

A Network Perspective on the Relationship between Life Satisfaction and Depression

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March 8, 2019

Goals

1. Introduce the Construct of Life Satisfaction (LS)
2. Review research on the relationship between LS and depression (D) and the clinical utility of the Satisfaction with Life Scale (SWLS)
3. Present a “traditional” study of the relationship between LS and D
4. Present a network study of the relationship between LS and D symptoms

Life Satisfaction (or Satisfaction with Life)

1. Emerged in the 1980s
1. Refers to “a cognitive and global evaluation of the quality of one’s life as a whole” (Pavot & Diener, 2008).
1. Conceptualized as one component of the broader construct of subjective well-being or happiness (i.e., the judgement/cognitive component).
1. Most often assessed with the Satisfaction with Life Scale (SWLS).

Satisfaction with Life Scale

1. In most ways my life is close to my ideal.
2. The conditions of my life are excellent.
3. I am satisfied with my life.
4. So far I have gotten the important things I want in life.
5. If I could live my life over, I would change almost nothing.

1= Strongly disagree; 4 = Neither agree nor disagree; 7 = Strongly agree

Life Satisfaction and Depression

Correlations range from $-.37$ to $-.57$

It has been suggested that the assessment of life satisfaction in clinical settings could complement the traditional focus on distress and symptoms of dysfunction and that interventions should ideally increase positive experiences related to life satisfaction in addition to reducing distress.

Study 1: Methods

***Sample:** Outpatients ($N = 123$) referred to psychiatrists at the Royal University Hospital

Age = 18-65 years of age

Primary Diagnoses = Depressive disorders, anxiety disorders, and/or adjustment disorder

Exclusion criteria = psychosis, bipolar disorder, eating disorder, substance abuse or dependence, somatoform disorders, ADAD, neurological disorders

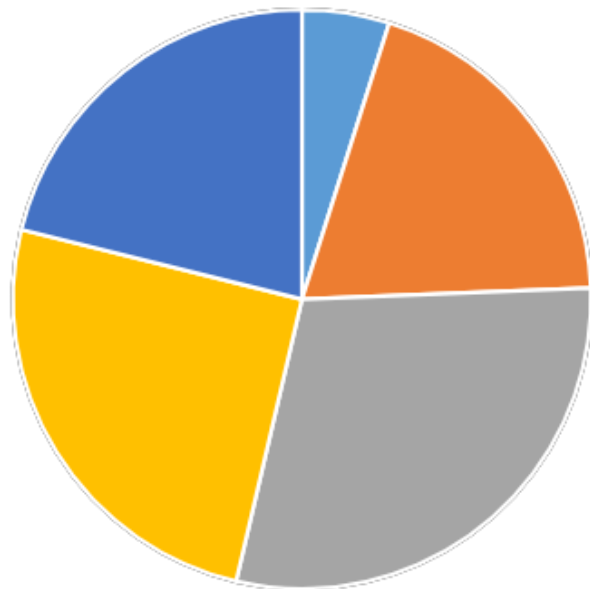
Measures: Satisfaction with Life Scale (SWLS; $\alpha = .86$) and Patient Health Questionnaire 9 (PHQ-9; $\alpha = .87$)

Analyses: SPSS and JASP

*Adams et al. (2017). Relationships between patients' attachment characteristics and view and use of psychiatric treatment. *Psychiatry Research*, 256, 194-201.

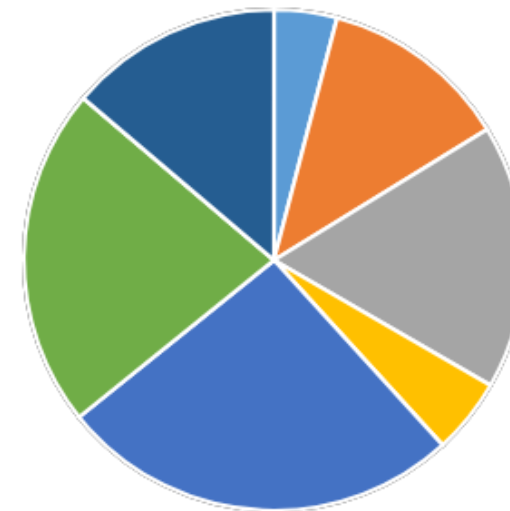
Descriptive Statistics

Depression



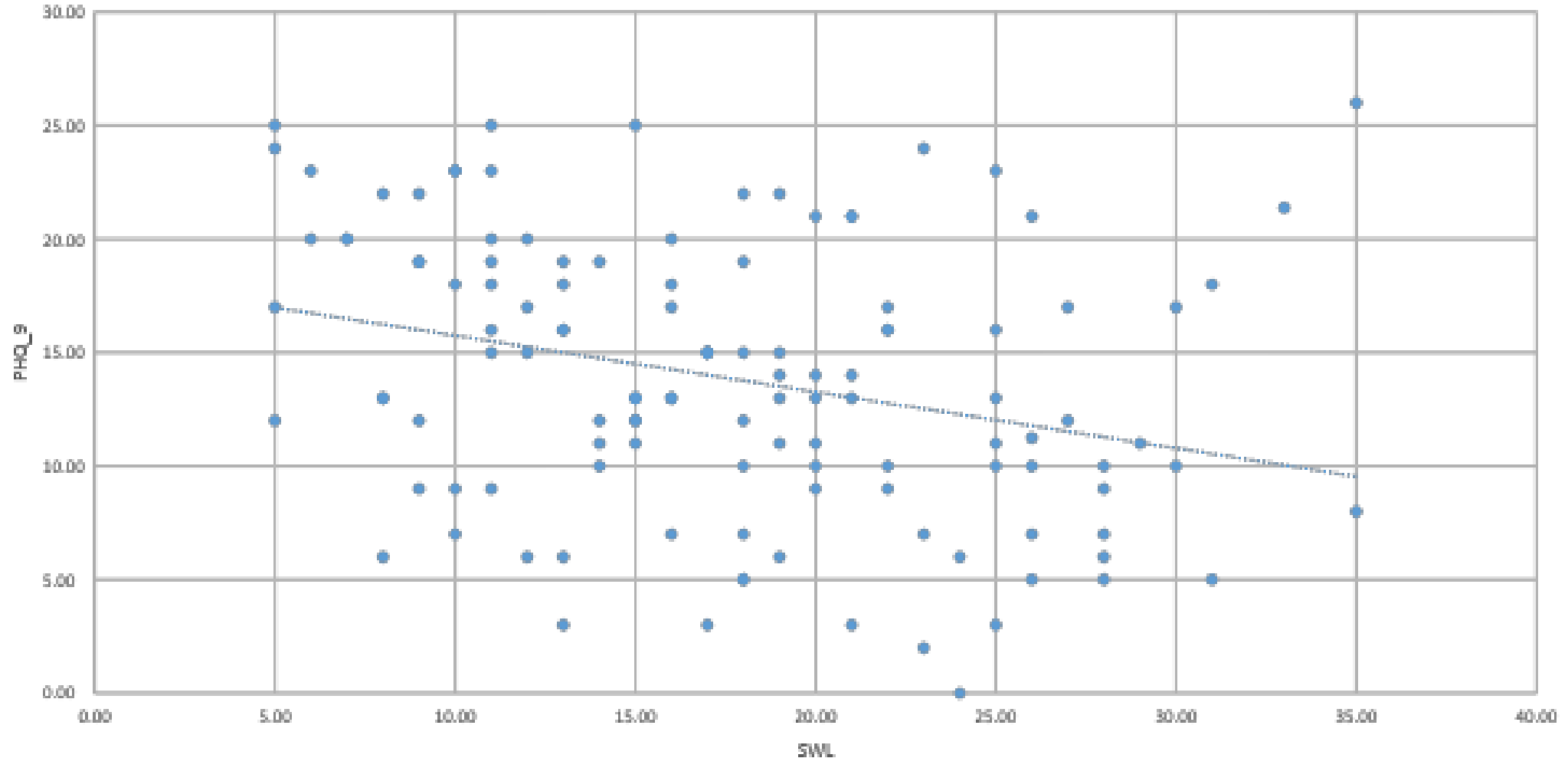
- none (0-4)
- minimal (5-9)
- mild (10-14)
- moderate (15-19)
- severe (20 plus)

Satisfaction



- extremely satisfied (31-35)
- satisfied (26-30)
- slightly satisfied (21-25)
- neutral (20)
- slightly dissatisfied (15-19)
- dissatisfied (10-14)
- extremely dissatisfied (5-9)

Satisfaction with Life Scale Scores by PHQ-9 Scores



$r = -.294$
 $p = .001$

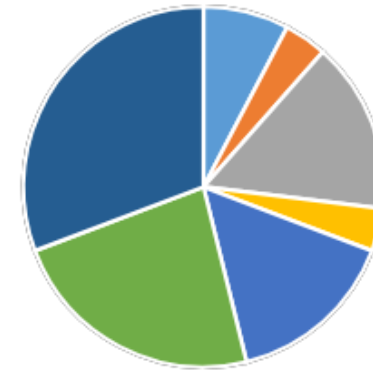
Do those with severe symptoms of depression ever report high life satisfaction?

Minimal Depression



- extremely satisfied
- satisfied
- slightly satisfied
- neutral
- slightly dissatisfied
- dissatisfied
- extremely dissatisfied

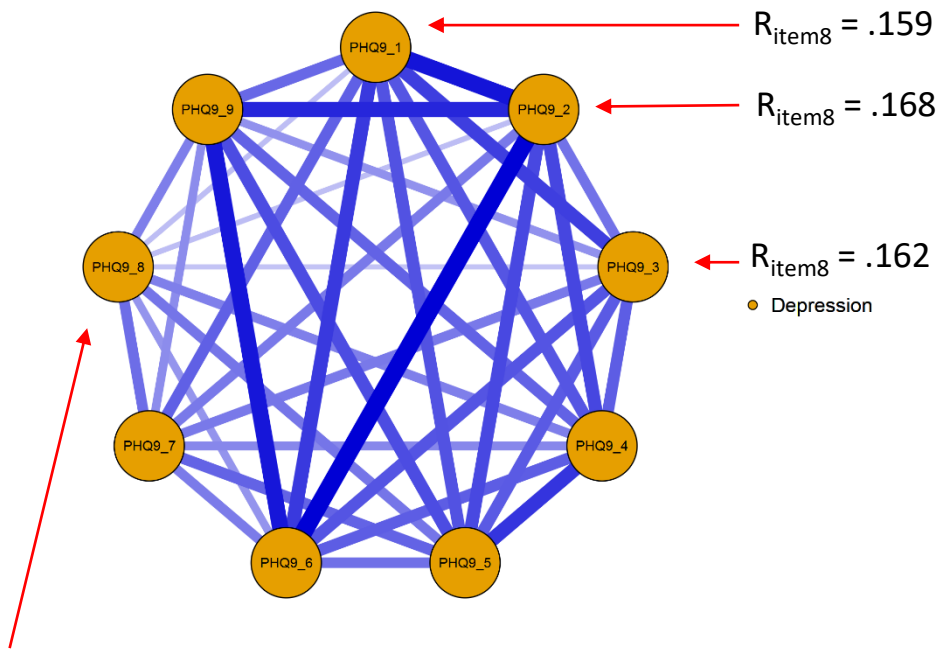
Severe Depression



- extremely satisfied
- satisfied
- slightly satisfied
- neutral
- slightly dissatisfied
- dissatisfied
- extremely dissatisfied

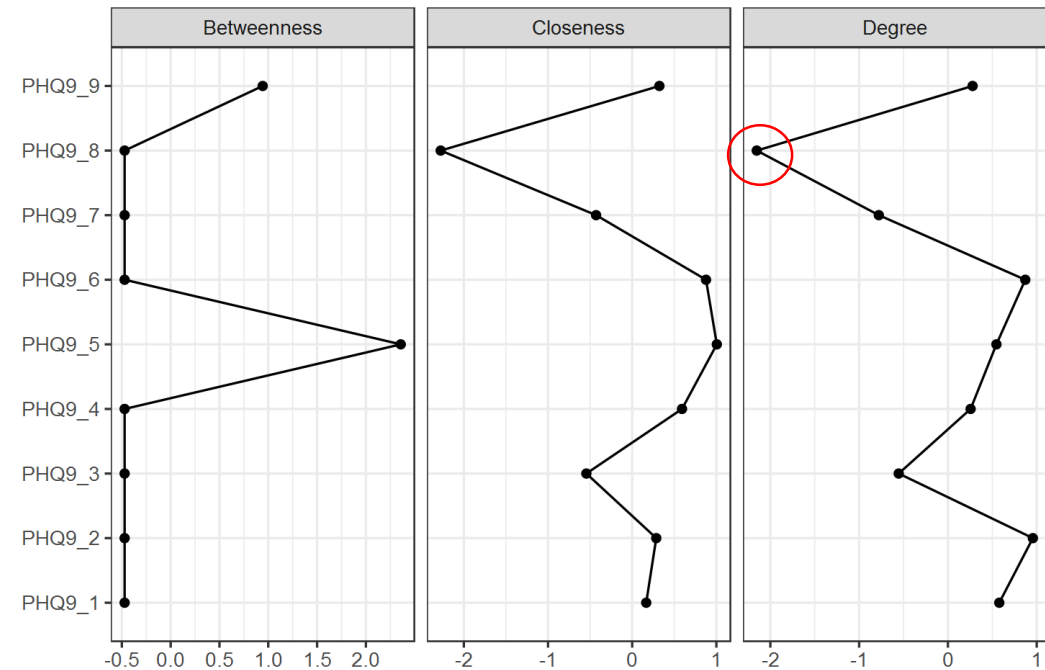
Depression Network

Network



Item 8: Moving or speaking so slowly that other people could have noticed **or** being so fidgety or restless that you have been moving around more than usual

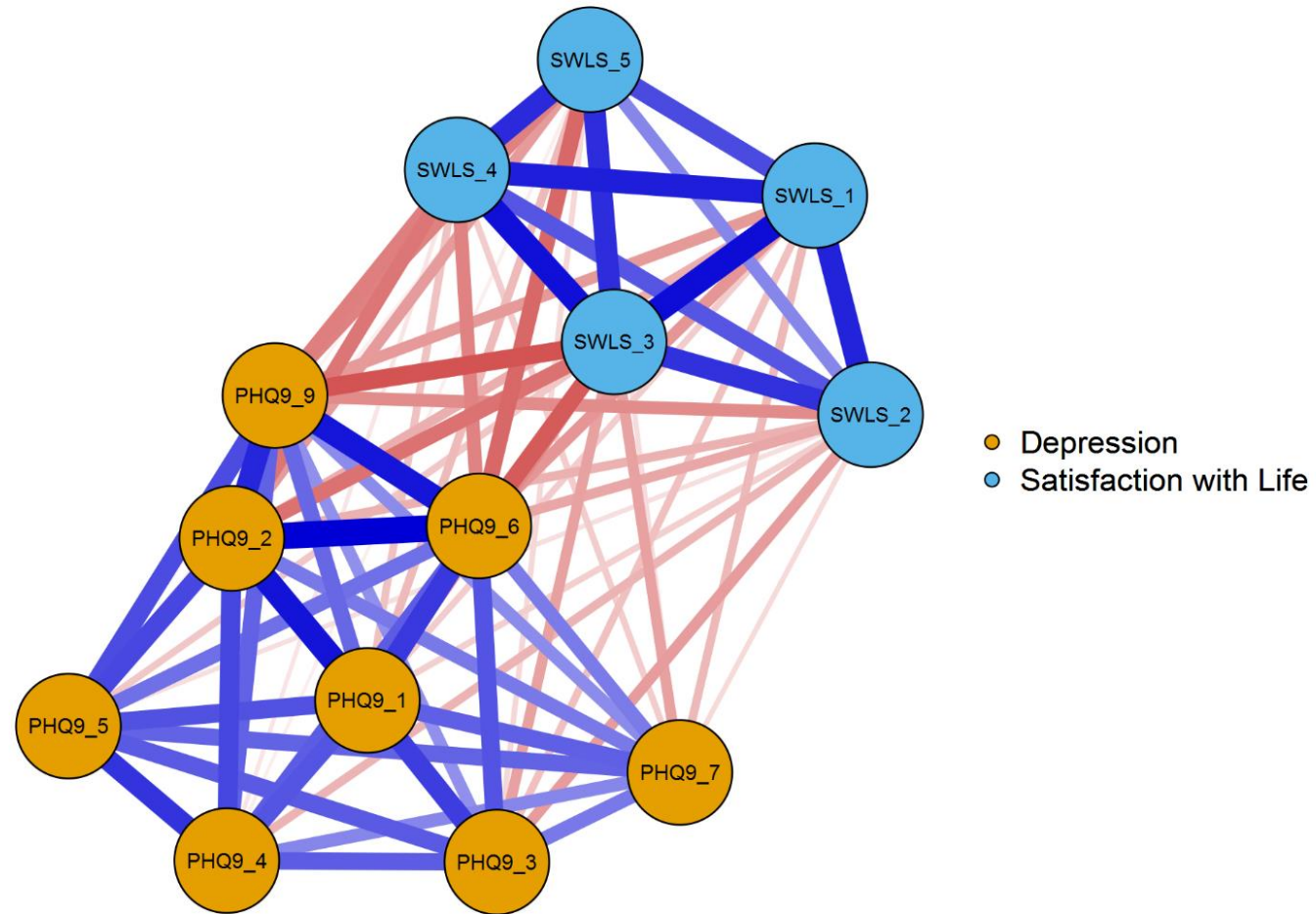
Centrality Plot



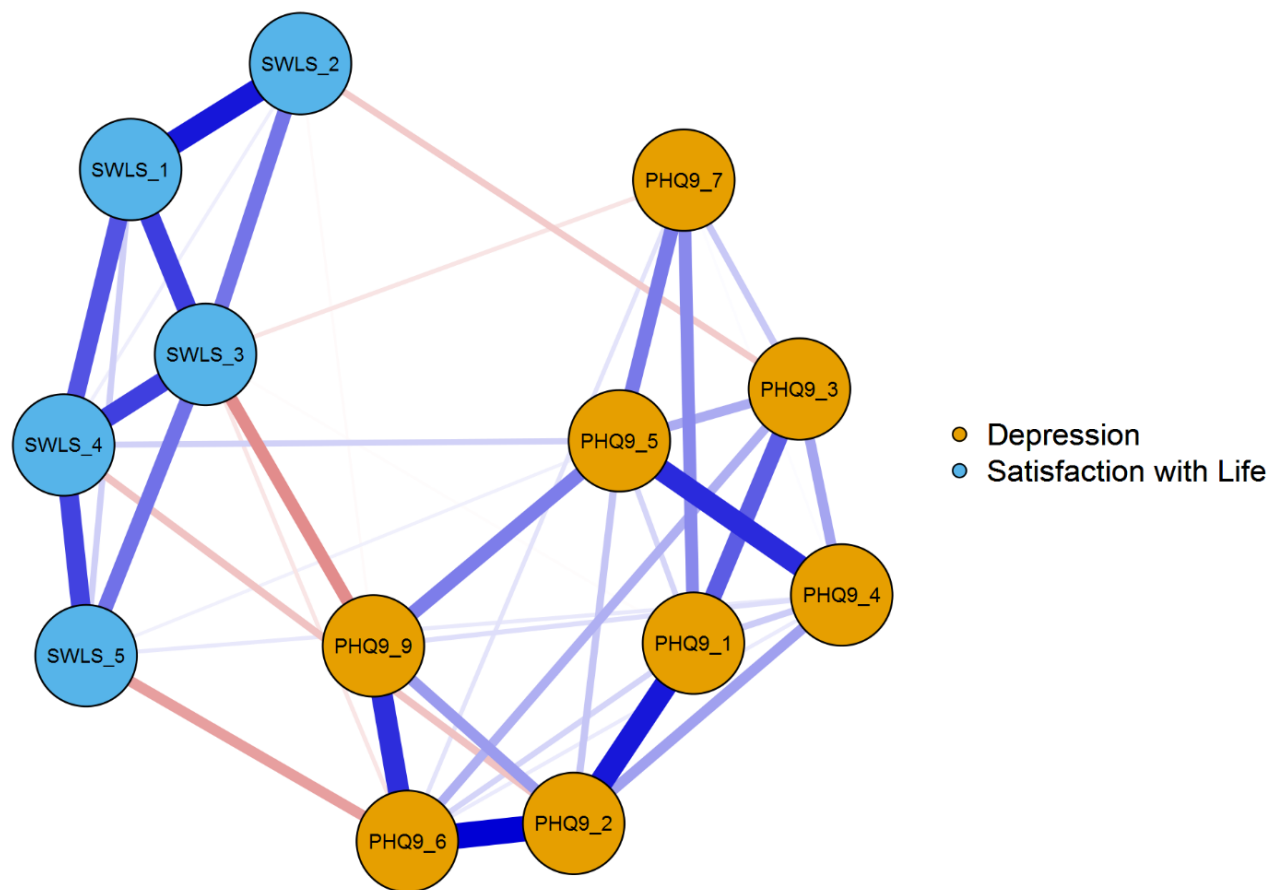
Further Evidence Regarding Item 8

SWLS Item	Correlation with PHQ-9 Item 8
In most ways my life is close to my ideal	.13
The conditions of my life are excellent.	.038
I am satisfied with life.	.12
So far I have gotten the important things I want in life.	.21 ($p = .024$)
If I could live my life over, I would change almost nothing.	.14

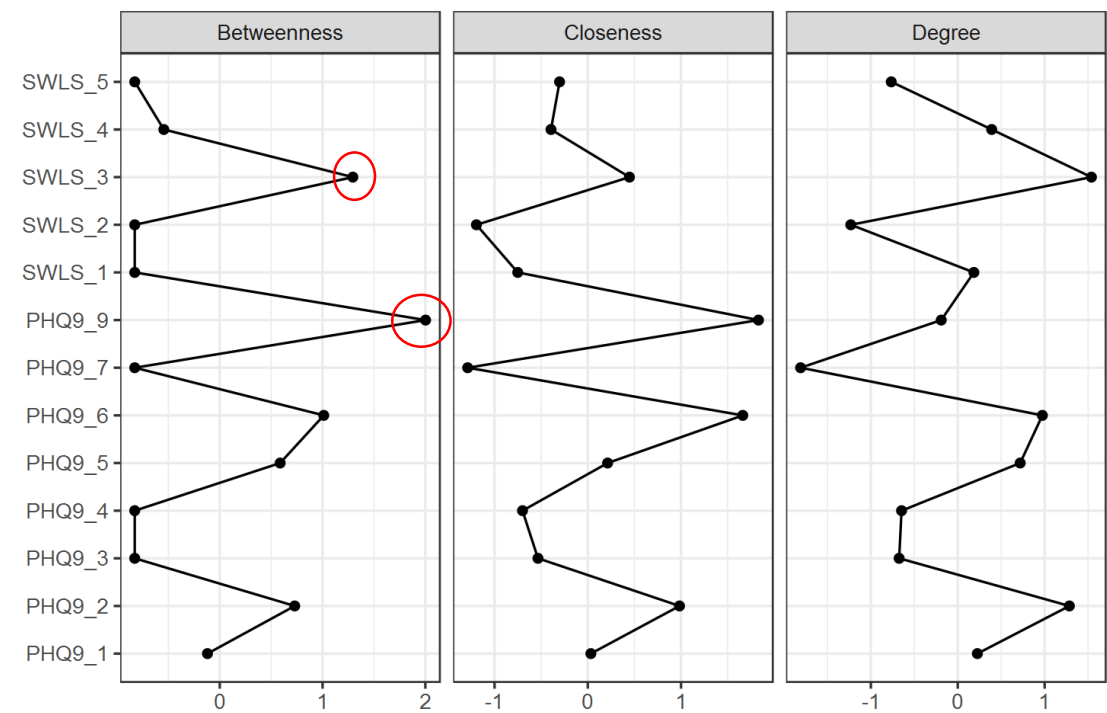
Correlation Network



Network (EBICglasso)

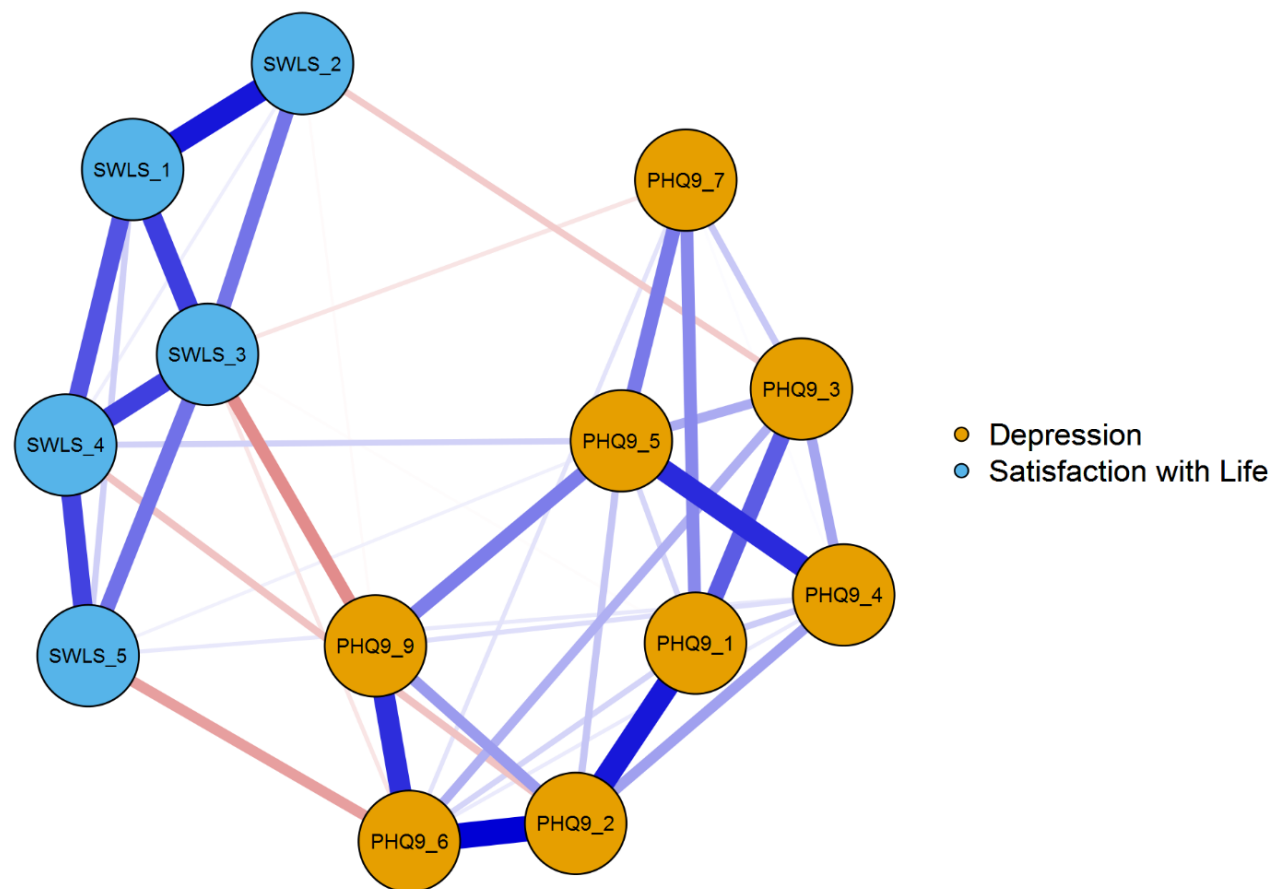


Centrality Indices



Betweenness Centrality = relative number of shortest paths passing through a specific node.

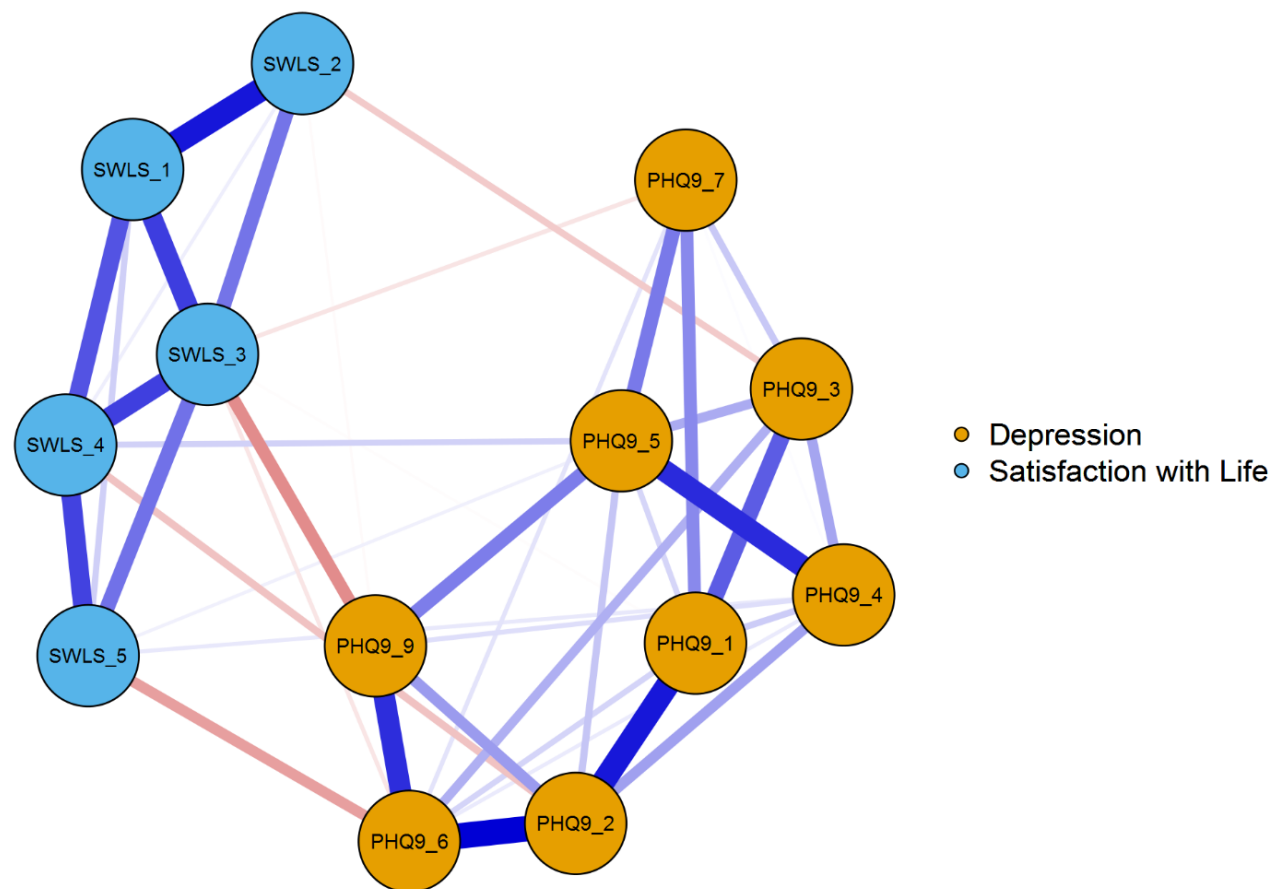
Network (EBICglasso)



PHQ-9 item 9: Thoughts that you would be better off dead or of hurting yourself in some way.

SWLS item 3: I am satisfied with my life.

Network (EBICglasso)

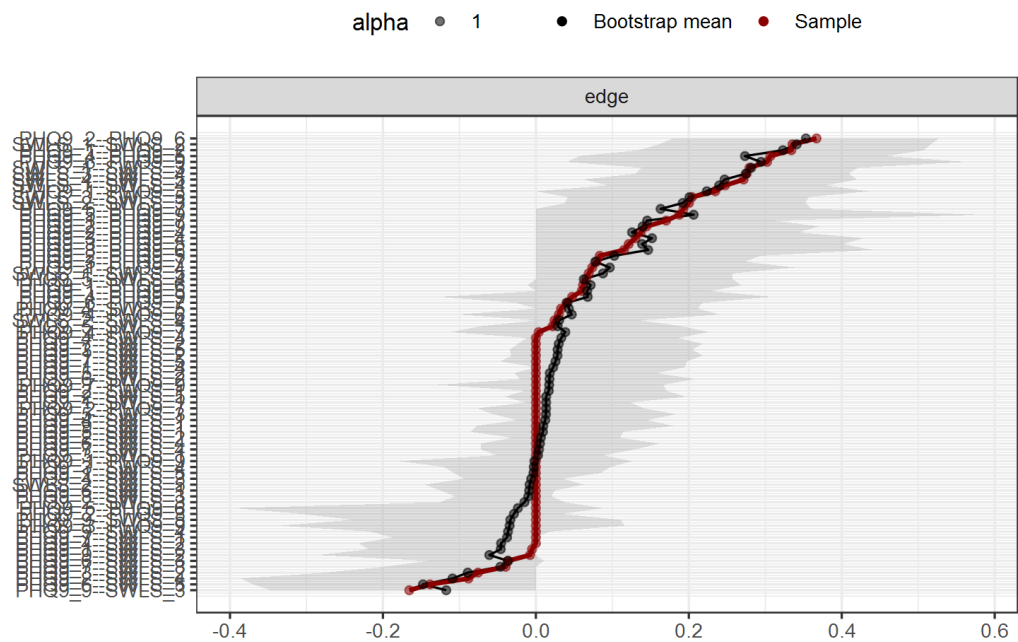


PHQ-9 item 6: Feeling bad about yourself-or that you're a failure or have let yourself or your family down.

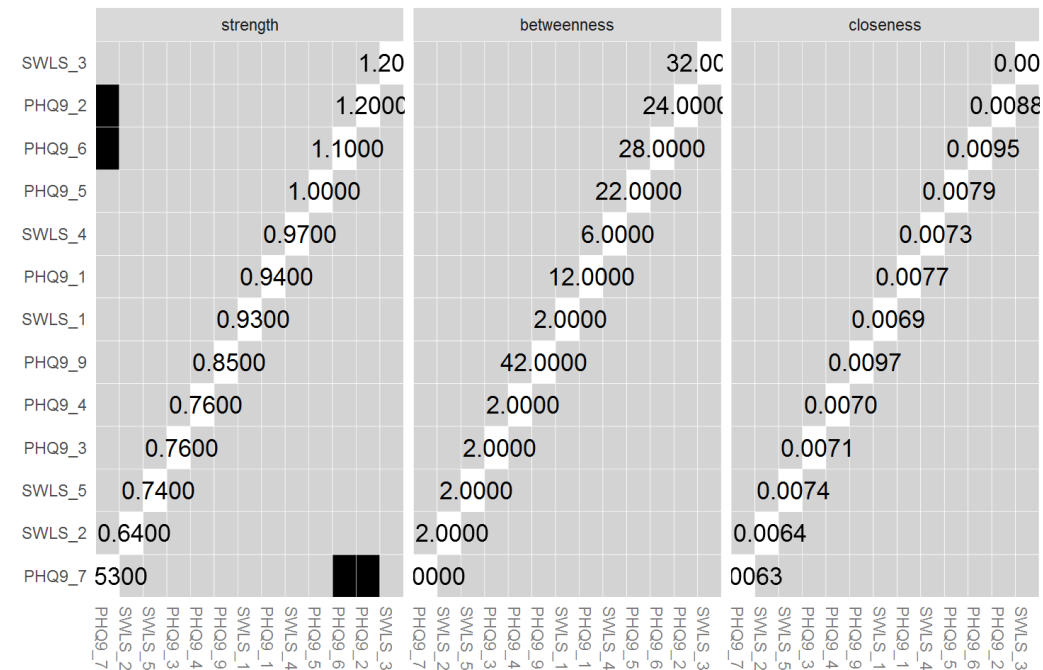
SWLS item 5: If I could live my life over, I would change almost nothing.

Limitations

Limited Edge Stability



Limited Centrality Stability



Conclusions and Future Directions

1. PHQ-9 is a poor measure (for network analyses).
2. It is easy to conduct a network analysis investigating D and LS (replicate!).
3. Network analysis can generate hypotheses about relationships between constructs.
4. Larger samples are required (are available).