Enhanced well-being in second language learners: unraveling the roles of emotion regulation and resilience. *Frontiers in Psychology*, *16*, 1627834. <https://doi.org/10.3389/fpsyg.2025.1627834>

- Sipondo, A., & Terblanche, N. (2024). Organisational coaching to improve workplace resilience: a scoping review and agenda for future research [Review of *Organisational coaching to improve workplace resilience: a scoping review and agenda for future research*]. *Frontiers in Psychology*, *15*, 1484222. Frontiers Media. <https://doi.org/10.3389/fpsyg.2024.1484222>
- Surzykiewicz, J., Skalski-Bednarz, S. B., Niesiobędzka, M., & Konaszewski, K. (2022). Exploring the mediating effects of negative and positive religious coping between resilience and mental well-being. *Frontiers in Behavioral Neuroscience*, *16*. <https://doi.org/10.3389/fnbeh.2022.954382>
- Tai, A. P.-L., Leung, M.-K., Geng, X., & Lau, W. K. (2023). Conceptualizing psychological resilience through resting-state functional MRI in a mentally healthy population: a systematic review [Review of *Conceptualizing psychological resilience through resting-state functional MRI in a mentally healthy population: a systematic review*]. *Frontiers in Behavioral Neuroscience*, *17*. Frontiers Media. <https://doi.org/10.3389/fnbeh.2023.1175064>
- Tang, T.-C., Chi, L.-C., & Tang, E. (2023). Office islands: exploring the uncharted waters of workplace loneliness, social media addiction, and the fear of missing out. *Current Psychology*, *43*(17), 15160. <https://doi.org/10.1007/s12144-023-05445-9>
- Topino, E., Svicher, A., Fabio, A. D., & Gori, A. (2022). Satisfaction with life in workers: A chained mediation model investigating the roles of resilience, career adaptability, self-efficacy, and years of education. *Frontiers in Psychology*, *13*. <https://doi.org/10.3389/fpsyg.2022.1011093>
- Wang, S., Li, H., Chen, X., Yan, N., & Wen, D. (2023). The mediating role of psychological capital in the association between life satisfaction and depressive and anxiety symptoms among Chinese medical students during the COVID-19 pandemic: a cross-sectional study. *BMC Psychiatry*, *23*(1). <https://doi.org/10.1186/s12888-023-04894-7>
- Yıldırım, M., Arslan, G., & Wong, P. T. P. (2021). Meaningful living, resilience, affective balance, and psychological health problems among Turkish young adults during coronavirus pandemic. *Current Psychology*, *41*(11), 7812. <https://doi.org/10.1007/s12144-020-01244-8>