

# THRIVE4HOPE: A Process-Based, Idionomic Study to Explore Post-Traumatic Trajectories in Young Adults

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## KEY RESEARCH GAP

Prospective, process-based, idionomic research is needed to capture dynamic individual-level adaptation to potentially traumatic events (PTEs), accounting for contextual factors, individual needs and resources, beyond group-level findings

## WHAT DO WE KNOW

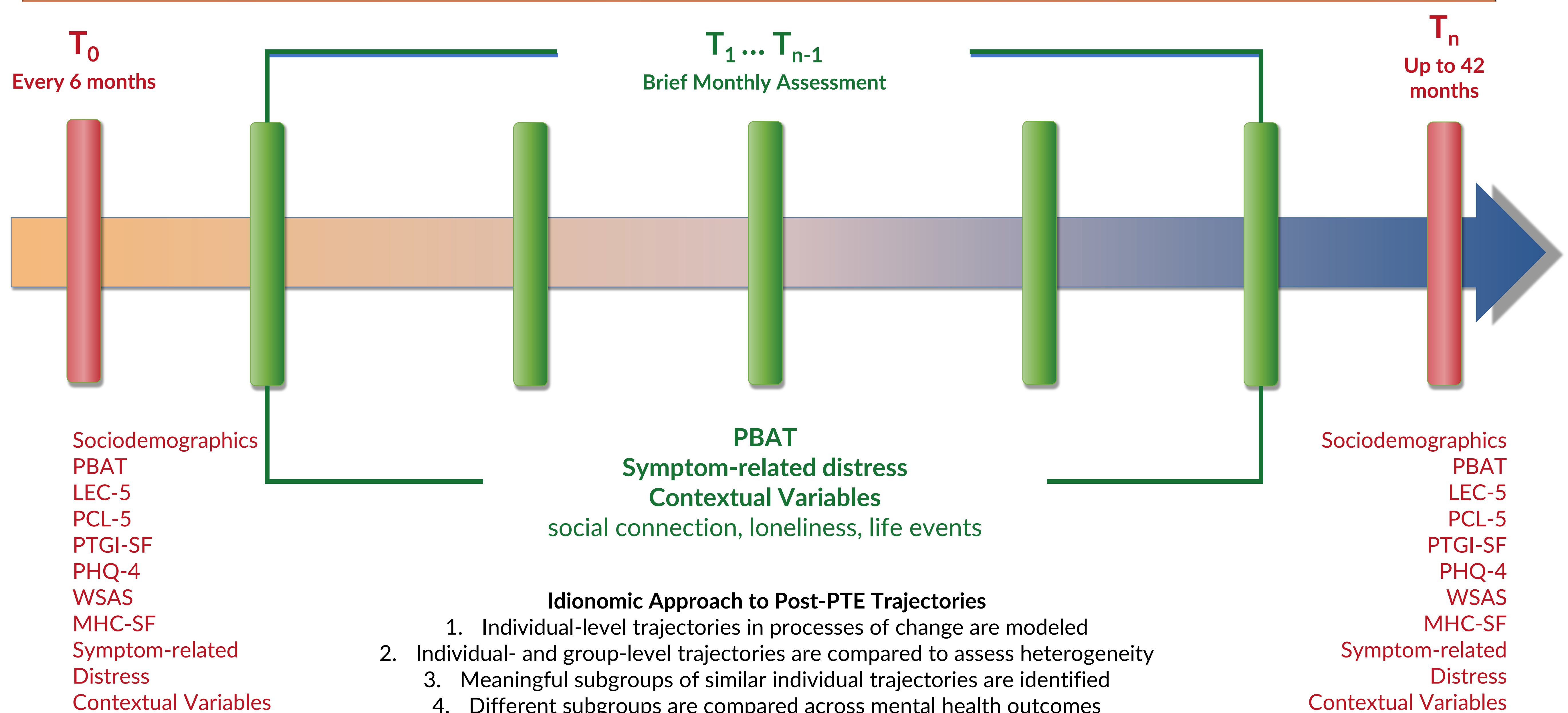
- Exposure to PTEs is common in young adulthood
  - Group-level, retrospective research has helped in understanding the typical symptom trajectories following exposure to PTEs:
    - Low-Stable (Resilience) – the modal response
    - Decreasing
    - Delayed-Worsening
    - High Stable
- (Koenen et al., 2017; Oppo et al., 2024)

## MAJOR LIMITATIONS & OPPORTUNITIES

- Prospective research is lacking
  - Prioritizing individual-level data to inform group-level conclusions is essential to account for high variability
  - Adopting a Process-Based Therapy (PBT) framework could expand understanding of responses to PTEs accounting for processes implied both in psychopathology and well-being
- (Bonanno et al., 2023; Hofmann et al., 2021; Sahdra et al., 2024)

## WHAT DO WE AIM FOR

To prospectively investigate how different individual-level trajectories of PBT-defined processes of change relate to differences in young adults' (18-24 years, recruited from schools/universities) psychological responses to potentially traumatic events



**Note:** LEC-5: Life Events Checklist for DSM-5; MHC-SF: Mental Health Continuum-Short Form; PBAT: Process-Based Assessment Tool; PCL-5: PTSD Checklist for DSM-5; PHQ-4: Patient Health Questionnaire-4; PTGI-SF: Post-Traumatic Growth Inventory, short form; WSAS: Work and Social Adjustment Scale.

## WHAT DO WE EXPECT AND WHY IS THIS RESEARCH RELEVANT

High variability in process-well-being outcome associations after exposure to PTEs can be expected (Bonanno et al., 2021; Oppo et al., 2024). Prioritizing individual-level trajectories through idionomic lenses could inform tailored intervention strategies for PTE-exposed individuals and prevention plans for people living in PTE-prone contexts.

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## JOIN THE RESEARCH!

Interested in collaborating on this project and helping advance trauma-focused, process-based interventions?  
Contact Alberto Misitano at the following e-mail address:  
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