

Abstract

A community sample of 963 adolescents were surveyed on their experience of adverse life events, daily hassles, positive and negative thinking, and psychosocial outcomes. A low correlation between positive and negative thinking was found, suggesting that the two were independent variables. Studies of the associations and roles of positive and negative thinking with psychosocial outcomes, stress adjustment and resilience revealed differential functioning of the two types of thinking. Negative thinking was consistently found to be correlated significantly with psychopathology and mental well-being. Positive thinking, on the other hand, was associated with mental well-being. The association between positive thinking and psychopathology, however, was not strong. The results suggested the importance of negative thinking in psychopathology was stronger than that of positive thinking. However, positive thinking accounted for additional unique variance in predicting mental well-being and resilience over and above negative thinking. Clinical implications of the findings were discussed.