Abstract
This research examines the incremental validity of irrational thinking as conceptualized by Albert Ellis to predict diverse aspects of subjective well-being while controlling for the influence of personality factors. Rational-emotive behavior therapy (REBT) argues that irrational beliefs result in maladaptive emotions leading to reduced well-being. Although there is some early scientific evidence for this relation, it has never been investigated whether this connection would still persist when statistically controlling for the Big Five personality factors, which were consistently found to be important determinants of well-being. Regression analyses revealed significant incremental validity of irrationality over personality factors when predicting life satisfaction, but not when predicting subjective happiness. Results are discussed with respect to conceptual differences between these two aspects of subjective well-being.