

**Mental Health in Daily Life: A Qualitative Approach to Understanding Momentary
Resilience and its Measure**

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Abstract

Background: The prevalence of stress has increased significantly, affecting individuals' mental and physical health. This effect may be decreased by strengthening momentary resilience. One approach to assessing momentary resilience is the Experience Sampling Method (ESM). However, there is no clear consensus on the operationalisation of the concept.

Aim: This study aimed to provide insight into individuals' experience and definition of momentary resilience by answering the research question: "How do individuals experience and define the concept of momentary resilience and how can this be translated into an Experience Sampling measure?".

Method: This study applied the qualitative research method. Eight participant interviews were analysed using the ATLAS.ti platform to identify and structure relevant codes. A thematic analysis was conducted to identify underlying themes in the data.

Results: Eight codes and two underlying themes were identified as influencing momentary resilience, with the codes of an individual's social(dis)connectedness and their ability to reflect on unpleasant occurrences in daily life and the themes of perceived control and the influence of the environment being the most relevant ones. Momentary resilience was defined as the ability to accept, adapt to, and recover from unpleasant occurrences in daily life. An ESM operationalisation of momentary resilience was proposed accordingly.

Discussion: These findings are supported by previously conducted research. Strengths of this study include the diverse sample. Limitations consist of participants' similar educational level, the small sample size, and the lack of generalisability in qualitative research. Practical implications entail the contribution to a comprehensive ESM measure of momentary resilience.

Mental Health in Daily Life: A Qualitative Approach to Understanding Momentary Resilience and its Measure

In recent years, individuals' reports of experiencing stress in everyday life have increased significantly (Gallup, Inc., 2023). Research conducted with adults in 122 countries around the world indicates that a growing amount of the world's population, more specifically four in ten adults, reports being faced with intense stress caused by hassles and inconveniences in their personal and professional lives on a daily basis (Gallup, Inc., 2023). This development is concerning since prolonged stress of any nature is assumed to have a significant negative impact on both mental and physical health, potentially increasing individuals' susceptibility to numerous disorders (Cohen, 2000; Lyu et al., 2017).

When considering these adverse mental health effects, research conducted by Bai & Repetti (2015) indicates that experiencing frequent stress places individuals at an increased risk for developing psychopathology. Furthermore, the speed at which an individual recovers and returns to a positive mental state after facing daily life stressors is believed to influence psychopathological symptoms in the future (Kuranova et al., 2020). However, the ability to effectively resolve momentary stress can have beneficial outcomes in the long run, such as an increased capacity to cope with more severe stressors in the future (DiCorcia & Tronick, 2011). This described process of effectively resolving and recovering from adversity is also referred to as the concept of resilience (Van Os et al., 2017). The scientific interest in the study of resilience has increased significantly since it is frequently defined as the capacity to successfully recover from adversity or toughness and constitutes an important aspect of psychological well-being due to its health-fostering effect (Davydov et al., 2010; Goldstein & Brooks, 2013). However, before attempting to support individuals in facing stress by strengthening their resilience, it is important to establish how individuals experience resilience and develop a clear understanding of the concept and its measure (Herman et al., 2011).

A Qualitative Approach to Investigating Momentary Resilience

Resilience is commonly described as an ability that can be developed throughout an individual's lifespan (Arnetz et al., 2009). However, according to Bryan et al. (2018), resilience should not only be seen as varying in life, but rather as a dynamic self-regulatory system varying in the context of weeks or even days, also described as momentary resilience. Whereas the fluctuation of resilience in life is broadly researched, the fluctuation within days or hours, namely momentary resilience, constitutes a less explored field of scientific study (Van Os et al., 2017). Furthermore, pre-existing research is predominantly focused on investigating momentary resilience quantitatively (Lyu et al., 2017; Van Os et al., 2017). Quantitative

methodology generally aims to gain insight into phenomena by applying numeric measures (Hussein, 2009). The qualitative research method, on the other hand, aims to explore the meaning of concepts and their definitions qualitatively, often within a smaller sample (Richard, 2013). This generally does not result in a numerical description but rather in one that describes the essence of a concept, as opposed to its quantity. Furthermore, qualitative methodology can provide detailed insight into complex phenomena, focus on the individual experience and interpretation of participants, and allow the exploration of opinions that might otherwise go unheard (Sofaer, 1999). Therefore, a qualitative first-person account regarding the concept of momentary resilience may allow deeper insight into the understanding and measurement of momentary resilience in daily life.

Measuring Momentary Resilience: Experience Sampling Method (ESM)

One approach to measuring fluctuations in psychological or behavioural constructs, such as momentary resilience, over a certain period of time, while taking into account the relation to their momentary context, is the Experience Sampling Method (ESM). According to Myin-Germeys et al. (2018), ESM is a structured self-report measure which can facilitate a more detailed and accurate assessment of psychiatric symptoms in daily life. Unlike many conventional measurement techniques, ESM allows the recording of variability over time by implementing a repeated measure in daily life rather than a one-time self-report. Thereby, ESM can provide insight into an individual's interaction with their environment that is closer to their real-life conditions.

However, ESM research on momentary resilience is limited (Van Os et al., 2017). Research conducted by Kuranova et al. (2020) operationalised momentary resilience by measuring the speed of recovery, describing the time it takes individuals to return to their initial mental state after experiencing a minor perturbation, such as traffic or spilt drinks, in daily life. An additional ESM study conducted by Daniëls et al. (2019) conceptualised momentary resilience as the ability to maintain positive mental health and adapt to challenges occurring in daily life, measured with items such as 'I feel cheerful', 'I feel satisfied', or 'I slept well'. An additional relevant measure is based on the Resilience Scale for Adults (RSA), with 33 items related to an individual's perception of themselves, their social resources, and their family cohesion (Anyan et al., 2020).

Nonetheless, existing research is predominantly focused on retrospective recalls of resilience, as opposed to applying momentary measures, allowing more detailed insight, and detecting fluctuations in momentary resilience (Davydov et al., 2010). Furthermore, conceptualisations of momentary resilience are widely criticised due to their ambiguity,

disenabling a clear and comprehensive operationalisation and measurement of momentary resilience (Hartingh & Hill, 2022; Kuranova et al., 2020). Therefore, a clear understanding and conceptualisation of momentary resilience are needed, allowing for a better-targeted ESM measure.

Aim and Research Question

Exposure to adversity in life is believed to be linked to momentary resilience which, in turn, is believed to influence well-being, which is why an accurate measure of momentary resilience in daily life with ESM is required (Seery & Quinton, 2016). However, both the definition and resulting operationalisation of momentary resilience in the field of science vary significantly due to the plethora of little or contradictory available information on the concept (Davydov et al., 2010). Furthermore, a majority of research on resilience is traditionally focused on severe crises, trauma, and vulnerable groups as opposed to resilience experienced by ordinary people in the context of everyday life, so-called momentary resilience (DiCorcia & Tronick, 2011; Gostein & Brooks, 2013). Therefore, this qualitative research aims to provide more insight into individuals' definitions and experiences of momentary resilience to establish its accurate measurement through ESM.

RQ: How do individuals experience and define the concept of momentary resilience and how can this be translated into an Experience Sampling measure?

Method

Participants

Prior to the participant recruitment and data collection, ethical approval was granted by the BMS Ethics Committee (case number: 230334). An approximation regarding the number of participants was made based on the assumption that interviewee statements might be saturated after six to twelve interviews and the decision to discontinue the interview process once no new valuable information is gathered, which was the case after eight consecutive interviews (Guest et al., 2006). Participants were recruited using the convenience sampling method via the personal network of the researcher. Inclusion criteria consisted of participants being of legal age and being able to fluently express themselves in English. Participants' names were pseudonymised during the transcription of the interviews.

Materials

The study was conducted based on a pre-developed interview scheme demonstrated in Appendix A. Interview questions were open-ended, allowing a more in-depth exploration of participants' experience with momentary resilience (Züll, 2016). The interview study followed a semi-structured approach to allow structure yet free expression from the participants' side

(Adams, 2015). When participants were not aware of what momentary resilience meant, a broad definition, namely ‘someone’s ability to bounce back and mentally recover from negative occurrences in everyday life’ was provided (Herrman et al., 2011). Interview questions to explore participants’ understanding and definition of momentary resilience included ‘Would you consider yourself a resilient person and why?’, ‘When do you feel your resilience is higher in everyday life?’, and the final question ‘After exploring resilience in everyday life in this interview, what would you define momentary resilience as?’. Additionally, probes such as ‘Can you give an example of this in everyday life?’, ‘Can you specify this?’, and ‘What would you have needed to be more resilient?’ were used to specify and explore participants’ statements further. An additional material consisted of the qualitative data analysis platform ATLAS.ti, to code the interview transcripts.

Procedure

Prior to commencing the interviews, participants were informed about the aim and purpose of the study orally, in addition to being provided with an information sheet (Appendix B). Additionally, participants were informed about the handling of their data, the audio recording of the interviews, their right to withdraw from the study at any point in time with no further explanation and were provided with the contact details of the researcher and the supervising researcher. Lastly, participants were asked to read and sign the informed consent form, as presented in Appendix C. Participants were provided with a copy of the signed informed consent form and the information sheet. After reading and signing the informed consent form, the audio recording was started. Interviews were held for 11 to 28 minutes, with an average interview duration of 16 minutes.

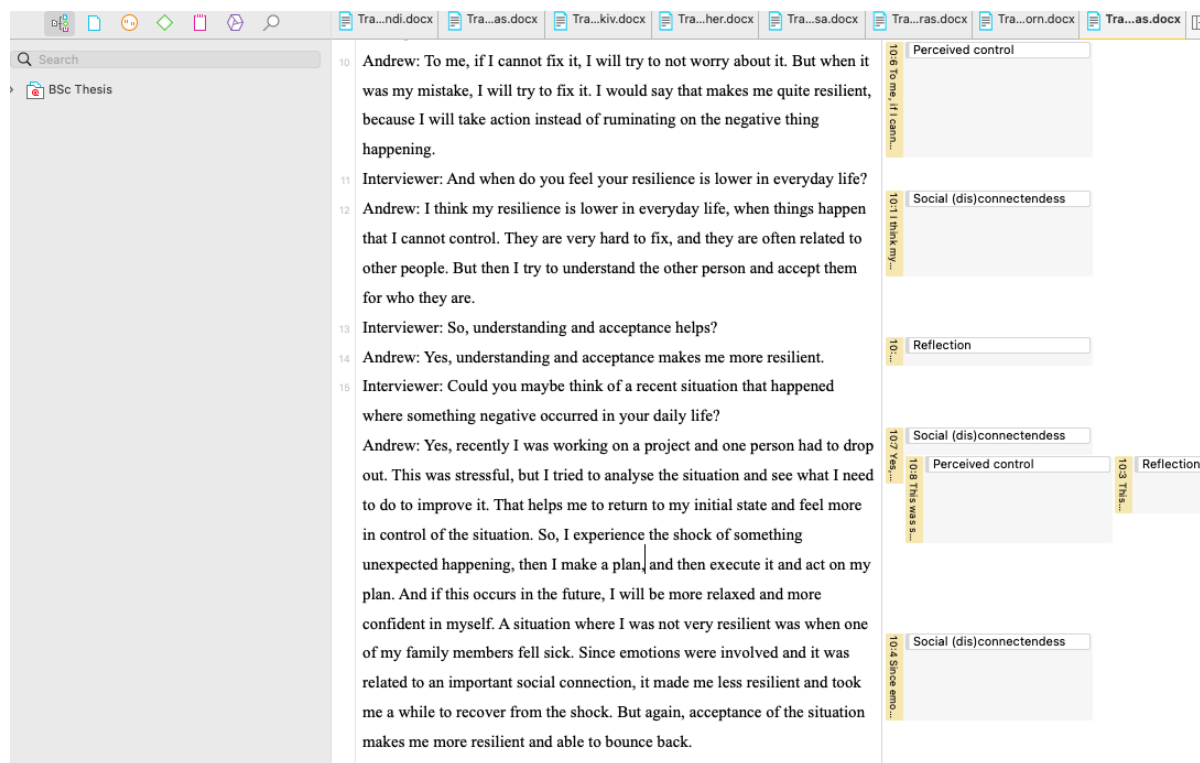
Data Analysis

The conducted qualitative interview recordings were transcribed by the researcher via the intelligent verbatim transcription method, a method aiming to transcribe the interview without including grammatical errors, silences, and additional less valuable content in regard to answering the research question (McMullin, 2021). Each interview transcription was analysed using the ATLAS.ti tool, a qualitative data analysis software that enables the organisation of transcripts into codes. Each transcript was analysed by identifying overlapping information stated by participants and marking relevant quotations. Subsequently, each quotation was categorised into a set of codes. The marking of each relevant quotation enabled the detection of the frequency and thus the significance of each code. Next, the gathered data and created codes were analysed using the thematic analysis approach. Thematic analysis

describes a commonly used approach to analysing qualitative data by identifying relevant underlying themes and patterns and categorising the data accordingly (Brown & Clarke, 2006).

Figure 1

The ATLAS.ti Workspace



Results

The interview study was performed on eight participants, with four identifying as male and four identifying as female, ranging from 20 to 29 years of age ($M_{Age} = 22.1$, $SD = 2.9$). Male participants consisted of Simon Torn, 20, a Psychology student from the Netherlands, James Suther, 22, a Financial Accounting student from South Africa, Andrew Valtas, 29, an Industrial Design student from Mexico, and Akuna Amandi, 22, a Chemical Engineering student from Nigeria. Female participants consisted of Desire Maltonas, 22, a Communication Science student from Brazil, Veronica Boras, 22, a Psychology student from Moldova, Ilana Vekiv, 20, a Chemical Engineering student from Ukraine, and Melisia Rassa, 21, a Business Administration student from Romania.

The analysis of each transcript resulted in the identification of eight relevant codes frequently mentioned by participants as contributing to them experiencing more or less momentary resilience. The identified codes were categorised according to two predominant

themes as the result of the conducted thematic analysis. An overview of each code and its frequency is demonstrated in Table 1. A complete overview of each transcript is presented in Appendix D.

Influence of the Environment

The first theme constitutes the influence of the environment, describing a set of codes of external influences leading to variations in participants' momentary resilience. This theme refers to several factors in an individuals' environment that are not experienced to be within their immediate control. According to participant interviews, this external influence is perceived to evoke a more powerful reaction to unpleasant occurrences in their daily life.

Social (dis)connectedness

Social (dis)connectedness describes the most frequently named code, namely the feeling of being (dis)connected to friends, family, one's partner, or other individuals in one's environment. According to participants, this can entail feeling less momentary resilient when their social connectedness is lower due to disturbances from roommates, as Desire Maltonas mentioned: "I'm not resilient when it comes to my roommates' behaviour. It's very annoying. There is unfolded laundry on the ground, there are dirty dishes in the sink, it irritates me a lot." It can also entail fights within their social network, as stated by Melisia Rassa: "I think when something bad happens, like a fight with my boyfriend or mom, I am less resilient afterwards." Furthermore, it can entail interactions with colleagues, as noted by James Suther: "There are days where my interactions with people don't feel the best and I feel like they have a sour attitude towards me, it can affect me for quite some time.", and even occurrences such as unpleasant phone calls, as mentioned by Melisia Rassa: "These small things that happen in daily life, like annoying phone calls, they can influence my resilience." On the contrary, momentary resilience is increased when participants feel connected to others in their environment, as stated by Simon Torn: "When I feel more socially, connected, I feel like I am more resilient." This also arises by having the possibility to talk to friends, as noted by Veronica Boras: "I found that talking to friends helped me a lot to be more resilient.", receiving words of affirmation from others, as mentioned by Akuna Amandi: "Positive affirmation makes me more resilient.", or being in the presence of their partner, as stated by Desire Maltonas: "I am more resilient when I'm with my boyfriend."

Evaluation

Evaluation describes the act of being evaluated in the context of work, university, or other areas in life. According to participants, being positively evaluated can increase their momentary resilience, as stated by Melisia Rassa: "I think perhaps academic achievements

have an influence. When I am doing well in university, I feel more resilient.” Negative evaluations, on the other hand, can negatively influence participants’ momentary resilience. This can be caused by the academic context such as receiving bad grades, as noted by Veronica Boras: “Academics and bad grades can also influence me.”, or negative feedback, as mentioned by Simon Torn: “I received negative feedback on my bachelor thesis and that made me very upset. It made me look at other things negatively as well.”

Distraction

Distraction refers to the activity of being distracted by external sources, leading to increased momentary resilience due to the focus being shifted away from unpleasant everyday life occurrences, as stated by Veronica Boras: “I often need to give myself some time to calm down and maybe do something like talking to other people or simply distracting myself.” This can consist of participating in various activities such as leisure activities, as noted by Akuna Amandi: “If I am going to film or play basketball, it makes the process of moving on or recovering much faster.”, or focusing on assigned work, as mentioned by James Suther: “When I am active and busy, I spend less time on ruminating about those negative feelings because there are other things that need to be done.”

Weather

Weather describes the external influence of the weather on participants’ momentary resilience. According to participants, this can consist of bad weather making them less resilient in everyday life, as described by Veronica Boras: “It was very rainy, and I felt like I might lose my temper.” On the contrary, good weather can increase participants’ momentary resilience, as stated by Simon Torn: “A lot of conditions make me more resilient, such as when the sun is shining.”

Perceived Control

The second identified underlying theme consists of perceived control. This theme describes a set of codes of internal influences resulting in fluctuations in participants’ momentary resilience and entails multiple components that participants perceive to be within their control. According to participant statements, this perceived control strengthens their momentary resilience in the context of unpleasant everyday life occurrences.

Reflection

Reflection describes an active approach participants take to increase their momentary resilience. This can consist of reflecting on an occurrence by writing about it, as mentioned by Ilanda Vekiv: “It also helps me to write things down.”, thinking back at what occurred, as mentioned by Simon Torn: “Rethinking what happened makes me more resilient to it. I’m

pretty quick to bounce back because when I get mad, I will take maybe fifteen minutes and won't be mad anymore because I will think that it was not that big of a deal.", and reconsidering one's reaction, as shared by Veronica Boras: "It helps to change my perspective on a situation or analysing the situation, and then I can bounce back."

Sleep

Sleep describes participants' tendency to be more momentary resilient after having had sufficient sleep, as stated by Veronica Boras: "If I take care of myself by getting enough sleep, then I can cope with some unpleasant events better and feel more resilient.", and less momentary resilient in their everyday life due to a lack of sleep, as stated by James Suther: "My resilience is lower in everyday life when I'm a little bit sleep deprived." This also includes momentary resilience fluctuating according to different hours in the day, as stated by Ilanda Vekiv: "I think in the mornings, my resilience is usually much higher. I feel more refreshed and process things fast, I can calm down much faster. At night-time, I am less resilient because I can be emotionally and physically exhausted from the day." Furthermore, momentary resilience can be increased when sleeping and reflecting on a situation in hindsight, as explained by Akina Amandi: "It often helps me to just sleep on something and the next day I will feel better if I am well-rested."

Mood

Mood describes the effect that participants' mood can have on their momentary resilience, as explained by Simon Torn: "When I am happy, I feel like I am more resilient." This can consist of being in a positive mental state prior to facing an everyday annoyance, which can increase momentary resilience, as mentioned by Desire Maltonas: "If I wake up in a good mood, I'll be pretty resilient to things." On the other hand, momentary resilience can be lessened if participants are in a negative mental state prior to an everyday event due to experiencing a bad day, as described by Desire Maltonas: "If I'm having a bad day already and something small happens, I'm not going to be resilient whatsoever.", or simply experiencing negative emotions, as mentioned by Simon Torn: "When I'm angry, I might dwell on that emotion and I can't easily find a way back from that emotion."

Self-esteem

Self-esteem describes the act of increasing one's momentary resilience by reassuring oneself, as described by James Suther: "It would have helped if I had reassured myself more that it was not that bad.", or decreasing it by acts such as talking negatively to oneself, as mentioned by Akuna Amandi: "I think if I am not being very productive and I talk to myself negatively, I am less resilient."

Table 1*The Frequency of Each Code*

Theme	Code	JS	AV	AA	DM	VB	IV	ST	MR	Total
Influence of the Environment	Social (dis)connectedness	5	3	2	5	5	1	1	7	29
Perceived Control	Evaluation			2		1		4	1	8
	Distraction	3		1		1				5
	Weather					1		2		3
Perceived Control	Reflection	1	2			1	5	2	1	12
	Sleep	4		1		2	3	1		11
	Mood	1			3	1	1	4		10
	Self-esteem	1		2						3

After identifying relevant codes and themes describing what causes participants to feel more or less momentary resilient in their everyday life, participants' responses to the final interview question, namely "After exploring resilience in everyday life in this interview, what would you define momentary resilience as?" were coded, resulting in three different codes. An overview of the participants' final definitions is presented in Table 2. An overview of the final coding of participants' definitions of momentary resilience is presented in Table 3. Some definitions include more than one of the three identified codes, such as participants including both adaptation and recovery in their final definition of momentary resilience, resulting in a total of 11 marked quotations.

Table 2*Participants' Final Definitions of Momentary Resilience*

Participant	Definition
Akuna Amandi	"I think I would describe momentary resilience as someone's ability to bounce back from something happening in everyday life. I think the faster a person adapts and recovers from negative things, the more resilient they are."

Desire Maltonas	“I think momentary resilience can be defined as my capability to effectively recover after something negative happens to me in everyday life.”
Ilanda Vekiv	“Perhaps momentary resilience can be described as one’s ability to accept negative occurrences in the context of everyday life.”
James Suther	“I think momentary resilience could be described as your elasticity to something negative happening, someone’s ability to recover and return to homeostasis or the state you were in before a daily inconvenience, so adapting to changes and so on.”
Melisia Rassa	“I would define momentary resilience as the skill of accepting and recovering from everyday annoyances.”
Veronica Boras	“Perhaps one’s ability to accept problems and move on in everyday life.”
Simon Torn	“I would define momentary resilience as one’s ability to bounce back in everyday life. One’s resilience might be lower in one day because of a lack of sleep, but I don’t think it’s stagnant throughout the day and might change because let’s say the sun is shining. So maybe a mental state that fluctuates which allows you to recover from negative situations.”
Andrew Valtas	“I think momentary resilience can be defined as a person’s ability to accept and adapt to annoying things happening in everyday life.”

Table 3*Coding of Participants' Final Definition of Momentary Resilience*

Code	Quotation Example	Frequency
Acceptance	“I think momentary resilience can be defined as a person’s ability to accept annoying things happening in everyday life.”	4
Adaptation	“I think momentary resilience could be described as your elasticity to something negative happening, someone’s ability to recover and return to homeostasis or the state you were in before a daily inconvenience, so adapting to changes and so on.”	2
Recovery	“I would define momentary resilience as one’s ability to bounce back in everyday life. One’s resilience might be lower in one day because of a lack of sleep, but I don’t think it’s stagnant throughout the day and might change because let’s say the sun is shining. So maybe a mental state that fluctuates which allows you to recover from negative situations.”	5

Based on the coding of participants' final definitions of momentary resilience, it is concluded that the ability to accept, adapt to, and recover from unpleasant occurrences in daily life constitutes a significant part of participants' experience of momentary resilience. Therefore, when taking these results into account and attempting to construct relevant items for an ESM scale, the items presented in Table 4 are suggested to be of value when measuring momentary resilience. Furthermore, the administration of a five-point Likert scale, ranging between 'strongly disagree, disagree, neither agree nor disagree, agree' to 'strongly agree' is proposed. This is based on previously conducted ESM research, suggesting the use of a five-point Likert scale in future ESM studies (Suntrup, 2023). According to Willits (2016), Likert scales are frequently used in social science and aid in achieving a more detailed overview of respondents' attitudes and orientations. This is further supported by Daniël et al. (2019), administering a Likert scale to measure momentary resilience in the context of ESM.

Table 4

Proposed ESM Items to Measure Momentary Resilience

Code	Item	Scale
Acceptance	At this moment, I feel able to accept unpleasant occurrences.	Five-point Likert scale Strongly disagree, disagree, neither agree nor disagree, agree, strongly agree
Adaptation	At this moment, I feel able to adapt after experiencing unpleasant occurrences.	
Recovery	At this moment, I feel able to recover from unpleasant occurrences.	

Discussion

This qualitative study was conducted with the aim to gain a deeper understanding of momentary resilience and its definition in order to establish its accurate measurement through ESM. Through multiple semi-structured interviews and qualitative analysis, several factors influencing individuals' momentary resilience were identified, with an individual's social (dis)connectedness and their ability to reflect on unpleasant occurrences in daily life being the most relevant ones. Furthermore, the underlying themes of the environmental influences and

an individual's perceived control were suggested to be of relevance in the context of momentary resilience. The research question as to how individuals experience and define the concept of momentary resilience and how can this be translated into an Experience Sampling measure was answered, proposing that individuals define momentary resilience as the ability to accept, adapt to, and recover from unpleasant occurrences in daily life. Lastly, three ESM items to measure momentary resilience were proposed accordingly.

New Insights into Momentary Resilience in the Light of Previous Research

These findings seem to indicate that momentary resilience is related to several fluctuating factors, ranging from how socially (dis)connected an individual feels, to their ability to reflect on unpleasant situations that occurred in daily life, how much sleep they have had prior to a daily inconvenience, and in which mood they were in when encountering an everyday life hassle. Due to the naturally occurring fluctuation in each of those states, momentary resilience can be assumed to fluctuate accordingly. These findings seem to be in line with previously conducted research, suggesting momentary resilience to be related and assessable with ESM by measuring how cheerful an individual feels, how satisfied they are in the moment, or how well they have slept in the previous night (Daniëls et al, 2019). Additional research conducted by Anyan et al. (2020), suggests that momentary resilience is related to and influenced by an individual's social competence and social resources, their family cohesion, their structured style, and their perception of themselves. Here, social competence and social resources refer to an individual's ability to create and maintain social connections with individuals outside of their family, while their family cohesion describes the connection they have with their relatives. These components are similar to the code social (dis)connectedness, identified as the most significant and frequently named factor influencing momentary resilience. Furthermore, an individual's structure style is referred to the ability to approach daily life occurrences in an organised manner, similar to the second most frequently named code reflection, identified within this study as consisting of the ability to reflect upon unpleasant occurrences in daily life. The last component proposed as influencing momentary resilience is an individual's perception of themselves, referring to the basic trust and confidence they have in themselves. This is similar to the code self-esteem, established as consisting of giving oneself positive affirmation when facing unpleasant everyday life occurrences. This code is further supported by Davydov et al. (2010), measuring the construct of momentary resilience by assessing an individual's self-efficacy, which closely relates to an individual's self-esteem. Thus, it can be concluded that the influencing factors leading to increased or decreased momentary resilience are similarly experienced by individuals across different studies.

Furthermore, this research suggests that individuals define momentary resilience as consisting of three components, namely the ability to accept, adapt to, and recover from unpleasant occurrences in daily life. This is partially in line with previously conducted research on the conceptualisation of momentary resilience. Research conducted by Daniëls et al. (2019), conceptualises momentary resilience as an individual's ability to adapt to social, mental, and physical hurdles in everyday life, closely relating to this study's conclusion of momentary resilience relating to the ability to adapt to unpleasant situations in everyday life. This act of adaptation is further supported by Davydov et al. (2010), conceptualising momentary resilience as the ability to adapt to adversity. The act of recovering from unpleasant everyday life occurrences, named by a majority of participants, is supported by multiple studies, such as Manyena (2006) proposing the experience of momentary resilience to describe the act of recovering following a negative event, Robertson & Cooper (2013) describing momentary resilience as the capacity to swiftly recover from adversity, with its behavioural expression of remaining effective in one's professional and personal life, Hartigh and Hill (2022) describing it as the act of bouncing back from stressors, Kuranova et al. (2020) measuring it in the context of recovery, and lastly, Van Os et al. (2017) defining momentary resilience as the ability to bounce back from disturbances. However, one component not mentioned in existing literature on momentary resilience is the act of accepting unpleasant occurrences in daily life, as described by participants in this study in the context of defining momentary resilience. This inconsistent finding could be explained by the lack of clear conceptualisations and operationalisations of momentary resilience (Davydov et al., 2010; Kuranova et al., 2020). Overall, the findings drawn from this research appear to be largely in line with previous research, considering that resilience is predominantly defined as a concept related to the acts of adapting to, and recovering from unpleasant occurrences in daily life.

Strengths and Limitations

One significant strength of the current research consists of the sample including a wide variety of nationalities, including participants with a South African, Dutch, Nigerian, Brazilian, Ukrainian, Romanian, Moldovan, and Mexican backgrounds. According to Zhao (2021), including a variety of backgrounds in social science research, significantly increases the generalisability, therefore constituting this research's strongest asset. Furthermore, the sample group was gathered via the convenience sampling method, using the researcher's personal network. The familiarity between researcher and participant may therefore have resulted in participants being more comfortable and open about their experience with momentary resilience and describing their everyday lives, thereby allowing more personal and accurate

insight into the concept and definition of momentary resilience. Another strength includes the applied qualitative research approach which allows for deeper exploration and insight into a concept's essence, decreasing the risk of excluding outliers and increasing understanding of the individual experience of momentary resilience (Richard, 2013). Thereby, this research's findings can be assumed to provide an accurate and in-depth definition of momentary resilience.

One limitation of this research consists of the study being exclusively conducted with university students of similar age, resulting in less representativeness and generalisability of the findings in the context of participants' educational level and life experience related to momentary resilience. Furthermore, the study sample was gathered using the convenience sampling method, potentially leading to the results being affected by the familiarity between the researcher and participants due to respondents providing more socially desirable information. Moreover, qualitative research bears the risk of personal bias and subjective opinion influencing the results. Additionally, this qualitative research did not include a large quantity of participants in its sample, potentially making the results less generalisable. A final limitation consists of the potential subjectivity and ambiguity of the suggested items, with the term 'unpleasant occurrences' being broad and subsequently interpretable.

Practical Implications

An individual's ability to recover and return to their initial mental state after experiencing unpleasant occurrences in daily life is assumed to predict psychopathology in the future (Kuranova et al., 2020). When being able to effectively cope with everyday life stressors by being momentary resilient, the capacity to resolve more severe stressors in the future can be increased (DiCorcia & Tronick, 2011). Moreover, strengthening momentary resilience is of significance when attempting to treat both mental and physical illness (Davydov et al., 2010). Previous ESM studies conducted in the context of momentary resilience often lack a thoroughly presented and comprehensive operationalisation of momentary resilience (Davydov et al., 2010; Kuranova et al., 2020). However, a clear conceptualisation and operationalisation of the concept are needed for better-targeted measures and the creation of effective interventions in the context of momentary resilience (Hartingh & Hill, 2022). Therefore, this research's finding, being that momentary resilience describes the ability to accept, adapt to, and recover from unpleasant occurrences in daily life, provides valuable insight and entails practical implications since understanding momentary resilience is the first step to take when aiming to strengthen it.

Future Research and Conclusions

Further investigation into the concept of momentary resilience may be of value to establishing a generalisable ESM measure. Future research may focus on gathering a larger and more representative sample by including a larger quantity of participants of various age groups with a variety of educational backgrounds. Furthermore, participants should not be recruited via the convenience sampling method to ensure an unbiased and representative sample. Lastly, the effect of the discussed ambiguity and subjectivity of the proposed items could be further explored in the context of future research.

Concludingly, comprehensive conceptualisations and operationalisations of momentary resilience in the context of ESM are limited. This research offers insight into individuals' experience of momentary resilience by proposing multiple influential components, suggesting that an individual's social (dis)connectedness and their ability to reflect on unpleasant occurrences in daily life are the main contributing factors. Furthermore, this research proposes a more comprehensive definition and measure of momentary resilience, suggesting that it consists of the three components of accepting, adapting to, and recovering from unpleasant occurrences in daily life. Thereby, a valuable contribution to the operationalisation of momentary resilience is made.

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Appendix A

Interview Scheme

Introduction

This interview study aims to explore and define the concept of momentary resilience and the attitudes and behaviours associated with it. Momentary resilience can be broadly defined as someone's ability to bounce back and mentally recover from negative occurrences in everyday life. However, the interest lies in your personal experience and understanding of momentary resilience. The interviews aim to collect data to enable the development of a scale to accurately measure momentary resilience in the future. This research project has been approved by the BMS Ethics Committee. Before starting the interview, I would like to explain some aspects of the research and how the collected data will be handled.

- I am interested in your personal experience. This means, that there are no right or wrong answers.
- I would like to audio record and transcribe the interview with your consent. The audio recording will be safely stored on the Utwente OneDrive and will be deleted one year after the data collection.
- You may decide to withdraw from the study at any time.
- For any questions or complaints that may arise after participating in the interview study, you can contact me, the researcher (m.pohle@student.utwente.nl), or Thomas Vaessen, the supervising researcher (t.r.vaessen@utwente.nl).
- If you have questions about your rights as a research participant, or wish to obtain information, ask questions, or discuss any concerns about this study with someone other than the researcher(s), please contact the Secretary of the Ethics Committee/domain Humanities & Social Sciences of the Faculty of Behavioural, Management and Social Sciences at the University of Twente by ethicscommittee-hss@utwente.nl.
- Do you have any questions before we start the interview?
- I would like to ask you to read and sign this informed consent form.

When you are done, we can start with the interview.

First, I would like to ask you for your age, gender, and nationality.

Interview

- What is resilience to you?
- Would you consider yourself a resilient person and why?
- When do you feel your resilience is higher in everyday life?
- When do you feel your resilience is lower in everyday life?

- After exploring resilience in everyday life in this interview, what would you define momentary resilience as?

Probes

- Can you give an example of this in everyday life?
- Can you specify this?
- Can you think of a specific behaviour?
- What do you think made you more resilient in that situation?
- What do you think made you less resilient in that situation?
- What would you have needed to be more resilient?

Appendix B

Information Sheet

This interview study aims to explore and define the concept of momentary resilience and the attitudes and behaviours associated with it. Momentary resilience can be broadly defined as someone's ability to bounce back and mentally recover from negative occurrences in everyday life. However, the interest lies in your personal experience and understanding of momentary resilience. The interviews aim to collect data to enable the development of a scale to accurately measure momentary resilience in the future. This research project has been approved by the BMS Ethics Committee. Before starting the interview, I would like to explain some aspects of the research and how the collected data will be handled.

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- For any questions or complaints that may arise after participating in the interview study, you can contact me, the researcher (m.pohle@student.utwente.nl), or Thomas Vaessen, the supervising researcher (t.r.vaessen@utwente.nl).
- If you have questions about your rights as a research participant, or wish to obtain information, ask questions, or discuss any concerns about this study with someone other than the researcher(s), please contact the Secretary of the Ethics Committee/domain Humanities & Social Sciences of the Faculty of Behavioural, Management and Social Sciences at the University of Twente by ethicscommittee-hss@utwente.nl.

Appendix C
Informed Consent Form
Consent Form for Mental Health in Daily Life: Developing an Experience Sampling
Scale to Measure Momentary Resilience

YOU WILL BE GIVEN A COPY OF THIS INFORMED CONSENT FORM

Please tick the appropriate boxes

Yes No

Taking part in the study

I have read and understood the study information dated [DD/MM/YYYY], or it has been read to me. I have been able to ask questions about the study and my questions have been answered to my satisfaction.

I consent voluntarily to be a participant in this study and understand that I can refuse to answer questions and I can withdraw from the study at any time, without having to give a reason.

I understand that taking part in the study involves sharing my personal experience with momentary resilience, that the interview will be audio-recorded, and that the audio recording will be transcribed in a text.

Use of the information in the study

I understand that information I provide will be used for developing a scale to measure momentary resilience in the context of a Bachelor thesis.

I understand that personal information collected about me that can identify me, such as my name or other demographics, will not be shared beyond the study team. Additionally, I understand that my name will be pseudonymised in the transcription of the interview.

I agree that my information can be quoted in research outputs.

I agree to be audio recorded.

Signatures

Name of participant [printed]

Signature

Date

I have accurately read out the information sheet to the potential participant and, to the best of my ability, ensured that the participant understands to what they are freely consenting.

Mira Pohle

Researcher name [printed]

Signature

Date

Appendix D

Interview Transcripts

Transcript Melisia Rassa

Interviewer: Would you consider yourself a resilient person and why?

Melisia: I would consider myself a resilient person, yes, because I have my own back. I am Romanian and I am studying in the Netherlands, so I would say that I also just need to be resilient. I am very independent.

Interviewer: And when we talk about resilience in terms of bouncing back from something negative happening in everyday life, how do you return to your initial state?

Melisia: For me, it helps to cope with stressful everyday situations when I smoke. I smoke to calm down a bit and come down to an average level of functioning.

Interviewer: When do you feel your resilience is higher in everyday life?

Melisia: I feel like my resilience is generally high in everyday life, it does not really change much. Although it can feel lower at times. Sometimes, when I work in a group project and it really is not going well, I can get quite annoyed. Especially, when I don't get a smoke break or some way to take a break. So, taking a step back and maybe trying to accept the situation makes me more resilient.

Interviewer: So, those are contexts in which your resilience is lower. Can you perhaps think of others?

Melisia: I think when something bad happens, like a fight with my boyfriend or my mom, I am less resilient afterwards. So, if my roommate wants help with something afterwards, I need some time to calm down first. So, I would say that my social life and my connections also influence my resilience. In general, interpersonal relationships are important.

Interviewer: Are there any other factors you can think of?

Melisia: I think perhaps academic achievements have an influence, when I am doing well in university, I feel more resilient. But in general, these small things that happen in daily life, like my roommates being annoying, or annoying phone calls, they can influence my resilience and it can even change on a daily or hourly basis.

Interviewer: Could you perhaps think of a specific situation where you were more or less resilient?

Melisia: One thing that happened with my roommates was that someone used my white towel to clean up food residue and it made my towel very dirty. This happened a few times, and this behaviour not changing made me less resilient to it. So, the frequency of the annoying thing happening made me less resilient, I got really angry. It is the same with dirty dishes or empty

toilet paper, this unreliability and laziness makes me angry when it doesn't change. When I communicate the issue and it is ignored it makes me even more angry. When my roommates don't communicate with me, it also makes me very angry. Maybe I would be more resilient if I understood them better.

Interviewer: Understandable. After exploring resilience in everyday life in this interview, how would you define momentary resilience?

Melisia: I would define momentary resilience as the skill of accepting and recovering from everyday annoyances.

Interviewer: Alright, thank you for your participation!

Transcript Veronica Boras

Interviewer: Would you consider yourself a resilient person and why?

Veronica: I would say I'm a moderately resilient person because sometimes I struggle to bounce back from stress. I just think I am highly sensitive and that is why for me it's difficult to calm down when I feel something negative, like stress. I often need to give myself some time to calm down and maybe do something like talking to other people or simply distracting myself, changing my perspective on a situation or analysing the situation and then I can bounce back.

Interviewer: So, sometimes you are able to bounce back and return to your natural state and sometimes it is more difficult?

Veronica: Yes.

Interviewer: And when do you feel that your resilience is higher in everyday life?

Veronica: I think when I am actively engaged in supporting my well-being. For instance, if I take care of myself by getting enough sleep, going to the gym, singing, just feeling good and having effective well-being, then I can cope with some unpleasant events better and feel most resilient.

Interviewer: So, your social network, sleep, health in general?

Veronica: Indeed. And also, my emotional needs being met, such as singing or going to an art exhibition. Participating in fulfilling activities.

Interviewer: And when do you feel your resilience is lower in everyday life?

Veronica: When I don't engage in those activities, so when I don't take care of my needs. So, my physical and emotional health. Academics and bad grades can also influence me. But that also depends, if my social life is fine and I feel capable of attending the resit for example,

then I do not feel as stressed. So, when I feel like I am able to cope with it because I have resources, such as social support.

Interviewer: Can you think of a specific situation where you were less or more resilient?

Veronica: Recently, I have had some issues in my relationship, and it led to me isolating myself more and neglecting my needs. But then, I found that talking to friends, going to the gym, and singing helped me a lot to be more resilient to what was happening in my relationship. When thinking of something else that has occurred in my everyday life, I can think of a day where I had not eaten all day, I was tired, and it was very rainy. When I came home my roommate was being quite negative and complaining a lot. In that moment, I felt overwhelmed and felt like I could lose my temper.

Interviewer: So, you think that more sleep and better weather could have made you more resilient?

Veronica: Definitely, yeah.

Interviewer: After exploring resilience in everyday life in this interview, what would you define momentary resilience as?

Veronica: Perhaps one's ability to accept problems and move on in everyday life.

Interviewer: Okay, thank you so much for participating!

Transcript James Suther

Interviewer: Would you consider yourself a resilient person and why?

James: I think I would consider myself a resilient person, I feel like I have the ability to adapt to certain situations. Maybe you could define resilience again so I can understand a bit better?

Interviewer: Of course. Resilience can be broadly defined as someone's ability to bounce back and mentally recover from negative occurrences in everyday life. That could mean something like an everyday annoyance occurs and how do you cope with that and what does it take for you to return back to your initial state.

James: Okay, so I do feel like I am resilient. In my career, there are a lot of moments where I do come across everyday hassles. Thus far, I have not felt like when something does occur that it hinders me for longer than it should.

Interviewer: So, you would say that you recover from annoyances that you experience in your work life pretty quickly?

James: Yes.

Interviewer: When do you feel your resilience is higher in everyday life? Is there a context it might depend on?

James: For me, I am especially resilient when I had some good sleep, when I am well-rested, I think when I'm in good health in general it is a lot easier to bounce back after something happens. Also, if I am active, so for example when I am active and busy, I spend less time on ruminating about those negative feelings because there are other things that need to be done.

Interviewer: So, you would say sleep and overall health?

James: Yes, sleep and being busy, it makes me more resilient.

Interviewer: Could you elaborate why being busy is a context that makes you more resilient?

James: It is just that lingering with something bad that happened, like an unpleasant interaction at work, will keep me from working on my next task. Instead, I focus on getting things done.

Interviewer: So, it offers distraction in a sense?

James: Yes, being busy and distracted makes me more resilient.

Interviewer: And when would you say your resilience is lower in everyday life?

James: I think my resilience is lower in everyday life when I'm a little bit sleep deprived, I notice being much more sensitive to people or their attitudes. And when I am less productive and feel guilty about not getting as much work done as I should. That makes me less resilient. I think you could define it as a procrastination which leads me to have a more negative headspace.

Interviewer: Would you say your resilience fluctuates then?

James: Definitely. I'd say it can even change within one day, because there have been days where it starts off as a gloomy day where I personally don't feel the best and my interactions with people also don't feel the best where I feel like they have a sour attitude towards me, and it can affect me for quite some time. But then, during the day as I get more occupied, thereafter I feel like maybe those interactions were not as bad.

Interviewer: Okay. Can you think of a specific situation in which you were resilient or not very resilient?

James: I think it would again be work-related. The other day, I was quite sleep deprived and not feeling the best. I had a normal interaction with my colleagues, but I did feel like things were more rushed and colder and it made me feel more introverted and less willing to participate in any conversations. There was some miscommunication, and it took me a bit to return to a state of normality. They received a joke differently than intended and it took me some time to recover.

Interviewer: And what would you have needed to be more resilient toward that?

James: I think if that person had reassured me that things were cleared up and that the joke was not taken as negatively as they perceived they did, that would have helped to feeling normal again. Maybe it would also have helped if I reassured myself more that it was not that bad.

James: Alright. After exploring resilience in the course of this interview, how would you define momentary resilience?

James: I think momentary resilience could be described as your elasticity to something negative happening, someone's ability to recover and return to homeostasis or the state you were in before a daily inconvenience, so adapting to changes and so on.

Interviewer: Perfect, thank you!

Transcript Simon Torn

Interviewer: Would you consider yourself a resilient person and why?

Simon: I think I'm quite resilient because I would say if something negative happens to me. I'm pretty quick to bounce back because for instance when I get mad I will take maybe fifteen minutes and I won't be mad anymore because I will think that it was not that big of a deal.

Interviewer: Okay, so you rethink the negative occurrence and try to see it in a different light?

Simon: Yes, rethinking what happened makes me more resilient to it. And I also think that in some moments I'm quite emotional. But after a while I can become more rational and that helps.

Interviewer: So, taking out some of the emotion makes you feel more resilient?

Simon: Yeah, I become more resilient when taking some of the emotion out.

Interviewer: Okay. When do you feel your resilience is higher in everyday life?

Simon: I think it's also quite attached to emotions. For instance, when I'm happy or when I feel more socially connected, I feel like I am more resilient. I feel like there are a lot of conditions making me more resilient, such as when the sun is shining because everything just seems brighter and prettier, or things that overall impact me positively to become more resilient.

Interviewer: So, when you are in a more positive mindset such as being happy, socially connected, and if there is good weather?

Simon: Yeah, and maybe even good food and just when basic human needs are met, I feel more resilient.

Interviewer: Okay. And when do you feel your resilience is lower in everyday life?

Simon: I would say that it is also very connected to emotions. When I'm angry, I might dwell on that emotion, and I can't easily resist it or find a way back from that emotion.

Interviewer: So, when you are in a negative mental state?

Simon: Yes. Especially when I was promised something, and the promise isn't kept.

Interviewer: So, disappointment makes you less resilient?

Simon: Yes, when I'm disappointed or generally experience negative emotions prior to the event, I become less resilient. Change of plans, empty promises. Also, when I put a lot of effort into something, and it is not rewarded. I think the more you invest in something, the less resilient you are to negative feedback for example. So, a lack of praise and recognition.

Interviewer: Can you maybe think of a specific situation in which you were resilient or not very resilient?

Simon: This week, I received feedback on my Bachelor thesis and that made me very upset. It made me look at other things negatively as well. It made me less resilient to other things since I was already upset. I'm highly adaptive in my emotions and feel like they can change quite fast, so my resilience fluctuates in everyday life.

Interviewer: So, in that moment it was more difficult to bounce back because you put in a lot of effort, and it wasn't quite rewarded?

Simon: Yes, I would say so.

Interviewer: And what would have made you more resilient?

Simon: I wish there was more recognition of my efforts instead of just negative feedback.

Interviewer: So, appreciation of your efforts?

Simon: Yes, correct.

Interviewer: After exploring resilience in everyday life in this interview, what would you define momentary resilience as?

Simon: I would define momentary resilience as one's ability to bounce back in everyday life. One's resilience might be lower in one day because of a lack of sleep, but I don't think it's stagnant throughout the day and might change because let's say the sun is shining. So maybe a mental state that fluctuates which allows you to recover from negative situations.

Interviewer: Okay, thank you!

Transcript Akuna Amandi

Interviewer: Would you consider yourself a resilient person and why?

Akuna: I think it depends on the situation and how something happens. For example, if I fail an exam and I know there is a resit, I will be upset for a day or two and then after that, I will be over it. But if I fail the resit and I know there is no second chance and I will have to wait until next year, it takes a while, like a week until I can move on from something negative happening. But if I say, for example, I am going to film or play basketball, it makes the process of moving on or recovering faster.

Interviewer: So those things would influence your resilience you would say?

Akuna: Yeah, they influence my resilience a hundred percent.

Interviewer: Okay, to get back to the original question, would you consider yourself a resilient person?

Akuna: I don't think I'm a very resilient person, maybe moderately resilient. I can be upset for a little bit, but I can also recover quite fast from daily events if I try. For example, if I break something, I might be upset but I will also remind myself that it is fine, and I will get a new glass.

Interviewer: When do you feel your resilience is higher in everyday life? You were speaking about factors that influence your resilience, perhaps you could elaborate on that.

Akuna: I think my resilience is higher in everyday life when something negative happens and someone is there to talk to me, like telling me that it's okay, it makes me recover much faster.

Interviewer: So, something like positive affirmation?

Akuna: Exactly, positive affirmation makes me more resilient. And if someone does not do that, it is definitely slower.

Interviewer: Are there any other factors that make your resilience lower in everyday life?

Akuna: I think if I am not being very productive and I talk to myself negatively, I am less resilient. It's also really related to sleep; it often helps me to just sleep on something and the next day I will feel better if I am well-rested. So, I would say structure and sleep helps me be more resilient.

Interviewer: Alright. And now, after exploring resilience in everyday life, how would you define momentary resilience?

Akuna: I think I would describe momentary resilience as someone's ability to bounce back from something happening in everyday life. I think the faster a person adapts and recovers from negative things, the more resilient they are.

Interviewer: Alright, thank you so much for participating!

Transcript Desire Maltonas

Interviewer: Do you understand what is meant with the term resilience?

Desire: What I think it was it's like how capable you are to bounce back when something traumatic happens in your life.

Interviewer: Well, I'm researching resilience in everyday life, also called momentary resilience. This would not include bouncing back from something traumatic like a breakup, death, et cetera. But it might for example include everyday annoyances like your top getting stuck at a doorhandle.

Desire: Oh, I'm really bad at being resilient then.

Interviewer: That brings me to my first question. Would you consider yourself a resilient person and why?

Desire: I think it depends on the situation. When it's things inside the house that happen to me alone, like stubbing my toe or getting my shirt stuck in the door, I will breathe and roll my eyes and move on, so I am resilient. But if it's something that involves people, like someone annoying me or making me mad or something happens while I'm on the bike, like there is someone is in front of me, it bothers me for a long time. So, I'm less resilient when it involves other people. Overall, I think I am generally not that resilient.

Interviewer: Okay. When do you feel your resilience is higher in everyday life? You just mentioned that it depends. What does it depend on? What context could you think of when you are more resilient?

Desire: I mean if I'm having a bad day already and something small happens, I'm not going to be resilient whatsoever. If I wake up in a good mood, I'll be pretty resilient to things. Or if I am with my boyfriend.

Interviewer: So, you would say it depends on your mood and your social connectedness?

Desire: Yeah, I am more resilient when I'm in a good mood or with my boyfriend.

Interviewer: Can you think of a specific situation when you were resilient or not very resilient?

Desire: I'm not resilient when it comes to my roommates' behaviour. It's very annoying. There is unfolded laundry on the ground, there are dirty dishes in the sink, it irritates me a lot. It happens all the time.

Interviewer: So, you would say the frequency of it makes it worse or might make you less resilient?

Desire: Exactly, the more something annoying happens, the less resilient I am to it.

Interviewer: Okay, and what would you need to be more resilient?

Desire: Obviously, if they stopped doing that.

Interviewer: So, the resolution of the problem?

Desire: Right, it makes me most resilient when things go the way I want them to go.

Interviewer: Well, in that case you would not need to be resilient since there isn't much to bounce back from. But would you say there is anything else that you might need to be more resilient?

Desire: Maybe if they communicated that they would resolve the issues like laundry and dishes next time and then would actually do it, I'd be more resilient to their mistakes.

Interviewer: Okay. After exploring resilience in everyday life in this interview, what would you define momentary resilience as?

Desire: I think momentary resilience can be defined as my capability to effectively recover after something negative happens to me in everyday life.

Interviewer: Alright, thank you for your participation!

Transcript Ilanda Vekiv

Interviewer: Would you consider yourself a resilient person and why?

Ilanda: I would generally consider myself a resilient person. Sometimes it bothers me in life that there are things happening that are out of my control, like roommates being annoying, but then I just remember that I can indeed not control them, and I breathe in and breathe out and keep on living. But I would say I am above average resilient. It also helps when I put things into perspective, then some unclean dishes or traffic does not seem as bad. There are more severe issues out there.

Interviewer: So, you would say taking a breath and concentrating on the fact that there are other important things to focus on helps?

Ilanda: Yeah, calming myself down makes me more resilient. Sometimes things happen but I try to ask myself if it is really worth it to focus on that or whether it is better to get back to a state of normality.

Interviewer: And when do you feel your resilience is higher in everyday life?

Ilanda: I think in the mornings, my resilience is usually much higher. I feel more refreshed and process things fast, I can calm down faster. It also helps me to write things down. In the evening, I am too tired to even pay attention. It is also related to hormones I would say, sometimes I can be more irritable.

Interviewer: So, your resilience depends on your physical state, such as alertness in the morning?

Ilanda: Yes, at night-time I am less resilient because I can be emotionally and physically exhausted from the day. In the evening, I can also feel more tense and worry about things more. So, it indeed depends on my physical state or well-being.

Interviewer: Can you maybe think of a specific situation that occurred recently where you were either very resilient or not very resilient?

Ilanda: I have had a lot of allergies related to food all my life, and my grandma sometimes finds that hard to understand which can be difficult for me. She always cooks a lot and tries to get everyone to eat. In the past, I used to get mad at her for that, because she was wasting food by giving it to me. But now, it is different. The other day, my grandma was trying to give me food again and I tried to analyse the situation and understand her. I tried to explain to her again why I don't eat certain things and I tried being more patient.

Interviewer: So, you would say your resilience has increased in regard to interpersonal conflict?

Ilanda: Yes, I think so. I think practicing patience and understanding has helped me be more resilient to these everyday interactions.

Interviewer: Okay, thank you! And now, after exploring resilience in everyday life in this interview, what would you define momentary resilience as?

Ilanda: Perhaps momentary resilience can be described as one's ability to accept negative occurrences in the context of everyday life.

Interviewer: Okay, thank you!

Transcript Andrew Valtas

Interviewer: Would you consider yourself a resilient person and why?

Andrew: Yes, I would consider myself a resilient person due to my ability to adapt very well.

Interviewer: When do you feel your resilience is higher in everyday life? What factors influence it?

Andrew: My resilience in everyday life will be higher once I experienced many disturbances in daily life. Something that is not typically drawn into my day, something unplanned, it makes me more resilient.

Interviewer: So, the more you experience negative everyday life occurrences, the more resilient you become?

Andrew: It doesn't have to be negative, just unexpected situations that I didn't plan, they make me more resilient. The more I deal with unexpected situations, the more resilient I become towards them.

Interviewer: Let's say it is a normal day and something annoying happens, like you dropping a glass, or you get a bad grade, what might make you more resilient to that happening other than it being unexpected or having happened in the past?

Andrew: To me, if I cannot fix it, I will try to not worry about it. But when it was my mistake, I will try to fix it. I would say that makes me quite resilient, because I will take action instead of ruminating on the negative thing happening.

Interviewer: And when do you feel your resilience is lower in everyday life?

Andrew: I think my resilience is lower in everyday life, when things happen that I cannot control. They are very hard to fix, and they are often related to other people. But then I try to understand the other person and accept them for who they are.

Interviewer: So, understanding and acceptance helps?

Andrew: Yes, understanding and acceptance makes me more resilient.

Interviewer: Could you maybe think of a recent situation that happened where something negative occurred in your daily life?

Andrew: Yes, recently I was working on a project and one person had to drop out. This was stressful, but I tried to analyse the situation and see what I need to do to improve it. That helps me to return to my initial state and feel more in control of the situation. So, I experience the shock of something unexpected happening, then I make a plan, and then execute it and act on my plan. And if this occurs in the future, I will be more relaxed and more confident in myself. A situation where I was not very resilient was when one of my family members fell sick. Since emotions were involved and it was related to an important social connection, it made me less resilient and took me a while to recover from the shock. But again, acceptance of the situation makes me more resilient and able to bounce back.

Interviewer: Okay, thank you for sharing. When reflecting on this interview, what would you define momentary resilience as?

Andrew: I think momentary resilience can be defined as a person's ability to accept and adapt to annoying things happening in everyday life.

Interviewer: Okay, thank you for participating!