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Passion in relation to individual lifestyle, self- regulation, and activity engagement.

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Why passion?



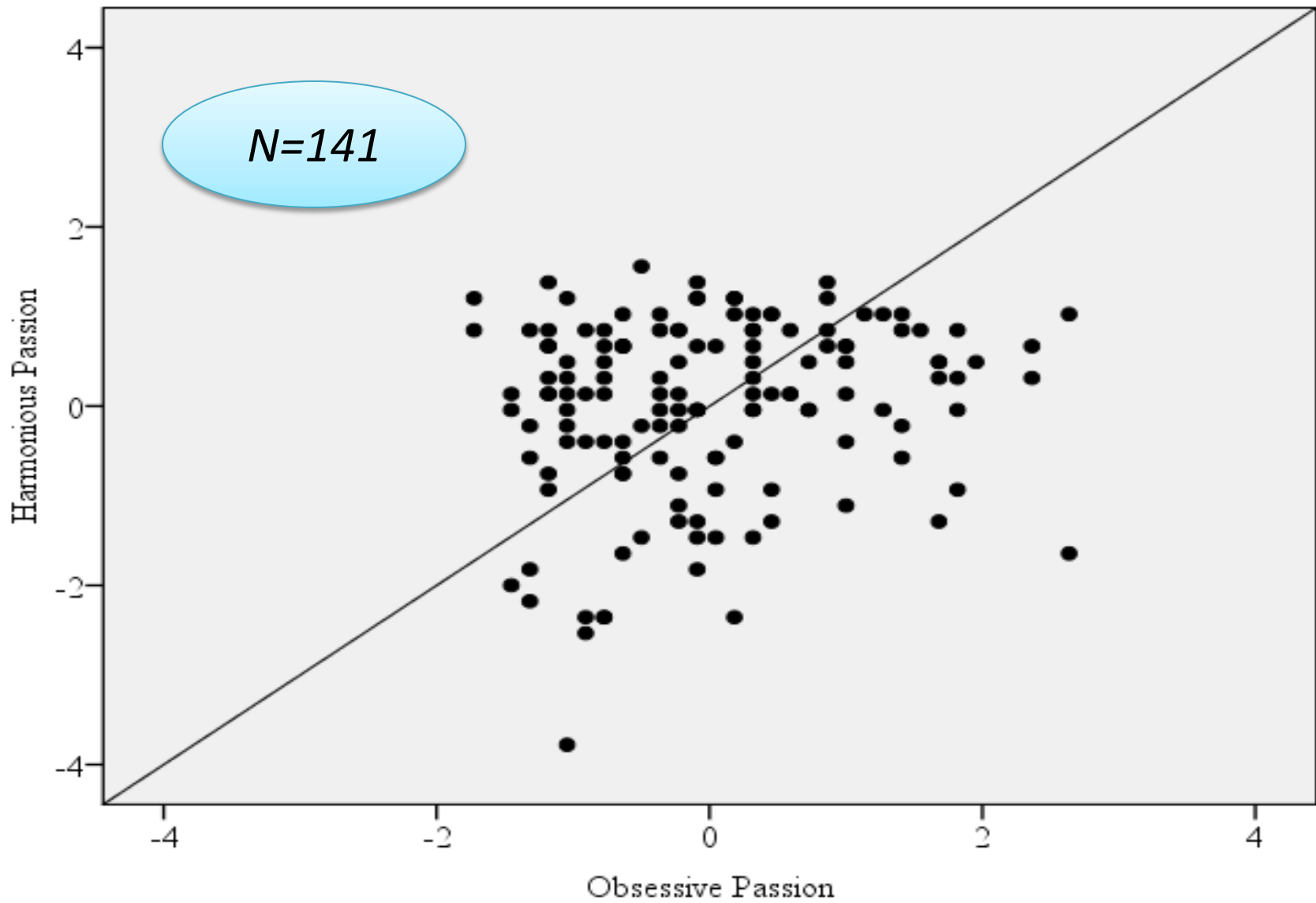
a **passion** for life

Broaden-and-Build Theory

Can high levels of passion
deepen emotional and cognitive
resources?

How we measured passion

Using Vallerand's Passion Scale
we compared high and low
levels of passionate
engagement



Question

- Optimism
- Attention
- Self-regulation
- Executive functioning



Methods & Design

Survey Package

- Variety of self-report questionnaires
- Approx 45 minutes



Passion Scale

N=141

Optimism

- Seligman's Optimism Scale

Attention

- ASRS Screener

Self-Regulation

- AAQoL

Executive Functioning

- BRIEF-A

Total Scores	Low Passion	High Passion	ANOVA's		
	M (SD)	M (SD)	F (1,70)	P	n ²
Optimism (Optimism Test)	10.60 (2.38)	11.97 (2.51)	5.54	0.021	0.073
Pessimism (Optimism Test)	11.15 (3.40)	10.82 (2.62)	0.217	0.643	0.003
ADHD (ASRS-Screener)	17.90 (2.96)	18.41 (3.97)	0.357	0.552	0.005
Life Score (AAQoL)	70.57 (8.61)	70.20 (8.19)	0.035	0.852	0.000
Health Score (AAQoL)	35.81 (6.40)	35.23 (6.21)	0.156	0.694	0.002
Executive Functioning (BRIEF-A)	115.79 (19.49)	122.82 (21.11)	2.128	0.149	0.03

Highly passionate individuals

More optimistic

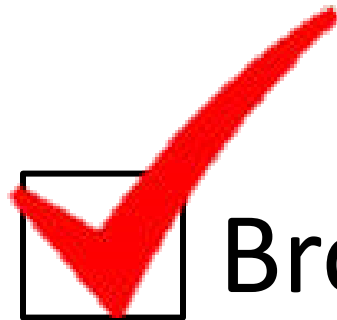


Broaden-and-Build

Optimism Subscales	Low passion	High passion	ANOVA's		
	M (SD)	M (SD)	F (1,83)	p	η^2
Permanent Good	4.28 (1.28)	4.45 (1.45)	0.342	0.560	0.004
Pervasiveness Good	4.02 (1.44)	4.48 (1.25)	2.389	0.126	0.028
Personalization Good	2.56 (1.11)	3.07 (1.13)	4.409	0.039	0.050

What about cognitive resources?

highly passionate individuals show advantages
in executive functioning



Broaden-and-Build

BRIEF-A Subscales	Low passion	High passion	ANOVA's		
	M (SD)	M (SD)	F (1,79)	p	η^2
Organization of Materials	12.68 (3.52)	13.83 (3.63)	2.08	0.153	0.026
Working Memory	12.55 (2.95)	13.78 (3.95)	2.51	0.117	0.031
Inhibit	13.05 (2.68)	15.24 (3.44)	10.21	0.002	0.115
Initiate	13.40 (3.14)	13.41 (2.91)	0.00	0.983	0.000
Shift	9.82 (2.30)	10.71 (2.13)	3.20	0.077	0.039
Plan & Organize	15.62 (3.41)	17.12 (3.21)	4.14	0.045	0.050
Self-Monitor	9.45 (2.10)	10.61 (2.70)	4.64	0.034	0.055
Emotional Control	16.55 (4.11)	17.78 (4.61)	1.60	0.210	0.020
Task Monitor	10.20 (2.27)	10.66 (1.90)	0.97	0.327	0.012

How is engagement
different from self-control?

Benefits of Broaden-and-Build

Highly passionate individuals:



More positive experiences



Deeper cognitive resources

What does this mean?

Why develop a passion?

- There is benefits to more developed passions
- Expand your interests further into passions
- Support yours and others passions
- High levels of activity engagement are important

- Thank you!
- Thank you!
- Thank you!
- Thank you!
- Thank you!
- Thank you!
- Thank you!
- Thank you!

