

# Words of the Past Reflect Present Well-Being: Effects of Depression, Life Satisfaction, Cognitive Bias, and Time on Redemptive Identity



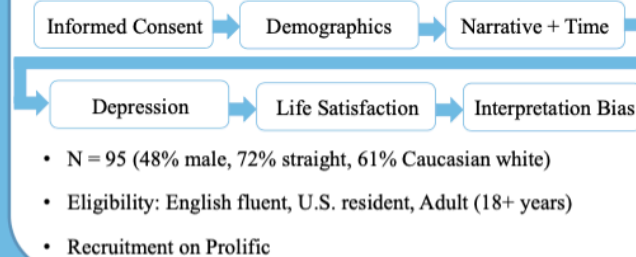
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## Background and Purpose

- Narrative identity is the life story we create for ourselves to make meaning and find purpose in life.<sup>1,2</sup>
- Redemptive narratives find a positive outcome from a significant negative life event, while non-redemptive ones do not.<sup>3</sup>
- **This study examined the effects of depression, life satisfaction, interpretation bias, and temporal distance since a negative life event on redemptive identity.**

## Methods



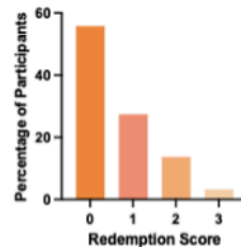
## Conclusion

- It is more likely for people to be non-redemptive than redemptive. Low redemption scores are far more common than high scores.
- Our overall satisfaction with life quality in the present predicts how we frame negative life experiences in the past. The better we feel about the *now*, the more positively we feel about the *then*.

## Hypotheses

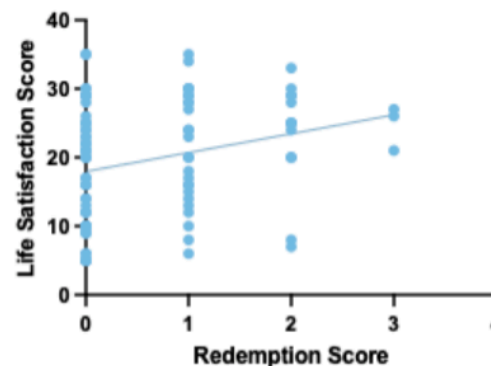
1. Participants with lower depression scores will have higher redemption scores.
2. Participants with higher life satisfaction scores will have higher redemption scores.
3. Participants with higher (positive) interpretation bias will have higher redemption scores.
4. Participants with higher temporal distance will have higher redemption scores.

## Results



The majority of participants (N = 53) had a non-redemptive narrative.

*Greater life satisfaction predicted higher redemption.*



## Future Directions

- While literature confirms depression as a predictor of redemption, this study does not.<sup>9, 10</sup> The relationship must be further interrogated.
- This was the first study to assess cognitive bias as a predictor of redemption. While results were statistically insignificant, further research should investigate the effects of bias on how we perceive emotionally-charged experiences.

## Measures

- Depression (Patient Health Questionnaire-8)<sup>4</sup>
- Life Satisfaction (Satisfaction with Life Scale)<sup>5</sup>
- Interpretation Bias (Ambiguous Scenarios Test)<sup>6</sup>
- Time (Years and Months)
- Narrative (Life Story Interview)<sup>7</sup>
- Redemption (Coding Narrative Accounts of Autobiographical Scenes for Redemption Sequences)<sup>8</sup>

## References

1. McAdams, 2001
2. Singer & Blagov, 2004
3. McAdams, 1999
4. Kroenke et al., 2009
5. Diener et al., 1985
6. Murphy et al., 2009
7. McAdams, 2008
8. McAdams, 1999
9. Corcoran & Alex, 2021
10. McAdams et al., 2001

## Acknowledgements

This research was made possible with of the dedicated mentorship of Drs. Christopher Beevers and Theresa Jones. I'm especially grateful to Mackenzie Zisser for being my research and personal motivator. This work was supported by research funds from the Mood Disorders Lab and Rapaport-King Thesis Scholarship.