



# The Mediating Role of Resilience in the Relationship Between Perceived Parenting Styles and Anger Management

Behzad Azarnioshan<sup>1,\*</sup>, Habibollah Naderi<sup>2</sup>, Ali Asghar Shojaee<sup>3</sup> and Askar Asghariganji<sup>4</sup>

<sup>1</sup>Department of Psychology, Faculty of Human Sciences, Islamic Azad University of Babol Branch, Babol, Iran

<sup>2</sup>Department of Psychology, Faculty of Humanistic and Social Sciences, University of Mazandaran, Babolsar, Iran

<sup>3</sup>Department of Psychology, Faculty of Humanistic and Social Sciences, Islamic Azad University of Babol Branch, Babol, Iran

<sup>4</sup>Department of Psychology, Faculty of Humanistic and Social Sciences, University of Farhangian, Babol, Iran

\*Corresponding author: Ph.D. Student of Educational Psychology, Department of Psychology, Faculty of Human Sciences, Islamic Azad University of Babol Branch, Babol, Iran. Email: b\_azarnioshan@yahoo.com

Received 2019 June 07; Revised 2019 July 13; Accepted 2019 July 20.

## Abstract

**Background:** The study of anger is important from many aspects, one of which is the anger management.

**Objectives:** The current study aimed at examining the mediating role of resilience in the relationship between perceived parenting styles and anger management in high school students.

**Methods:** Using randomized cluster sampling, 395 high school students (females and males) from Babolsar city, Iran enrolled in the school for the academic year of 2017 - 2018 were selected as the study participants. The participants' ages ranged 12 to 16 years (mean = 13.93, SD = 0.81). The perceived parenting style of the participants was determined, using resilience and anger management scales. Data were analyzed by AMOS version 22. In order to evaluate the proposed model of the study, path analysis was performed.

**Results:** The results indicated that the authoritative parenting style was a positive predictor of anger management ( $P = 0.006$ ,  $\beta = 0.19$ ) and resilience ( $P = 0.012$ ,  $\beta = 0.21$ ). The results also revealed that the authoritarian parenting style was a negative predictor of anger management ( $P = 0.008$ ,  $\beta = -.25$ ) and resilience ( $P = 0.005$ ,  $\beta = -0.31$ ). Resilience was a positive predictor of anger management ( $P = 0.011$ ,  $\beta = 0.33$ ) and played a mediator role between authoritative and authoritarian parenting styles and anger management. The results showed that the acceptable percentage of anger management variance was explained by the model.

**Conclusions:** Given the results, increase of authoritative parenting style and decrease of authoritarian parenting style are accompanied by strengthened anger management skill in high school students. Therefore, holding workshops for parents can help them to strengthen the management of anger in their children.

**Keywords:** Anger Management, Resilience, Perceived Parenting Styles, Adolescence

## 1. Background

Adolescence is a period of development that begins with puberty and ends with adulthood (1). The teenage period is very important in terms of mental and physical development (2). During this period, teenagers face a lot of negative emotions, which need some skills to confront with them (3, 4). Anger, as an emotion, occurs when an individual, himself, or the most important individuals in his life are under threat (5). The study of anger is important from many aspects, one of which is the anger management (6). According to some researchers, parents play an important role in this regard (7). Although parents have many concerns about aggressive behavior of adolescents (8), it is important to note that adolescents may show their anger in a variety of ways. They may even suppress their feelings and attempt offending and leaving home. Many

researchers believe that humans have diverse psychological and biological needs (9). Failure to meet these needs and desires is the main cause of anger (5).

In this regard, empirical studies show that family characteristics play an important role in the development of various skills of individuals (10, 11) of which, parenting styles is noteworthy. Parenting styles, which show the level of accountability and parenting demands (12), affect many behaviors in children, including aggression (13, 14). Therefore, parenting styles play an important role in children's anger (15).

Baumrind is relied on the interaction between three family characteristics: (1) close acceptance and close relationship, (2) control, and (3) independence; given these characteristics, three parenting styles are authoritarian, permissive, and authoritative. In an authoritative style,

there is a close relationship between parents and children, parents have proper control over the behavior of children and children also benefit from independence. In the authoritarian style, there are no close relationship between parents and children, and children are tightly controlled and have little independence. In the permissive style, parents do not expect children and have little control over their behavior, and children have a lot of autonomy. These parents allow their children to decide on their own age, even if they are still unable to do so (16).

Also, in the authoritarian style, parents force their children to obey and respect them (14), while authoritative parents have a proper control over adolescents' behaviors, and they are warmly welcomed in all circumstances (17). In the permissive style, parents do not have a particular control over the behavior of their teens (12).

Perceived parenting styles are defined according to adolescents' view of parenting behaviors in childhood (1). Hence, children's assessment of their parents' behaviors is important (4). Different parenting styles have different effects on children's emotional and behavioral conditions (18).

Studies show that some variables play a mediator role in the relationship between family characteristics and positive and negative emotions (10, 19), one of which is resilience. Although there is no certain definition for resilience, while it is fully accepted, this concept refers to the successful adaptation of the individual to incidents and high-pressure environmental experiences (20), which reduces the negative emotions (21), strengthens the positive skills and excitements, and improves the health indicators (10, 19).

According to the above, and considering the extent of destructive behaviors such as aggression and violence in contemporary societies, and the role of the anger management skill in reducing such emotions, it is necessary to pay more attention to the anger management variable, and identify its predictive factors and study the relationship among them. A study on the relationship between parenting styles and anger management skills showed that most of the subjects were well anticipated for anger management according to their perceived parenting styles and paid little attention to the role of intermediate variables. Accordingly, the current study aimed at investigating the mediating role of resilience between parenting styles and anger management skill. For this purpose, the three parenting styles were considered as exogenous, resilience as the intermediate, and anger management skill as endogenous variables.

Therefore, the present research also aimed at answering the following questions:

1- Which perceived parenting style can predict anger

management skill in students?

2- Which perceived parenting style can predict resilience in students?

3- Can resilience have a mediating role between parenting styles and anger management?

## 2. Objectives

The study aimed at examining the mediating role of resilience in the relationship between perceived parenting style and anger management in high school students.

## 3. Methods

The study was conducted using path analysis. The statistical population of the study included male and female students from secondary schools in Babolsar city, Iran in the academic year 2017 - 2018. In the current study, a total of 394 individuals (181 male and 213 female) were selected using cluster sampling. Likewise, seven schools were randomly selected and then three classes were randomly picked from each. All students in the classes were included in the study, except those that were absent on sampling day. The participants were explained about the voluntarily nature of their participation and that the information collected is confidential and only used in a research work anonymous. Collected data were analyzed using AMOS version 22. The sample group had a mean age of  $13.93 \pm 0.81$  years, ranged 12 to 16.

### 3.1. Research Instruments

#### 3.1.1. Perceived Parenting Styles Questionnaire

The parental authority questionnaire (22) was used to measure perceived parenting styles. This tool has 30 items scored based on a five-point Likert scale from 0 to 4 and evaluates three subscales: (1) authoritative style; for example: "My parents believe that when they decide on their children, they should also provide them the reasons", (2) authoritarian style; for example: "My parents believe that they should deal sharply with the children who oppose their views", and (3) permissive style; for example: "My parents believe that they should allow their children to do whatever they want to do". Buri (22) reported the Cronbach's alpha coefficients of 0.81, 0.86, and 0.78, respectively for authoritative, authoritarian, and permissive styles. In Iran, Elhami et al. (23) reported Cronbach's alpha coefficients of 0.78, 0.77, and 0.62 respectively for permissive, authoritative, and authoritarian styles. In the current study, Cronbach's alpha coefficient was also used to determine reliability of the instrument that was 0.74, 0.79, and 0.71 for authoritative, authoritarian, and permissive styles, respectively.

### 3.1.2. Anger Management Skills Assessment Questionnaire

This tool developed Hajati et al. (24) has eight items and measures the skill of the individual in managing his/her anger. For example, one of the items is: "When I am upset and angry at others, I am able to tell them what is in my mind without being aggressive towards them". The items are scored based on a five-point Likert scale from 1 to 5. Higher scores in this questionnaire indicate greater abilities to manage the anger. As reported by Hajati et al. the Cronbach's alpha of the questionnaire is 0.60. In Iran, Cronbach's alpha coefficient was also used in a study to determine the reliability of the scale that was 0.69 (6), while it was 0.71 in the current study.

### 3.1.3. Connor and Davidson Questionnaire of Resilience

This scale developed by Connor and Davidson (25) consists of 25 items scored based on a five-point Likert scale from 1 to 5. The validity of the scale was evaluated and verified by factor analysis and its reliability was confirmed through Cronbach's alpha (25). For example, one of the items is: "I believe that in spite of all the obstacles and problems already exist in my life, I can achieve my goals". In a research in Iran, Cronbach's alpha coefficient of the tool was 0.83 (26), while it was 0.88 in the current study.

## 4. Results

The results of the study are presented in two sections: descriptive findings and findings from path analysis. Demographic characteristics of the participants are shown in Table 1. Descriptive findings of research variables are shown in Tables 2 and 3.

**Table 1.** Distribution of Participants by School Grade

Grade	Frequency (%)
7	125 (31.7)
8	136 (34.5)
9	133 (33.8)

**Table 2.** Mean and Standard Deviation of the Variables

Variable	Mean $\pm$ SD
Authoritative	24.92 $\pm$ 7.04
Permissive	35.22 $\pm$ 5.98
Authoritarian	34.80 $\pm$ 6.03
Resilience	58.25 $\pm$ 13.42
Anger management	17.73 $\pm$ 5.13

According to Table 3, the authoritative style had a positive and significant correlation with permissive style ( $P = 0.010$ ,  $r = 0.13$ ), resilience ( $P = 0.001$ ,  $r = 0.32$ ), and anger management ( $P = 0.001$ ,  $r = 0.37$ ), while had a negative and significant correlation with the authoritarian style ( $P = 0.001$ ,  $r = -0.26$ ). Additionally, the authoritarian style had a negative and significant correlation with resilience ( $P = 0.001$ ,  $r = -0.40$ ) and anger management ( $P = 0.001$ ,  $r = -0.45$ ). Resilience also had a positive and significant correlation with anger management ( $P = 0.001$ ,  $r = 0.53$ ).

In order to evaluate the proposed model, the path analysis was used in AMOS version 22 software. To increase the fitting of the model, two paths with insignificant coefficients were eliminated. Figure 1 represents the path diagrams and coefficients derived from the modified model.

After entering the data into AMOS software and modifying the initial model, the fitness model was examined. For this purpose, according to the study by Meyers et al. (27), using fitness indicators including the standardized chi-square index, goodness-of-fit index, adjusted goodness of fit index, comparative fit index, incremental fit index, and root mean square error of approximation were measured. The results showed that all the indices obtained from the fitness model survey were appropriate (Table 4).

Then, taking into account the coefficients of the obtained paths in the model shown on Table 5, the relationships among the variables were examined.

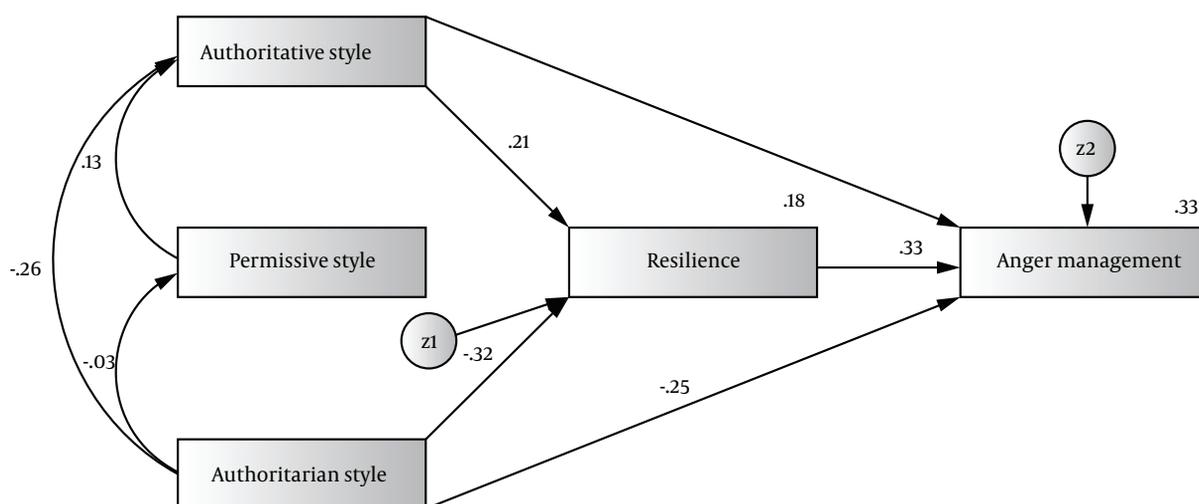
The results shown on Table 5 on direct relationships indicated that (1) the standard path between the authoritative style and resilience ( $P = 0.012$ ,  $\beta = 0.21$ ) as well as anger management ( $P = 0.006$ ,  $\beta = 0.19$ ) was positive and significant. Therefore, parenting authoritative style was a positive predictor of resilience and anger management; (2) the standard path between the authoritarian parenting style and resilience ( $P = 0.005$ ,  $\beta = -0.31$ ) as well as anger management ( $P = 0.008$ ,  $\beta = -0.25$ ) was negative and significant. Therefore, the authoritarian style of parenting was a negative and significant predictor of resilience and anger management; and (3) the standard pathway between resilience and anger management ( $P = 0.011$ ,  $\beta = 0.33$ ) was positive and significant. Therefore, resilience was a positive predictor of anger management.

The results of indirect paths showed that (1) the authoritative parenting style was a positive and indirect predictor of anger management ( $P = 0.003$ ,  $\beta = 0.07$ ), and authoritarian parenting style was a negative and indirect predictor of anger management ( $P = 0.011$ ,  $\beta = -0.11$ ).

However, in total 1) the effect of authoritative parenting style on resilience ( $P = 0.012$ ,  $\beta = 0.21$ ) and anger management ( $P = 0.009$ ,  $\beta = 0.26$ ) was positive and significant; (2) the authoritarian style of parenting had a negative and significant effect on resilience ( $P = 0.005$ ,  $\beta = -0.32$ ) and

**Table 3.** Correlation Matrix Between the Variables

Variable	1	2	3	4	5
Authoritative	1				
Permissive	0.13 <sup>a</sup>	1			
Authoritarian	-0.26 <sup>a</sup>	-0.03	1		
Resilience	0.32 <sup>a</sup>	0.07	-0.40 <sup>a</sup>	1	
Anger management	0.37 <sup>a</sup>	0.09	-0.45 <sup>a</sup>	0.53 <sup>a</sup>	1

<sup>a</sup>P value < 0.01.**Figure 1.** Standard coefficient of the model of relationships between different parenting styles and anger management as well as intermediating role of resilience**Table 4.** Fitness Indices of the Modified Model

Index	Acceptable Range	Calculated Index
$\chi^2/df$	< 3	1.66
GFI	< 0.90	0.99
AGFI	< 0.90	0.98
RMSEA	> 0.09	0.01
IFI	< 0.90	0.99
CFI	< 0.90	0.99

anger management ( $P = 0.014$ ,  $\beta = -0.36$ ); and (3) resilience could positively and significantly predict anger management ( $P = 0.011$ ,  $\beta = 0.33$ ). Meanwhile, 18% of the resilience variance and 33% of the anger management variance were explained by the model.

## 5. Discussion

According to the proposed model and research questions, the findings of the path analysis are discussed below:

The findings of the research showed that the authoritative parenting style could predict the management of anger. These findings were consistent with those of studies showing the major role of the family in controlling stress (28), and family function and choice of appropriate parenting style in anticipating anger management (15), which suggests that an authoritative parenting style can inhibit anger (17). To further explain this finding, it can be said that authoritative parents supervise their children's behaviors in accordance with the rules and correct the children's wrong behaviors. They also encourage individuality and have warm and supportive behaviors. These attributes can help children to have favorable behaviors in different situations and control their anger in a desirable manner.

Also, the results showed that the authoritarian parenting style could predict anger management in a negative and significant manner. To explain this finding, it can be said that the authoritarian style causes behavioral problems and irrational thoughts in adolescents. If teenagers do not receive kindness and sufficient attention from parents, they may lose their sense of worth that can increase

**Table 5.** Direct, Indirect, and Total Effects of the Model

Effect	Independent Variable, Resilience	Dependent Variable, Anger Management
<b>Direct</b>		
Authoritative	0.21 <sup>a</sup>	0.19 <sup>a</sup>
Authoritarian	-0.32 <sup>a</sup>	-0.25 <sup>a</sup>
Resilience	-	0.33 <sup>a</sup>
<b>Indirect</b>		
Authoritative	-	0.07 <sup>a</sup>
Authoritarian	-	-0.11 <sup>a</sup>
<b>Total</b>		
Authoritative	0.21 <sup>a</sup>	0.26 <sup>a</sup>
Authoritarian	-0.32 <sup>a</sup>	-0.36 <sup>a</sup>
Resilience	-	0.33 <sup>a</sup>
R <sup>2</sup>	0.18	0.33

<sup>a</sup>P value < 0.01.

their feelings of anger. It also causes teens to express their anger inappropriately (29).

The most important finding of the study illustrating the mechanism of independent variables in anticipating anger management skill was the mediating role of resilience in the relationship between parenting styles and anger management skill. Thus, the authoritative style, either directly or indirectly, could increase the anger management skill through a resilient variable. On the contrary, the authoritarian parenting style, directly and indirectly, reduced the skill of anger management. This finding suggested that families with an authoritative parenting style that raise their children with high resilience would strengthen their anger management skill.

The study results also showed the role of resilience in strengthening the anger management skill that was in line with those of studies by Hashemi and Akbari (6) as well as Reilly and Semkowska (20). It can be said that the resilience allows one to manage difficult and critical situations and not only effectively deal with the problems of life (30), but also achieve a new level of balance and development (31). In this way, one can expect that people in a difficult situation have more control over their feeling of anger and less resort to violence.

The results of the study can be useful for families and the education system. It is possible to nurture children with a higher level of resilience and greater control over anger by the education of families. Therefore, one of the ways to help children to manage their anger is to educate their parents about the appropriate parenting style. Also, to strengthen the anger management skill in students, resilience skill should be taught to them.

Although the research demonstrated the role of some of the predictors of juvenile anger management, it had some limitations. For instance, the obtained results could not be easily generalized to other communities such as the student community.

#### Footnotes

**Authors' Contribution:** Behzad Azarnioshan: developing the original idea and the protocol of the study, abstracting and analyzing the data, writing of the manuscript, and guarantor. Habibollah Naderi, Ali Asghar Shojaee and Askar Asghariganji: developing the protocol, abstracting the data, and preparing the manuscript.

**Conflict of Interests:** The authors declared no conflict of interest.

**Ethical Approval:** Ethical approval was not applicable.

**Financial Disclosure:** The authors have no financial interests related to the material in the manuscript.

**Funding/Support:** There were no financial supports for the study.

#### References

- Cohen M, Mansoor D, Gagin R, Lorber A. Perceived parenting style, self-esteem and psychological distress in adolescents with heart disease. *Psychol Health Med*. 2008;**13**(4):381-8. doi: [10.1080/13548500701842925](https://doi.org/10.1080/13548500701842925). [PubMed: 18825577].
- Jaureguizar J, Bernaras E, Bully P, Garaigordobil M. Perceived parenting and adolescents' adjustment. *Psicología: Reflexão e Crítica*. 2018;**31**(1). doi: [10.1186/s41155-018-0088-x](https://doi.org/10.1186/s41155-018-0088-x).

3. Akbari A, Khormaiee F, Keshkar A, Mehboodi K, Amrai M. The prediction of test anxiety based on family communication pattern dimensions: The mediating role of academic resilience among first year high school students. *Int J Sch Health*. 2014;**1**(2). doi: [10.17795/intjsh-22363](https://doi.org/10.17795/intjsh-22363).
4. George N, Shanbhag DN, George M, Shaju AC, Johnson RC, Mathew PT, et al. A study of emotional intelligence and perceived parenting styles among adolescents in a rural area in Karnataka. *J Family Med Prim Care*. 2017;**6**(4):848–52. doi: [10.4103/jfmpc.jfmpc\\_100\\_17](https://doi.org/10.4103/jfmpc.jfmpc_100_17). [PubMed: [29564276](https://pubmed.ncbi.nlm.nih.gov/29564276/)], [PubMed Central: [PMC5848411](https://pubmed.ncbi.nlm.nih.gov/PMC5848411/)].
5. Carrion OB, Cordoba UD. Conceptualization of anger in English pop fiction stories. *Praxis*. 2012;**3**(2):1–29.
6. Hashemi S, Akbari A. Causal model for family communication patterns, resilience and anger management with tendency to violence. *J Psychol*. 2017;**21**(2):284–99.
7. Zeman J, Shipman K. Children's expression of negative affect: Reasons and methods. *Dev Psychol*. 1996;**32**(5):842–9. doi: [10.1037/0012-1649.32.5.842](https://doi.org/10.1037/0012-1649.32.5.842).
8. Tanwar K, Priyanka MS. Impact of media violence on children's aggressive behavior. *India J Res*. 2016;**5**(6):241–5.
9. Sarhangpour H, Baezzat F, Akbari A. Predicting cyberloafing through psychological needs with conscientiousness and being goal-oriented as mediators among university students. *Int J Psychol*. 2018;**12**(2):147–68.
10. Hashemi S, Akbari A. Explanation of mediating role of life orientation in relationship between attachment styles dimensions and happiness. *J Psychol*. 2017;**21**(2):167–83.
11. Akbari A, Baezzat F, Hashemi S, Khabbazi Kenari M. Development and validation of a two-dimensional scale to measure family functions. *Int J School Health*. 2018;**6**(1). e85414. doi: [10.5812/intjsh.85414](https://doi.org/10.5812/intjsh.85414).
12. Hirata H, Kamakura T. The effects of parenting styles on each personal growth initiative and self-esteem among Japanese university students. *Int J Adolesc Youth*. 2017;**23**(3):325–33. doi: [10.1080/02673843.2017.1371614](https://doi.org/10.1080/02673843.2017.1371614).
13. Sarwar S. Influence of parenting style on children's behaviour. *J Educ Educ Dev*. 2016;**3**(2):222–49. doi: [10.22555/joed.v3i2.1036](https://doi.org/10.22555/joed.v3i2.1036).
14. Alicia AG. Parenting styles, academic achievement and the influence of culture. *Psychol Psychother*. 2018;**1**(4):1–3. doi: [10.31031/pprs.2018.01.000518](https://doi.org/10.31031/pprs.2018.01.000518).
15. Smith CL, Day KL. Parenting, anger, and effortful control as predictors of child externalizing behavior. *Int J Behav Dev*. 2017;**42**(2):248–56. doi: [10.1177/0165025417692898](https://doi.org/10.1177/0165025417692898).
16. Diaz Y. *Association between parenting and child behavior problems among Latino mothers and children [dissertation]*. University of Maryland; 2015.
17. Chan JY, Harlow AJ, Kinsey R, Gerstein LH, Fung ALC. The examination of authoritarian parenting styles, specific forms of peer-victimization, and reactive aggression in Hong Kong Youth. *Sch Psychol Int*. 2018;**39**(4):378–99. doi: [10.1177/0143034318777781](https://doi.org/10.1177/0143034318777781).
18. Obiunu JJ. Influence of parenting styles on the academic performance of secondary school students in Ethiopie East local government area Delta State. *Int J Educ Technol Learning*. 2018;**2**(2):54–8. doi: [10.20448/2003.22.54.58](https://doi.org/10.20448/2003.22.54.58).
19. Akbari A, Khormaiee F. The prediction of mediating role of resilience between psychological well-being and emotional intelligence in students. *Int J Sch Health*. 2015;**2**(3):26238. doi: [10.17795/intjsh-26238](https://doi.org/10.17795/intjsh-26238).
20. Reilly S, Semkowska M. An examination of the mediatory role of resilience in the relationship between helicopter parenting and severity of depressive symptoms in Irish university students. *Adolesc Psychiatry*. 2018;**8**(1):32–47. doi: [10.2174/2210676608666180508130224](https://doi.org/10.2174/2210676608666180508130224).
21. Baezzat F, Mirmostafae M, Akbari A, Abbasi-Asl R. Causal model for depression based on psychological capital by mediating of hospital stress and anxiety in woman nurses. *Women Health Bull*. 2017;**4**(4). e13241. doi: [10.5812/whb.13241](https://doi.org/10.5812/whb.13241).
22. Buri JR. Parental authority questionnaire. *J Pers Assess*. 1991;**57**(1):110–9. doi: [10.1207/s15327752jpa5701\\_13](https://doi.org/10.1207/s15327752jpa5701_13). [PubMed: [16370893](https://pubmed.ncbi.nlm.nih.gov/16370893/)].
23. Elhami S, Karimi SP, Azar S. Relationship between attachment styles and parenting styles with activity in social networks. *J New Ideas Psychol*. 2017;**1**(2):1–8.
24. Hajati S, Akbarzadeh TN, Khosravi Z. The effect of cognitive-behavioral education and positive approach on prevention of violence in Tehran's adolescents. *Q J Psychol Stud*. 2009;**4**(3):35–56.
25. Connor KM, Davidson JR. Development of a new resilience scale: the Connor-Davidson Resilience Scale (CD-RISC). *Depress Anxiety*. 2003;**18**(2):76–82. doi: [10.1002/da.10113](https://doi.org/10.1002/da.10113). [PubMed: [12964174](https://pubmed.ncbi.nlm.nih.gov/12964174/)].
26. Akbari A, Hashemi S, Khabbazi Kenari M. [The psychometric characteristics of wisdom scale (WS)]. *Posit Psychol Res*. 2017;**19**:34.
27. Meyers LS, Gamst G, Guarino AJ. *Applied multivariate research: Design and interpretation*. 2nd ed. Thousand Oaks, CA, US: Sage Publications, Inc; 2013.
28. Akbari A, Baezzat F, Abbasi-Asl R. A study of factor structure and psychometric adequacy of the educational stress scale (ESS). *Int J School Health*. 2018;**5**(2). e63128. doi: [10.5812/intjsh.63128](https://doi.org/10.5812/intjsh.63128).
29. Estevez E, Jimenez TI, Moreno D. Aggressive behavior in adolescence as a predictor of personal, family, and school adjustment problems. *Psicothema*. 2018;**30**(1):66–73. doi: [10.7334/psicothema2016.294](https://doi.org/10.7334/psicothema2016.294). [PubMed: [29363473](https://pubmed.ncbi.nlm.nih.gov/29363473/)].
30. Bonanno GA. Loss, trauma, and human resilience: have we underestimated the human capacity to thrive after extremely aversive events? *Am Psychol*. 2004;**59**(1):20–8. doi: [10.1037/0003-066X.59.1.20](https://doi.org/10.1037/0003-066X.59.1.20). [PubMed: [14736317](https://pubmed.ncbi.nlm.nih.gov/14736317/)].
31. Richardson GE. The metatheory of resilience and resiliency. *J Clin Psychol*. 2002;**58**(3):307–21. doi: [10.1002/jclp.10020](https://doi.org/10.1002/jclp.10020). [PubMed: [11836712](https://pubmed.ncbi.nlm.nih.gov/11836712/)].