

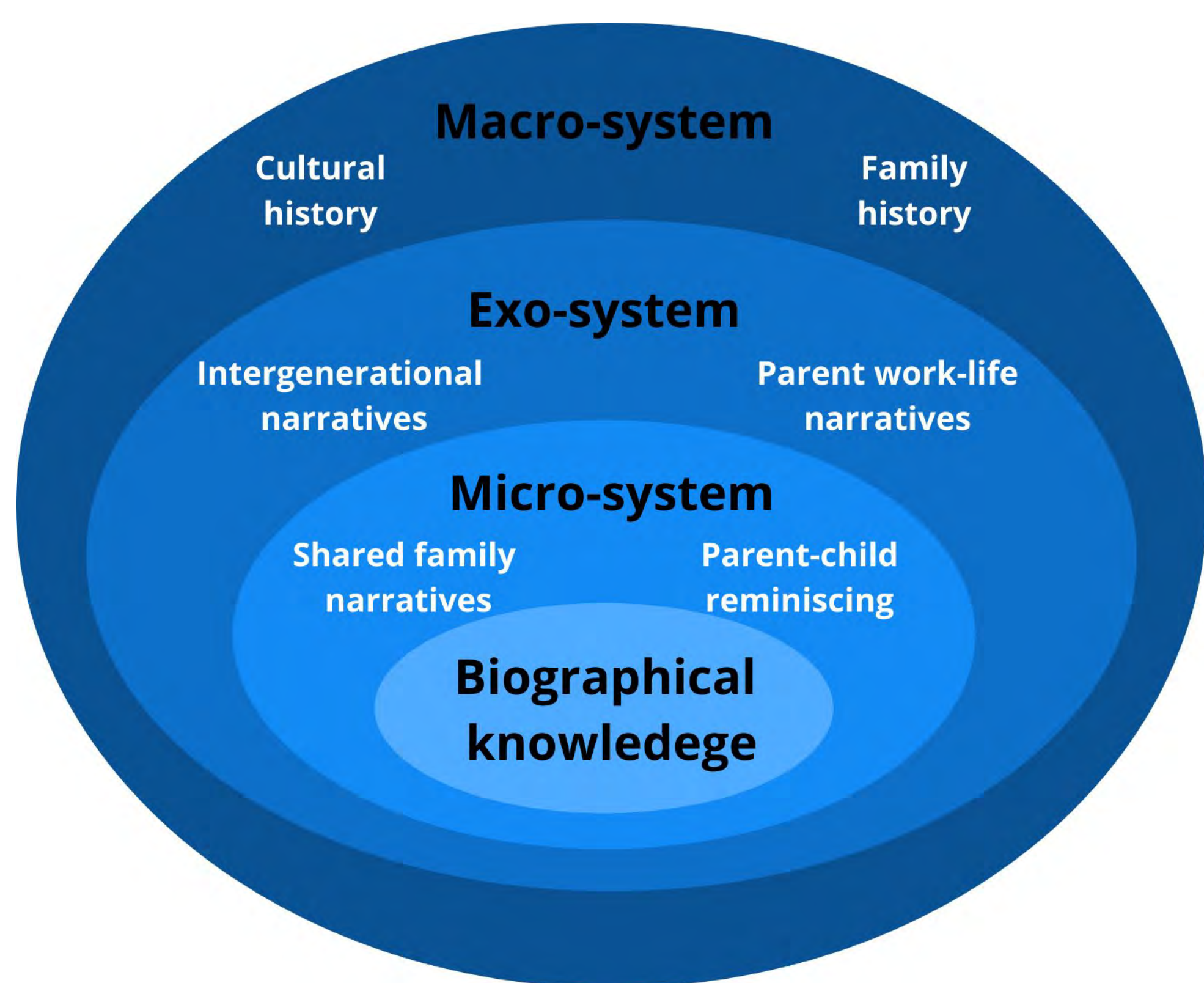
# Intergenerational Transmission of Biographical Knowledge: Gender Differences and Impact on Well-being

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## Introduction

- Research has suggested the benefits of intergenerational storytelling on emotional regulation.
- We looked into the impacts of intergenerational transmission of biographical knowledge on mental wellbeing.
- We ran analyses on the themes of transmitted stories and mental health variables.

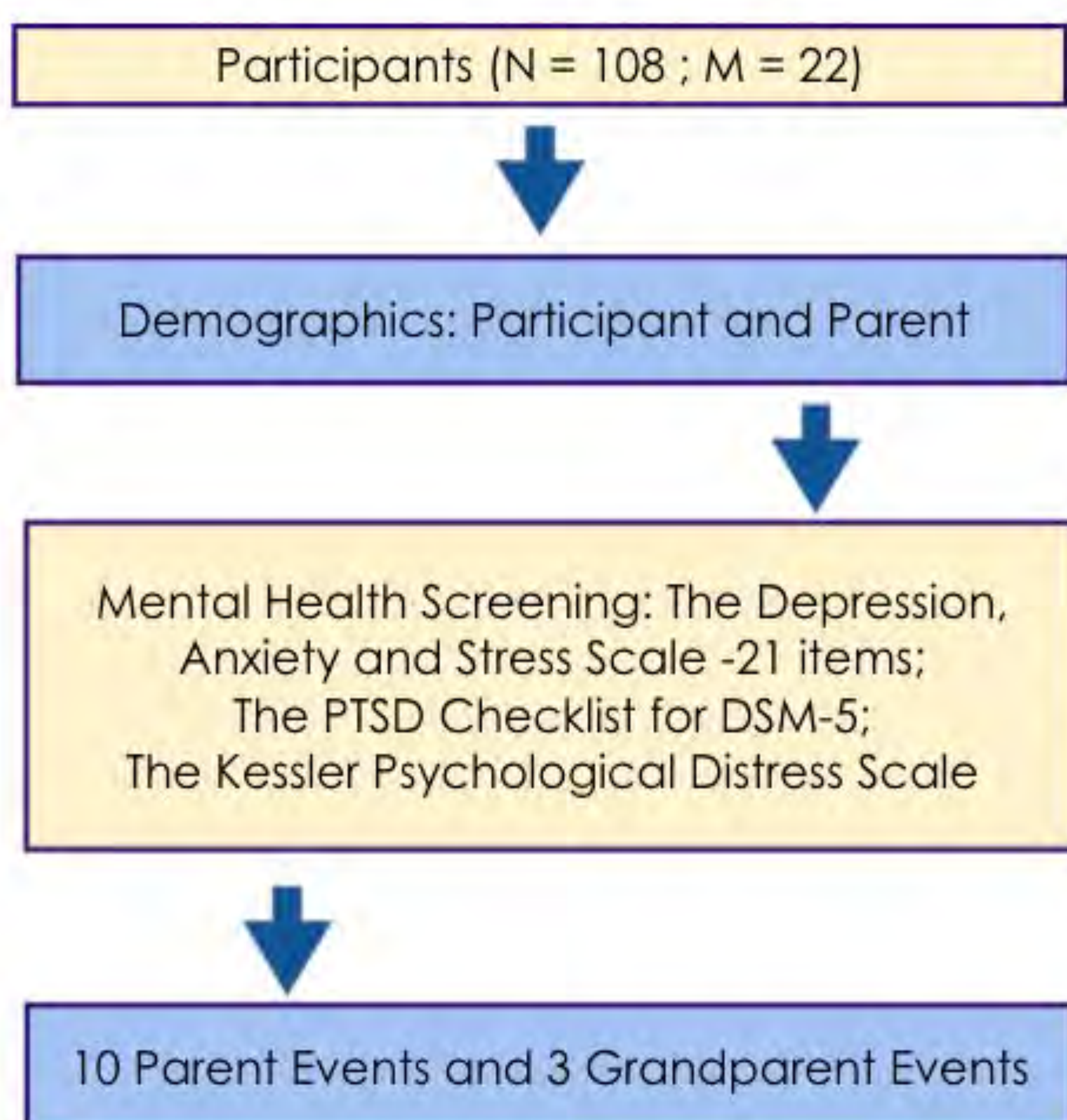


How biographical knowledge may be influenced by different systems from the personal to social level (Remodeled from Chen et al., 2021)

## Hypotheses

- Individuals who recount more events about their parents and grandparents will have better mental health outcomes.
- There will be gender differences in themes of recalled stories and how they affect mental health variables.

## Method



## Result Highlights

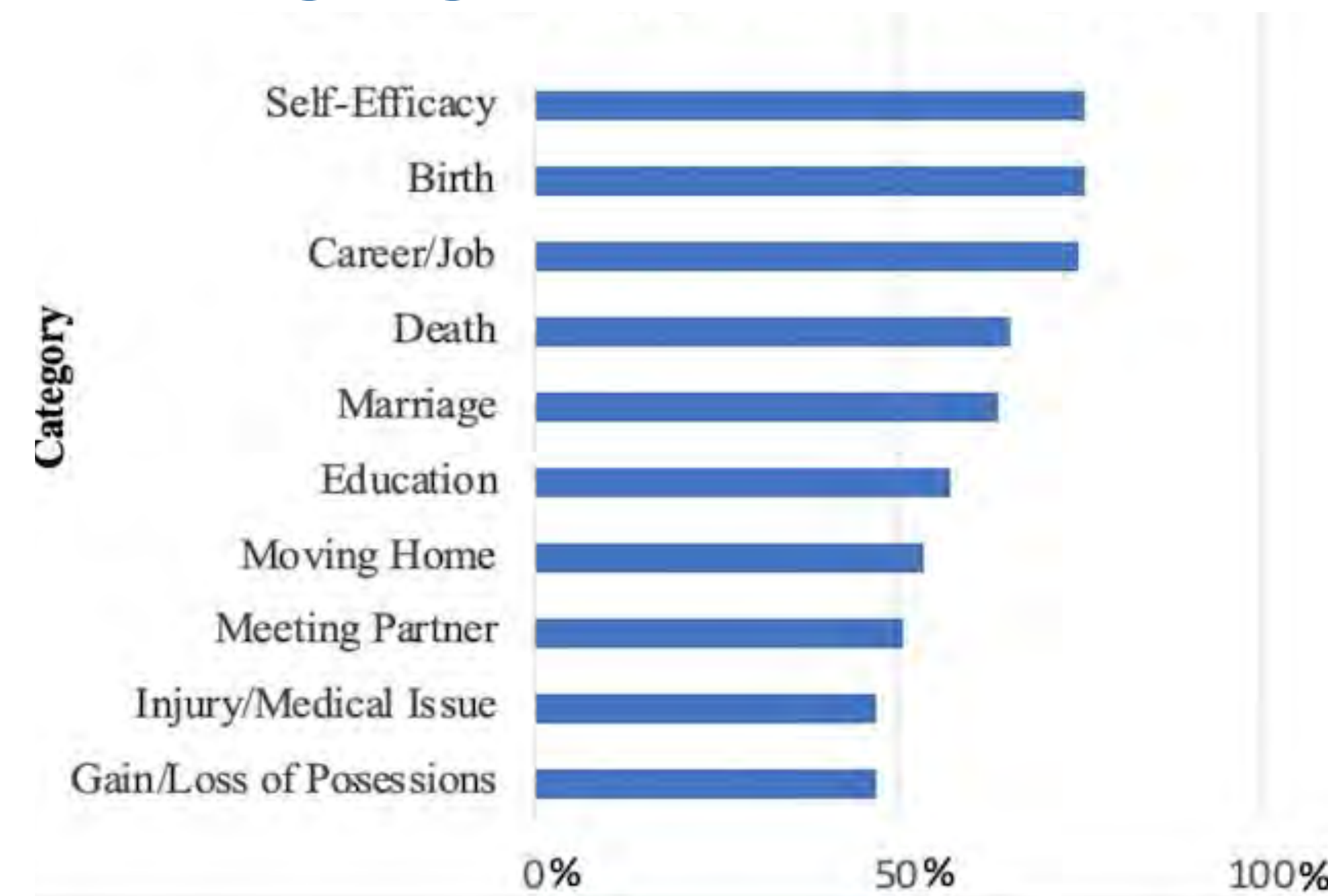


Fig.1 shows the top 10 most common themes in parent events. The top three events (self efficacy, birth and career) also overlapped with the most prevalent grandparent events.

## Test for Hypotheses:

The total number of categorical events were found to be positively correlated with several mental health scores.

- Kessler Psychological Distress Scale:  $r(107) = .2$ ,  $p < .05$
- DASS Stress score:  $r(107) = .23$ ,  $p < .05$
- DASS Anxiety score:  $r(107) = .22$ ,  $p < .05$
- DASS Depression score:  $r(107) = .2$ ,  $p < .05$
- DASS total score:  $r(107) = .23$ ,  $p < .05$

## Gender Differences

Among male participants, there is a positive correlation between the total number of career related stories and several mental health variable scores:

- PTSD:  $r(45) = .35$ ,  $p < .05$
- DASS Stress score:  $r(45) = .38$ ,  $p < .05$
- DASS Depression score:  $r(45) = .34$ ,  $p < .05$
- DASS total score:  $r(45) = .34$ ,  $p < .05$

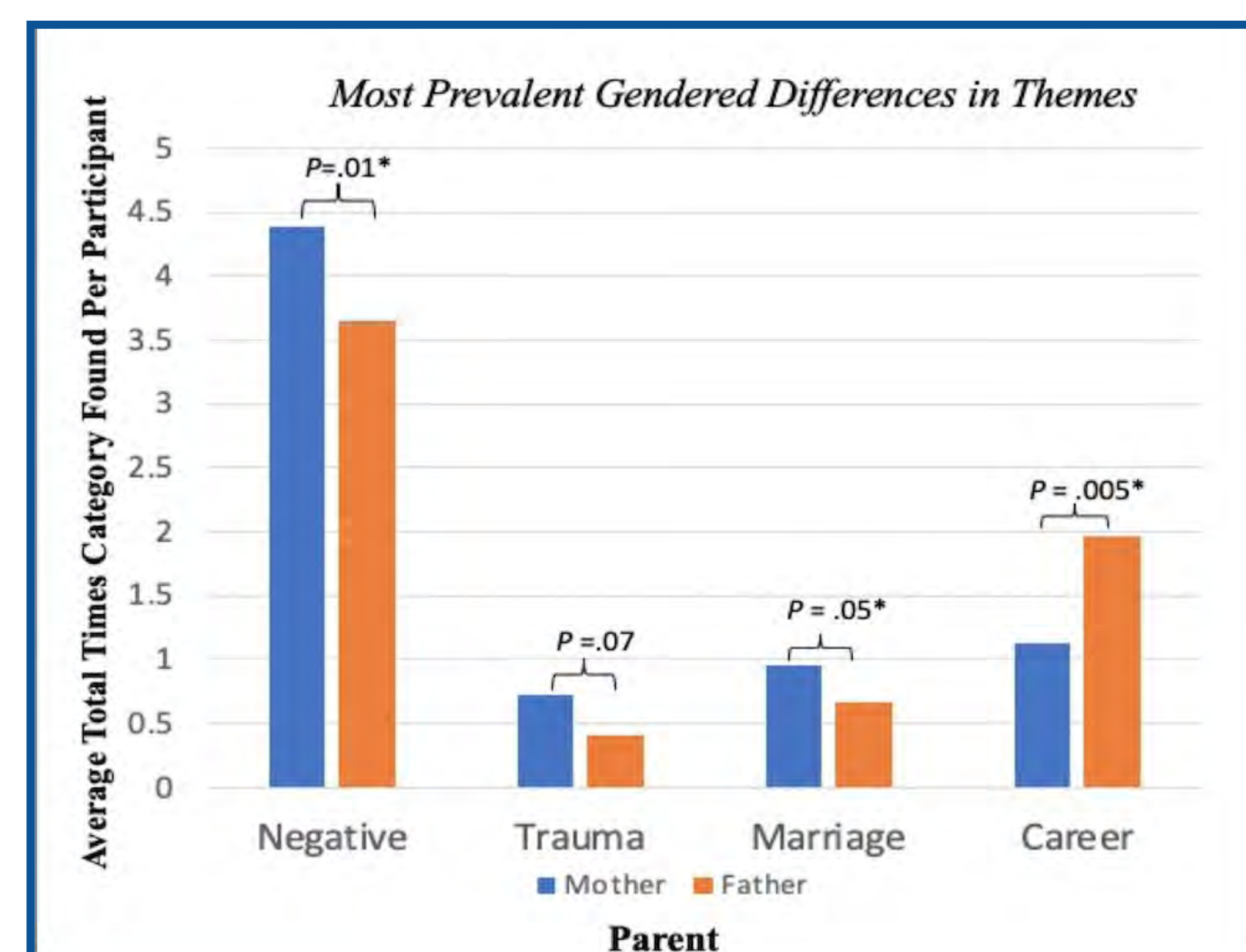


Fig.2 shows differences in the most recalled themes for mothers and fathers respectively.

## Event Type as a Function of Parent Gender

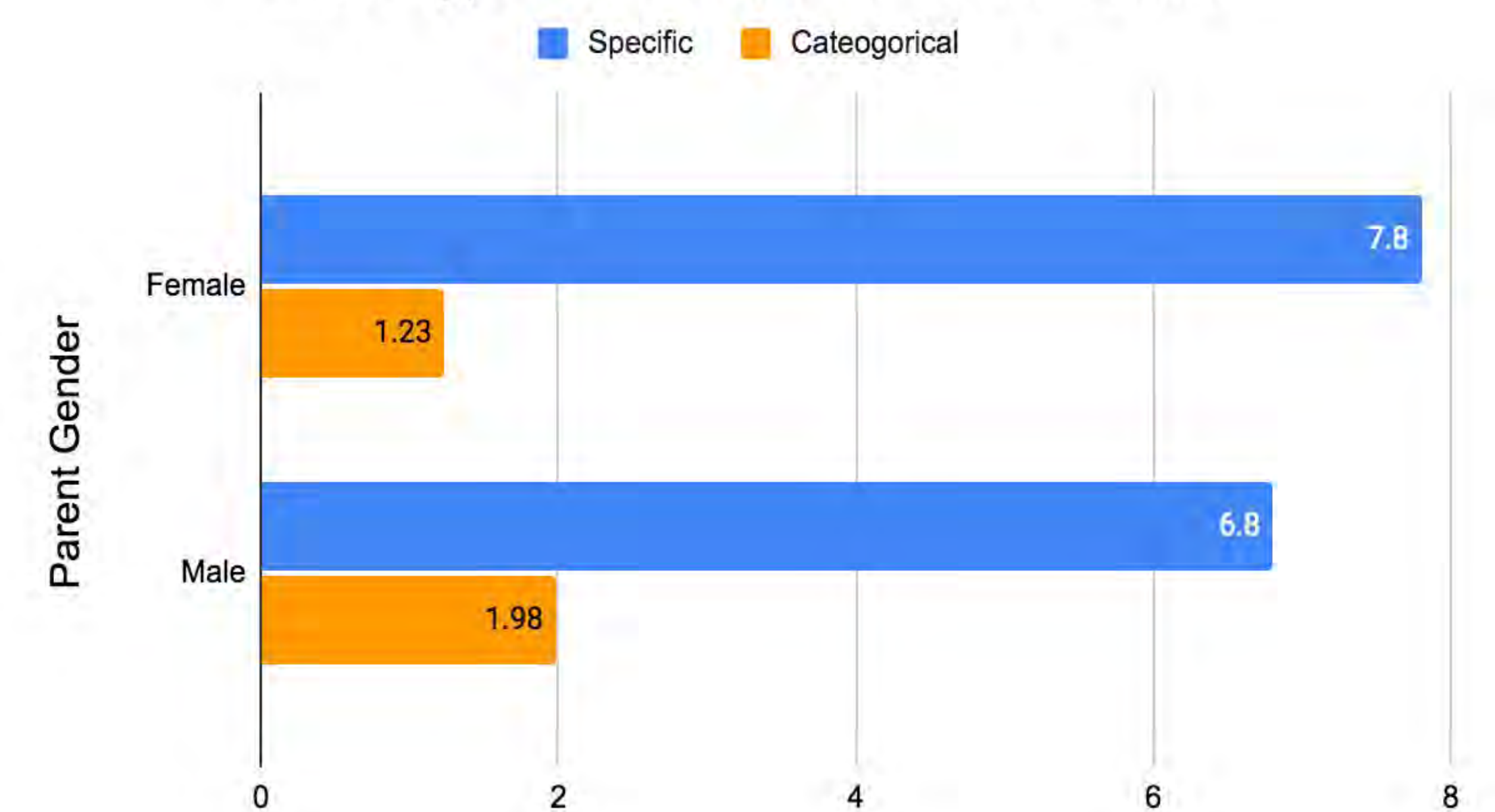


Fig.3 shows differences in the number of recalled specific and categorical stories by selected parent gender. Specific events are events that occur in a span of few hours (e.g. wedding) whereas categorical events can take place in a few months or years (e.g. marriage).

## Implication and Future Directions

- Our results support the importance of intergenerational storytelling and suggests the benefits of detail-oriented exchange.
- The findings confirm the existence of gender specific storytelling patterns.
- Due to the limited sample size, we were not able to perform statistically meaningful analyses for several subcategories such as discrimination, trauma, war, and persecution.
- Interdisciplinary efforts can be incorporated to better understand why and how individuals of different genders react to similar story themes differently.



## Acknowledgements & References

We would like to extend our gratitude to our faculty mentor, Dr. Adam Brown from the New School for Social Research for guiding us throughout the research process. Special thanks also to Alexa Elias, recent graduate of Vassar College, for inviting us to collaborate and for the constructive supervision. Thank you also URSI director Prof. Brian Daly, URSI coordinator Susan Painter, Prof. Sue Trumbetta, Prof. Maria Hoehn, and all the faculty and staff members who organized and supported URSI. Finally, we would like to pay special tribute to Dr. Bergen and Dr. Madden whose generous donation made this experience possible.

- Chen, Y., Cullen, E., Fivush, R., Wang, Q., & Reese, E. (2021). Mother, father, and I: A cross-cultural investigation of adolescents' intergenerational narratives and well-being. *Journal of Applied Research in Memory and Cognition*, 10(1), 55-64. <https://doi.org/10.1016/j.jarmac.2020.08.011>



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