

**THE RELATIONSHIPS BETWEEN  
SELF-DISCREPANCIES, EMOTIONS AND DEPRESSION  
IN MALES AND FEMALES**

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## Abstract

Self-discrepancy theory postulates that individuals who experience self-discrepancies feel uncomfortable, or disturbed, and may manifest emotional problems such as depression, dejection or agitation. This study examined self-discrepancies in relation to self-reported dejection, agitation, dependent depression and self-critical depression. The study also examined sex differences in the relationships between self-discrepancies and these different emotional states. Undergraduate students (96 males and 119 females) completed the Selves Questionnaire to measure self-discrepancies, the Emotions Questionnaire to measure dejection and agitation affects, and the Depressive Experiences Questionnaire to measure the dependent and self-critical forms of depression. Four different self-discrepancies were computed from the Selves Questionnaire; actual/ideal/own(AIOW), actual/ought/own(AOOW), actual/ideal/other(AIOT), and actual/ought/other (AOOT). The results using partial correlations controlling for the remaining self-discrepancies and the other dependent variable (either dejection or agitation and dependency or self-criticism) showed that only AOOT discrepancies predicted agitation in women, and none of self-discrepancies predicted dejection or agitation in men. The dependent and self-critical types of depression correlated with some types of self-discrepancies differently in men and women. These differences suggest that the determinants

of these negative affects may, to a limited degree, be different in men and women.



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## Introduction

The notion of discrepancies between an individual's perception of his or her actual attributes and that same person's judgment concerning the qualities that he or she would prefer to possess has a long history in psychology (Higgins et al., 1992). Much of the earlier research in this area explored the idea that self-discrepancies of these kinds were related to emotional distress or unhappiness, if not outright psychopathology (Beck, 1967; Erikson, 1963; Adler, 1964). Evidence for this proposition came typically from studies indicating that discrepancies between the "actual self" and the "ideal self" were associated with measures reflecting various dysphoric states (Rogers, 1961; Allport, 1955; Festinger, 1957).

While much of this research dealt with the relation of self-discrepancies to depression it did not do so in ways which permitted an examination of associations between specific kinds of self-discrepancies and particular aspects of depression and other forms of negative emotions. This shortcoming was addressed in a series of studies conducted by Higgins and his associates (e.g. Higgins, 1987; Strauman & Higgins, 1988).

Higgins' self-discrepancy theory (Higgins et al., 1986; Higgins, 1987) hypothesizes that different types of discrepancies between individuals' self-state constructs and alternate valued states are related to different emotional

vulnerabilities. Three different domains of the self are postulated: (1) actual self, defined by attributes that you believe or another believes you actually have, (2) ideal self, defined by attributes that you or another would like you to have ideally, and (3) ought self, defined by attributes that you believe or another believes you should or ought to have. Standpoints on the self are points of view from which an individual can be judged. These standpoints can reflect an individual's, or a significant other's, attitudes and values about one. Combinations of different self domains and standpoints provide six basic types of self-state comparisons; actual/own, actual/other (these two are self-concepts), ideal/own, ideal/other, ought/own, and ought/other (the latter four are self-guides).

As a result of experience (e.g. when a child interacts with parents and significant others), an individual acquires particular internalized self-guides (Strauman, 1989). The nature of these self-guides provides a range of possibilities in terms of discrepancies between self-concepts and self-guides (Strauman, 1989). According to self-discrepancy theory (Higgins et al., 1986; Higgins, 1987), individuals are motivated to match their self-concepts with their self-guides. The theory proposes that discrepancies or incompatibilities produce discomfort. It also asserts that each type of discrepancy leads to a specific negative psychological state and a specific emotional/motivational

problem.

The following types of discrepancies between self-concepts and self-guides can occur: (1) Actual self versus ideal self from the perspective of the individual. This discrepancy is hypothesized to lead to dejected depression and related emotions such as disappointment, frustration, and dissatisfaction because of the implication that personal hopes or wishes have been unfulfilled. (2) Actual self versus ideal self from the perspective of significant others. This discrepancy is hypothesized to lead to dejected depression and related emotions such as embarrassment, shame, lack of pride, and feeling downcast because of its implication of non-obtainment of a significant other's hopes or wishes about oneself. (3) Actual self versus ought self from the perspective of a significant other. This discrepancy is hypothesized to lead to agitated depression and related emotions such as expectation of punishment, fear and feeling threatened because it suggests a violation of prescribed duties and obligations to attain. (4) Actual self versus ought self from the perspective of an individual. This discrepancy is hypothesized to lead to agitated depression and related emotions such as readiness for self-punishment, guilt, self-contempt, and feelings of moral worthlessness because of its implication of having disobeyed a personally accepted moral standard.

An individual can possess none, all, or any combination of self-

discrepancies. The presence of any self-discrepancy depends on the degree of the conflict between the two self-state representations in each combination of self-discrepancies. The greater the conflict between the two self-states, the greater is the intensity of the kind of discomfort associated with that discrepancy. Individual differences will determine which types of self-discrepancies are accessible (at any moment). Those that are accessible will be associated with an individual's particular kinds of emotional discomforts.

Self-discrepancy theory has been used to investigate the origins of depression and other emotional states in clinically depressed populations (Higgins, 1987). Moreover, it has been useful in showing that specific self-discrepancies are related to specific emotional disorders or emotional problems in individuals. For example, in a series of studies (Higgins et al. 1986; Higgins, 1987; Higgins et al. 1992; Strauman & Higgins, 1988; Strauman & Higgins, 1987; Strauman, 1989) found that actual/ideal/own and actual/ideal/other self-discrepancies are related to dejection, and actual/ought/own and actual/ought/other self-discrepancies are related to agitation. Strauman and Higgins (1988), also examined the unique and specific contributions of individuals' self-discrepancies to dejection and agitation using partial correlation analyses. Their results indicated that actual/ideal/own discrepancies were uniquely associated with dejection, whereas, actual/ought/other



discrepancies were uniquely associated with agitation. There have, however, been no large scale examinations of sex differences in these studies. The question arises whether the theory can deal with sex differences in affective disorders. In this context, the basic observations to be accounted for are described in the following section.

### **Sex differences**

There is a sizeable body of evidence indicating that females are more susceptible to depression than males. For example, Rosenfield (1980); Roberts and O'Keefe (1981); Weissman et al. (1984); Hsu and Marshall (1987); and Hoppe, Leon and Realini (1989); Barret, Oxman and Gerber (1987) found that the rates of depression for women were twice those of men. The diagnostic and statistical manual of mental disorders-revised (DSM-III-R 1987, 3rd ed.) also notes that dysthymic disorder, or minor depression, is also more common in females than males.

Other research indicates that males and females differ not only in the prevalence of depression but also in the qualitative features of the depressive feelings they experience. For example, Chevron et. al. (1978) reported sex differences in the nature of depressive experiences: Females tended to have higher levels of depressive experiences associated with dependency and males tended to have higher levels of depressive experiences related to a self-critical

type of depression (Blatt, 1974; Blatt et al., 1982). Thus, females, if depressed, appear particularly prone to dysphoric feelings related to loneliness, helplessness, weakness, fear of being abandoned and being left unprotected and uncared for. Men, on the other hand, if depressed, appear to be especially susceptible to feelings of unworthiness, inferiority, failure, and guilt (Blatt & Homann, 1992).

Chevron et al. (1978) concluded that if positively valued traits of one's own sex (such as competency in men and warm-expressiveness in women) were less congruent with the self-concept, these traits may be related to the development of depression. Thus, females with low scores in warmth and expressiveness appeared to be vulnerable to dependent depression, and males with low scores in competency appeared vulnerable to self-critical depression. Zuroff (cited in Blatt & Homann, 1992) also found that among insecurely attached college subjects, males had high scores on both avoidant-insecure attachment and self-critical depression while most insecurely attached females had high scores on both anxious attachment and dependency depression. It was concluded that the development of self-critical attitudes is related to avoidant attachment, whereas anxious attachment is related to the development of dependency. This study will test the hypothesis that self-critical depression is most prevalent in males and dependency depression in females.

## **Research questions**

Sex differences and their relation to self-discrepancies have not been systematically investigated. For example, Strauman (1989), in a small study of 10 depressed subjects was able to report only that sex did not show statistically significant interactions between actual/ideal/own discrepancy and dejection, and also between actual/ought/other discrepancy and agitation. On the basis of studies described earlier it would be expected that sex would be a significant correlate of various affective states. With this in mind, the following questions were formulated:

- 1) Do males and females differ in the kinds and degrees of self-discrepancies?
- 2) Do males and females differ in the degree to which they experience self-critical and dependent forms of depression as well as the feeling states described as dejection and agitation?
- 3) Do self-discrepancies predict individual differences in self-criticism, dependency, dejection and agitation in the same way for males and females?

## **Method**

### **Subjects**

The subjects consisted of 215 undergraduate students selected from introductory psychology courses (96 males and 119 females). Their ages were

from 18 to 58 years. The mean age of males was 23.8 years, females 23.3 years and for the total sample 23.5 years. Among the subjects, 84.7% were single, 10.2% married, 2.8% divorced and 2.3% other type of marital status. See Table 1 for other statistical information.

### **Measures**

Data were collected using the following instruments:

**Selves Questionnaire.** (Higgins et al., 1992). This questionnaire assesses the kinds of self-discrepancies subjects have; that is, what differences exist between their actual self-perceptions and two alternative-desired states as seen from the perspectives of either themselves or significant others. It asks subjects to list attributes for different self-states and rate the extremity of each item using a scale ranging from one to four (1=slightly, 2=moderately, 3=a great deal, and 4=extremely). In the studies by Strauman and Higgins (1987), Higgins et. al. (1986) and Higgins et. al. (1985), the inter-rater reliability interclass correlations of this questionnaire were .87, .89 and .80 respectively. The Selves Questionnaire can be found in Appendix A.

**Emotions Questionnaire.** (Strauman & Higgins, 1987). This questionnaire consist of nine depression and nine agitation questions, each with a response range of zero to four (0=never, 1=rarely, 2=sometimes, 3=quite often, and 4=very often). There are no published data on this instrument's

reliability. The Emotions Questionnaire can be found in Appendix B.

**Depressive Experiences Questionnaire.** (DEQ) (Blatt, et al., 1979).

This questionnaire provides information about two depressive experiences, dependency and self-criticism. It consists of 66 items with a response range of one to seven (strongly disagree to strongly agree). In the study by Zuroff et. al. (1983) the test-retest correlations for dependency was .89 and for self-criticism was .83. The Depressive Experiences Questionnaire can be found in Appendix C.

**Scoring the Selves Questionnaire**

The methods of scoring the Selves Questionnaire were more complex and require some explanation. It was explained to the subjects on the first page of this questionnaire that actual self refers to the attributes they think they actually possess at the time, ideal self to the attributes they would ideally like to possess, and ought self to the attributes they believe they should or ought to possess. They were asked to list as many as ten attributes regarding these three kinds of selves from their perspectives. In the next step they were asked to list as many as eight actual, ideal and ought attributes which they believe that their parents believe true about them. In addition, they were asked to make the same judgements from the perspective of a significant other (spouse or best friend). In order to calculate the magnitude of discrepancies, each attribute of the actual

self was compared to each attribute of the ideal and the ought selves for both own and other perspectives. With this procedure four types of discrepancies became available; actual/ideal/own (AIOW), actual/ought/own (AOOW), actual/ideal/other (AIOT), and actual/ought/other (AOOT).

Each discrepancy had at least one to as many as ten pairs of attributes. The next step consisted of providing numerical values to each pair as follows: a) the value of -1 was given to the pair if it was synonymous and differed in extent ratings by no more than 1; b) the value of +1 was given to the pair if it was synonymous and differed in extent ratings by more than 1; c) the value of +2 was given to the pair if it consisted of antonyms; and d) the value of 0 was given to the pair if it consisted of neither synonyms nor antonyms. (The Collins Thesaurus was used to determine the semantic congruence of attributes.) Each discrepancy score was calculated by summing the values of all numbers for each discrepancy. When calculating the scores of the actual/ideal/other discrepancy and actual/ought/other discrepancy the higher score of parents or significant others was used.

In order to measure the reliability of the scoring method for the Selves Questionnaire, 41 questionnaires were randomly selected and scored by a second individual. The correlations between these two sets of scores ranged from .82 to .99 and are highly significant at the .01 level (see Table 19).

Means and standard deviations of first and second scorers are presented in Table 20. There were no differences between individual means.

### **Procedure**

All the subjects were asked to fill out a 9-page package of questionnaires in the following order; the Selves Questionnaire, the Emotions Questionnaire, and the Depressive Experiences Questionnaire. At the time of filling out the questionnaires the subjects were told that the purpose of the study was to examine relationships between different mood states. They were assured that their responses would remain confidential and that the general findings would be available in the University Library. The measures took approximately 30 minutes to complete. The subjects had the option to either stay in the classroom after the class hour or to take the questionnaire package home and return it later. There were no missing values or missing data.

### **Results**

Four types of analyses were carried out. Simple correlations examined relationships between the self-discrepancies (AIOW=actual/ideal/own; AOOW=actual/ought/own; AIOT=actual/ideal/other and AOOT=actual/ought/other), kinds of depression (dependency and self-criticism), and emotions (dejection and agitation). T-tests examined sex differences for the same

variables. Partial correlations treated self-discrepancies as independent variables and the kinds of depression and emotions as dependent variables. In addition, differences between correlation coefficients were examined by means of Fisher  $Z$  score transformation tests of differences. When appropriate, the analyses were carried out separately for males and females. The simple correlations between all the variables in the study are shown in Tables 2, 3, 4, 5 and 6 for the whole sample and the two sexes. Whenever the results of self-discrepancies treated as independent variables were significant at the .05 or .01 level they are reported in the text. Those which were not significant can be found in the tables.

### **Sex differences**

T-tests revealed that there were no significant differences between males and females in self-criticism depression and dependency depression. In addition, males and females did not differ significantly on the different types of self-discrepancies or dejection and agitation (see Table 7).

### **Self-discrepancies, dejection and agitation**

Significant simple correlations were obtained for the total sample between dejection and actual/ideal/own,  $r=.25$ ,  $p<.01$ , actual/ideal/other,  $r=.26$ ,  $p<.01$ , and actual/ought/other discrepancies,  $r=.24$ ,  $p<.01$ . Significant simple correlations were also obtained for the total sample between agitation and



actual/ideal/own,  $r=.30$ ,  $p<.01$ , actual/ideal/other,  $r=.33$ ,  $p<.01$ , and actual/ought/other,  $r=.33$ ,  $p<.01$  (see Table 2). This indicates that both dejection and agitation were related to certain of the self-discrepancies.

The correlations between emotions and self-discrepancies were examined separately for men and women. It was found that the correlations between dejection and actual/ideal/own,  $r=.27$ ,  $p<.01$ , and between agitation and actual/ideal/own,  $r=.31$ ,  $p<.01$  were significant for men (see Table 3). There were more significant correlations between self-discrepancies and dejection and agitation for female subjects. Actual/ideal/own,  $r=.25$ ,  $p<.01$ , actual/ideal/other,  $r=.26$ ,  $p<.01$ , and actual/ought/other,  $r=.27$ ,  $p<.01$ , were significantly correlated with dejection, and actual/ideal/own,  $r=.30$ ,  $p<.01$ , actual/ideal/other,  $r=.38$ ,  $p<.01$ , and actual/ought/other,  $r=.40$ ,  $p<.01$  with agitation (see Table 4). The results indicate that men's emotions were correlated with actual/ideal/own discrepancies. In females, discrepancies between actual self and ideal self (own), and also between actual self and ideal self, and between actual self and ought self from the perspective of significant others were related with dejection and agitation. Fisher  $Z$  score transformation tests of differences in the simple correlations showed that there were no significant differences between men and women in the relations between self-discrepancies and these different types of emotions (see Table 15).

One question which this study addressed is whether there are any sex differences in the relations between self-discrepancies and dejection and agitation. These analyses were done in the following way: Partial correlations were calculated for all types of discrepancies and both dependent variables (dejection and agitation) to remove the effects of the variables which were not being measured for the total sample and both sexes. Among the self-discrepancies, for the total sample, discrepancy between actual and ought self from the perspective of significant others had a significant relationship with agitation controlling for the other discrepancies as well as dejection,  $r=.12$ ,  $p<.05$  (see Table 8). None of the self-discrepancies were significantly correlated with dejection or agitation for men (see Table 9), whereas, the same type of discrepancy (actual/ought/other) was significantly related with agitation in females,  $r=.16$ ,  $p<.05$  (see Table 10). The differences between males and females regarding actual/ideal/other and its relation with agitation were not significant,  $Z=.74$ ,  $p=n.s$  (see Table 16).

### **Self-discrepancies, dependency and self-criticism**

The relations between self-discrepancies, and the dependent and self-critical types of depression were examined by the methods just described. There were no significant simple correlations between self-discrepancies and dependency for the total sample. However, actual/ideal/own,  $r=.35$ ,  $p<.01$ ,

actual/ideal/other,  $r=.34$ ,  $p<.01$ , and actual/ought/other discrepancies,  $r=.30$ ,  $p<.01$  were significantly correlated with the self-critical type of depression (see Table 2). Self-critical depression was, therefore, related to several different types of self-discrepancies.

In the case of males, simple correlations showed no significant relationships between self-discrepancies and dependent depression, but actual/ideal/other and actual/ought/other self-discrepancies had significant relationships with self-criticism;  $r=.36$ ,  $p<.01$ , and  $r=.30$ ,  $p<.01$  respectively (see Table 5).

In females, the dependency type of depression was significantly correlated with actual/ought/other discrepancy,  $r=.26$ ,  $p<.01$ , whereas self-criticism was significantly correlated with actual/ideal/own,  $r=.43$ ,  $p<.01$ , actual/ideal/other,  $r=.32$ ,  $p<.01$ , and actual/ought/other self-discrepancies,  $r=.30$ ,  $p<.01$  (see Table 6).

Although these findings suggest sex differences, Fisher  $Z$  score transformation tests of differences between the simple correlation coefficients of men and women showed that there were no significant differences in the relations between self-discrepancies and different types of depression in the two sexes (see Table 17).

To evaluate whether particular self-discrepancies predicted individual

differences in self-critical and dependent types of depression, partial correlations were obtained for all types of discrepancies and each dependent variable (dependency or self-criticism) to remove the effects of the variables which were not being measured for the total sample and both sexes. These revealed that actual/ideal/own and actual/ideal/other had significant positive correlations with the self-critical type of depression for the total sample;  $r=.20$ ,  $p<.05$ ,  $r=.13$ ,  $p<.05$  respectively. This relationship was significant but negative between self-criticism and actual/ought/own,  $r=-.15$ ,  $p<.05$  (see Table 11).

However, these findings disguised some sizeable and significant differences between males and females. Partial correlations among males revealed that the actual/ideal/own discrepancy was significantly correlated with dependency,  $r=.18$ ,  $p<.05$ , and actual/ideal/other,  $r=.22$ ,  $p<.05$  had a significant relationship with self-criticism (see Table 12). This shows that the discrepancy between actual self and ideal self from an individual's own perspective and actual self and ideal self from the perspective of significant others were correlated with either type of depression in males.

Partial correlations for females showed that actual/ideal/own was positively correlated with self-criticism,  $r=.37$ ,  $p<.01$  and negatively with dependency,  $r=-.19$ ,  $p<.05$ . Also, actual/ought/own was negatively correlated with self-criticism,  $r=-.24$ ,  $p<.01$ , whereas, actual/ought/other was positively

correlated with dependency,  $r=.19$ ,  $p<.05$  (see Table 13).

One of the issues in this study is whether there are any sex differences in the relations between self-discrepancies and dependency and self-criticism. One significant difference (summarized in Table 14) between males and females was in relation to the partial correlation analysis of actual/ideal/own discrepancy and dependency,  $Z=2.74$ ,  $p<.01$ . In addition, the relationship of actual/ideal/own discrepancy and self-critical depression was significantly different in the two sexes,  $Z=2.92$ ,  $p<.01$ . Fisher  $Z$  score transformation tests of differences between partial correlations obtained for the remaining self-discrepancies showed no significant differences among men and women in relation to self-discrepancies and different types of depression (see Table 18).

## **Discussion**

Self-discrepancy theory as discussed by Higgins et al. (1986) postulates relationships between emotional vulnerabilities and cognitive processes in human beings. It emphasizes associations between particular self-concepts and particular kinds of emotions, and proposes that when there is a discrepancy between an actual self-evaluation and some desired ideal, individuals will experience emotional discomfort. The kinds of self-evaluations that people engage in involve both comparisons of their actual selves to ideal selves and to ought selves (Higgins et al., 1986). In addition, ideal and ought selves may be

their own or those of others. Variations in motivation and levels of self-esteem are factors (among others) which lead to such discrepancies. Self-discrepancy theory asserts that individuals with particular discrepancies will have specific kinds of emotional discomfort.

### **Dejection and agitation**

The results of the present study, when assessed using simple correlations (see Table 2), replicates the findings of previous studies where relationships between self-discrepancies and dejection-related and agitation-related emotions were examined. For example, in a series of studies (Higgins et al. 1986; Higgins, 1987; Higgins et al. 1992; Strauman & Higgins, 1988; Strauman & Higgins, 1987; Strauman, 1989) it was found that actual/ideal/own and actual/ideal/other were related to dejection; and actual/ought/own and actual/ought/other were related to agitation. The results of the present study showed that actual/ideal/own, actual/ideal/other, and actual/ought/other discrepancies correlated with dejection and agitation for the total sample (see Table 2).

The data for males and females were also analyzed separately in the present study. The simple correlation results for men revealed that discrepancies between actual and ideal/own selves were able to predict dejection and agitation (see Table 3). In the case of females, discrepancies

between actual selves and ideal/own, ideal/other and ought/other selves were significant predictors of dejection and agitation (see Table 4).

In a previous study, Strauman and Higgins (1988) examined the unique and specific contributions of particular self-discrepancies to dejection and agitation using partial correlation analyses. Their results indicated that actual/ideal/own was specifically associated with dejection and actual/ought/other was specifically associated with agitation.

Further analyses between each self-discrepancy and dejection and agitation using partial correlations (controlling for the remaining self-discrepancies and the other emotion) were done on the present data. These showed that only the discrepancy between actual selves and ought/other selves were significantly correlated with agitation for the total sample (see Table 8). Comparable analyses for men and women revealed that only discrepancy between actual selves and ought/other selves was significantly correlated with agitation for women (see Table 10), and none of the discrepancies had a significant relationship with dejection and/or agitation in men (see Table 9). These findings are, therefore, different from those obtained by Strauman and Higgins (1988) which showed that actual/ideal/own discrepancy was related to dejection and actual/ought/other related to agitation. The findings of the present study are similar to their results only with respect to women and only with the

actual/ought/other discrepancy and agitation.

It is possible that these differences are the result of subject variables: Strauman and Higgins (1988), Strauman (1989; 1992) used subjects selected for extreme degrees of dejection and agitation, whereas, the present study used randomly selected university students. It is also possible that Strauman and Higgins (1988) and Strauman (1989) had a high proportion of female subjects in their sample since the sex of subjects is usually not specified. If so, their results would conform to the present ones because of a preponderance of females. In any case in the present study the sample size was larger than those employed in the studies of Strauman and Higgins (1988) and Strauman (1989) and it is reasonable to infer that the present results provide a reliable and accurate description of the relations between self-discrepancies and emotional disturbances for non-distressed subjects.

### **Dependency and self-criticism**

According to Blatt's attachment theory (1974), there are two types of depression; dependency and self-criticism. In this study, the relationships between these two states and self-discrepancies were analyzed. The results are different from those for the relationships between self-discrepancies and dejection and agitation. First, using simple correlations, there were no significant relationships between self-discrepancies and dependency. However,



discrepancies between actual selves and ideal/own, ideal/other and ought/other selves predicted the self-critical type of depression for the total sample.

Moreover, discrepancies between actual selves and ideal/other and ought/other selves were related to the self-critical type of depression in men (see Table 5).

However, the results for women were different in the sense that more correlations proved to be significant. Actual/ought/other discrepancies correlated with dependency, and discrepancies between their actual selves and ideal/own, ideal/other and ought/other selves were significantly related to self-critical depression (see Table 6).

Further analyses using partial correlations which simultaneously controlled for the remaining self-discrepancies and the other type of depression (either dependency or self-criticism) showed that correlations for the total sample were largely insignificant. However, when males and females were separated, there were a number of significant findings and, sometimes, significant differences between the sexes. Men's actual/ideal/own discrepancies were correlated to the dependent type of depression. In addition, the self-critical form of depression was associated with discrepancies between actual selves and ideal/other selves. Thus, the men's actual/ideal/own discrepancies were correlated to dependent depression and those with actual/ideal/other discrepancies to self-critical depression (see Table 12).

In women, levels of dependency depression were negatively correlated with actual/ideal/own scores, but this type of discrepancy was positively correlated with self-critical depression. That is, their actual/ideal/own discrepancies were correlated to self-critical depression, but they were less dependently depressed when they had high actual/ideal/own discrepancies. On the other hand, the findings suggests that the women's high scores of actual/ought/other discrepancies were related to dependent depression but their high scores on actual/ought/own discrepancies were not related to dependency depression. When actual/ideal/own discrepancies were high, self-critical depression was as expected and if actual/ought/other discrepancies were high dependent depression was as expected in women (see Table 13).

Thus, it appears that men's self-concepts which not matched to their ideal standards were correlated to dependent depression, whereas, women's self-concepts which were incongruent with significant others' ought views were correlated to dependent depression. In contrast, men's self-concepts which were incongruent with significant others' ideal views were correlated to self-critical depression, whereas women's ideal criteria which not met were correlated to self-critical depression. See Table 14 for a summary of the comparison of differences between men and women.

## **Theoretical implications**

The majority of the results indicate that men and women are equivalent in levels of negative affects, self-discrepancies and the relationships between these two types of variables suggesting that the two sexes share many emotional characteristics. However, the findings also suggest that at least the correlates of some depression-related affective states may be different in males and females. In this context a number of theorists have proposed that sex differences in cultural experience and social role are important in understanding the specific characteristics of depressive disorders in males and females. Some (e.g. McGrath et al., 1990; Nolen-Hoeksema, 1987; Abramson & Andrews, 1982; Radloff, 1975; and Kessler, 1979) refer to factors associated with the closeness of family relationships and friendships, and imply that when women experience separation or lack of support from others, depression is a common consequence. For example, in a study by Newmann (1986), it was found that stressors such as social isolation, and the absence of a spouse, were associated with depression in women. Kandel et al. (1985) also believed that women's satisfaction from marriage is positively related to mental health. McGrath et al. (1990) reported similar findings as did Weissman (1987).

Kandel et al., (1985) explained these observations as being due to the cultural expectation that women should have close relationships with their

family members, relatives or close friends, with the implication that problems or strains in such relationships would lead to mental health problems among females. In a related argument, Cohler and Lieberman (1980), proposed that in many cultures it is believed that women should be primarily responsible for meeting the emotional and nurturance needs of others. If these assumptions are accepted, it would not be unexpected if women's problems in providing such relationship dependent functions were associated with their depressions. This is supported by Thoits (1986), Radloff, (1975), and Brown et al. (1975) who found that women with young children (presumably with clear needs for nurturing) experience high levels of depression. It is also supported by Belsky et al. (1986) who found that women experience more depression than men when they marry or have children, possibly, because these transitions place greater burdens on their ability to develop and consolidate effective patterns of close interpersonal relationships.

There may be other factors that distinguish men and women that are not obviously related to relationships but do have a relevance in understanding differences in the origins of their depressions. For example, in a series of studies (Dweck, 1975; Dweck & Repucci, 1973; Breen, et al., 1979; Wieggers & Frieze, 1977; Nicholls, 1975) it was found that women felt more helpless than men after failing at tasks. They also attributed their failures to a lack of ability

and other stable, global factors, and at the same time, attributed their successes to luck or the favours of others. Thus, the origins of depression in women may be more related to feelings of helplessness than in men. On the other hand, depression among men appears to be more due to environmental factors [(such as failure to achieve individual goals, frustrations and negative life events, unemployment, and the effects of violence, and poverty (Nolen-Hoeksema, 1987)] than for women who are also influenced by relationships.

The present results provide some support for this formulation if two assumptions are made: 1) failures in relationships prompt dependent depression in women, whereas, among men this form of depression is related to failures to achieve personal goals, and 2) the self-critical form of depression in women is the consequence of low self-esteem and in men to the perception that the standards of others have not been met.

Under this formulation it would be expected (as observed) that the dependent form of depression in women would be associated with actual/ought/other (AOOT) discrepancy and among men with actual/ideal/own (AIOW) discrepancy. The observations that actual/ideal/own (AIOW) discrepancy and actual/ought/own (AOOW) discrepancy were negatively related to dependency and self-criticism in women, conceivably, are due to a tendency for those who are self-critically or dependently depressed to have little in the

way of obligatory or idealized goals and so have low actual/ought/own (AOOW) discrepancies and low actual/ideal/own (AIOW) discrepancies. That is, it is possible that dependency leads to low aspiration.

Other results indicate that additional factors may be responsible for the emergence of self-critical depression in both men and women. In the case of men it appears, as might be expected if aspects of their emotional experiences are related to failures to achieve the standards set by others (actual/ideal/other; AIOT), that the self-critical form of depression occurs (see Figure 1). Among women, the self-critical form of depression and actual/ideal/own (AIOW) discrepancy may be related simply because to be self-critically depressed necessarily implies a self-denigratory view of oneself (see Figure 2).

### **Suggestions for future research**

The findings and the formulation presented in the previous section suggests several lines of research that may be useful in increasing understanding about depression. One has to do with the possibility of differing patterns of relationships between interpersonal closeness, self-discrepancies and depression in men and women. It is conceivable, for example, that the strength of interpersonal closeness could be a determinant of dependent depression in women than men because of its influence on actual/ought/other (AOOT) discrepancies.

The concepts and methodology used in the present study could also be applied in a developmental context and used to explore the observation that males than females are more prone to depression as children but not as adolescents with females more frequently affected (Rutter, 1986). It can be reasonably asked whether these differential changes are predicted by, or paralleled with, alterations in self-discrepancies in the two sexes.

Self-discrepancy theory and its methods of measurement may also have uses in areas outside of sex differences and depression. For example, it could possibly shed light on the changes in the phenomenological characteristics of affect in bipolar depression and identity predictors of, for example, clinical course. It might also prove to be helpful in relation to questions having to do with the definition of manic and hypomanic states. Equally possible are its potential uses in relation to assessing the effects of such traditional therapies as medications and ECT.

Finally, there are lines of enquiry within self-discrepancy theory and its methods that merit investigation. Typically, researchers adopting this approach have operated from the perspective of the isolated subject, someone who provides data on potential discrepancies between aspects of self and idealized or obligatory views of the subject or significant others. It would be interesting to extend the sources of data to these "others" and determine such things as the

validity of subjects' ideal/other and ought/other judgements. Information of this kind might prove useful in relation to issues about treatment. For example, the goals and topics in the context of family therapy might be framed by the results of the assessments, not only of the patient, but of the patient's significant others.

### **Limitations**

The present study has a number of limitations. First, university students, composed of presumably largely normal or undistressed individuals, were used and it is quite possible that different findings would have emerged if clinical cases were examined. Thus, it must be recognized that the study results have limited generalizability. Second, the data reported here were derived from the assessment of a limited number of affective traits. Again, quite different results might have emerged if other factors such as hopelessness and helplessness (Seligman, 1973), had been included in the research protocol. Third, the study is limited by its dependence on a "one-time" assessment of affective states and self-discrepancies. Much better would have been a research protocol which measured these characteristics repeatedly over time. A design of this sort would have provided data on the test-retest reliabilities of all variables and the relationships between them as well as possibly provided insight into their emergence or developmental course.



## Conclusions

In previous studies it was found that discrepancies between different domains of the self (i.e. actual, ideal and ought) belonging to individuals own or to others were able to predict different kinds of emotional problems such as dejection, agitation or depression.

In this study the patterns of different types of self-discrepancies have been considered and it was found that actual/ought/other (AOOT) discrepancy, when controlled for the remaining discrepancies, was able to predict agitation feelings for the total sample and for women. Relationships between different patterns of self-discrepancies and different forms of depression (i.e. dependency and self-criticism) were also analyzed and showed that different patterns of discrepancies lead to a specific type of depression in men and women.

Controlling for the remaining patterns of self-discrepancies, an actual/ideal/own (AIOW) discrepancy had a positive relationship with dependency in men, but a negative one in women. In addition, actual/idea/own (AIOW) discrepancies were able to predict the self-critical type of depression in men whereas, actual/ought/other (AOOT) discrepancies were able to predict the dependency type of depression in women.

It must be emphasized that the amount of variance shared by various self-discrepancies and dependency and self-criticism, despite their statistical

significance, is small. It is likely, therefore, that, while the sexes may differ in terms of some of the determinants of the negative affects, they probably share much in relation to others. This being said, in men the discrepancy patterns of actual/ideal (actual/ideal of own or significant others) seem to be related to depression, whereas, in women the pattern of actual/ideal of own and pattern of actual/ought from the perspective of significant others seem to be related to depression. These differing pattern, in the context of the total set of results, suggest that, to a limited degree, the origins of some negative affective states are different in men and women.

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## Appendix A

### The Selves Questionnaire

#### **PART I: Your Own Beliefs About You**

In this part you will be asked to list the attributes of the type of person that you believe you actually are, ideally would like to be, and ought to be.

Your actual self is: Your beliefs concerning the attributes or characteristics you think you actually possess now. (This might include positive attributes as well as not-so-positive attributes.) Your ideal self is: Your beliefs concerning the attributes or characteristics you would ideally like to possess: The type of person you wish, desire or hope to be.

Your ought self is: Your beliefs concerning the attributes or characteristics you believe you should or ought possess: The type of person you believe it is your duty, obligation or responsibility to be.

You will also be asked about the extent to which each attribute is part of your particular self. You can make these ratings after you have listed the attribute. There is room in each section to list up to 8 to 10 attributes for each "self". Try to list as many as you can, but don't worry if you can't think of up to ten attributes.

Please list the attributes of the type of person you believe you actually

(appendix continues)

are now: For each of the attributes you listed, please rate the extent using the following scale: (Please print)

(1.Slightly 2.Moderately 3.A great deal 4.Extremely)

EXTENT

1. \_\_\_\_\_|\_\_\_\_\_
2. \_\_\_\_\_|\_\_\_\_\_
3. \_\_\_\_\_|\_\_\_\_\_
4. \_\_\_\_\_|\_\_\_\_\_
5. \_\_\_\_\_|\_\_\_\_\_
6. \_\_\_\_\_|\_\_\_\_\_
7. \_\_\_\_\_|\_\_\_\_\_
8. \_\_\_\_\_|\_\_\_\_\_
9. \_\_\_\_\_|\_\_\_\_\_
10. \_\_\_\_\_|\_\_\_\_\_

Please list the attributes of the type of person you would ideally like to be (i.e., wish, desire, or hope to be).

(1.Slightly 2.Moderately 3.A great deal 4.Extremely)

EXTENT

1. \_\_\_\_\_|\_\_\_\_\_

(appendix continues)

2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

Please list the attributes of the type of person you believe you ought to be (i.e., believe it is your duty, obligation, or responsibility to be).

(1.Slightly 2.Moderately 3.A great deal 4.Extremely)

EXTENT

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

(appendix continues)

7. \_\_\_\_\_ |
8. \_\_\_\_\_ |
9. \_\_\_\_\_ |
10. \_\_\_\_\_ |

**PART II: Others' beliefs about you**

Other important people in your life also have beliefs about the type of person they would ideally like you to be or believe you ought to be. In this section of the questionnaire you will be asked to list the attributes of the type of person that significant others (e.g., your parents, spouse or best friend) would ideally like you to be or believe you ought to be.

Please list the attributes of the type of person significant others (e.g., your parents, spouse or best friend) would ideally like you to be (i.e., wish, desire, or hope for you to be): For each of the attributes you listed, please rate the extent using the following scale.

(1.Slightly 2.Moderately 3.A great deal 4.Extremely)

EXTENT

1. \_\_\_\_\_ |
2. \_\_\_\_\_ |
3. \_\_\_\_\_ |

(appendix continues)

4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

Please list the attributes of the type of person significant others (e.g., your parents, spouse or best friend) believe you ought to be (i.e., believe it is your duty, obligation, or responsibility to be).

(1.Slightly 2.Moderately 3.A great deal 4.Extremely)

EXTENT

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_

## Appendix B

### The Emotions Questionnaire

Read each statement (next page) carefully and then circle the number which indicates "how often did you have each of the feelings during the past week." Be sure to choose only one answer for each attitude. Because we are all different, there is no "right" or "wrong" answer to any statement.

(appendix continues)

Feelings	Never	Rarely	Some- times	Quite Often	Very Often
1.Depressed	0	1	2	3	4
2.Disappointed	0	1	2	3	4
3.Discouraged	0	1	2	3	4
4.Hopeless	0	1	2	3	4
5.Low mood	0	1	2	3	4
6.Sad	0	1	2	3	4
7.Happy	0	1	2	3	4
8.Optimistic	0	1	2	3	4
9.Satisfied	0	1	2	3	4
10.Agitated	0	1	2	3	4
11.Dread	0	1	2	3	4
12.Guilty	0	1	2	3	4
13.Irritated	0	1	2	3	4
14.On edge	0	1	2	3	4
15.Restless	0	1	2	3	4
16.Tensed	0	1	2	3	4
17.Threatened	0	1	2	3	4
18.Uneasy	0	1	2	3	4

## Appendix C

### Depressive Experiences Questionnaire

Listed below are a number of statements concerning personal characteristics and traits. Read each item and decide whether you agree or disagree and to what extent. If you Strongly Agree, circle 7; if you Strongly Disagree, circle 1; if you feel somewhere in between, circle any one of the numbers between 1 and 7. The midpoint, if you are neutral or undecided, is 4.

- |  | <u>Strongly</u> | <u>Strongly Disagree</u> | <u>Agree</u> |
|--|-----------------|--------------------------|--------------|
| 1. I set my personal goals and standards as high as possible . . .   | 1               | 2                        | 3 4 5 6 7    |
| 2. Without support from others who are close to me,<br>I would be helpless . . . . .                         | 1               | 2                        | 3 4 5 6 7    |
| 3. I tend to be satisfied with my current plans and goal, rather than<br>striving for higher goals . . . . . | 1               | 2                        | 3 4 5 6 7    |
| 4. Sometimes I feel very big, and other times I feel very small  | 1               | 2                        | 3 4 5 6 7    |
| 5. When I am closely involved with someone, I never feel<br>jealous . . . . .                                | 1               | 2                        | 3 4 5 6 7    |
| 6. I urgently need things that only other people can provide . .   | 1               | 2                        | 3 4 5 6 7    |
| 7. I often find that I don't live up to my own standards or<br>ideals . . . . .                              | 1               | 2                        | 3 4 5 6 7    |

(appendix continues)



8. I feel I am always making full use of my potential abilities . 1 2 3 4 5 6 7
9. The lack of permanence in human relationships doesn't  
bother me . . . . . 1 2 3 4 5 6 7
10. If I fail to live up to expectations, I feel unworthy . . . . . 1 2 3 4 5 6 7
11. Many times I feel helpless . . . . . 1 2 3 4 5 6 7
12. I seldom worry about being criticized for things I have  
said or done . . . . . 1 2 3 4 5 6 7
13. There is a considerable difference between how I am now and  
how I would like to be . . . . . 1 2 3 4 5 6 7
14. I enjoy sharp competition with others . . . . . 1 2 3 4 5 6 7
15. I feel I have many responsibilities that I must meet . . . . . 1 2 3 4 5 6 7
16. There are times when I feel "empty" inside . . . . . 1 2 3 4 5 6 7
17. I tend not to be satisfied with what I have . . . . . 1 2 3 4 5 6 7
18. I don't care whether or not I live up to what other people  
expect of me . . . . . 1 2 3 4 5 6 7
19. I become frightened when I feel alone . . . . . 1 2 3 4 5 6 7
20. I would feel like I'd be losing an important part of myself if  
I lost a very close friend . . . . . 1 2 3 4 5 6 7
21. People will accept me no matter how many mistakes I

(appendix continues)

- have made . . . . . 1 2 3 4 5 6 7
22. I have difficulty breaking off a relationship that is making  
me unhappy . . . . . 1 2 3 4 5 6 7
23. I often think about the danger of losing someone who is  
close to me . . . . . 1 2 3 4 5 6 7
24. Other people have high expectations of me . . . . . 1 2 3 4 5 6 7
25. When I am with others, I tend to devalue or "undersell"  
myself . . . . . 1 2 3 4 5 6 7
26. I am not very concerned with how other people respond  
to me . . . . . 1 2 3 4 5 6 7
27. No matter how close a relationship between two people is,  
there is always a large amount of uncertainty and conflict . . 1 2 3 4 5 6 7
28. I am very sensitive to others for signs of rejection . . . . . 1 2 3 4 5 6 7
29. It's important for my family that I succeed . . . . . 1 2 3 4 5 6 7
30. Often, I feel I have disappointed others . . . . . 1 2 3 4 5 6 7
31. If someone makes me angry, I let him (her) know how  
I feel . . . . . 1 2 3 4 5 6 7
32. I constantly try, and very often go out of my way, to please  
or help people I am close to . . . . . 1 2 3 4 5 6 7

(appendix continues)

33. I have many inner resources (abilities, strengths) . . . . . 1 2 3 4 5 6 7
34. I find it very difficult to say "No" to the requests of  
 friends . . . . . 1 2 3 4 5 6 7
35. I never really feel secure in a close relationship . . . . . 1 2 3 4 5 6 7
36. The way I feel about myself frequently varies: there are times when  
 I feel extremely good about myself and other times when I see  
 only the bad in me and feel like a total failure . . . . . 1 2 3 4 5 6 7
37. Often, I feel threatened by change . . . . . 1 2 3 4 5 6 7
38. Even if the person who is closest to me were to leave, I could  
 still "go it alone" . . . . . 1 2 3 4 5 6 7
39. One must continually work to gain love from another person;  
 that is, love has to be earned . . . . . 1 2 3 4 5 6 7
40. I am very sensitive to the effects my words or actions have on  
 the feelings of other people . . . . . 1 2 3 4 5 6 7
41. I often blame myself for things I have done or said to  
 someone . . . . . 1 2 3 4 5 6 7
42. I am a very independent person . . . . . 1 2 3 4 5 6 7
43. I often feel guilty . . . . . 1 2 3 4 5 6 7
44. I think of myself as a very complex person, one who has

(appendix continues)

- "many sides" . . . . . 1 2 3 4 5 6 7
45. I worry a lot about offending or hurting someone who is  
close to me . . . . . 1 2 3 4 5 6 7
46. Anger frightens me . . . . . 1 2 3 4 5 6 7
47. It is not "who you are," but "what you have accomplished"  
that counts . . . . . 1 2 3 4 5 6 7
48. I feel good about myself whether I succeed or fail . . . . . 1 2 3 4 5 6 7
49. I can easily put my own feelings and problems aside, and  
devote my complete attention to the feelings and problems  
of someone else . . . . . 1 2 3 4 5 6 7
50. If someone I cared about became angry with me, I would  
feel threatened that he/she might leave me . . . . . 1 2 3 4 5 6 7
51. I feel uncomfortable when I am given important  
responsibilities . . . . . 1 2 3 4 5 6 7
52. After a fight with a friend, I must make amends as soon as  
possible . . . . . 1 2 3 4 5 6 7
53. I have a difficult time accepting weaknesses in myself . . . . . 1 2 3 4 5 6 7
54. It is more important that I enjoy my work than it is for  
me to have my work approved . . . . . 1 2 3 4 5 6 7

(appendix continues)

55. After an argument, I feel very lonely . . . . . 1 2 3 4 5 6 7
56. In my relationships with others, I am very concerned  
about what they can give to me . . . . . 1 2 3 4 5 6 7
57. I rarely think about my family . . . . . 1 2 3 4 5 6 7
58. Very frequently, my feelings toward someone close to me vary; there  
are times when I feel completely angry and other times when I feel  
all-loving towards that person . . . . . 1 2 3 4 5 6 7
59. What I do and say has a very strong impact on those  
around me . . . . . 1 2 3 4 5 6 7
60. I sometimes feel that I am "special" . . . . . 1 2 3 4 5 6 7
61. I grew up in an extremely close family . . . . . 1 2 3 4 5 6 7
62. I am very satisfied with myself and my accomplishments . . 1 2 3 4 5 6 7
63. I want many things from someone I am close to . . . . . 1 2 3 4 5 6 7
64. I tend to be very critical of myself . . . . . 1 2 3 4 5 6 7
65. Being alone doesn't bother me at all . . . . . 1 2 3 4 5 6 7
66. I very frequently compare myself to standards or goals . . . . 1 2 3 4 5 6 7

**Table 1**

Means and Standard Deviations of all  
Variables of the Total Sample

	<b>M</b>	<b>SD</b>
Birth Order	1.9	1.3
Age	23.5	6.01
Education	15.0	1.3
AIOW	-0.05	4.1
AOOW	-1.3	3.4
AIOT	0.05	2.8
AOOT	-0.23	2.4
Dependency	-0.38	0.83
Self-criticism	-0.22	0.94
Dejection	1.92	0.45
Agitation	1.53	0.73

N=215, Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

Correlations Between all Variables in the Study, Total Sample

	Sex	Birth	Age	Educ	Marit	AIOW	AOOW	AIoT	AOOT	Depen	Self-cr	Dejec	Agit
Sex	1												
Birth order	-.03	1											
Age	-.04	.21**	1										
Education	-.20**	.00	.30**	1									
Marital status	.05	.11	.58**	.08	1								
AIOW	.01	-.09	.11	-.01	.02	1							
AOOW	-.08	-.11	.06	.02	.03	.62**	1						
AIoT	.01	-.09	.04	-.03	-.02	.66**	.60**	1					
AOOT	-.03	-.10	-.01	.00	-.01	.61**	.62**	.72**	1				
Dependency	-.10	-.06	-.12	.10	-.10	.10	.10	.16	.17				
Self-criticism	.02	-.12	-.02	-.03	.00	.35**	.16	.34**	.30**	.15**	1		
Dejection	.13	-.07	.11	.08	.09	.25**	.13	.26**	.24**	.29**	.36**	1	
Agitation	-.01	-.07	.03	.08	.03	.30**	.19	.33**	.33**	.32**	.52**	.60**	1

N=215, \*\*p<.01

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIoT=actual/ideal/other, and AOOT=actual/ought/other

**Table 3**

Correlations Between AIOW/AOOW/AIOT/AOOT Discrepancies, Dejection and Agitation in Males

	AIOW	AOOW	AIOT	AOOT	Dejec	Agit
AIOW	1					
AOOW	.60**	1				
AIOT	.66**	.60**	1			
AOOT	.59**	.59**	.66**	1		
Dejection	.27**	.16	.25	.21	1	
Agitation	.31**	.19	.25	.25	.52**	1

N=96,  $p < .01$

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other



**Table 4**

Correlations Between AIOW/AOOW/AIOT/AOOT Discrepancies, Dejection  
and Agitation in Females

	AIOW	AOOW	AIOT	AOOT	Dejec	Agit
AIOW	1					
AOOW	.64**	1				
AIOT	.65**	.61**	1			
AOOT	.63**	.64**	.76**	1		
Dejection	.25**	.12	.26**	.27**	1	
Agitation	.30**	.18	.38**	.40**	.68**	1

N=119,  $p < .01$

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

**Table 5**

Correlations Between AIOW/AOOW/AIOT/AOOT Discrepancies, Dependency and Self-criticism in Males

	AIOW	AOOW	AIOT	AOOT	Depen	Self-cr
AIOW	1					
AOOW	.60**	1				
AIOT	.66**	.60**	1			
AOOT	.59**	.59**	.66**	1		
Dependency	.18	.04	.09	.06		
Self-criticism	.26	.18	.36**	.30**	.20	1

N=96,  $p < .01$

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

**Table 6**

Correlations Between AIOW/AOOW/AIOT/AOOT Discrepancies, Dependency and Self-criticism in Females

	AIOW	AOOW	AIOT	AOOT	Depen	Self-cr
AIOW	1					
AOOW	.64**	1				
AIOT	.65**	.61**	1			
AOOT	.63**	.64**	.76**	1		
Dependency	.04	.13	.20	.26**		
Self-criticism	.43**	.14	.32**	.30**	.12	1

N=119, p<.01

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

**Table 7**Sex Differences in Self-Discrepancies, Dejection,Agitation, Self-criticism and Dependency, Total Sample

	Male		Female		<u>t</u>	<u>p</u>
	<u>X̄</u>	<u>SD</u>	<u>X̄</u>	<u>SD</u>		
AIOW	-.094	4.213	-.008	4.083	-.15	n.s
AOOW	-1.00	3.512	-1.555	3.318	1.19	n.s
AIOT	.021	2.67	1.067	2.98	-.12	n.s
AOOT	-.156	2.372	-.286	2.4	.40	n.s
Dependency	-.28	7.823	-.44	7.85	1.40	n.s
Self-crit	-.24	6.964	-.200	.92	-.35	n.s
Dejection	1.85	3.453	1.97	3.441	-1.96	n.s
Agitation	1.53	2.722	1.5	2.73	4.09	n.s

N=Male 96, Females 119, p<.05

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

**Table 8**

Partial Correlations Between AIOW/AOOW  
AIOT/AOOT Discrepancies, Dejection and  
Agitation, Total Sample

	Dejection		Agitation	
	<u>r</u>	<u>p</u>	<u>r</u>	<u>p</u>
AIOW	.08	.13	.06	.21
AOOW	-.06	.21	-.05	.24
AIOT	.05	.25	.06	.20
AOOT	-.00	.45	.12	.04*

N=215, \*p<.05

Note 1: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

Note 2: In each analysis variables portalled

out were the three self-discrepancies and the

one emotional state not the focus of study

**Table 9**Partial Correlations Between AIOW/AOOWAIOT/AOOT Discrepancies, Dejection andAgitation in Males

	Dejection		Agitation	
	<u>r</u>	<u>p</u>	<u>r</u>	<u>p</u>
AIOW	.05	.32	.13	.10
AOOW	-.03	.40	-.02	.43
AIOT	.08	.22	-.00	.48
AOOT	.00	.49	.06	.28

N=96, p<.05

Note 1: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

Note 2: In each analysis variables portalled

out were the three self-discrepancies and the

one emotional state not the focus of study

**Table 10**Partial Correlations Between AIOW/AOOWAIOT/AOOT Discrepancies, Dejection andAgitation in Females

	Dejection		Agitation	
	r	p	r	p
AIOW	.09	.16	.00	.49
AOOW	-.05	.31	-.09	.18
AIOT	-.00	.48	.10	.15
AOOT	-.02	.42	.16	.04*

N=119, p<.05

Note 1: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

Note 2: In each analysis variables portalled

out were the three self-discrepancies and the

one emotional state not the focus of study

**Table 11**

Partial Correlations Between AIOW/AOOW  
AIOT/AOOT Discrepancies, Dependency and  
Self-criticism, Total sample

	Dependency		Self-criticism	
	<u>r</u>	<u>p</u>	<u>r</u>	<u>p</u>
AIOW	-.04	.30	.20	.00**
AOOW	.00	.48	-.15	.01*
AIOT	.04	.29	.13	.03*
AOOT	.09	.11	.07	.16

N=215, \*p<.05, \*\*p<.01

Note 1: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

Note 2: In each analysis variables portalled

out were the three self-discrepancies and the

one type of depression not the focus of study



**Table 12**Partial Correlations Between AIOW/AOOWAIOT/AOOT Discrepancies, Dependency andSelf-criticism in Males

	Dependency		Self-criticism	
	<u>r</u>	<u>p</u>	<u>r</u>	<u>p</u>
AIOW	.18	.04*	-.01	.46
AOOW	-.05	.32	-.06	.27
AIOT	-.04	.34	.22	.02*
AOOT	-.05	.31	.11	.15

N=96, \*p<.05

Note 1: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

Note 2: In each analysis variables portalled  
out were the three self-discrepancies and the  
one type of depression not the focus of study

**Table 13**

Partial Correlations Between AIOW/AOOW  
AIOT/AOOT Discrepancies, Dependency and  
Self-criticism in Females

	Dependency		Self-criticism	
	r	p	r	p
AIOW	-.19	.02*	.37	.00**
AOOW	.03	.36	-.24	.00**
AIOT	.06	.27	.07	.22
AOOT	.19	.02*	.05	.28

N=119, \*p<.05, \*\*p<.01

Note 1: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

Note 2: In each analysis variables portalled  
 out were the three self-discrepancies and the  
 one type of depression not the focus of study

**Table 14**

Partial Correlations Between Self-discrepancies and Dependency and  
Self-criticism in Males and Females

	Male	Female
AIOW	Dependency(.18*)	Self-criticism(.37**) Dependency(-.19*)
AOOW	---	Self-criticism(-.24**)
AIOT	Self-criticism(.22*)	
AOOT	---	Dependency(.19*)

N=Males 96, Females 119, \*p<.05, \*\*p<.01

Note: AIOW=actual/ideal/own, AOOW=actual/ought/own,

AIOT=actual/ideal/other and AOOT=actual/ought/other

**Table 15**

Fisher Z Score Transformation Tests of  
Differences Between Men's and Women's  
Simple Correlations for Dejection and  
Agitation

	Dejection		Agitation	
	<u>Z</u>	<u>p</u>	<u>Z</u>	<u>p</u>
AIOW	.16	.87	.08	.94
AOOW			---	
AIOT	.08	.94	1.06	.29
AOOT	.47	.64	1.23	.22

N=215, \*\*p<.01

Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

**Table 16**

Fisher Z Score Transformation Tests of  
Differences Between Men's and Women's  
Partial Correlation for Dejection and  
Agitation

	Dejection		Agitation	
	<u>Z</u>	<u>p</u>	<u>Z</u>	<u>p</u>
AIOW	---		---	
AOOW				
AIOT			.74	.46
AOOT	---		---	

N=215, \*\*p<.01

Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

**Table 17**

Fisher Z Score Transformation Tests of  
Differences Between Men's and Women's  
Simple Correlation for Dependency and  
Self-criticism

	Dependency		Self-criticism	
	<u>Z</u>	<u>p</u>	<u>Z</u>	<u>p</u>
AIOW	---		1.42	.16
AOOW			---	
AIOT			.33	.74
AOOT	1.51	.13	.00	1.00

N=215, \*\*p<.01

Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

**Table 18**

Fisher Z Score Transformation Tests of  
Differences Between Men's and Women's  
Partial Correlation for Dependency and  
Self-criticism

	Dependency		Self-criticism	
	<u>Z</u>	<u>p</u>	<u>Z</u>	<u>p</u>
AIOW	2.74	.007**	2.92	.004**
AOOW			1.35	.18
AIOT			1.12	.26
AOOT	1.77	.08	---	

N=215, \*\*p<.01

Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

**Table 19**

Reliabilities Between Different Types of  
Self-discrepancies Obtained by First and  
Second Scorers

Second scorer		AIOW	AOOW	AIOT	AOOT
First scorer					
AIOW		.99**			
AOOW			.98**		
AIOT				.85**	
AOOT					.82**

N=41, \*\*p<.01

Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other



**Table 20**Means and Standard Deviations of allSelf-discrepancy Scores Obtained byFirst and Second Scorers

	<b>M</b>		<b>SD</b>	
	First	Second	First	Second
AIOW	.049	.098	3.98	3.68
AOOW	-.854	-.854	3.99	3.76
AIOT	.195	.146	2.00	2.26
AOOT	-.268	-.122	1.91	2.32

N=41

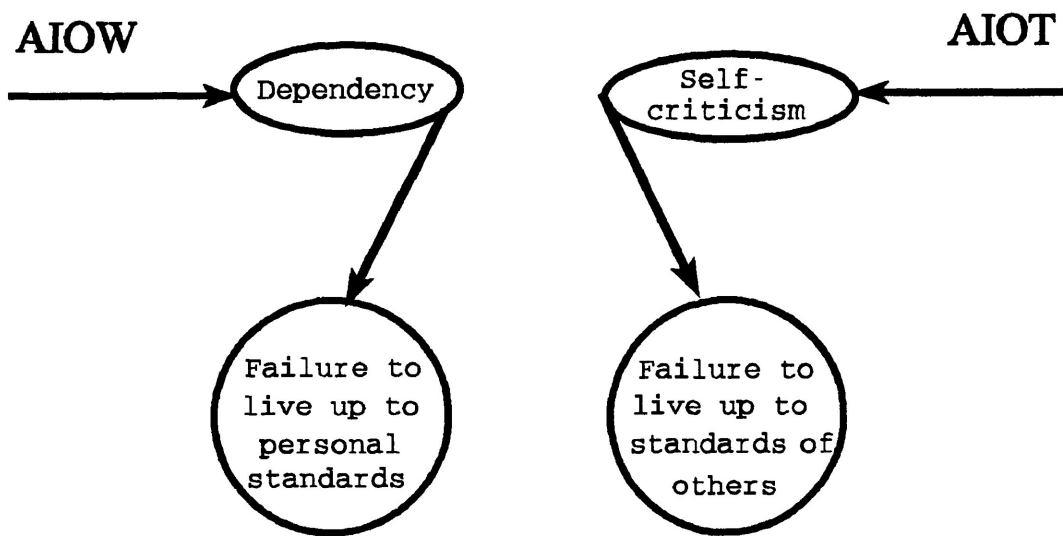
Note: AIOW=actual/ideal/own,

AOOW=actual/ought/own,

AIOT=actual/ideal/other and

AOOT=actual/ought/other

**Figure 1.** Causality of depression in men.



**Figure 2.** Causality of depression in women.

