

## Introduction

- Subjective well-being & self-control strongly correlate<sup>1,2</sup>
- What is the underlying etiology?
- Well-being heritable (40%) Self-control heritable (60%)<sup>3,4</sup>
- Likely that some genetic & environmental factors influencing well-being also influence self-control<sup>5</sup>

## Research Aim

The aim of this study is disentangle environmental and genetic influences on the covariation between self-control and well-being across the lifespan.



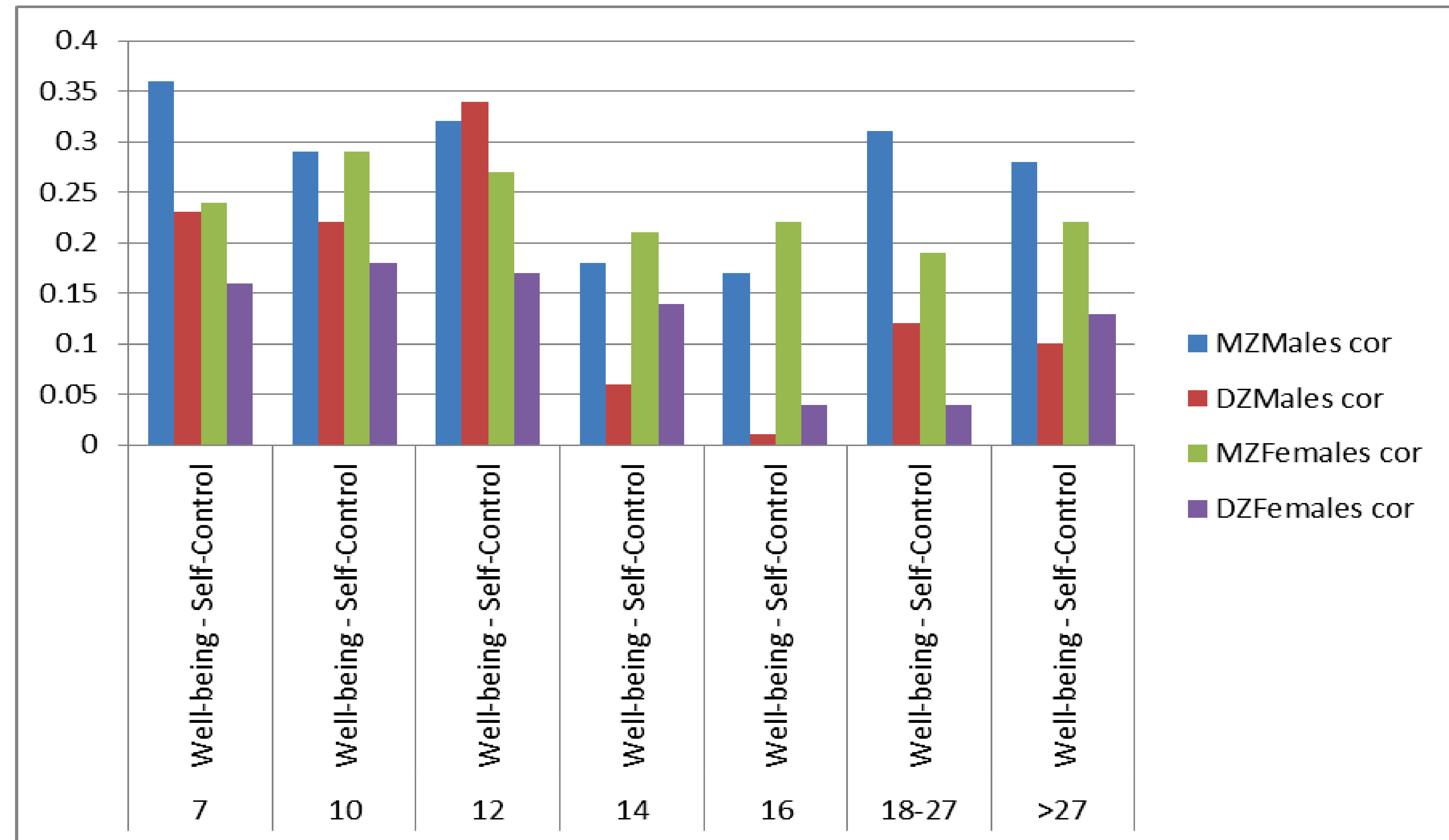
## Participants

- The Netherlands Twin Registry<sup>5,6</sup>
- Parents filled in questionnaires of their children age 7, 10, 12
- Children filled in self-reports at age 14, 16, 18
- Participants >18 self-report questionnaires every 2-3 years
- Large (N> 10.000 Twins) and population based sample

## Measures

Well-being : Cantrill Ladder, quality of life on a ten step ladder<sup>7</sup>  
 Self-Control: Self-Control Scale NTR<sup>8</sup>

## Results



## Analyses

Monozygotic twins (MZ) 100% genetically similar, Dizygotic twins (DZ) share 50% genetically material.

MZ cor > DZ cor = genetic influences  
 MZ cor < 2x DZ cor = environmental influences

Twin correlations and cross-twin cross-trait correlations were estimated using OpenMx<sup>9</sup>.

## Discussion

- Genetic, common and unique environmental influences on childhood overlap well-being and self-control
- Only genetic and unique environmental influences in adolescence and adulthood overlap on well-being and self-control
- In the future: bivariate Cholesky decomposition to quantify proportion of variance explained by genetic and environmental influences.

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