Time Perspective Profiles

- TPs measured by the five ZTPI subscales were entered into a K-means cluster analysis set to two clusters.

Cluster 1
- n = 24
- Higher Past-Positive TP
- Lower Past-Negative, Present-Hedonism, Present-Fatalism TPs
- Suggestive of a positive and balanced TP

Cluster 2
- n = 35
- Lower Past-Positive TP
- Higher Past-Negative, Present-Hedonism, Present-Fatalism TPs
- Suggestive of a relatively negative and present focused TP

Introduction

- Individuals experiencing homelessness are tasked with navigating challenging service systems and engaging in a series of goal-directed behaviors in order to overcome barriers to housing (Cooley et al., 2015).
- Time Perspective (TP) refers to the ways in which temporal cognition is partitioned into past, present, and future, and the ways in which individuals reflect on these temporal orientations, and it may be particularly important cognitive construct in the homeless population (Gonzalez & Zimbardo, 1985; Zimbardo & Boyd, 1999).
- Five TPs have been empirically defined, and previous research has examined behavioral and psychosocial correlates of individual TPs. Among individuals experiencing homelessness, present TP was found to be associated with employment and housing seeking (Epel et al., 1999).
- Research has not yet examined the five TPs concurrently to identify distinct TP profiles in the homeless population.

Five Time Perspectives

(Gonzalez & Zimbardo, 1985; Zimbardo & Boyd, 1999)

- Past-Negative Perspective - Attitude dominated by aversive views of past, positively correlated with depression and unhappiness
- Past-Positive Perspective - Attitude dominated by pleasant views of past, negatively correlated with depression and unhappiness
- Present-Hedonistic Perspective - Attitude dominated by impulsiveness, positively correlated with pleasure and sensation-seeking behaviors
- Present-Fatalistic Perspective - Attitude dominated by helpless views of one’s present state, positively correlated with aggression, depression and anxiety
- Future Perspective - Attitude dominated by motivation and goal-directed behaviors, positively correlated with conscientiousness, negatively correlated with anxiety and sensation-seeking behaviors

Study Aims

1. Identify TP profiles across the five TPs in a sample of homeless individuals.
2. Identify psychosocial correlates of the TP profiles that may have bearing on an individual’s ability to exit homelessness, including self-efficacy for housing and employment, social support, and psychiatric symptoms.

Method

Participants
- N = 59 individuals referred to an emergency shelter

Participant Demographics (N = 59)
- Gender (%): 67.2
- Female: 52.5
- Male: 47.5
- Ethnicity (%): 69.1
- African American: 68.1
- Caucasian: 28.8
- Other ethnicity/multinetic: 5.1
- Chronically homeless (%): 40.7

Measure
- Zimbardo Time Perspective Inventory (ZTPI; Zimbardo & Boyd, 1999)
- Self-efficacy Scale (Epel et al., 1999)
- Duke Social Support Index (DSSI-10; Koenig et al., 1993)
- Behavior and Symptom Identification Scale (BASIS-24; Eisein et al., 2004)

Analysis and Results

- Results:
  - Cluster 1 had significantly higher subjective social support than Cluster 2, t(57) = 2.27, p < .05.
  - No significant differences were found between clusters for social interactions.
  - Cluster 1 had significantly higher employment self-efficacy than Cluster 2, t(57) = 2.05, p < .05.
  - No significant differences between clusters were found for housing self-efficacy.
  - Cluster 1 had significantly lower scores of depression, self-harm, and substance abuse than Cluster 2.
  - Depression, t(57) = 2.95, p < .01.
  - Self-harm, t(57) = 2.58, p < .05.
  - Substance abuse, t(57) = 2.80, p < .01.

Psychosocial Correlates

- A significant difference noted with *

Psychometric Comparisons on Psychosocial Correlates

- Figure 2: Z-scores for psychosocial measures among the two clusters. Significant difference noted with *

References


Discussion

- Two differentiated clusters were identified based on the five TPs, indicating individuals in the sample had similar patterns of scores on the ZTPI subscales.
- TPs characterized by positive thoughts about the past and low levels of hedonism and fatalism were associated with better psychosocial functioning, including higher perceived social support and employment self-efficacy, and lower psychiatric symptomatology.
- Although housing self-efficacy was not significantly different between groups, it may have been that participants perceived certain aspects of housing to be outside of their control.

Limitations

- Though these findings are correlational, they suggest that mindfulness-based interventions may be indicated for individuals experiencing homelessness, as those with negatively biased TPs may be inhibited in working toward housing and employment goals.
- Future research examining the predictive relationship of TP profiles and housing outcomes is recommended to better understand factors associated with exiting homelessness.
- Given that TP is correlated with important aspects of psychosocial functioning, future work could determine whether TP is a malleable construct that is impacted by interventions targeting adults experiencing homelessness.

Conclusion

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- Future research examining the predictive relationship of TP profiles and housing outcomes is recommended to better understand factors associated with exiting homelessness.
- Given that TP is correlated with important aspects of psychosocial functioning, future work could determine whether TP is a malleable construct that is impacted by interventions targeting adults experiencing homelessness.

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