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Emanuele Maria Merlo

Editor-in-Chief

Mediterranean Journal of Clinical Psychology

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Dear Dr. Merlo,

We are pleased to submit our manuscript, "The Role of Family Bonds in Nurturing Psychological Resilience in Older Adults: In Family, You Find the Support and Strength to Endure and Thrive," for consideration for publication in the Mediterranean Journal of Clinical Psychology.

This study is part of Joana's post-doctoral internship project, "Psychological Resilience of Older People: Expression and Experience in the Face of Challenges," and aims to address significant gaps in our understanding of psychological resilience among older adults. We conducted this research with a representative sample of Lithuanian adults, finding that older individuals exhibit lower levels of resilience than younger age groups. Additionally, we found a strong positive correlation between psychological resilience and satisfaction with personal relationships, underscoring the role that social, and particularly familial, bonds play in the well-being of older adults. The qualitative interviews with participants illuminate the critical importance of these familial ties from older adults' perspectives—an angle that has not been thoroughly examined in prior research.

We believe our findings will contribute meaningfully to the journal's aim of advancing therapeutic techniques and understanding in health psychology and resilience. As families are often the primary support system for older adults, understanding their role in fostering resilience is vital for developing

effective psychological support and preventative strategies against conditions such as anxiety, depression, and suicidality. Furthermore, our research highlights the family's role as a bridge between older adults and professionals, facilitating more effective communication and support.

Author Contributions

Joana Butėnaitė-Switkiewicz (Postdoc Intern): Responsible for data collection, analysis, interpretation of results, and initial draft manuscript preparation.

Irena Žemaitaitė (Supervisor): Provided guidance, consistent feedback, and assistance in data analysis, interpretation, and manuscript preparation.

Both authors reviewed and approved the final manuscript.

Thank you for considering our manuscript. We believe it aligns well with the interests of your readership and will have a significant impact on the understanding of psychological health among older adults.

Sincerely,

Joana Butėnaitė-Switkiewicz, PhD

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