

ORAL COMMUNICATION:

THE ROLES OF EMPATHY AND HUMOR STYLES IN PSYCHOLOGICAL
WELL-BEING: HUMOR MATTERS

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ABSTRACT. Several risk factors can undermine nurses' psychological well-being. Therefore, it is indispensable to assess potential protective psychological factors that may mitigate the negative impact of the development of nursing practice. Although cognitive empathy constitutes a relevant predictor of well-being, the role of affective empathy has been found to be more inconsistent. In addition, humor, as a coping strategy, may represent a valid option to foster nurses' psychological well-being. On the basis of the above, the current research ($N = 104$) has two main goals: (1) To ascertain whether cognitive empathy is a better predictor of nurses' psychological well-being than affective empathy; and (2) to test whether humor styles predict a specific and additional percentage of the variance of nurses' psychological well-being beyond empathy. Consistent with previous studies, our results revealed that cognitive empathy was a better predictor of psychological well-being than affective empathy. Moreover, we also found that the use of benevolent humor styles predicted nurses' psychological well-being independently of empathy. In summary, our results contribute to a better understanding of the determinants of well-being, and suggest that the incorporation of humor in intervention programs aimed at reducing the negative consequences of nursing practice for psychological well-being would be desirable.

KEYWORDS: humor styles, empathy, psychological well-being, nursing.

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