



Factor Analysis Indicates Resilience as Aspect of Meta-Mood Experience

Kai Okagawa, Yuhan Bi, Michal Newhouse-Van Vlerin, Orei Odents,

Fitsum A. Ayele, and Kimberly A. Barchard

University of Nevada, Las Vegas

Trait meta-mood scale

1. I try to think good thoughts no matter how badly I feel.
2. People would be better off if they felt less and thought more.
3. I don't think it's worth paying attention to your emotions or moods.
4. I don't usually care much about what I'm feeling.
5. Sometimes I can't tell what my feelings are.
6. I am rarely confused about how I feel.
7. Feelings give direction to life.
8. Although I am sometimes sad, I have a mostly optimistic outlook.
9. When I am upset I realize that the "good things in life" are illusions.
10. I believe in acting from the heart.
11. I can never tell how I feel.
12. The best way for me to handle my feelings is to experience them to the fullest.
13. When I become upset I remind myself of all the pleasures in life.
14. My beliefs and opinions always seem to change depending on how I feel.
15. I am often aware of my feelings on a matter.
16. I am usually confused about how I feel.
17. One should never be guided by emotions.
18. I never give in to my emotions.
19. Although I am sometimes happy, I have a mostly pessimistic outlook.
20. I feel at ease about my emotions.
21. I pay a lot of attention to how I feel.
22. I can't make sense out of my feelings.
23. I don't pay much attention to my feelings.
24. I often think about my feelings.
25. I am usually very clear about my feelings.
26. No matter how badly I feel, I try to think about pleasant things.
27. Feelings are a weakness humans have.
28. I usually know my feelings about a matter.
29. It is usually a waste of time to think about your emotions.
30. I almost always know exactly how I am feeling.

The Meta-mood experience

- Individuals differ in emotional intelligence through the *meta-mood experience*
 - Process of realizing on-going mood-related information and then reflecting on and regulating the information.
- Emotional intelligence
 - The ability to identify their and others' emotions, regulate their feelings, and use those feelings to motivate adaptive social behavior (Salovey et al., 1995)

Three- vs four-factor models

Item	Factor 1	Factor II	Factor III
Factor 1: Attention to Feelings			
38 I don't pay much attention to my feelings.	0.75	-0.13	0.03
31 I never give into my emotions.	0.65	-0.3	-0.3
8 I don't usually care much about what I'm feeling.	0.63	0.01	0.01
29 One should never be guided by emotions.	0.62	-0.13	-0.08
46 It is usually a waste of time to think about your emotions.	0.58	-0.11	-0.11
4 People would be better off if they felt less and thought more.	0.52	0.05	-0.13
44 Feelings are a weakness humans have.	0.49	-0.18	-0.1
7 I don't think it's worth paying attention to your emotions or moods.	0.46	0	-0.21
14 I don't let my feelings interfere with what I am thinking.	0.39	0.25	0.2
47 When I am happy I sometimes remind myself of everything that could go wrong.	0.36	-0.14	-0.33
34 It's important to block out some feelings in order to preserve your sanity.	0.16	-0.14	0.05
20 When I am happy I realize how foolish most of my worries are.	-0.12	0.11	0.07
13 I think about my mood constantly.	-0.31	-0.3	-0.28
25 I usually have lots of energy when I'm happy.	-0.34	-0.04	0.3
21 I believe it's healthy to feel whatever emotion you feel.	-0.36	0.25	0.06
15 Feelings give new direction to life.	-0.4	-0.06	-0.19
22 The best way for me to handle my feelings is to experience them to the fullest.	-0.4	0.15	0.05
36 When I'm in a good mood, I'm optimistic about the future.	-0.43	-0.02	0.37
18 I believe in acting from the heart.	-0.44	-0.18	-0.01
41 I often think about my feelings.	-0.69	-0.08	-0.23
35 I pay a lot of attention to how I feel.	-0.76	0.02	0
Factor 2: Clarity of Feelings			
42 I am usually clear about my feelings.	-0.09	0.77	0.15
12 I am rarely confused about how I feel.	0.28	0.66	0.09
48 I almost always know exactly how I'm feeling.	0.07	0.65	0
33 I feel at ease about my emotions.	-0.1	0.58	0.29
45 I usually know my feelings about a matter.	-0.11	0.58	0.22
26 I am often aware of my feelings on a matter.	-0.25	0.44	0.2
11 I have lots of energy when I feel sad.	0.05	0.29	-0.09
1 The variety of human feelings makes life more interesting.	-0.2	0.2	-0.07
27 When I'm depressed, I can't help but think bad thoughts.	-0.01	-0.32	-0.22
5 I usually don't have much energy when I'm sad.	0.02	-0.42	0.03
24 My beliefs and opinions always seem to change depending on how I feel.	0.08	-0.45	-0.22
19 I can never tell how I feel.	0.21	-0.5	-0.12
9 Sometimes I can't tell what my feelings are.	-0.06	-0.64	-0.07
28 I am usually confused about how I feel.	0.06	-0.68	-0.11
37 I can't make sense out of my feelings.	0.1	-0.7	-0.11
Factor 3: Mood Repair			
16 Although I am sometimes sad, I have a mostly optimistic outlook	-0.09	0.2	0.72
43 No matter how badly I feel, I try to think about pleasant things.	0.04	0.17	0.57
23 When I become upset I remind myself of the pleasures in life.	0.08	0.19	0.56
2 I try to think good thoughts no matter how badly I feel.	0.04	0.16	0.56
10 If I find myself getting mad, I try to calm myself down.	-0.01	-0.1	0.35
40 I never worry about being in too good a mood.	-0.23	0.13	0.34
3 I don't have much energy when I am happy.	-0.02	0.01	-0.19
6 When I am angry, I usually let myself feel that way.	-0.22	0.12	-0.32
39 Whenever I am in a bad mood, I am pessimistic about the future.	0.12	-0.33	-0.34
30 If I'm in too good a mood, I remind myself of reality to bring myself down.	0.32	0.15	-0.37
17 When I am upset I realize that the 'good things in life' are illusions.	0.05	0.29	-0.49
32 Although I am sometimes happy, I have a mostly pessimistic outlook.	0.29	0.15	-0.74

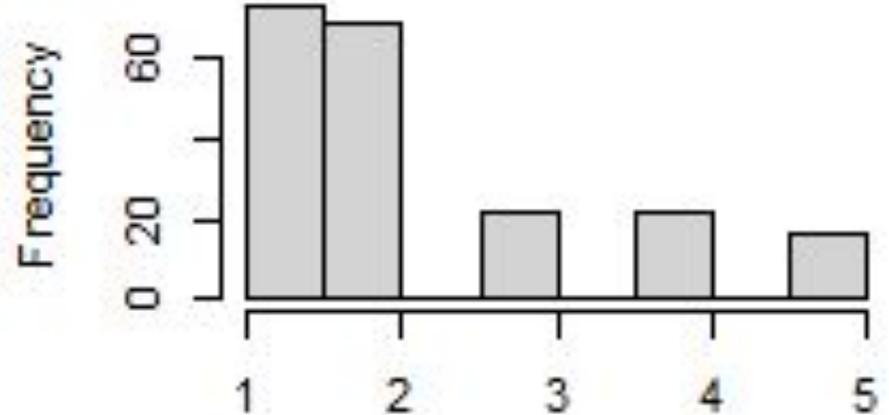
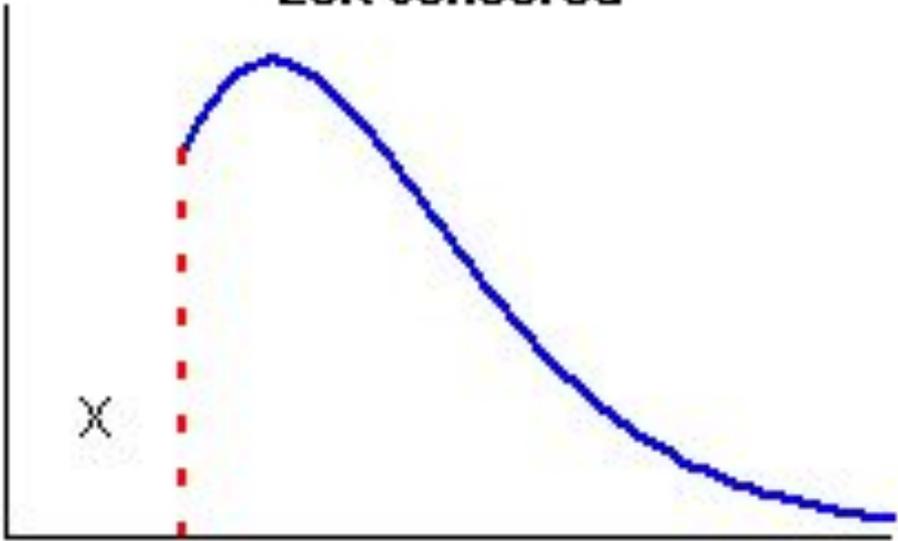
Item	Factor 1	Factor 2	Factor 3	Factor 4
30	0.848			
25	0.820			-0.111
16	0.752			0.197
5	0.736			
28	0.699	0.119		
6	0.682	-0.122		
15	0.576	0.172		-0.117
22	0.574			0.219
20	0.434		0.335	0.227
11	0.338	0.246		0.284
29		0.720		0.136
17		0.705		
23	0.184	0.655	-0.123	-0.106
24		0.645		-0.425
21	0.174	0.629		-0.327
18		0.581		0.116
2		0.560	-0.183	0.206
7		0.556	0.254	-0.250
27		0.553		0.273
4		0.551		
10		0.544	0.209	-0.150
3		0.457		0.242
12		0.296	0.183	-0.229
26		-0.135	0.798	
1			0.741	
13		-0.125	0.707	
8		0.174	0.534	0.369
14	0.212			0.666
9	0.170		0.188	0.580
19		0.197	0.378	0.516

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*Although the factor structure of the
TMMS has been evaluated numerous times,
no published research has evaluated the
TMMS while accounting for...
censored data.*

Censored data

Left censored



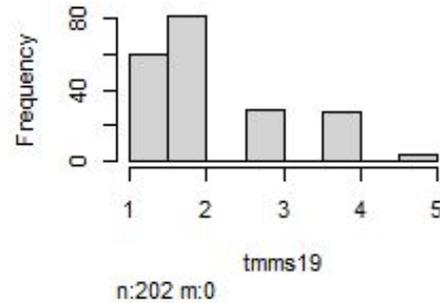
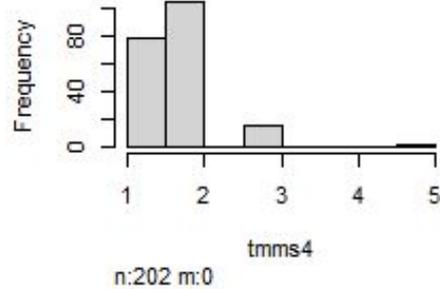
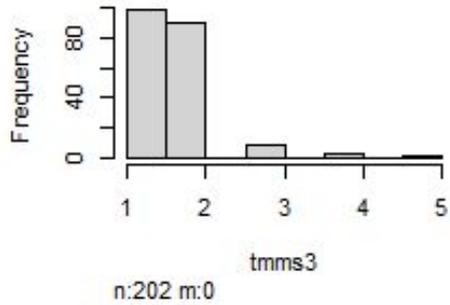
I spend an excessive amount of time on the internet

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Our research aims to compare the one-factor, three-factor, and four-factor models to find out which one best fits the TMMS when we assume participants have censored values on some items.



Method



Results

Table 5

Goodness of Fit Indices for the Three Models

Fit Indices	One-Factor	Three-Factor	Four-Factor
AIC	15085.95	14600.01	14039.43
BIC	15689.80	15237.41	14706.99

Note. AIC = Akaike Information Criterion; BIC = Bayesian Information Criterion.

Figure 1

Confirmatory Factor Analysis for One-factor Model

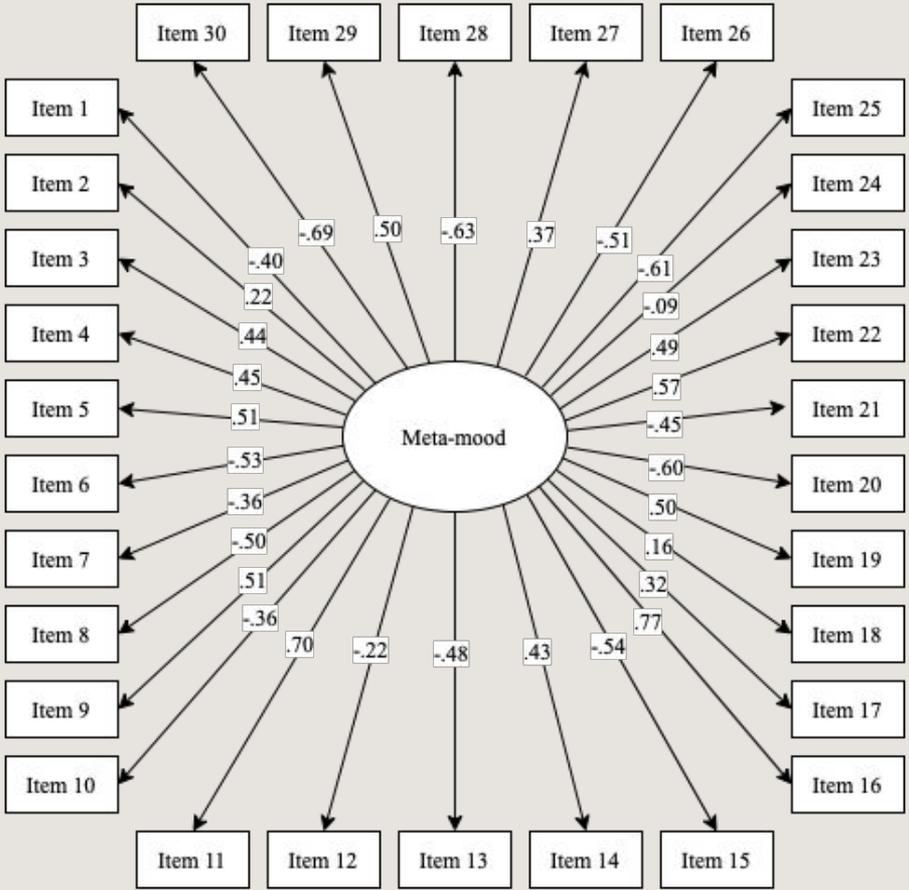


Figure 2

Confirmatory Factor Analysis for Three-factor Model

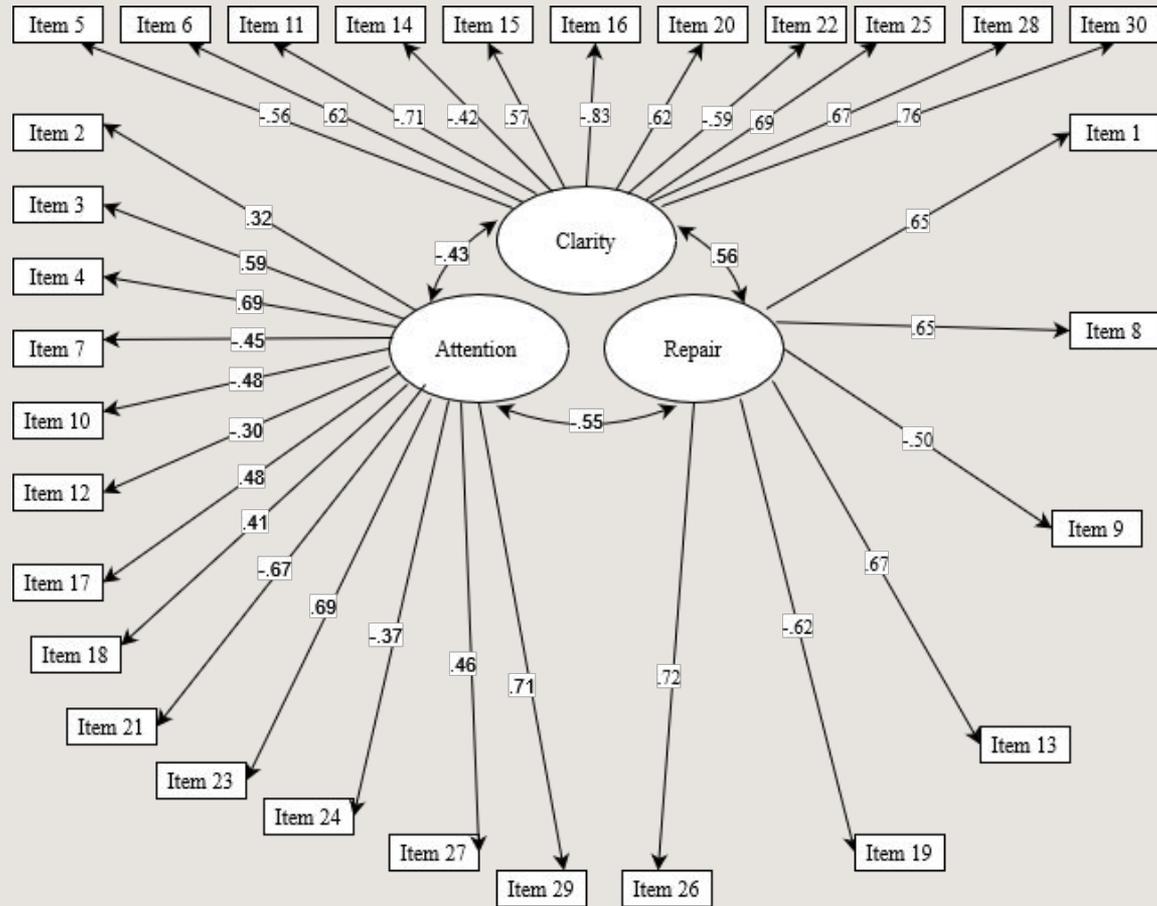
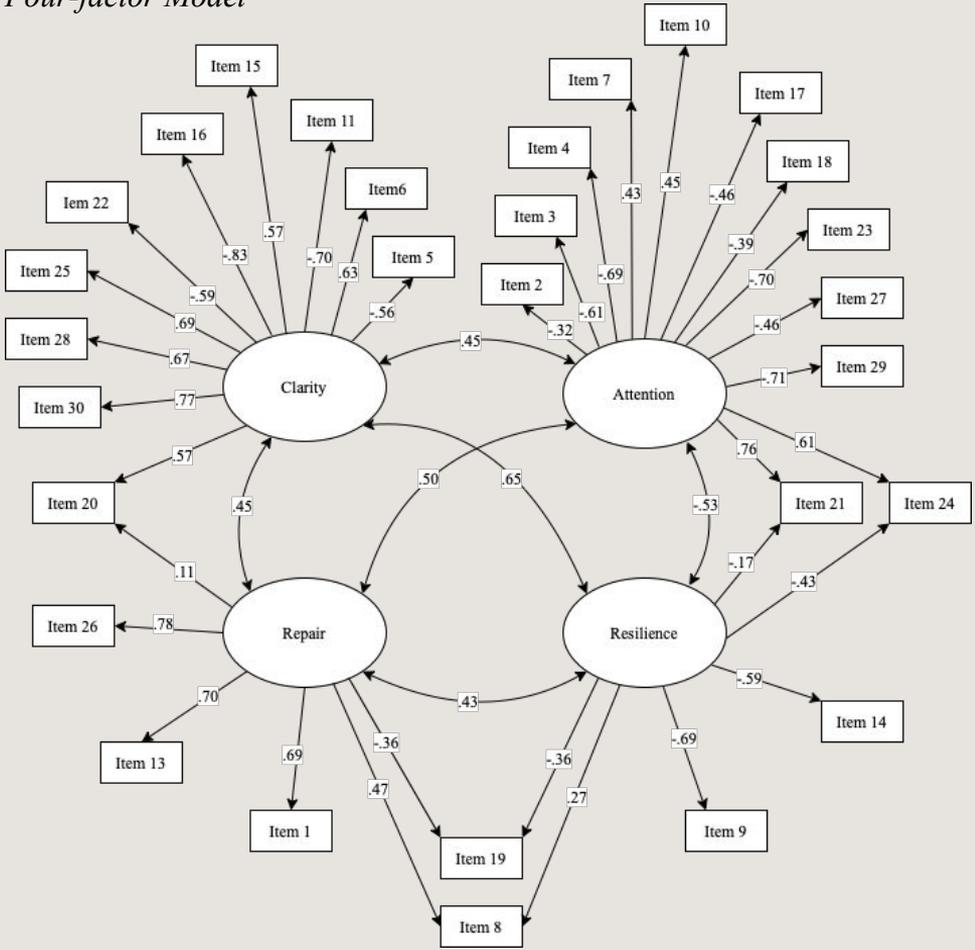


Figure 3

Confirmatory Factor Analysis for Four-factor Model



Discussion

- Replicated and provided additional support for Palmer et al.'s four-factor model while accounting for censoring
- We named the fourth factor Emotional Resilience
- Researchers using the TMMS could calculate subscales based upon this four-factor model
- Limitations
 - Average participant age of 22.7 years
 - A large portion of our sample's ethnicity was caucasian and female
 - Only AIC and BIC scores
- Recommendations
 - Subscales should exclude weak item-factor loadings
 - Researchers can account for censored values that may be present in these subscales

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Thank you for listening!

Do you have any questions?