

## INTRODUCTION

- People often feel nostalgic (sentimental longing) for the past, but can they feel nostalgia for the present?
- The conflict between our present state and imagined future may create uncertainty and anxiety due to change or loss.
- The "missing out" mentality is related to emotional distancing, the difficulty in enjoying the present, with higher feelings of sadness and worry (Batcho & Shikh, 2016).
- The present study examines if higher levels of anticipatory nostalgia were associated with lower emotional and psychological well-being.

## PARTICIPANTS

- 210 TCU students (26 males, 182 females, 2 non-binary; Mean age = 19.46 years).

## RESULTS

- The results showed that high (vs. low) anticipatory was associated with:
  - Greater depression, anxiety (state & trait), search for meaning, and negative affect
  - Lower life satisfaction, meaning presence, and optimism

## CONCLUSION

- Results supported the hypothesis that anticipatory nostalgia is related to lower emotional and psychological well-being.
- Future research should explore negative well-being effects, identify individuals who are vulnerable to anticipatory nostalgia, and see the impact of unpleasant vs. non-pleasant situations and proximity of the future.
- This work, combined with future studies, can provide a better understanding of the emotional complexity of nostalgia and its implications for health and well-being

# This Won't Last Forever: Anticipatory Nostalgia is Associated with Lower Well-being

**High anticipatory nostalgia is associated with lower emotional and psychological well-being.**

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Table 1  
*Pearson Correlations Between Anticipatory Nostalgia and Well-Being Measures*

	Anticipatory Nostalgia	Depression	State Anxiety	Trait Anxiety	Life Satisfaction	Meaning Presence	Meaning Search	Positive Affect	Negative Affect	Optimism
Anticipatory Nostalgia	1.00									
Depression	.35**	1.00								
State Anxiety	.27**	.59**	1.00							
Trait Anxiety	.32**	-.72**	.62**	1.00						
Life Satisfaction	-.15 <sup>†</sup>	-.45**	-.34**	-.38**	1.00					
Meaning Presence	-.16*	-.47**	-.40**	-.45**	.53**	1.00				
Meaning Search	.16*	.21*	.22*	.43	-.11	-.19*	1.00			
Positive Affect	-.004	-.38**	-.06	-.25*	.42**	.43**	.05	1.00		
Negative Affect	.29**	.59**	.83**	.55**	-.36**	-.35**	.13	-.04	1.00	
Optimism	-.27**	-.56**	-.47**	-.52**	.55**	.50**	-.02	.42**	-.40**	1.00

<sup>†</sup>  $p \leq .06$ , \*  $p \leq .05$ , \*\*  $p \leq .001$

### Statistic measures/results

- Social circle dependability predicting EI:
  - $b = -.58$  ( $SE = .08$ ),  $p \leq .001$
- Social circle satisfaction predicting EI:
  - $b = -.45$  ( $SE = .05$ ),  $p \leq .001$

- Relationship status satisfaction predicting EI:
  - $b = -.10$  ( $SE = .10$ ),  $p = .305$
- Proportion of social circle that is single predicting EI:
  - $b = .27$  ( $SE = .38$ ),  $p = .477$

## METHOD

Completed 7 different scales in a randomized order that all tested well-being.

### Anticipatory Nostalgia

- "I find it difficult to allow myself to depend on [my close social network]."  
 • 1 = *strongly disagree*; 5 = *strongly agree*

### 20-item CESD Depression Scale (Anderson et al., 1994)

- e.g., During the past week, I felt depressed

### 10-Item State-Trait Anxiety Inventory (STAI, Van Knippenberg et al., 1990)

- e.g., I feel nervous (state anxiety); I worry too much over something that doesn't matter (trait anxiety)

### 5-item Satisfaction with Life Scale (Deiner et al., 1995)

- e.g., I am satisfied with my life

### 10-item Meaning in Life Questionnaire (Steger et al., 2006)

- e.g., I understand my life's meaning (presence MIL); I am searching for meaning in my life

### 20-item Positive and Negative Affect Schedule (Watson et al., 1988)

- e.g., excited, strong (positive affect); irritable, upset (negative affect)

### 10-item Optimism Scale (Scheier et al., 1994)

- e.g., In uncertain times I usually expect the best

### Demographic page and study reactions

