

The Bright Side of Life

An intergenerational study into the origins of optimism



Veni project: Summer 2022-2026

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What is optimism and why is it important?

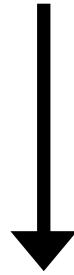


Benefits

Mental & physical health, Academic career, Working life, Social life

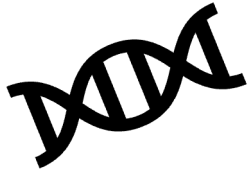
The origins of optimism: largely uncharted territory

?



Intergenerational transmission

Genes



Parenting



1. Biological mechanisms



2. More positive living environment



3. More adaptive coping and emotion regulation



Optimism

Project 1: Parents and their young children



Parental optimism →

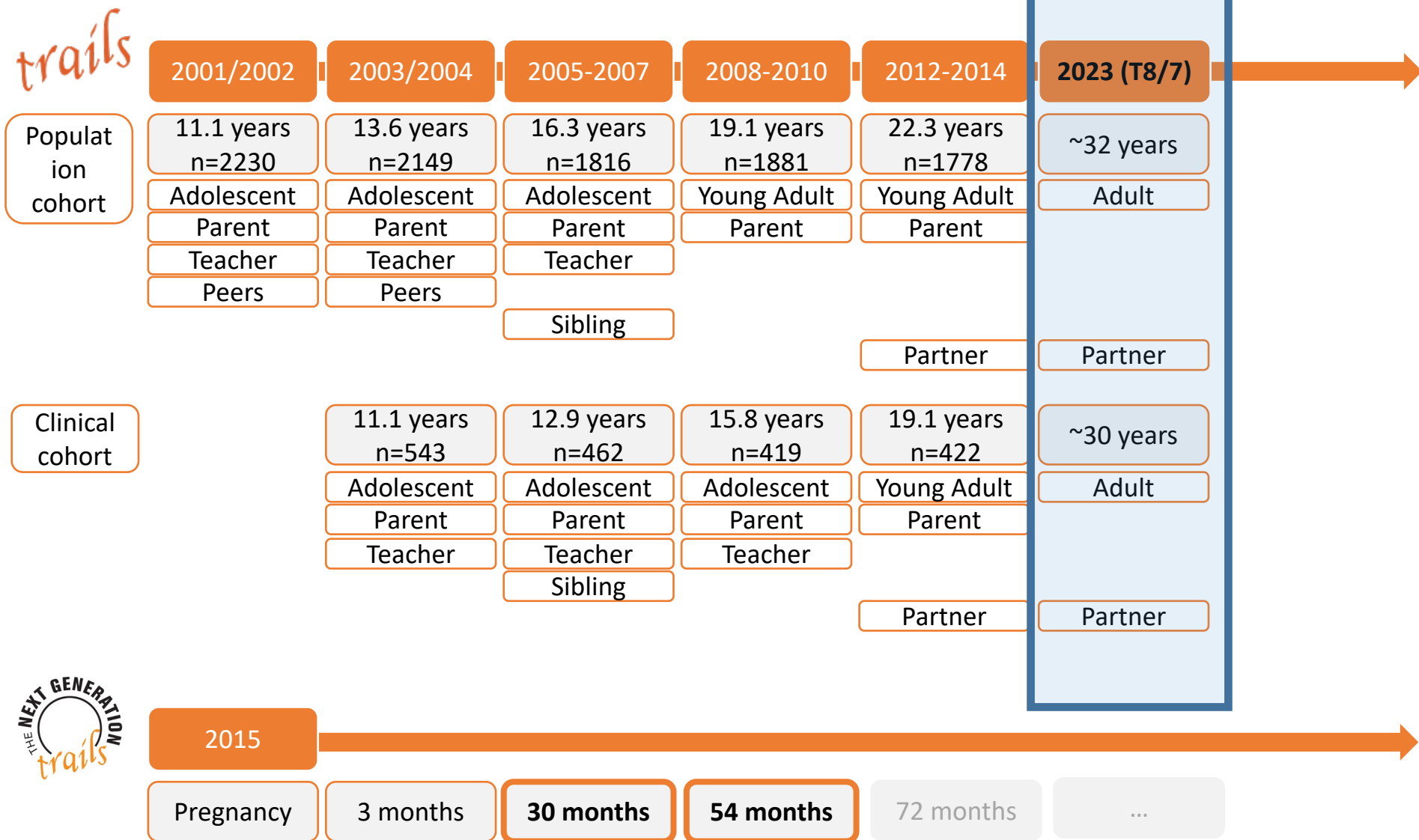
More positive living environment



More adaptive emotion regulation



Add-on TRAILS & TRAILS NEXT



Project 1 Method: state space grid analyses of affect dynamics during parent-child interactions

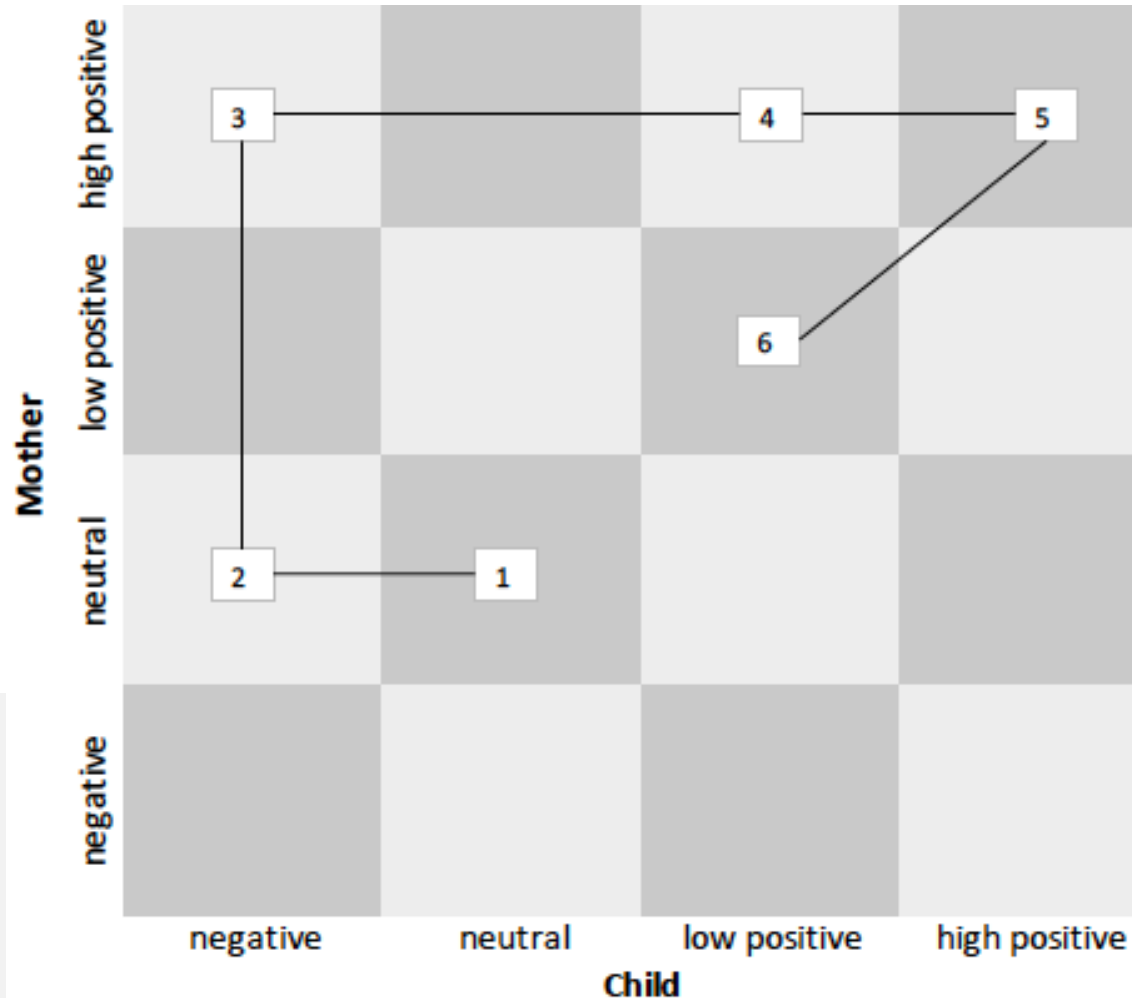


Parental optimism →

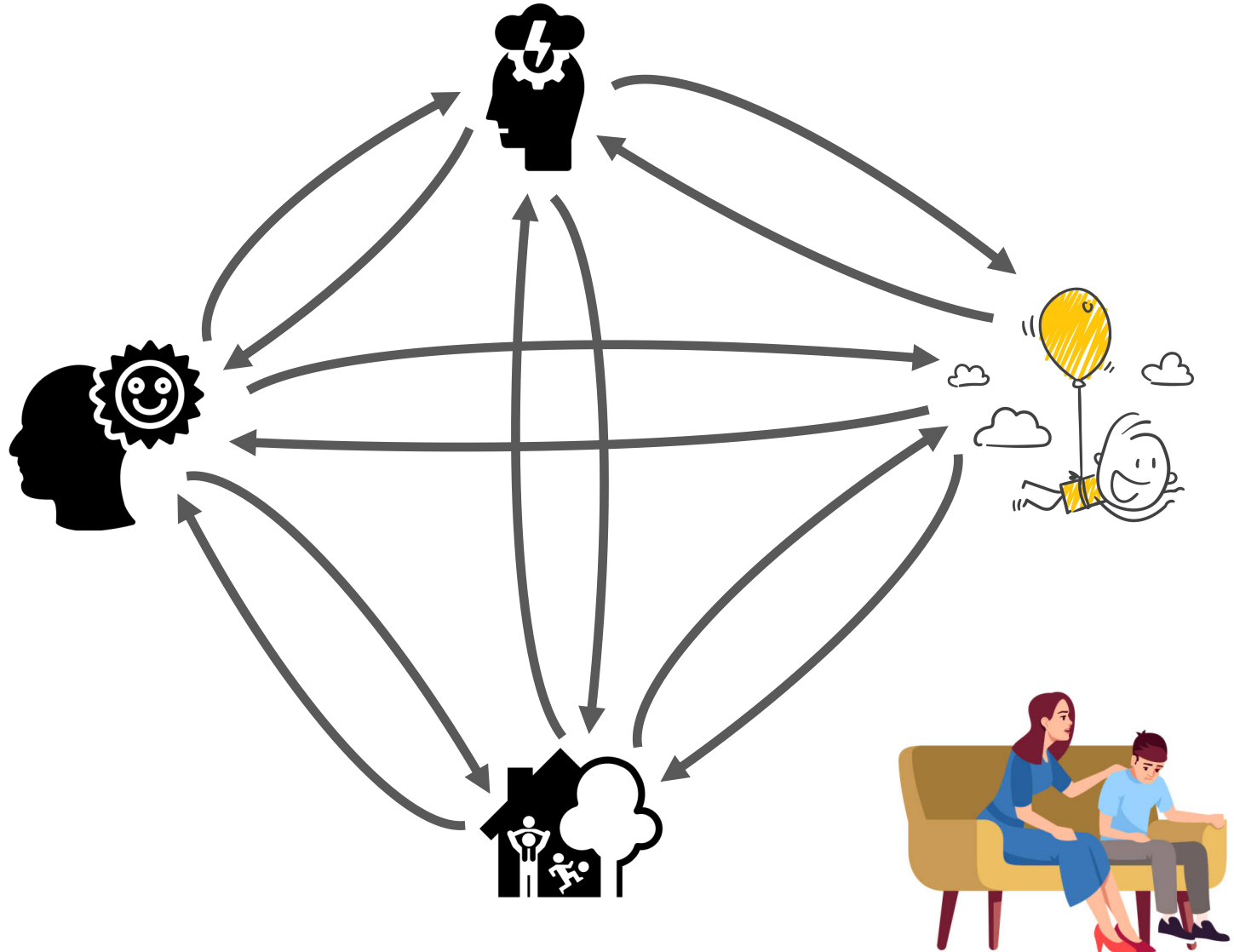
Coding System: SPAFF

**Child age 2.5 & both parents:
N ~ 290**

**Child age 4.5 & one parent:
N ~ 160**



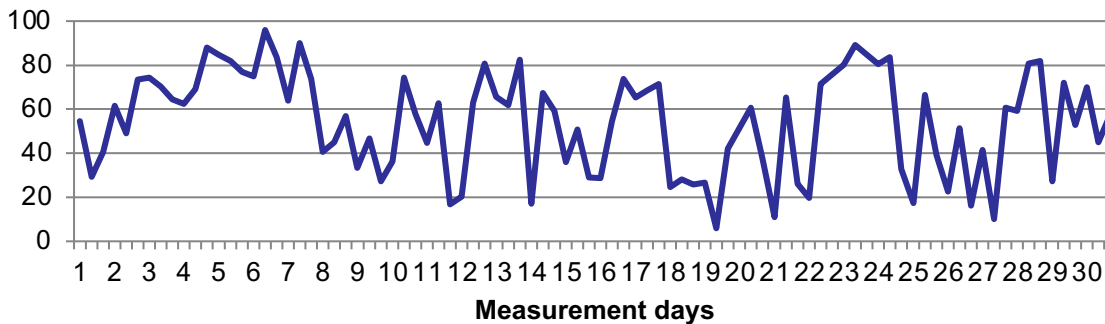
Project 2: Parents and adolescent offspring in daily life



Project 2 method: New data collection adolescents and parents



250-500 adolescents and parents



120 adolescent-parent duos complete 25 * 3 assessments (EMA)

Project 2 method: Measures & Analyses

Baseline measures: Child and parent trait optimism (revised life orientation test – LOT-R), self-efficacy, self-esteem, life satisfaction, neuroticism, **developmentally on track, SES?**

EMA measures: state optimism (SOM), positive affect, negative affect, **emotion regulation**, activities, social company

Ethica app?

Analyses: Dyadic MLVAR with penalized regularization



Project 3: Genetic transmission

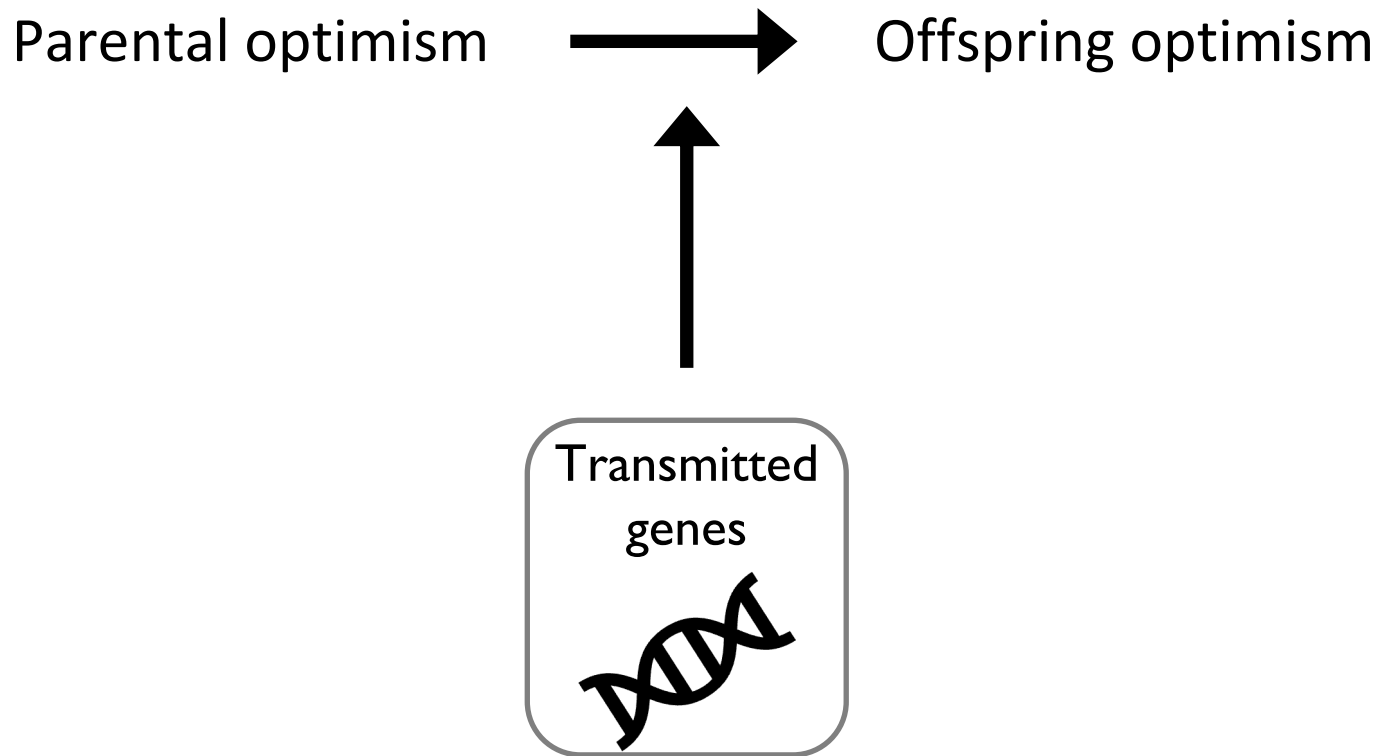
Add-on Lifelines: Optimism questionnaire (LOT-R)

- Started in 2006
- $N > 167,000$ (10% population northern Netherlands)
- Three generations
- Questionnaires, physical measurements, **DNA**
- UGLI2/3 (+- 90,000 genotyped participants) available later this year: in total **14,900 genotyped child-parent duos: estimated participation of ~ 2,000-3,000 parent-offspring duos**

Project 3: Genetic transmission



Do children with a particular genetic makeup benefit more from having optimistic parents than other children?





Questions or feedback?

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