



# Examining Grit's Role in Mitigating the Impact of Chronic Pain on Quality of Life and Coping Efficacy in Emerging Adults

## BACKGROUND:

- Psychological grit refers to the tendency to persevere with long-term goals despite facing obstacles or adversity.
- Research suggests that positive psychological factors, such as grit, may significantly impact how individuals persist through challenging experiences like pain.
- Pain is a unique experience within individuals that varies across different populations.
- Current research highlights the associations between pain, grit, and coping mechanisms.
- The specific manifestations of these relationships in emerging adults with chronic pain conditions is not well understood.

## AIM:

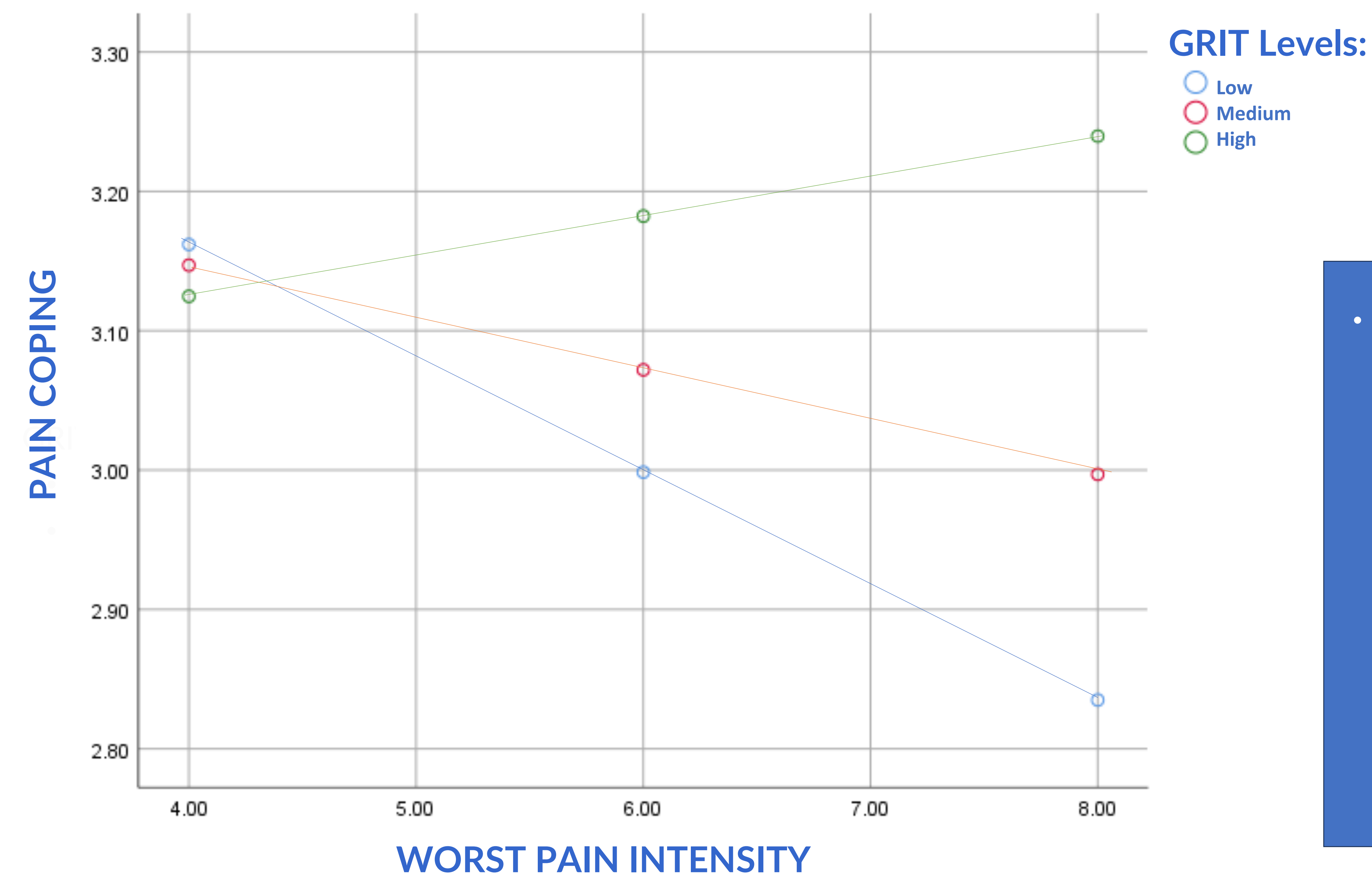
- To investigate the associations between pain, grit, coping mechanisms, and health-related quality of life (HRQoL) in emerging adults with chronic pain conditions.

## METHODS:

- Participants:** 255 emerging adults with chronic pain from undergraduate psychology courses at 3 universities
  - 26.3% freshmen, 81.6% female
  - 75.7% white, 85.1% non-Hispanic
- Measures:** GRIT, HRQoL, and coping effectiveness
- Analysis:** Correlations between pain, HRQoL, coping effectiveness, and GRIT
- One-way ANOVA to assess differences among groups (acute pain and chronic pain)

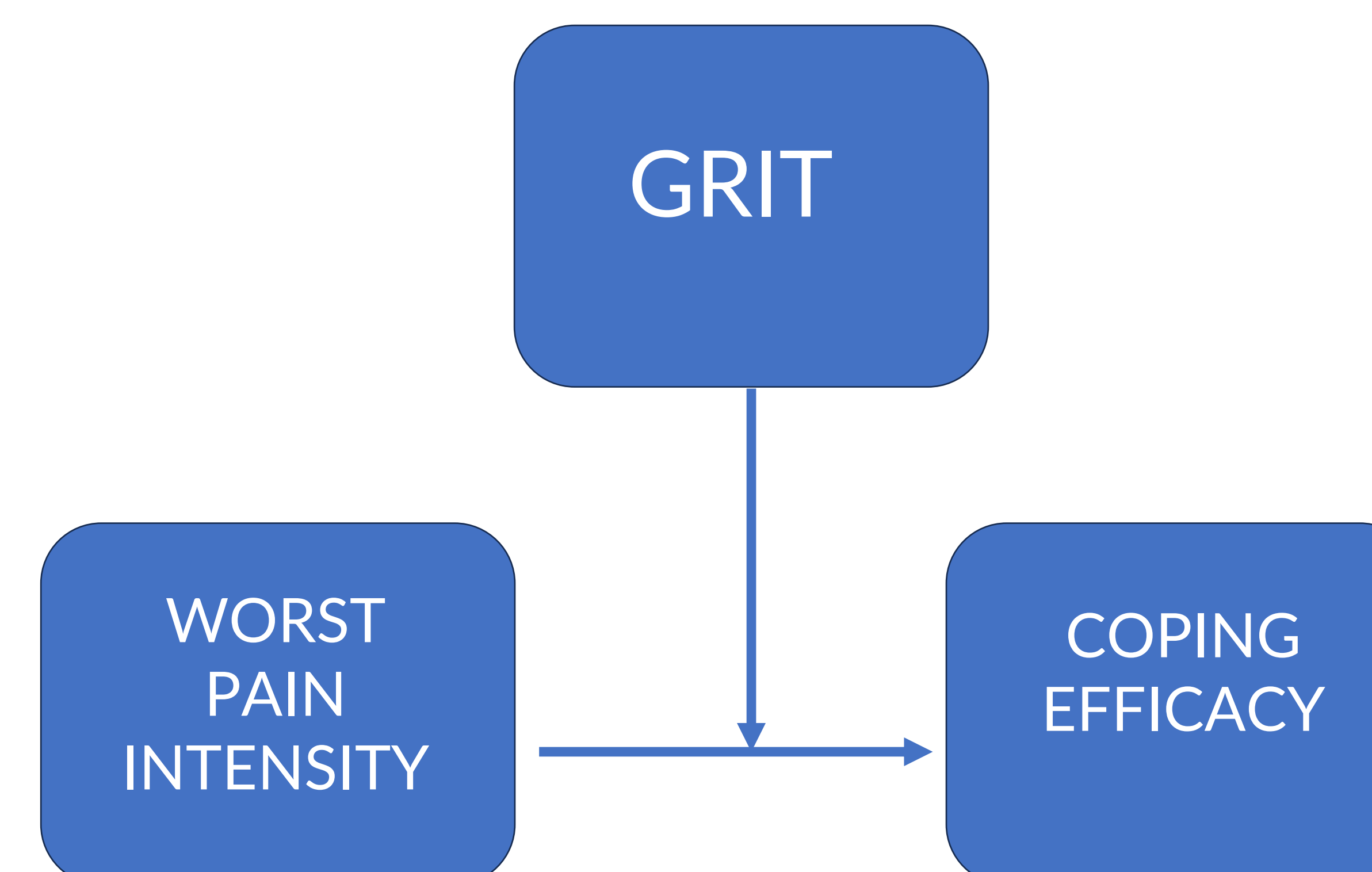
# Higher levels of GRIT are associated with better emotional well-being and general health perception in emerging adults with chronic pain.

Grit Moderating the Effect Between Pain Intensity and Pain Coping



- GRIT **MODERATES** the relationship between worst pain intensity and pain coping efficacy:
  - Higher levels of grit were associated with increased pain coping efficacy with increased pain ( $b = 0.09$ ,  $SE = 0.03$ ,  $p = 0.015$ ).
- Lower levels of grit were associated with decreased pain coping efficacy with increased pain.

Moderation Model



## RESULTS:

Correlations Between GRIT, Coping Efficacy, and Health-Related Outcomes

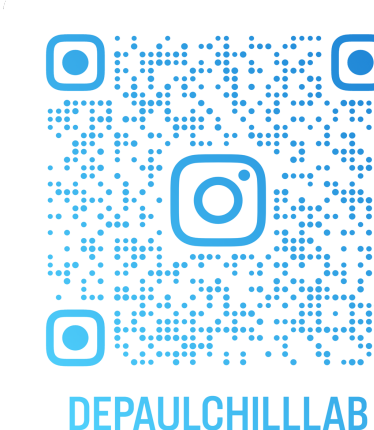
Variables	GRIT	Coping Efficacy
Emotional Well Being	0.392	0.168
General Health Perceptions	0.345	0.201

## Chronic Pain Participants:

- Higher Coping Efficacy:** Associated with greater emotional well-being ( $p = 0.008$ ) and improved general health perception ( $p = 0.001$ ).
- Higher GRIT:** Linked with increased emotional well-being ( $p < 0.001$ ) and improved general health perception ( $p < 0.001$ ).

## DISCUSSION:

- Findings suggest coping and GRIT may be related to emerging adults' HRQoL.
- Understanding how emerging adults navigate pain and adversity is vital.
- The moderation suggests that GRIT acts as a protective factor, allowing individuals to maintain or even enhance their coping abilities in the presence of increased pain intensity.
- Shedding light on these associations aims to inform GRIT and coping efficacy interventions and support systems for this unique population.



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