

**2017-2020 PHD RESEARCH**  
**JOSEPH PETTIT – PSYCHOLOGY: RESILIENCE**

## **OVERVIEW OF RESEARCH PROJECT**

- To develop a measurement tool of resilience that captures the mechanisms and domains of the concept.
- To examine the effects an expedition has on these mechanisms and domains of resilience.
- To introduce an intervention from this measurement tool to improve or mitigate for a mechanism or domain deficiency of resilience in those going on expedition.

## **WHAT IS RESILIENCE?**

For our study, resilience is defined as a pro-active and reactive process (e.g. Bryan et al., 2017) in which an individual can anticipate, plan for, manage, and recover from a variety of adverse circumstances. Resilience can occur in a physical, cognitive, social, or emotional domain.

It can be broken down into four mechanisms: awareness and *anticipation* of an upcoming stressor, the ability to plan for and *minimize* its impact, coping and *managing* during it, and the capacity to recover and *mend* following the stressful event (Alliger et al., 2008; 2015; Chen et al., 2015). Resilience can also be broken down by its domains:

**Physical:** The ability to anticipate, plan for, manage and recover from adversity affecting physical health, performance and function.

**Cognitive:** The ability to anticipate, plan for, manage and recover from adversity affecting decision making, memory, attention and mental function.

**Social:** The ability to anticipate, plan for, manage and recover from adversity affecting relationships, teamwork, social isolation and function.

**Emotional:** The ability to anticipate, plan for, manage and recover from adversity affecting emotional regulation, stability and function.

## **CURRENT STATUS**

At present, a measurement tool called the **Resilience Process Scale (RPS)** is being developed to capture resilience by all its mechanisms and domains that could be the most

practically informative for those going on expedition throughout the PhD project, which can be correlated with physiological data gained from Daniel Hill and lead to bespoke interventions.

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