

Title: Positive Affect and Coping as determinants of Daily Resilience in a Working-Age Population
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This seven-day, daily-diary study of 114 working-age individuals (aged 19 to 62 years), investigated the outcomes and underlying mechanisms of resilience in a daily context. In order to address research aims, much of the structure and process of our study was replicated from a 2006 study on geriatric resilience by Ong, Bergerman, Bisconti and Wallace. Our results indicated that in relation to their non-resilient counterparts, those high in resilience displayed lower levels of negative affect, higher levels of positive affect and being bothered by stressful events for shorter periods of time. However, despite these two-way associations, resilience was not found to moderate the relationship between stress and emotional resistance or emotional recovery in a daily context. Nor could we confirm positive affect as being an underlying resilience mechanism. However, links between resilience and the coping styles of emotional support seeking, humour, positive reframing and active coping were identified.