

THE EFFECTS OF COGNITIVE APPRAISAL AND COPING FLEXIBILITY ON EMOTIONAL OUTCOMES



Centre for Family and Population Research
Faculty of Arts & Social Sciences

When environmental or internal demands exceed our competence, we experience stress. Under stress, some individuals fall into negative emotional outcomes, but others achieve adaptive outcomes. It is thus crucial to investigate the factors that facilitate individuals to deal with stress effectively. Although there are various types of coping strategies, it is important for individuals to deploy different coping strategies in different situations to accomplish different coping goals. This ability is conceptualised as coping flexibility. Research has also shown that adaptations reply more on subjective interpretation than objective stressful events. Threat/challenge appraisal reflects individuals' negative or positive interpretation of stress. This paper deployed one correlational study and two experimental studies to examine the mechanism regarding how threat/challenge appraisal and coping flexibility affect university students' emotional outcomes under stress. The three studies revealed a conceptual model with two mediators and two paths. In this talk, Dr. Chen will discuss the ways to promote adaptive coping behaviours and to achieve adaptive outcomes.

Dr. Luxi CHEN received her Ph.D. in Psychology in 2017 from Nanyang Technological University, Singapore. She is currently a postdoctoral fellow in the Centre for Family and Population Research (CFPR) in National University of Singapore, working for the Singapore Longitudinal Early Development Study (SGLEADS). Her research interests lie primarily in the area of cognitive and socioemotional development, with a focus on self-regulation and family process. In particular, she is interested in investigating the protective factors to promote psychological well-being and different developmental outcomes in socially disadvantaged populations.



chaired by: **Dr Ryan Hong, Associate Professor,**
Department of Psychology, NUS

Date: **12 October 2018** | Time: **12.00NN - 1.30pm**

venue: **ventus evans room**

refreshments will be served. register at: **<https://tinyurl.com/y7rzc8fk>**