

PERSONAL AFFECTIVE EVALUATION OF PARANORMAL BELIEF AND POSITIVE (HEDONIC AND EUDAEMONIC) WELLBEING

Neil Dagnall & Robert Dempsey

Manchester Metropolitan University, UK

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Background: Historically, paranormal belief (PB) research has relied on restricted hedonic measures and employed linear, variable-centred models. To advance salutogenic understanding, this project incorporates eudaemonic (i.e., flourishing and thriving). Grounded in Broaden-and-Build theory, the project examines how positive emotions associated with PB cultivate enduring psychological resources. By adopting a person-centred framework, the research uses belief heterogeneity and valence to identify how belief patterns influence psychological wellbeing and enrichment over time.

Aims: The project evaluates the extent to which PB enhances wellbeing and personal enrichment. Specifically, examines whether PB and affiliated affect (versus traditional homogeneous models) is affiliated with higher levels of hedonic and eudaemonic wellbeing.

Methods: This two-phase longitudinal project utilizes online research panels for high-powered, representative sampling. Phase 1 employs multivariate classification to identify believer subgroups based on the interaction between PB and affiliated valence. Profiles are then evaluated against validated scales assessing wellbeing and optimal functioning. Phase 2 uses a multi-response design across three time points (three months apart). Using Structural Equation Modelling (SEM) and associative modelling, this phase evaluates whether PB and associated valence directly or indirectly, via mediators (i.e., non-cognitive resourcefulness and hope), predict sustained psychological functioning.

Preliminary Results: Initial analyses ($N = 755$) indicated PB lacks robust direct associations with wellbeing (e.g., PB demonstrated non-significant correlations with life satisfaction and thriving, and a significant positive correlation with negative experience). Furthermore, PB was negatively associated with mental toughness and showed negligible links to hope and optimism. These findings suggest that variable-centred models obscure salutogenic benefits and that these vary as a function of belief-related valence. Subsequent Phase 1 analysis will refine profiles allied to higher wellbeing, and Phase 2 will test their temporal stability.

Keywords: Paranormal belief, Eudaemonic wellbeing, Salutogenesis, Person-centred approach, Multiple time points

E-mail contact: n.dagnall@mmu.ac.uk