

Abstract

The current study tested whether the relationships among resilient style with depression, life satisfaction and purpose in life can be explained by the Positive Cognitive Triad model, in which resilient individuals are hypothesized to have positive views towards themselves, the world, and the future. Based on a representative sample of 1419 college students from seven universities and other tertiary institutions in Hong Kong, a new 17-item Resilient Style Questionnaire was developed based on the literature in positive psychology, Confucian philosophies and beliefs, and focus groups of students and working adults on laypeople's ideas about resilience. Psychometric properties on the reliability and validity of the new scale were established. Findings based on structural equation modeling and mediation analyses showed resilient style to be significantly related to positive cognitions about the self (e.g., self-efficacy and self-esteem), the world (e.g., social support), and the future (e.g., hope). Individuals with higher level of resilience were found to report a significantly lower level of depression, a greater level of purpose in life and life satisfaction. Utility of the Positive Cognitive Triad model in the understanding of resilient style was supported. The present study provided further theoretical underpinning on the construct of resilience among Chinese.