

Topic studied	number of studies	POSITIVE CORREL ATIONS	POSITIVE CORREL ATIONS	NEGATIVE CORRELA TIONS	NEGATIVE CORRELA TIONS
		<i>general studies</i>	<i>high quality studies</i>	<i>general studies</i>	<i>high quality studies</i>
copmg 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%	
depression (more religion, less depression)	444	6.00%	7.00%	61.00%	67.00%
depression-lower level-faster recovery	70	56.00%		10.00%	
depression-better treatment outcome	30	63.00%		7.00%	
suicide	141	3.00%	4.00%	75.00%	80%
anxiety	299	11.00%	10.00%	49.00%	55.00%
psychotic disorders/ schizophrenia	43	23.00%	28.00%	33.00%	28.00%
bipolar disorders	4	50.00%		50.00%	
risk taking or lack of responsibility	19	0.00%		84.00%	

tendency to experience negative emotions	54	9.00%		24.00%	
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%	
substance abuse(alcohol)	278	1.00%	less than 1%	86.00%	90.00%
substance abuse(drug)	185	1.00%	less than 1%	84.00%	86%
delinquency/ crime	104	3.00%	less than 1%	79.00%	82.00%
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%	
pain level	56	25.00%	20.00%	39.00%	50.00%
greater longevity/lower mortality	121	68.00%	75.00%	5.00%	5.00%