

GFP and the quality of life of people with mental illness: A review of the literature



GFP, well being health

There is a strong positive correlation between GFP and well-being health. The correlation coefficient is 0.72. This suggests that higher levels of GFP are associated with higher levels of well-being health.

The predictive power of GFP

GFP is a strong predictor of well-being health. The correlation coefficient is 0.72. This suggests that higher levels of GFP are associated with higher levels of well-being health.

Variable	Mean	SD	Min	Max
GFP	1.5	0.5	1.0	2.0
Well-being health	2.5	0.5	2.0	3.0

Variable	Mean	SD	Min	Max
GFP	1.5	0.5	1.0	2.0
Well-being health	2.5	0.5	2.0	3.0

1. The correlation between GFP and well-being health is 0.72. This suggests that higher levels of GFP are associated with higher levels of well-being health.

Toward a new structural paradigm of personality

This paper proposes a new structural paradigm of personality. It suggests that personality is a dynamic system of interacting components. This paradigm is based on the concept of GFP. The components of personality are: GFP, well-being health, and the quality of life. The quality of life is the result of the interaction between GFP and well-being health.

GFP and its role in mental well being and health

Review of content

- Toward a new structural paradigm of personality
- The concept of GFP
- GFP, well-being health
- The predictive power of GFP
- GFP and the quality of life
- Conclusions

GFP and the quality of life

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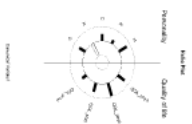
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GFP in relation to mental well being and health

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GFP, well being, health

• The greatest benefit of GFP is its role in well-being and health. This is because GFP is a positive emotion that is associated with a sense of well-being and health. GFP is a positive emotion that is associated with a sense of well-being and health. GFP is a positive emotion that is associated with a sense of well-being and health.



Important theoretical issues concerning GFP

- The existence of GFP was first proposed in research on emotion work.
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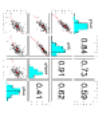
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- According to the results of our studies, GFP is among the best predictors of general mental health and well-being.
- It is also a strong predictor of:
- global self-concept,
- self-esteem,
- extraversion and optimism,
- stress management and coping,
- and many other variables important in our life.

GFP and the quality of life

- GFP is essentially associated with all general dimensions of the quality of life, including:
- mental,
- physical,
- social,
- economic,
- and domestic well-being.

Variable	Mean	SD
1	1.25	0.10
2	1.25	0.10
3	1.25	0.10
4	1.25	0.10
5	1.25	0.10
6	1.25	0.10
7	1.25	0.10
8	1.25	0.10
9	1.25	0.10
10	1.25	0.10
11	1.25	0.10
12	1.25	0.10
13	1.25	0.10
14	1.25	0.10
15	1.25	0.10
16	1.25	0.10
17	1.25	0.10
18	1.25	0.10
19	1.25	0.10
20	1.25	0.10



The structure

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GFP in relation to mental well being and health





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and health

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GFP and its role in mental well being and health

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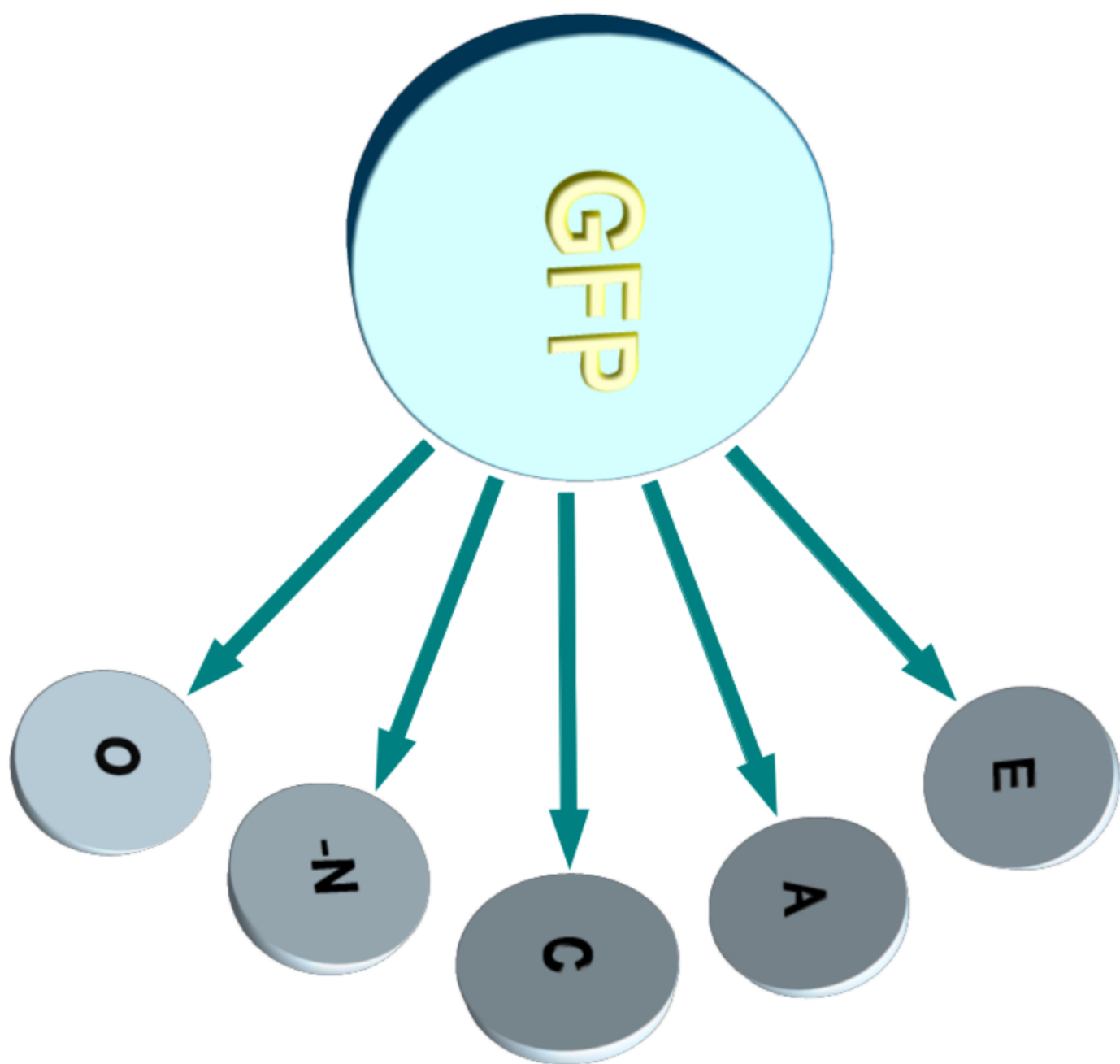
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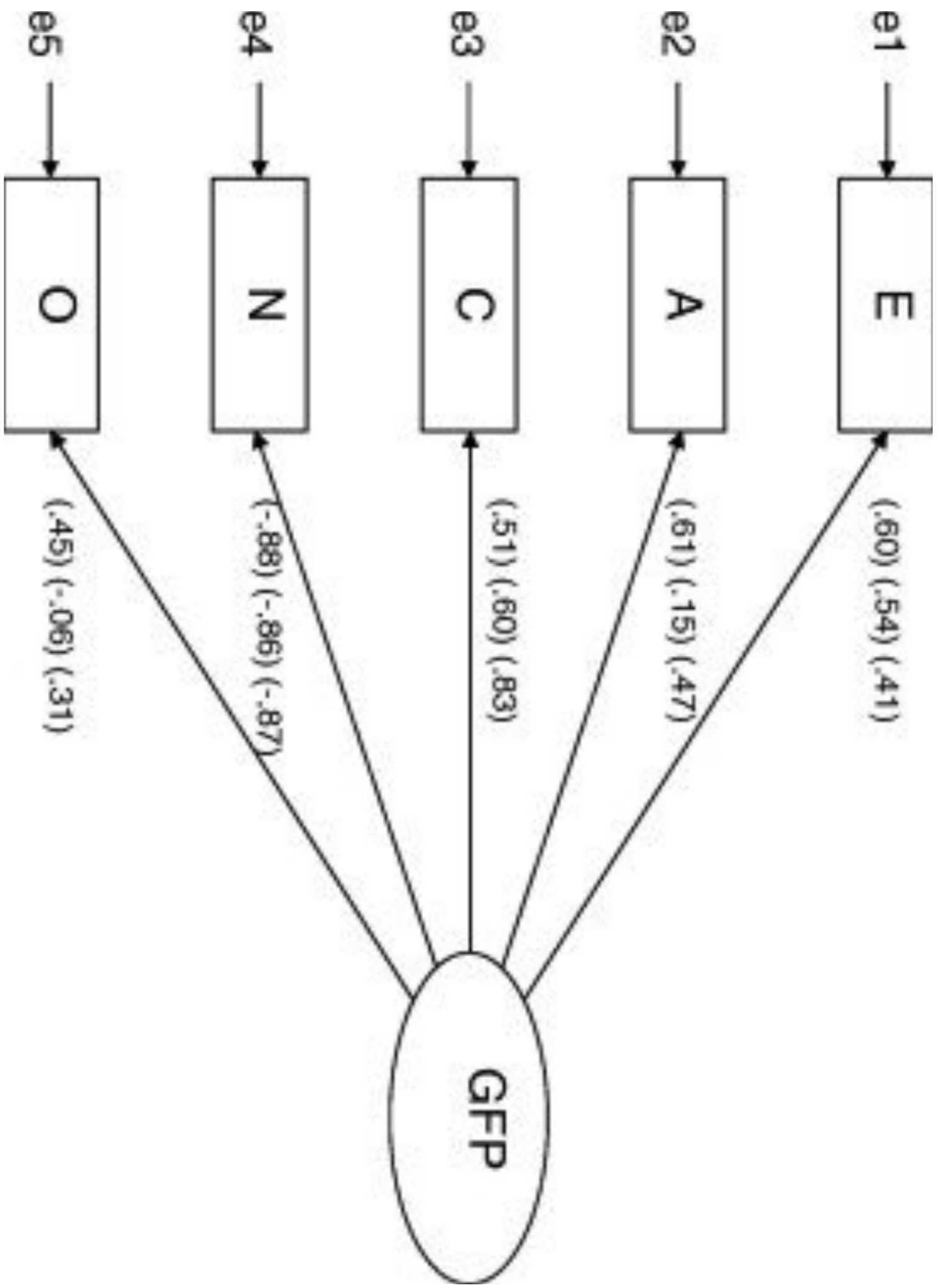
Toward a new structural paradigm of personality

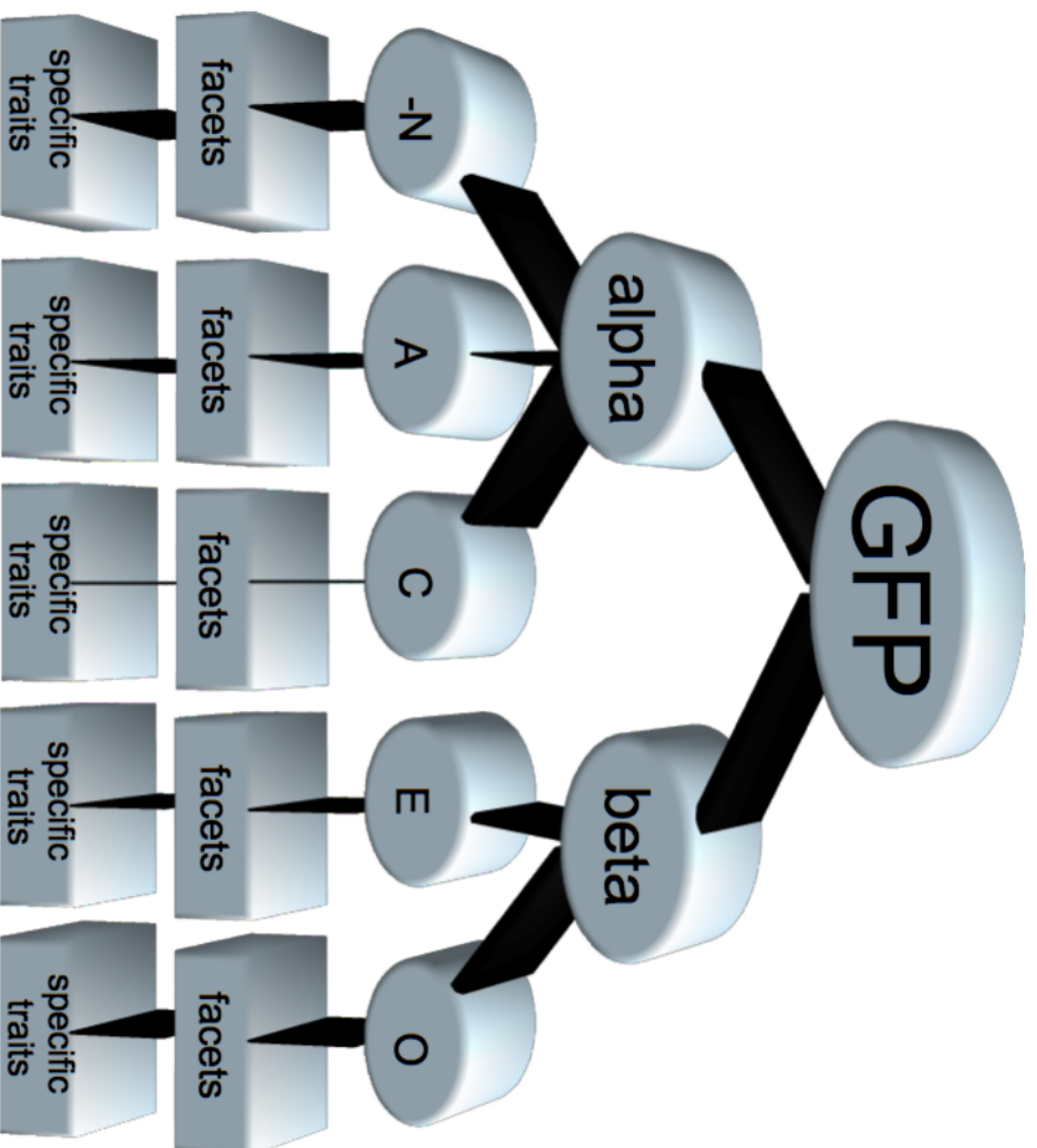
- The structure of personality is a leading theme of personality research since the times of Hippocrates.
- Several theoretical models were developed in the scientific analysis of personality structure in the last six decades including the models of Cattell (Cattell, 1946, 1950, 1957) and Eysenck (Eysenck, 1952, 1970, 1986, 1991), yet the Five Factor Model (FFM) attained dominant position among them in the past thirty years or more (Digman, 1990; Goldberg, 1981, 1990; John, 1990; McCrae & Costa, 1987, 1998).
- According to FFM, the structure of personality can be described by five dimensions, labeled the Big Five: extraversion, agreeableness, conscientiousness, neuroticism and openness.
- However, the Big Five are correlated in a stable and typical manner (Musek, 2007, 2010).
- Thus, the question can be raised, whether the correlations between the Big Five are indicating the higher-order dimensions of personality structure.
- Musek (2007) hypothesized and confirmed the existence of the general factor of personality (GFP) and proposed a new structural model with the GFP at the apex of the hierarchical structure of personality.

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GFP

STABILITY
(ALPHA)

PLASTICITY
(BETA)

-N

C

A

E

O

FACETS

FACETS

FACETS

FACETS

FACETS

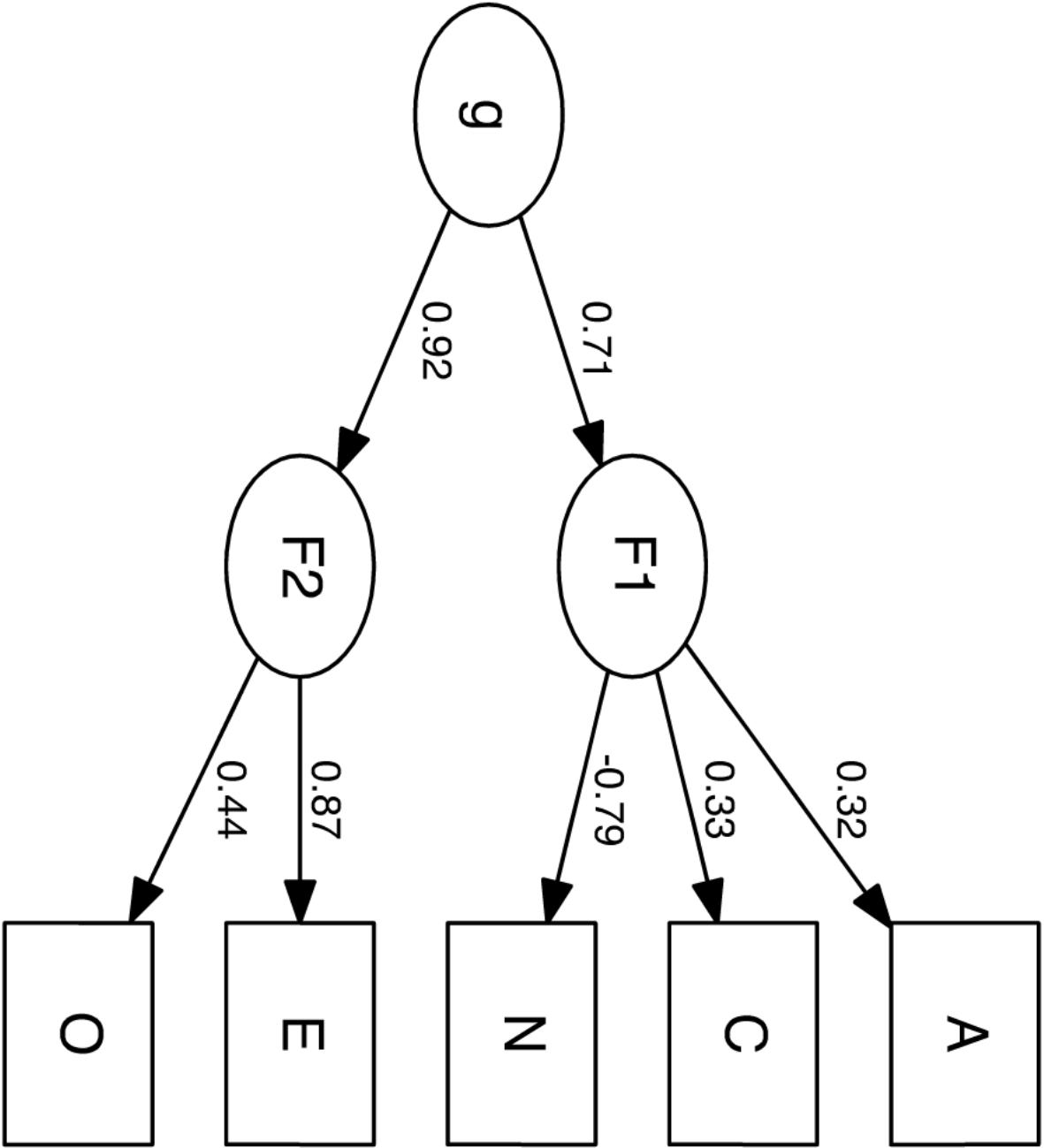
SPECIFIC
TRAITS

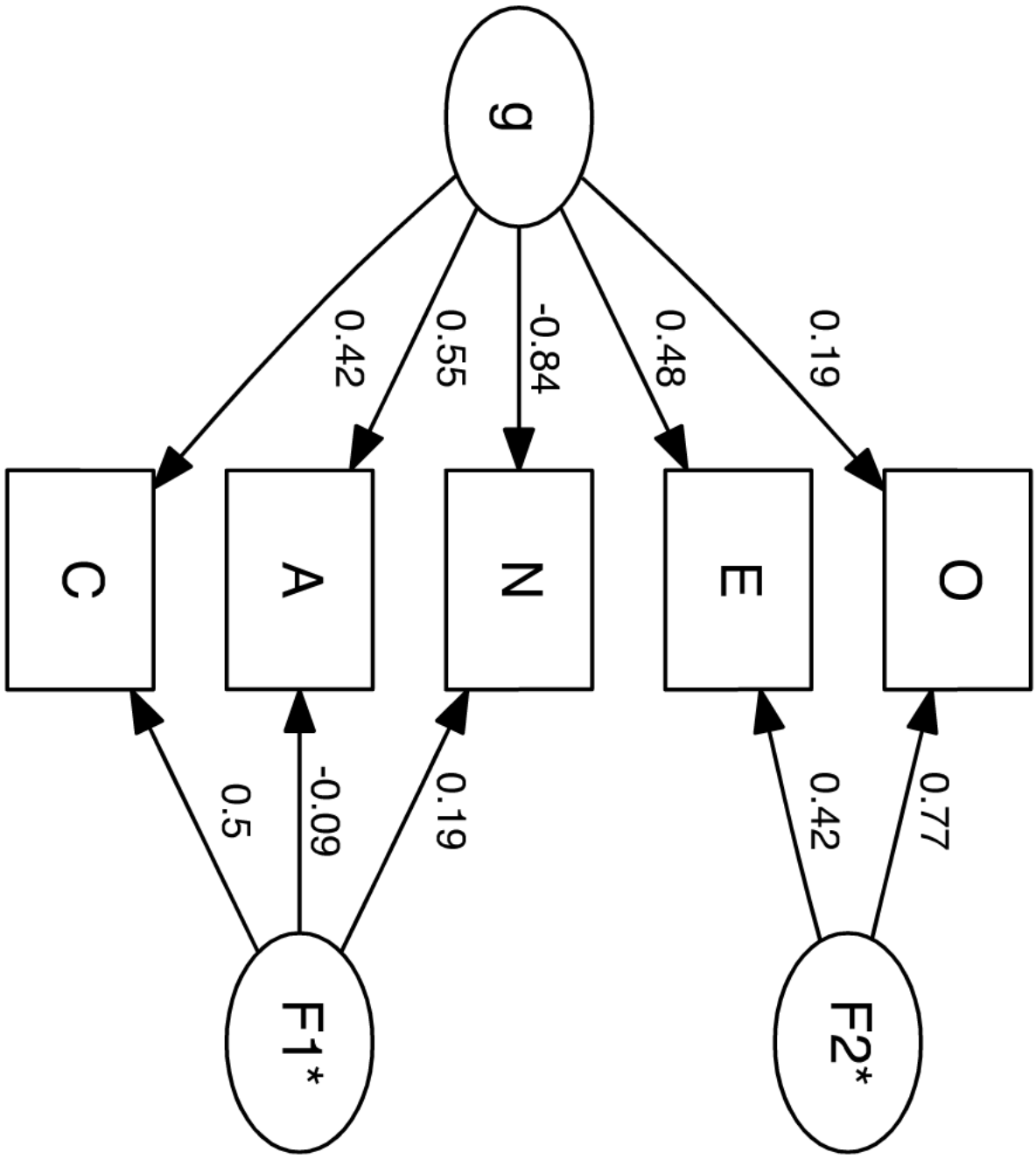
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Personality structure?

- classical hierarchical
- or
- bifactor

Indeed, our research done on an extensive accumulation of data demonstrated that both solutions are approximately equally acceptable, the bifactor solution being maybe even slightly better

We analyzed 21 matrices of Big Five correlations obtained by large samples (including also very large samples from meta-analytic studies with more than 200000 participants). Several multivariate analyses, especially confirmatory SEM analyses were made. Fit indices for the six models of the confirmative analyses of 21 source data clearly resulted in the following conclusions:

- classical hierarchical and bifactor models yielded in the rule the best fit (better than only one-factor or only two-factor solutions)
- both hierarchical and bifactor solutions were approximately matched:
 - bifactor solutions were in majority even slightly better, yet
 - classical hierarchical solutions are by definition more parsimonious
- thus, the decision is rather difficult and contextually dependent

- A tremendous amount of research evidence convincingly demonstrated that the first factor extracted from the Big Five correlation matrices could be interpreted as a general factor.
- When analyzing a number of studies in this respect (including the results on data aggregated on 56 national samples and other very large data), the strength of the first extracted factor is clearly confirmed.

Table 2

Indicators of the strength of the 1st factor extracted from the Big Five dimensions

Source	OmegaH		ECV		KMO	NFE				PVR	
	3	2	3	2		oc	af	pa	ka	PC	MR
Schmitt	0.61	0.40	0.45	0.35	0.655	1	1	1	1	0.71	0.76
MIDUS	0.63	0.50	0.62	0.54	0.714	1	1	1	1	0.70	0.81
Musek	0.61	0.51	0.68	0.56	0.691	1	1	1	1	0.70	0.64
SAPA	0.61	0.36	0.58	0.35	0.689	1	1	1	1	0.71	0.84
EappAS	0.48	0.37	0.49	0.35	0.677	1	1	1	1	0.69	0.75
EappEU	0.55	0.37	0.48	0.36	0.668	1	1	1	1	0.69	0.76
Yik	0.55	0.49	0.45	0.42	0.689	2	1	2	2	0.73	0.77
CLUES	0.73	0.65	0.75	0.70	0.804	1	1	1	1	0.77	0.88
Aziz	0.64	0.32	0.67	0.30	0.723	1	1	1	1	0.71	0.85
Mikyoung	0.51	0.25	0.51	0.24	0.577	2	2	2	2	0.61	0.71
BoUS	0.57	0.31	0.65	0.39	0.690	2	1	2	2	0.66	0.79
BoEU	0.50	0.26	0.47	0.25	0.673	1	1	1	1	0.64	0.80
MountMeta	0.59	0.40	0.63	0.38	0.675	2	2	2	2	0.65	0.66
Cook250	0.71	0.66	0.67	0.65	0.812	1	1	1	1	0.82	0.92
Cook325	0.76	0.67	0.75	0.65	0.791	1	1	1	1	0.79	0.78
Hartman	0.60	0.48	0.60	0.54	0.678	1	1	1	1	0.69	0.78
DigmanMeta	0.33	0.23	0.28	0.23	0.655	2	2	2	2	0.63	0.68
Biesanz	0.51	0.46	0.52	0.48	0.695	1	1	1	1	0.70	0.81
Hogan	0.52	0.28	0.48	0.23	0.623	2	1	2	2	0.71	0.75
Vanderlinden	0.52	0.47	0.54	0.46	0.714	1	1	1	1	0.69	0.75
Buchanan	0.40	0.07	0.39	0.06	0.604	1	1	2	2	0.64	0.72

NOTE: OmegaH = McDonald omega hierarchical coefficient; 3 (1st subcolumn: value for 3 primary factors), 2 (2nd subcolumn: value for 2 primary factors); ECV = Explained Common Variance coefficient; 3 (1st subcolumn: value for 3 primary factors), 2 (2nd subcolumn: value for 2 primary factors); KMO = Kaiser-Meyer-Olkin measure of sampling adequacy; NFE = suggested number of factors to be extracted according to the following criteria: optimal coordinates (oc: 1st subcolumn), acceleration factor (af: 2nd subcolumn), parallel analysis test (pa: 3rd subcolumn), Kaiser criterion (ka: 4th subcolumn); PVR = ratio of the % of variance explained by the first factor to the sum of the % of variance explained by the first and second factor (values for the PC/PC/ solution in the 1st subcolumn and for the MINRES/MR/ solution in the 2nd subcolumn).

Important theoretical issues concerning GFP

- The existence of GFP was further replicated in several studies using different samples of participants and different measures (Hirschi, 2008; Musek, 2007; Rushton, Bons & Hur, 2008, Rushton et al., 2009; Rushton & Irwing, 2008, 2009a,b; Veselka et al., 2009).
- Until now, a more than hundred scientific articles throughout the world addressed the issues concerning the GFP (for the review, see Just, 2011; Musek, 2011; Rushton & Irwing, 2012; Chamorro-Premuzic et al., 2013).
- Several important problems have been discussed in the literature focusing on GFP, including
 - the nature and psychological interpretation of GFP,
 - the heritability and bioevolutionary aspects of GFP,
 - the generality of GFP and possible extensions beyond the realm of FFM,
 - the connections of GFP to other prominent psychological and demographic variables,
 - the cross-cultural consistency of GFP,
 - not to mention others.

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GFP, well being, health

- The question how GFP is related to the mental well-being and health is one of the most important issues in the research of GFP.
- Our own research has been focused on three major topics:
 - In the first line, we examined how GFP is related to or involved in the already mentioned fields, namely well-being (both hedonic as well as eudaimonic or psychological well-being) and mental health.
 - The second part of our research has been devoted to the determination of the predictive power of GFP in regard of several important criteria related to the mental and physical health including the self- and other-assessed status of physical health, generativity, wisdom, coping, stress management, burnout, symptoms of mental disorder, and other.
 - The third part of our research was addressed to the connections of GFP to the all important aspects of the quality of life, including physical, mental, social and spiritual aspect.

• In our studies, a rather strong relationship between the measures of well-being and mental health was found.

- GFP very substantially correlated with all dimensions of well-being, including the hedonic or subjective emotional well-being (satisfaction with life, positive affect and negative affect) and also with all basic dimensions of so-called eudaimonic or psychological well-being (autonomy, feeling of mastery, positive relations to others, personal growth, purpose in life, self-acceptance).
- Moreover, the correlations between both general dimensions of well-being (GFP or Wellbeing (GTRb)) were very high, about .8 to .6 in most cases.

• It is important that mental well-being and mental health are related, exactly this was confirmed in the results of our studies.

- GFP is strongly related with anxiety, depression and other symptoms of mental disorder.
- In other studies, we discovered that GFP is considerably related to the general dimensions of psychological health and psychosocial life.

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- Moreover, the correlations between both general factors, GFP and the General Factor of Wellbeing (GFwb) were very high, about .8 to .6 in most cases.

- It is notorious that mental well-being and mental health are closely associated.
- Indeed, exactly this was confirmed in the results of our studies.
- GFP is strongly correlated with anxiety, depression and loneliness as the major components of our mental health.
- In other studies, we discovered that GFP is considerably connected to the general dimensions of psychological health and psychopathology.

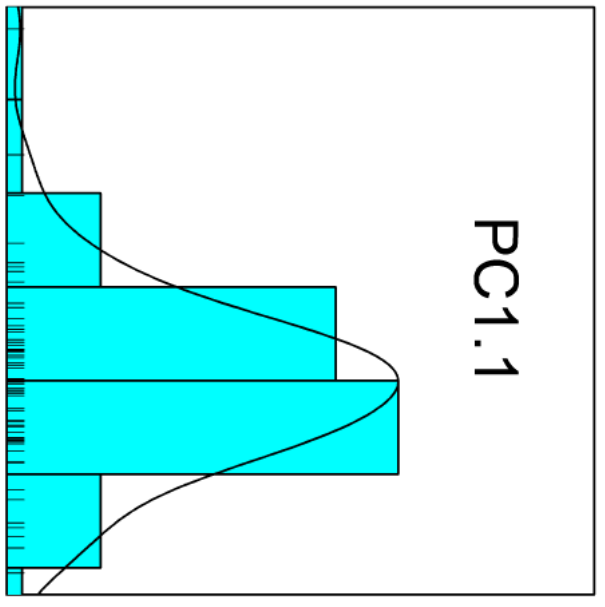
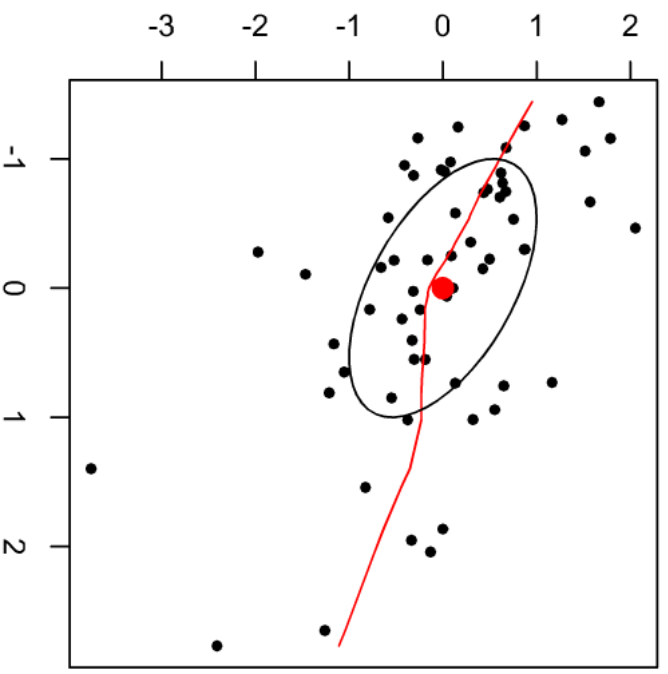
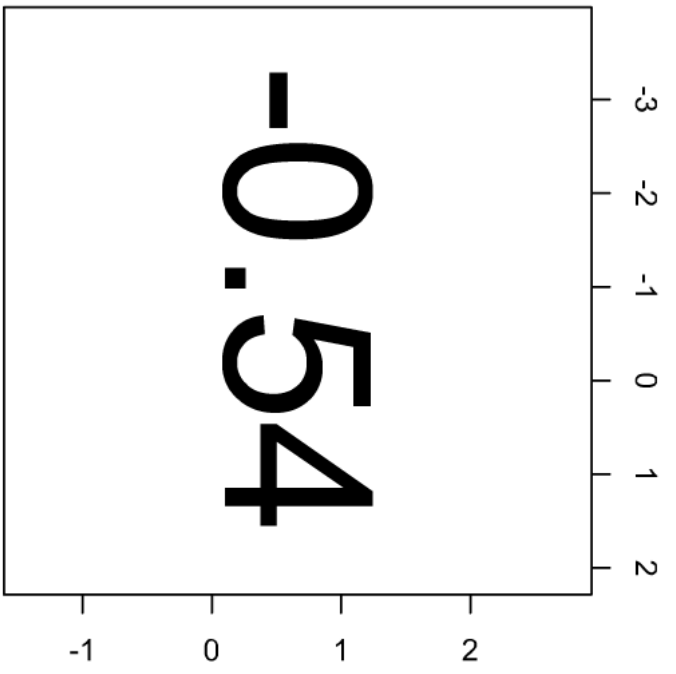
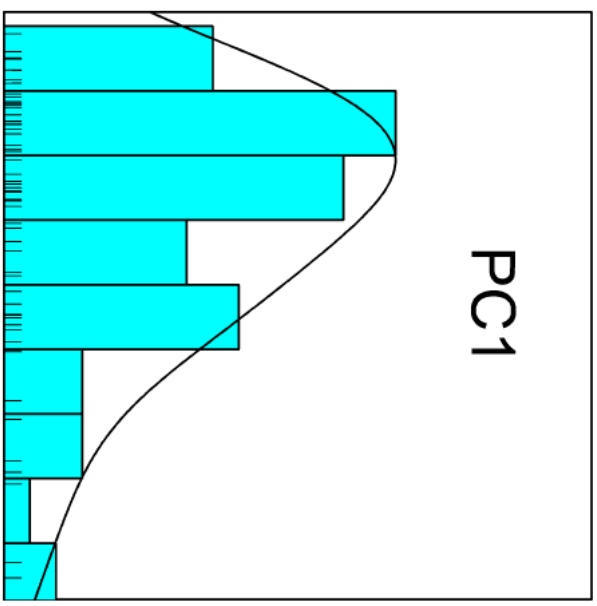
For the sake of sparing time, I will focus only briefly on the results of two studies

- in the first study I analysed the personality and well-being data in the large USA representative sample MIDUS II (almost 5000 participants)
- in the second study, the data from Slovenian sample (about 350 participants) were analyzed, the personality data again and the data for three major variables representing mental health (anxiety, depression and loneliness)

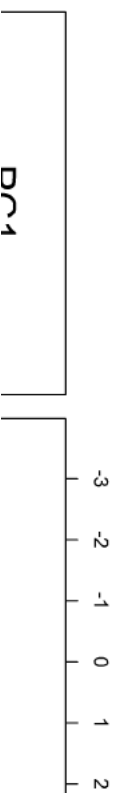
In these studies, the GFP turned out to be very substantially associated both with the measures of well-being (hedonic and eudaimonic) as well as with the measures of mental health

	b1sneuro	b1sextra	b1sagree	b1sopen	b1scons2	MR1
b1ssatis	-0.28	0.25	0.16	0.15	0.23	0.28
b1sneqpa	0.56	-0.21	-0.10	-0.15	-0.22	-0.27
b1spospa	-0.40	0.47	0.26	0.34	0.34	0.52
b1spwba2	-0.34	0.33	0.10	0.40	0.29	0.41
b1spwbe2	-0.52	0.40	0.20	0.33	0.39	0.47
b1spwbg2	-0.33	0.45	0.29	0.51	0.38	0.57
b1spwbr2	-0.35	0.50	0.47	0.30	0.31	0.57
b1spwbu2	-0.32	0.38	0.23	0.35	0.40	0.46
b1spwbs2	-0.46	0.43	0.23	0.37	0.35	0.50
MR1	-0.52	0.51	0.30	0.43	0.43	0.60

	Anx	Depr	Lon	GMH
E	-0.42	-0.29	-0.49	-0.45
S	-0.65	-0.49	-0.48	-0.65
C	-0.21	-0.22	-0.27	-0.25
A	-0.15	-0.14	-0.23	-0.18
O	-0.27	-0.26	-0.22	-0.28
Stab	-0.29	-0.26	-0.35	-0.33
Plast	-0.56	-0.44	-0.52	-0.59
GFP	-0.58	-0.47	-0.58	-0.62



GFP correlates $-.54$ with the general factor of psychopathology, obtained on two clinical measures, PAI and DAPS (Musek & Ožura, unpubl.)



The predictive power of GFP

- According to the results of our studies, GFP is among the best predictors of general mental health and well-being.
- It is also a major predictor of:
 - global self-concept,
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- and many other variables important in our life.

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GFP as predictor

GFP

b1sorien	0.47
b1ssatis	0.34
b1shlocs	0.30
b1sneqpa	-0.33
b1spospa	0.53
b1smpqwb	0.58
b1sintag	0.30
b1smaste	0.41
b1seste	0.51
b1sind	0.33
b1sagenc	0.45
b1sprcop	0.56
b1semcop	-0.25
b1sgener	0.50
b1smndfu	0.30
b1spiwor	-0.31
b1spihom	-0.24
b1spifam	-0.24

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b1sestee	0.51
b1sindep	0.33
b1sagenc	0.45
b1sprcop	0.56
b1semcop	-0.25
b1sgener	0.50
b1smndfu	0.30
b1spiwor	-0.31
b1spihom	-0.24
b1spifam	-0.24

GFP and the quality of life

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- In regard of this issue, we can briefly inspect the results of our studies.
- In some of them, conducted by my colleague Rutar and me (Rutar, 2017; Musek, 2012) the relations between the quality of life and personality dimensions were put under scrutiny in more detailed fashion.
- In this studies, the data were collected on the sample of 124 participants. The personality dimensions were measured by the BFI (John, Donahue & Kentle, 1991) and the dimensions of the quality of life were measured by the QOL questionnaire (WHOQOL BREF, WHO, 1998).

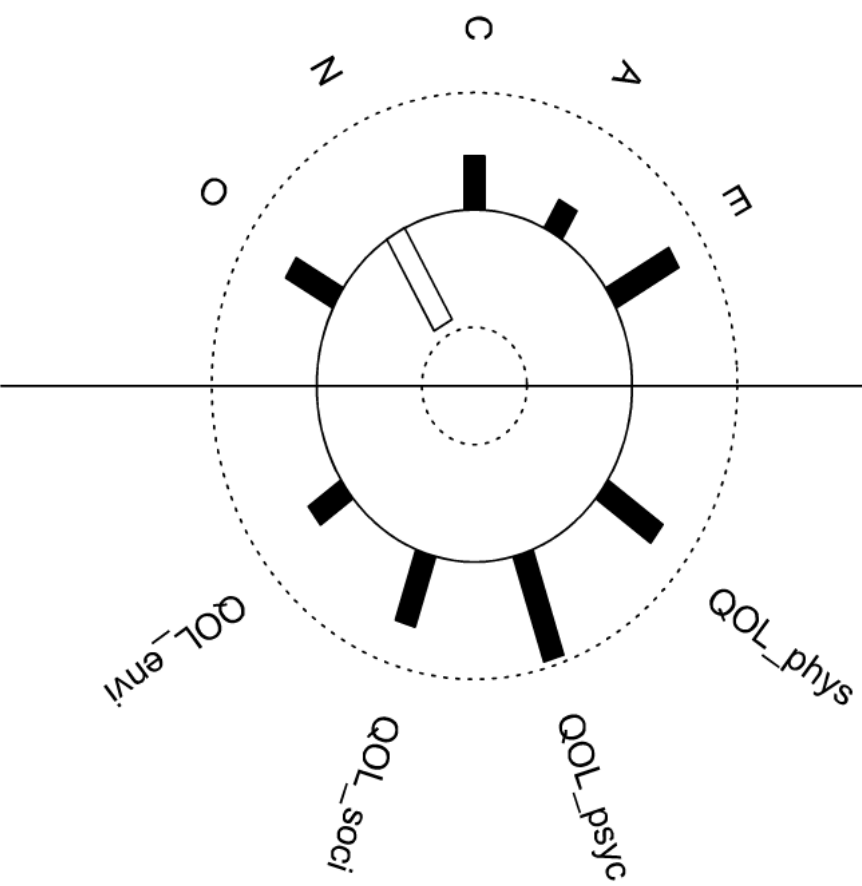
- Here, we will reveal the results of canonical analysis and PLS analysis of the personality and quality of life relationship.
- First, we can focus on the findings of canonical analysis, by which the latent dimensions between two sets of variables (personality dimensions and quality of life dimensions) should be obtained.
- We can raise a question here: where in this canonical model is the GFP?
- Yet, it is here: the first latent dimensions, the first canonical variate of personality set is practically the same as the GFP (it correlates .91 with the GFP).
- On the other side, the first canonical variate of the quality of life set of variables can easily be interpreted as the general factor of the quality of life.
- Now, as can be drawn from the results of the study, both variates or canonical roots are strongly correlated:
 - canonical correlation of the first variates is .58 and this is even higher than the correlation between both general factors, GFP and GQOL, which amounts .42.
 - the first latent dimension of PLS analysis (which can also be interpreted as the GFP) also correlates .56 with the above mentioned canonical variate for quality of life dimensions

- Thus, the GFP is substantially correlated with the quality in life in general, but how is it related to the particular dimensions of the quality of life?
- We can see these relations from the helioplots of the main results of canonical analysis.
- As expected, the personality dimensions profiled in the form of GFP (the left side of the helioplots), are most connected with the psychological (or mental) dimension of the quality of life, then with physical and social dimension and finally, yet still significantly, with the environmental dimension.

Helio Plot

Personality

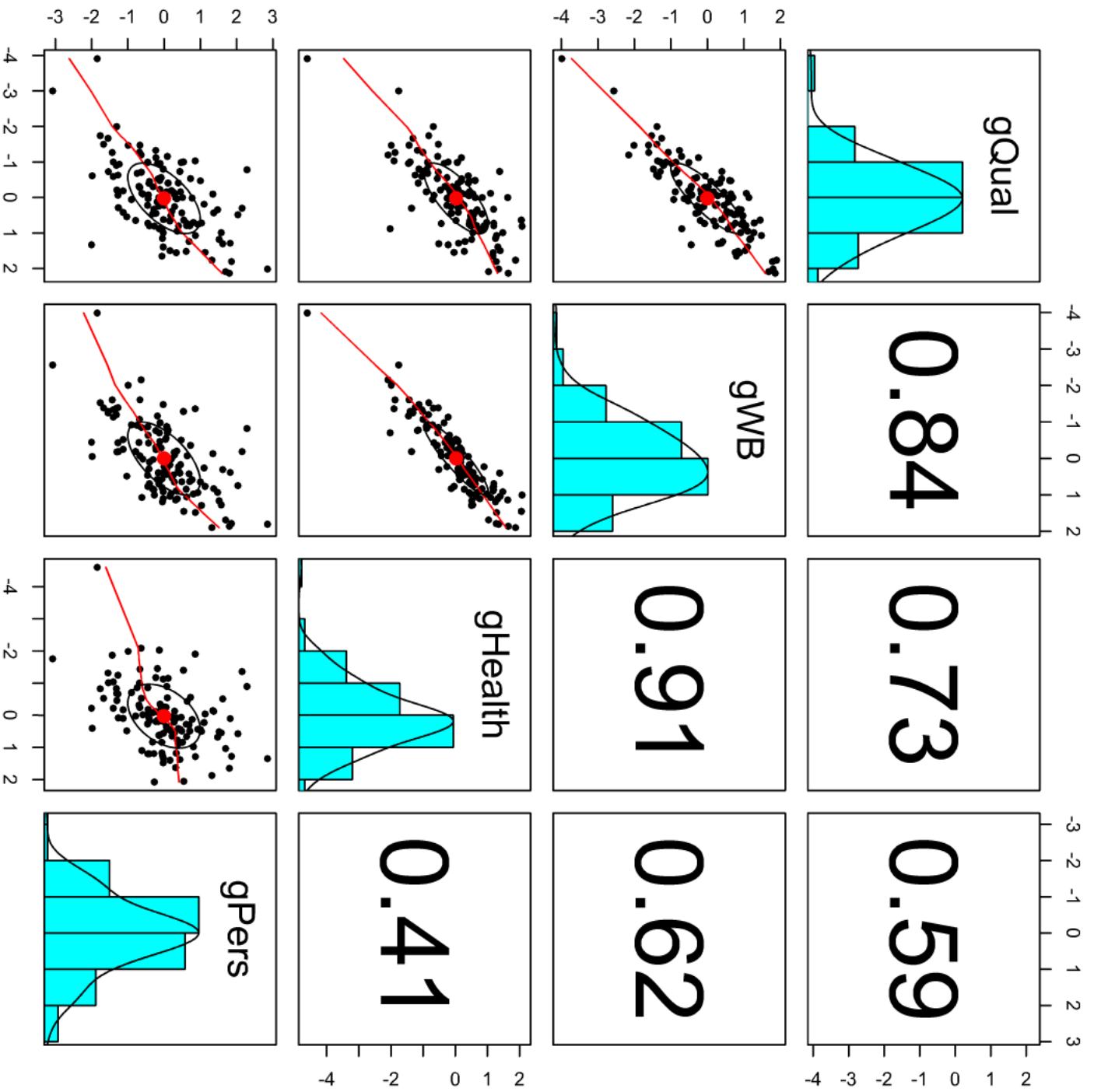
Quality of life



Canonical Variate 1

Finally, after computing general dimensions from appropriate variables, we can obtain the following correlations between

- general factor of quality of life (gQual)
- general factor of well-being (gWB)
- general factor of global health (gHealth)
- general factor of personality, GFP (gPers)



The conclusions

- In the whole, our studies as well as those of other authors, confirmed the important role of GFP in relation to mental well-being and mental health.
- GFP is very substantially associated with all important general dimensions of mental well-being, health and quality of life.
- Therefore, it could be with all reason interpreted as a measure of general personal adjustment with a strong predictive power in the relation to almost all most important variables concerning the quality and successfulness of our life.

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