

Sample Abstract

This abstract was submitted and accepted for presentation at a previous ABRCMS.

Key Components	Submission Display	Guidelines
Title	Understanding Self-Efficacy and Well-Being in Patients with Schizophrenia	Except for prepositions, only the First Letter of each word should be capitalized. Only scientific names (genus and species) should be in <i>italics</i> . Do not bold any part of the title. Do not add a period at the end of the title
Author Block	Denisse Tiznado; Brent Mausbach, Ph.D.; and Veronica Cardenas, Ph.D. University of California, San Diego, San Diego, CA	You must have at least two authors in the author block. The first author must be the presenting author.
Abstract	<p>Quality of life in patients with schizophrenia can be adversely affected by factors such as impaired cognitive functioning and other symptoms. However, positive intrapersonal characteristics may offset these factors and improve their well-being. Therefore, identifying positive psychological resource factors is crucial, particularly those that may improve quality of life. This study had two specific aims: 1) to examine the relationship between self-efficacy and well-being, and 2) examine psychosocial factors that are associated with increased self-efficacy. Participants were 62 middle-aged or older participants (Mean age= 50.4, SD= 6.2), with a DSM-IV chart diagnosis of schizophrenia or schizoaffective disorder. Self-efficacy was measured using the Revised Self-efficacy Scale (RSES). Participants' perceived well-being was measured using the Recovery Assessment Scale (RAS). Factors we anticipated would be associated with self-efficacy were: a) Behavioral Activation, measured using the Behavioral Activation for Depression Scale (BADSD), this scale assesses participants' engagement in structured activities b) depression, measured using the Calgary Depression Scale (CDS) c) social contact, measured using the Lehman Quality of Life Index (QOLI). This scale assesses the frequency with which participants did things with friends, such as attended events outside the home or talked on the phone, etc. We first examined correlations between scores on the self-efficacy scale and those measuring well-being. Significant correlations were found between social self-efficacy and total RAS scores, $r(60) = .63, p < .001$. For the RAS sub-scales, we found significant correlations with personal confidence and hope, $r(60) = .62, p < .001$, willingness to ask for help, $r(60) = .37, p = .004$, goal and success orientation, $r(60) = .54, p < .001$, reliance on others, $r(60) = .53, p < .001$, and not feeling dominated by symptoms, $r(60) = .48, p < .001$. A simultaneous multiple linear regression was then performed. For this analysis, social self-efficacy was the criterion variable, and BA, social contact, and depression were the predictor variables. The model including all variables accounted for 32.3% of the variance in social self-efficacy, $R^2 = .323, F(3,54) = 10.06, p < .001$. Significant predictor variables included BA ($\beta = .277, p = .019$), social contact ($\beta = .282, p = .016$), and depression ($\beta = -.341, p = .003$). Participants' self-efficacy is associated with greater well-being. Also, greater behavioral activation, greater social contact and less depression significantly predict high levels of social self-efficacy. Our data are correlational; therefore, caution should be used when interpreting these effects. However, increasing behavioral activation and social contact via psychosocial interventions may help to increase social self-efficacy and improve quality of life in patients with psychosis.</p>	Limited to 2,500 characters, not including spaces. Do not include the title or author block in this section. Citations, tables or keywords are not allowed. Your abstract must contain a hypothesis/statement of problem, experimental methods/ methodology used, results (even if preliminary), and a conclusion.
Scientific Discipline	Social and Behavioral Sciences and Public Health > Psychology	Only one of the 12 available disciplines can be selected. This will be used to assign your abstract to the appropriate reviewers and on-site judges.