

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)



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

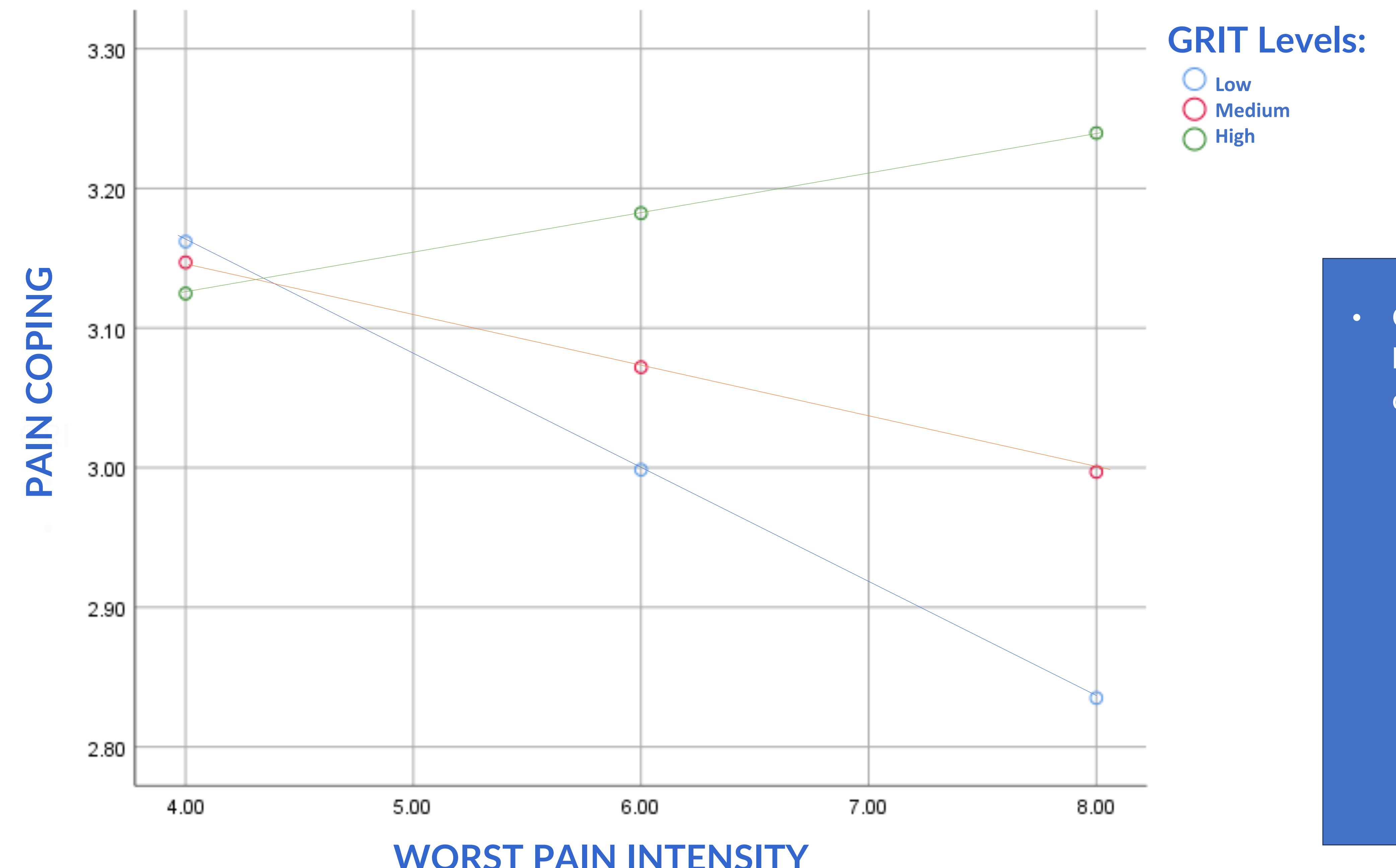
Chronic Pain Participants:

- **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.

Grit Moderating the Effect Between Pain Intensity and Pain Coping

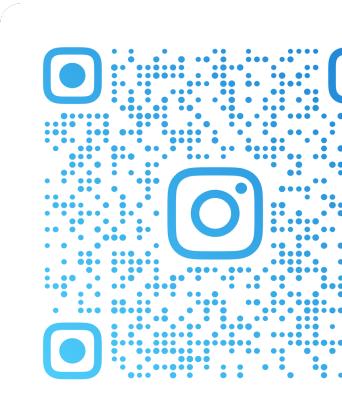
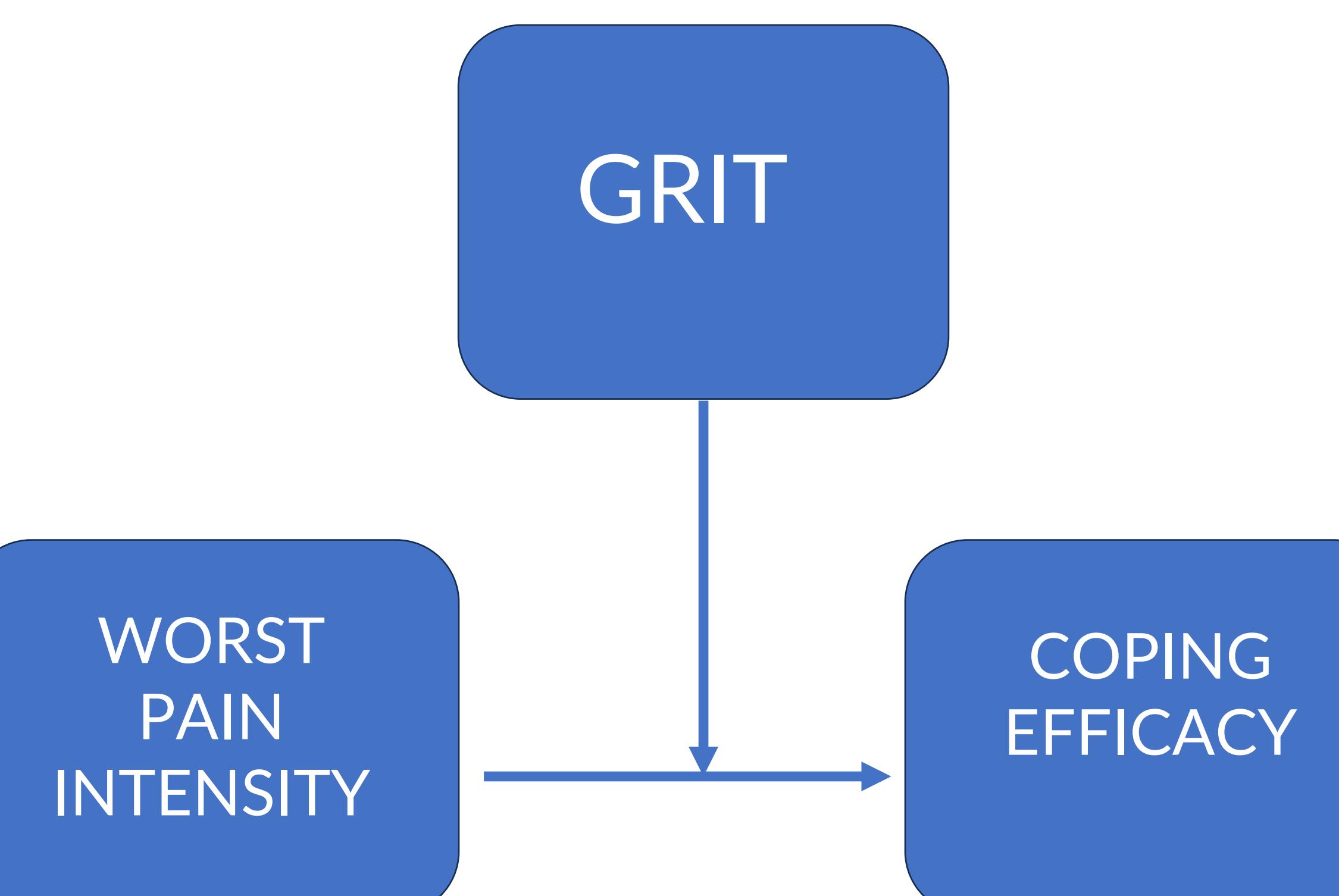


GRIT Levels:

- Low
- Medium
- High

- **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



Keep Up with the CHILL Lab:



Connect with Me:
kmccrac1@depaul.edu
 X- @kmccracken_