

# Do self-belief and resilience matter for quality of life in adults with coordination difficulties?

*How self-belief and resilience connect to wellbeing in people with coordination difficulties*

Nikolas Tooley & Shahin Rahimi-Golkhandan | La Trobe University, Australia

## Why does this research matter to the DCD community?

Adults who find movement and coordination difficult often report lower quality of life and life satisfaction. But we do not fully understand **why** this happens. Could psychological strengths like believing in yourself (self-efficacy) and bouncing back from setbacks (resilience) play a role in quality of life and life satisfaction? If so, building these strengths could be a practical way to support wellbeing.

## What did we do?

87 adults (aged 18 to 66) chose to take part in online questionnaires. We measured their coordination abilities, belief in their ability to succeed and ability to recover from difficulties, life satisfaction, and quality of life. We then tested whether self-belief and resilience helped explain the link between coordination difficulties and wellbeing.

### What did we find?

- **Coordination difficulties are linked to lower wellbeing:** Adults with greater coordination difficulties reported lower quality of life and, to a lesser extent, lower life satisfaction.
- **Self-belief and resilience matter:** Both self-belief and resilience helped explain this connection. Coordination difficulties were associated with lower self-belief and resilience, which in turn were associated with lower quality of life. This suggests that self-belief and resilience may act as a link in the chain between coordination difficulties and quality of life.
- **Life satisfaction was different:** Self-belief and resilience did not explain the link between coordination difficulties and life satisfaction. Other factors, such as social connections and life circumstances, may play a larger role here.

## What does this mean for the DCD community?

These results suggest that the way coordination difficulties affect quality of life is partly through their impact on a person's self-belief and ability to bounce back from challenges. This is encouraging because self-belief and resilience are things that can be strengthened. Activities that help adults build confidence and develop coping strategies could make a meaningful difference to the quality of life of people who experience coordination difficulties.

### Key terms

**Self-belief** = believing you can handle challenges and achieve your everyday goals. **Resilience** = the ability to bounce back and recover after difficult experiences. **Quality of life** = overall satisfaction with physical, mental, and social aspects of life. **Life satisfaction** = how positively you feel about your life overall, based on your own values and expectations.

*This study has not yet been published as a journal article, so the findings and interpretation may be updated in the future.*

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