

# Dispositional optimism

Dispositional optimism refers to generalized outcome expectancies that good things, rather than bad things, will happen; pessimism refers to the tendency to expect negative outcomes in the future

---

Dispositional [optimism](#) has been associated with better physical [outcomes](#) following a [rehabilitation](#) program in PD but has not been investigated in relation to STN-DBS. This study investigated the influence of dispositional optimism on motor outcomes following STN-DBS in individuals with PD.

**Methods:** A retrospective data analysis of 33 individuals with PD who underwent STN-DBS was conducted. Linear regression was used to determine whether dispositional optimism, measured by the Life Orientation Test-Revised questionnaire, predicted change in motor symptoms following DBS surgery, as assessed by the Movement Disorder Society-sponsored revision of the Unified PD Rating Scale, Part III. Self-reported levels of depressive and anxiety symptoms were included as co-variables.

**Results:** Higher pre-operative dispositional optimism combined with less self-reported depressive symptoms predicted greater post-operative improvement in motor symptoms from the baseline OFF-medication to post-operative ON-medication/ON-stimulation state, accounting for 38.8% of the variance in post-operative change.

**Conclusion:** The large percentage of variance in post-STN-DBS motor change predicted by pre-operative dispositional optimism and depressive symptoms suggests that assessment of these variables prior to surgery may provide valuable information for clinicians regarding the surgery's ultimate initial motor benefit for individuals with PD. If modifiable, these variables may provide cost-effective targets to improve motor outcomes of STN-DBS in PD <sup>1)</sup>.

---

Optimistic expectations about outcomes have significant implications for behaviors. Knowing the role that dispositional optimism plays in parents' anxiety and coping responses during their child's surgical experience is essential to aid professionals in bolstering parents' coping and providing support. Parental optimism, anxiety and coping, and whether optimism moderated (changed) the anxiety-coping relationship preoperatively and postoperatively were the factors evaluated in this study. Parents (N = 60) primarily white of middle and upper middle class, were administered the Life Orientation Test to assess optimism, Spielberger's State Anxiety Scale and the Ways of Coping Questionnaire. Parental anxiety decreased significantly from preoperative to postoperative levels but remained high, indicating that parents continue to be emotionally distressed during their child's recovery. Reappraising the situation more positively (positive reappraisal) was the most often used emotion-focused coping strategy and seeking social support was the most often used problem-focused coping strategy. The preoperative and postoperative anxiety-coping relationships also depended on parents' levels of optimism. The use of emotion-focused coping strategies was not effective for reducing anxiety in highly optimistic parents. Recommendations include continually assessing the parents' need for reassurance and support throughout the surgical experience. Professionals can bolster parental coping by stressing the benefits of surgery and encouraging parents to be actively involved in the child's care and progress <sup>2)</sup>.

<sup>1)</sup>  
Ray H, Cook Maher A, MacKenzie W, Zeitlin L, Chou KL, Patil PG, Persad CC. The impact of

dispositional optimism and depression on post-operative motor functioning following deep brain stimulation surgery for Parkinson's disease. Parkinsonism Relat Disord. 2020 Oct 6;81:41-44. doi: 10.1016/j.parkreldis.2020.10.012. Epub ahead of print. PMID: 33049587.

2)

Lamontagne LL, Hepworth JT, Salisbury MH, Riley LP. Optimism, anxiety, and coping in parents of children hospitalized for spinal surgery. Appl Nurs Res. 2003 Nov;16(4):228-35. doi: 10.1016/s0897-1897(03)00052-1. PMID: 14608556.

From:

<https://neurosurgerywiki.com/wiki/> - **Neurosurgery Wiki**

Permanent link:

[https://neurosurgerywiki.com/wiki/doku.php?id=dispositional\\_optimism](https://neurosurgerywiki.com/wiki/doku.php?id=dispositional_optimism)

Last update: **2024/06/07 02:59**

