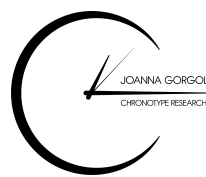


# Self-perception of evening chronotypes



UKSW

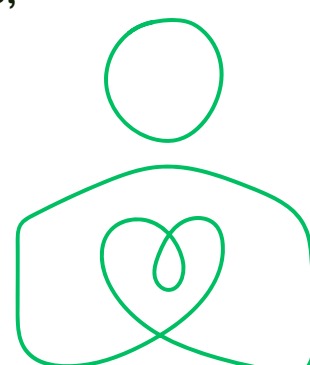
<http://joannagorgol.com>

## AIM OF THE STUDY

Whether negative, socially shared beliefs may become internalized and consolidated in negative self-perceptions among evening-types, and whether it can explain their elevated depressiveness and lower well-being.

## HYPOTHESIS

Evening-types report lower self-liking, self-competence, and well-being and higher depressive symptoms than morning-types. Self-liking and self-competence mediate the relationship between chronotype and subjective well-being and depressive symptoms.

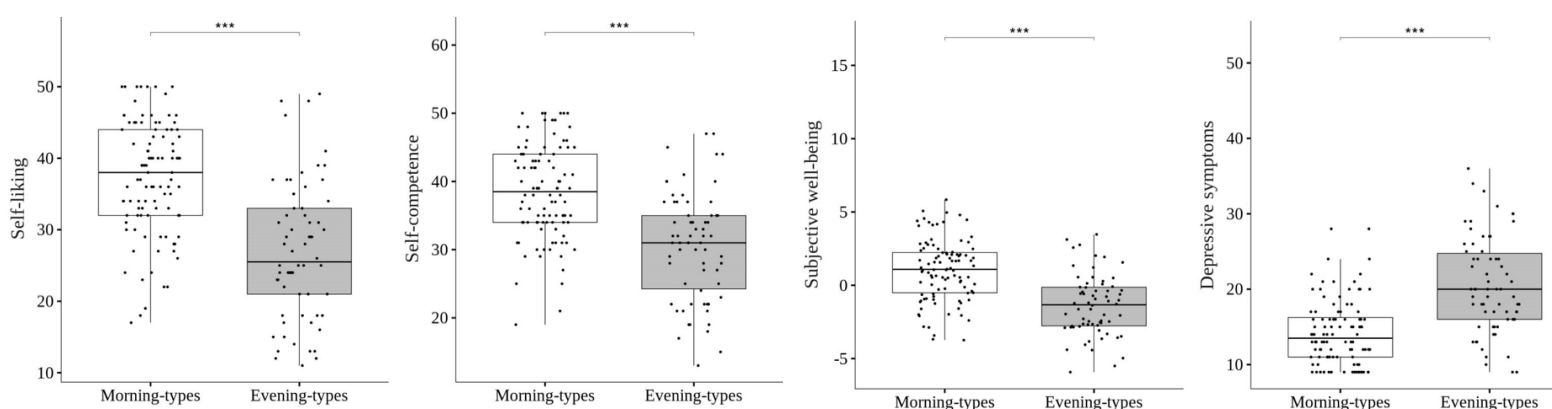


## METHODS

100 extreme morning and 66 extreme evening participants aged 18–36 years took part in the study, and completed questionnaires measuring self-liking, self-competence, life satisfaction, positive and negative affect, and depressiveness.

## RESULTS

- Evening-types scored lower in self-liking, self-competence and subjective well-being, and higher in depressive symptoms than morning-types.
- Self-liking and self-competence mediate the relationship between chronotype and well-being
- Self-liking mediate the relationship between chronotype and depressive symptoms.



## CONCLUSION

- Self-liking and self-competence are important antecedents of lower well-being and higher depressiveness reported by evening-types.
- Socially shared stereotypes of M-types and E-types can be internalized by the extreme chronotypes, which may significantly affect their psychological health.
- This study can be a starting point for social and educational programmes that would allow the overthrowing of negative stereotypes about evening-types.

## READ MORE

Gorgol., J., Stolarski, M., Nikadon, J. (2023). Why do owls have it worse? Mediating role of self-perceptions in the links between diurnal preference and features of mental health. *Journal of Sleep Research*, e14100. <https://doi.org/10.1111/jsr.14100>