

**TITLE PAGE OF PROPOSAL**

**University Proposal #**

**FOR PASSHE OFFICE USE ONLY: FPDC proposal #**

Project Title: *The impact of perceived stressfulness of commonly experienced political events on psychological well-being of Americans*

RFP Category: **1-B Faculty Research**

Total Grant Amount Requested from FPDC: **9,600.00**

Discipline: **Psychology**

Sub-Discipline: **Stress & Coping**

Project Director (name, position, department, university, telephone number, and e-mail address):

**Krys Kaniasty, Ph.D., Professor, Psychology,  
Indiana University of Pennsylvania, (724) 357 2426, [kaniasty@iup.edu](mailto:kaniasty@iup.edu)**

Faculty Status (see definitions below): XX Tenured

Other Participants (names, departments, e-mail addresses): N/A

IRB/IACUC Status:  Approved (IRB # )  Pending  N/A

*(will be submitted for review in February, 2014)*

ABSTRACT (one paragraph of approximately 150 words in **non-technical** language):

Can stress appraisals of “garden variety” of political life events impact psychological well-being? Do events such as battles over affordable health care, budget sequestration, or government shutdown affect psychological health and happiness of Americans? The study will focus on psychological impact of the run-of-the mill political events perceived as stressful by citizens, regardless of whether or not these events were simply witnessed or experienced directly. Undergraduate student collaborators will conduct face-to-face in-home interviews with 300 volunteers from different communities across Pennsylvania. Three outcome variables will be assessed: satisfaction with life, sense of alienation, and positive mood. It is predicted that negative appraisals of political events will be associated with lower levels of psychological well-being. The overarching goal of the study is to significantly contribute to international psychological literature and augment scholarly and pedagogical expertise of the PI who actively researches and teaches in the fields of stress and coping and cross-cultural psychology.

Endorsement: \_\_\_\_\_  
Chair, University Faculty Professional Development Committee Date

Endorsement: \_\_\_\_\_  
University President Date

## Background and Significance

Many life stressors stem from, either directly or indirectly, a political life context. Thus, not surprisingly, much of the contemporary research on traumatic and potentially traumatic events has focused on mental health consequences of politically laden circumstances, such as wars, terrorism, or ethnic conflicts (e.g., Bonanno, Brewin, Kaniasty, & La Greca, 2010; Hobfoll et al., 1991; Neria, Di Grande, & Adams, 2011). There is also a long tradition in stress and coping research of investigating psychological and social well-being in individuals, as well as societies, experiencing stressful conditions, such as unemployment, inflation, poverty, or other economic crises (e.g., Diener, Ng, Harter, & Arora, 2010; Dohrenwend & Dohrenwend, 1981). All in all, most of the psychological and sociological research examining the influence of political contexts on sociopsychological functioning was conducted within very specific (usually traumatic or severe) life circumstances. On the other hand, studies that assessed self-reported experiences of political stress occurring on an everyday basis, rather than stemming from a singular dramatic context, are less frequent. Thus the question of whether political events affect psychological and social functioning potentially extends beyond the most salient dramatic political circumstances such as wars, revolutions, political oppression or economic depressions had not been systematically addressed in the stress and coping literature.

My Polish colleague and I (Kaniasty & Jakubowska, in press) have recently completed a research project that attempted to assess psychological concomitants of perceived stressfulness of common political stressors occurring on regular basis. Our study's focus was on run-of-the mill political events that could be cumulatively perceived as stressful by all citizens, regardless of whether or not these events were only witnessed or experienced directly. With this aim, a list of 24 political life stressors was created to represent potentially stressful events of varied duration, severity, and scope (see Wheaton, 1996). The inventory incorporated events that could be considered as: traumas (e.g., "*possibility of a foreign terrorist attack*"), life change events (e.g., "*elections*"), chronic stressors (e.g., "*the widening of the gap between the rich and poor*"), macro system stressors (e.g., "*economic crisis*"), nonevents (e.g., "*inability to solve national health care issues*"), and hassles/irritations (e.g., "*lies of politicians*"). The instructions asked respondents to express their judgments about the extent to which listed political events unfavorably or favorably influenced: 1) their own personal lives, and 2) the life of the country (see Kaniasty & Jakubowska, 2013). In a nationwide random sample of 400 adult Poles three outcome variables (psychological health) were assessed: satisfaction with life, sense of anomie ("alienation"), and positive mood. A series of hierarchical regression analyses were conducted in a conservative manner, whereby the potential influence of typically studied variables affecting well-being (i.e., sociodemographics, normative life events) was accounted for prior to examining the role of political stressors. Perceptions of the negative influence of political stressors on one's life and the life of the country were associated with concomitant variations in subjective well-being. Study participants whose appraisals indicated that run-of-the-mill political events exerted more negative influence on their personal lives reported lower levels of satisfaction with life and higher levels of alienation. Likewise, negative appraisals of political events as impacting the life of the state were also directly associated with lower life satisfaction scores and higher scores on the measure of anomie. Political stressors have also influenced the levels of positive affect experienced in the last 30 days but these effects were limited to certain subgroups of respondents (e.g., among people exhibiting low sense of political self-efficacy). Thus the potential of political events to affect psychological and social functioning extends beyond the most salient dramatic political circumstances such as wars, revolutions, political oppression or economic depressions.

To our knowledge, this is the first empirical study that attempted to assess psychological concomitants of perceived stressfulness of common political stressors of varied severity occurring on daily (or frequent) basis rather than stemming from a singular political event or circumstance. The sample was large and representative of the general population in Poland. However, the study has limited generalizability due to both the specificity of the political geo-historical and cultural characteristics of the studied population. Thus it would be instructive to assess and compare self-reported experiences of political stress occurring on an everyday basis across a variety of cultural, political, and geographical contexts. For many people, in many cultures, everyday political events are an integral part of their lives

that bring gains and losses, rewards and costs, regardless of whether or not these events are directly or indirectly experienced. The proposed research project will examine whether or not the appraisals of commonly occurring political events would be associated with concomitant variations in subjective well-being of Americans living in Pennsylvania.

### **Goals and Objectives**

The **primary goal** of this research is embedded within my continuous drive for scholarly growth and augmenting my research expertise -- the proposed research project will contribute to the general theory of stress and coping. Nearly 30 years ago, stress and coping researchers advocated moving away from aggregated life-event measures and promoted the examination of specific and unambiguous life events (e.g., Hobfoll, 1988; Kessler, 1983). The theoretical and clinical importance of studying discrete dramatic events, or a constellation of related events within a specific political upheaval or crisis, is still the golden standard for the field. To complete the understanding of the dynamics of everyday stress processes, studying the impact of perceived stressfulness of everyday political events on subjective well-being has its merits too. The **secondary goal** of this research is embedded within my professional development as a teacher and mentor. Conducting empirical research on social-psychological concomitants of politics across different cultures will serve as tangible resources in my pedagogy and interactions with students.

The **first objective** of the proposed research is to replicate and extend the Kaniasty & Jakubowska (2013; in press) study in United States. Can stress appraisals of “garden variety” of political life events impact the subjective well-being of Americans? Do events such as battles over affordable health care, budget sequestration, or government shutdown cumulatively affect psychological health and happiness of Americans? Based on media accounts of these events, personal reactions and observations of reactions of others, the answer to this question may seem obvious. Yet this study is very much needed because the *empirical* knowledge on this issue is at best minimal, and possibly, only now emerging. The **second objective** of the proposed research springs from a genuine sense of urgency for conducting studies on these questions given the palpable miasma of demoralization that have accumulated in the lives of many Americans in the last few years of disparaging and costly national and local politicking. In other words, one proximal objective is to seize the current political milieu because this may be the best time for such investigations. The study will catalog a list of contemporary stressful political events in lives of the Pennsylvanians. The **third objective** of the proposed research is closely aligned with the trajectory of my own professional development within the research area of stress and coping. I am a social and community psychologist who has been studying interpersonal dynamics (e.g., helping behavior, companionship, sense of community, interpersonal conflict) in the context of stressful life events at both individual (e.g., criminal victimization, lay-off) and community levels (e.g., floods, hurricanes). My theoretical analyses and empirical studies conducted in the US, Mexico, and Europe, strongly demonstrated that the capacity of a collective to triumph over adversities is based on maintaining and augmenting social cohesion, mutual social support, cooperation and a sense of belonging to a valued social group and community. Politics and the political context are a most influential background for these processes. Expanding my research enterprise into psychological impact of run-of-the-mill political events on psychological well-being is a part of my professional development and will enhance my theoretical and empirical expertise for future scholarship on coping with a variety of life stressors. The opportunity to augment my knowledge and credibility as an instructor of cross-cultural psychology is the **fourth objective** of the proposed research project. In the Spring 2014, I will begin teaching a new course in cultural psychology, currently listed as PSYC 481 (*Special Topics: Cultural Psychology*). This class will explore how culture influences human thought and action, and to what extent are identities and behaviors common or unique to people and to their cultural environments .

### **Description of the Project**

In preparation for the proposed project, I will begin this research (irrespective of the outcome of this grant submission) with two studies involving undergraduate IUP students as participants. The

purpose of the first pilot study (Spring 2014 semester) is to identify potentially stressful political events relevant to Americans. Although many events listed in the instrument used by Kaniasty & Jabubowska (2013) are universal in the politics of modern societies (e.g., “increases in consumer prices relative to salaries,” “inability of the government to deal with unemployment,” “politicians abusing their positions for personal and family gains,” “discrepancies between politician’s declarations and actions,” “lack of concern on the part of the government about crime and insufficient efforts to guarantee safety to all citizens,” “lack of concern on the part of politicians to minimize ecological and health threats”), other political events are definitely country specific (e.g., “Poland becoming a member of the European Union” versus “United States federal government shutdown of 2013”). This preliminary work will assure that American respondents would be familiar with the sampled events and clearly understand instructions asking them to gauge the influence these events exerted on their lives and the life of the country as a whole (see *Predictor variable* section below). The second study with students (Fall 2014 semester) will assess the extent to which perceptions of stressfulness of these events impacts the students’ psychological well-being. Both studies will be conducted on-line using Qualtrics web-based survey tools and IUP’s Psychology Department Research Participants Pool.

## **Main Study**

**Sample recruitment.** The main study for which funding is being sought will be conducted in January 2015 during the winter break (2 months after the mid-term elections; 2 weeks after holiday season). I will hire and personally train (PI regularly teaches research methods courses) 15 undergraduate upper-class psychology majors who will conduct face-to-face in-home interviews with 300 volunteers from different communities across the state of Pennsylvania. The respondents will be recruited by my student collaborators in their home locations (“*hometowns*”). Selection of the respondents will be purposive rather than random based on quota sampling allocations such that key sociodemographic characteristics will be present in the sample (e.g., female/male, varied socioeconomic status, race/ethnicity, rural/urban). Structured interviews via questionnaires will last approximately 45 minutes. As a token of appreciation for their time the respondents will receive a \$20 gift certificate for merchandise at local convenience stores (e.g., Sheetz, Wawa). Each student collaborator will be paid \$10 for a completed questionnaire. It is expected that each student will conduct 20 interviews.

**Predictor variable -- Appraisals of the influence of political life events** will be assessed with the Warsaw Appraisal of Political Stress Inventory (WAPSI, Kaniasty & Jakubowska, 2013) which was developed as a general measure of perceptions or appraisals of stress, tapping the degree to which ordinary and public political events are judged as taxing or burdensome. In its present form, the instrument consists of two parts, each asking 24 questions with different sets of instructions. In the first part of the WAPSI, the instructions ask respondents to express their judgments about the extent to which listed political events unfavorably or favorably influenced their own personal lives. All 24 items are scored on a 7-point scale: -3 (*unfavorably to a large extent*), -2 (*unfavorably to a moderate extent*), -1 (*unfavorably to a small extent*), 0 (*the event had no impact*), +1 (*favorably to a small extent*), +2 (*favorably to a moderate extent*), +3 (*favorably to a large extent*). The second part of the inventory asks respondents to appraise, on the same 7-point scale, how these events affected the life of the country. Two measures of stress appraisals, the influence of political stressors on respondents’ own lives (i.e., political stressors-on-self) and the influence of political stressors on the life of the country (i.e., political stressors-on-country), are computed as averages based on the entire range of rating options (from -3 to +3) in both sets of questions (in Kaniasty & Jakubowska, 2013, Cronbach’s *alphas* were .89 and .87, respectively).

**Outcome variables** -- Three indicators of subjective well-being will be used. (1) The **Satisfaction with Life Scale** (5 items) will assess respondents’ global cognitive judgments of satisfaction with their lives (Diener, Emmons, Larsen, & Griffin, 1985). (2) **Sense of anomie**, defined as feelings of alienation, normlessness, distrust, and meaninglessness, will be measured with 4 items from frequently used scales of alienation and anomie (e.g., Dean, 1961; Srole, 1956). (3) **Positive mood** experienced in the last 30 days (10 items) will be appraised with items from Positive and Negative Affect Schedule (PANAS, Watson, Clark, & Tellegen, 1988).

**Psychosocial resources** – I will expand on past research that investigated stress protective functions of personal and communal resources following singular, or clusters of related political events. The present study will ask if certain characteristics of persons and their social environments would also serve as moderators of influence of commonly occurring political circumstances on subjective well-being. The choice of psychosocial resources for the present study is guided by an overarching premise that for any resource to be relevant for coping it must be closely matched with the ecological demands of the stress context (see Cutrona & Russell, 1990). Thus resources to be examined here will make direct references to respondents' political activities and will reflect both their respective individual as well as collective dimensions. (1) **Political self-efficacy** (individuals' beliefs about their capabilities in influencing policy-related actions) will be measured by a 9-item revised Sociopolitical Control Scale (SPCS-R, Peterson et al., 2006). (2) **Interest in politics** will be assessed with 3 items asking respondents for the frequency with which they follow political events via print and electronic media. (3) **Perceived political social support** will be measured with 8 items (modeled on the Interpersonal Support Evaluation List; Cohen & Hoberman, 1983) directly referring to respondents' evaluations of the availability of emotional and informational support within the context of their activities related to politics. (4) Ten **political collective efficacy** questions will ask respondents whether or not they believe that their local communities would be able to effectively meet a shared challenge (e.g., disaster, environmental or economic threat, legislative proposal, political elections, etc.; based on Kaniasty, 2012).

**Control measures** -- Several sociodemographic factors (e.g., gender, age, SES, family size) will also be assessed along with auxiliary measures of negative affectivity (distress), normative life events, political affiliations, preferences, activities, and attitudes.

**Analyses and Predictions** --The influence of common political stressors on well-being will be tested in a series of hierarchical regression analyses. The order of entry of predictor variables will be based on explicit logical and theoretical considerations. It is predicted that negative appraisals of political events will be associated with lower levels of psychological well-being. It is also hypothesized that psychosocial resources will protect (buffer) against the adverse impact of perceived political stress on satisfaction with life, sense of anomie, and positive mood.

**Timeline** –In preparation for this research, two pilot studies will be conducted with IUP undergraduates during 2014 spring & fall semesters. Student collaborators will be recruited during Fall 2014 semester (September) and trained (November) to collect interviews during winter break (January, 2015). Data will be entered into a statistical software (SPSS) in February, 2015. Data will be analyzed by the end of 2015 Spring semester. Manuscripts and reports will be prepared thereafter. The project will be completed by October 31, 2015. The final report will be submitted before November 30, 2015.

### **Expected outcomes**

Can global appraisals of common political life events impact subjective well-being? It is expected that results of the proposed research will provide more answers to this important theoretical and practical question and thus will significantly contribute to the stress and coping literature. The study will contribute to cross-cultural research on differences and similarities in engagement in political life and its psychological consequences. Before the completion of the grant (10/31/2015), one manuscript based on collected data will be submitted to a peer-reviewed international journal. Also, findings will be presented at one international conference. It is reasonable to expect that additional conference papers and reports may be produced after the completion of the project. I envision tangible opportunities to expand this work and conduct studies in other countries. Some of my colleagues have already expressed interest in examining the role of common political events in Germany, Israel, Australia and China. As a mixture of a challenging theory, societal problem solving, and genuine concern for people, this work will serve as a robust augmentation of my scholarly expertise and standing among international stress and coping researchers. This study will advance my teaching (particularly for courses in stress & coping and cultural psychology) and will demonstrate to students my dedication to actively pursuing scholarship in the topics I teach. The project will also create opportunities for IUP students to be directly engaged in conducting research.

**BUDGET SUMMARY**

<b><u>Project Budget</u></b>	<b><u>Proposed Grant</u></b>	<b><u>University Contribution</u></b>	<b><u>Other Revenue Sources</u></b>	<b><u>Totals</u></b>
Salaries/Stipends				
Benefits				
Honoraria	9,000.00 (ab)			9,000.00 (ab)
	<i>(a. Compensation to respondents for their time, 300 participants * \$20 = 6,000.00)</i>			
	<i>(b. Stipends for 15 students collaborators * 20 surveys each * \$10 per survey = 3,000.00)</i>			
Supplies				
Equipment				
Operating Expenses	600.00			600.00
	<i>(photocopying, 300 questionnaires * \$2.00)</i>			
Travel				
Other (specify)				
<b>TOTALS</b>	<b>9,600.00</b>			<b>9,600.00</b>

**Krzysztof (Krys) Kaniasty**

<http://www.iup.edu/page.aspx?id=44401U>

### **EDUCATION**

Ph.D., 1991, Social/Community Psychology. University of Louisville

### **EMPLOYMENT HISTORY**

1997 to present, Professor, Department of Psychology, Indiana University of Pennsylvania

### **SCHOLARLY ACTIVITIES**

#### ***International Functions within the Discipline:***

President (2012-2014), Stress and Anxiety Research Society (STAR, [www.star-society.org](http://www.star-society.org))

2011 to present, Research Fellow, Institute of Psychology, Polish Academy of Sciences

Editor Emeritus, *Anxiety, Stress and Coping: An international Journal*. 2001-2007, Taylor & Francis.

#### ***Books:***

Moore, K., Kaniasty, K., Buchwald, P., & Sese, A. (Eds.) (2013). *Stress and anxiety: Application to health, occupational and job stress, and challenges in assessment of stress and anxiety*. Berlin, Germany: Logos Verlag.

Moore, K., Kaniasty, K., & Buchwald, P. (Eds.) (2012). *Stress and anxiety: Application to economic hardship, occupational demands and developmental challenges*. Berlin, Germany: Logos Verlag.

Roussi, P., Vassilaki, E., & Kaniasty, K. (Eds.) (2008). *Stress and psychological resources: Coping with life changes, occupational demands, educational challenges, and threats to physical and emotional well-being*. Berlin, Germany: Logos Verlag.

Kaniasty, K. (2003). *Kłęska żywiołowa czy katastrofa społeczna? Psychospołeczne konsekwencje polskiej powodzi 1997 roku. (Natural disaster or social catastrophe? Psychosocial consequences of the 1997 Polish Flood)*. Gdańsk, Poland: Gdańskie Wydawnictwo Psychologiczne.

#### ***Selected peer reviewed journal articles and book chapters (since 2002):***

Kaniasty, K. & Jakubowska, U. (in press). Can appraisals of common political life events impact subjective well-being? *Journal of Applied Social Psychology*.

Kaniasty, K., & Jakubowska, U. (2013). Assessing common political life stressors: Warsaw Appraisal of Political Stress Inventory. In K. Moore, Kaniasty, K., Buchwald, P. & Sese, A. (Eds.) *Stress and anxiety: Application to health, occupational and job stress, and challenges in assessment of stress and anxiety* (pp. 83-94). Berlin, Germany: Logos Verlag.

Kaniasty, K. (2012). Predicting social psychological well-being following trauma: The role of postdisaster social support. *Trauma: Theory, Research, Practice, Policy*, 4, 22-33.

Bonanno, G., Brewin, C., Kaniasty, K., & La Greca, A. (2010). Weighing the costs of disaster: Consequences, risks, and resilience in individuals, families, and communities. *Psychological Science in the Public Interest*, 11(1), 1-49.

Kaniasty, K., & Norris, F. H. (2009). Distinctions that matter: Received social support, perceived social support, and social embeddedness after disasters. In Y. Neria, S. Galea, & F. Norris (Eds.), *Mental health and disasters* (pp. 175-202). Cambridge, UK & New York: Cambridge University Press.

Kaniasty, K. (2008). Social support and psychological trauma. In G. Reyes, J. D. Elhai & J. D. Ford (Eds.), *Encyclopedia of psychological trauma*. Hoboken, New Jersey: John Wiley & Sons.

Kaniasty, K., & Norris, F. H. (2008). Longitudinal linkages between perceived social support and posttraumatic stress symptoms: Sequential roles of social causation and social selection. *Journal of Traumatic Stress*, 21, 274 - 281.

Kaniasty, K. (2006). Searching for points of convergence: A commentary on prior research on disasters and some community programs initiated in response to September 11, 2001. In Y. Neria, R. Gross, R. Marshall, & E. Susser (Eds.), *9/11: Mental Health in the Wake of Terrorist Attack* (pp. 529-542). Cambridge, UK & New York: Cambridge University Press.

Kaniasty, K. (2006). Sense of mastery as a moderator of longer-term effects of disaster impact on psychological distress. In J. Strelau & T. Klonowicz (Eds.), *People under extreme stress* (pp.131-147). Hauppauge, NY: Nova Science Publishers.

- Kaniasty, K. (2005). Social support and traumatic stress. *PTSD Research Quarterly*, 16(2). The National Center for PTSD.
- Norris, F. H., Baker, C., Murphy, A. D., & Kaniasty, K. (2005). Social support mobilization and deterioration after Mexico's 1999 Flood: Effects of context, gender, and time. *American Journal of Community Psychology*, 36, 15-28.
- Kaniasty, K., & Norris, F. H. (2004). Social support in the aftermath of disasters, catastrophes, and acts of terrorism: Altruistic, overwhelmed, uncertain, antagonistic, and patriotic communities. In R. Ursano, A. Norwood, & C. Fullerton (Eds.), *Bioterrorism: Psychological and public health interventions*, (pp. 200-229). Cambridge: Cambridge University Press.
- Norris, F. H., Friedman, M., Watson, P., Byrne, C., Diaz, E., & Kaniasty, K. (2002). 60,000 disaster victims speak: Part I. An empirical review of the empirical literature, 1981 – 2001. *Psychiatry*, 65, 207-239.
- Norris, F. H., Kaniasty, K., Conrad, M. L., Inman, G. L., & Murphy, A. D. (2002). Placing age differences in cultural context: A comparison of the effects of age on PTSD after disasters in the U.S., Mexico, and Poland. *Journal of Clinical Geropsychiatry*, 8, 153-173.
- Keynote addresses:**
- Disasters or social catastrophes? On social psychological reactions of communities coping with natural and human-induced disasters.* Keynote presented at the 46th Annual Australian Psychological Society (APS) Conference, Australia Canberra, October 4 – 8, 2011.
- Disasters or social catastrophes? On social psychological reactions of communities coping with natural and human-induced disasters.* Keynote presented at the 32nd Annual Conference of the Stress and Anxiety Research Society (STAR) in Munster, Germany, July 18 – 20, 2011.
- United or Divided? Social-psychological reactions to natural disasters, technological catastrophes, acts of violence and terror.* Paper presented at the 1st Annual PASSHE Psychology Potluck Conference, Indiana, PA, October 23, 2010.
- Relevant conference presentations:**
- Kaniasty K. & Jakubowska, U. (2013, July). *Personal and communal resources as moderators of the relationship between common political life events and subjective well-being.* Paper presented at the 34<sup>th</sup> Annual Conference of the Stress and Anxiety Research Society (STAR), Faro, Portugal. (Symposium: "Social support and its relevance to stress at work, at school, and in the community" P. Buchwald, Chair),
- Kaniasty K. & Jakubowska, U. (2013, March). *Associations between appraisals of commonly experienced political events and psychological well-being.* Poster presented at the 2013 Annual Meeting of the Eastern Psychological Association, New York, NY.
- Jakubowska, U., & Kaniasty, K. (2012, July). *Attitudes toward democracy in post-communist states and their psychosocial determinants: The example of Poland.* Paper presented at the 30th International Congress of Psychology, Cape Town, South Africa.
- Kaniasty, K., & Jakubowska, U. (2012, July). *Political stress and sociopolitical, interpersonal, and community functioning.* Paper presented at the 33rd Annual Conference of the Stress and Anxiety Research Society (STAR), Palma de Mallorca, Spain.
- Jakubowska, U., & Kaniasty, K. (2011, July). *Development of the Warsaw Appraisal of Political Stress Inventory.* Paper presented at the 32nd Annual Conference of the Stress and Anxiety Research Society (STAR), Munster, Germany.
- Major Professional Awards:**
- The 2011 Stress and Anxiety Research Society **Lifetime Career Award**, Stress and Anxiety Research Society (STAR, [http://www.star-society.org/html/star\\_awards.html](http://www.star-society.org/html/star_awards.html) ).
- The 1997 **Distinguished Faculty Award for Research** -- Indiana University of Pennsylvania Senate Award.
- The total amount of various grants that I obtained or maintained at IUP exceeded \$500,000 (NIMH, IREX, PASSHE, IUP, Georgia State University, Dartmouth College/National Center for PTSD)



## References

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- Kaniasty, K. (2012). Predicting social psychological well-being following trauma: The role of postdisaster social support. *Psychological Trauma: Theory, Research, Practice, and Policy, 4*, 22-33. doi: 10.1037/a0021412
- Kaniasty, K. & Jakubowska, U. (in press). Can appraisals of common political life events impact subjective well-being? *Journal of Applied Social Psychology*.
- Kaniasty, K., & Jakubowska, U. (2013). Assessing common political life stressors: Warsaw Appraisal of Political Stress Inventory. In K. Moore, Kaniasty, K., Buchwald, P. & Sese, A. (Eds.) *Stress and anxiety: Application to health, occupational and job stress, and challenges in assessment of stress and anxiety* (pp. 83-94). Berlin, Germany: Logos Verlag.
- Kessler, R. (1983). Methodological issues in the study of psychosocial stress. In H.B. Kaplan (Ed.), *Psychosocial stress: Trends in theory and health* (pp. 267-341). New York: Academic Press
- Neria, Y., DiGrande, L., & Adams, B. (2011). Posttraumatic stress disorder following the September 11, 2001, terrorist attacks. *American Psychologist, 66*, 429-446, doi: 10.1037/a0024791
- Peterson, N.A., Lowe, J., Hughey, J. Reid, R., Zimmerman, M. & Speer, P. (2006). Measuring the intrapersonal component of psychological empowerment: Confirmatory factor analysis of the Sociopolitical Control Scale. *American Journal Community Psychological, 38*, 287-297. doi: 10.1007/s10464-006-9070-3.
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- Watson, D., Clark, L., & Tellegen, A. (1988) Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of Personality and Social Psychology, 54*, 1063-1070, doi: 10.1037/0022-3514.54.6.1063
- Wheaton, B. (1996). The domains and boundaries of stress concepts. In H. Kaplan (Ed.) *Psychosocial stress: Perspectives on structure, theory, life-course, and methods* (pp. 29-70). San Diego, CA: Academic Press.

### Previous FPDC grants and outcomes

**1994-1995**, "Dynamic Role of Social Support in the Process of Coping with Job Loss." PA State System of Higher Education, Category 1-B (Faculty research), \$5,600 (spent \$1,198). Final report submitted.

This study examined various manifestations of social support in a group of laid-off workers (n = 21) as compared to a group of workers (n = 25) continuously employed by the same plant. It was predicted that the loss of employment would result in perceived loss of social support from various sources. Recognizing methodological shortcomings of this study, the data indicated that deterioration of social support from friends mediated the adverse impact of job loss on depressive symptomatology.

#### *Major outcomes:*

Kaniasty, K. (1997). *Influence of stressors on perceptions of social support*. Paper presented at the annual meeting of the American Psychological Association, Chicago, Ill. (Division 8, Symposium: Explaining Perceptions of Social Support: Developmental, Cognitive, and Environmental Factors, K. Kaniasty, Chair).

Kaniasty, K., & Kim-Phillips\*, S. (1998). *Social support deterioration in the context of coping with job loss*. Paper presented at the 69th Annual Meeting of the Eastern Psychological Association, Boston, February, 1998. (\* PsyD graduate student)

**1998-1999**, "Disaster Recovery in Poland: The July 1997 Flood." PA State System of Higher Education, Category 1-B (Faculty research), \$7,000. Final report submitted.

This project investigated a cross-cultural applicability of research on social support dynamics in adjustment to community stress of natural disasters. The PASSHE sponsored phase (July-September, 1998, Wave 1) of this longitudinal study was conducted 12 months after severe flooding affected southwest Poland and neighboring countries in the Summer of 1997. A theoretical model labeled "social support deterioration deterrence" (SSDD, Kaniasty & Norris, 1997) guided face-to-face interviews with 303 residents of Opole region who experienced varied levels of intensity of the July'97 flood. The additional waves of data collection (Wave 2 and Wave 3) continued with the support from the International Research & Exchanges Board (IREX) and the Polish Academy of Science (Committee for Scientific Research).

#### *Major outcomes:*

Kaniasty, K. (1999). Rok po klęsce: Wpływ powodzi 1997 roku na zdrowie psychiczne i dobrostan w kontaktach międzyludzkich powodzian. (A year after the disaster: Psychological and social consequences of the 1997 flood). *Kolokwia Psychologiczne (nr. 7: Opresja i pomoc)*, 9-24.

Kaniasty, K. & Łukaszewski, W. (1999). Dwa spojrzenia na procesy pomagania (Two perspectives on helping behavior). *Studia Psychologiczne, t. XXXVII, z. 2*, 155-173.

Norris, F. H., Kaniasty, K., Conrad, M. L., Inman, G. L., & Murphy, A. D. (2002). Placing age differences in cultural context: A comparison of the effects of age on PTSD after disasters in the U.S., Mexico, and Poland. *Journal of Clinical Geropsychiatry, 8*, 153-173.

Kaniasty, K. (2003). *Natural disaster or social catastrophe? Psychosocial consequences of the 1997 Polish Flood*. Gdańsk, Poland: Gdańskie Wydawnictwo Psychologiczne. **(Book)**

Kaniasty, K. (2006). Sense of mastery as a moderator of longer-term effects of disaster impact on psychological distress. In J. Strelau & T. Klonowicz (Eds.), *People under extreme stress* (pp.131-147). Hauppauge, NY: Nova Science Publishers.

Kaniasty, K. (2012). Predicting social psychological well-being following trauma: The role of postdisaster social support. *Trauma: Theory, Research, Practice, Policy, 4*, 22-33.