



Adult Development Research Digest

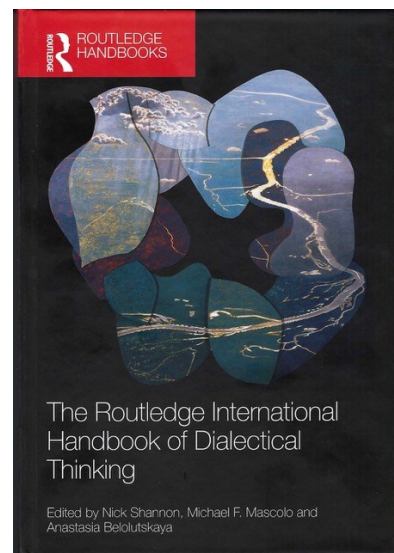
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The Routledge International Handbook of Dialectical Thinking

Edited by Nick Shannon, Michael F. Mascolo and Anastasia Belolutsкая

The Routledge International Handbook of Dialectical Thinking is a landmark volume offering a multi-disciplinary compendium of the research, theory and practice that defines dialectical thinking, its importance and how it develops over the lifespan.

For the first time, this handbook brings together theory and research on dialectical thinking as a psychological phenomenon from early childhood through the human lifespan. Grounding dialectical thinking in multiple philosophical traditions stemming from antiquity, it explores current psychological models of such thought patterns and shows how these can be applied in everyday life and across multiple disciplines, including philosophy, physics, mathematics and international relations. The handbook explains the nature of dialectical thinking, why it is important and how it can be developed in children and in adults. It concludes with a final chapter depicting a discussion among the authors, exploring the question "how could dialectical thinking be the antidote to dogma."



Chapters include:

Dialectical Thinking and Structural Dialectical Analysis, Nikolay Veraksa

Dialectical Thinking as a Post-Formal Organization of Human Thought and Action, Michael Basseches

Training Adults in Dialectical Thinking, Igor Shiyani, Nick Shannon, & Anastasia Belolutsкая

A Neuropsychological Model of Dialectical Thinking and Its Development, Angela Brandao & Michael F. Mascolo

The Development of Dialectical Thinking: An Integrative Relational Systems Approach, Michael F. Mascolo & Nick Shannon

Reference:

Shannon, N., Mascolo, M. F., & Belolutsкая, A. (Eds.). (2024). The Routledge International Handbook of Dialectical Thinking (1st edition). Routledge. <https://www.routledge.com/The-Routledge-International-Handbook-of-Dialectical-Thinking/Shannon-Mascolo-Belolutsкая/p/book/9781032324678>

Journal Articles

Co-development of Life Goals and the Big Five personality traits across adulthood and old age

Abstract:

In this preregistered study, we applied a bivariate latent growth curve model to investigate the co-development of nine life goals and the Big Five traits. We tested age, perceived control, gender, educational background, and regional socialisation as potential moderators of co-development. Data came from the German Socio-Economic Panel Study ($N = 55,040$, age range: 18–103 years) and span a study period of 13 years. During this period, the Big Five traits and life goals were assessed four times. Our findings suggest that development in broader life goal domains (e.g., self-fulfilment) is more strongly connected to personality development across the life span, whereas changes in specific goals (e.g., having children) are more closely tied to trait changes during young and middle adulthood. The strongest co-development was found between Openness and agentic goals with a focus on personal growth followed by co-development between Agreeableness and communal goals. Developmental stage and educational background moderated the co-development of Conscientiousness and economic achievement as well as family-related goals. Contrary to the previous research, we found that Neuroticism co-developed with communal life goals (i.e., having a happy relationship/marriage).

Reference:

Buchinger, L., Entringer, T. M., Richter, D., Wagner, G. G., Gerstorf, D., & Bleidorn, W. (2024). Co-development of life goals and the Big Five personality traits across adulthood and old age. *Journal of Personality and Social Psychology*, 126(2), 346–368. <https://doi.org/10.1037/pspp0000477>

Navigating Adult Life from Emerging to Middle Adulthood: Patterns of Systemic Influences and Time Perspective in Migrants

Abstract:

This study emerges at the intersection of adult development and systems theory frameworks and their contributions to understanding migration experiences and associated cultural transitions. The adult development approach enables a deep understanding of the complexities that adults experience when they move from exploring themselves and their environment in emerging adulthood to establishing their identities and roles during middle adulthood. The systems theory framework, on the other hand, provides insights into the role of social and cultural dimensions in the lives of emerging and middle-adult immigrants who have navigated diverse cultures, roles, and identities. The study highlights the patterns and dynamic interactions of diverse systems of influences and their roles in shaping the self and relational identities of thirty emerging and middle-aged adults who have experienced migration.

Reference: Sgaramella, T.M., Zammitti, A., & Magnano, P. (2024). Navigating Adult Life from Emerging to Middle Adulthood: Patterns of Systemic Influences and Time Perspective in Migrants. *Behavioral Sciences*, 14(2), 86–86. <https://doi.org/10.3390/bs14020086>

Does lifelong learning matter for the subjective wellbeing of the elderly? A machine learning analysis on Singapore data

Abstract:

Our study explores whether lifelong learning is associated with the subjective wellbeing among the elderly in Singapore. Through a primary survey of 300 individuals aged 65 and above, we develop a novel index to capture three different aspects of subjective wellbeing, which we term “Quality of Life”, “Satisfaction with Life” and “Psychological Wellbeing”. Utilizing both supervised and unsupervised machine learning techniques, our findings reveal that attitudes towards lifelong learning are positively associated with quality of life, while participation in class activities is positively associated with all three measures of wellbeing. Although the study does not establish causality, it highlights a connection between lifelong learning and the perceived wellbeing of the elderly, offering support for policies that encourage lifelong learning among this population.

Reference:

Fang, Z., & Sim, N. (2024). Does lifelong learning matter for the subjective wellbeing of the elderly? A machine learning analysis on Singapore data. *PLoS ONE*, *19*(6), e0303478–e0303478. <https://doi.org/10.1371/journal.pone.0303478>

Triangulation of family perspectives on father-adolescent talk about sex and relationships

Abstract:

Introduction: Father-adolescent talk about sex can protect adolescents from sexual risk behaviors. However, few studies explore how family members view fathers' talk with adolescents about sex and relationships. An understanding of how fathers, mothers, and adolescents view fathers' roles in talk with adolescents about sex and relationships can help to guide fathers' talk with adolescents and inform programs to provide targeted support for father-adolescent communication about sex and relationships. *Methods:* This study investigates family perceptions of father-adolescent communication about sex and relationships by triangulating data from fathers, mothers, and adolescents using content analysis to conduct between-family analysis and within-family approaches with 15 families (n = 45 individuals) with high school-aged adolescents from across the U.S. *Results:* Analyses showed agreement on the importance of fathers' roles in family talk about sex. The findings showed shared recognition of the importance of fathers' roles in family talk about sex. Between-group analyses showed that fathers, mothers, and adolescents view fathers' roles as emotional supports and open communicators with their adolescents about sex and relationships and as educators and advisors for their adolescent children. Within-family analysis showed that families often agreed that there were gender differences in how fathers talked with their sons and daughters, but family members expressed different views on how adolescents' gender impacts father-adolescent communication about sexual topics. *Discussion:* These findings may encourage fathers who are uncertain about the value of their roles in talking with their adolescent children about sex and relationships. They also highlight the importance of examining how fathers' messages to their adolescents about sex and relationships may continue to follow patterns of gender stereotypes.

Reference: Grossman, J. M., DiMarco, A. J., & Richer, A. M. (2024). Triangulation of family perspectives on father-adolescent talk about sex and relationships. *Frontiers in Developmental Psychology*, *2*. <https://doi.org/10.3389/fdpys.2024.1264934>

Why do middle-aged adults report worse mental health and wellbeing than younger adults? An Exploratory Network Analysis of the Swiss Household Panel Data

Abstract:

Our study used six waves (2013–2018) of the Swiss Household Panel ($n = 5,315$), to compare the distribution of mental health and wellbeing, as well as their key correlates, between midlife (40–55 years) and younger adults (25–39 years) in Switzerland. Moreover, using network analysis to investigate interrelationships across life domains, we describe the complex interrelations between multiple domain-specific correlates and indicators of both mental health and wellbeing across the two age groups. Middle-aged (age 40–55) individuals reported lower life satisfaction and joy, as well as higher anger, sadness, and worry than young adults (age 25–39), with the effect sizes reaching up to 0.20 Cohen's d . They also reported lower social support, relationships satisfaction, health satisfaction, and higher job demands and job insecurity. Relationships satisfaction and social support were the most consistent correlates across all three indicators of wellbeing in both age groups. Health satisfaction was more strongly, and directly, interrelated with energy and optimism in midlife compared with young adulthood (0.21 vs 0.12 , $p = 0.007$). Job demands were more strongly linked with anger and sadness in midlife. The network model helped us to identify correlates or their clusters with direct and strong links to mental health and wellbeing. We hypothesised that health satisfaction, relationships satisfaction, social support, and job demands may help to explain worse mental health and wellbeing in midlife.

Reference:

Gondek, D., Bernardi, L., McElroy, E., & Comolli, C. L. (2024). Why do Middle-Aged Adults Report Worse Mental Health and Wellbeing than Younger Adults? An Exploratory Network Analysis of the Swiss Household Panel Data. *Applied Research in Quality of Life*. <https://doi.org/10.1007/s11482-024-10274-4>

Positive affect during adolescence and health and well-being in adulthood: An outcome-wide longitudinal approach

Abstract:

Several intergovernmental organizations, including the World Health Organization and United Nations, are urging countries to use well-being indicators for policymaking. This trend, coupled with increasing recognition that positive affect is beneficial for health/well-being, opens new avenues for intervening on positive affect to improve outcomes. However, it remains unclear if positive affect in adolescence shapes health/well-being in adulthood. We examined if increases in positive affect during adolescence were associated with better health/well-being in adulthood across 41 outcomes. We conducted a longitudinal cohort study using data from Add Health—a prospective and nationally representative cohort of community-dwelling U.S. adolescents. Using regression models, we evaluated if increases in positive affect over 1 year (between Wave I; 1994 to 1995 and Wave II; 1995 to 1996) were associated with better health/well-being 11.37 years later (in Wave IV; 2008; $N = 11,040$) or 20.64 years later (in Wave V; 2016 to 2018; $N = 9,003$). Participants were aged 15.28 years at study onset, and aged 28.17 or 37.20 years—during the final assessment. Participants with the highest (versus lowest) positive affect had better outcomes on 3 (of 13) physical health outcomes (e.g., higher cognition ($\beta = 0.12$, 95% CI = $0.05, 0.19$, $p = 0.002$)), 3 (of 9) health behavior outcomes (e.g., lower physical inactivity (RR = 0.80 , CI = $0.66, 0.98$, $p = 0.029$)), 6 (of 7) mental health outcomes (e.g., lower anxiety (RR = 0.81 , CI = $0.71, 0.93$, $p = 0.003$)), 2 (of 3) psychological well-being (e.g., higher optimism ($\beta = 0.20$, 95% CI = $0.12, 0.28$, $p < 0.001$)), 4 (of 7) social outcomes (e.g., lower loneliness ($\beta = -0.09$, 95% CI = $-0.16, -0.02$, $p = 0.015$)), and 1 (of 2) civic/prosocial outcomes (e.g., more voting (RR = 1.25 , 95% CI = $1.16, 1.36$, $p < 0.001$)). Study limitations include potential unmeasured confounding and reverse causality.

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Conclusions

Enhanced positive affect during adolescence is linked with a range of improved health/well-being outcomes in adulthood. These findings suggest the promise of testing scalable positive affect interventions and policies to more definitively assess their impact on outcomes.

Reference: Kim, E. S., Wilkinson, R., Okuzono, S. S., Chen, Y., Shiba, K., Cowden, R. G., & VanderWeele, T. J. (2024). Positive affect during adolescence and health and well-being in adulthood: An outcome-wide longitudinal approach. *PLoS Medicine*, *21*(4), e1004365–e1004365. <https://doi.org/10.1371/journal.pmed.1004365>

Dimensions of Emerging Adulthood in Pakistan: A Demographic Profile

Abstract:

Emerging adulthood is generally believed to be experienced by young people in Western industrialized nations and limited research has been conducted in Eastern low-income countries. The purpose of the current study was to examine emerging adulthood and its five dimensions in the cultural context of Pakistan, including (a) to explore whether Pakistani young individuals perceive themselves as full adults or feel in-between, (b) to identify perceived emerging adults and how they differ from perceived adults in terms of their demographic characteristics. A sample (N = 738) with the age range of 18–25 years was selected. Both male (52.2%) and female (47.8%) university students were approached. The Inventory of Dimensions of Emerging Adulthood (IDEA) (Reifman et al., in *Journal of Youth Development*, *2*(1): 37–48, 2007) was used. Results revealed that the majority of the sample considered themselves as adults. However, a significant percentage of participants (43.4%) identified as perceived emerging adults. The results indicated that emerging adults significantly differ in dimensions of emerging adulthood based on their demographic traits, i.e., age group, working status, native town, residence, and monthly family income. The findings offered evidence that culture has an impact on emerging adulthood. Pakistan's unique cultural and social factors were discussed as possible reasons for the distinctive findings.

Reference:

Numan, A., Muazzam, A., & Arnett, J. J. (2024). Dimensions of Emerging Adulthood in Pakistan: A Demographic Profile. *Journal of Adult Development*. <https://doi.org/10.1007/s10804-024-09493-8>

Cognitive flexibility across the lifespan: developmental differences in the neural basis of sustained and transient control processes during task switching

Abstract:

The ability to flexibly switch between task sets increases early and decreases late in life. This lifespan pattern differs between mixing costs, denoting performance decrements during task switching compared with single tasking, and switch costs, denoting performance decrements on trials after the task has switched relative to trials where the task repeats. Generally, mixing costs reach their lifespan minimum later and increase again earlier than switch costs. We propose that lifespan changes in cognitive flexibility are associated with neural processes implementing sustained and transient control processes that underlie mixing and switch costs, respectively. To better understand the lifespan development of sustained and transient control processes, future research needs to delineate longitudinal changes in functional connectivity patterns and task-set representations.

Reference:

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Schwarze, S. A., Yana Fandakova, & Lindenberger, U. (2024). Cognitive flexibility across the lifespan: developmental differences in the neural basis of sustained and transient control processes during task switching. *Current Opinion in Behavioral Sciences*, 58, 101395–101395. <https://doi.org/10.1016/j.cobeha.2024.101395>

Unraveling the Complexity of Midlife: A Mixed Methods Study Among Czech Middle-Aged Adults

Abstract:

Psychological research on middle adulthood has focused on simple trends such as midlife decline or growth. More recent research has developed a more dynamic and contextual view of this period. However, developing such a view of midlife requires an appropriate theoretical and methodological framework. In this study, we used the framework of the dialogical self-theory to analyze interviews with 98 participants aged 40–59 about midlife. The analysis categorized the interviews and identified five patterns that characterize the midlife lived experience: dialogical-reflective, discontinuous (predominantly men), integrated (predominantly women), traumatic, and monologic (men only). The validity of these patterns was checked by testing relationships with the Positive and Negative Schedule and the Ego Integrity Scale. We concluded that each pattern characterizing the midlife lived experience represents a particular midlife psychology that is variously associated with simple trends such as midlife growth, midlife decline, or a balance between these opposites. At the same time, the patterns of the midlife experience were rooted in expectations typical of Czech society. In particular, gender-related social expectations played an important role in shaping the midlife experience of women and men.

Reference:

Filip, M., Poláčková Šolcová, I., & Kovářová, M. (2024). Unraveling the complexity of midlife: A mixed methods study among Czech middle-aged adults. *Journal of Adult Development*, 31(2), 156–169. <https://doi.org/10.1007/s10804-023-09460-9>

A motivational framework of personality development in late adulthood

Abstract:

Meta-analytic evidence shows that most personality traits tend to increase through early adulthood and middle age but decrease in late adulthood, whereas Emotional Stability continues to increase throughout late adulthood. We propose that these normative patterns of personality development can be explained by motivational theories of aging. Specifically, decreases in Extraversion, Agreeableness, Conscientiousness, and Openness to Experience may reflect a reduced capacity to control one's environment, whereas continued increases in Emotional Stability reflect increases in individual's ability to compensate and cope with age-graded losses. Pairing motivational theories of aging with longitudinal evidence in personality science provides an explanation for empirical patterns of personality trait development and raises interesting possibilities to promote healthy aging.

Reference:

Wiebke Bleidorn, & Hopwood, C. J. (2024). A Motivational Framework of Personality Development in Late Adulthood. *Current Opinion in Psychology*, 55, 101731–101731. <https://doi.org/10.1016/j.copsyc.2023.101731>

Effects of Psychedelics in Older Adults: A Prospective Cohort Study

Abstract:

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Affective symptoms such as anxiety, low mood, and loneliness are prevalent and highly debilitating symptoms among older adults (OA). Serotonergic psychedelics are currently investigated as novel interventions for affective disorders, yet little is known regarding their effects in OA. We investigated the mental health effects and psychological mechanisms of guided psychedelic group experiences in OA and a matched sample of younger adults (YA). Using a prospective observational cohort design, we identified 62 OA (age ≥ 60 years) and 62 matched YA who completed surveys two weeks before, a day, two weeks, four weeks, and six months after a psychedelic group session. Mixed linear regression analyses were used to investigate longitudinal well-being changes, as well as baseline, acute, and post-acute predictors of change. OA showed post-psychedelic well-being improvements similar to matched YA. Among baseline predictors, presence of a lifetime psychiatric diagnosis was associated with greater well-being increases in OA ($B = 6.72$, $p = .016$ at the four-week key-endpoint). Compared to YA, acute subjective psychedelic effects were less intense in OA and did not significantly predict prospective well-being changes. However, relational experiences before and after psychedelic sessions emerged as predictors in OA ($r(36) = .37$, $p = 0.025$). Guided psychedelic group sessions enhance well-being in OA in line with prior naturalistic and controlled studies in YA. Interestingly, acute psychedelic effects in OA are attenuated and less predictive of well-being improvements, with relational experiences related to the group setting playing a more prominent role. Our present findings call for further research on the effects of psychedelics in OA.

Reference:

Kettner, H., Roseman, L., Gazzaley, A., Carhart-Harris, R.L. & Pasquini, L. (2024). Effects of psychedelics in older adults: A prospective cohort study. *American Journal of Geriatric Psychiatry/the American Journal of Geriatric Psychiatry*. <https://doi.org/10.1016/j.jagp.2024.05.007>

Physical Activity and Cognitive Decline Among Older Adults A Systematic Review and Meta-Analysis

Abstract:

Importance

Physical activity is associated with the risk for cognitive decline, but much of the evidence in this domain comes from studies with short follow-ups, which is prone to reverse causation bias.

Objective

To examine how length of follow-up, baseline age, physical activity amount, and study quality modify the longitudinal associations of physical activity with cognition.

Data Sources

Observational studies of adults with a prospective follow-up of at least 1 year, a valid baseline cognitive measure or midlife cohort, and an estimate of the association of baseline physical activity and follow-up cognition were sought from PsycInfo, Scopus, CINAHL, Web of Science, SPORTDiscus, and PubMed, with the final search conducted on November 2, 2022.

Results

A total of 104 studies with 341 471 participants were assessed. Analysis of binary outcomes included 45 studies with 102 452 individuals, analysis of follow-up global cognition included 14 studies with 41 045 individuals, and analysis of change in global cognition included 25 studies with 67 463 individuals. Physical activity was associated with a decreased incidence of cognitive impairment or decline after correction for funnel plot asymmetry (pooled risk ratio, 0.97; 95% CI, 0.97-0.99), but there was no significant association in follow-ups longer than 10 years. Physical activity was associated with follow-up global cognition (standardized regression coefficient, 0.03; 95% CI, 0.02-0.03) and change in global cognition (standardized regression coefficient, 0.01; 95% CI, 0.01 to 0.02) from

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trim-and-fill analyses, with no clear dose-response or moderation by follow-up length, baseline age, study quality or adjustment for baseline cognition. The specific cognitive domains associated with physical activity were episodic memory (standardized regression coefficient, 0.03; 95% CI, 0.02-0.04) and verbal fluency (standardized regression coefficient, 0.05; 95% CI, 0.03-0.08).

Conclusions and Relevance

In this meta-analysis of the association of physical activity with cognitive decline, physical activity was associated with better late-life cognition, but the association was weak. However, even a weak association is important from a population health perspective.

Reference: Iso-Markku, P., Aaltonen, S., Kujala, U. M., Halme, H.-L., Phipps, D., Knittle, K., Eero Vuoksima, & Waller, K. (2024). Physical Activity and Cognitive Decline Among Older Adults. *JAMA Network Open*, 7(2), e2354285–e2354285. <https://doi.org/10.1001/jamanetworkopen.2023.54285>

Stability in health behavior patterns in middle adulthood: a 19-year follow-up study

Abstract:

Objective: This study investigated subgroups of adults with particular health behavior patterns, their stability over 19 years, and the role of sociodemographic and personality characteristics in these.

Methods and Measures: Data on smoking, alcohol consumption, and physical activity were collected at ages 42, 50, and 61 in the Jyväskylä Longitudinal Study of Personality and Social Development (n = 205–302). Latent class, latent transition, and logistic regression analyses were used.

Results: Four similar classes of health behaviors were identified at each age. A class named low alcohol consumption (AC)–high physical activity (PA) included individuals with the lowest levels of alcohol consumption and the highest levels of physical activity, and a class named high AC–low PA vice versa. Classes between these extremes of alcohol consumption and physical activity levels were nonsmokers with the lowest proportion of smokers, and smokers vice versa. Although transitions emerged, class memberships were relatively stable. Women, those who were married, held a degree, had higher occupational status, and certain personality traits at age 42 were more likely to belong continuously to healthier classes compared to a stable membership in high AC–low PA.

Conclusion: Health behaviors exist in patterns, are relatively stable across adulthood, and associated with sociodemographic and personality characteristics.

Reference: Ahola, J., et al. (2024). Stability in health behavior patterns in middle adulthood: a 19-year follow-up study. *Psychology & Health*, 1–21. <https://doi.org/10.1080/08870446.2024.2316676>

Intercultural development of US undergraduate faculty: a constructive-developmental study

Abstract: This qualitative study explored the intercultural development and experiences of thirteen US undergraduate faculty members. It was grounded in the theoretical frameworks of intercultural development and constructive-developmental theory. Data included two Intercultural Development Inventories® 3–6 months apart; a Subject Object Interview; and a demographic questionnaire. Findings included qualitatively different experiences among participants who did and did not grow interculturally.

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For example, participants who stayed at the intercultural stage of Minimization experienced wanting to “get it right” but worrying about “getting it wrong” with intercultural interactions. Participants who grew from Minimization to Acceptance described leaning into the fear of getting it wrong. One who grew from Acceptance to Adaptation described valuing risking getting it wrong. Constructive-developmental stage findings suggest that to grow from Minimization to Acceptance, it may be necessary to have some Self-Authorship capacity, including an internally generated value system and an ability to reflect on one’s own assumptions.

Reference: Ouellette-Schramm, J. (2024). Intercultural development of US undergraduate faculty: a constructive-developmental study. *Discover Education*, 3, 231 <https://doi.org/10.1007/s44217-024-00328-y>

Comparison of Adulthood Criteria Endorsed by Emerging Adults and Their Parents in Greece: A Mixed-Method Study

Abstract: The present study uses a mixed-method design to investigate similarities and differences in the prevalence of the endorsed adulthood criteria between emerging adults and their parents, between male and female emerging adults, and between fathers and mothers. Participants were 251 emerging adult students, aged 18.0 to 25.9 (M = 19.9; 50.2% females), and 341 parents of these emerging adults, aged 33.6 to 61.9 (M = 50.4; 58.4% mothers). They completed the Markers of Adulthood Scale and named the three criteria that they considered most important for a person to be considered an adult. An inductive-deductive coding scheme was used. The analyses exhibited a high consensus between emerging adults and their parents in the endorsement of adulthood criteria. Only criteria related to Independence and to the Self were reported more frequently by emerging adults than their parents. A strong agreement between genders in both age groups was also found. The contribution of this study is twofold. First, it supports the idea that in Greece adulthood is a construct that is largely shared by emerging adults and their parents. Second, it illustrates how a mixed-method design can complement quantitative studies and extend their findings.

Reference: Vleioras, G., & Galanaki, E. P. (2024). Comparison of Adulthood Criteria Endorsed by Emerging Adults and Their Parents in Greece: A Mixed-Method Study. *The Journal of Genetic Psychology*, 185(5), 366–372. <https://doi.org/10.1080/00221325.2024.2316802>

Attributes and person types admired by Greek emerging adults: Relative prevalence, differences by gender and socio-economic status

Abstract: Admiration is a social emotion that has implications for behavior, such as leading to a desire to emulate the admired person. This study extends previous findings about admired attributes among emerging adults, by investigating the same topic in Greece and also exploring the relationship between admired person types and admired qualities, gender, and socio-economic status. A total of 198 participants aged 18 to 25 (mean age = 19.46 years; 50% women) provided written descriptions of five

attributes that they admire in a non-fictional person. A hybrid coding scheme was used. The most prevalent categories were Drive and Determination, Care and Generativity, and Resilience and Positivity. Some prevalence differences were found by person type, gender and socio-economic status. The findings extend the understanding of admiration in new directions by supporting a high level of cross-cultural consistency in admired attributes, but also some features that are unique to the Greek context.

Reference: Vleioras, G. & Robinson, O. (2023). Attributes and person types admired by Greek emerging adults: Relative prevalence, differences by gender and socio-economic status. *Emerging Adulthood*, 11(2), 394-402. <https://doi.org/10.1177/21676968221110539>

Every Day has Enough of its Own Torment” —A Narrative Study of Life’s Greatest Challenge among Men in Late Adulthood

Abstract: The purpose of this study was to investigate stories of life’s greatest challenge among men in late adulthood from a narrative and developmental perspective. The investigations focused on narrative processes and the content of challenge narratives in relation to satisfaction with life and generativity. Narrative processes were analyzed using existing frameworks (Eriksson et al. *Identity* 20:157–169, 2020). The study showed negative, neutral/vague, redemptive, and a combination of positive and negative emotional sequences, among which negative sequencing was the most common. An additional narrative theme, metareflections of challenges as part of life, involved the conclusion that hardship is simply part of what one may expect from life. Analyses of types of challenges revealed six categories and a secondary coding the adversity of the challenges. In contrast to expectations, redemptive sequencing was not associated with either higher satisfaction with life or generativity. The few differences that emerged in the subsequent analyses showed that participants whose challenges were coded as not expected and potentially disruptive had significantly lower satisfaction with life and lower mean age when the challenge occurred. In conclusion, the study demonstrated the saliency of the **challenges’ timing and adversity**. Negative framing was common in the challenge narratives of the men in late adulthood, without being negatively associated with satisfaction with life or generativity. The role of negative emotional sequencing in this study adds new perspectives to the emphasis on redemption and positive emotionality for well-being and generativity in later adulthood.

Reference: Wängqvist, M. & Eriksson, P. L. (2024). “Every Day has Enough of its Own Torment” —A Narrative Study of Life’s Greatest Challenge among Men in Late Adulthood. *Journal of Adult Development* 31, 237-248. <https://doi.org/10.1007/s10804-023-09458-3>

Late-adult fathers’ experiences of parenting across the lifespan

Abstract: While theoretical studies have stressed the lifelong development of father involvement, little is known about how fathers experience and describe their parenting of their children from childhood to adulthood. We interviewed 93 Swedish fathers in late adulthood about these issues to address the identified research gap. Our thematic analysis generated a set of core aspects of fathers’ parenting in the sense that they were persistent from childhood to adulthood, namely being engaged, present, and

available. Our results also suggest that soft parenting was prominent in retrospect and that fathers balanced involvement with the independence of their adult children. These results can be applied within clinical settings that target parents in different phases of parenthood to help them navigate their everyday struggles and overall strivings as parents. This knowledge can also be used clinically in relation to individuals in late adulthood, as it highlights potential psychosocial challenges in their lives.

Reference: Glavå, G., Wängqvist, M., & Sjölund, A-M. (2024): Late-adult fathers' experiences of parenting across the lifespan, *Applied Developmental Science*, 28(4), 442-456. <https://doi.org/10.1080/10888691.2023.2226872>

Shimmering emerging adulthood: in search of the invariant IDEA model for collectivistic countries

Abstract: Emerging adulthood is the youth trajectory characterized by self-focus, identity exploration, feeling between adolescence and adulthood, instability, and experimentation. This trajectory was first identified in industrialized individualistic countries with gender equality and technological progress. To measure transition to adulthood, the Inventory of the Dimensions of Emerging Adulthood (IDEA) was created. Although emerging adulthood is considered universal, adaptations of the questionnaire across the 12 countries show different patterns, and its cross-cultural invariance has been underinvestigated. This study tests IDEA in three collectivistic countries – Armenia, China, and Russia. The sample consisted of 868 students (total male – 152, total female – 716) aged 18 to 29 years old. We tested the questionnaire separately in the three countries to check that this model fits, but we failed to prove it. After that we used a factor-analytic approach to find a common version for the three countries. We got a five-factor correlated model in accordance with the theory, but it was reduced from 31 items to 21, and three items moved to other factors. Finally, we provided measurement invariance and reached configural level. To test the narrower facets of factors we used multi-group alignment and found that variances in six parameters differ, mainly in Instability. Despite the difference in the questionnaire items, we proposed a common model for three countries that we called questionnaire IDEA-collectivistic countries (IDEA-CC).

Reference: Yerofeyeva, V. G., Wang, P., Yang, Y., Serobyan, A. K., Grigoryan, A. K., & Nartova-Bochaver, S. K. (2024). Shimmering emerging adulthood: in search of the invariant IDEA model for collectivistic countries. *Frontiers in Psychology*, 15, 1349375. <https://www.frontiersin.org/journals/psychology/articles/10.3389/fpsyg.2024.1349375/full>

Cascading Organisational Effects from Inner Leader Transformation

Abstract:

Between September 2021 and March 2024 IntoTheNew have run an Action Research project in the R&D organisation of one of Sweden's largest industry corporations. The research project has held one overarching research question: "Does inner leader transformation lead to quantifiable, measurable positive shifts in the organisational contexts of the leader?" A total 75 leaders, divided in 5 cohorts

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attended a 9 month, human centric, inner transformative leader program. The program is built on a synthesis of the research fields of developmental psychology, relational organisational psychology, complex adaptive systems, sustainable change of social systems, and emergent phenomena. The program use this research to explore, understand and embrace the human element of organisation and life, and how this can be used to unleash the inherent human power of collaboration and organisation. And to understand the nature of the organisation as a relational, complex, adaptive system.

Leader self-estimates were done within 8 areas of leadership: Self Awareness, Leadership Confidence, Skills in approaching challenges, Ability to hold multiple perspectives, Shape coherence in my team/organisation, To see what is going on in the system, Sense of agency, and Overall life satisfaction.

To measure how these inner transformations cascade out through the organisation, organisational measurements were done 3 and 16 months after program completion in the areas of: Collaboration, Outcome, Accountability, Engagement, Decision/Direction Accuracy, Creativity/Problem Solving, and Delivery Precision & Quality. All areas showing strong positive shifts.

A selection of the measured results presented in this paper is:

- 100% of attending leaders report an increase of self-awareness and 94% report an increase of overall life satisfaction.
- 98% of attending leaders report an increase of the capability to shape organisational coherence, and 80% of report an increase of output/outcome in “Teams I lead”.
- 80% of attending leaders report an increase of engagement, and of collaboration also across areas of competence.

Reference: Hamrin K. & Lindhardt N. (2024), Cascading Organisational Effects from Inner Leader Transformation, IntoTheNew, <https://www.intothewnew.online/en/actionresearch>

Doctoral Dissertations

Buckley, L.L. (2021). *Making Meaning of Loss and Limitation Through Hope: A Developmental Stage Perspective* [Doctoral dissertation, Fielding Graduate University].

ProQuest. <https://www.proquest.com/docview/2596479801?pq-origsite=gscholar&fromopenview=true>

Abstract: This research examined how adults across six developmental stages perceived and experienced hope when facing loss and limitation. Results suggest that the meaning of hope changes: People think about, speak about, and experience hope differently based upon developmental stage. Stage distinctions include differing perceptions of agency, capacities to see different pathways, and unique relationships to uncertainty. The stage-related capacities also frame how individuals perceive self, others, and the world. Each stage offered unique capacities that might be considered hope resources for individuals dealing with loss or limitation. A model named the experiences of hope: stage-specific distinctions was developed to summarize how individuals in six developmental stages faced their limitations in distinctive ways. Individuals across all developmental stages recognized what they could and could not influence when facing limitations and losses. This result reflects two elements of the serenity prayer: "to change the things I can" and "to accept the things I cannot change." The results expand upon the Snyder hope theory components of agency, pathways, and goals. The mixed-methods research design included interviews designed to elicit participants' lived experiences with hope and limitation. The STAGES Hope Specialty Inventory is a newly developed modification of the STAGES assessment instrument, an existing approach to measuring ego development. This specialty inventory was applied to measure how individuals' relationships with hope varied across developmental stages

Schneider, J. (2022). *Making meaning of the meaning in our lives: Exploratory study of relationship between adults' psychosocial maturity and their personal meaning in life* (Publication No. 29397290) [Doctoral dissertation, Fielding Graduate University].

Proquest. <https://www.proquest.com/docview/2721329233/7F140F1248204577PQ/1?>

This dissertation explores the relationship between (a) the psychosocial maturity of mid-life adults (operationalized through contemporary models of ego development stages), and (b) their personal conceptions and experiences of having meaning in their lives. Surprisingly, hardly any research previously explored how these two universal and essential aspects of the human experience, personal meaning-in-life (MiL) and ego development (ED), relate to each other. Data from this qualitative study strongly suggest that mid-life adults at postconventional stages of ED experience and conceive of MiL in a qualitatively different way than those at earlier stages. More importantly, this different way of experiencing and conceiving of MiL shows patterns inconsistent with the models and measures of MiL that dominate psychological scholarship. The research reveals an additional qualitative form of meaning-in-life that contradicts or transcends the purpose, significance, and coherence subconstructs inherent in contemporary models and measures of MiL. These results not only suggest the need for adjustment to existing MiL models, but also suggest that research, theory, and practice regarding all psychological phenomena should consider the effects of ED diversity. An additional byproduct of this research is helpful insight into the meaning-making of individuals at later stages of the ED spectrum.