

ENHANCED WELL-BEING AND PSYCHOLOGICAL ADJUSTMENT: THE PSYCHOLOGICAL BENEFITS OF PARANORMAL ENDORSEMENT

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Background: Well-being (WB) encompasses life satisfaction and positive emotions. Contemporary research indicates, in the absence of clinical symptoms, paranormal belief (PB) is adaptive.

Aims: To examine how PB, schizotypy and conspiracy endorsement affect WB over time.

Methods: A UK-representative cohort was assessed across four time points (N = 2,362 baseline; 647 final wave). Measures evaluated PB, schizotypy, conspiracy endorsement, coping, creativity, self-esteem, meaning in life, and life satisfaction.

Results: PB positively correlated with life satisfaction, meaning in life, and social identity, whereas schizotypy and conspiracy endorsement were negatively associated with WB. PB predicted adaptive outcomes via coping, creativity, and self-esteem. Profiles high in belief but low in psychopathology showed enhanced WB, while those high in belief and schizotypy showed reduced WB.

Conclusions: PB when unaccompanied by psychopathology, affiliated with identity, self-esteem, meaning in life, and coping. In contrast, conspiracy endorsement linked with lower WB.

Keywords: Paranormal belief, WB, Schizotypy, Conspiracy endorsement

Publications:

Dagnall, N., Denovan, A., & Drinkwater, K. G. (2025). Examining the degree to which paranormal belief and conspiracy endorsement influence meaning in life: Sequential mediating effects of creativity and self-esteem. *Frontiers in Psychology*, 16, 1567920. <https://doi.org/10.3389/fpsyg.2025.1567920>

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