



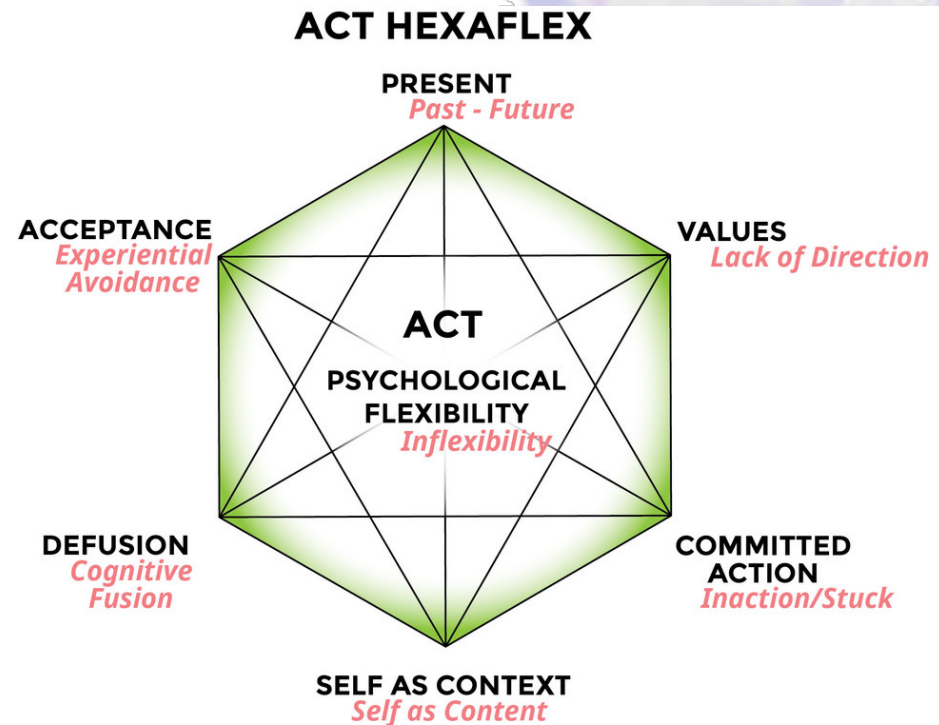
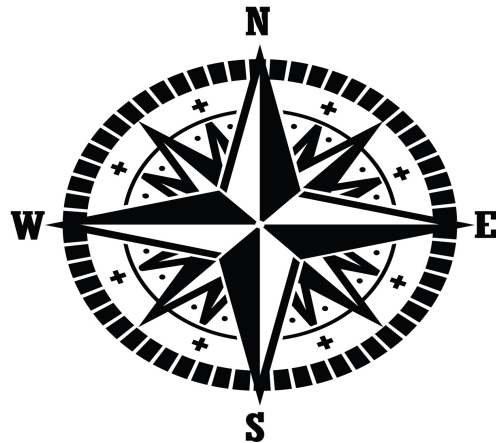
Meaning, Purpose, and Experiential Avoidance as Predictors of Valued Living: A Daily Diary Study

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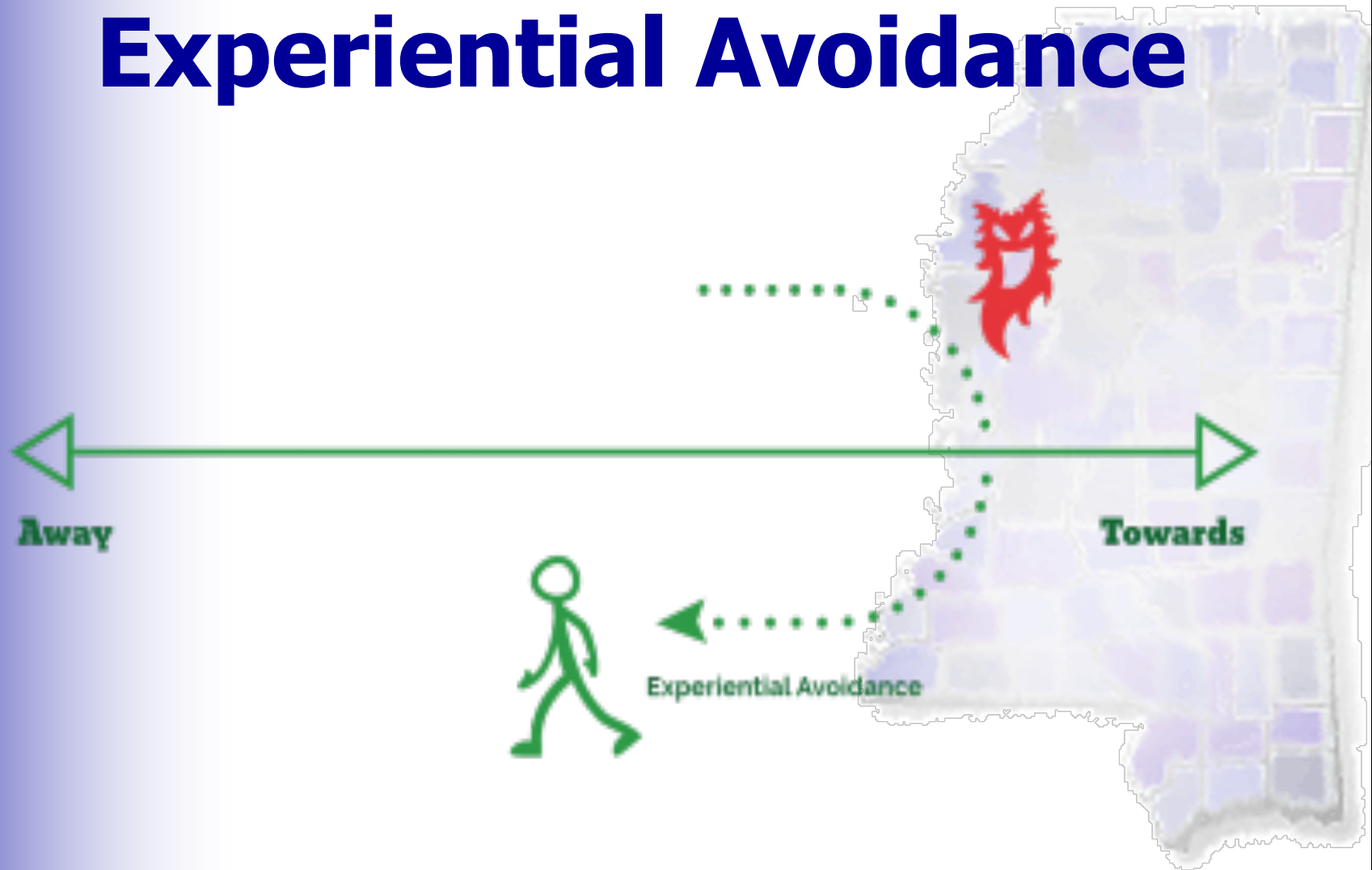
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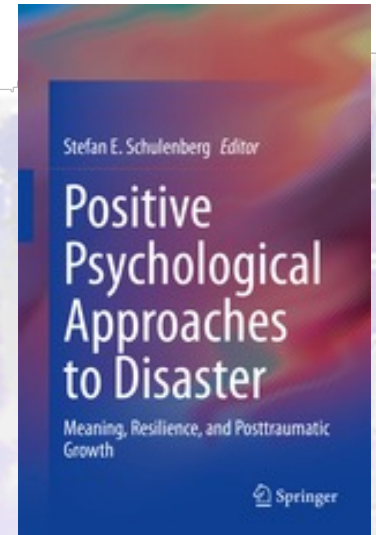
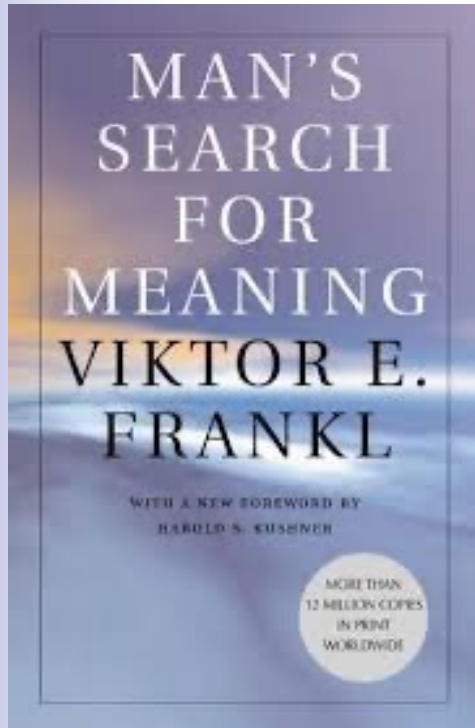
Values



Experiential Avoidance



Meaning in Life



Purpose in Life



Multilevel Methods

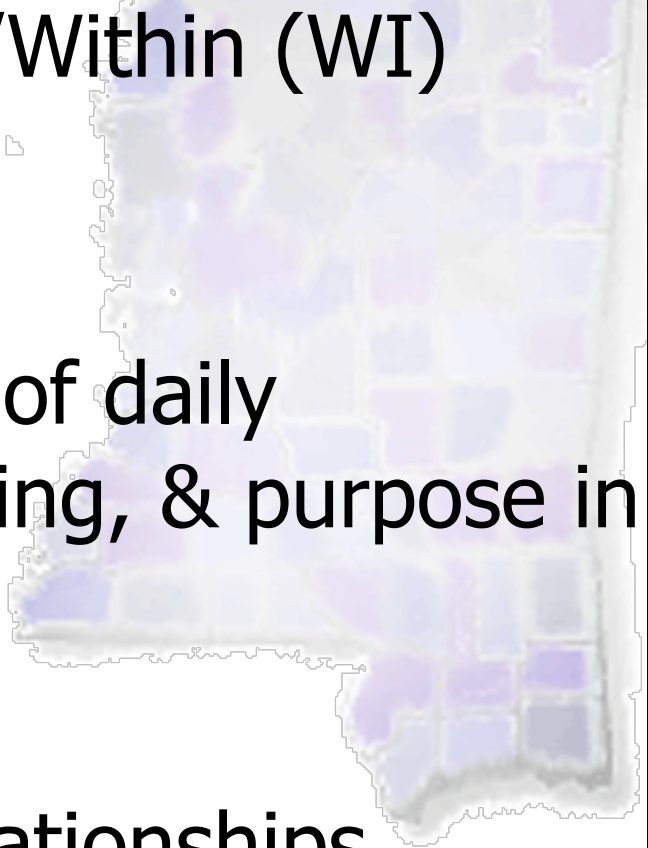


Multilevel Methods

$$ICC = .67$$

Model	Predictor	<i>b</i>	<i>SE</i>	<i>df</i>	<i>t</i>	<i>p</i>
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
- 
- A faint, light-colored map of the state of Mississippi is visible in the background on the right side of the slide. The map shows the state's outline and internal county boundaries.

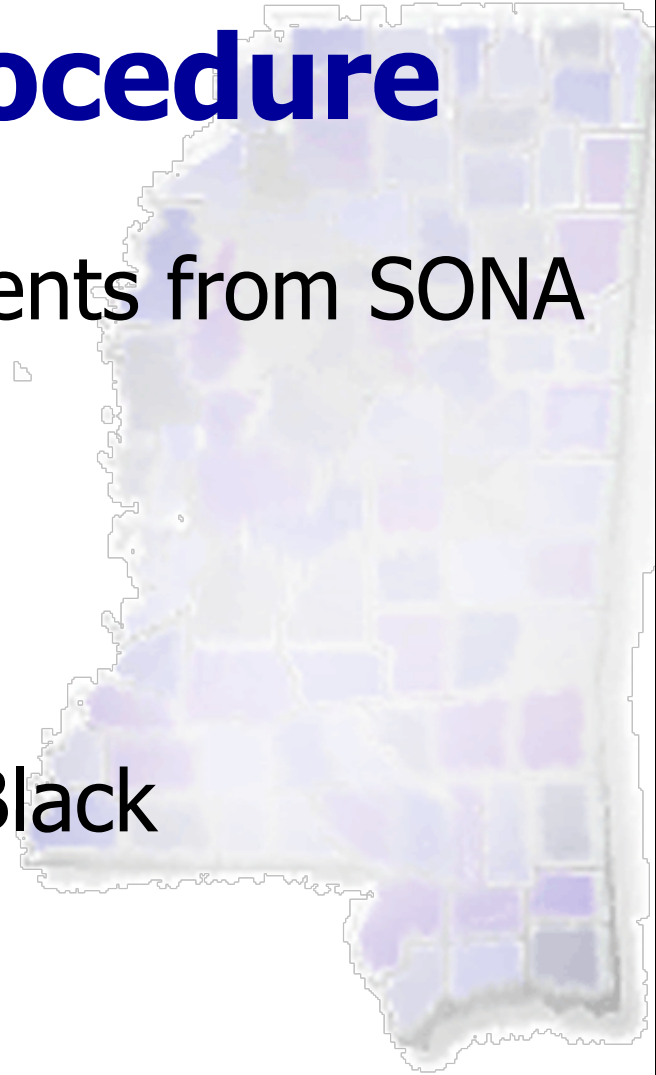
Hypotheses

- 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

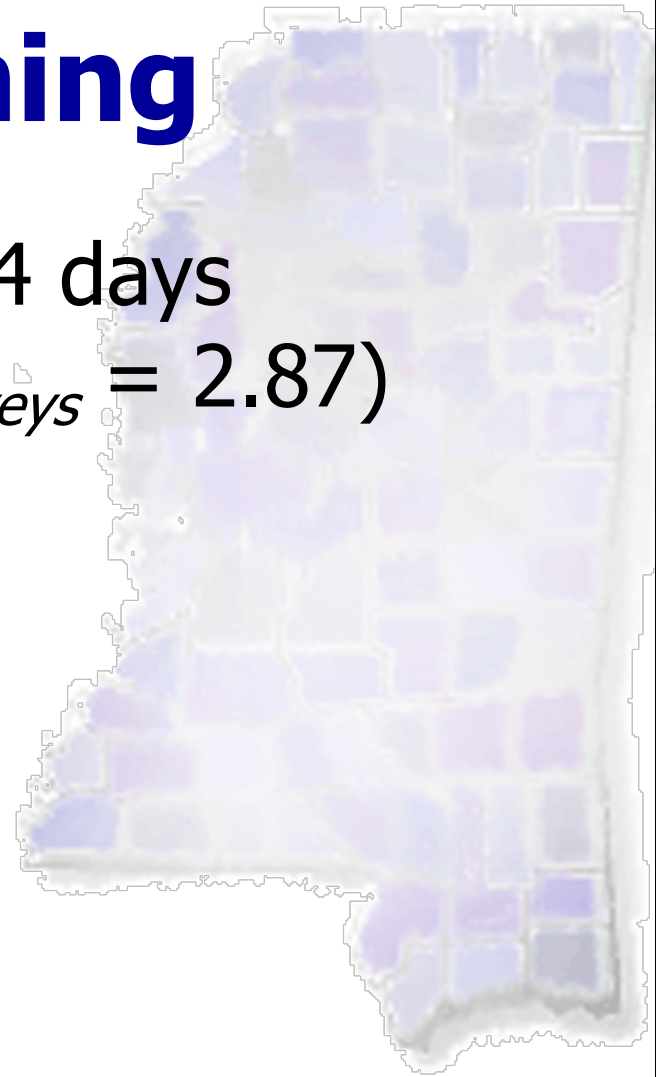
- $M_{\text{age}} = 18.60$
- 65.75% female
- 73.97% White, 20.55% Black



Data Screening

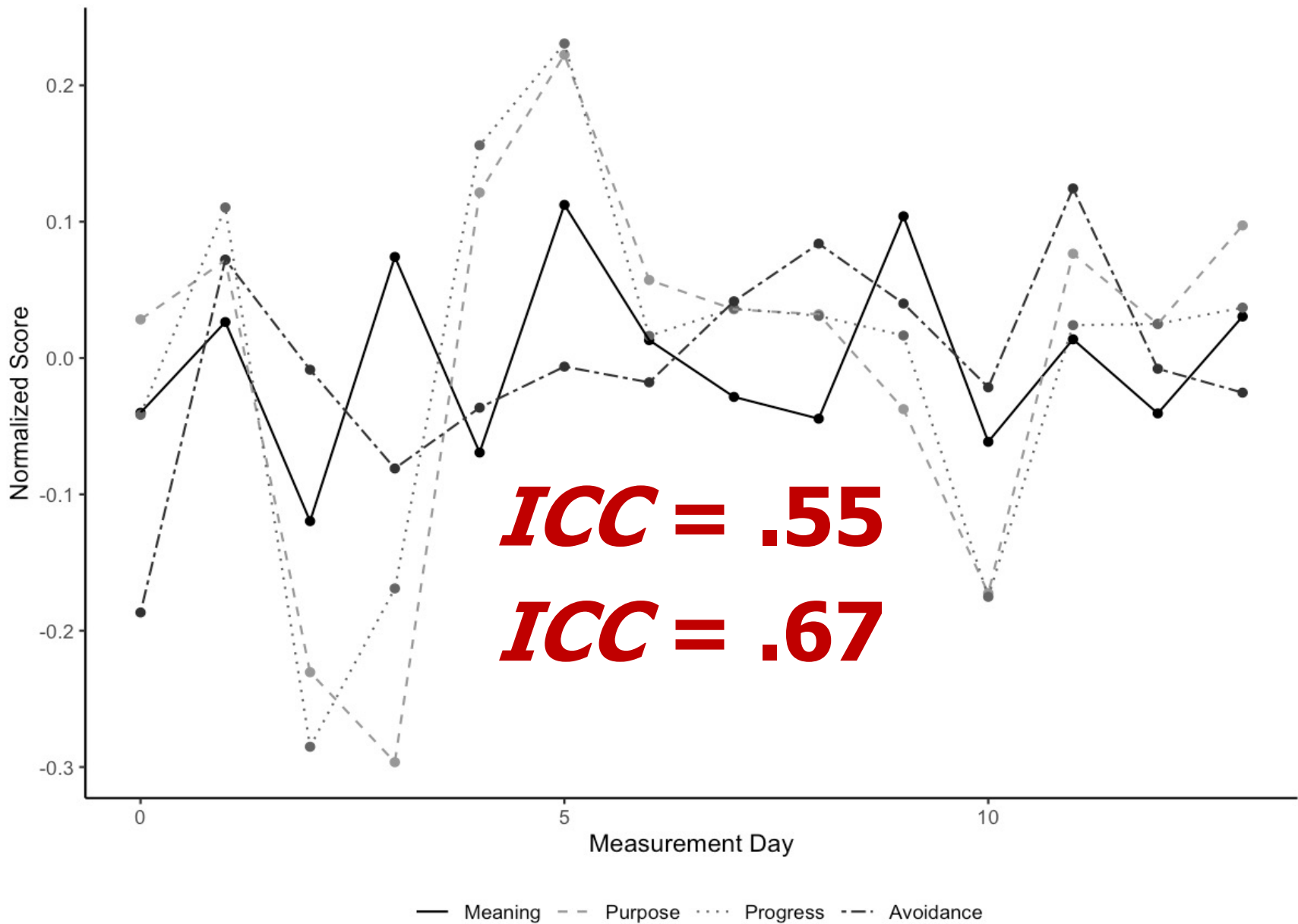
787 surveys over 14 days
($M_{surveys} = 10.84$, $SD_{surveys} = 2.87$)

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

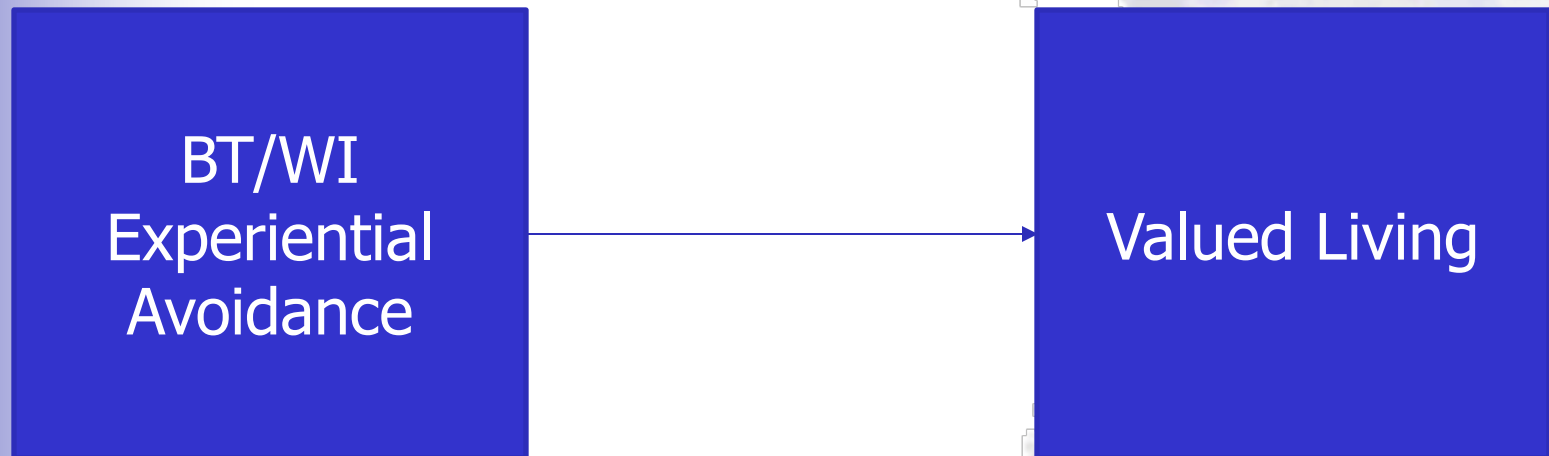




<u>Construct</u>	<u>Measure</u>
<u>Baseline</u> depression, anxiety, stress	Depression, Anxiety, Stress Scale – 21
<u>Daily</u> valued living	Valuing Questionnaire
<u>Daily</u> experiential avoidance	Acceptance and Action Questionnaire – II
<u>Daily</u> meaning in life	Meaning in Life Questionnaire/Claremont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



Hypothesis 2



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

Hypothesis 2

BT/WI
Experiential
Avoidance

BT/WI Meaning
in Life

Valued Living

Within: $b = 0.84, p < .001$

Between: $b = 3.46, p < .001$

$_{pseudo}R^2 = .41$

Hypothesis 2

BT/WI
Experiential
Avoidance

BT/WI
Meaning in
Life

BT/WI
Purpose in
Life

Valued Living



Hypothesis 2

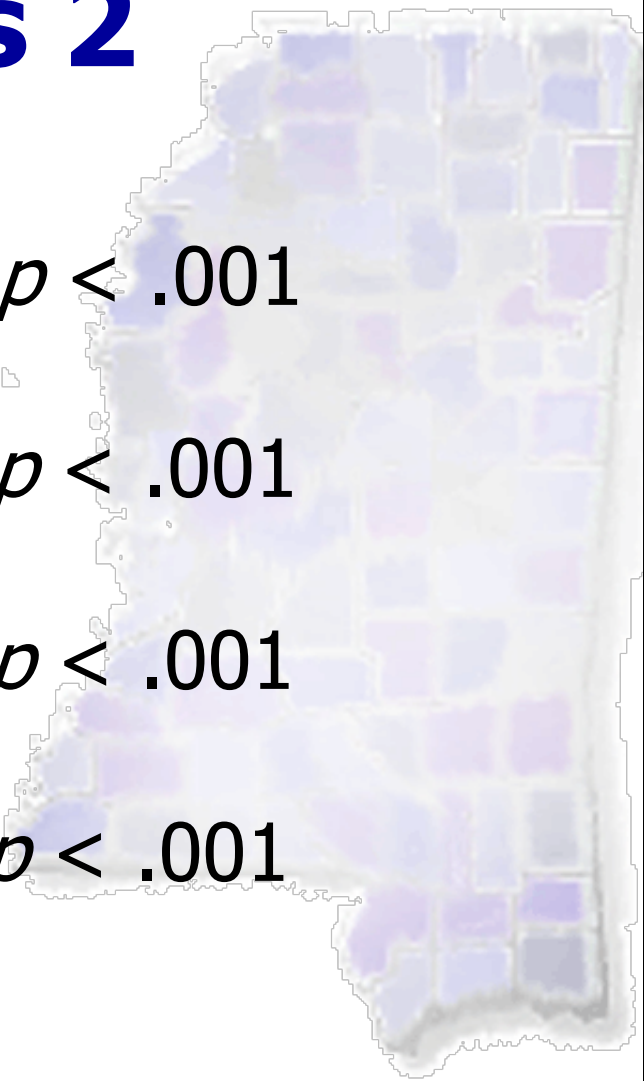
WI Meaning: $b = 0.40, p < .001$

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

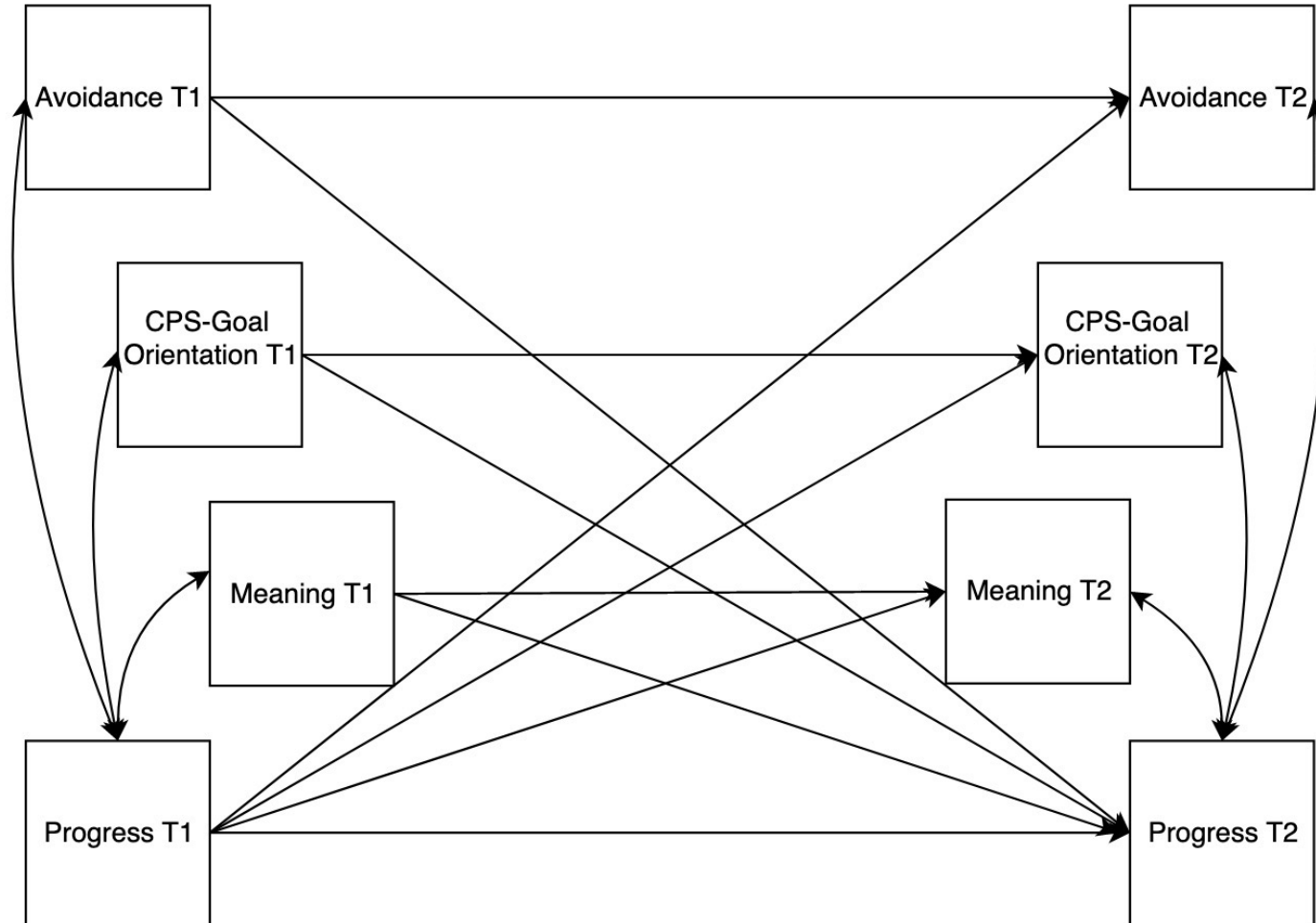
WI Purpose: $b = 0.76, p < .001$

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

$$pseudo R^2 = .57$$



Hypothesis 3

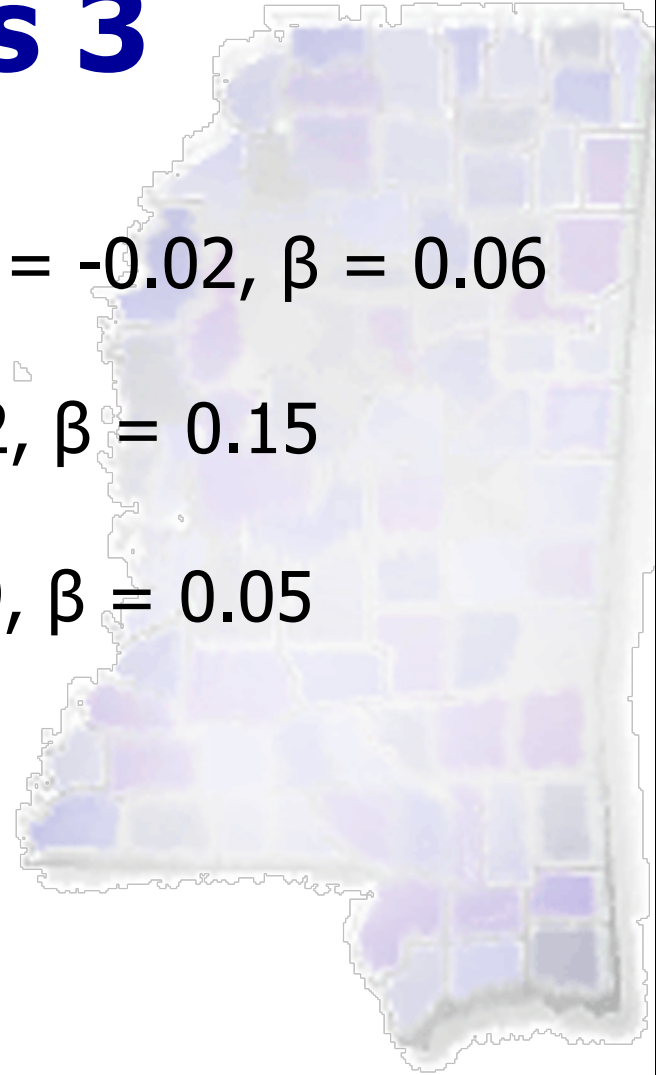


Hypothesis 3

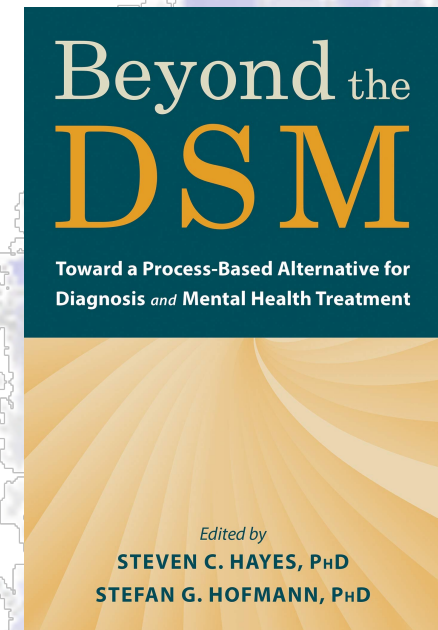
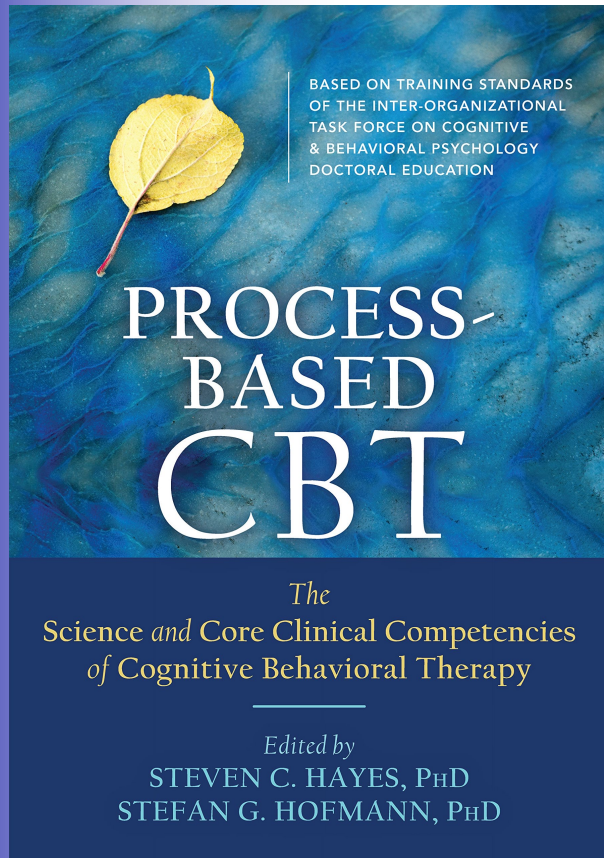
Experiential Avoidance/Values: $\beta = -0.02$, $\beta = 0.06$

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



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