

## Introduction

- Daily uplifts** are day-to-day events that have a positive effect on wellbeing, while **daily stressors** are day-to-day issues that have a negative effect on wellbeing (Lazarus, 1984).
- Intellectual Humility (IH)** refers to the ability to recognize that one's personal beliefs may be fallible (Leary, 2018).
- Previous works have suggested that intellectual humility is associated with positive cognitive consequences.
- However, less is known about the emotional consequences of trait IH, and how it affects the daily occurrence of uplifting and stressful situations in determining daily affect.

## Hypothesis

**H1:** High trait IH will be associated with higher positive affect and lower negative affect on days in which participants experience uplifting situations.

**H2:** High trait IH will be associated with higher positive affect and lower negative affect on days in which participants experience stressor situations.

## Sample

- 253 young adults from a Singaporean university
- 19 – 29 years old ( $M = 22.11$ ,  $SD = 1.63$ )
- 77% female, 25% ethnic minority (non-Chinese)

## Key Measures and Procedure

### Baseline measures

#### Trait IH

- 16 items ( $\alpha = .83$ )
- McElroy et al. (2014)

### Daily surveys over 7 days

#### Daily uplift exposure

- 5 items
- Daily Inventory of Stressful Events (Almeida & Kessler, 2002)

#### Daily stressor exposure

- 7 items
- Daily Inventory of Stressful Events (Almeida & Kessler, 2002)

#### Daily affect

- 27 items ( $\alpha_{PA, 7\text{-days}} = [.95, .97]$ ,  $\alpha_{NA, 7\text{-days}} = [.91, .93]$ )
- Daily Distress Scale (Mroczek & Kolarz, 1998)

## Method

### Multilevel Modelling

Level 1: Days

Level 2: Participants

### Two regression Models

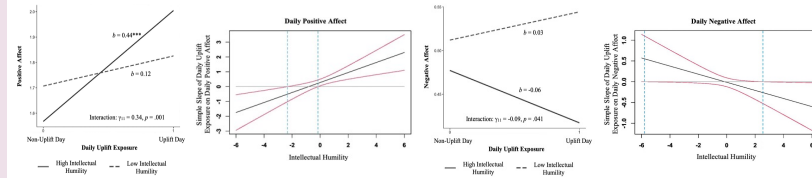
Model 1: Unadjusted

Model 2: Controlled for demographics, subjective socioeconomic status, and big 5 personality covariates

## Results

Conducted in R version 3.6.3 with lme4 and lmerTest

- A significant cross-level interaction was observed between trait IH and daily uplift exposure (but not stressor exposure) on daily positive and negative affect (PA:  $\beta = -.06$ ,  $p = .006$ ; NA:  $\beta = -.06$ ,  $p = .005$ ). These effects remained robust after controlling for demographics and personality (PA:  $\beta = -.068$ ,  $p = .001$ ; NA:  $\beta = -.05$ ,  $p = .041$ ).



### Positive Affect

**Simple Slopes:** Those with higher IH (+1  $SD$ ) showed a larger increase in PA ( $b = 0.44$ ,  $p < .001$ ) on uplift days compared to those with lower IH (-1  $SD$ ;  $b = 0.12$ ,  $p = .338$ ).

**J-N Analysis:** Daily uplift exposure negatively predicted daily PA only for those with IH -2.34 below sample mean, and positively predicted daily PA only for those with IH -0.16 above sample mean.

### Negative Affect

**Simple Slopes:** No significant association was found for those with either higher IH levels (+1  $SD$ ;  $b = -0.06$ ,  $p = .313$ ) or lower IH levels (-1  $SD$ ;  $b = 0.03$ ,  $p = .583$ ) and NA on uplift days.

**J-N Analysis:** Daily uplift exposure positively predicted daily NA only for those with IH -5.79 below sample mean, and negatively predicted NA only for those with IH 2.55 above sample mean.

## Conclusion

- IH moderates the relationship between daily uplifts and affectivity states, indicating that it not only predicts cognitive outcomes, but also may implicate daily emotional processes.