

## Introduction

- Resiliency broadly refers to positive adaptation to life's challenges.
- Resiliency can be enhanced through intervention.
- **Self-regulation (SR) plays an important role in resiliency.**
- SR is often negatively impacted in challenging life situations.
- SR has been **defined inconsistently** and its boundaries are elusive across disciplines.
- This narrative review aimed to synthesize available interdisciplinary research on how self-regulation is defined in the literature.
- **A clearer operational definition and consistent interdisciplinary use** of SR are essential for best practices and for the advancement of resiliency research.

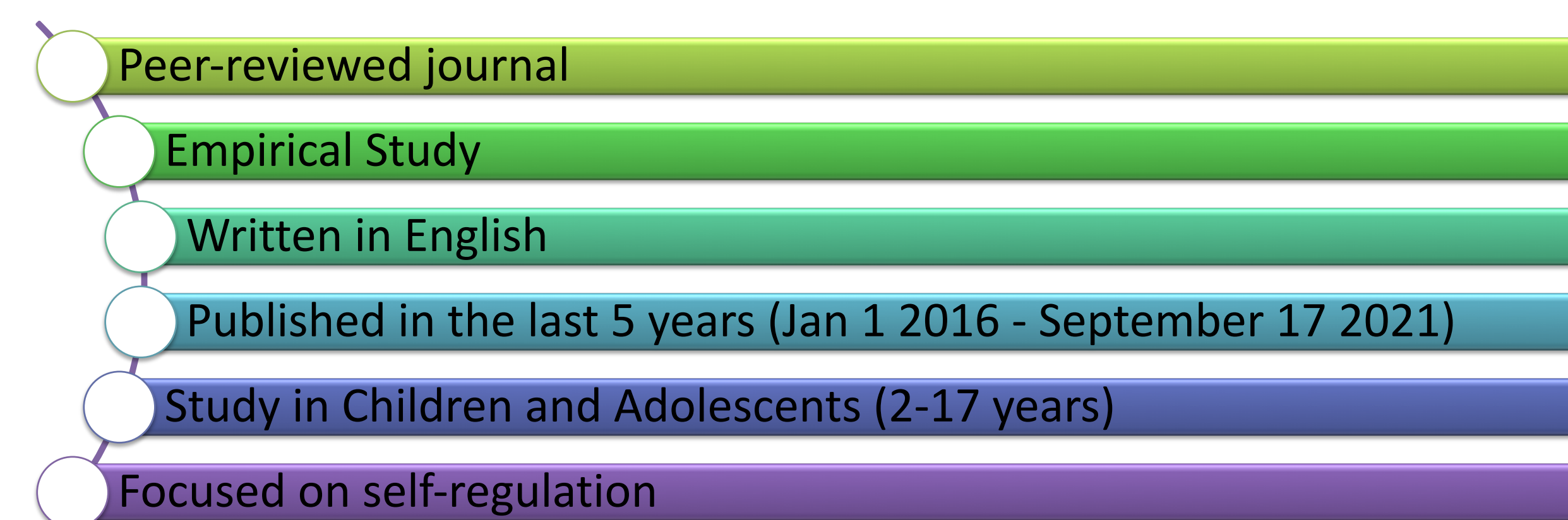
Funding support for this study provided  
By CIHR [175058]

## Method

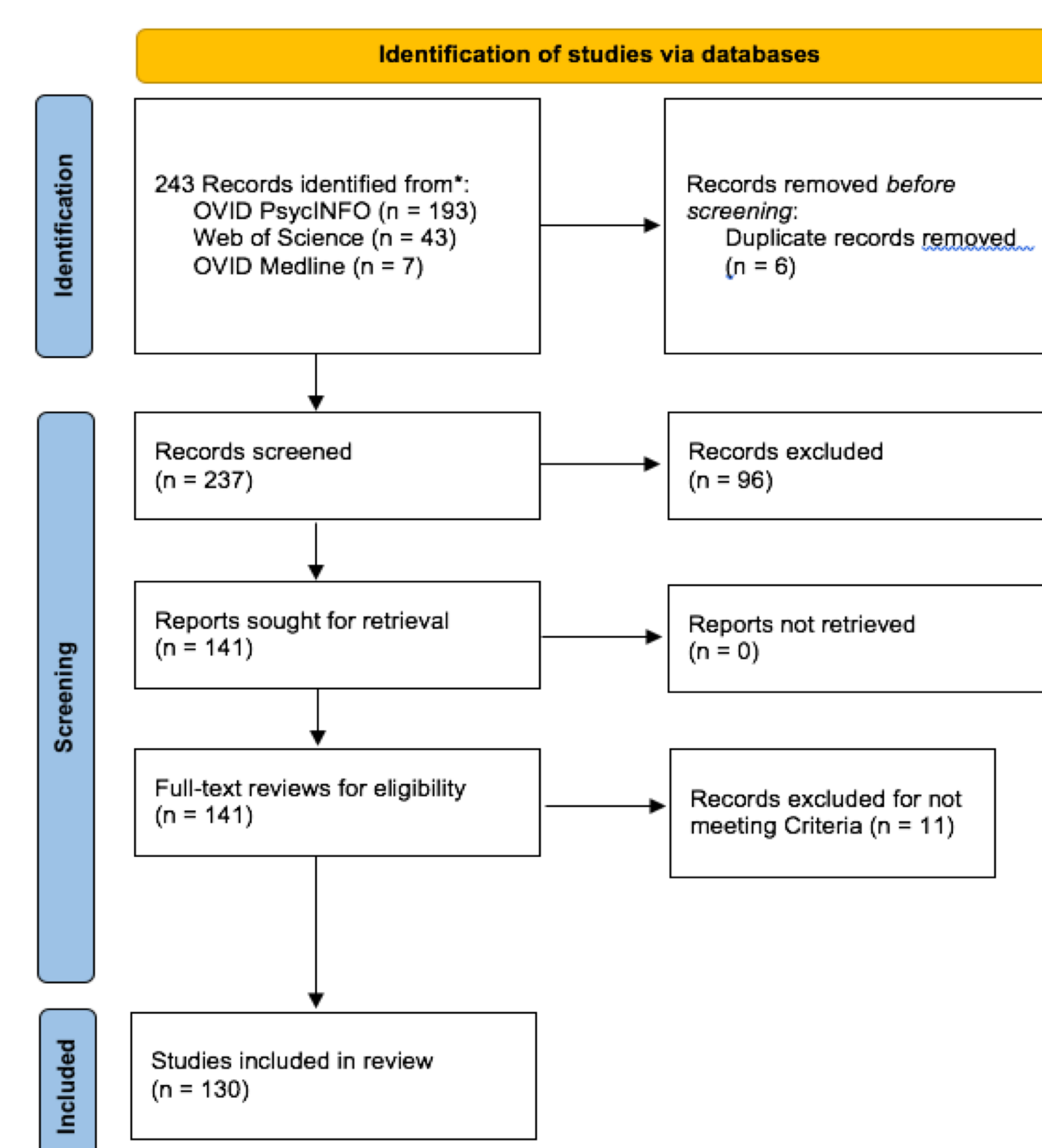
A review protocol was developed for this narrative report:

- Search of PsycINFO, Medline, and Web of Science
- Keyword **"self-regulation"**

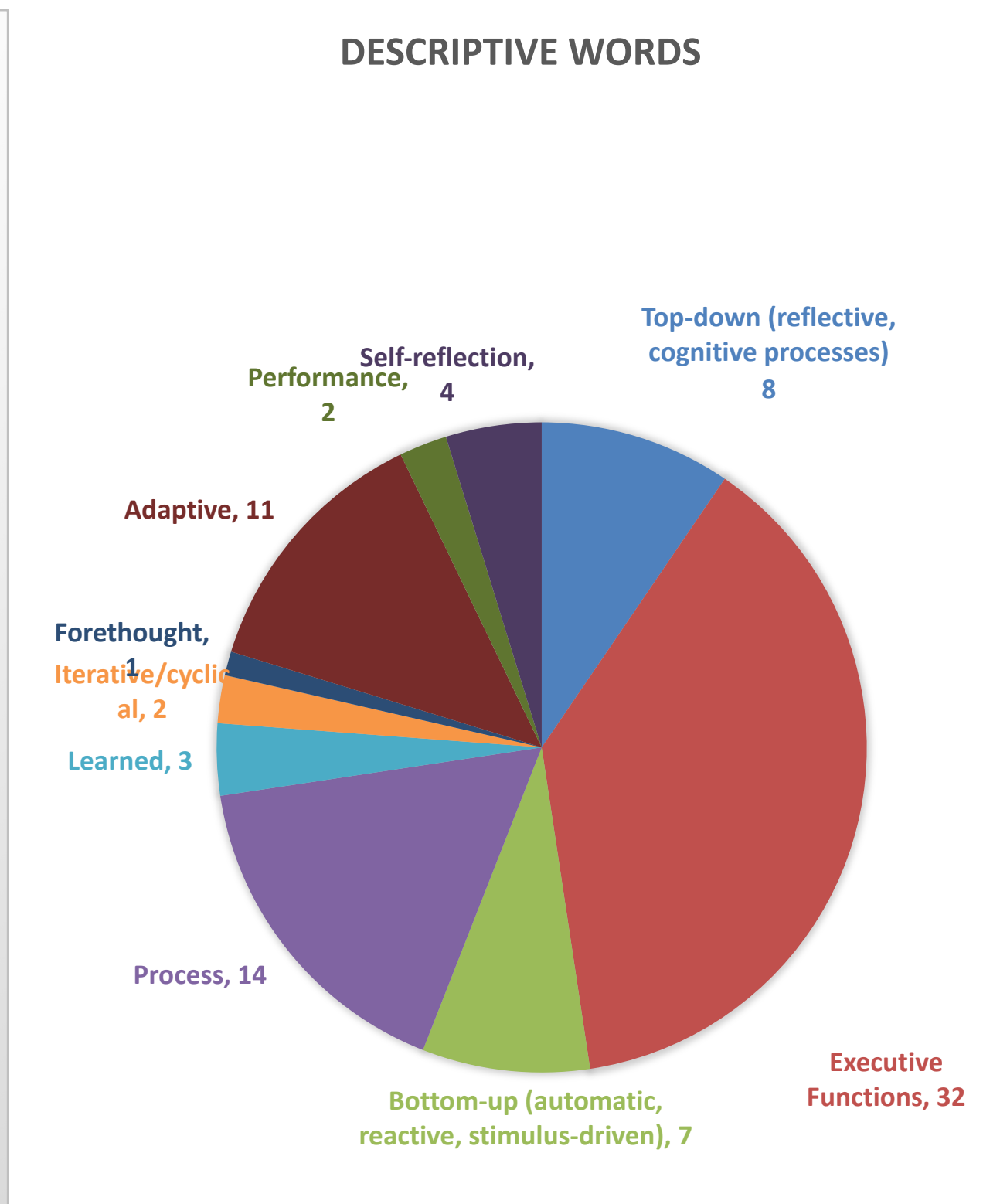
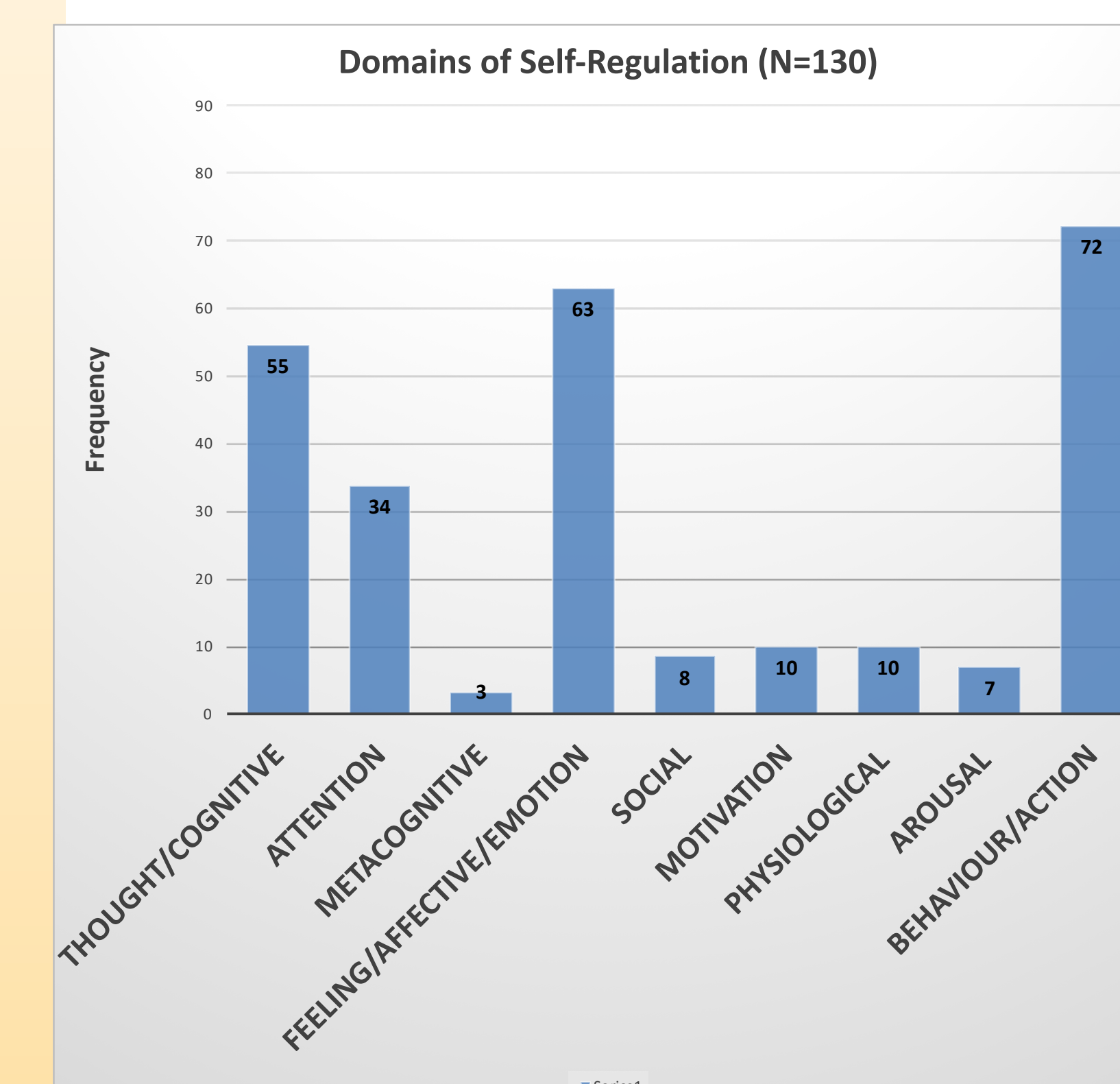
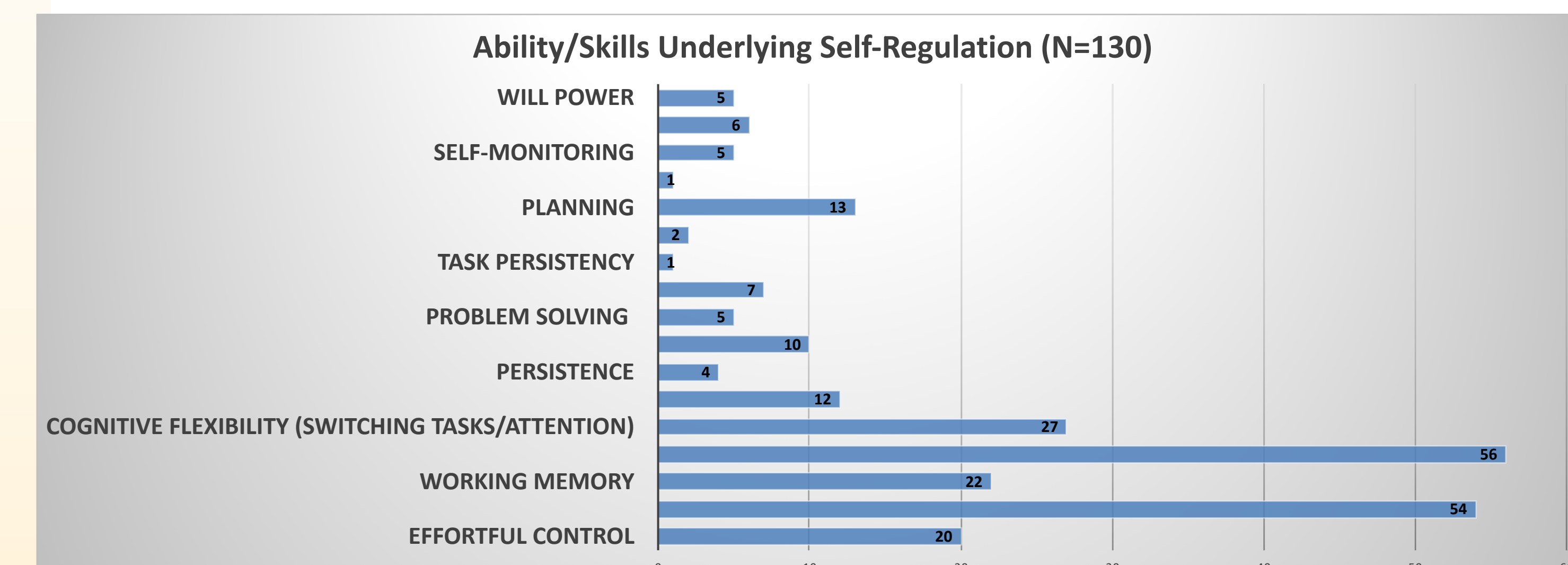
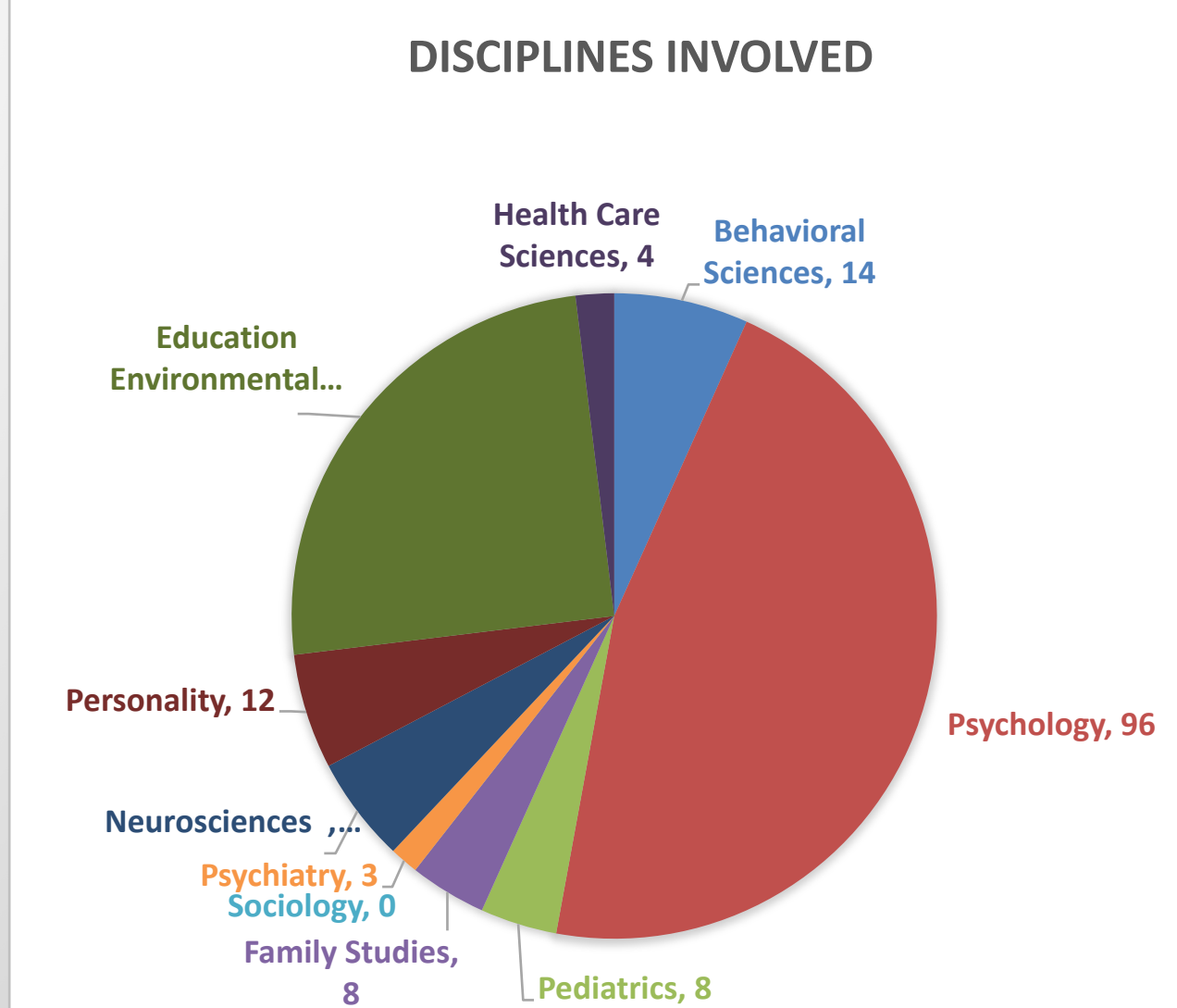
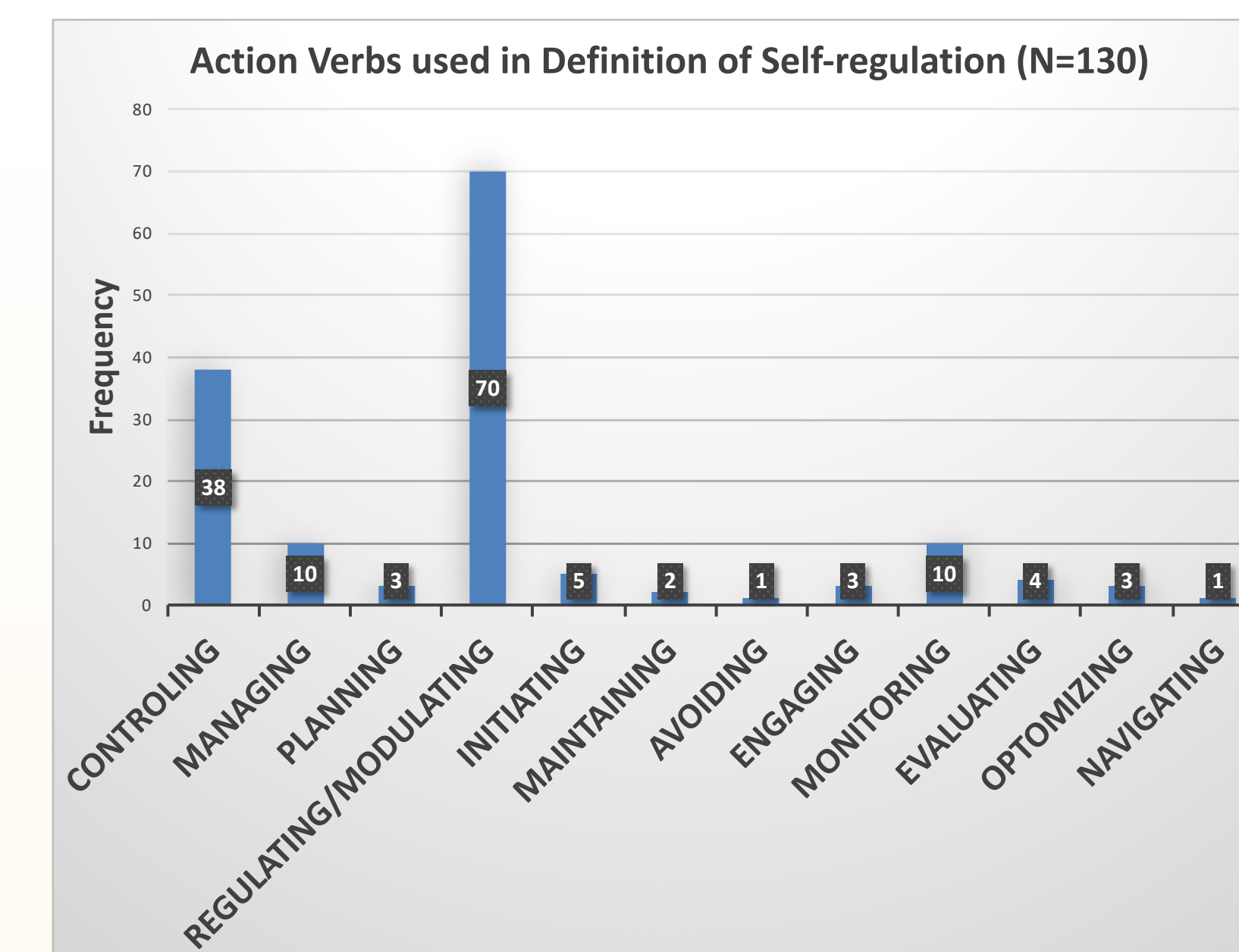
Inclusion Criteria :



PRISMA flow diagram for narrative reviews



## Results



## Research Questions

The research questions guiding this narrative review were:

How is self-regulation **defined**?

What **processes** are associated with self-regulation across disciplines?

## Analyses

- To collate the data obtained from the sources, the information was first independently assessed by two reviewers
- Disagreements were resolved by discussion
- Themes were extracted and grouped under 5 categories by two researchers:
  - Disciplines Involved
  - Domains
  - Abilities/Skills/Capacities
  - Descriptive Words
- Using the framework of the themes, each study was coded based on the themes

## Discussion

- SR is a dynamic and adaptive **multi-component construct**. it is most effective when a balance between top-down (reflective, cognitive processes) and bottom-up processes (automatic, reactive, stimulus driven) is achieved.
- SR develops as a result of **interactions** between individual characteristics, the environment, and situational demands.
- A wide range of disciplines are involved in SR research. Psychology (n= 96) and Education (n=52) have published the most in this area.
- The three process most associated with SR are:
  - Inhibition (n=56)
  - Goal-directed (N=54)
  - Cognitive Flexibility (N=27)