

Psychological flexibility and self-concealment: Mediating the effects of loneliness on life satisfaction

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INTRODUCTION

- Loneliness is a discrepancy between desired and obtained social relationships¹ and is associated with adverse psychological and physical outcomes, including lower life satisfaction.²
- College students are particularly vulnerable to loneliness,³ but different psychological mechanisms such as psychological flexibility and self-concealment may influence its impact.

METHODS

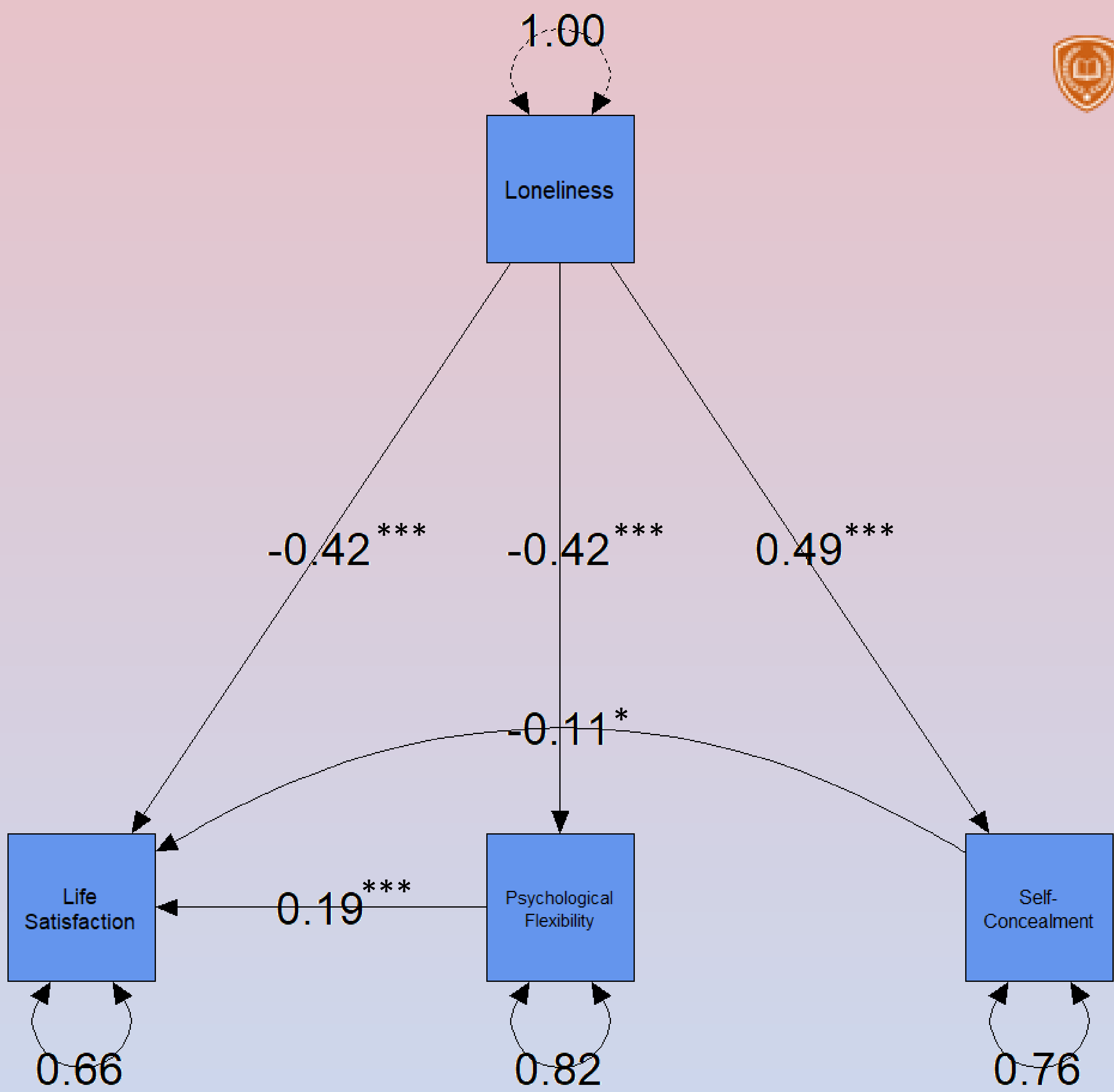
- N** = 465 undergraduate students (84% female, 49% White) recruited through SONA completed measures of loneliness, psychological flexibility, and self-concealment.
- Path analysis** investigated whether the direct effect of loneliness on life satisfaction is mediated by psychological flexibility and self-concealment.

RESULTS

- Loneliness had a strong direct negative effect on life satisfaction.
- Psychological flexibility and self-concealment both partially mediated this relationship.
- High psychological flexibility decreased the effect of loneliness.
- High self-concealment worsened the effect of loneliness, i.e., part of the effect on life satisfaction occurred via self-concealment.
- Fit indices indicated **excellent model fit** (CFI = .99, TLI = .99, RMSEA = .03, SRMR = .02), supporting these interpretations.

DISCUSSION

- Results may inform key intervention targets aimed at increasing psychological flexibility and reducing self-concealment.
- Convenience sampling could limit generalization of findings.



**Psychological flexibility buffers the negative
impact of loneliness on life satisfaction,
whereas self-concealment worsens it.**

MEASURES

- UCLA Loneliness Scale (Version 3)⁴
- Multidimensional Psychological Flexibility Inventory (MPFI)⁵
- Self-Concealment Scale⁶

ANALYSIS

- Path analysis was conducted using Lavaan in RStudio.
- Robust maximum likelihood estimator (MLR) adjusted for slight departure from normality.

DESCRIPTIVES

Variable	Mean	SD
Loneliness	44.04	11.23
Life Satisfaction	23.79	6.24
Psych Flex	3.91	.79

REFERENCES

