



# Multicausal Systems Ask for Multicausal Approaches

A Network Perspective on Subjective Well-being in Individuals with ASD

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## Introduction

- Most studies have focused on the workings of specific factors relevant to outcome such as work, relations and happiness.
- The emerging tools of **network analysis** offer an alternative platform to study these factors as a multicausal system of interacting elements.
- We aim to simultaneously study both environmental and psychological factors and provide a clear overview of the multitude of variables that have an impact on subjective wellbeing in individuals with ASD.

#### Aim:

Unravel the architecture of the multicausal system of predictors that make up personenvironment fit and how this relates to subjective well-being in the ASD population.

## Method

We analyzed data of 2341 individuals with ASD to illustrate the network of interrelations between environmental and psychological factors relevant to subjective well-being.

#### Measures

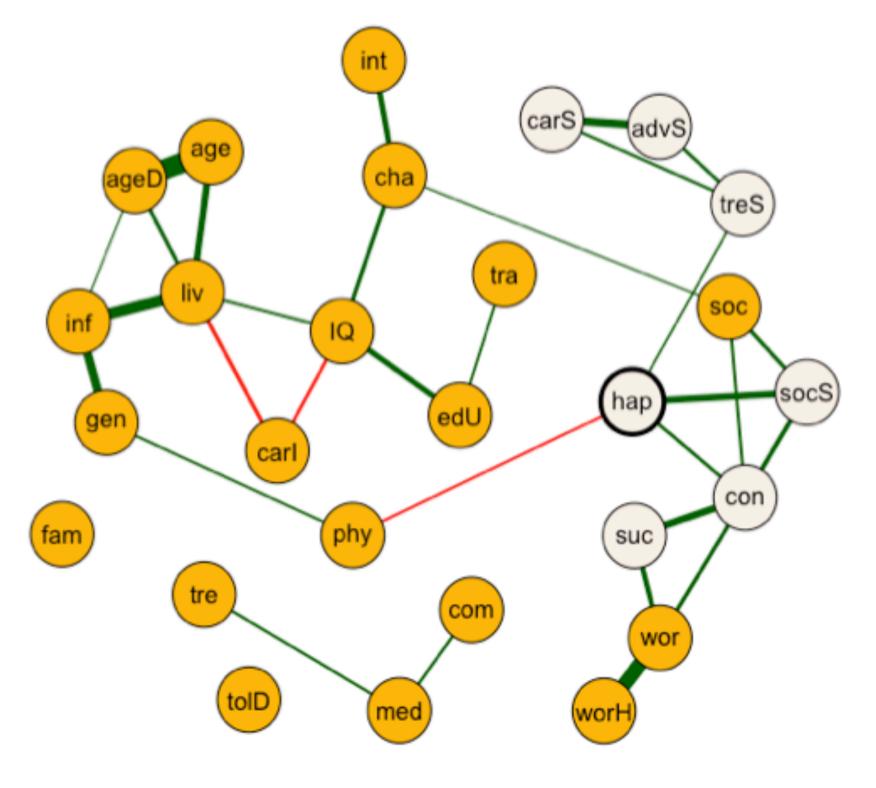
The NVA study was originally designed to assess a broad spectrum of questions within the Dutch ASD population. We selected a set of 27 questions to obtain a relatively complete assessment of life domains, covering demographics, diagnosis, treatment, education, living situation, happiness and wellbeing, work, social contact, and societal contribution.

## **Analyses**

We computed a series of networks and analyzed these using the R package agraph [1]. The created networks then allow for the identification of the focal points of the network by looking at indices of node centrality: betweenness, closeness and strength.

## **Preliminary Results**

Along the lines of network analysis, we aimed at examining what variables define a good person-environment fit for individuals with ASD and how this relates to happiness. We identified social satisfaction and the feeling to contribute to society to be highly central to how happy people are.



advS: satisfaction about given advice ageD: age of diagnosis carS: satisfaction about received care carl: no. of care indications cha: no. of strong characteristics con: societal contribution com: no. of co-occurring diagnoses edU: no. of unfinished education fam: no. of family members with ASD gen: (1) male (2) female hap: happy inf: filled out by (1) other (2) self int: no. of interests liv: (1) supervised (2) unsupervised living med: no. of medication one has used phy: no. of physical problems soc: no. of social contacts socS: satisfaction about social contacts suc: succesful tra: no. of problematic transitions in life toID: open about diagnosis tre: no. of treatments one has had treS: satisfaction about received wor: level of daily activity

worH: no. of work hours

# **Preliminary Conclusions**

- IQ and happiness emerged as highly central factors that often act as a bridge for the relation between two other factors in the network.
- Social satisfaction emerges as highly important for subjective well being and it funnels the influence of the number of social contacts.
- Having family members with ASD and openness about one's ASD diagnosis do not relate to any other factor in the network.





relationships in psychometric data. Journal of Statistical Software, 48(4), 1-18.