

# THE MEDIATING ROLE OF AFFECTS IN THE RELATION BETWEEN OPTIMISM AND WELL-BEING

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REVISTA ARGENTINA DE CLINICA PSICOLOGICA  
vol. 25, n° 2, pp. 195-202

**Fecha de publicación:**AUG 2016

## **Abstract**

Using a cross-sectional non-experimental design, the mediating role of (positive and negative) affects was assessed in the relation between optimism and well-being (subjective and psychological). A total of 421 people aged between 18 and 60 years with no diagnosed mental pathology participated in this study. Each participant responded to a set of questionnaires (optimism, happiness, satisfaction with life, psychological well-being, positive and negative affect). The relations between the variables are what was expected theoretically: optimism and well-being are correlated negatively with negative affect and positively with positive affect. The indicators of fit are moderate and show the relation between optimism and well-being (subjective and psychological) mediated by the affects. Therefore, optimism could be considered a promoter of the levels of people's well-being, with this relation being mediated by the affects. The results obtained contribute to the explanatory models of well-being based on internal variables.

## **Palabras clave**

**Palabras clave de autor:** Optimism; Subjective well-being; Psychological well-being; Affect

KeyWords Plus: LIFE ORIENTATION TEST; PERCEIVED SOCIAL SUPPORT; CHILEAN POPULATION; PSYCHOMETRIC PROPERTIES; SUBJECTIVE HAPPINESS; PERSONALITY-FACTORS; NEGATIVE AFFECT; OLDER-ADULTS; SELF-ESTEEM; BIG 5