ESCON 2019

Despicable Me!

Self-awareness & motivation to escape from the self

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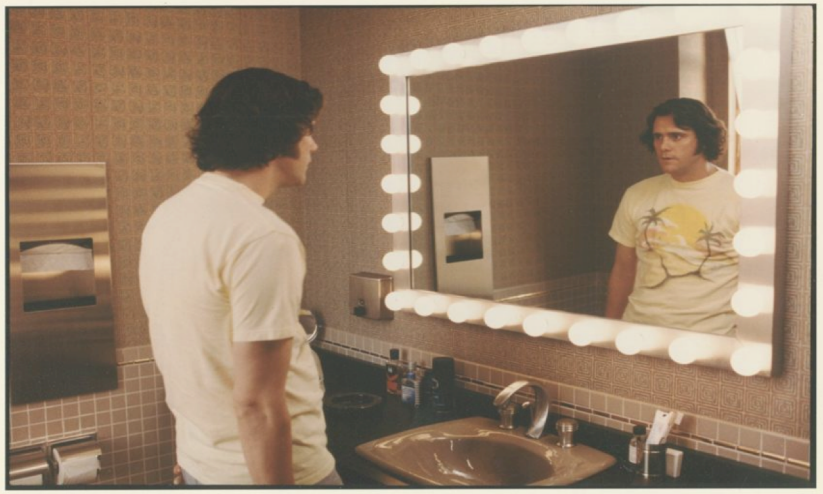

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Objective Self-Awareness Theory

Duval & Wicklund, 1972

- **Focusing on oneself as an object**

Activation of **actual** self-representations

\+ Activation of **ideal** self-representations

= Noisy **self-discrepancies** !

Feeling of **failure**

Objective Self-Awareness

- Self-awareness is associated to…
  - Negative affects (**Fejfar & Hoyle, 2002, Mor & Winquist, 2000**)
  - Depression (**Smith & Greenberg, 1981**)
  - …

Self-awareness could be an aversive state that one would be motivated to escape from (**Binge-eating:** **Higgins Neyland & Bardone-Cone, 2017**; **Addiction:** **Morgan & O'Brien, 2016**; **TV :** **Moskalenko & Heine, 2003; …**).

Suicide as a way of escaping the self

Baumeister, 1990

- 6 main steps:
  - **Failure** (outcome fall below personal or societal standards)
  - **Blaming the self** (shame?)
  - Self perceived as inadequate
  - **Negative emotion**
  - Deconstruation: avoidance of high-level, meaningful thought
  - Desinhibition that might lead to **suicide**

- **Goal-pursuit activates means of achieving the goal (Kruglanski et al., 2002)**

➔ **If suicide belongs to the panel of means of escaping the self, it should be measurable.**

The mirror effect

Selimbegović & Chatard, 2013

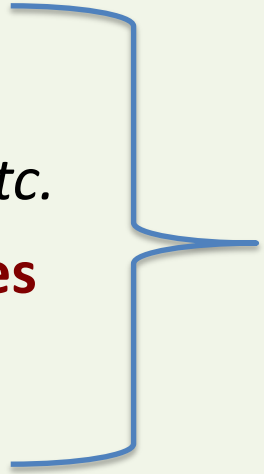
- **Suicide** as a radical, concrete and efficient way of **escaping the self** (Baumeister, 1990)

- Upon mirror exposure, participants were faster to detect **suicide-related** words when controlling for neutral words and negative words in a **lexical decision task**.

Replication Crisis 101

- **Replicability**: Assessing a study's reliability
  - *A defining feature of a science according to Popper.*

- Avoiding **bad practices**
  - *HARKing, Optional stopping, etc.*
- Produce **robust statistical analyses**
  - i.e., not sensitive to noise



Pre-registration

How difficult it can be to replicate?

- The type II error rate
  - Statistical power

    80% * 80% = 64%

    ➔ **64% chances of detecting the effect if there is one**

- Type I error rate
  - Alpha level

    5% * 5%= 0.25%

    ➔ less 1 chance out of 400 to obtain such results or more extreme results **at alpha = .05** considering H0 is true

Self-registered replication

- OSF : https://osf.io/v6bhx
- 150 participants - one tailed-power calculation (**Cho & Abe, 2012**)

IV: 2 (Mirror vs control) x 2 (Self-discrepancies)

DV: Latencies to accurately detect **neutral**, **negative and suicide-related words**
→ **Measure of cognitive accessibility**

Table 1.
Lists of words used for the Lexical Decision Task

Neutral	Negative	Suicide related
Souvent (*Often*)	Triste (*Sad*)	Suicide (*Suicide*)
Livre (*Book*)	Chagrin (*Sorrow*)	Corde (*Rope*)
Bonsoir (*Good Evening*)	Souffrance (*Suffering*)	Veine (*Wrist*)
Vent (*Wind*)	Mauvais (*Bad*)	Pendre (*To hang*)
Haie (*Bush*)	Nul (*Worthless*)	Tentative (*Attempt*)
Train (*Train*)		
Poche (*Pocket*)		
Ballon (*Ball*)		
Le (*The, masculine form*)		
Loi (*Law*)		
Pas (*Not*)		
La (*The, feminine form*)		
Chat (*Cat*)		
Tas (*Pile*)		
Chaise (*Chair*)		

- ***Post experiment*** *: implicit (IAT) and explicit (SSGS) measures of shame and guilt*

Confirmatory analyses

- *Participants associated to **studentized residuals > 3** were excluded*

  - **Neutral covariant**
    - $t(142) = 0.015$, $p = 0.51$, $\eta_p^2 < .001$, 95% CI [− 0.045, + ∞]

  - **Negative covariant**
    - $t(142) = -0.9$, $p = .37$, $\eta_p^2 = .006$, 95% CI [−0.076, + ∞] .

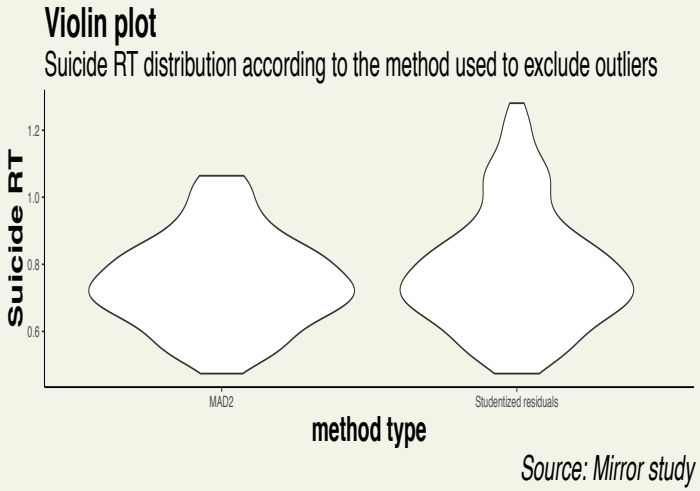
How to accurately detect outliers

- **Z-scores, studentized residuals, etc.**
  - Involve **mean** and **standard deviation** (i.e., not robust)

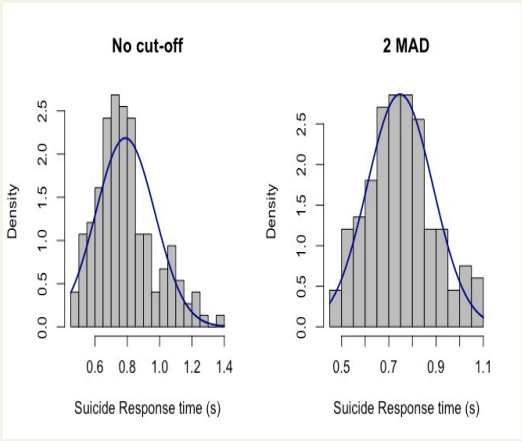
Example: 2, 3, 4, 5, 6, 7, 8, 1000, 1000

M = 204.4, sd = 419.32, so no outliers here

- **MAD** (***Huber, 1981; Leys et al., 2013***)
  - Involve **median** and **Interquartile Range** (i.e., robust)



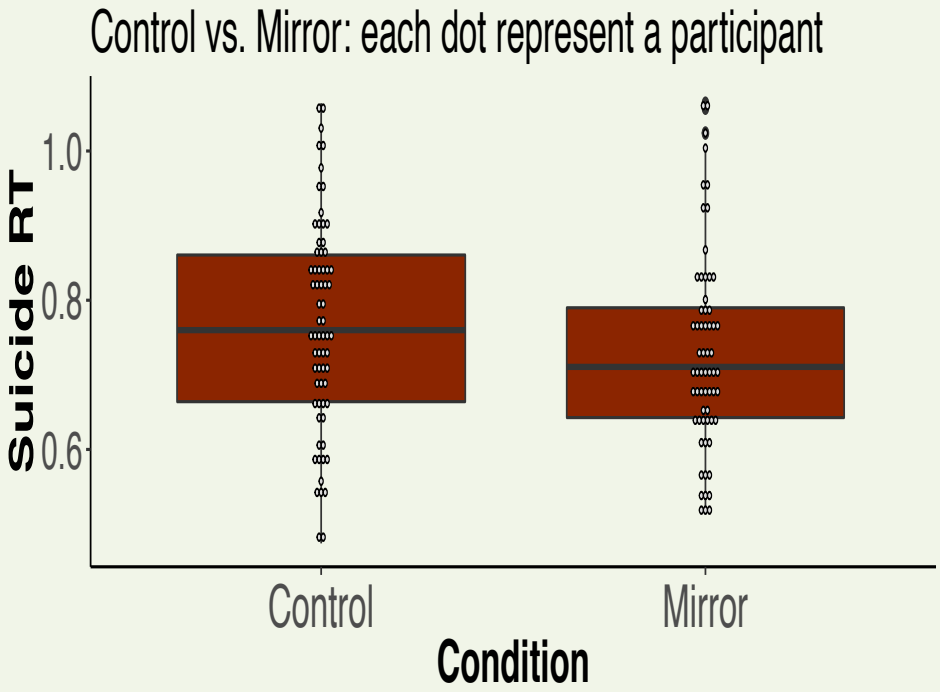
Source: Mirror study



Exploratory Analyses

Mixed results…
With **MAD2**, Partial replication:

Mirror presence facilitated detection of suicide-related words when controlling for **negative TR**



$t(127) = -1.773$, $p = .039$, $\eta_p^2 = .024$, 95% CI [−0.10, + ∞]

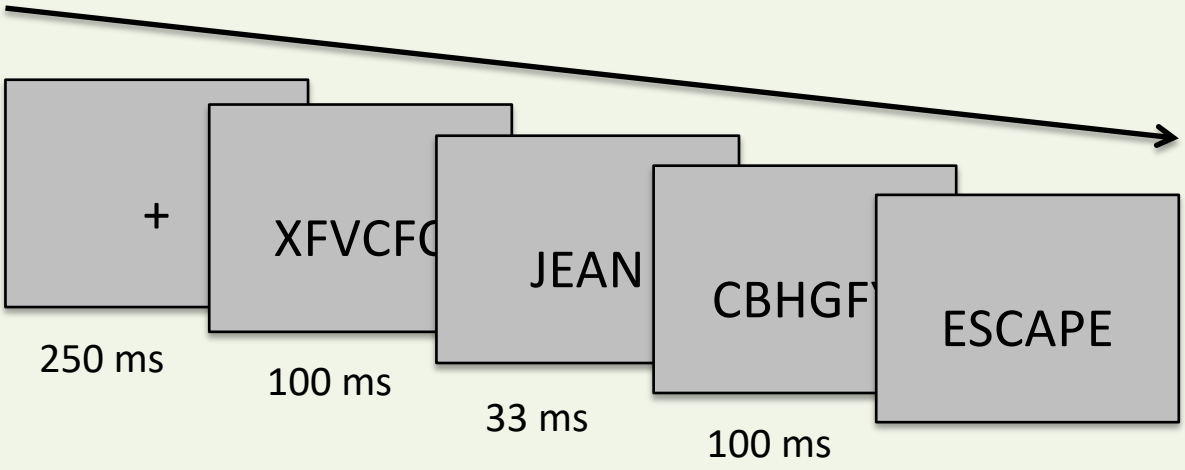
Testing **conceptual robustness**

- *What if…*
  - The mirror effect is explained by **the saliency of public aspects of the self** (i.e., appearances) instead of private standards?
    - **Need for another induction of self-awareness**
  - The mirror effect is explained by a **pre-treatment of the concept of « self »** necessary to fully process the concept of suicide?
    - **Need for another category of target words**

The Name Effect

- **Name priming** (vs. random letter sequence priming) for 33ms (**Silvia & Philips, 2012**)

- **Target words**: **Escape-related words**

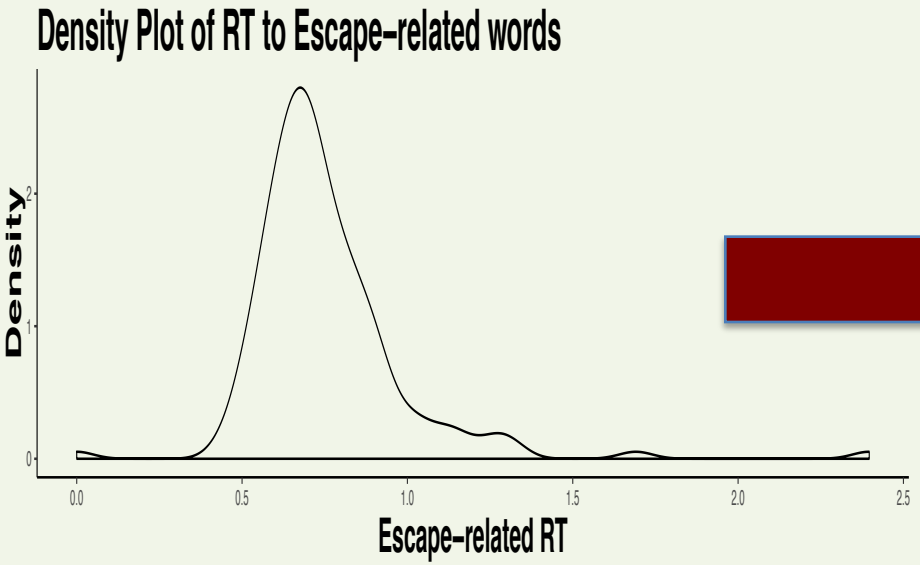


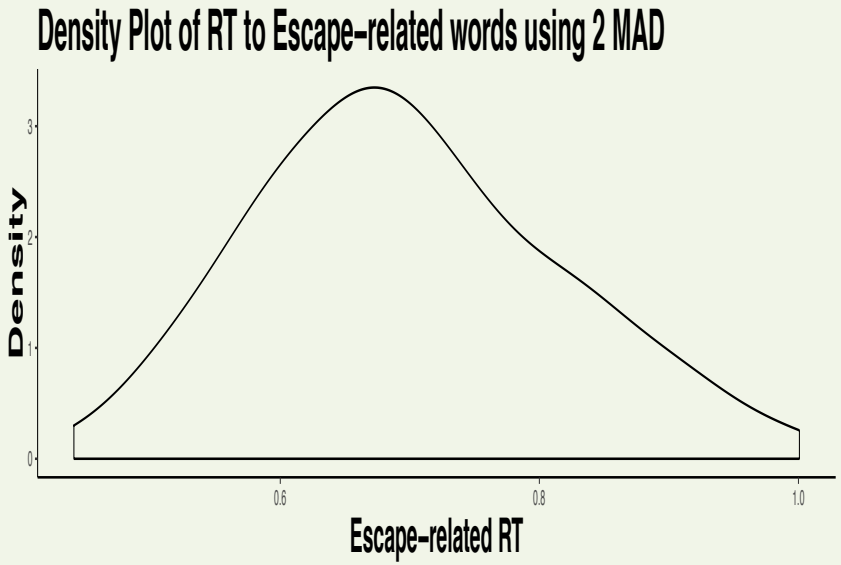
The Name Effect

- 150 participants
- Measures: Shame and guilt proneness (**GASP scales**, Cohen, Wolf, Panter, & Insko, 2011) and **entrapment scale** (Gilbert & Allan, 1998)
- LDT with **neutral**, **failure-**, **success-**, and **escape-related** words

Outliers again

- Use of 2 **MAD** again

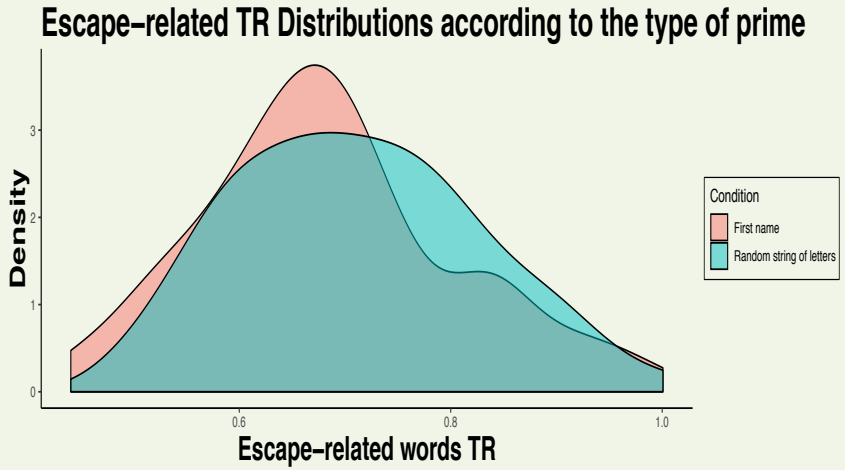




Self → Escape

Participants primed with their first name were faster to detect escape-related words when controlling for neutral words RT

F (1,123) = 6.92, p<.01, η_p^2 = .053,
95% CI [0.01; 0.07]



Similarly, they were faster to detect failure related words when controlling for neutral words RT

Mechanisms involved in the process

- Shame?
  - Negative evaluation of the self
  - Self appraised as stable and uncontrollable (Tracy & Robins, 2008)
  - Associated to escape responses such as hiding or disappearing

Thanks for your attention

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