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# Mattering: An Annotated Bibliography

Priscilla Chou, BAsC, Gordon L. Flett, Ph.D.<sup>2,3\*</sup>, Masood Zangeneh, PhD<sup>4\*</sup>

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<sup>1</sup>Department of Psychology, University of Detroit Mercy, USA

<sup>2</sup>LaMarsh Centre for Child & Youth Research, Department of Psychology, York University, Canada

<sup>3</sup>Department of Psychology, Carleton University, Canada

<sup>4</sup>Humber College Institute of Technology and Advanced Learning

\*Corresponding author: Masood Zangeneh: [masood.zangeneh@humber.ca](mailto:masood.zangeneh@humber.ca)

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## Mattering and COVID-19

Baguri, E. M., Roslan, S., Hassan, S. A., Krauss, S. E., & Zaremohzzabieh, Z. (2022). How do self-esteem, dispositional hope, crisis self-efficacy, mattering, and gender differences affect teacher resilience during COVID-19 school closures?. *International Journal of Environmental Research and Public Health*, 19(7), 4150. <https://doi.org/10.3390/ijerph19074150>

The article examined the impact of COVID-19 on the workplace, in particular, the influence of mattering, self-esteem, and dispositional hope towards teacher's resilience. The authors analyzed whether differences in gender and crisis self-efficacy could mediate the aforementioned variables. Data collection involved partial least squares structural equation modelling on the results from various questionnaires. The findings revealed that mattering had a significant impact towards teacher resilience with mattering also being gender-dependent. Self-esteem and dispositional hope were positive influences towards teacher resilience with self-efficacy acting as a mediator for both variables.

Besser, A., Flett, G. L., Nepon, T., & Zeigler-Hill, V. (2022). Personality, cognition, and adaptability to the COVID-19 pandemic: Associations with Loneliness, Distress, and Positive and Negative Mood States. *International Journal of Mental Health and Addiction*, 20(2), 971–995. <https://doi.org/10.1007/s11469-020-00421-x>

The article examined whether individual and personality factors had an influence on individuals perceived abilities on adaptability towards the challenges associated with COVID-19. Personality traits of dependency and self-criticism were found to be correlated with greater negative emotional reactions along with loneliness and overall, reduced adaptability to the pandemic. Together, individual differences in self-esteem and mattering increased participants' positive emotions and automatic thoughts and overall, greater levels of adaptability to the challenges associated with the pandemic.

Casale, S., Flett, G.L., (2020). Interpersonally-based fears during the COVID-19 pandemic:

Reflections on the fear of missing out and the fear of not mattering constructs. *Clinical*

*Neuropsychiatry*, 17(2), 88-93. doi: 10.36131/CN20200211

The article examined the experience of fear in relation to the COVID-19 pandemic and specifically assesses individuals who are prone to fears that include an interpersonal aspect. The authors discuss the pandemic in regards to its characteristics and the psychological affect the pandemic has as a shared psychological situation. A discussion of the fear of missing out and the fear of not mattering is included. The authors relate these interpersonal fears with the impact of the global pandemic. A brief discussion of the importance of fostering resilience in individuals harbouring these interpersonal fears is included.

Flett, G.L., & Heisel, M J. (2020). Aging and feeling valued versus expendable during the

COVID-19 pandemic and beyond: A review and commentary of why mattering Is

fundamental to the health and well-Being of older adults. *Int J Ment Health Addiction*.

doi: 10.1007/s11469-020-00339-4

The article examined the protective role of mattering among elderly people in typical and atypical times during the COVID-19 global pandemic. Through a comprehensive review, the authors assess the current literature on individual differences in mattering in older adults along with the impact of mattering as a protective feature from mental health problems. Mattering is reviewed as a protective feature against social disconnection and loneliness, depression, wellness and well-being, life satisfaction, and physical health. Two interventions are mentioned that are designed to enhance mental health and social connections; it is discussed how mattering can be a significant feature to improve the efficacy of the programs.

Flett, G. L., & Heisel, M. J. (2020). Aging and feeling valued versus expendable during the

COVID-19 pandemic and beyond: a review and commentary of why mattering is

fundamental to the health and well-being of older adults. *International Journal of*

*Mental Health and Addiction*, 1–27. Advance online publication.

<https://doi.org/10.1007/s11469-020-00339-4>

The article is a commentary and review that examines the protective role of mattering for elderly people during the COVID-19 pandemic. The authors discuss the importance of mattering in the context of COVID-19 and how elderly people may be more susceptible to the challenges

associated with the pandemic. Incidences of neglect of older adults within the context of COVID-19 are provided. The authors provide an analysis of how mattering can be a protective factor against social disconnection and loneliness, discuss the negative association between depression and mattering, analyze the positive association between psychological well-being and mattering and how mattering can influence positive physical health and life satisfaction. The paper concludes with discussing current interventions that focus on mattering and suggests possible modifications to develop a greater sense of mattering for the elderly.

Flett, G. L., & Zangeneh, M. (2020). Mattering as a vital support for people during the COVID-19 Pandemic: The benefits of feeling and knowing that someone cares during times of crisis. *Journal of Concurrent Disorders*, 2(1), 106-123.

The article examined the aspect of mattering in regards to the global health crisis, COVID-19. The authors provide a commentary reviewing mattering and contrasting it against concepts such as social support and belongingness. Mattering is discussed in regards to protecting against feelings of loneliness and helping to foster the mental health and physical health of individuals in periods of prolonged crisis. A review of mattering in regards to the community and the respective programs and actions that can promote mattering are included. Overall, a discussion on public health implications on promoting mattering and the following steps that can be undertaken by individuals, governments, and organizations for marginalized individuals who feel forgotten in society is included.

Giangrasso, B., Casale, S., Fioravanti, G., Flett, G. L., & Nepon, T. (2022). Mattering and anti-mattering in emotion regulation and life satisfaction: A mediational analysis of stress and distress during the COVID-19 pandemic. *Journal of Psychoeducational Assessment*, 40(1), 125–141. <https://doi.org/10.1177/07342829211056725>

The article examined the relationship between stress, life satisfaction, and distress among Italian university students. The authors examined the effect on these factors on protective feelings of mattering along with the destructive impact towards feelings of not mattering. Through the use of questionnaires, psychometric and mediational analyses found that anti-mattering led to greater vulnerability towards psychopathology and difficulty with emotional regulation. Mattering was also found to be a protective mechanism in coping with stress while feelings of not mattering led to weaker adaptability to the COVID-19 pandemic.

Prihadi, K.D., Lim, E.S.Z., Sim, E., & Chong, K. Y. (2021). Mattering and life satisfaction among the quarantined adults in Malaysia during the COVID-19 pandemic. *International Journal of Public Health Science (IJPHS)*, 10(1), 189-193.

<http://doi.org/10.11591/ijphs.v10i1.20684>

The article examined the relationship between mattering, extraversion, perceived social inclusion in the context of life satisfaction for Malaysian individuals who were quarantining during COVID-19 from March to June 2020. Through the use of questionnaires, a moderate mediation model was utilized in which perceived inclusion mediated the association between life satisfaction and mattering for individuals with low to moderate levels of extraction. Full mediation was only applicable for the participants who possessed moderate extraversion whereas those with low extraversion, mattering was a significant predictor of life satisfaction.

## **Mattering and Adolescents**

Johnson, R., Strayhorn, T., & Parler, B. (2020). “I just want to be a regular kid:” A qualitative study of sense of belonging among high school youth in foster care. *Children and Youth Services Review*, 111, 104832–. <https://doi.org/10.1016/j.childyouth.2020.104832>

The article examined the youth in foster care and their experiences in high school in relation to a sense of belonging and their educational experiences. Through the use of semi-structured focus group interviews, qualitative data analysis revealed that individuals felt hesitation to disclose their foster youth identity in fear of having negative experiences with peers and faculty. These experiences impacted youths’ sense of belonging, self-confidence, motivation, and influencing academic success. When bonds are formed with others, many foster youths experience instability due to moving away or changing of families thus, internalizing feelings of distrust.

Lemon, J.C., & Watson, J. (2011). Early identification of potential high school dropouts: An investigation of the relationship among at-risk status, wellness, perceived stress, and mattering. *Journal of At-Risk Issues*, 16, 17-23.

The article examined the current gap on counseling and educational literature and assessed whether perceived stress, mattering, at-risk status, and wellness may contribute to individuals being at-risk of dropping out of high school. Through the use of questionnaires, a regression analysis found that the variables of mattering, perceived stress, coping self, creative

self, physical self, essential self, and social self significantly predicted at-risk status for dropping out of high school.

Rayle, A. D. (2005). Adolescent gender differences in mattering and wellness. *Journal of Adolescence*, 28(6), 753–763. doi:10.1016/j.adolescence.2004.10.009

The article examined the associations between gender in regards to perceived and general mattering and wellness on a sample of high school students. Through the use of questionnaires, independent-samples t-test revealed that females reported higher levels of general and interpersonal mattering. Correlations demonstrated associations amongst wellness, general and interpersonal mattering for females. The relationship between interpersonal mattering to family and wellness was greater for females shown from z-tests. The article highlights the implications of mattering in contributing to wellness in women and promoting family relationships for psychosocial well-being.

Rayle, A. D., & Myers, J. E. (2004). Counseling adolescents towards wellness: The roles of ethnic identity, acculturation, and mattering. *Professional School Counseling*, 8(1), 81-90.

The article examined the impact of acculturation, ethnic identity, and mattering on wellness of minority and nonminority adolescents from a public high school. From the use of questionnaires, an analysis of structural equation models showed that acculturation and mattering explained variance of wellness in friendship, love, spirituality, self-direction, leisure, and schoolwork. Ethnic identity revealed a significant amount of the variance for minority students. Mattering was the strongest predictor for adolescents especially in the areas of schoolwork, self-direction, and friendship to promote wellness. In regards to the minority participants, ethnic identity was the greatest predictor of wellness, minority participants perceived that they mattered less than the nonminority participants.

Vaillancourt, T., Brittain, H., Krygsman, A., Farrell, A. H., Pepler, D., Landon, S., Saint-Georges, Z., & Vitoroulis, I. (2022). In-person versus online learning in relation to students' perceptions of mattering during COVID-19: A brief report. *Journal of Psychoeducational Assessment*, 40(1), 159–169. <https://doi.org/10.1177/07342829211053668>

The article examined Canadian students from grades four to twelve perceptions towards mattering in relation to different modalities of learning and in-person vs online learning during COVID-19. Factorial ANOVAs demonstrated that in-person learning resulted in greater mattering than other modalities. An age effect was also found with greater mattering reported by

elementary school students attending in-person full time as opposed to high school students attending in-person part time. The authors conclude that variables such as the social climate influence students' perceptions of mattering.

Waterman, E. A., Siller, L., Dworkin, E. R., & Edwards, K. M. (2021). The association of stalking victimization with adolescents' depressed mood and school mattering. *Journal of Interpersonal Violence, 36*(23-24), 11768–11780.  
<https://doi.org/10.1177/0886260519900945>

The article examined the relation of stalking victimization with depressed moods and perceptions of mattering to other individuals in a sample of adolescents. Through the use of questionnaires administered at two points in time, a regression analyses revealed that stalking has a strong relation with depressed mood and dating violence had a strong association with depressed mood. Adolescents who are being stalked may withdraw from activities that they had previously enjoyed to prevent a possible encounter with the stalker. Stalking was found to relate with school mattering but not above other forms of victimization with sexual harassment relating to school mattering beyond other forms of victimization. Adolescents' cognition tends to alter as they experience a withdrawal of social capital along with a belief that one does not matter.

Watson, J. C. (2017). Examining the relationship between self-esteem, mattering, school connectedness, and wellness among middle school students. *Professional School Counseling. doi: 10.5330/1096-2409-21.1.108*

The article examined the influence of mattering, self-esteem, and school connectedness on students' overall wellness from a sample of middle grade students from a rural, southern school in America. Through the use of questionnaires, a two-step hierarchical multiple regression demonstrated that school connectedness significantly improved the portion of variance in student wellness that was accounted for by mattering and self-esteem alone.

## **Mattering and University Students**

Besser, A., Flett, G. L., & Zeigler-Hill, V. (2020). Adaptability to a sudden transition to online learning during the COVID-19 pandemic: Understanding the challenges for students. *Scholarship of Teaching and Learning in Psychology. Advance online publication. doi: 10.1037/stl0000198*

The article examined the relation between COVID-19 and students' perceptions of the abrupt transition from face-to-face learning to online learning along with individual differences in self-



reported adaptability to the pandemic. The authors examined whether trait dimensions were associated with students' emotions and adaptability to online learning. Through the use of questionnaires, mean differences, univariate analyses, and multivariate analyses, students as a whole had greater positive responses regarding face-to-face learning. The change in learning format resulted in stronger negative moods and lower positive moods, with loneliness a significant effect of online learning. Lower feelings of mattering and belonging were reported following the change in learning format. Students that demonstrated greater adaptability had lower neuroticism and greater openness, extraversion, agreeableness, and conscientiousness scores revealing the importance of adaptability to modulate one's emotions to difficult situations.

Cole, D., Newman, C. B., & Hypolite, L. I. (2020). Sense of belonging and mattering among two cohorts of first-year students participating in a comprehensive college transition program. *American Behavioral Scientist*, 64(3), 276–297.

doi: 10.1177/0002764219869417

The article examined a college transition program implemented at three public college campuses in individuals who possess marginalized identities. Through the use of a qualitative study, it examines a subset of data from a longitudinal mixed methods study of first year experiences of students. A regression analyses revealed that staff care, support, and happiness with grades were found to relate to students' sense of mattering and belonging. Peer interactions that involved academics, discussions related to academic issues, group projects, studying, and concerns about classes were found to relate positively with mattering. There were no significant effects on race/gender on mattering and belonging.

Dixon, S. K., & Kurpius, S. E. R. (2008). Depression and college stress among university undergraduates: Do mattering and self-esteem make a difference? *Journal of College Student Development*, 49(5), 412–424. doi: 10.1353/csd.0.0024

The article examined the relationship between undergraduate students, depression, self-esteem, and mattering. Through the use of questionnaires, correlations demonstrated that mattering and self-esteem were related along with college stress and depression. Sex of the individual, self-esteem, and mattering were found to be significant predictors of depression. Self-esteem, mattering, and the sex of the participant was found to be significant in the variance of college stress. Females reported greater stress and their self-esteem and mattering was negatively associated with stress. Individuals' perceptions of self-esteem, college stress, and mattering were found to account for half of the variance in depression.



Flett, G., Burdo, R., & Nepon, T. (2020). Mattering, insecure attachment, rumination, and self-criticism in distress among university students. *International Journal of Mental Health and Addiction*. doi: 10.1007/s11469-020-00225-z

The article examined the vulnerability of university students who possess low levels of mattering through analyzing whether feelings of not mattering are related to depression, rumination, insecure attachment, and facets of self-criticism. Through the use of questionnaires, correlational analyses demonstrated that individuals possessing low feelings of mattering have insecure attachments, ruminative brooding, and multiple facets of self-criticism. Mattering was also found to be associated with depression and its persistent recurring. Regression analysis found that after controlling for the variance found by self-criticism, rumination, and insecure attachment, mattering predicted depression. Overall, the authors conclude the importance of interventions that focus on a sense of not mattering to individuals amongst adolescents.

Flett, G. L., Galfi-Pechenkov, I., Molnar, D. S., Hewitt, P. L., & Goldstein, A. L. (2012).

Perfectionism, mattering, and depression: A mediational analysis. *Personality and Individual Differences*, 52(7), 828–832. doi: 10.1016/j.paid.2011.12.041

The article examined the associations between perfection, depression, and mattering in university students. Through the use of correlation analyses on data from questionnaires, a relationship existed with negative appraisals of mattering and depressive symptoms, perfectionistic self-presentation, and socially prescribed perfectionism. Mattering was found to act as a partial mediator in regards to interpersonal perfectionism and depression. Some perfectionist individuals could possibly be at a heightened risk of distress as a result of interpersonal pressures to be perfect and feelings of low perceived matter.

Flett, G. L., Goldstein, A. L., Pechenkov, I. G., Nepon, T., & Wekerle, C. (2016). Antecedents, correlates, and consequences of feeling like you don't matter: Associations with maltreatment, loneliness, social anxiety, and the five-factor model. *Personality and Individual Differences*, 92(Complete), 52–56. doi: 10.1016/j.paid.2015.12.0140

The article examined whether childhood maltreatment contributed to feelings of not mattering to others in university students. Through the use of questionnaires, correlations revealed that mattering was negatively correlated with childhood maltreatment with the exception of sexual abuse which only had an association of reduced mattering for women. Multiple regression analyses found that mattering had a robust negative association with social phobia and loneliness. Developing greater levels of mattering can mediate the potential impact of maltreatment on individuals.

Flett, G., Khan, A. & Su, C. (2019). Mattering and psychological well-being in college and university students: Review and recommendations for campus-based initiatives.

*International Journal of Mental Health Addiction*, 17, 667–680.

doi: 10.1007/s11469-019-00073-6

The article examined the protective roles of feelings towards mattering in psychological well-being. The authors summarize the current literature available on mattering and decreased psychological well-being in post-secondary students. A description of instruments used to assess mattering are included along with an analysis of the limited amount of research conducted thus far on promoting mattering in individuals. An analysis of what post-secondary institutions can do to develop mattering in students as well as in mental health interventions is included.

Flett, G., & Nepon, T. (2019). Mattering versus self-esteem in university students:

Associations with regulatory focus, social feedback, and psychological

distress. *Journal of Psychoeducational Assessment*, 38(6), 073428291989078–

073428291989674. doi: 10.1177/0734282919890786

The article examined if individual differences in mattering are associating with individual differences in self-esteem, perceived negative social feedback, social anxiety, depression, and levels of regulatory focus. Through the use of questionnaires, correlational, regression, and mediation analyses demonstrated that mattering should become an antecedent of regulatory focus as individuals who experience positive interactions with others can internalize a positive motivational orientation developing striving behaviour and resilience. Mattering was found to predict variances in social anxiety and depression. Mattering was related with social anxiety and possession of low mattering was related to a negative inferential style that was evident in social support situations assisting in feelings of hopelessness, depression, and helplessness.

Marshall, S. K., Liu, Y., Wu, A., Berzonsky, M., & Adams, G. R. (2010). Perceived mattering to

parents and friends for university students: A longitudinal study. *Journal of Adolescence*,

33(3), 367–375. doi: 10.1016/j.adolescence.2009.09.003

The article examined university students' perceived mattering to their fathers, mothers, and friends over a three-year period. The researchers were interested in analyzing if measurements of perceived mattering were invariant across the three-year period for the referents. The developmental trajectories were analyzed along with the effects of living arrangement and gender on perceived mattering at the end of the three-year period. From the

longitudinal survey, a multiple indicator multilevel (MIML) latent growth model showed a decline in perceived mattering for mothers.

Rayle, A. D., & Chung, K.-Y. (2007). Revisiting first-year college students' mattering: Social support, academic stress, and the mattering experience. *Journal of College Student Retention: Research, Theory & Practice*, 9(1), 21–37. doi: 10.2190/X126-5606-4G36-8132

The article examined Schlossberg's (1989) theory of college students' mattering to others in regards to the relationships of gender, mattering to college friends, the surrounding college environment, and family and friend social support with academic stress of first-year undergraduate students. Through the use of questionnaires, multivariate analyses of variance revealed that female students reported higher levels of mattering to friends, family support, academic stress, and mattering to their college. Irrespective of gender, the most significant predictor of mattering was college friend social support. Mattering to the college was revealed to be a strong predictor of academic stress levels.

Shannon, A., Flett, G., & Goldberg, J. (2019). Feelings of not mattering, perceived stigmatization for seeking help, and help-seeking attitudes among university students. *International Journal of Mental Health and Addiction*, 18, 1294–1303  
doi.org/10.1007/s11469-019-00138-6

The article examined whether deficits in mattering are correlated with less willingness to seek help and perceived stigma. In a sample of undergraduate students, the authors analyzed associations in mattering, self-stigma, perceived stigmatization for seeking help, and attitudes towards seeking help. Through the use of questionnaires, a regression analyses revealed that feelings of not mattering are associated with feelings of perceived stigmatization by others for seeking help. Levels of mattering were not found to be associated with self-stigma for seeking help or help-seeking attitude. Individuals who feel a lack of mattering can be at a greater risk of perceptions of being stigmatized resulting in an avoidance of seeking help and thus, possible isolation.

Tovar, E., Simon, M., & Lee, H. (2009). Development and validation of the college mattering inventory with diverse urban college students. *Measurement and Evaluation in Counseling and Development*, 42(3), 154–178. doi:10.1177/0748175609344091

The article examined the construct validity of the College Mattering Inventory from college students attending community college and masters-level university students. The authors incorporated the themes of perception of support in student endeavors by others, sense of fit with institution, supportive learning environment, object of attention of others, and perceived marginality as a result of personal characteristics. A confirmatory factor analysis revealed a simple, well-defined factorial structure despite a small amount of measurement noninvariance for gender. Correlations demonstrated strong evidence for the validity of the inventory.

### **Mattering with Peer and Family Relations**

Elliott, G. C., Cunningham, S. M., Colangelo, M., & Gelles, R. J. (2011). Perceived mattering to the family and physical violence within the family by adolescents. *Journal of Family Issues*, 32(8), 1007–1029. doi: 10.1177/0192513X11398932

This article examined whether adolescents who internalize as mattering less to their families will be more likely to engage in intra-family physical violence using a national sample of adolescents. The authors found that from a logistic regression analysis, mattering to family was a significant contributor to violence. Mattering was found to be mediated by attitude and self-esteem toward violence. Children from larger families were found to be more likely to engage in violence whereas, religiosity diminishes family violence. Children whose responding parents did not finish high school were found to be less likely to turn to violence than youth with a responding parent who completed post college study. Females were found to be more violent than males with Hispanics revealing to be less likely than Whites to commit violence.

Love, S., & Robinson Kurpius, S. E. (2020). Childhood sexual abuse and coping as young adults: The roles of attachment and mattering. *Journal of Interpersonal Violence*.  
doi: 10.1177/0886260520958647

The article examined if attachment to parents and friends, mattering, and childhood sexual abuse (CSA) were associated to coping behaviours of low-income young adults. Through the use of questionnaires, hierarchical multiple regression analyses and ANOVAs revealed that survivors of CSA had lower attachments to fathers and perceived less mattering to parents compared to individuals who did not experience CSA. Perceived feelings of mattering to friends

moderated the association between problem-focused coping and CSA with the survivors of the greatest reports of mattering to peers utilizing greater problem-focused coping strategies. Female survivors adopted problem-focused coping with a greater attachment to peers and mothers.

Marshall, S. K. (2004). Relative contributions of perceived mattering to parents and friends in predicting adolescents' psychological well-being. *Perceptual and Motor Skills, 99*(2), 591–601. doi: 10.2466/pms.99.2.591-601

The article examined if adolescents' perceived mattering to their parents and friends is compensatory or additive in predicting their psychological well-being. Two sample groups were used, one from adolescents in rural northwestern United States and another with adolescents from Western Canada. Through the use of questionnaires, a hierarchical regression analysis found that perceived mattering was associated with self-concept for both domains. Adolescents who perceive that they matter less to friends and parents display a negative association with problematic behaviours. Adolescents who perceive that they matter to their parents and friends seem to display a ceiling effect where perceived mattering does not add to aggressive interpersonal behaviours. Across both groups there was an association between perceived mattering, aggression and antisocial behaviours. When individuals perceive that they matter to friends and parents, it is the most optimal condition for adjustment and support.

Marshall, S., & Lambert, J. (2006). Parental mattering: A qualitative inquiry into the tendency to evaluate the self as significant to one's children. *Journal of Family Issues, 27*(11), 1561–1582. doi: 10.1177/0192513X06290039

The article examined parents perceived mattering or significance to their school-aged kids. Through the use of open-ended written questionnaires, a methodological approach, and interpretive induction, it was found that parents perceive themselves as the select person the child has a unique relationship with. Parents perceived that they were fulfilling their role as a parent as they were significant to their kids. In regards to mattering, parents related the construct to children's attention to the parents. They expected their perceptions of mattering to change as their child's behavioural independence and emotional autonomy develop. For some parents, mattering less as a child develops may be an indicator of healthy child development and effective parenting. The attention a parent receives does not always translate as a positive sense of mattering as fulfillment of some needs may be burdensome.

Marshall, S. K., & Tilton-Weaver, L. (2019). Adolescents' perceived mattering to parents and friends: Testing cross-lagged associations with psychosocial well-being. *International Journal of Behavioral Development, 43*(6), 541–552. doi:10.1177/0165025419844019

This article examined the relationship between adolescents mattering to their parents and friends with depressive symptoms and problem behaviours in Western Canada. Through the use of questionnaires, a cross-lagged analysis was used to assess the association of mattering to friends and parents along with the adolescents' problem behaviours and depressive symptoms. There were significant results between mattering to friends along with depressive symptoms and problem behaviours. Specifically, a positive correlation was found between mattering as a form of socialization. Mattering to parents was not found to be correlated with adolescents' psychosocial well-being. Overall, gender was found to moderate associations of mattering to mother along with problem behaviours and depressive symptoms.

Schenck, C. E., Braver, S. L., Wolchik, S. A., Saenz, D., Cookston, J. T., & Fabricius, W. V. (2009). Relations between mattering to step- and non-residential fathers and adolescent mental health. *Fathering, 7*(1), 70–90. doi:10.3149/fth.0701.70

The article examined the relations between early adolescents belonging to stepfamilies and their perceptions on how much they mattered to their stepfathers and non-residential biological fathers along with any adolescents' mental health problems. Through the use of questionnaires, multiple regression analyses revealed that mattering to stepfathers negatively predicted youth-reported internalizing and stepfather- and youth- reported externalizing problems. Mattering to non-residential biological fathers negatively predicted mother, teacher, and youth-reported internalizing problems. For teacher-reported externalizing problems, mattering to non-residential biological fathers and stepfathers had an interaction. Mattering to either father predicted low externalizing problems. Perceptions of adolescence mattering to the second father did not have any reduction in problems.

Schieman, S., & Taylor, J. (2001). Statuses, roles, and the sense of mattering.

*Sociological Perspectives, 44*(4), 469–484. doi: 10.1525/sop.2001.44.4.469

The article examined the social-structural determinates of mattering on a sample of adults living in Toronto. Through the use of questionnaires, ordinary least squares regression analyses revealed that working women have greater levels of mattering even when controlling for role conflict, statuses, roles, and occupational qualities. Careers that promote complexity, autonomy, and supervision responsibilities were more likely to promote mattering. Parenting was found to relate positively with mattering with the impacts the greatest on men. Married status is associated

with mattering after adjusting for conflictual factors of marital ties, the negative effects of relationship strain were greater amongst men on mattering.

Vélez, C., Braver, S.L., Cookston, J.T., Fabricius, W.V. & Parke, R.D. (2020), Does mattering to parents matter to adolescent mental health?: A psychometric analysis. *Family Relations*, 69(1), 180-194. doi:10.1111/fare.12396

The article examined the psychometric properties of a scale of perceived mattering to (step)parents and its association with adolescent mental health. Confirmatory factor analysis found that the scale was unidimensional and presented preliminary construct validity. Mattering was distinct from the parenting constructs of mothers, residential fathers, and non-residential fathers. Through the use of questionnaires, correlations revealed that adolescents perceived mattering equally to mother and fathers in intact families. Adolescents perceived higher levels of mattering to mothers than to stepfathers, this perception was the same in intact families and stepfather families. Mattering to parents in stepfather families was similar in regards to adolescents' mental health. For intact families, mattering to the father was related greater to mental health than mattering to the mother. Parental mattering and adolescent internalizing and externalizing problems were negative demonstrating that parental mattering is associated with youth well-being and mental health.

Yu, E. A., & Chang, E. C. (2019). Meaning in life as a predictor of optimism: How parents mattering matters to Asian and European Americans. *Personality and Individual Differences*, 138(Complete), 366–369. doi: 10.1016/j.paid.2018.10.031

The study examined the relationship between optimism, meaning in life, and the role of parents mattering between Asian Americans and European American. Through the use of a cross-sectional survey study design, hierarchical regression analyses revealed that meaning in life was responsible for a significant portion of variance in optimism. Parents' mattering did not account for significant variance in optimism beyond meaning in life for both groups. However, the predictor of optimism for Asian Americans could be explained by searching for meaning and parents mattering. Presence of meaning and mattering was a predictor of optimism for European Americans. Parents well-being has a significant role in the relationship between optimism and meaning in life and encourages considering contextual and cultural factors in the relationship.



## **Mattering with Minorities and Marginalized Individuals**

Flett, G. L., Su, C., Ma, L., & Guo, L. (2014). Academic buoyancy and mattering as resilience factors in Chinese adolescents: An analysis of shame, social anxiety, and psychological distress. *International Journal of Child and Adolescent Resilience*, 2(1), 37-45.

The article examined the relation between academic buoyancy and perceived mattering along with individual differences in academic buoyancy and perceived mattering in Chinese adolescents as a protective factor. Through the use of questionnaires, ANOVAs, multivariate analysis, and correlations it was found that buoyancy and mattering were related to one another and were associated with greater depression and lower social anxiety, social phobia, and shame. The findings on the association demonstrate the importance of developing academic resiliency in challenging achievement-oriented situations and developing interpersonal resilience in challenging interpersonal situations.

Flett, G. L., Su, C., Ma, L., & Guo, L. (2016). Mattering as a unique resilience factor in Chinese children: A comparative analysis of predictors of depression. *International Journal of Child and Adolescent Resilience*, 4(1), 91-102.

The article examined protective roles of individual differences of mattering among Chinese children. Through the use of questionnaires, correlations and regression analysis reveal that lower levels of depression were related to mattering, unconditional self-acceptance, and self-esteem. There was a strong relationship between dependency and self-esteem. Additionally, a unique variance existed in depression that was predicted by dependency, self-esteem, unconditional self-acceptance, and mattering. Chinese children were able to form unconditionally positive orientations towards themselves to act as a protective factor against self-criticism and be resilient against pressures they faced.

Huerta, A., & Fishman, S. (2014). Marginality and mattering: Urban Latino male undergraduates in higher education. *Journal of the First-Year Experience & Students in Transition*, 26(1), 85-100

The article examined low-income, first-generation Latino male college students in regards to their transition experience and success in higher education institutions. Through the use of interviews, the participants described various transitions and challenges to acclimate to the new environment. Four categories were revealed that were most significant in the findings: the motivation to attend college, importance of the college environment, mentorship, and feelings of mattering with peers and faculty. Specifically, a perception of mattering and mentoring provided

the participants with opportunities to acquire social and cultural capital they otherwise would not have access to.

Brandt, C. (2020). Does online support matter? The relationship between online identity-related support, mattering, and well-being in sexual minority men. *Computers in Human Behavior, 111*, 106429–. doi: 10.1016/j.chb.2020.106429

The article examined perceived identity-related social support on social networking sites (SNS) and its relation to positive psychological outcomes in sexual minority men (SMM). Through the use of questionnaires, correlations and hierarchical linear regression found that SMM interact with similar individuals by computer-mediated communication than in-person communication. Identity-related SNS support was related to higher psychological well-being in SMM beyond support from offline social networks. The relation of well-being and identity-related SNS support was contingent on the identity of the individual providing the support. Identity-related SNS in the absence of face-to-face support was related to greater perceptions of mattering.

Gibson, E. M., Sandifer, M. C., & Bedford, W. (2018). A sense of mattering: A group intervention for African American boys. *Professional School Counseling*. doi: 10.1177/2156759X19867336

The article examined the impacts of a group intervention for African American boys who were displaying at-risk behaviour. The goals of the intervention were to promote cultural identity and social-emotional skill development, improvement of student behaviour, and assisting in relevant connections to prepare for postsecondary education. Through the use of descriptive statistics, the authors analyzed grade data and discipline data along with survey items from the pre-intervention and post-intervention data. The results revealed that for postintervention, the group had lower discipline referrals which may be due to the establishment of a trusting relationship with the group leader and peers in sessions where positive interactions and meaningful dialogue were exchanged. African American boys may experience improvements in emotional and social well-being when they foster a sense of mattering.

Lewis, D.-M. (2017). A matter for concern: Young offenders and the importance of mattering. *Deviant Behavior, 38*(11), 1318–1331. doi: 10.1080/01639625.2016.1197659

The study examined mattering as an alternative way of understanding youth offending through exploring risk assessment practices in regards to criminal justice and first-person account of individuals experiences in their everyday lives. Through the use of a case study approach, the conditions of the death of a parent, abandonment, viewing the body as a self-destructive vehicle, and sudden uncontrollable violence were considered factors that could

impact young offenders' perceptions of mattering. It was found that the desire of mattering was greatest when family was absent from a young offender's life.

Matera, M. (2020). Metastereotypes, perceived mattering, and well-being among minority groups. *Psychology, Health & Medicine*, 1–8. doi: 10.1080/13548506.2020.1823442

The article examined the association of well-being, meta stereotypes, and perceived mattering to friends and families in two minority groups: people with disabilities (PWD) and people with HIV (PLWHA). Through the use of questionnaires, t-tests, intercorrelations, hierarchical linear regression found that PLWHA perceived greater stigmatization and had lower perceptions of mattering in regards to peers possibly suggesting greater risk of isolation. Positive meta stereotypes were related to perceived mattering for both individuals while negative meta stereotypes were associated to perceived mattering for family in PWD but did not relate to being important among PLWHA. Perceived mattering to peers and family related significantly to physical well-being and psychological functioning.

Tucker, C., Dixon, A., & Griddine, K. (2010). Academically successful African American male urban high school students' experiences of mattering to others at school. *Professional School Counseling*, 14(2), 135-145.

The article examined experiences of mattering to others at a high school for academically successful African American males. Through the use of interviews, data was analyzed using transcendental phenomenology by imaginative variation, synthesis of meanings and essences, and phenomenological reduction. The students reported support at school as a significant factor in their success, high expectations from key adults, self-motivation, a nurturing school environment, strong self-efficacy, and a strong personal and academic drive as imperative in their academic success. The findings provide support for counsellors in school to develop greater interpersonal relationships.

Wight, R., LeBlanc, A., Meyer, I., & Harig, F. (2015). Internalized gay ageism, mattering, and depressive symptoms among midlife and older gay-identified men. *Social Science & Medicine (1982)*, 147, 200–208. doi: 10.1016/j.socscimed.2015.10.066

The article examined internalized gay ageism, the perception that one feels denigrated as a result of aging in relation to adult gay-identified men. The authors utilized data from two sources, the first from a three-decade collection period from the MultiCenter AIDS Cohort Study and the latter from The Aging Stress and Health among Gay Men Study. Through the use of a social stress process framework, sequential ordinary least squares regression analyses were used. It was found that sense of mattering only partially mediates but does not moderate the relation of

depressive symptoms and internalized gay ageism. Internalized gay ageism differs from internalized homophobia and perceived ageism. It was also found to be linked with depressive symptoms independent of factors that can possibly influence symptomatology.

## **Mattering and Mental Health**

Conrad-Garrisi, D. L., & Pernice-Duca, F. (2013). The relationship between sense of mattering,

stigma, and recovery: an empirical study of clubhouse participants in the U.S.

midwest. *International Journal of Self-Help and Self-Care*, 7(1), 41-57.

doi:10.2190/SH.7.1.d

The article examined mattering in relation to social support for individuals at a clubhouse which provides support for people with serious mental illness (SMI). Through the use of questionnaires, multivariate regression models found that peer support and mattering was significant in reducing stigma and in recovery. Psychosocial rehabilitation programs such as clubhouses can foster belonging and perceptions of mattering in individuals.

Drabenstott, M. (2019). A matter of life and death: Integrating mattering into the

interpersonal–psychological theory of suicide. *Suicide & Life-Threatening*

*Behavior*, 49(4), 1006–1018. doi: 10.1111/sltb.12504

The article examined existing suicide literature on the interpersonal-psychological theory of suicide and mattering. It mentions the distinct constructs of ITPS, thwarted belongingness, and perceived burdensome in which a reduction of suicide was found to play a significant role in the aforementioned constructs. Mattering was discussed in regards to ITPS in which mattering has been used to assess the perceived burdensome individuals experience along with the mattering scale used to assess the construct. Mattering was found to provide great insight into thwarted belongingness and perceived burdensomeness. Recommendations for a salient role of mattering into ITPS may provide great insight into the prevention of suicide.

Dixon, A. L., Scheidegger, C., & McWhirter, J. J. (2009). The adolescent mattering experience: gender variations in perceived mattering, anxiety, and depression. *Journal of Counseling & Development, 87*(3), 302–310. doi: 10.1002/j.1556-6678.2009.tb00111.x

The article examined how perceived mattering influences early adolescents and its relation to psychologically distressing experiences. Through the use of questionnaires, female adolescents demonstrated lower anxiety but greater depression scores compared to their male counterparts. Perceived mattering was found to be inversely related to individual's depression and anxiety levels. Overall, the relationships between mattering and anxiety along with mattering and depression were varied by gender. Focusing on adolescents mattering may foster greater self-worth and thus, help to mitigate depression and anxiety levels in adolescents.

Elliott, G. C., Colangelo, M. F., & Gelles, R. J. (2005). Mattering and suicide ideation: Establishing and elaborating a relationship. *Social Psychology Quarterly, 68*(3), 223–238. doi: 10.1177/019027250506800303

The article examined the effect of mattering on adolescent suicide ideation. The authors used data from the 2000 Youth at Risk Survey, consisting of interviews with youths between the ages of 11-18. The findings demonstrated that those who reported mattering more were less likely to consider suicide. Mattering was found to mediate the intervening variables of self-esteem which influences depression and ultimately, suicide ideation, with self-esteem as a significant source of mediation.

Milner, A., Page, K. M., & LaMontagne, A. D. (2016). Perception of mattering and suicide ideation in the Australian working population: Evidence from a cross-sectional survey. *Community Mental Health Journal, 52*(5), 615–621. doi:10.1007/s10597-016-0002-x

The article examined perceived mattering to others as a protective factor for suicide in individuals living in Australia. Through the use of questionnaires and interviews, logistic regression analysis demonstrated that upon controlling for demographic, relationship variables, and psychological distress, individuals with greater perceptions of mattering possessed lower suicide ideation compared to those with lower reported mattering. It emphasizes the importance of further research along with intervention studies on mattering as a buffer against the possibility of suicide. Further insight into protective factors for suicide ideation can possibly prevent adverse mental health and behavioural effects.

Pernice, F. M., Biegel, D. E., Kim, J.-Y., & Conrad-Garrisi, D. (2017). The mediating role of mattering to others in recovery and stigma. *Psychiatric Rehabilitation Journal*, 40(4), 395–404. doi: 10.1037/prj0000269

The article examined the ability of mattering as an intrapersonal construct in mediating the relationship between social support, recovery, and internalized stigma of a mental health condition in a voluntary-based psychiatric rehabilitation of a mental health recovery group of adults. Through the use of in-depth interviews and questionnaires, mediation analyses showed that mattering was a significant factor in the relationship of recovery and social support. Additionally, mattering was able to explain the relationship between internalized stigma and social support. The study provides support for implementing social support interventions to foster mattering and thus assisting in recovery and reducing internalized stigma.

Taylor, J., & Turner, R. J. (2001). A longitudinal study of the role and significance of mattering to others for depressive symptoms. *Journal of Health and Social Behavior*, 42(3), 310–325. doi:10.2307/3090217

The article examined if mattering to others is inversely related to depressive symptomatology in individuals living in Toronto, Canada. It was also addressed as to whether mattering was found to overlap or be redundant with measures of social and personal resources. Through the use of questionnaires, a multivariate analysis found that women possess greater levels of mattering and greater depression scores. Mattering and aspects of social support were found to be more complicated in males.

## **Mattering in Family and Romantic Relationships**

Kawamura, B. (2010). Mattering and wives' perceived fairness of the division of household labor. *Social Science Research*, 39(6), 976–986. doi: 10.1016/j.ssresearch.2010.04.004

The article examined the extent to which wives perceived as mattering to their husbands in regards to the perceptions of the division of household labour. Through the use of data from the sixth survey wave of Marital Instability over the Life Course, logistic regression analyses revealed that mattering was found to be positively significant to perceived fairness. When women report mattering to their husbands, they are more likely to find the division of household labour to be equal. Mattering was related to relative resources, gender role attitudes, fairness perceptions, and a net indicator of time availability.

Mak, L., & Marshall, S. (2004). Perceived mattering in young adults' romantic relationships.

*Journal of Social and Personal Relationships*, 21(4), 469–486. doi:

10.1177/0265407504044842

The article examined the construct of perceived mattering in regards to having a romantic partner. The first study examined young adults involved in romantic relationships using an open-ended survey. From a qualitative analysis, it was found that attention was a prerequisite for perceived mattering to a romantic partner. The second study used the responses to develop a scale that was administered to young adults in romantic relationships. Analyses revealed the scale to be internally consistent with the measures of the quality of alternatives, investment size, and relationship satisfaction to offer the greatest support regarding the validity of the measure.

Powers, M. (2004). Wellness, perceived stress, mattering, and marital satisfaction among medical residents and their spouses: Implications for education and counseling. *The Family Journal (Alexandria, Va.)*, 12(1), 26–36.

[doi.org/10.1177/1066480703258802](https://doi.org/10.1177/1066480703258802)

The article examined the impact of medical education and training on spouses and medical marriages in a sample of residency individuals possessing medical marriages. Through the use of questionnaires on perceived stress, general mattering, wellness, and marital satisfaction, descriptive statistics, t-tests, and Bonferroni's correction found that resident spouses had greater scores than the general married population on mattering, wellness, and satisfaction with shared marriage values. They also scored lower on realistic beliefs and work satisfaction. No significant results were found in regards to mattering, perceived stress, and wellness between residents.

Sebastian, P. (2018). Mattering and self-compassion as mediators of the relationship between attachment style and marital satisfaction among young spouses in Kerala: A mixed method study. *Indian Journal of Positive Psychology*, 9(3), 387–392.

The article examined how mattering and self-compassion mediate the relation between marital satisfaction and attachment style of married spouses in Kerala, India from an exploratory sequential mixed method study. Through the use of questionnaires, a mediation analysis and robust path analysis, found that attachment avoidance predicted self-compassion but attachment anxiety did not predict self-compassion in spouses. Mattering was found to partially mediate the association of marital satisfaction and attachment style. Attachment avoidance and anxiety were found to be significantly and negatively associated with mattering. Mattering mediated the



relation between marital satisfaction and attachment avoidance in the spouses. The significant themes of mattering amongst couples include caring, partner support, communication, being respectful and responsible along with longing for presence from partners.

## **Mattering in Counsellor/Client Relationships**

Charles, G., & Alexander, C. Beyond attachment: Mattering and the development of meaningful moments. *Relational Child and Youth Care Practice*, 27(3), 26-30.

The article examined mattering in regards to working with youth to strengthen the relationship between the professional and the client. The authors encourage readers to internalize the relationship with the adolescent and to assess how the relationship matters to them. The concepts of attachment were disregarded, instead a focus on the meaning of young people and their experience with the environment should be utilized. To truly understand and develop a relationship with adolescents, it is imperative to evaluate their behaviour in regards to mattering and aiding in developing perceptions of mattering by taking the necessary steps to show them their value.

Curry, J., & Bickmore, D. (2018). School counselor induction and the importance of mattering. *Professional School Counseling*, 15(3), doi: 10.1177/2156759x1201500301

The article examined the professional and personal needs of novice school counsellors and the factors that enriched their mattering. Through the use of a qualitative methodology, a constructivist paradigm, a theme-building and recursive coding process was employed in which it was found that administrator interactions, relationships with stakeholders, and administrator interactions promoted mattering. Administrator issues, ineffective transitional processes, lack of a formal mentor, lack of orientation, and professional development of low quality or a lack of a counselling focus decreased feelings of mattering.

Dixon, A. L., PhD., & Tucker, C., PhD. (2008). Every student matters: Enhancing strengths-based school counseling through the application of mattering. *Professional School Counseling*, 12(2), 123-126.

The article examined an outline of mattering in regards to the foundation of Strengths-Based School Counseling programs. It provides a comprehensive analysis on the mattering focused activities and includes case examples of mattering in school counseling with classroom guidance, students, systemic consultation, advocacy, and improvement of the school climate. The

authors conclude that mattering activities can assist counsellors in developing academic achievement and motivation.

Rayle, A. (2006). Do school counselors matter? Mattering as a moderator between job stress and job satisfaction. *Professional School Counseling, 9*(3), 2156759–.

doi: 10.1177/2156759X0500900310

The article examined perceived mattering to others, job satisfaction, and job-related stress in a sample of elementary, middle, and high school counselors. Through the use of questionnaires, t-tests, correlations, z tests, MANOVAs, it was found that mattering to others, job satisfaction, and job-related stress were all associated for school counsellors. Mattering and work stress accounted for variance in job satisfaction but mattering did not mediate the association between job satisfaction and job stress. Mattering and job-related stress factors can contribute to autonomy, satisfaction at work, and greater efficacy for school counselors.

Rayle, A. D. (2006). Mattering to others: Implications for the counseling relationship. *Journal of Counseling & Development, 84*(4), 483–487. doi: 10.1002/j.1556-

6678.2006.tb00432.x

The article examined a study of mattering published by G. C. Elliott, S. Kao, and A. M. Grant (2004) published in the academic journal, *Self and Identity*. An empirical validating study was conducted in which it was summarized that mattering was found to be positively associated to perceived self-esteem, social support, and the public performance factor of self-monitoring. It was also negatively associated to alienation and self-consciousness. The greatest association of mattering was between importance and awareness along with reliance and importance. A further analysis included the lack of substantial work on mattering and recommendations for counsellors to gain insight into the need for mattering to strengthen their relationships with clients. Clients with a strong perception of mattering will likely show improved outcomes and trust with their counsellors.

## **Mattering and Measurement Inventories**

Corbière, M., & Amundson, N. E. (2007). Perceptions of the ways of mattering by people with mental illness. *The Career Development Quarterly, 56*(2), 141–149.

doi: 10.1002/j.2161-0045.2007.tb00026.x

The article examined the convergent and construct validities of The Ways of Mattering questionnaire, an instrument used to evaluate clients' perceptions of a counselling relationship. It displayed internal consistency of each of its subscales (ego-extension, dependence, importance,

and attention) for people with mental illness who were registered in supported employment programs. The questionnaire revealed satisfactory validity and reliability. The tool could be useful for identifying the elements needed to establish the structure of relationship between the client and the counselor.

DeForge, B. R., & Barclay, D. M. (1997). The internal reliability of a general mattering scale in homeless men. *Psychological Reports, 80*(2), 429–430. doi: 10.2466/pr0.1997.80.2.429

The article examined the General Mattering Scale in regards to homeless males living at a homeless shelter in Baltimore, Maryland. Through the use of between-item correlations, it was found that the scale exhibited moderate intercorrelations and internal reliability. Despite being homeless and cast out of society, the men still perceived themselves as mattering to others and considered themselves important to others, that people pay attention to them, individuals were interested in what they had to say, and that individuals depended on them.

Elliott, G., Kao, S., & Grant, A.-M. (2004). Mattering: Empirical validation of a social-psychological concept. *Self and Identity, 3*(4), 339–354. doi: 10.1080/13576500444000119

The article examined the validation of a constructed 24-item mattering index. The authors assessed the discriminant validity of the mattering index, using the factors of self-esteem, self-consciousness, self-monitoring, perceived social support, and alienation. Through the use of a confirmatory factor analysis, the constructed index yielded a high degree of content validity and included the facets of the three components of mattering (reliance, importance, awareness). The article mentions the potential importance of mattering as a dimension of the self-concept that could impact the analysis of a wide range of personal and social issues.

France, M. K., & Finney, S. J. (2009). What matters in the measurement of mattering? *Measurement and Evaluation in Counseling and Development, 42*(2), 104–120. doi: 10.1177/0748175609336863

The article examined the psychometric properties of an instrument used to assess mattering to other individuals in a sample of university students. The authors tested a three-factor model of societal mattering of the original conceptualization of reliance, importance, and awareness. Additionally, a four-factor model was also utilized to assess if ego-extension differs from importance and if the model was a better fit for the data. Through the use of questionnaires, confirmatory factor analysis and correlations found support for the four-factor model. Mattering

was also found to be significant amongst measures of well-being and related negatively to measures of worry.

Hamby, S., Taylor, E., Smith, A., Mitchell, K., Jones, L., & Newlin, C. (2019). New measures to assess the social ecology of youth: A mixed-methods study. *Journal of Community Psychology, 47*(7), 1666–1681. doi: 10.1002/jcop.22220

The article examined the current knowledge on social ecological constructs that are important to youth and the development of measures to analyze the construct of youth resilience. Through the use of questionnaires and interviews, a mixed methods analysis revealed that group connectedness, mattering, family well-being, and relational motivation have received inadequate amounts of attention thus far. Using these constructs, a questionnaire was developed in which factor analysis found that the constructs had distinct factors, were positively associated with school climate and social support, health-related quality of life, and subjective well-being. The constructs were found to correlate inversely with victimization history.

R. Richards, K. A., Gaudreault, K. L., & Woods, A. M. (2017). Understanding physical educators' perceptions of mattering: Validation of the Perceived Mattering Questionnaire – Physical Education. *European Physical Education Review, 23*(1), 73–90.  
doi: 10.1177/1356336X16637320

This article examined the Perceived Mattering Questionnaire- Physical Education (PMQ-PE) in regards to its validation. Through the use of a four-step approach, items were created from the literature on perceived mattering and PE teacher socialization. Through the use of an exploratory factor analysis and confirmatory factor analysis, it was demonstrated that the PMQ-PE provided support for reliability and validity for perceived mattering of teachers across PE matters and teacher matters dimensions. Mattering for PE teachers can increase contributions to students' education and decrease feelings of marginalization. The PMQ-PE can provide researchers with a further understanding of PE teachers' feelings of mattering and whether constructs such as race, teaching level, and gender impact perceived mattering.