

Building upon the revised set-point theory of well-being and the broaden-and-build theory of positive emotions, the research project goal is to provide a longitudinal examination of the (in)stability of different well-being components, and their effects on life events. We posit that high levels of well-being enable the creation of later favorable life events and conditions by effective affect regulation strategies.



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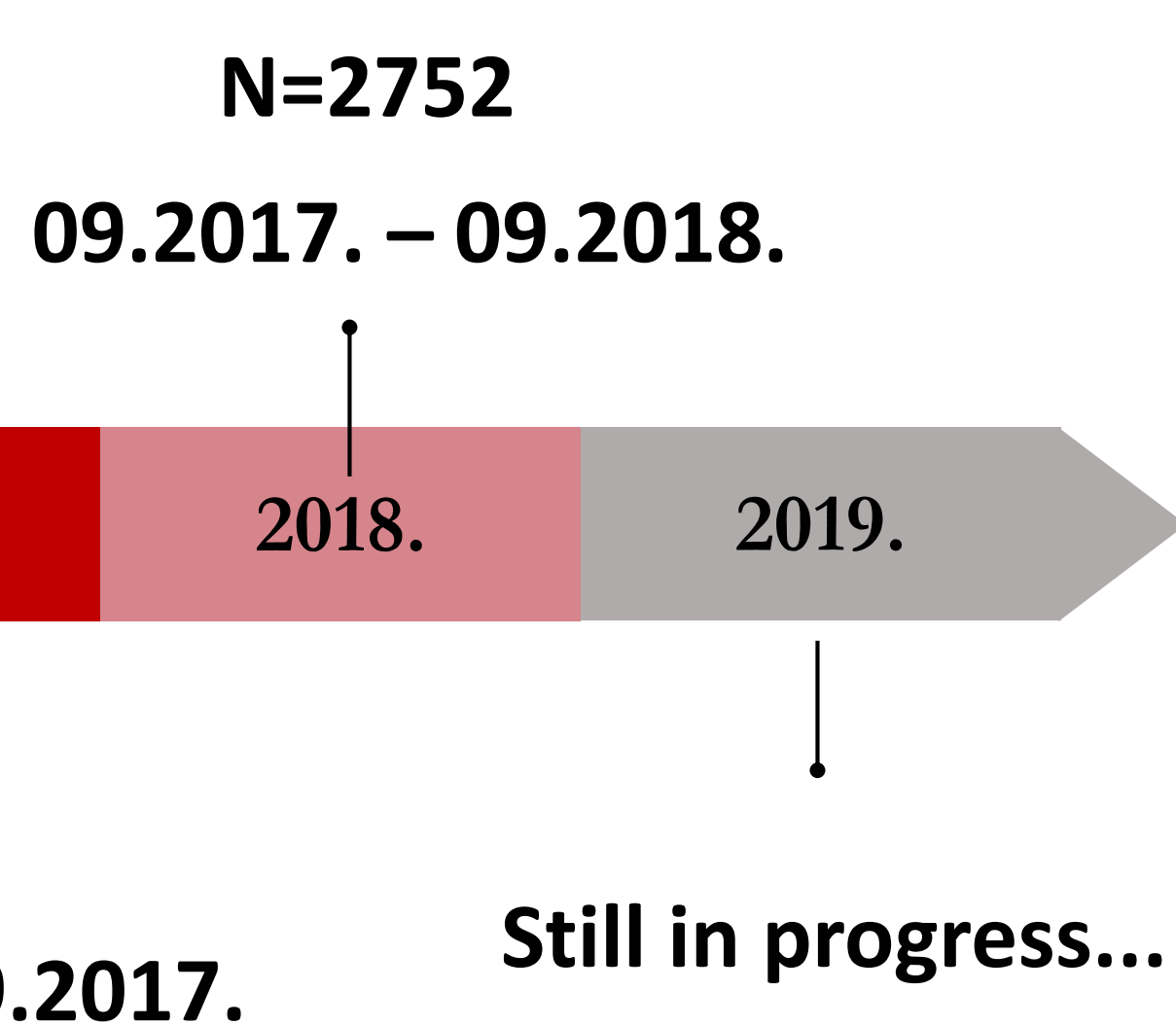
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CROWELL PROJEKT

Croatian Longitudinal Study of Well-being

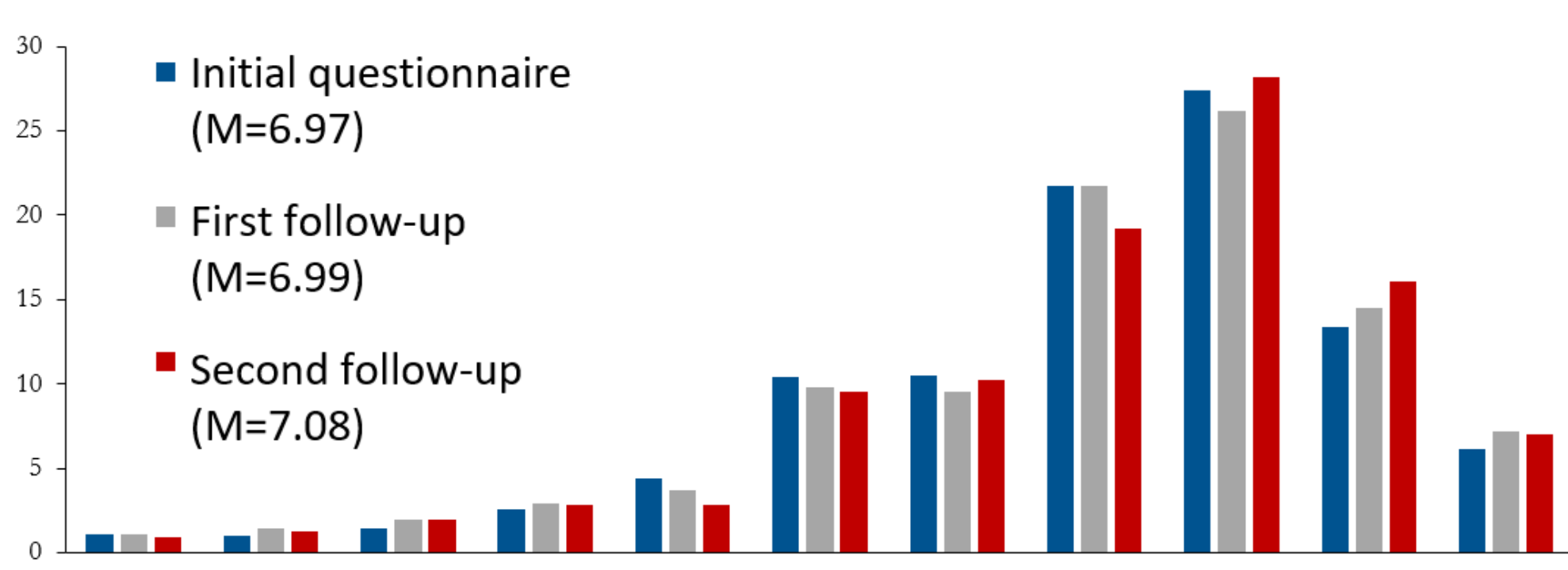
Feature		M(SD)/%
Age (average)	18-86	34.9 (12.02)
Sex (F)		75.5%
Education level	Elementary	1%
	High school	42.9%
	College	56.1%
Relationship status	Married	49.1%
	Divorced	6.1%
	Widowed	1.1%
	Single	43.7%
	Work status	Employed
	Unemployed	11.6%
	Retirement	3.7%
	Student	17.7%



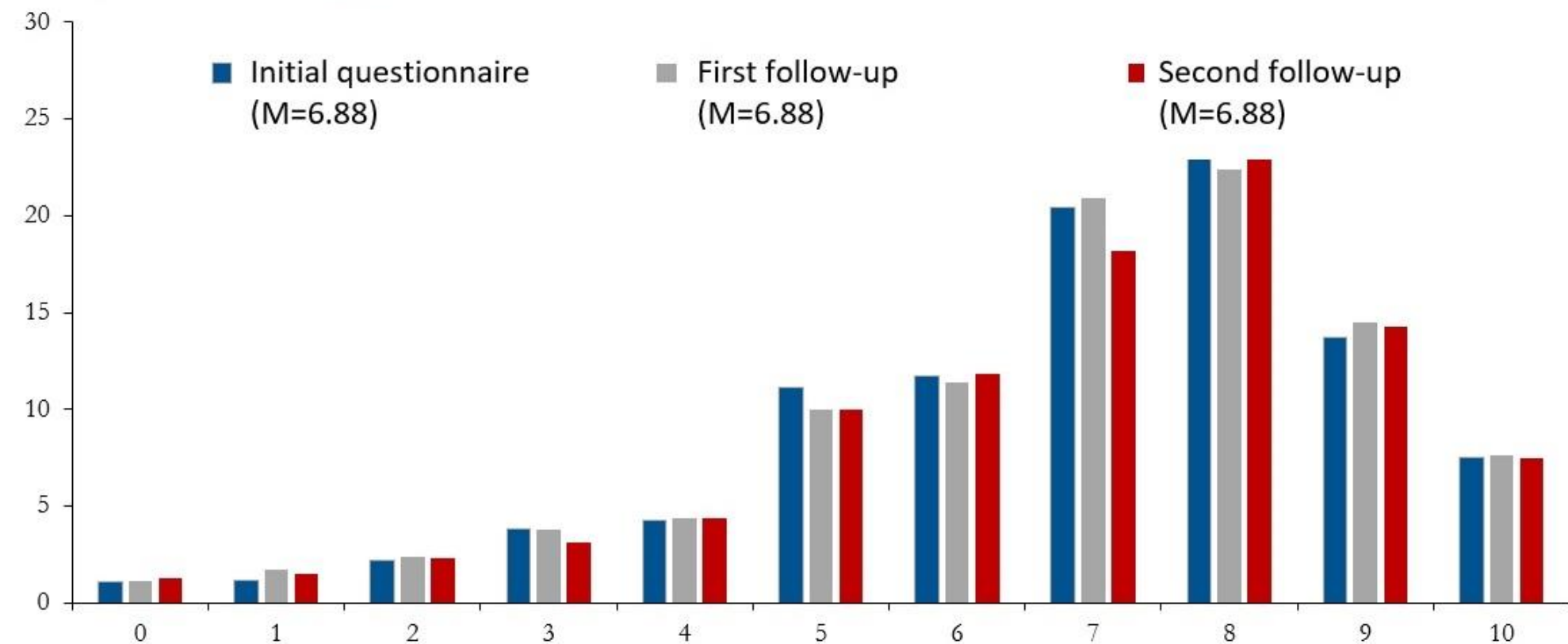
In order to approach a large number of participants and to apply two follow-ups, a web-based study was implemented, with open invitation to all adult internet users. Participants could access the application via various browsers, and it was also adjusted for smartphones. "Friendly use" of the online application, understanding of questions and answering method, as well as ethical concerns, was tested using focus groups and individual trials. To enable matching the participants from two waves, every participant had to log in in to the web-page using his/her e-mail address. While e-mail was protected by data-base, special computer program created token associated with each participant. After completing the initial questionnaire, each participant receives annual invitation reminder by e-mail to participate in follow-ups.



Life satisfaction



Happiness



Published paper

- Prizmić-Larsen, Z., Kaliterna-Lipovčan, L., Larsen, R., Brkljačić, T., & Brajša-Žganec, A. (2019). The Role of Flourishing in Relationship between Positive and Negative Life Events and Affective Well-Being. *Applied Research in Quality of Life*, 1-19.
- Lučić, L., Brkljačić, T., & Lipovčan, L. K. (2018). Longitudinal online survey in well-being research: first experiences from CRO-WELL project. *Iliria International Review*, 8(1).
- Lipovčan, L. K., Brkljačić, T., Larsen, Z. P., & Franc, R. (2018). Leisure activities and the subjective well-being of older adults in Croatia. *The Journal of gerontopsychology and geriatric psychiatry*, 31(1), 31-39.
- Lučić, L., Brkljačić, T., & Kaliterna Lipovčan, L. (2017). A comparison of well-being indicators and affect regulation strategies between parents of children with disabilities and parents of typically developed children. *Hrvatska revija za rehabilitacijska istraživanja*, 53(Supplement), 28-46.
- Lučić, L., Brkljačić, T., Kaliterna Lipovčan, Lj., Sučić, I., Brajša-Žganec, A. (2019). Regional Differences in Well-Being in Croatia. In Jurčević K., Kaliterna Lipovčan Lj., Ramljak O. (Eds.) *Reflections on the Mediterranean*. Zagreb, Croatia: Ivo Pilar and Vern.

Results: life events & well-being

- Higher level of happiness and life satisfaction lead to more positive events and less negative events
- Individuals who experienced more positive events in previous year, also had higher frequency of positive events in follow-up study; those who experienced more negative events, had a higher frequency of negative events in follow-up
- Experienced positive events resulted in higher level of well-being in follow-up, experienced negative events had no effect on well-being in follow-up