

Using Resilience to Influence Health Promotion Worldwide

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Conflict of Interest

There is no conflict of interest or relevant financial interest by the author of this activity.

There is no commercial support for this activity.

Objectives

- Discuss the construct of resilience.
- Compare and contrast the construct of resilience across populations and cultures

What is resilience?

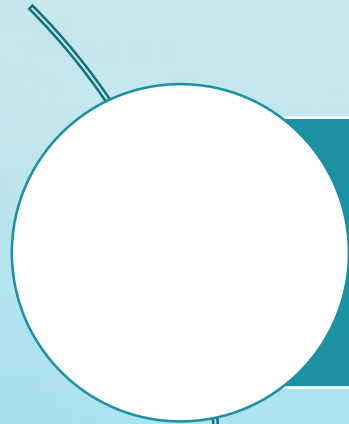
Resilire (Latin verb)

to jump back or
rebound or recoil

Entered English
language in 17th
century

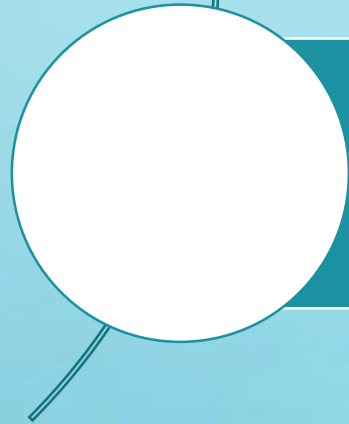
First scholarly work
in 1818 to describe
why some types of
wood were able to
withstand heavy
loads with out
breaking

Two areas of some agreement



Adaptability

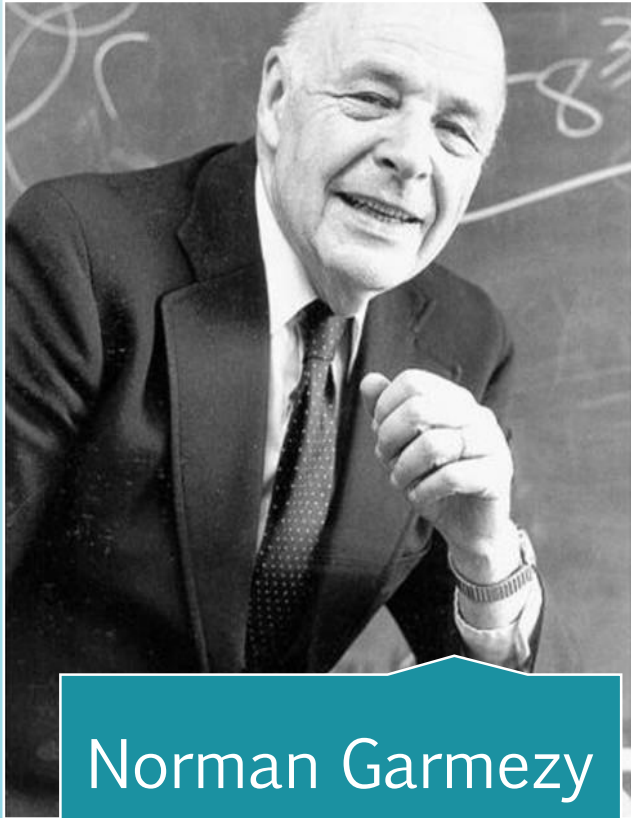
- Reduces risk of exposure to stress
- Reduces impact of exposure to stress



Transient Dysfunction

- Dysfunction or distress are antecedents to resilience

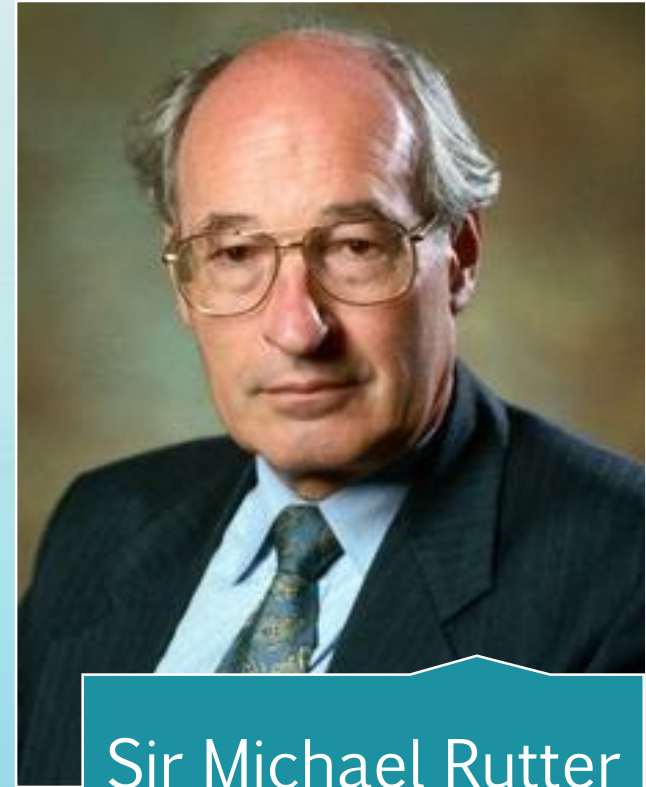
Resilience Pioneers



Norman Garmezy



Emmy Werner



Sir Michael Rutter

Resilience in Nursing Literature

- Byrne, C., Love, B., Browne, G., Brown, B., Roberts, J., & Streiner, D. (1986), The social competence of children following burn injury: A study of resilience. *Journal of Burn Care and Rehabilitation*, 7(3), 247-252.
- Kadner, K.D. (1989). Resilience: Responding to adversity. *Journal of Psychosocial Nursing and Mental Health Services*, 27(7), 20-25. doi: 10.3928/0279-3695-19890701-11

Methods

Search	Key words	Limits	Initial result	Final results
<ul style="list-style-type: none">□ CINAHL Comp□ MEDLINE,□ PsychARTICLES□ PsychINFO□ SocINDEX	<ul style="list-style-type: none">□ resilience,□ culture,□ ethnic*,□ immigrant,□ indigenous,□ health	<ul style="list-style-type: none">□ peer reviewed□ 2009 - 2014	<ul style="list-style-type: none">□ 128 articles.□ +36 hand search□ total of 164 articles	<ul style="list-style-type: none">□ Review for<ul style="list-style-type: none">· antecedent of adversity· discussion of the individual, family and/or community resilience,□ final sample - 62

Middle East - 4 studies

ADVERSITY
Violence

Qualitative – 3
Quantitative - 1

Children – 3
Adult 1

Jewish-Israeli
Arab Israeli
Palestinian
Muslim refugees to Canada
Iraqi, Iranian, Palestinian refugees to Denmark

Middle East - 4 studies

Individual

- Self-esteem
- self-concept
- Faith

Family

- Talking with mom
- Extended family
- Family support

Community

- Cultural community center
- Support from friends

Africa- 5 studies

ADVERSITIES

Poverty
Youth on the streets
Violence/Child Soldiers
Overcrowding
Heath

Literature Review – 1

Qualitative – 3

Quantitative - 1

Children – 3

Families - 1

Pathways to Resilience Project – South Africa (4 studies)

Burundi

Africa - 5 studies

Individual

- Goal setting
- Empathy, Optimism
- Autonomy
- Conservatism
- Conscientiousness
- Self regulation
- Extroversion
- Enthusiasm
- Personal faith
- Assertiveness
- Internal LOC
- Problem solving
- Positive cognitive appraisal
- Reflexivity

Family

- Protective moms
- Parenting practices
- Joint participation in activities
- Sense of belonging
- Sense of being loved and valued
- Relatedness *
- Mother tongue *
- Extended family

Community

- Schools and teachers
- Peer support
- Religious leaders and practices
- Role modeling
- Enabling adults
- Indero – norms/values passed on to children (Burundi)

Song ,Tol, & de Jong, 2014; Theron et al., 2011; Theron, Liebenber, & Malindi, 2014; Theron & Malindi, 2010; Theron & Theron, 2010

Mexican Americans/Mexican Immigrants

5 studies

ADVERSITY
Poverty
Oppression
Security
Intimate Partner
Violence

Literature Review - 1
Qualitative - 1
Quantitative - 2
Mixed - 1

Children - 1
Adult - 3

Mexican immigrants to Canada
Mexican American females
Mexican American university students
Latino immigrants to U.S.

Mexican Americans/Mexican Immigrants

5 studies

Individual

- Religion*
- Perseverance
- Temperament
- Intelligence
- Competence
- Self regulation
- Self esteem

Family

- Familismo
- Family involvement
- Family support
- Extended family
- Togetherness
- Religiosidad*
- Respeto*
- Primary language in the home

Community

- Collectivismo*
- Religion
- Ethnic identity
- Peer groups

Cardoso & Thompson, 2010; Consoli & Llamas, 2013; Marsiglia, Kulis, Perez, & Bermudez-Parsi, 2011; Roditti, Schultz, & de la Rosa, 2010; Theron et al., 2011

Native American - 5 studies

ADVERSITIES

Historical trauma
Genocide
Poverty
Violence
Alcoholism
Suicide

Qualitative – 4
Quantitative – 1
Commentary - 1

Children – 2
Adult – 2
Families - 1

Native American - 5 studies

Individual

- Sense of identity
- Responsibility/ Accountability
- Tenacity
- Subjective well being
- Self esteem

Family

- Parents – role models
- Extended family

Community

- Traditional beliefs/ spirituality
- Healing
- Tribal Community
- Social connectedness
- Friends

Garrett et al., 2014; Goodkind, Hess, Gorman, & Parker, 2012; Grandbois & Sanders, 2009; Grandbois & Sanders, 2012; Stumblingbear-Riddle & Romans, 2012

Indigenous - 10 studies

ADVERSITIES
Generational Change
Poverty
Displacement
Health

Qualitative – 9
Quantitative – 0
Commentary - 1

Children – 8
Adult – 0
Families - 1

Indigenous - 10 studies

Negotiating Pathways to Adulthood: Social Change and Indigenous Culture in Five Circumpolar Communities

- Alaska Inupiat,
- Alaska Yup'ik,
- Canadian Inuit,
- Norwegian Sami
- Siberian Eveny

Roots of Resilience

- Atlantic Canada Mi'kmaq
- Quebec, Ontario, and New York Mohawk
- Across Canada Métis
- Canadian Inuit,

Indigenous - 10 studies

Individual

- Giving back to community
- Subsistence activities
- Native language
- Ethnic pride
- Yoik and Naming (Sami)

Family

- Parents
- Parental values/culture
- Extended family
- Fattar network (Sami)
- Kinship*

Community

- Peer relations
- Mentorship
- Cultural rootedness
- Belonging to the land
- Youth engagement in community

Allen et al., 2014; Kral, Salusky, Inuksuk, Angutimarik, & Tulugardjuk, 2014; Kirmayer, Dandeneau, Marshall, Phillips, & Williamson, 2011; Nystad, Spein, & Ingstad, 2014; Rasmus, Allen, & Ford, 2014; Ulturgasheva, 2014; Ulturgasheva, Rasmus, Wexler, Nystad, & Kral, 2014; Wexler et al., 2014; Wexler, Joule, Garoutte, Mazziotti, & Hopper, 2014; Wexler, Moses, Hopper, Joule, & Garoutte, 2013

Resilience & Mental Health in Children & Adolescents Living in Areas of Armed Conflict

Tol, Song, & Jordans, 2013 • Systematic review of 53 articles

Individual

- Personal strength
- Internal locus of control;
- Optimism;
- Self efficacy;
- Cognitive resources
- Intelligence,
- Creativity,
- Mental flexibility;
- Religious beliefs
- Dreaming as coping;
- Extraversion

Family

- Parental support and monitoring
- Overall quality of home environment
- Family life

Community

- Peer/school
- School retention
- Peer and teacher support
- Social support

Summary

Adversity

- Substance Abuse
- Displacement
- Geography
- Health
- Oppression
- Poverty/homelessness
- Security
- Suicide
- Violence
- Overcrowding

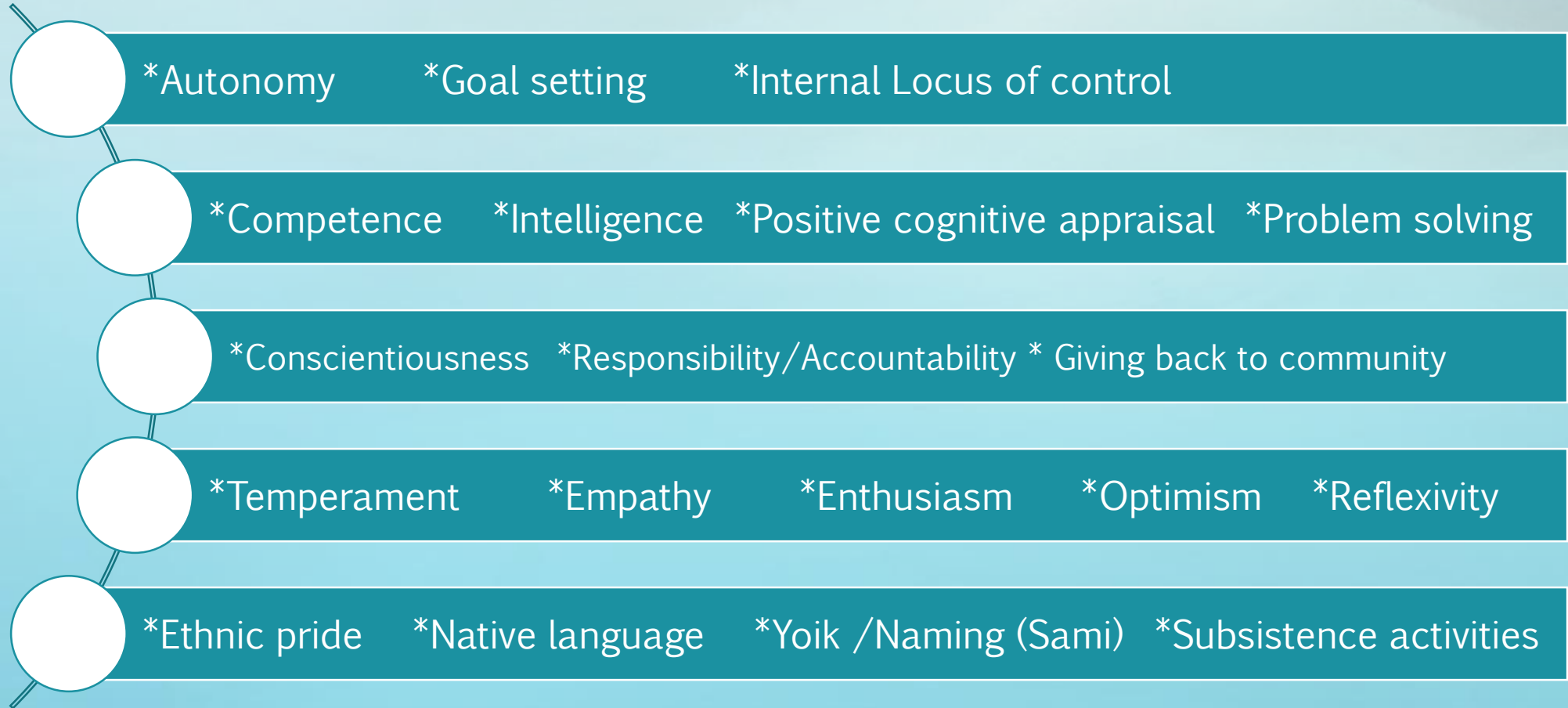
Types of Studies

- Commentary - 2
- Literature Review - 2
- Mixed - 1
- Qualitative – 20
- Quantitative – 10

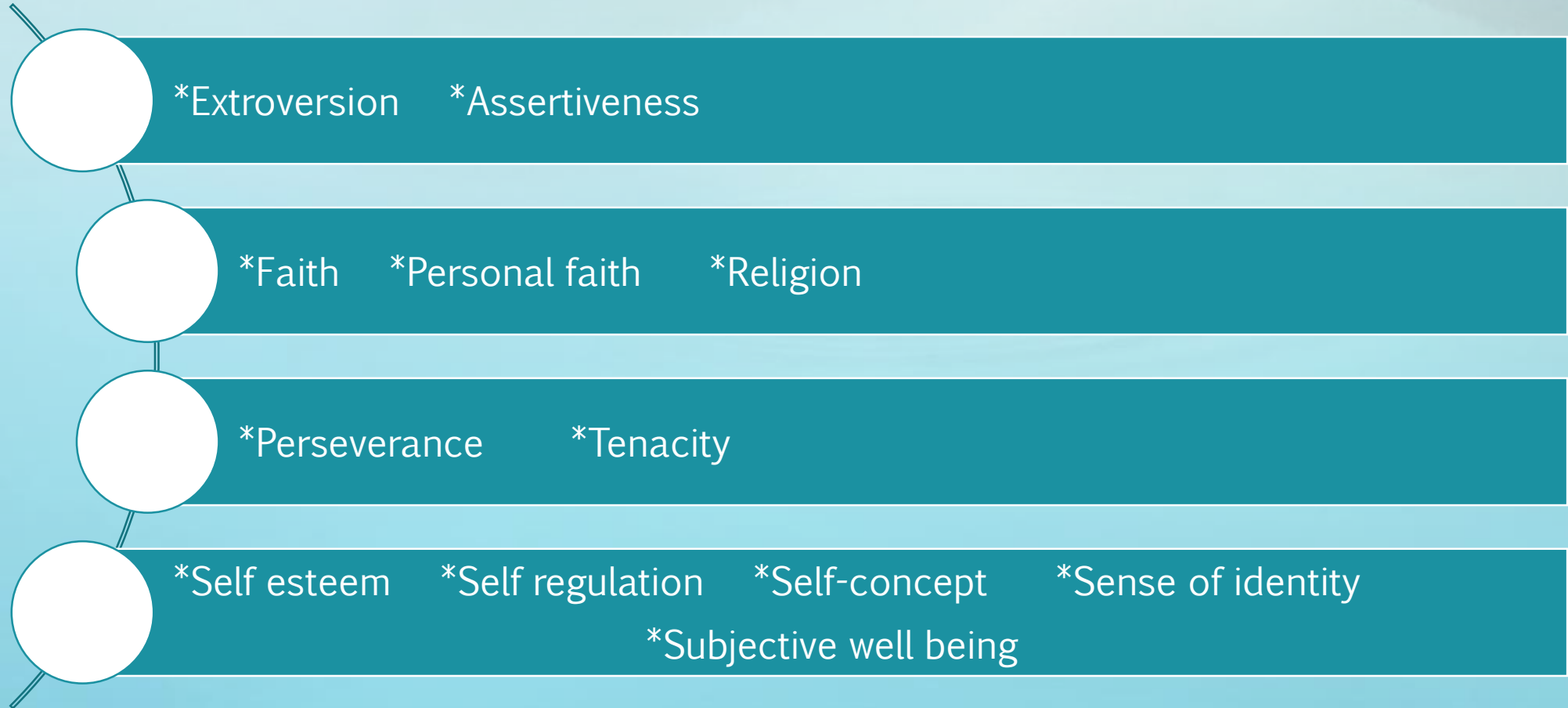
Population

- Adult – 6
- Children – 17
- Families - 3

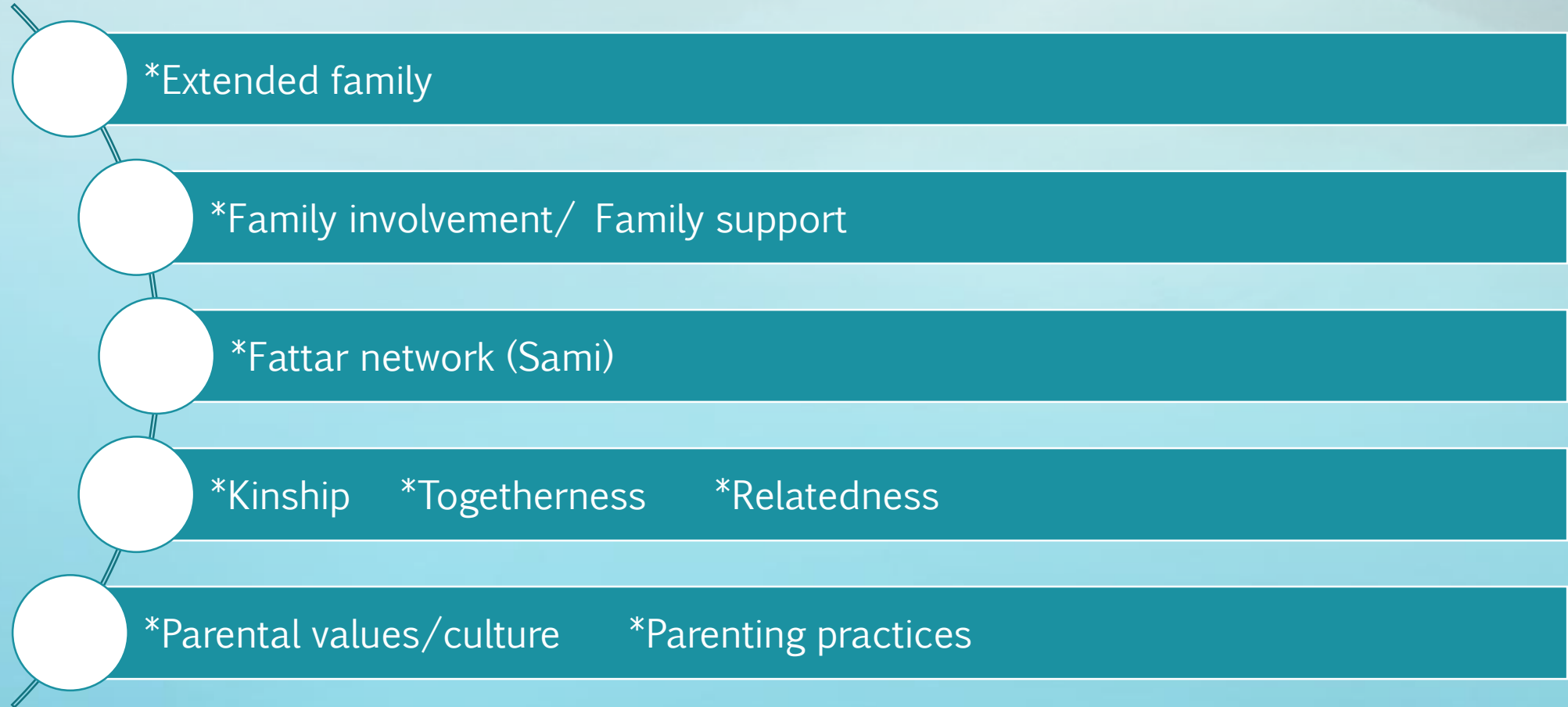
Individual Components



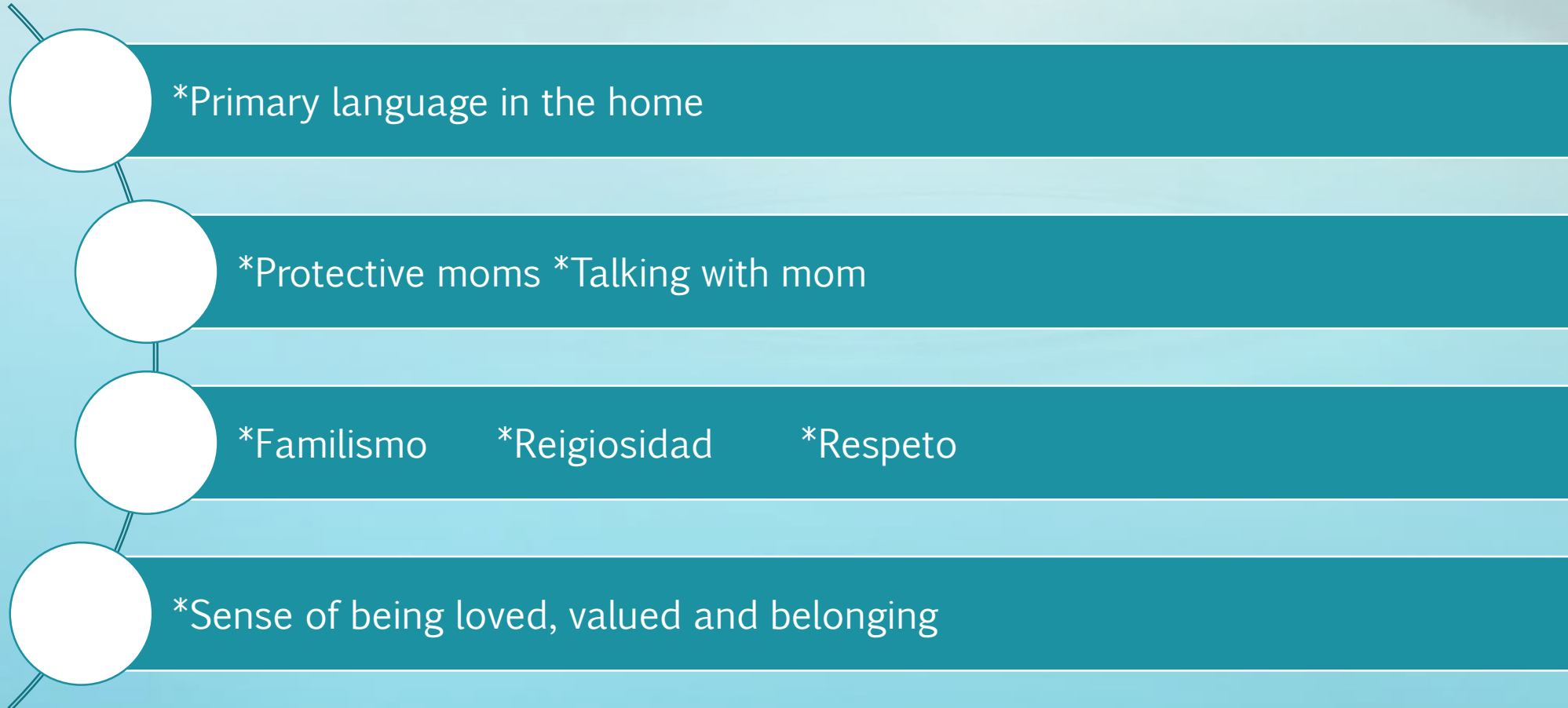
Individual Components



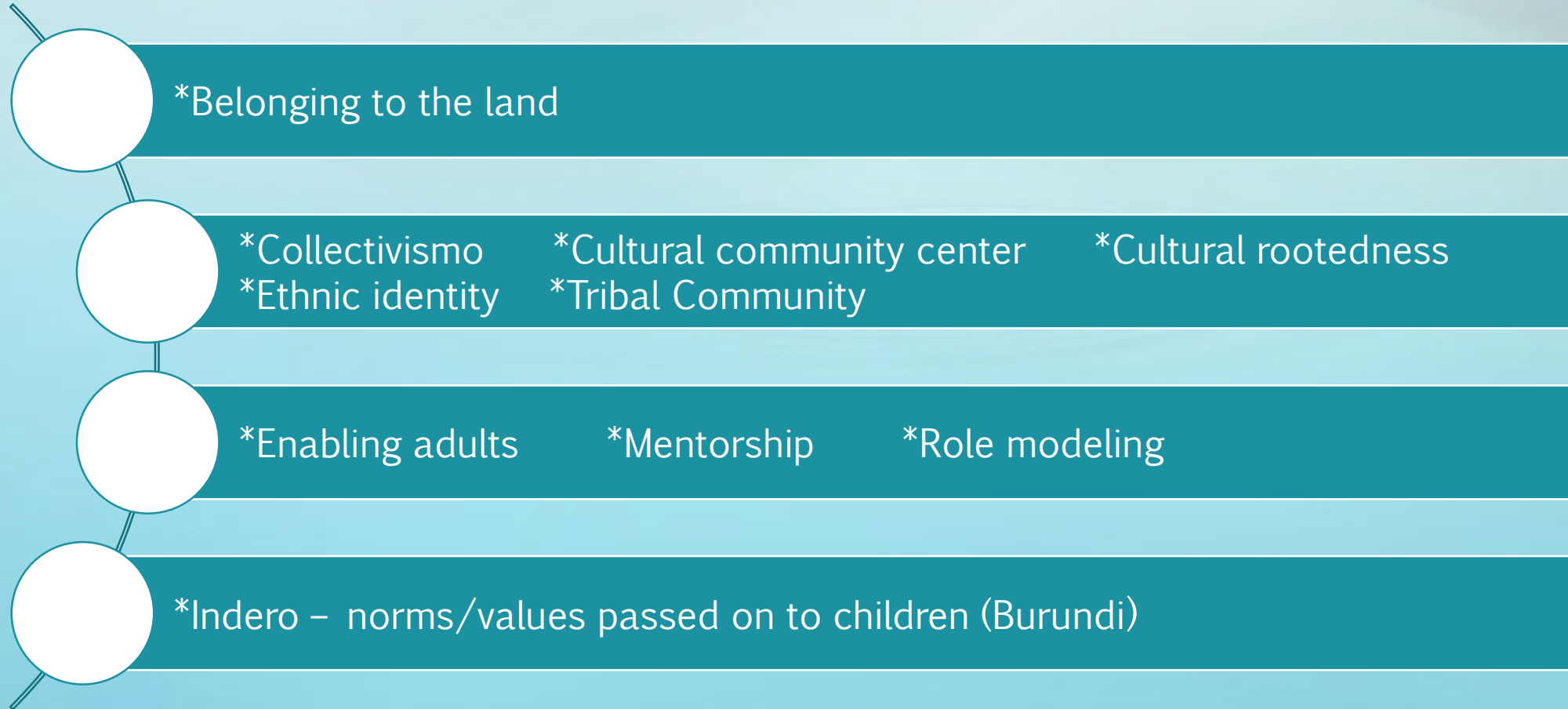
Family Components



Family Components



Community Components



Community Components



Conclusions

- There are similarities in components of resilience across cultures
- Important to understand how cultural context impacts components
- Environment/socioecological context may be most important
- Indicators of component of resilience reflect Western philosophies

Tol, Song, & Jordans, 2013; Ungar, 2013

Conclusions

- Focus must be on both the individual, family and community components that interact with adversities to moderate the effects.
- Resilience is a complex, dynamic process so requiring a broad lens
- Culture and temporal components are important when evaluating resilience.

Ungar, 2011

From Nursing Perspective

“Nursing practice can be informed by understanding cultural and individual resilience in a way that takes practice beyond treating symptoms to a whole-person approach.”

QUESTIONS



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