

# EUDAEMONIC WELLBEING AND C-REACTIVE PROTEIN

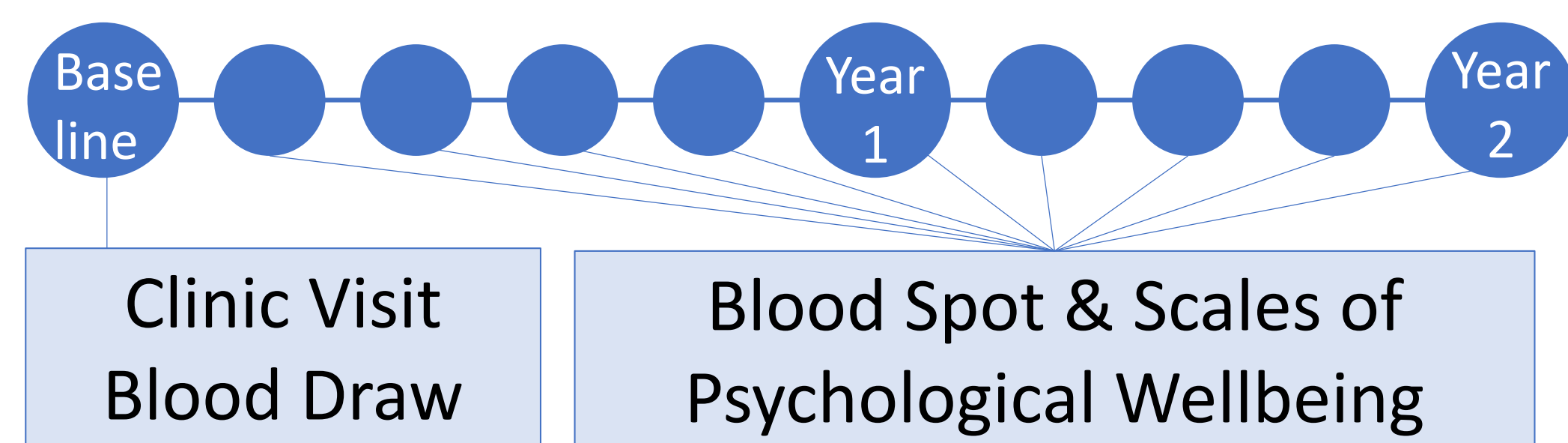
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## Introduction

Prior research suggests higher levels of wellbeing are associated with lower levels of inflammatory markers. This study tested **between- and within-person associations between eudaemonic wellbeing and CRP.**

## Method

Older women (N=200) participating in the **Daily Activity and Health in the Lives of Adult Women (DAHLIA)** study completed a **baseline clinic visit followed by 9 week-long bursts** during which they provided **blood samples** and completed **the Scales of Psychological Wellbeing**



## Multilevel Model Data Analysis

Level 1: Within-person variation

$$CRP_{ij} = \beta_{0j} + \beta_{1j}(EWB_{wave}) + r_{ij}$$

Level 2: Between-person variation

$$\beta_{0j} = \gamma_{00} + \gamma_{01}(EWB_{person}) + u_{0j}$$

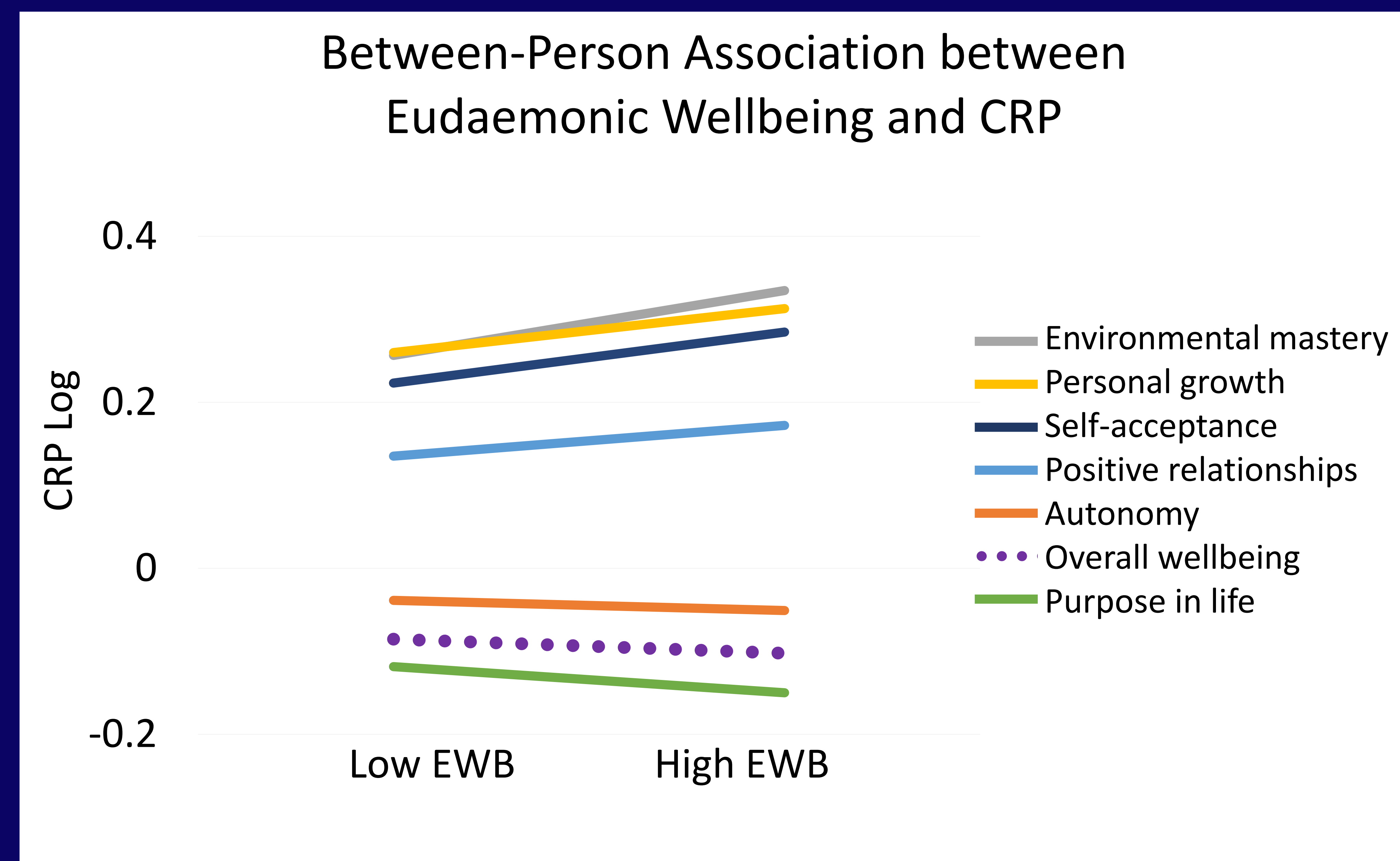
$$\beta_{1j} = \gamma_{10} + u_{1j}$$

## Results

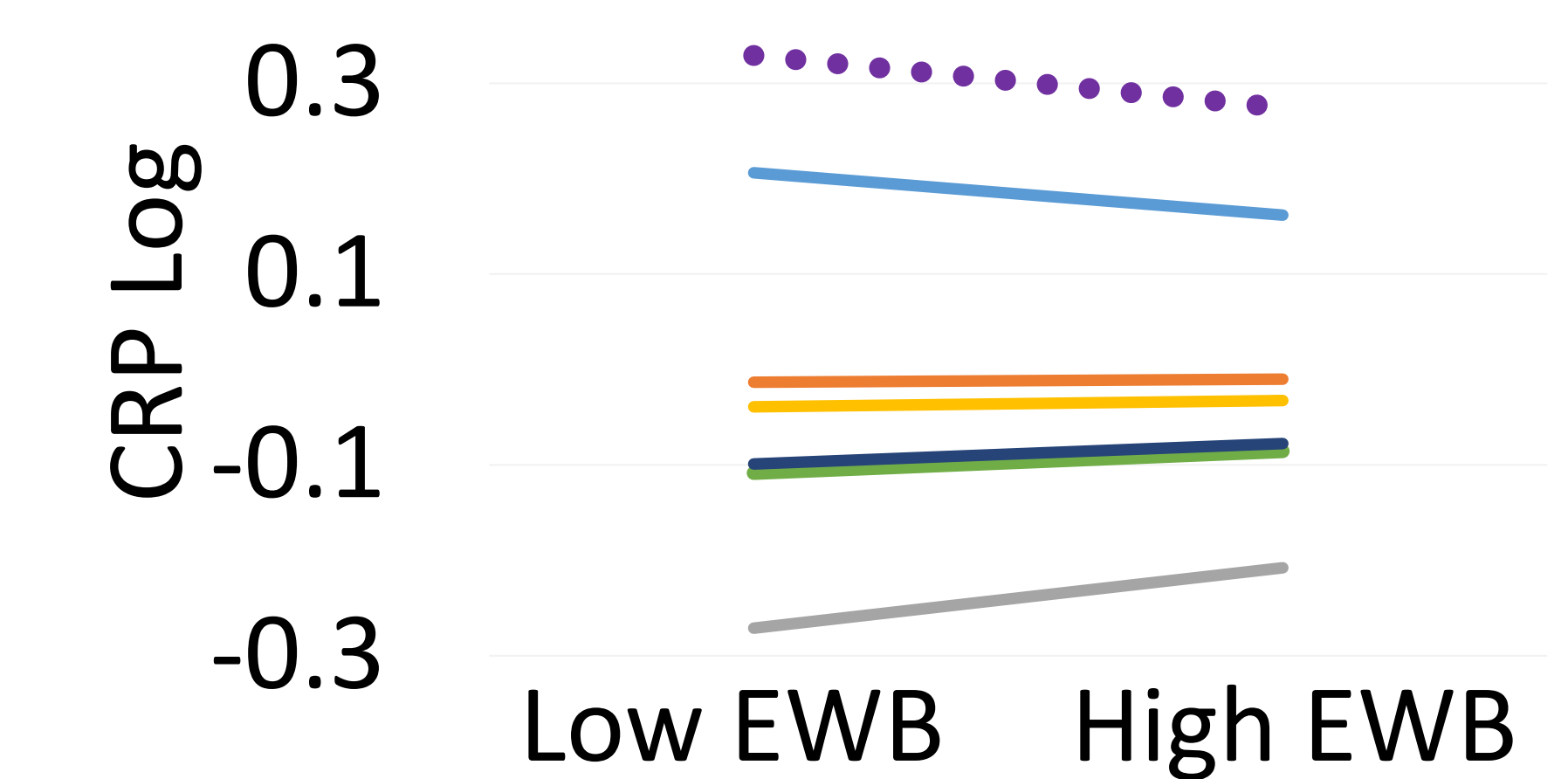
The results suggest no statistically significant main effect or interactions for wellbeing and CRP, including overall wellbeing and each subscale, at the between- or within-person levels.

Between-Person Effects	$\gamma$	SE	$p$
Overall	-0.01804	0.05773	0.755
Autonomy	-0.00899	0.04343	0.836
Environmental Mastery	-0.04634	0.04119	0.262
Personal Growth	-0.00665	0.06011	0.912
Positive Relationships	0.03462	0.04522	0.445
Purpose in Life	-0.01865	0.04781	0.697
Self-Acceptance	-0.01705	0.04590	0.711

**We found no association between eudaemonic wellbeing and C-reactive protein (CRP).**



Within-Person Association between Eudaemonic Wellbeing and CRP



Within-Person Effects	$\gamma$	SE	$p$
Overall	0.05805	0.05148	0.260
Autonomy	-0.00235	0.02816	0.933
Environmental Mastery	0.05723	0.03249	0.079
Personal Growth	0.05337	0.03809	0.162
Positive Relationships	0.02891	0.03521	0.412
Purpose in Life	-0.02581	0.03356	0.442
Self-Acceptance	0.04909	0.03405	0.150

## Discussion

Discrepant results may be a function of assessing different constructs (hedonic vs eudaemonic wellbeing) or caused by variation in biomarker measurement techniques.

**A growing body of research challenges prior results suggesting an association between wellbeing and inflammation.**

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