

Introduction

- Interpersonal dependency is characterized by avoidance of autonomous functioning and a reliance on others for nurturance, direction, support, and security (Bornstein, 2012).
- Interpersonal dependency has been shown to moderate perceptions of daily social interactions where participants with higher scores on dependency reported a decrease in positive emotional affect when perceiving others as more submissive (Wang et al., 2014).
- Additional research on dependency has shown there are three types of dependency including love dependent, exploitable dependent, and submissive dependent (Pincus & Wilson, 2001).
- Love Dependent can be defined as an increased sense of affiliation in relationships and feeling more secure by having those relationships. Exploitable Dependent is defined as the avoidance of conflict in relationships by the individual putting needs of others above their own. Lastly, Submissive Dependent is defined as constantly seeking guidance from others.
- The present study sought to replicate prior research by examining the effect of the three types of dependency on daily social interactions.
- Hypothesis 1: Higher scores on submissive dependency will experience decreased positive affect when they perceive autonomy during their daily social interactions.

Participants

- 17 undergraduate students (13 females and four males) participated in the study
- 29.4% Caucasian, 47.1% Hispanic, 17.6% Asian, and 5.9% Other.
- 18 – 25 years of age ($M = 20.06$, $SD = 1.82$).

Measures

- 3-Vector Dependency Inventory (3VDI; Pincus & Wilson, 2001): A 27-item self-report measure used to assess participants' level of love dependency, exploitable dependency, and submissive dependency
- Structural Analysis of Social Behavior (SASB; Benjamin, 1974). The SASB is three-surface circumplex model of interpersonal behavior based on the dimensions of affiliation (hostile-friendly), interdependence (autonomy-enmeshed), and focus (other, self, introject). The current study examined participants daily ratings of the other and self surfaces only.
- A grid version of the Structural Analysis of Social Behavior (SASB; Benjamin, 2000) was used by participants to indicate how they perceived the behavior of interaction partners and their reactions (see SASB Grids).
- Two nine by nine SASB grids (one for actions and one for reactions) were used. Each grid contains an affiliation axis (the horizontal axis) and autonomy axis (the vertical axis) that are coded -9 to +9.

SASB Grids

Rate how other person ACTED: Rate how you REACTED:

Ignoring & Neglecting	Freeing & Forgetting	Affirming & Understanding	Walling off & Distracting	Asserting & Separating	Disclosing & Expressing
Attacking & Rejecting		Loving & Approaching	Protesting & Recoiling		Joyfully Connecting
Belittling & Blaming	Watching & Controlling	Nurturing & Protecting	Sulking & Scouring	Deferring & Submitting	Trusting & Relying

Affect: First, please place a single mark (e.g. an "X") on the grid to indicate how YOU felt during the interaction.

Second, circle the word that best describes how you felt during the interaction.

Stress	Arousal	Excitement
Unpleasant Feelings		Pleasant Feelings
Depression	Sleepiness	Relaxation

Measures con't

- A nine by nine grid for participants to indicate their emotions during their social interactions. The grid contains a Pleasant Feeling axis (horizontal axis) and Arousal axis (vertical axis) that are coded -9 to +9.
- Participants rated five interactions per day for seven days total.

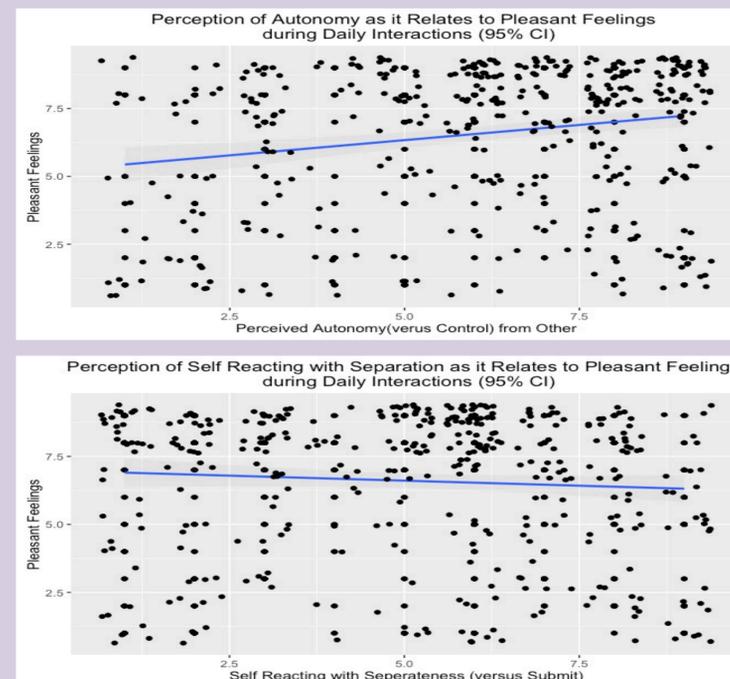
Data Analysis

- Multilevel models were conducted to examine the interaction between dependency scales and perceptions of others on pleasant feelings. All predictors were centered to improve interpretation of coefficients. Predictor variables were centered. All data analyses were conducted in R and make use of the LME4 Package.

Results/Conclusions

- Table 1 presents results for perceptions of others acting with Autonomy and Submissiveness on Pleasant Feelings. The Autonomy coefficient showed that at average levels of Submissiveness, every one unit increase in Autonomy resulted in at .22 increase in Pleasant Feelings regardless of day. The coefficient was statistically significant.

Graphs



Results/Conclusions

Table 1.	Estimate	Std. Error	T-value
(Intercept)	6.43	0.31	21.08
c.Autonomy	0.22	0.06	3.85
c.Submissive	0.03	0.02	1.53
Day	0.05	0.07	0.75
Aut X Sub.	-0.01	0.01	-0.92

- Contrary to predictions, the interaction term between Perceived Autonomy and Submissiveness was not meaningfully associated with Pleasant feelings ($B = -0.01$).
- Table 2 presents results for perceptions of self reacting with Separateness and Submissiveness on Pleasant Feelings. The Separateness coefficient showed that at average levels of submissiveness, everyone one unit increase in perception of self reacting with separateness resulted in a .10 reduction in pleasant feelings regardless of day. The coefficient was not statistically significant.

Table 2.	Estimate	Std. Error	T-value
(Intercept)	6.43	0.31	21.84
c.Separate	-0.10	0.06	-1.75
c.Submissive	0.03	0.02	1.59
Day	0.05	0.07	0.78
Sep X Sub.	0.0008	0.01	0.15

- Again, contrary to predictions, the interaction term between Perceived Separateness and Submissiveness was not meaningfully associated with Pleasant feelings ($B = -0.0008$).

Conclusions

- Contrary to predictions, degree of submissive dependency did not impact the effect of daily perceptions of autonomy on self-reported pleasant feelings.
- The effect of submissiveness on the association between perceived autonomy and pleasant feelings would likely be stronger in a selected sample of those with the dependent personality type.