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## Predicting Well-Being After the Earthquakes A SEM Approach

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### Abstract

The twin earthquakes that struck Türkiye on February 6, 2023, caused unprecedented devastation, precipitating widespread mental health challenges among the affected population. Against this backdrop, understanding the mechanisms that facilitate psychological recovery is crucial. This study elucidates the complex interplay between psychological resilience, posttraumatic cognitions, PTSD symptoms, and psychological well-being among adult survivors. Investigating a large sample of survivors (n = 2,415), the research utilized Structural Equation Modeling (SEM) to rigorously test a conceptual model linking these variables. Participants completed validated measures assessing psychological well-being, resilience, and trauma, cognition. The analysis yielded a model with acceptable fit indices (RMSEA = .057, 90% CI [.056, .057]; SRMR = .064), accounting for a substantial 49% of the variance in psychological well-being. Results indicated that psychological resilience serves as a pivotal protective factor, exerting a significant positive effect on well-being through dual pathways: directly, and indirectly by mitigating maladaptive posttraumatic cognitions and PTSD symptoms. Conversely, dysfunctional posttraumatic cognitions were found to fuel PTSD symptoms, which subsequently acted as a proximal impediment to psychological well-being. These findings underscore the salutogenic role of resilience in post-disaster adjustment. Consequently, the study suggests that clinical interventions should not only focus on symptom reduction but also prioritize strategies that foster resilience and cognitive restructuring to enhance long-term recovery among trauma survivors.

**Keywords:** Psychological well-being, resilience, trauma, cognition, earthquake, structural equation modeling