PP-10: Dispositional mindfulness as a moderator between the experience of subclinical post-traumatic stress symptoms and subjective well being among Sri Lankans

J. A. Perera[1,2], A. K. Perera[3]

[1]School of Social and Human Sciences, University of West London, United Kingdom

[2]Research Promotion and Facilitation Centre, Faculty of Medicine, University of Colombo, Sri Lanka

[3]Counselling and Psychological Services, George Mason University, Virginia, United States

Introduction: The Sri Lankan population has endured many traumatic experiences such as the three-decade-long civil war and the Easter Sunday attacks. These events may have precipitated the development of subclinical post-traumatic stress symptoms (PTSS) among its people. This may negatively impact their subjective well-being (SW). A low level of SW has been associated with many adverse outcomes. Literature has established the moderating effects of dispositional mindfulness (DM) against the negative outcomes that are derived from psychopathology. As such, the present study aimed to see the moderating effect of DM on the relationship between PTSS and SW among Sri Lankan adults.

Methods: The study was carried out across 105 Sri Lankan adults aged 18-65 years through an online survey. The participants represented the major ethnic groups of the country and were residing in Sri Lanka at the time of data collection. The trait version of the MAAS, the PCL-5, and the SWLS were the measures used for data collection. The study employed SPSS version 28 for the data analysis process.

Results: The reliability analyses revealed high levels of consistency across all measures administered. The results revealed the presence of a high rate of PTSS among the participants. A weak positive correlation between DM and SW; a moderate negative correlation between PTSS and DM; and a weak negative correlation between PTSS and SW were observed. Additionally, the relationship between PTSS and SW was not moderated by DM within this sample.

Conclusions: A high level of PTSS was associated with a decrease in SW, and DM did not moderate the relationship between subclinical PTSD symptoms and SW. The presence of a high rate of PTSS among the participants suggests the need for suitable interventions.

Keywords: dispositional mindfulness, post-traumatic stress symptoms, subjective well being, Sri Lanka, moderator