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Growth Mindset and Mental Health Among Users of Positive Psychology Online Platform

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In the past decade, researchers have shown great interest in exploring the neuroplasticity of the brain and the idea that intelligence and personality can change, which is an important contribution to the models of mental health. This research aimed to explore the interconnectedness between mindset, mental health indicators, and depressive symptomatology, as depression is one of the most common mental health problems. Three hypotheses were posed, namely: There is a positive correlation between growth mindset and well-being (H1); Participants with a growth mindset have better mental health on average compared to participants with a fixed mindset (H2); There is a positive correlation between having a fixed mindset and experiencing depressive symptomatology (H3). 874 participants using the Slovene online platform "Positive Psychology for a Better Life" took part in the study. Measures of mindset (revised version of Dweck Mindset Instrument), mental health (Mental Health Continuum-Short Form), and depression (Center for Epidemiologic Studies Depression Scale) were deployed in an online survey. All three hypotheses were confirmed: The more a growth mindset was expressed, the more psychological, emotional, and social well-being was expressed among participants; mental health was better in participants with a growth mindset than in participants with a fixed mindset; and fixed-minded participants were more likely to experience depressive symptomatology. Understanding the construct of mindset is important in various contexts of improving mental health, such as psychotherapy, psychoeducation, and related forms of personal development, as well as in educational settings.

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