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Overall theme: Research

Poster presentation

The role of sense of coherence for emotional health in adolescents

Aim: The objective of the study is to investigate the impact of gender and age differences on sense of coherence (SOC) and emotional states as well as the association between sense of coherence and emotional states in a cross-sectional sample of 1209 adolescents. Measures: Orientation to life questionnaire 13-item version; The Spielberger State-Trait Anxiety Inventory; A non-clinical state depression scale developed by Byrne et al (2007). Statistical analysis: Two-way between groups ANOVA was used to investigate gender and age differences on SOC. Hierarchical multiple regression analyses were used to evaluate the association between gender, age and SOC, and the outcome of state depression and anxiety.

Results: The results showed that girls report higher scores on state anxiety and state depression, whereas boys consistently score higher on SOC. Age showed a significant and positive association with state depression. SOC was strongly and inversely associated with both state depression and anxiety. Conclusion: The associations found give support for the view that salutogenic factors, here SOC, have a central role in relation to emotional health in adolescents.