

Topic studied	number of studies	POSITIVE CORRELATIONS	POSITIVE CORRELATIONS	NEGATIVE CORRELATIONS	NEGATIVE CORRELATIONS
		<i>general studies</i>	<i>high quality studies</i>	<i>general studies</i>	<i>high quality studies</i>
coping with adversity	454	overwhelming helpful			
well being/ happiness	326	79.00%	82.00%	less than 1%	less than 1%
hope	40	73.00%		0.00%	
optimism	32	81.00%		0.00%	
meaning and purpose	45	93.00%	100.00%		0.00%
self esteem	69	61.00%	68.00%	3.00%	8.00%
sense of control	21	61.00%	44.00%		33.00%
altruism or frequency of volunteering	47	70.00%	75.00%	11.00%	10.00%
forgiveness	40	85.00%	70.00%	0.00%	
gratefulness	5	100.00%			

kindness and compassion	3	100.00%		0.00%	
<b>depression (more religion, less depression)</b>	<b>444</b>	<b>6.00%</b>	<b>7.00%</b>	<b>61.00%</b>	<b>67.00%</b>
depression-lower level-faster recovery	70	56.00%		10.00%	
depression-better treatment outcome	30	63.00%		7.00%	
<b>suicide</b>	<b>141</b>	<b>3.00%</b>	<b>4.00%</b>	<b>75.00%</b>	<b>80%</b>
<b>anxiety</b>	<b>299</b>	<b>11.00%</b>	<b>10.00%</b>	<b>49.00%</b>	<b>55.00%</b>
<b>psychotic disorders/ schizophrenia</b>	<b>43</b>	<b>23.00%</b>	<b>28.00%</b>	<b>33.00%</b>	<b>28.00%</b>
<b>bipolar disorders</b>	<b>4</b>	<b>50.00%</b>		<b>50.00%</b>	
<b>risk taking or lack of responsibility</b>	<b>19</b>	<b>0.00%</b>		<b>84.00%</b>	

<b>tendency to experience negative emotions</b>	54	<b>9.00%</b>		<b>24.00%</b>	
extraversion	50	38.00%		6.00%	
conscientiousness	30	63.00%		3.00%	
agreeableness	30	87.00%		0.00%	
openness to experience	26	42.00%		12.00%	
<b>substance abuse(alcohol)</b>	278	<b>1.00%</b>	<b>less than 1%</b>	<b>86.00%</b>	<b>90.00%</b>
<b>substance abuse(drug)</b>	185	<b>1.00%</b>	<b>less than 1%</b>	<b>84.00%</b>	<b>86%</b>
<b>delinquency/ crime</b>	104	<b>3.00%</b>	<b>less than 1%</b>	<b>79.00%</b>	<b>82.00%</b>
school grade/ performance	10	100.00%			
marital stability	79	86.00%	92.00%	0.00%	
social support	74	82.00%	93.00%	0.00%	

social capital (community health)	14	79.00%	77.00%	0.00%	
cigarette smoking	137	0.00%		90.00%	90.00%
exercise	37	68.00%	76.00%	16.00%	10.00%
healthy diet	21	62.00%	70.00%	4.00%	
high cholesterol level	23	13.00%	11.00%	more than 50%	56.00%
higher weight	36	39.00%	44.00%	19.00%	20.00%
risky sexual behavior	95	1.00%	0.00%	86.00%	84.00%
coronary artery disease	19		7.00%	63.00%	69.00%
hypertension	63	11.00%		57.00%	62.00%
stroke	9	11.00%		44.00%	
better cognition/less dementia	21	48.00%	57.00%	14.00%	21.00%
better immune function	27	56.00%	71.00%	4.00%	0.00%

lower HIV viral load	12	67.00%	70.00%	0.00%	
better endocrinology function	31	74.00%	69.00%	0.00%	
lower cancer rate/better cancer outcome	29	55.00%	60.00%	7.00%	0.00%
improved physical functioning	61	36.00%	39.00%	23.00%	18.00%
self-rated health	50	58.00%		10.00%	
<b>pain level</b>	<b>56</b>	<b>25.00%</b>	<b>20.00%</b>	<b>39.00%</b>	<b>50.00%</b>
greater longevity/lower mortality	121	68.00%	75.00%	5.00%	5.00%