Researching Resilience Across Cultures and Contexts

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Nature or Nurture, or Both?

- Wellbeing is only partially accounted for by individual qualities like:
  - temperament
  - personality type
  - neurophysiology
  - genetic predispositions
  - cognitive skills
  - intelligence
Nature or Nurture, or Both?

Research shows that the cumulative impact of individual traits typically account for much less of a child’s wellbeing than systemic factors like:

- The quality of a child’s family
- School
- Community
- Social policies
Why do children do well under adversity?

- Example: Henry Kempe and the battered child syndrome (1962)
- Obesity
- Trauma
Psychological Resilience is...

- In the context of exposure to significant adversity
- Resilience is the capacity of individuals to navigate their way to the psychological, social, cultural, and physical resources that sustain their well-being, and...
- Their capacity individually and in groups to negotiate for these resources to be provided...
- In culturally meaningful ways.
In the context of above normal exposure to adversity ($\Sigma A > \text{average } A$ for a population):

$$R_{1, 2, 3...} = f(P_{SC}, E) \frac{O_{Av}, O_{Ac}}{(M)}$$
Research Sequence

1. Qualitative Contextualization
2. Quantitative First Administration of Standardized Measures
3. Qualitative Participatory Research (mobilization for action)
4. Quantitative Longitudinal Data Collection (Second Administration)
5. Qualitative Data Gathering (Interviews, visual methods, etc.)
Figure One: A Three Stage Reciprocal Coping Process

- **Individual Coping Strategies**
- **Engagement with Social Supports**
- **Engagement with Formal Service Providers**
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Contextual Risk

Individual Risk

Service Use Experience

Lifetime Service Use Accumulation

Resilience

Functional Outcomes

* $p < .005$

** $p < .05$
Contextual Risk

Individual Risk

Service Use Experience

Life time Service Use Accumulation

Resilience

Functional Outcomes

-.37*

-.17*

-.38*

-.21*

.18*

-.38*

-.14

.53*

.33*

.07

-.30*
Resilience

Contextual Risk

Individual Risk

Service Use Experience

Life time Service Use Accumulation

Resilience

-0.37*

-0.17*

-0.38*

-0.14

-0.21*

-0.30*

-0.03

-0.07

-0.33*

-0.53*

-0.37*

-0.30*

-0.13
Service Use Experience

Functional Outcomes

Resilience

.33*

.37*
For further details:


Thank you!

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