

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- 5-HT, *see* serotonin
 5-HTTLPR, *see* serotonin transporter gene
 absorption, 257
 abyss experience, 182–183
 acceptance and commitment therapy, 97
 acculturation, 177
 achievement, 66
 active coping, 17
 acts of kindness, 283–284
 acute stress response
 modulating agents, 10–18
 brain-derived neurotrophic factor, 12–13
 epigenetic mechanisms, 13–14
 neural circuitry of fear, 14–15
 psychological processes, 15–18
 sex hormones, 10–12
 systems, 2–10
 corticotropin-releasing hormone, 4–5
 dopamine, 7–9
 hypothalamic–pituitary–adrenal axis, 2–4
 neuropeptides, 9–10
 norepinephrine, 5–6
 serotonin, 6–7
 adaptive capacities, 163
 adaptive systems, 111–114
 attachment relationships, 112
 cultural systems, 113
 improving or mobilizing, 115
 intelligence and problem-solving systems, 112
 motivation to adapt, 112–113
 self-regulation systems, 113
 adolescents
 well-being therapy, 297,
 see also children
 adrenocorticotropin hormone, 2
 estrogens and, 12
 α_2 -adrenoceptor, 5
 African-Americans' resiliency systems, 179–180
 aging, *see also* older adults
 mental health and, 136
 resilience theories, 136–138
 burden perspective, 137
 inoculation perspective, 137
 maturation hypothesis, 137–138
 mortality hypothesis, 138
 vulnerability theory, 137
 aging population, 135
 increased diversity, 135,
 see also older adults
 Alaska Natives' resiliency systems, 180
 alcohol dependence, 294–295
 allostasis, 1–2, 80, 308
 enhancement in children, 312–313
 emotional literacy, 314–315
 interventions in schools and communities, 314
 interventions with parents, 313–314
 moral courage training, 317
 outdoor education programs, 316–317
 Penn Resiliency Program, 317
 team sports, 315–316
 allostatic load, 2, 81, 308
 American-Indian/Alaska Native resiliency systems, 180
 amygdala
 role in fear, 14
 stress response and, 16
 a-priori beliefs, appraisal theory, 31–32, 46
 primary appraisal, 46
 secondary appraisal, 46
 self-appraisal, 47
 Arab American resiliency systems, 180
 arginine vasopressin, 4–5
 Asian cultural resiliency systems, 180–181
 Asian Indian cultural resiliency systems,
 attachment relationships, 112
 attention control, 32–33, 40
 adaptive, 35
 cognitive reappraisal, 37–40
 distraction, 36
 resilience and, 33–37
 rumination, 36
 selective attention, 35–36
 attentional bias, 34
 training, 35–36
 avoidance, 195–196, 230
 baseline function, 208–209
 Battlemind, 325
 Battlemind Training System, 323–324
 comprehensiveness, 329
 future directions, 336–338
 history, 324
 implementation, 331–336
 exportability and scalability, 333
 integration into organizational culture, 331–332
 leader support, 335
 mobile training teams, 334
 ownership issues, 336
 packaging and multimedia, 336
 policy, 335
 quality control, 332
 refresher training, 334
 sustainability, 334
 timing, 332
 training guidelines, 333–334
 train-the-trainer program, 332–333
 verifiable claims, 335–336
 mental health training
 action-focused, 328
 developmental nature, 328–329
 evidence-based, 330–331
 experience-based, 327–328
 explanatory nature, 328
 relevant purpose and content, 327
 strength-based, 327
 team-based approach, 328
 user-acceptability, 329–330
 program improvement, 334–335
 bereavement, 121, 189
 delayed reactions, 123
 grief counseling, 129
 individual differences, 189
 ethnic and cultural differences, 197
 implications of, 196–197
 variation in grief reactions, 123
 older adults, 125–126, 139–140
 positive emotions and, 127–128
 trajectories

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- bereavement (*cont.*)
 chronic grief, 194–196
 recovery, 219
 resilience, 192–194, *see also* grief
- beta-blockers, 6
- Bosnian refugees, 157
- brain-derived neurotrophic factor,
 12–13
- breast cancer, benefits of social ties,
 82, 83
 resilience promotion, 84
- Brief Multidimensional Measure of
 Religion/Spirituality (BMMRS),
 93–94, 99
- Buddhism, 181
- Buffalo Creek flood, 270, 271
- burden hypothesis, 137
- CAFES program, 157
- cancer, benefits of social ties, 82, 83
 resilience promotion, 84
- cardiovascular stress response, 79–80
 social ties and, 79–80
- caregiving, 139
 stress reactivity in children and,
 309–311
- Caribbean black resiliency system,
 181
- catechol-*O*-methyl-transferase, 5–6
- causal attributions, 46
- CDC Worker Resiliency Program, 354
- challenge, 63
- change, models of, 114–115
- Chicago Center for Family Health
 programs, 156
 Bosnian and Kosovar refugees, 157
 job loss stresses, 156–157
 Kosovar Family Professional
 Educational Collaborative,
 157–158
- children, 307–308
 adaptive systems, 111–114
 attachment relationships, 112
 cultural systems, 113
 intelligence and problem-solving
 systems, 112
 motivation to adapt, 112–113
 self-regulation systems, 113
- allostasis enhancement, 312–313
- emotional literacy, 314–315
- interventions in schools and
 communities, 314
- interventions with parents,
 313–314
- moral courage training, 317
- outdoor education programs,
 316–317
- Penn Resiliency Program, 317
- team sports, 315–316
- developmental research, 108–111
- competence and cascades,
 166–167
- intervention models, 110
- person-focused approaches, 108
- variable-focused approaches,
 108–110
- developmental tasks, 105
- grief in, 123
- intervention issues, 128–129
 grief counseling, 129
- PTSD, 124–125
- resilience, 103–104, 111–114, 123,
 265
 attachments and, 308–309
 poverty effects, 265–268
- resilience development
 good adaptation, 105
 promotive and protective factors,
 106
 threats, 105–106
- resilience framework, 114–115
- resilience promoting factors, 128
- self-efficacy
 promotion of, 314
 stress relationships, 311–312
- stress reactivity related to caregiving,
 309–311
- trauma responses, 123
- well-being therapy, 297
- Chinese culture, 180
- chronic disease, 122–123
 older adults, 139
- physiological adjustment, 76
- psychological adjustment, 76
- social ties and
 behavioral effects, 79
 evidence for effects, 81–83
 physiological benefits, 79–81,
 82–83
 psychological benefits, 78, 81–82
- resilience promotion, 83–85
- chronic grief, 194–195
 qualitative aspects, 195–196
- chronic life strains, 264
- citalopram, 7
- citizen participation, 165
- coal mining, *see* mining
- cognitive approaches, 45, 46–47
 challenges, 52
see also social cognitive theory
- cognitive-behavioral stress
 management, 38, 40
- cognitive-behavioral therapy, 40
 following rape, 233
 serious mental illness, 281
- cognitive disorganization, 190
- cognitive emotion regulation, 32–33,
 40–41
 attention control, 32–37, 40
 cognitive reappraisal, 32–33, 40–41
- cognitive reappraisal, 32–33, 40–41
 resilience and, 37–40
- collective efficacy, 47–49, 270–271
- collectivism, 177
- combat, *see* warfare
- combat and operational stress
 continuum model, 243–246
 core leader functions, 246–249
- Combat and Operational Stress Control
 program. *see* US Marine Corps
- combat and operational stress first aid,
 248
- commitment, 63
- communication, community resilience
 and, 165–166
- communities
 definition, 207–208, 268
 disaster impact on, 206
- Community Assessment of Resilience
 (CART), 167–168
- community competence, 166–167
- community preparedness, 170
- community resilience, 162, 203, 209–
 210, 340–341
 assessment of capacities, 167–170
 participatory approaches,
 167–168
 social indicator research, 168–170
- enhancement, 170–172
- multiple meanings of, 340–341
- poverty effects, 268–271
 cohesion, 269–270
 collective efficacy, 270–271
 social capital, 269
- predictors of, 203–204
- resources, 163
 community competence,
 166–167
 economic development,
 163–164
 information and communication,
 165–166
 social capital, 164–165
- competence, 166–167
- complicated grief, 189
- Comprehensive Soldier Fitness (CSF),
 324, 335
- conditionability, 66–67
- Confucianism, 181
- Connor–Davidson Resilience Scale
 (CD-RISC), 290
- conservation of resources theory,
 254–257, 272
 defensive responding with resource
 lack, 257
- engagement/distress interactions,
 260–261
- primacy of resource loss, 254
- resource investment, 254–255
- resource loss and gain spirals, 256

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- constraint/impulsivity, 57
see also personality factors
- control, 63
- coping self-efficacy, 47, 48–49
 demands and, 50–51
 traumatic demands, 49–50
- coping strategies
 active coping, 17
 avoidance coping, 67
 emotion-focused coping, 67
 following rape, 229–230
 personality and, 67
 pragmatic coping, 126–127
 problem-focused/approach coping, 67
 recovery and, 278
 religious coping, 94–95, 98
 negative religious coping, 95
 with serious mental illness, 281
- coronary heart disease, 79
 benefits of social ties, 81–83
 resilience promotion, 84
- corticotropin-releasing hormone, 4–5
 allostatic contribution, 4
 allostatic load, 4
 factors promoting resilience, 4–5
 neuropeptide Y interaction, 9
 receptors, 4
- cortisol, 2
 allostatic contribution, 2
 DHEA ratio, 3–4
 dysregulation, 2–3
 social ties and, 81
- critical incident stress debriefing, 128
- cultural diversity, 151
- cultural systems, 113
 African-American, 179–180
 American-Indian/Alaska Native, 180
 Arab-American, 180
 Asian cultural, 180–181
 Asian Indian, 181
 Caribbean black resiliency system, 181
 Hawaiian Native, 182
 Latin-American, 182
- culture, 176–178
 monocultural ethnocentrism, 178
 resiliency and, 177–178
 in trauma recovery, 182–183
see also cultural systems; ethnic considerations
- cumulative risk, 105
- dedication, 257
- dehydroepiandrosterone (DHEA), 2
 allostatic contribution, 2
 cortisol ratio, 3–4
 treatment, 3–4
- demands, 50–51
 traumatic demands, 49–50
- depression,
 attentional bias and, 34
 distraction and, 33
 in chronic disease, benefits of social ties, 81–82
 rumination and, 33–34
see also manic depressive disorder
- developmental cascades, 111
- developmental psychopathology, 103–104
- developmental tasks, 105
- dexamethasone suppression test, 3
- dialectical behavior therapy, 97
- disaster management, 170–172
 resilience promotion in disaster workers, 341–343, 352–355
 Haddon matrix, 342–343
 Sago Mine disaster, 347–352
 World Trade Center case study, 343–347
see also emergency management
- disaster research, 200–202
 resilience concept in, 203–204
- disasters, 200, 203–204, 340
 challenges in applying resilience, 207–213
 baseline function, 208–209
 defining communities, 207–208
 defining value-neutral resilience and failure, 211–212
 resilience for whom, 209–211
- multilevel consequences of, 204–207
 community impact, 206
 displacement, 205–206
 economic and political impact, 206–207
 environmental health, 205
 family impact, 206
 physical health, 204
 psychological health, 204–205
 rescue and clean-up operations, 205
 typologies, 343
see also disaster management
- displacement, 205–206
- Dispositional Resilience Scale-15 (DRS-15), 290
- distraction, 33, 36
- distress
 engagement/distress interactions, 260–261
 trajectories, 259–260
- dopamine, 7–9
 allostatic contribution, 8
 allostatic load, 8–9
 factors contributing to resilience, 9
- dopamine D₂ receptor gene (DRD2), 9
- dysphoric emotions, 190–191
- economic development, 163–164
 index of, 169
 measurement, 169–170
- economic disparity, 151
- economic impact of disasters, 206–207
- elderly, *see* older adults
- emergency management, 170–172, 340
see also disaster management
- emotion regulation, 16, 30
 active coping, 17
 humor, 17
 meaning-making, 17
 moderator model, 31
 optimism, 17
 promotion in children, 314–315
 reframing/reappraisal, 16
 social competence, 17–18
see also cognitive emotion regulation
- emotional literacy, 314–315
- emotional support, 77
- emotions, 15–18
 dysphoric, following bereavement, 190–191
 elements of, 15
see also emotion regulation; negative emotions; positive emotions
- empathy, 17–18
- empowerment, 278
- engagement, 257
 as both process and outcome, 257–258
 engagement versus distress trajectories, 259–260
 engagement/distress interactions, 260–261
- engagement theory, 254, 257
- Enhancing Recovery in Coronary Artery Heart Disease (ENRICH), 293–294
- environmental context
 demands, 50–51
 traumatic demands, 49–50
 genetic–environmental interactions, 178–179
 religiosity as an environmental influence, 179
- epigenetic changes, 13–14
- epinephrine (E)
 social ties and, 81
- estrogens, 11–12, 13
 stress response and, 11–12
- ethnic considerations
 African-American resiliency systems, 179–180
 American-Indian/Alaska Native resiliency systems, 180
 Arab-American resiliency systems, 180

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- ethnic considerations (*cont.*)
 Asian cultural resiliency systems,
 180–181
 Caribbean black resiliency system,
 181
 Hawaiian Native resiliency system,
 182
 Latin-American cultural resiliency
 systems, 182
see cultural systems
 executive function, 113
- faith, loss of
see also religion/spirituality
- families
 disaster impact on, 206
 structure, 150–151
- family resilience, 149–150
 assessment of family function,
 152–155
 genograms, 153
 Walsh Family Resilience
 Framework, 153–155
 developmental perspective,
 151–152
 family life cycle stressors, 152
 intergenerational legacies, 152
 pile-up of stressors, 152
 varied pathways in resilience,
 151–152
- family resilience-oriented practice,
 155–158
 approaches to traumatic loss and
 major disaster, 158
 Chicago Center for Family Health
 programs, 156
 key processes, 154
 poverty effects, 268
 research challenges and
 opportunities, 158
 sociocultural context, 150–151
 family impact of broader social
 trauma, 151
 family transformations in
 changing societies, 150–151
- fear
 conditioning, 14–15
 neural circuitry of, 14–15
 fight or flight response, 80
 FKBP5 gene, 4
 flexible adaptation, 127
 fluoxetine side-effects, 7
 forgiveness, lack of, 95
 intervention studies, 97
- galanin, 10
 allostatic contribution, 10
 allostatic load, 10
 factors promoting resilience, 10
- GAL-3 receptor, 10
 gender roles, 150–151
 genetic approaches, 116
 genetic–environmental interactions,
 178–179
 religiosity as an environmental
 influence, 179
- genograms, 153
 Giraffe Project, 317
 glucocorticoids, 2
 glucocorticoid receptor sensitivity,
 goal-setting, with serious mental
 illness, 282
 good adaptation, 105
 gratitude enhancement, 283
- grief
 children, 123
 complicated grief, 189
 delayed reactions, 123
 individual difference implications,
 196–197
 phenomenology, 189–192
 cognitive disorganization, 190
 dysphoric emotions, 190–191
 health deficits, 191–192
 social and occupational
 dysfunction, 192
 trajectories, 192–195
 chronic grief, 194–196
 recovery, 219
 resilience, 192–194
 variation in grief reactions, 123
 contextual factors, 197
see also bereavement
- grief counseling, 129
 gross domestic product (GDP), 169
 guilt, 95
- Haddon matrix, 342–343
 application to Sago Mine disaster,
 347–352
 application to World Trade Center
 disaster, 343–347
- hardiness, 63–64, 142, 178, 291
 personality trait relationships, 64
 training for resilience enhancement,
 291–292
- HardiTraining, 292
- Hawaiian resiliency system, 182
- health
 bereavement impact on, 191–192
 disaster impact on, 204
 environmental health, 205
 psychological health, 204–205
 social support and, 293–294
- hippocampus role in fear, 14
- HIV, benefits of social ties, 82, 83
 resilience promotion, 84–85
- Holocaust survivors, 140
- homeostasis, 1, 2
 hope, 278
 HPA, *see* hypothalamic–pituitary–
 adrenal axis
 Human Development Index, 169
 humor, 17, 284
 Hurricane Andrew, 124–125, 128
 Hurricane Katrina, 141, 200–201, 208,
 210
- hypothalamic–pituitary–adrenal axis,
 2–4, 80–81
 allostatic contribution, 2
 allostatic load, 2–3
 factors promoting resilience, 3–4
 axis feedback, 4
 cortisol to DHEA ratio, 3–4
 single nucleotide polymorphisms,
 3
- immune function, 80
- Incredible Years Teacher and Child
 Training Programs, 314–315
- Indian Ocean tsunami, 200
 Sri Lankan response, 269, 270–271
- individualism, 177
- information, community resilience
 and, 165–166
- informational support, 77
- inoculation perspective, 137
 stress inoculation training, 292–293
- instrumental support, 77
- intelligence, 112
 IQ, 109
- intergenerational legacies, 152
- intervention models, 110
- IQ, 109
- Job Demands–Control model (JD-C),
 50
- job loss, 156–157
- Kauai Longitudinal Study, Hawaii,
 265–266
- Kosovar Family Professional
 Educational Collaborative,
 157–158
- Kosovar refugees, 157
- Landmine Survivors Network, 298–302
- latent growth mixture modeling, 122
- Latin-American cultural resiliency
 systems, 182
- learned helplessness, 5
- learned optimism training, 295–296
- life course, 151
- locus coeruleus, 5
 allostatic contribution, 5
 allostatic load, 5
- loneliness, 191

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- loss of faith, 95
- Lower Manhattan Community Recovery Project, 158
- manic depressive disorder (MDD)
- cortisol dysregulation, 2–3
 - 5-HTTLPR polymorphism and, 7
 - reward responses, 8
- maturation hypothesis, 137–138
- meaning-making, 17
- mediating effects, 110
- mental fitness, 326
- mental health training, 324, 326–331
- action-focused, 328
 - developmental nature, 328–329
 - evidence-based, 330–331
 - experience-based, 327–328
 - explanatory nature, 328
 - implementation, 331–336
 - exportability and scalability, 333
 - integration into organizational culture, 331–332
 - leader support, 335
 - mobile training teams, 334
 - ownership issues, 336
 - packaging and multimedia, 336
 - policy, 335
 - quality control, 332
 - refresher training, 334
 - timing, 332
 - training guidelines, 333–334
 - train-the-trainer program, 332–333
 - relevant purpose and content, 327
 - strength-based approach, 327
 - team-based, 328
 - user-acceptability, 329–330
- mental illness, *see* serious mental illness
- mental toughness, 66
- Mexico City earthquake, 207, 212
- military personnel, 238, 323
- resilience challenges, 238–242
 - operational resilience, 239–240
 - post-deployment resilience, 240–241
 - psychological resilience, 241–242
 - social support importance, 293
 - US Navy and Marine Corps
 - approach, 242–249
 - core leader functions, 246–249
 - program goals, 242
 - rationale, 242–243
 - stress continuum model, 243–246, *see also* Battlemind Training System
- mindfulness, 97–98, 283
- mindfulness-based cognitive therapy, 97–98
- mindfulness-based stress reduction, 98
- Minding the Baby program, 313
- mining, 347–348
- disaster incidents, 349
 - safety history, 348
 - see also* Sago Mine disaster
- mirror neurons, 18
- monocultural ethnocentrism, 178
- moral courage training, 317
- mortality hypothesis, 138
- mortality, following bereavement, 191–192
- motivation to adapt, 112–113
- National Vietnam Veterans Readjustment Study, 63
- negative attentional bias, 34
- negative emotions, 15
- negative emotionality/neuroticism, 56–57
 - post-traumatic adjustment and, 64–65
 - see also* emotions; personality factors
- negative life events, 264
- networks, 164
- neural circuitry of fear, 14–15
- neural plasticity, 115
- neuroendocrine activity, 80–81
- social ties and, 81
- neuropeptide Y, 9–10
- allostatic contribution, 9
 - allostatic load, 9
 - factors promoting resilience, 9–10
- neuroticism, 56–57, 141–142
- post-traumatic adjustment and, 64–65
- norepinephrine, 5–6
- allostatic contribution, 5
 - allostatic load, 5
 - factors promoting resilience, 5–6
 - social ties and, 81
- occupational stress, 50
- older adults, 125, 126, 135
- mental health problems, 136
 - resilience in, 138–143
 - bereavement and, 139–140
 - caregiving and, 139
 - chronic illness and, 139
 - former combatants and prisoners of war, 140
 - future directions, 143
 - Holocaust survivors, 140
 - in daily life, 138–139
 - personality factors, 141–142
 - social support and, 142–143
 - trauma-specific variables, 142
- resilience theories, 136–138
- burden perspective, 137
 - inoculation perspective, 137
 - maturation hypothesis, 137–138
 - mortality hypothesis, 138
 - vulnerability theory, 137
- trauma recovery, 136–138
- operational resilience, 239–240
- Operational Stress Control (OSC) program, *see* US Navy
- optimism, 17, 35, 278
- learned optimism training, 295–296
- Organizational Leadership Self-Assessment Tool, 353
- outdoor education programs, 316–317
- oxytocin, 17–18
- Penn Resiliency Program, 296, 317
- personality factors, 51–52, 56–57
- future research, 68–69
 - hardiness and, 63–64
 - mediators of the link with resilience, 66–68
 - conditionability, 66–67
 - coping style, 67
 - social support, 67–68
 - older adults, 141–142
 - post-trauma prospective studies, 60–63
 - post-traumatic adjustment relationships, 64–66
 - pre-trauma prospective studies, 58–60
 - research challenges, 57–58
 - resilience promotion, 126–127
- person-focused approaches, 108
- place attachment, 165
- political impact of disasters, 206–207
- positive emotions, 15–16
- mechanisms of effects, 128
 - positive emotionality/extroversion, 56
 - resilience relationship, 66
- resilience promotion, 127–128
- serious mental illness treatment, 282–283
- acts of kindness, 283–284
 - gratitude enhancement, 283
 - savoring, 283
 - sense of humor, 284, *see also* emotions; personality factors
- positive goals, 114
- post-deployment resilience, 240–241
- post-traumatic growth, 143
- versus resiliency, 258–259
- post-traumatic stress disorder (PTSD), 121
- children, 123, 124–125
 - coping dysfunction, 67

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- post-traumatic stress disorder (PTSD)
(*cont.*)
cortisol dysregulation, 2–3
delayed reactions, 123
dopamine and, 9
following rape, 218–219, 222–223
future research, 231–232
methodological issues, 219–220, 221
peritraumatic factors, 225–228
post-assault factors, 230–231
pre-trauma factors, 223–225
resilience promotion, 232–233
Holocaust survivors, 140
intervention issues, 129
older adults, 125
personality factors, 65–66
hardiness, 63,
prevention, 6
reward responses, 8
risk factors, 221–222
social support relationship, 68
trauma intensity significance, 68–69
variation in trauma response, 122
potentially traumatic events, 120, 122
heterogeneous trajectories following exposure, 121–123
chronic dysfunction, 122–123
delayed reactions, 123
resilience and recovery, 123
intervention implications across the lifespan, 128–129
resilience promoting factors
demographic and contextual factors, 126
in children, 128
personality, 126–127
positive emotions, 127–128
worldview, 127
see also trauma
poverty, 264–265
resilience and, 271–273
adults and families, 268
children, 265–268
communities, 268–271
pragmatic coping, 126–127
preparatory interventions, 297–298
primary appraisal, 46
prisoners of war, 140, *see also* warfare
problem-solving systems, 112
problem-solving therapy, 281
Project on Human Development in Chicago Neighbourhoods, 270
promotive factors, 106, 126–128
demographic and contextual factors, 126
in children, 128
personality, 126–127
positive emotions, 127–128
worldview, 127
propranolol, 6
prosocial behavior, 17–18
protective factors, 106, 176
psychoeducational resilience
enhancement, 293
public health, 340
see also disaster management;
emergency management
racial variation, 177–178
see also ethnic considerations
rape
consequences of, 218–219
definitions, 219
future research directions, 231–233
methodological issues, 219–221
ideal study, 219–220
unacknowledged rape, 220–221
peritraumatic factors associated with post-rape function, 225–228
acknowledgement of rape, 227–228
assault characteristics, 225–226
peritraumatic reactions, 226–227
post-assault concerns, 228
post-assault factors associated with post rape function, 228–231
additional stresses and trauma, 230–231
coping strategies, 229–230
social support, 229
pre-trauma factors associated with post-rape function, 223–225
demographics, 223–224
mental health history, 225
prior assault history, 224–225
prevalence, 218–219
PTSD risk and protective factors, 222–223
resilience promotion, 232–233
rapidity, 163
RCOPE, 99
reappraisal, 16, *see also* cognitive reappraisal
recovery, 107, 123, 124
culture significance, 182–183
definitions, 277–278
following bereavement, 219
from serious mental illness, 276
limitations of medical definitions, 276–277
themes, 278–279
coping, 278
hope and optimism, 278
openness to new experiences, 278
self-respect and self-determination, 278
recreational interests, with serious mental illness, 282
redundancy, 163
reframing, 113
see also cognitive reappraisal
religion; religion/spirituality
Buddhism, 181
Confucianism, 181
definition, 90, 91
religiosity as an environmental influence, 179
Taoism, 180
religion/spirituality (RS), 90, 91, 178
dynamic nature of, 91
trauma response and, 91–92
future directions, 98–99
interventions, 97–98
spirituality group therapy module, 96–97
measurement of, 98–99
multidimensional representation, 93–94
religious coping, 94–95, 98
negative religious coping, 95
resilience relationships, 94–95
reliance development, 93
spiritual “red flags”, 95, 98
guilt, 95
lack of forgiveness, 95
loss of faith, 95
negative religious coping, 95
spiritual development, 92
model, 91
rescue and clean-up operations, 205
resilience, 30, 45, 136, 289, 325–326
across the lifespan, 124–126
as a process, 162–163
bereavement and, 192–194
capacities for, 163
children, 103–104, 111–114, 123, 265
attachments and, 308–309
poverty effects, 265–268
community, *see* community resilience
construct development, 123–124
definition, 2, 91, 103, 202–203
controversies, 106–108
criteria, 106–107
developmental approaches, 104
following rape, 219
good adaptation, 105
narrow versus broad definition, 107
threats, 105–106
time frame, 107
definitions, 325
development, 93
late-emerging resilience, 107

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- promotive and protective factors, 106
 trauma impact, 120
 dynamic perspective, 92–93, 104
 enhancement interventions, 289–290, 291–293, 302
 case example, 298–302
 children, 312–317
 disaster workers, 341–343, 352–355
 hardiness training, 291–292
 psychoeducational resilience enhancement, 293
 stress inoculation training, 1052
 enhancement of related constructs, 293–298
 learned optimism training, 295–296
 social support interventions, 293–295
 well-being therapy, 296–297
 family, *see* family resilience
 framework, 31–33, 114–115
 measures, 115
 methods, 115
 mission, 114
 models of change, 114–115
 multilevel approaches, 115
 future directions, 115–116
 in disaster research, 203–204
 individual resilience, 149
 measurement, 290–291
 multilevel concept, 200, 202–203
 older adults, 138–143
 bereavement and, 139–140
 caregiving and, 139
 chronic illness and, 139
 former combatants and prisoners of war, 140
 future directions, 143
 Holocaust survivors, 140
 in daily life, 138–139
 resilience theories, 136–138
 social support and, 142–143
 trauma recovery and, 136–138
 trauma-specific variables, 142
 predictors of, 104
 preparatory interventions, 297–298
 promotion, *see* promotive factors
 religion/spirituality relationships, 93, 94–95
 reorienting, 212–213
 research, 1
 competence and cascades, 166–167
 developmental research, 108–111
 intervention models, 110
 person-focused approaches, 108
 variable-focused approaches, 108–110
see also resiliency
 Resilience Scales for Children and Adolescents (RSCA), 290
 resiliency, 108
 African-American resiliency systems, 179–180
 American-Indian/Alaska Native resiliency systems, 180
 Arab-American resiliency systems, 180
 Asian cultural resiliency systems, 180–181
 Caribbean black' resiliency system, 181
 characteristics of, 176
 cultivation, 179–182
 culture and, 177–178
 in serious mental illness, 279
 resiliency factors, 279–280
 Hawaiian Native resiliency system, 182
 Latin-American cultural resiliency systems, 7–9
 versus post-traumatic growth, 258–259, *see also* resilience
 resistance, 107
 resource dependency, 164
 resources, boosting, 115
 Response to Stressful Experiences Scale (RSES), 290
 reward system
 altered responses, 8–9
 motivation to adapt, 112–113
 risk factors, 108–110
 cumulative risk, 105
 in development, 105–106
 mediating effects, 110
 PTSD, 221–222
 following rape, 222–223
 risk gradients, 105
 risk prevention, 115
 robustness, 163
 Rochester Resilience Project, 266
 rumination, 33–34, 36
 Sago Mine disaster, 348–353
 Haddon matrix application, 350
 savoring, 283
 scenario-based training, 297–298
 schizophrenia, 276, *see also* serious mental illness
 schools, 113
 secondary appraisal, 46
 selective attention, 35–36
 training, 35–36
see also attention control (AC)
 selective serotonin reuptake inhibitors
 side-effects, 7
 self-appraisal, 47
 self-blame, following rape, 230
 self-determination, 278
 self-efficacy, 47–49
 changes in, 51
 demands and, 50–51
 traumatic demands, 49–50
 environmental context, 49–51
 in children
 promotion of, 314
 stress relationships, 311–312
 personality factors, 51–52
 self-enhancement, 142
 self-esteem, improvement with serious mental illness, 282
 self-regulation, 46–47, 113
 children living in poverty, 267
 social cognitive theory, 47–49
see also emotion regulation
 self-respect, 278
 sense of community, 284
 sense of humor, 284
 September 11 terrorist attack, New York, 122, 141, 208
 family meetings as community intervention, 158
 Haddon matrix application, 343–347
 Lower Manhattan Community Recovery Project, 158
 serious mental illness, 276
 objections to traditional hierarchical decision making, 277
 recovery, 276
 limitations of medical definitions, 276–277
 themes, 278–279
 resiliency in, 279
 resiliency factors, 279–280
 treatment, 280
 broadening the focus, 277–278
 novel strategies, 282–284
 resilient strategies, 280–281
 targeting deficits, 282
 targeting the effects of stress, 281
 serotonin (5-HT), 6–7
 allostatic contribution, 6
 allostatic load, 6–7
 factors promoting resilience, 7
 receptor dysfunction, 7
 serotonin transporter gene (5-HTTLPR) polymorphism, 7
 sexual assault, *see* rape
 single nucleotide polymorphisms (SNPs), 3
 social capital, 164–165
 index of, 169
 measurement, 169–170
 poverty effects, 269

Cambridge University Press

978-0-521-89839-3 - Resilience and Mental Health: Challenges Across the Lifespan

Edited by Steven M. Southwick, Brett T. Litz, Dennis Charney and Matthew J. Friedman

Index

[More information](#)

Index

- social closeness, 66
social cognitive theory, 7, 47–49
social competence, 17–18
Social Health Index, 169
social indicator research, 168–170
social integration, 77–78
 behavioral effects, 79
 physiological effects, 80
 psychological benefits, 78
 see also social ties
social isolation, 78
social networks, 164
social potency, 66
social support, 66, 67–68, 76–78
 behavioral effects, 79
 community resilience and, 164–165
 emotional support, 77
 following rape, 229
 informational support, 77
 instrumental support, 77
 interventions, 293–295
 matching hypothesis, 77
 older adults, 142–143
 physiological effects, 80, 81
 evidence for in chronic disease, 82–83
 resilience promotion, 84–85
 psychological benefits, 78
 evidence for in chronic disease, 81–82
 resilience promotion, 84
 serious mental illness and, 281
 see also social ties
social ties, 76, 85
 attachment relationships, 112
 behavioral effects, 79
 buffering effects, 77
 evidence for effects in chronic disease, 81–83
 main effects, 77
 physiological effects, 79–81, 82–83
 cardiovascular system, 79–80
 immune system, 80
 neuroendocrine system, 80–81
 psychological benefits, 78, 81–82
 resilience promotion, 83–85
 physiological adjustment, 84–85
 psychological adjustment, 84
 see also social integration; social support
Social Vulnerability Index (SOVI), 168–170
spirituality, 141
 definition, 90–91
 interventions, 97–98
 group therapy module, 96–97
 spiritual development, 92
 model, 91
 see also religion/spirituality
state-space grids, 116
stress, 2
 cardiovascular response, 79–80
 social ties and, 79–80
 disaster-related, 204
 preparatory interventions, 297–298
 reactivity in children related to
 caregiving, 309–311
 self-efficacy relationships in
 children, 311–312
 transactional theory of, 46
 workplace stress, 50
 see also acute stress response; stress inoculation theory
stress inoculation theory, 137
stress inoculation training, 292–293
stress vulnerability model, 279
stressful life events, 30–31
Stroop measure, 34
Study of Adult Development, Harvard Medical School, 266
suppression, 195–196
survivorship, 298
sympathetic–adrenomedullary system, 80–81
TAFES program, 157
Taoism, 180
team sports, 315–316
terrorist events, 202
 engagement versus distress trajectories, 259–260
 engagement/distress interactions, 260–261
 resilience and, 202
 conservation of resources theory, 254–257
 engagement theory, 257–258
 versus post-traumatic growth, 258–259
 see also September 11 terrorist attack, New York
testosterone, 10–11
 stress response and, 11
threats, 105–106
tight coupling, 164
training
 hardiness training, 291–292
 learned optimism training, 295–296
 mental health, 324, 326, 331
 implementation, 331–336
 moral courage, 317
 resilience enhancement, 290
 scenario-based training, 297–298
 stress inoculation training, 292–293
Training and Doctrine Command, 335
transactional theory of stress, 46
transformational coping, 291
trauma
 heterogeneous trajectories following exposure, 121–123
 chronic dysfunction, 122–123
 delayed reactions, 123
 resilience and recovery, 123
 historical conceptions of
 psychological trauma, 120–121
 recovery
 culture significance, 182–183
 in older adults, 136–138
 societal response to, 143
 trauma-specific variables, 142
 see also potentially traumatic events
Trauma and Spirituality Group Module, 96–97
trauma intensity, 68–69
traumatic demands, 49–50
Trier Social Stress Test, 4
US Marine Corps Combat and Operational Stress Control (COSC) program, 242–249
 core leader functions, 246–249
 goals, 242
 rationale, 242–243
 stress continuum model, 243–246
US Navy Operational Stress Control (OSC) program, 242–249
 core leader functions, 246–249
 goals, 242
 rationale, 242–243
vigor, 257
vulnerability theory, 137
Walsh Family Resilience Framework, 153–155, 158, 302
 communication, 155
 family belief systems, 153–154
 family organization, 154–155
warfare, 323
 former combatants and prisoners of war, 140
PTSD, 121
 hardiness relationship, 63–64,
 see also military personnel
well-being, 66
well-being therapy, 296–297
wellness, 163
widowhood, 139–140,
 see also bereavement
workplace stress, 50
World Trade Center terrorist attack.
 see September 11 terrorist attack, New York
worldview, 127
 resilience promotion, 127