

Predictors of Cognitive Failure in Everyday Life Among American Adults

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Do everyday cognitive failures affect a persons overall well-being?

Literature review

There are interactive effects of positive events (e.g. not everyday cognitive failures) and well-being over time. Supports the inclusion of measures of psychological well-being and psychological distress.

Panaite, V., Devendorf, A. R., Kashdan, T., & Rottenberg, J. (2021). Daily life positive events predict well-being among depressed adults 10 years later. *Psychological Science*, 9(2), 222-235. <https://doi.org/10.1177/2167702620956967>

There is a connection between problematic mobile phone use and cognitive failures. In this case, they look at where or not the relationship can be explained by sleep quality and self-regulation.

Hong, W., Liu, R.-D., Ding, Y., Sheng, X., & Zhen, R. (2020). Mobile phone addiction and cognitive failures in daily life: The mediating roles of sleep duration and quality and the moderating role of trait self-regulating. *Addictive Behaviors*, 107, Article 106383. <https://doi.org/10.1016/j.addbeh.2020.106383>

There is a link between negative affect to impaired cognition--but particular anxiety (psychological distress), not anger.

Shields, G. S., Moons, W. G., Tewell, C. A., & Yonelinas, A. P. (2016). The effect of negative affect on cognition: Anxiety, not anger, impairs executive function. *Emotion*, 16(6), 792-797. <https://doi.org/10.1037/emo0000151>

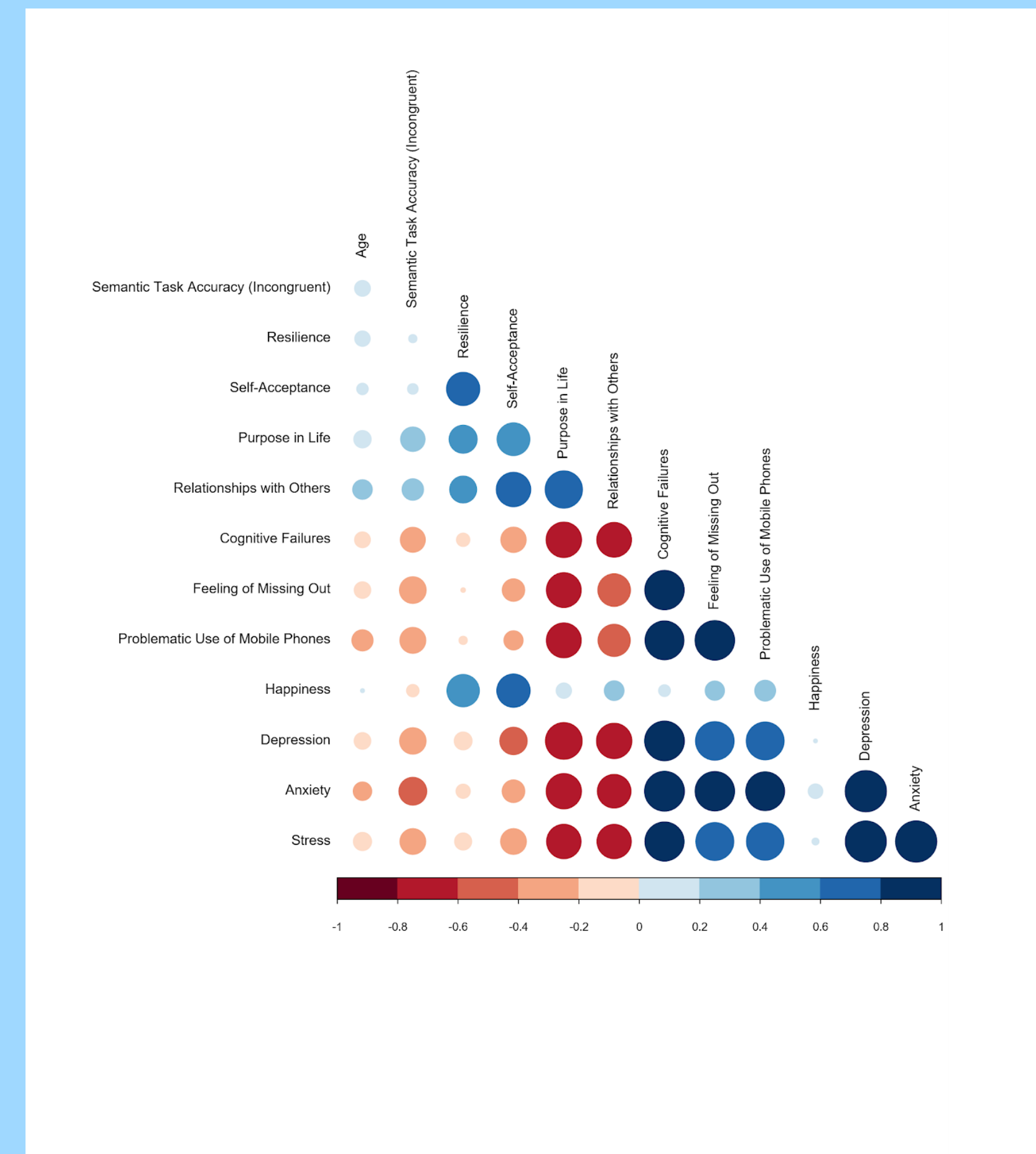


Figure 1. Original study

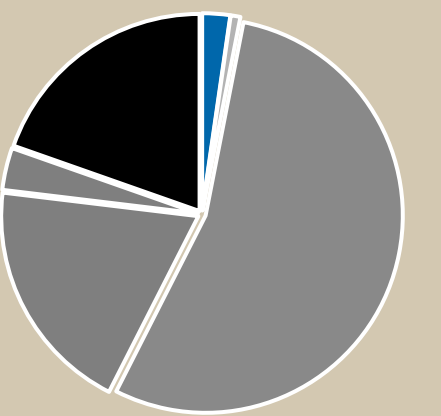


Figure 2. Replication study

The data across two different studies show consistent results pointing to the fact that everyday cognitive failures have an effect on a persons overall well-being and mood. Everyday cognitive failures are positively correlated with problematic social media use and psychological distress (depression, anxiety, and stress). Everyday cognitive failures are negatively correlated with purpose in life and positive relationships with others, and with laboratory cognitive failures and self-acceptance to a lesser degree.

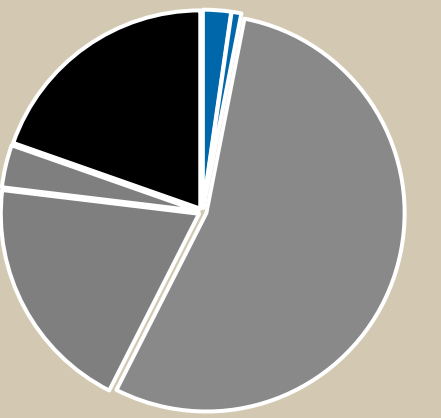
Order of variable blocks entered into regression

Age
(2.3%)



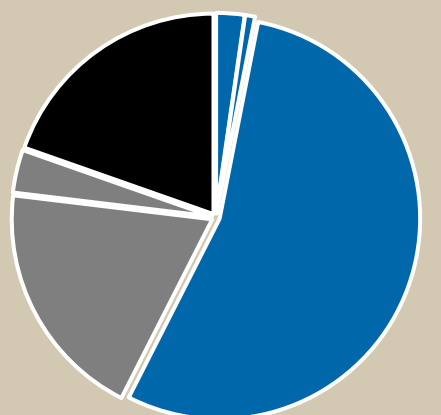
Resilience
(0.8%)

Resiliency (Campbell & Sills, 2007)



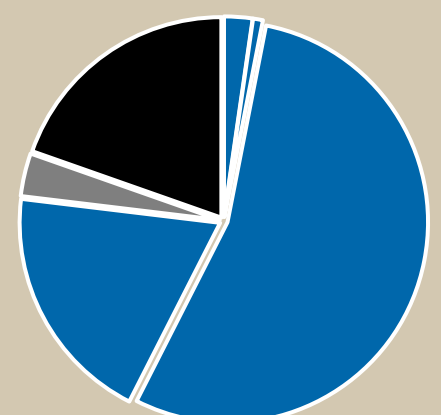
Psychological Well-Being
(54.9%)

Self-acceptance (Ryff, 1989)
Purpose in Life (Ryff, 1989)
Positive Relationships with Others (Ryff, 1989)
Subjective Happiness (Lyubomirsky & Lepper, 1999)



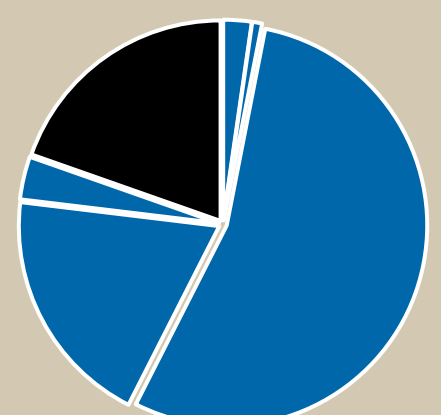
Psychological Distress
(19.6%)

Depression (Lovibond, 1995)
Anxiety (Lovibond, 1995)
Stress (Lovibond, 1995)



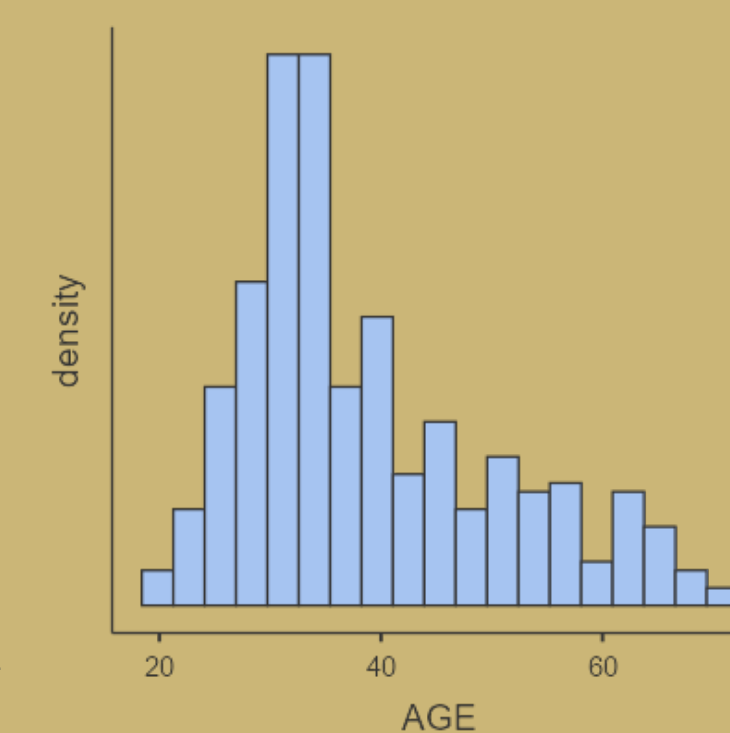
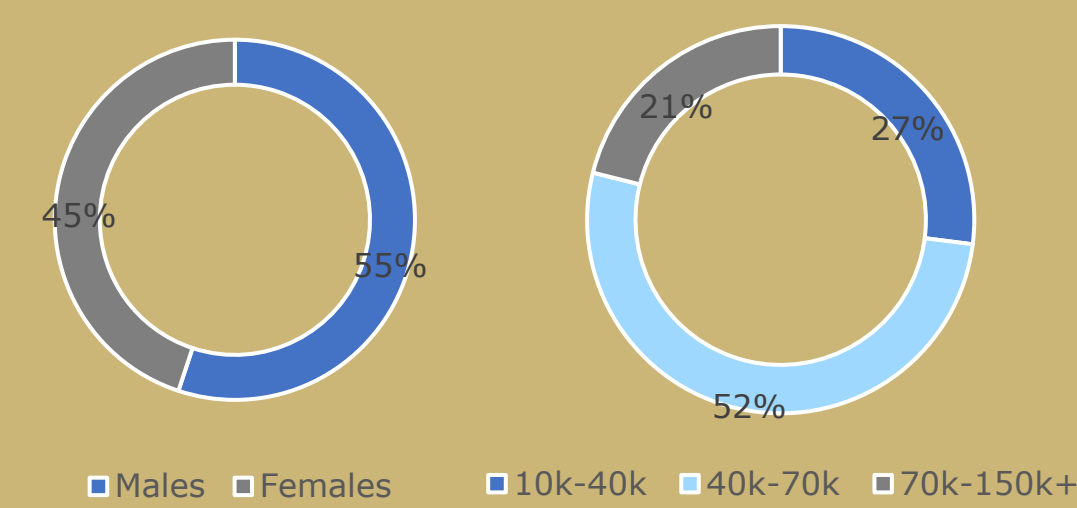
Phone Usage
(3.5%)

Fear of missing out (Przybylski, 2013)
Problematic Phone usage (Merlo, 2013)



Pie charts represent variance accounted for at that entry stage in the regression model. Blue = total variance accounted for; gray = remaining variance accounted by block not entered yet; black = variance not accounted for in the model. Additional variance accounted for at a given step is the most recent clockwise blue section of the pie. The laboratory cognitive failure task was the fifth block in the regression, but accounted for no additional variance.

Demographics



Methodology

We examined the impact of each of our measures of psychological well-being, age, resilience, social media/phone usage, and laboratory cognitive failure using a nested hierarchical liner regression

Daily events are part of people's overall well-being and affect people on a long-term basis