Journal Website

Article history:
Received 01 November 2025
Revised 27 February 2026
Accepted 05 March 2026
Published online 01 May 2026

Iranian Journal of Neurodevelopmental Disorders

Volume 5, Issue 3, pp 1-10

Journal of Neurodevelopmental Disorder

E-ISSN: 2980-9681

Explaining Psychological Quality of Life Based on Psychological Capital and Meaning in Life with the Mediating Role of Hope

Mona. Roshani[1], Fatemeh. Kalhor[2], Leila. Mohammadzadeh Nasrabadi[3]*

[1] MA, Department of Family Counseling, NT.C., Islamic Azad University, Tehran, Iran
[2] MA, Department of General Psychology, WT.C., Islamic Azad University, Tehran, Iran
[3] MA, Department of Positive Psychology, CT.C., Islamic Azad University, Tehran, Iran

*** Corresponding author email address**: mohamadzadeh2002@gmail.com

A r t i c l e I n f o

Article type:
Original Research

How to cite this article:
Roshani, M., Kalhor, F., & Mohammadzadeh Nasrabadi, L. (2026). Explaining Psychological Quality of Life Based on Psychological Capital and Meaning in Life with the Mediating Role of Hope. *Iranian Journal of Neurodevelopmental Disorders, 5*(3), 1-10.
https://doi.org/10.61838/kman.jndd.793

A B S T R A C T

Purpose: The present study aimed to explain psychological quality of life based on psychological capital and meaning in life, with the mediating role of hope.

Methods and Materials: This study employed a descriptive-correlational design using structural equation modeling. The statistical population consisted of adults residing in Tehran, from whom 384 participants were selected through multistage cluster sampling based on G*Power estimation. Data were collected using standardized instruments including the World Health Organization Quality of Life-BREF (psychological domain), the Psychological Capital Questionnaire (Luthans et al., 2007), the Meaning in Life Questionnaire (Steger et al., 2006), and the Adult Hope Scale (Snyder et al., 1991). Data analysis was conducted using SPSS-27 and AMOS-24. Preliminary analyses included descriptive statistics and Pearson correlations, followed by structural equation modeling to test direct and indirect relationships. Model fit was evaluated using indices such as CFI, TLI, and RMSEA, and indirect effects were examined using bootstrap resampling.

Finding: The results indicated that psychological capital had a significant positive effect on hope ($\beta = 0.63$, $p < 0.001$) and psychological quality of life ($\beta = 0.29$, $p < 0.001$). Meaning in life also significantly predicted hope ($\beta = 0.41$, $p < 0.001$) and psychological quality of life ($\beta = 0.24$, $p < 0.001$). Hope had a strong positive effect on psychological quality of life ($\beta = 0.52$, $p < 0.001$). Bootstrap analysis confirmed the significance of indirect effects, indicating that hope partially mediated the relationships between psychological capital and quality of life ($\beta = 0.33$, $p < 0.001$) and between meaning in life and quality of life ($\beta = 0.21$, $p < 0.001$). The proposed model demonstrated good fit ($\chi^2/df = 2.34$, CFI = 0.95, TLI = 0.94, RMSEA = 0.059).

Conclusion: The findings suggest that psychological capital and meaning in life are significant predictors of psychological quality of life, both directly and indirectly through hope. Hope functions as a key mediating mechanism that translates psychological and existential resources into enhanced well-being.

Keywords: *Psychological quality of life, psychological capital, meaning in life, hope, structural equation modeling*

1. Introduction

Psychological quality of life has emerged as a central construct in contemporary psychological and health research, reflecting individuals' subjective evaluation of their emotional, cognitive, and functional well-being across life domains. Unlike purely objective indicators of health or socio-economic status, psychological quality of life captures the lived experience of individuals, integrating affective states, perceived competence, social functioning, and existential satisfaction. Recent empirical evidence underscores that psychological quality of life is not only an outcome variable but also a dynamic construct influenced by multiple psychological, social, and existential resources (Cho et al., 2023; McLaren et al., 2023). In diverse populations, ranging from clinical groups to general community samples, variations in quality of life have been linked to both internal psychological capacities and external contextual supports, highlighting its multidimensional and interactional nature (Cai et al., 2023; Chwaszcz et al., 2022).

Within this framework, positive psychology has contributed significantly by identifying core personal resources that enhance well-being and protect individuals against psychological distress. One of the most prominent constructs in this domain is psychological capital, which encompasses self-efficacy, hope, resilience, and optimism. Psychological capital represents a higher-order, state-like resource that can be developed and strengthened over time, making it particularly relevant for interventions aimed at improving quality of life (Meng et al., 2024; Shereda et al., 2025). Empirical studies consistently demonstrate that individuals with higher psychological capital exhibit greater adaptability, emotional regulation, and life satisfaction, which in turn contribute to enhanced psychological quality of life (Chiracu et al., 2023; Hong et al., 2022). For example, research on caregivers and clinical populations has shown that psychological capital plays a crucial role in mitigating stress and fostering well-being, even under challenging life circumstances (Parviniannasab et al., 2022; Pourshahriar et al., 2024).

In parallel, the construct of meaning in life has gained increasing attention as a fundamental dimension of human functioning. Rooted in existential and humanistic psychology, meaning in life refers to the extent to which individuals perceive their lives as purposeful, coherent, and significant. It comprises both the presence of meaning and the active search for meaning, reflecting both achieved and aspirational aspects of existential fulfillment. A growing body of literature indicates that meaning in life is strongly associated with psychological well-being, life satisfaction, and resilience, and serves as a buffer against stress and adversity (Kalaitzaki et al., 2024; Liu et al., 2024). Individuals who perceive their lives as meaningful are more likely to engage in adaptive coping strategies, maintain positive emotional states, and experience a higher quality of life across diverse contexts (Jurek et al., 2024; Weis et al., 2023).

Importantly, recent studies suggest that the relationship between meaning in life and quality of life is not merely direct but may be mediated by other psychological mechanisms. One such mechanism is psychological capital itself, as individuals with a strong sense of meaning tend to develop higher levels of optimism, resilience, and goal-directed behavior (Liu et al., 2024). This interplay highlights the complex network of relationships among psychological resources and suggests that multiple mediating pathways may operate simultaneously in shaping quality of life outcomes.

Among these mediating variables, hope has emerged as a particularly influential construct. Conceptualized as a cognitive-motivational system involving agency (goal-directed energy) and pathways (planning to achieve goals), hope plays a central role in enabling individuals to pursue valued goals and maintain psychological well-being in the face of obstacles. Empirical findings consistently indicate that hope is positively associated with quality of life and can act as a mediator in various psychological models (Choompunuch et al., 2025; Soleimani et al., 2022). For instance, studies on patients with chronic illnesses have demonstrated that hope significantly mediates the relationship between psychological distress and quality of life, suggesting that individuals with higher levels of hope are better able to maintain well-being despite adverse conditions (Chen et al., 2022; Nia et al., 2024).

The mediating role of hope is further supported by research showing that it interacts with other psychological resources, such as social support and psychological capital, to influence quality of life outcomes. For example, hope has been found to mediate the effects of social support on quality of life among stroke survivors, indicating its central role in translating external resources into internal well-being (Fong et al., 2022). Similarly, studies in organizational and educational settings suggest that hope enhances the positive effects of psychological capital on performance and well-being, reinforcing its role as a key psychological mechanism (Karim, 2025; Shereda et al., 2025).

E-ISSN: 2980-9681

Beyond individual-level factors, broader psychosocial and environmental influences also contribute to variations in psychological quality of life. Factors such as social support, cultural context, and environmental conditions have been shown to interact with psychological variables in shaping well-being outcomes (Ramli et al., 2021; Wang et al., 2021). For instance, social support has been identified as a critical mediator between stress and quality of life, highlighting the importance of relational resources in promoting psychological health (Wang et al., 2021). Similarly, cultural and community-level factors influence how individuals interpret and experience meaning in life and psychological well-being (Archuleta et al., 2025).

Recent research also emphasizes the role of psychological quality of life in various applied domains, including health, education, and organizational performance. In clinical contexts, quality of life has been linked to treatment outcomes, adaptation to illness, and overall recovery processes (Diniz et al., 2022; Zou et al., 2022). In organizational settings, it has been conceptualized as a form of intangible capital that contributes to leadership effectiveness and employee performance (Karim, 2025). These findings underscore the practical significance of understanding the determinants of psychological quality of life and identifying pathways through which it can be enhanced.

Despite the growing body of literature, there remain important gaps in our understanding of how psychological capital, meaning in life, and hope interact to influence psychological quality of life. While previous studies have examined these variables individually or in partial models, few have integrated them into a comprehensive framework that captures both direct and indirect relationships. Moreover, the majority of existing research has been conducted in specific populations, such as patients or occupational groups, limiting the generalizability of findings to broader community samples (Saavedra et al., 2023; Saffari et al., 2023). There is therefore a need for studies that examine these relationships in general populations using robust analytical approaches such as structural equation modeling.

Furthermore, recent evidence suggests that psychological processes underlying quality of life may differ across cultural contexts, highlighting the importance of conducting research in diverse settings. For example, studies conducted in Asian and Middle Eastern populations have demonstrated unique patterns of relationships among psychological variables, influenced by cultural values, religious beliefs, and social norms (Karimi et al., 2025; Salehi et al., 2022). These findings underscore the necessity of context-specific research to better understand the mechanisms that contribute to psychological well-being.

In addition, emerging research highlights the dynamic and reciprocal nature of relationships among psychological variables, suggesting that constructs such as psychological capital, meaning in life, and hope may influence each other over time. Longitudinal and cross-sectional studies alike indicate that these variables are interconnected in complex ways, with potential feedback loops that reinforce or attenuate their effects on quality of life (Meng et al., 2024; Yeo et al., 2021). Understanding these interactions is essential for developing effective interventions aimed at enhancing psychological well-being.

Taken together, the existing literature points to the importance of integrating multiple psychological constructs within a unified theoretical framework to better explain variations in psychological quality of life. Psychological capital provides the foundational resources for coping and adaptation, meaning in life offers a sense of purpose and direction, and hope serves as a motivational mechanism that links these constructs to well-being outcomes. Examining the interplay among these variables can provide valuable insights into the processes that underlie psychological health and inform the development of targeted interventions.

Therefore, the present study aims to explain psychological quality of life based on psychological capital and meaning in life, with the mediating role of hope.

2. Methods and Materials

2.1. Study Design and Participants

The present study was conducted using a descriptive-correlational design with a structural equation modeling approach. The statistical population consisted of adults residing in Tehran in 2025. Based on a priori sample size estimation using G*Power software (with a medium effect size of 0.30, power of 0.95, and alpha level of 0.05), and considering the requirements of structural equation modeling, a total of 384 participants were selected. Sampling was carried out using a multistage cluster sampling method from different districts of Tehran to ensure adequate representation of the population. Inclusion criteria included being between 18 and 60 years of age, having at least a secondary school education, and willingness to participate in the study. Participants completed the questionnaires

E-ISSN: 2980-9681

voluntarily after being informed about the purpose of the research and ensuring confidentiality of their responses.

2.2. Measures

Psychological quality of life was assessed using the World Health Organization Quality of Life-BREF scale, developed by the World Health Organization in 1996. This instrument consists of 26 items that measure four domains: physical health, psychological health, social relationships, and environmental health. For the purposes of this study, the psychological health domain, which includes items related to positive feelings, self-esteem, thinking, learning, memory, and concentration, was emphasized. Items are rated on a 5-point Likert scale ranging from 1 (very poor) to 5 (very good), with higher scores indicating better perceived quality of life. The WHOQOL-BREF has been widely used in cross-cultural research, and its psychometric properties, including construct validity and internal consistency reliability, have been confirmed in numerous previous studies across different populations.

Psychological capital was measured using the Psychological Capital Questionnaire developed by Luthans, Youssef, and Avolio in 2007. This standardized instrument consists of 24 items divided into four subscales: self-efficacy, hope, resilience, and optimism, with each subscale containing 6 items. Respondents rate each item on a 6-point Likert scale ranging from 1 (strongly disagree) to 6 (strongly agree). Higher scores reflect higher levels of psychological capital. The PCQ is grounded in positive organizational behavior theory and has demonstrated strong factorial validity and high internal consistency coefficients in prior research. Numerous studies have confirmed its reliability and validity in both organizational and general population samples.

Meaning in life was assessed using the Meaning in Life Questionnaire developed by Steger, Frazier, Oishi, and Kaler in 2006. This instrument includes 10 items divided into two subscales: presence of meaning (5 items) and search for meaning (5 items). Items are rated on a 7-point Likert scale ranging from 1 (absolutely untrue) to 7 (absolutely true). Higher scores indicate greater perceived meaning in life or stronger motivation to search for meaning. The MLQ has been widely validated across diverse cultural contexts, and previous studies have reported satisfactory levels of construct validity, convergent validity, and internal consistency reliability.

Hope was measured using the Adult Hope Scale developed by Snyder et al. in 1991. This scale consists of 12 items, including 4 items measuring agency (goal-directed energy), 4 items measuring pathways (planning to meet goals), and 4 filler items. Participants respond using an 8-point Likert scale ranging from 1 (definitely false) to 8 (definitely true). Higher scores indicate higher levels of hope. The Adult Hope Scale is one of the most widely used measures of hope in psychological research and has demonstrated strong psychometric properties, including good internal consistency and construct validity, in various populations and cultural settings.

2.3. Data Analysis

Data were analyzed using SPSS version 27 and AMOS version 24 software. Initially, descriptive statistics including means, standard deviations, skewness, and kurtosis were calculated to examine the distribution of variables. Assumptions of normality, linearity, and absence of multicollinearity were evaluated prior to inferential analyses. Pearson correlation coefficients were computed to assess the relationships among psychological capital, meaning in life, hope, and psychological quality of life. To test the hypothesized mediating role of hope, structural equation modeling was employed. Model fit was evaluated using multiple fit indices including the chi-square to degrees of freedom ratio, Comparative Fit Index (CFI), Tucker–Lewis Index (TLI), and Root Mean Square Error of Approximation (RMSEA). The significance of indirect effects was examined using the bootstrap method with 5000 resamples, providing bias-corrected confidence intervals to determine the mediating effects.

3. Findings and Results

The sample consisted of 384 participants from Tehran, of whom 198 (51.56%) were female and 186 (48.44%) were male. The age of participants ranged from 18 to 60 years, with a mean age of 32.74 years (SD = 9.21). In terms of educational level, 82 participants (21.35%) held a high school diploma, 146 (38.02%) had a bachelor's degree, 112 (29.17%) had a master's degree, and 44 (11.46%) had a doctoral degree. Regarding marital status, 224 participants (58.33%) were married and 160 (41.67%) were single. Preliminary screening of the data indicated no missing values, and all variables met the assumptions of normality based on acceptable skewness and kurtosis values (within ±2).

E-ISSN: 2980-9681

Table 1

Descriptive Statistics of Main Research Variables

Variable	Mean	SD	Skewness	Kurtosis
Psychological Quality of Life	3.84	0.62	-0.48	-0.36
Psychological Capital	4.21	0.58	-0.52	-0.41
Meaning in Life	4.89	0.73	-0.37	-0.28
Hope	5.12	0.69	-0.44	-0.33

As presented in Table 1, the mean score for psychological quality of life was 3.84 (SD = 0.62), indicating a moderately high level among participants. Psychological capital had a mean of 4.21 (SD = 0.58), suggesting that individuals reported relatively strong positive psychological resources. The mean score for meaning in life was 4.89 (SD = 0.73), reflecting a favorable level of perceived meaning. Hope demonstrated the highest mean score among the variables (M = 5.12, SD = 0.69), indicating a generally high level of goal-directed thinking and motivation. Skewness and kurtosis values for all variables fell within acceptable ranges, confirming the normal distribution of the data and supporting the use of parametric statistical analyses.

Table 2

Pearson Correlation Matrix Among Study Variables

Variable	1	2	3	4
1. Psychological Quality of Life	1			
2. Psychological Capital	0.62**	1		
3. Meaning in Life	0.58**	0.54**	1	
4. Hope	0.65**	0.71**	0.63**	1

**p < 0.01.

The results of the Pearson correlation analysis presented in Table 2 indicate that all main variables were positively and significantly correlated with each other at the 0.01 significance level. Psychological capital showed a strong positive correlation with psychological quality of life ($r = 0.62$, $p < 0.01$), suggesting that individuals with higher psychological capital tend to report better psychological well-being. Meaning in life was also significantly correlated with psychological quality of life ($r = 0.58$, $p < 0.01$), indicating that a stronger sense of meaning is associated with improved psychological functioning. Hope demonstrated the strongest correlation with psychological quality of life ($r = 0.65$, $p < 0.01$), highlighting its central role in enhancing well-being. Additionally, psychological capital was strongly associated with hope ($r = 0.71$, $p < 0.01$), and meaning in life was moderately correlated with both psychological capital ($r = 0.54$, $p < 0.01$) and hope ($r = 0.63$, $p < 0.01$), supporting the conceptual relationships among these constructs.

Table 3

Structural Equation Modeling Results and Direct Effects

Path	β	SE	CR	p
Psychological Capital → Hope	0.63	0.05	12.60	<0.001
Meaning in Life → Hope	0.41	0.06	6.83	<0.001
Hope → Psychological Quality of Life	0.52	0.07	7.43	<0.001
Psychological Capital → Quality of Life	0.29	0.06	4.83	<0.001
Meaning in Life → Quality of Life	0.24	0.05	4.20	<0.001

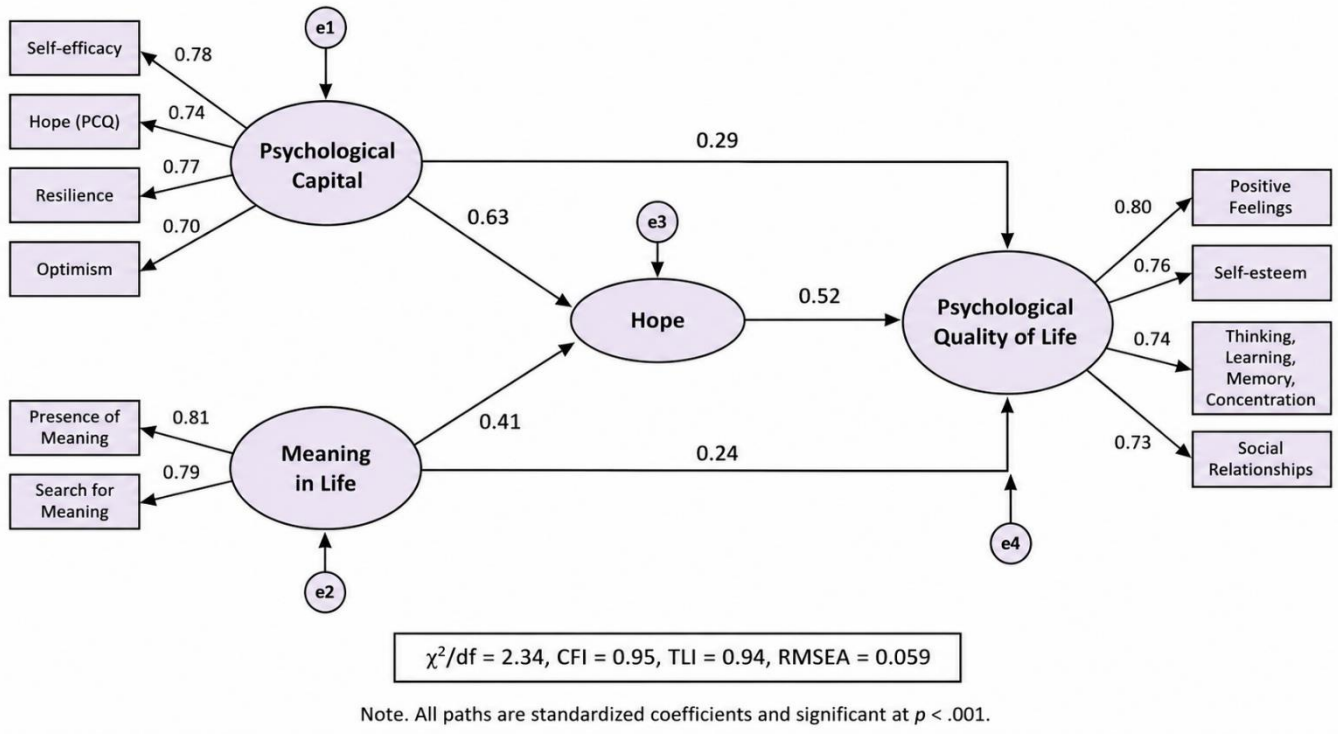
The structural equation modeling results presented in Table 3 indicate that all hypothesized direct paths were statistically significant. Psychological capital had a strong positive effect on hope ($\beta = 0.63$, $p < 0.001$), while meaning in life also significantly predicted hope ($\beta = 0.41$, $p < 0.001$). Hope, in turn, had a substantial positive effect on psychological quality of life ($\beta = 0.52$, $p < 0.001$), confirming its central mediating role. Additionally, both

E-ISSN: 2980-9681

psychological capital (β = 0.29, p < 0.001) and meaning in life (β = 0.24, p < 0.001) had significant direct effects on psychological quality of life, indicating partial mediation. The critical ratio (CR) values for all paths exceeded 1.96, further confirming their statistical significance.

Figure 1

Final Structural Model of Psychological Quality of Life Based on Psychological Capital and Meaning in Life with the Mediating Role of Hope



Note. All paths are standardized coefficients and significant at $p < .001$.

The overall model fit indices indicated a good fit between the proposed model and the observed data ($\chi^2/df = 2.34$, CFI = 0.95, TLI = 0.94, RMSEA = 0.059). These indices fall within the recommended thresholds, suggesting that the hypothesized structural model adequately represents the relationships among variables. Furthermore, bootstrap analysis with 5000 resamples confirmed the significance of indirect effects. The indirect effect of psychological capital on psychological quality of life through hope was significant (β = 0.33, p < 0.001), as was the indirect effect of meaning in life through hope (β = 0.21, p < 0.001). These findings demonstrate that hope serves as a meaningful mediator in the relationship between both psychological capital and meaning in life with psychological quality of life. Overall, the model explains a substantial proportion of the variance in psychological quality of life, indicating strong explanatory power of the proposed framework.

4. Discussion and Conclusion

The present study aimed to explain psychological quality of life based on psychological capital and meaning in life, with the mediating role of hope. The findings demonstrated that psychological capital and meaning in life were both positively and significantly associated with psychological quality of life, and that hope played a substantial mediating role in these relationships. More specifically, psychological capital exerted both direct and indirect effects on psychological quality of life through hope, while meaning in life also contributed to quality of life both directly and indirectly via hope. These findings collectively indicate that psychological quality of life is shaped by a network of interrelated psychological resources, rather than by isolated factors.

The positive association between psychological capital and psychological quality of life observed in this study is consistent with a large body of prior research emphasizing

E-ISSN: 2980-9681

the importance of positive psychological resources in promoting well-being. Psychological capital, as a composite construct encompassing self-efficacy, resilience, optimism, and hope, provides individuals with the cognitive and emotional tools necessary to cope with stressors and maintain adaptive functioning. Previous studies have shown that individuals with higher levels of psychological capital report better well-being and life satisfaction across diverse contexts, including caregiving, organizational environments, and clinical populations (Chiracu et al., 2023; Meng et al., 2024). The present findings extend this line of research by demonstrating that psychological capital is not only directly associated with psychological quality of life but also indirectly influences it through hope, highlighting its multifaceted role in shaping well-being outcomes.

The significant relationship between meaning in life and psychological quality of life further underscores the importance of existential factors in psychological functioning. Individuals who perceive their lives as meaningful are more likely to experience positive emotions, greater life satisfaction, and enhanced psychological resilience. This finding aligns with previous research indicating that meaning in life serves as a fundamental psychological resource that supports well-being and buffers against distress (Kalaitzaki et al., 2024; Liu et al., 2024). Moreover, the present study demonstrates that meaning in life not only has a direct impact on psychological quality of life but also contributes indirectly through its influence on hope. This suggests that individuals who experience a strong sense of meaning are more likely to develop hopeful thinking patterns, which in turn enhance their overall quality of life.

One of the most important findings of the study is the mediating role of hope in the relationship between psychological capital, meaning in life, and psychological quality of life. Hope, conceptualized as a cognitive-motivational construct involving goal-directed energy and pathways thinking, appears to function as a key mechanism through which psychological resources are translated into well-being outcomes. The significant effect of psychological capital on hope observed in this study is consistent with theoretical models suggesting that components of psychological capital, particularly optimism and self-efficacy, contribute to the development of hopeful thinking. Empirical evidence supports this relationship, indicating that individuals with higher psychological capital are more likely to set meaningful goals, generate alternative pathways, and sustain motivation in the face of obstacles (Parviniannasab et al., 2022; Shereda et al., 2025).

Similarly, the finding that meaning in life significantly predicts hope is in line with previous research highlighting the role of existential meaning in fostering goal-directed behavior and psychological motivation. When individuals perceive their lives as meaningful, they are more likely to invest effort in pursuing valued goals and to maintain a sense of agency and direction, which are central components of hope (Liu et al., 2024). This relationship has been observed in various populations, including individuals facing health challenges, where meaning in life has been shown to enhance hope and, consequently, quality of life (Nia et al., 2024).

The strong positive effect of hope on psychological quality of life found in this study further confirms its central role in promoting well-being. Hope enables individuals to navigate challenges, maintain positive expectations, and sustain engagement with life goals, all of which contribute to enhanced psychological functioning. This finding is consistent with numerous studies demonstrating that hope is a significant predictor of quality of life across different contexts, including older adults, patients with chronic illnesses, and individuals experiencing psychological distress (Choompunuch et al., 2025; Soleimani et al., 2022). Moreover, the mediating role of hope observed in the present study aligns with prior research indicating that hope serves as a bridge between psychological resources and well-being outcomes, translating internal capacities into tangible improvements in quality of life (Chen et al., 2022; Fong et al., 2022).

The results also revealed that the mediation of hope is partial rather than full, as both psychological capital and meaning in life retained significant direct effects on psychological quality of life even after accounting for the mediating role of hope. This suggests that while hope is a critical mechanism, other pathways may also contribute to the relationship between these variables. For instance, psychological capital may influence quality of life through enhanced coping strategies, emotional regulation, and social functioning, independent of hope (Hong et al., 2022; Pourshahriar et al., 2024). Similarly, meaning in life may directly enhance psychological quality of life by providing a sense of coherence and purpose, which contributes to emotional stability and life satisfaction.

The findings of this study are also consistent with broader research on the determinants of quality of life, which emphasizes the interplay of psychological, social, and

E-ISSN: 2980-9681

contextual factors. Previous studies have identified variables such as social support, coping strategies, and environmental conditions as important contributors to quality of life (Ramli et al., 2021; Wang et al., 2021). Although these variables were not directly examined in the present study, the observed relationships among psychological capital, meaning in life, and hope suggest that internal psychological resources play a foundational role in shaping individuals' experiences of well-being. This is particularly important in light of evidence indicating that psychological resources can buffer the negative effects of stress and adversity on quality of life (Chwaszcz et al., 2022; Jurek et al., 2024).

Furthermore, the findings contribute to the growing literature on the role of positive psychology constructs in enhancing well-being. By integrating psychological capital, meaning in life, and hope into a single model, the study provides a more comprehensive understanding of the mechanisms underlying psychological quality of life. This integrative approach is supported by recent research emphasizing the importance of examining multiple psychological constructs simultaneously to capture the complexity of human functioning (Saavedra et al., 2023; Weis et al., 2023). The results also highlight the potential for interventions targeting these constructs to improve psychological quality of life in diverse populations.

From a theoretical perspective, the findings support models of well-being that emphasize the role of cognitive and motivational processes in shaping psychological outcomes. Psychological capital provides the foundational resources for adaptive functioning, meaning in life offers a sense of purpose and direction, and hope serves as the mechanism through which these resources are activated and translated into well-being. This conceptualization is consistent with contemporary theories in positive psychology and underscores the importance of integrating multiple levels of analysis in the study of psychological quality of life (Karim, 2025; Karimi et al., 2025).

In addition, the results have important implications for understanding quality of life in different populations. Previous research has demonstrated that quality of life is influenced by a wide range of factors, including health status, socio-economic conditions, and cultural context (Cho et al., 2023; McLaren et al., 2023). The present study adds to this body of knowledge by highlighting the role of internal psychological resources, suggesting that interventions aimed at enhancing psychological capital, fostering meaning in life, and promoting hope may be effective in improving quality of life regardless of external circumstances.

Despite its contributions, the study should be interpreted in light of certain limitations. The cross-sectional design precludes causal inferences, and future longitudinal studies are needed to examine the directionality of the relationships among variables. Additionally, the use of self-report measures may introduce response biases, such as social desirability or common method variance. The sample, although relatively large, was limited to individuals from Tehran, which may restrict the generalizability of the findings to other cultural or geographical contexts. Furthermore, the study did not include other potentially relevant variables, such as social support or personality traits, which could provide a more comprehensive understanding of psychological quality of life.

Future research should address these limitations by employing longitudinal and experimental designs to examine causal relationships among psychological capital, meaning in life, hope, and quality of life. Expanding the sample to include diverse populations from different cultural and socio-economic backgrounds would enhance the generalizability of the findings. Additionally, future studies could incorporate additional variables, such as social support, coping strategies, and personality traits, to develop more comprehensive models of psychological quality of life. Investigating potential moderating effects, such as gender or age differences, could also provide valuable insights into the conditions under which these relationships are strengthened or weakened.

From a practical perspective, the findings of this study highlight the importance of developing interventions aimed at enhancing psychological capital, fostering a sense of meaning in life, and promoting hope. Programs designed to strengthen self-efficacy, resilience, optimism, and goal-directed thinking may have a significant impact on individuals' psychological quality of life. Educational, clinical, and organizational settings can benefit from incorporating these elements into their practices to support individuals' well-being. By focusing on the development of internal psychological resources, practitioners can help individuals build the capacity to navigate challenges, pursue meaningful goals, and maintain a high quality of life.

Authors' Contributions

All authors significantly contributed to this study.

Declaration

E-ISSN: 2980-9681

In order to correct and improve the academic writing of our paper, we have used the language model ChatGPT.

Transparency Statement

Data are available for research purposes upon reasonable request to the corresponding author.

Acknowledgments

We hereby thank all individuals for participating and cooperating us in this study.

Declaration of Interest

The authors report no conflict of interest.

Funding

According to the authors, this article has no financial support.

Ethical Considerations

In this study, to observe ethical considerations, participants were informed about the goals and importance of the research before the start of the study and participated in the research with informed consent.

References

Archuleta, A. J., Prost, S. G., & Dajani, M. A. (2025). Quality of Life Among Latino/a Adults: Examining the Serial Mediation of Network Acculturation, Psychological Acculturation, Social Capital, and Helping-Seeking. *Behavioral Sciences*, *15*(3), 388. https://doi.org/10.3390/bs15030388

Cai, L., He, J., Wu, Y., & Jia, X. (2023). The Relationship Between Big Five Personality and Quality of Life of People With Disabilities: The Mediating Effect of Social Support. *Frontiers in psychology*, *13*. https://doi.org/10.3389/fpsyg.2022.1061455

Chen, N.-Y., Chen, K. H., Wang, Y., Tsai, H. H., Lee, W. C., & Weng, L. C. (2022). The Impact of Symptom Distress on Health-Related Quality of Life in Liver Cancer Patients Receiving Arterial Chemoembolization: The Mediating Role of Hope. *BMC Gastroenterology*, *22*(1). https://doi.org/10.1186/s12876-022-02529-x

Chiracu, A., Cosma, G., Stepan, A.-R., Cosma, M., Corlaci, I., Călugăru, E. D. C., Voinea, F., Zăvăleanu, M., Burileanu, H. A., & Avramescu, T. E. (2023). Psychological Capital, Quality of Life, and Well-Being in Mother Caregivers of Individuals With Down Syndrome. *Frontiers in psychology*, *14*. https://doi.org/10.3389/fpsyg.2023.1145104

Cho, H. J., Kang, K., & Park, K.-Y. (2023). Health-Related Quality of Life of Migrant Workers: A Systematic Literature Review. *BMC public health*, *23*(1). https://doi.org/10.1186/s12889-023-15981-5

Choompunuch, B., Wuttaphan, N., & Suk-erb, W. (2025). Hope and Loneliness as Predictors of Quality of Life Among Rural Older Adults in Thailand: A Cross-Sectional Study. *International journal of environmental research and public health*, *22*(8), 1189. https://doi.org/10.3390/ijerph22081189

Chwaszcz, J., Wiechetek, M., Bartczuk, R., Niewiadomska, I., & Wośko, P. (2022). Determinants of Quality of Life in the COVID-19 Pandemic Situation Among Persons Using Psychological Help at Various Stages of the Pandemic. *International journal of environmental research and public health*, *19*(10), 6023. https://doi.org/10.3390/ijerph19106023

Diniz, I. V., Silva, I. P. d., Silva, R. A., José Cláudio Garcia Lira, N., Nascimento, J. A. d., Costa, I. K. F., Ana Elza Oliveira de, M., Simone Helena dos Santos, O., & Maria Júlia Guimarães Oliveira, S. (2022). Effects of the Quality of Life on the Adaptation of People With an Intestinal Stoma. *Clinical Nursing Research*, *32*(3), 527-538. https://doi.org/10.1177/10547738211067006

Fong, T. C. T., Lo, T. L. T., & Ho, R. (2022). Indirect Effects of Social Support and Hope on Quality of Life via Emotional Distress Among Stroke Survivors: A Three-Wave Structural Equation Model. *Frontiers in Psychiatry*, *13*. https://doi.org/10.3389/fpsyt.2022.919078

Hong, Y., Zhao, J., Jian, Y., & Wang, H.-H. (2022). Quality of Life and Emergency Preparedness of MHO Staff: Role of Psychological Capital and Perceived Organizational Support. *Journal of Health Organization and Management*, *36*(7), 875-891. https://doi.org/10.1108/jhom-05-2022-0130

Jurek, K., Niewiadomska, I., & Chwaszcz, J. (2024). The Effect of Received Social Support on Preferred Coping Strategies and Perceived Quality of Life in Adolescents During the Covid-19 Pandemic. *Scientific reports*, *14*(1). https://doi.org/10.1038/s41598-024-73103-6

Kalaitzaki, A., Vozikaki, M., & Werner, P. (2024). Do Social and Psychological Resources Mitigate the Effects of Self-Perceived Negative and Positive Ageism on Older Adults' Quality of Life? https://doi.org/10.21203/rs.3.rs-5342214/v1

Karim, A. (2025). Exploring the Role of Quality of Life as Intangible Capital in Shaping the Administrative Performance of University Leaders. https://doi.org/10.21203/rs.3.rs-7164191/v1

Karimi, A., Mazhari, S. A., Mohammadi, E., Üyesi, Ö., Kalantari, S., Taebi, M., Hamidi, F., & Farhadi, B. (2025). Relationship Between Quality of Life and Suicide Risk in Iranian Cancer Patients: The Mediating Role of Religious Coping. *Asian Pacific Journal of Cancer Prevention*, *26*(7), 2601-2606. https://doi.org/10.31557/apjcp.2025.26.7.2601

Liu, Q., Chang, R., Fang, S., & Peng, J. (2024). Chain Mediating Role of Moral Values Identification and Positive Psychological Capital in the Relationship Between Meaning in Life and Crisis Vulnerability. *Medicine*, *103*(39), e39781. https://doi.org/10.1097/md.0000000000039781

McLaren, H., Jones, M., & Patmisari, E. (2023). Multicultural Quality of Life: Experiences of a South Australian Muslim Community Amid the COVID-19 Pandemic. *Indonesian Journal of Islam and Muslim Societies*, *13*(1), 57-84. https://doi.org/10.18326/ijims.v13i1.57-84

Meng, L. J., Gao, C., Wang, H.-C., Yasin, R., Huang, R., Zhao, Y., Ma, X., & Wen, Y. (2024). Positive Psychological Capital, Post-Traumatic Growth, Social Support, and Quality of Life in Patients With Systemic Lupus Erythematosus: A Cross-Sectional Study. *Lupus*, *33*(5), 470-480. https://doi.org/10.1177/09612033241238051

Nia, H. S., Lehto, R. H., Farhadi, B., She, L., Goudarzian, A. H., Fomani, F. K., & Mohamadinezhad, M. (2024). The Relationship Between Religious Well-Being, Existential

E-ISSN: 2980-9681

Well-Being, Fear of Progression and Quality of Life in Patients With Cancer: The Mediating Role of Hope. *Asian Pacific Journal of Cancer Prevention*, *25*(3), 1087-1096. https://doi.org/10.31557/apjcp.2024.25.3.1087

Parviniannasab, A. M., Bijani, M., & Dehghani, A. (2022). The Mediating Role of Psychological Capital in Relations Between Spiritual Well-Being and Mental Health Among Nursing Students. *BMC psychology*, *10*(1). https://doi.org/10.1186/s40359-022-00935-0

Pourshahriar, H., Khalili, B., Shokri, O., & Fatehi, F. (2024). The Assessment of the Perceived Stress and the Quality of Life in the Patients With Myasthenia Gravis: the Mediating Role of the Psychological Capital and Social Support. *Current Journal of Neurology*. https://doi.org/10.18502/cjn.v23i2.16841

Ramli, A., Zain, R. M., Zain, M. Z. M., & Rahman, A. A. A. (2021). Environmental Factors and Academic Performance: The Mediating Effect of Quality of Life. 2082-2105. https://doi.org/10.1007/978-3-030-69221-6_150

Saavedra, J., Brzeska, J., Matías-García, J. A., & Sánchez, S. Á. (2023). Quality of Life and Psychiatric Distress in People With Serious Mental Illness, the Role of Personal Recovery. *Psychology and Psychotherapy Theory Research and Practice*, *96*(2), 525-541. https://doi.org/10.1111/papt.12451

Saffari, M., Chang, K. C., Chen, J. S., Potenza, M. N., Yen, C. F., Chang, C.-W., Huang, P. C., Tsai, H. C., & Lin, C. Y. (2023). Sleep Quality and Self-Stigma Mediate the Association Between Problematic Use of Social Media and Quality of Life Among People With Schizophrenia in Taiwan: A Longitudinal Study. *Psychiatry Investigation*, *20*(11), 1034-1044. https://doi.org/10.30773/pi.2023.0169

Salehi, N., Afrashteh, M. Y., Majzoobi, M. R., Ziapour, A., Janjani, P., & Karami, S. (2022). Mediating Role of Pain Self-Efficacy in the Relationship Between Sense of Coherence, Spiritual Well-Being and Self-Compassion With Quality of Life in Iranian Elderly With Cardiovascular Disease. https://doi.org/10.21203/rs.3.rs-2312272/v1

Shereda, H. M. A., Alhazmi, R., Kasemy, Z. A., Dawood, E., Singh, E. S. J., Alkhalaf, I., Alshehri, B., & Alanazi, T. D. M. (2025). Life Satisfaction and Psychological Wellbeing Among Medical Students: The Mediating Role of Psychological Capital. *Frontiers in psychology*, *16*. https://doi.org/10.3389/fpsyg.2025.1614803

Soleimani, M. A., Zarabadi-Pour, S., Chan, Y. H., Allen, K. A., & Shamsizadeh, M. (2022). Factors Associated With Hope and Quality of Life in Patients With Coronary Artery Disease. *Journal of Nursing Research*, *30*(2), e200. https://doi.org/10.1097/jnr.0000000000000476

Wang, C., Lin, S., Ma, Y., & Wang, Y. (2021). The Mediating Effect of Social Support on the Relationship Between Perceived Stress and Quality of Life Among Shidu Parents in China. *Health and Quality of Life Outcomes*, *19*(1). https://doi.org/10.1186/s12955-021-01726-8

Weis, J., Wecker, H., Arnold, A., Schuster, B., Ziehfreund, S., Tizek, L., Mittag, S., Biedermann, T., & Zink, A. (2023). Happiness Behind the Scenes: Associations Between Heuristic Happiness and Related Dimensions in Skin Diseases. *Acta dermato-venereologica*, *103*, adv5284. https://doi.org/10.2340/actadv.v103.5284

Yeo, J. J., Chew, Q. H., & Sim, K. (2021). Resilience and Its Inter-relationship With Symptomatology, Illness Course, Psychosocial Functioning, and Mediational Roles in Schizophrenia: A Systematic Review. *Asia-Pacific Psychiatry*, *14*(2). https://doi.org/10.1111/appy.12486

Zou, Y., Qiu, Y., Guan, B., Fu, X., Wang, J., & Li, Y. (2022). Survey on Mental Health Status and Quality of Life and Correlation Among Patients With Permanent Stoma of Colorectal Tumor. *Computational and Mathematical Methods in Medicine*, *2022*, 1-6. https://doi.org/10.1155/2022/5792312

E-ISSN: 2980-9681