How Did I Do? Investigating Interactive Effects of Evaluation Fears on Excessive Reassurance Seeking

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Introduction
Excessive Reassurance Seeking
- Asking others excessively about own worth to reduce anxiety
- Related to social anxiety (Cougle et al., 2012) and depression (McClintock et al., 2014)

Fear of Negative Evaluation (FNE)
- Fear of being negatively evaluated by others
- Central component of social anxiety
- Predicts ERS above and beyond depressive symptoms (McClintock et al., 2014)

Fear of Positive Evaluation (FPE)
- Characteristic in social anxiety
- Related to but distinct from FNE
- Treatments targeting FNE and ERS together may be especially useful

Table 1. Intercorrelations Among and Descriptive Statistics for Measures

<table>
<thead>
<tr>
<th>Test</th>
<th>M</th>
<th>SD</th>
<th>BFNES</th>
<th>FNES</th>
<th>DIRI</th>
<th>MTRSS -G</th>
<th>MTRSS -E</th>
<th>DASS -D</th>
<th>SPIN</th>
</tr>
</thead>
<tbody>
<tr>
<td>BFNES</td>
<td>18.46</td>
<td>8.70</td>
<td>.54†</td>
<td>.47†</td>
<td>.25†</td>
<td>.39†</td>
<td>.55†</td>
<td>.70†</td>
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<tr>
<td>FPES</td>
<td>29.64</td>
<td>15.38</td>
<td>-.40†</td>
<td>.27†</td>
<td>.31†</td>
<td>.50†</td>
<td>.70†</td>
<td></td>
<td></td>
</tr>
<tr>
<td>DIRI</td>
<td>11.90</td>
<td>6.95</td>
<td>-</td>
<td>-.37†</td>
<td>.41†</td>
<td>.65†</td>
<td>.35†</td>
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<td></td>
</tr>
<tr>
<td>MTRSS -G</td>
<td>11.99</td>
<td>6.44</td>
<td>-</td>
<td>-</td>
<td>.72†</td>
<td>.29†</td>
<td>.22†</td>
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<tr>
<td>MTRSS -E</td>
<td>14.17</td>
<td>6.80</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>.34†</td>
<td>.25†</td>
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<td></td>
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<tr>
<td>DASS -D</td>
<td>10.06</td>
<td>9.37</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>-</td>
<td>.57†</td>
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<tr>
<td>SPIN</td>
<td>27.44</td>
<td>15.31</td>
<td>-</td>
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</tbody>
</table>

Note. †p < .01

Study Objectives
FNE, FPE, and ERS
- FNE predicted general and evaluative threat-related reassurance seeking towards others but FPE predicted ERS towards close others only when FNE was low (Kane et al., 2016).
- Current questionnaires assessing ERS measure reassurance seeking from close others, and an overall tendency to seek reassurance, which likely is minimally affected by FPE.
- We wanted to investigate the unique and interactive effects of FPE and FNE on ERS from unfamiliar individuals in a social-evaluative situation.

Research Questions
1) Does FPE affect the relationship between FNE and ERS?
2) Is ERS differentially related to FNE and FPE?

Hypotheses
1) FPE will moderate the relationship between FNE and ERS
2) FNE will predict greater ERS only if FPE is low

Results Cont’d
Moderation of the effect of FNE on ERS by FPE, controlling for symptoms of social anxiety and depression

Discussion
- Higher FNE predicted ERS above and beyond depressive / social anxiety symptoms. Specifically:
  - FNE \rightarrow evaluative threat-related ERS
  - FNE \rightarrow ERS from close others
  - FPE did NOT predict ERS, or moderate the relationship between FNE and ERS
  - FNE appears to be most important for ERS, even when controlling for relevant symptoms; FPE may not be important for ERS
- We used a non-clinical sample. Research assessing impact of FPE and FNE on various types of ERS in a clinical sample with social anxiety is warranted.
- Cognitive-behavioural treatments targeting FNE and ERS together may be especially useful

References

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