

Psychological research in Estonia

As of 14th of November 2024



Short presentations today (in spe)

This is not all of it. Given the time frame, I invited only to researchers who are members of EPL and currently holding a grant from the Estonian Research Council + Jüri Allik for an overview of recent history. Not all of them responded, though.

Autor	Pealkiri
1 Jüri Allik	Psychology in Estonia during the past 30 years
2 Kairi Kreegipuu	Unlocking the Mind: Exploring Human Experience and Beyond Through Brain Bioelectrical Activity
3 Jaan Aru	Natural and artificial intelligence research group
4 Uku Vainik	Personality and genomics of 7% of Estonians
5 Andero Uusberg	Affective science
6 René Mõttus	Personality profiles of occupations
7 Kenn Konstabel	Health behaviour and mental health epidemiology
8 Kelli Lehto	Mental health research in the Estonian Biobank

Links to youtube

- Jüri Allik - Psychology in Estonia during the past 30 years: <https://youtu.be/PjPF0oGebbM>
- Kairi Kreegipuu et al. – Psychology in the University of Tartu: https://youtu.be/A7z_QmMilHM
- Jaan Aru – Natural and artificial intelligence lab: https://youtu.be/1_Pf5Rz0Fos
- René Mõttus – Personality trait differences among 250+ jobs: <https://youtu.be/x6NxoMdvdLc>
- Kelli Lehto – Mental health research in the Estonian Biobank: <https://youtu.be/8NIurQhqkRU>

What's more

- Developmental psychology (Tiia Tulviste, Pirkko Tõugu, ...)
 - Educational psychology (Eve Kikas, Karin Täht, ...)
 - Cultural psychology (Aaro Toomela, ...)
 - Neuropsychopharmacology (Jaanus Harro, ...)
 - Consciousness and attention (Talis Bachmann, ...)
 - Sport and exercise psychology, forensic psychology, neuropsychology, clinical psychology, ...
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Mental health and health behaviour: research at the National Institute for Health Development

Kenn Konstabel

Department of Chronic Diseases

National Institute for Health Development

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Mental health epidemiology

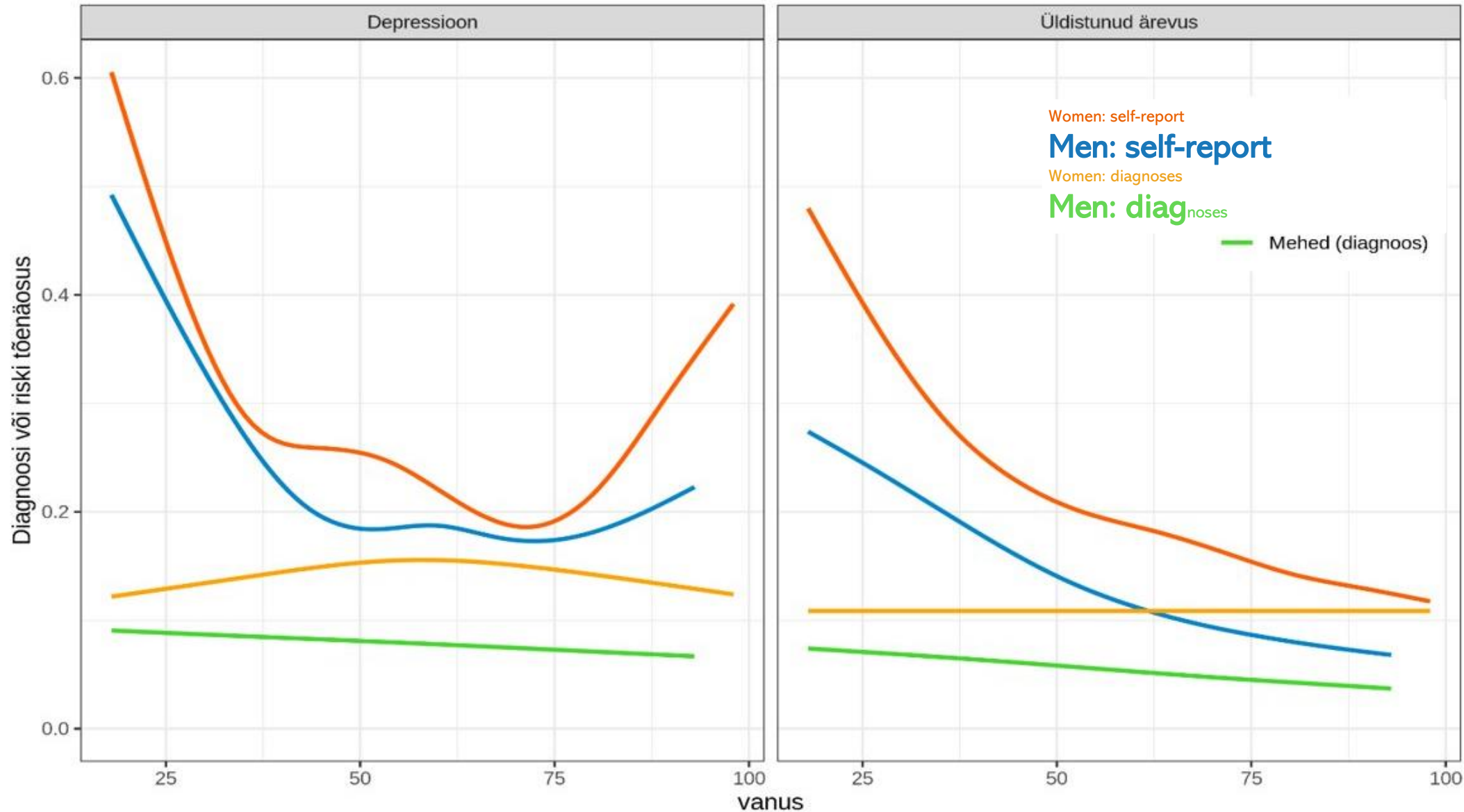
- Prevalence and risk factors of MH problems (and well-being)
- Population-based registry-linked studies
- Close collaboration with epidemiologists

Estonian National Mental Health Study

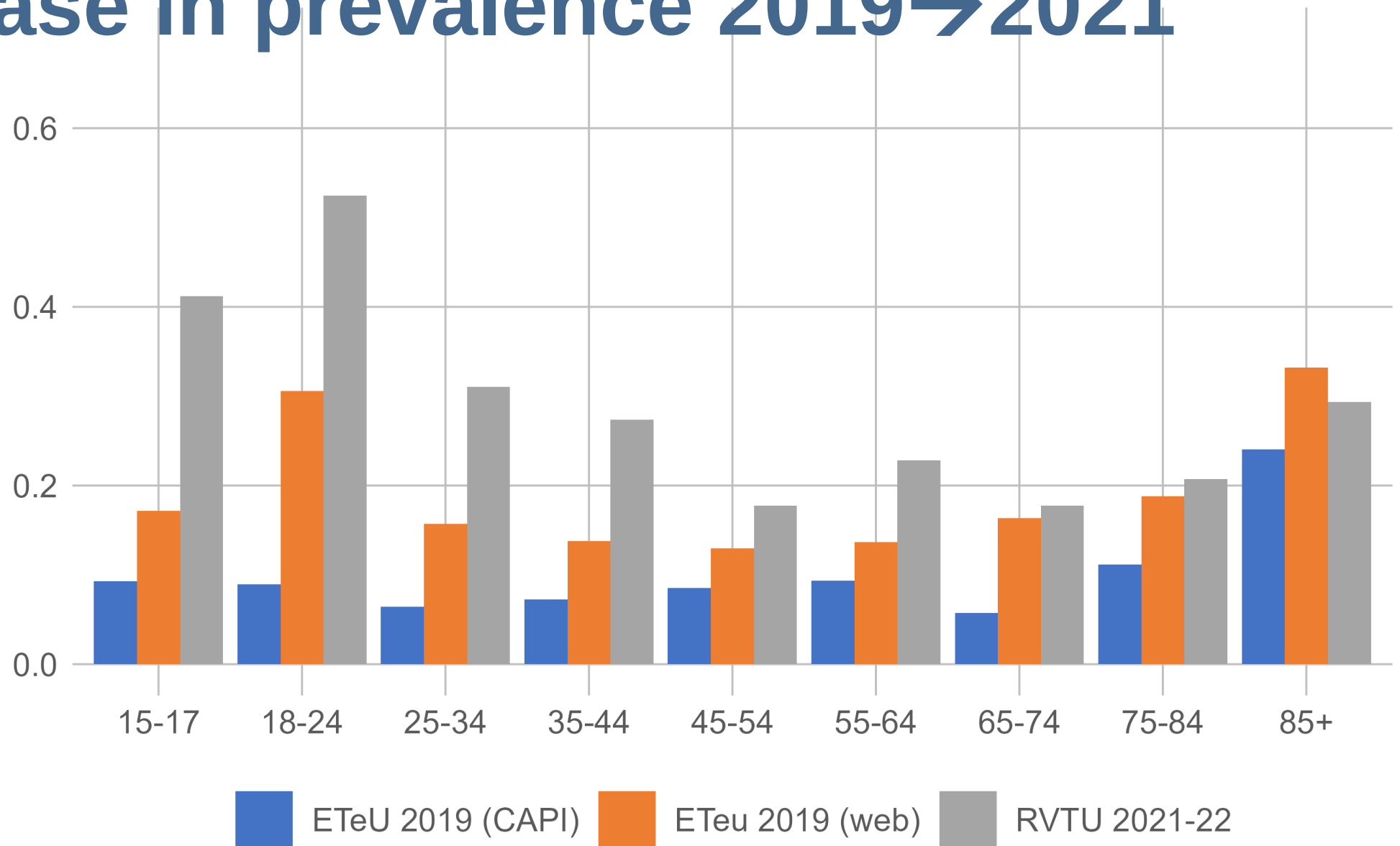
- Initial sample of 20000 people from population registry
- Longitudinal survey (01-2021; 05-2021, 01-2022); 7517 responded at least once
- Registry data available for all adult (18+) respondents, except for 725 refusers
- Bias-as-usual: lowest-income quartile about 2 times less likely to respond than others
- Examples from results on following slides



Prevalence of depression and GAD vs. age



Increase in prevalence 2019→2021



Incremental validity of personality in predicting depression

- After controlling for ...
 - Sex (being female -> OR=2.35)
 - Well-being (OR=0.47)
 - Self-report screening instrument for depression (OR=1.43)
 - ... does personality add anything to the prediction?
- Indeed: Neuroticism (OR = 1.28) and Agreeableness (OR=1.23) contribute to the prediction
- Single items: get angry easily, know how to comfort others, easily apologize when wrong
- Two personality factors that make depression more likely: hostility and emphasizing others' needs (at the expense of one's own needs?)

Intensive longitudinal studies (ESM)

- 5 times a day: mood and well-being
- The morning questionnaire included questions about sleep and PA (for previous night or day)
- Variability in negative emotions predicts depression and GAD (Sultson et al. 2024)
- Physical activity → less likelihood of depressed mood 2h later (Li et al., 2022)
- Sleep → mood next day (Sultson et al., in preparation)



Thanks: Dept. of Chronic I

