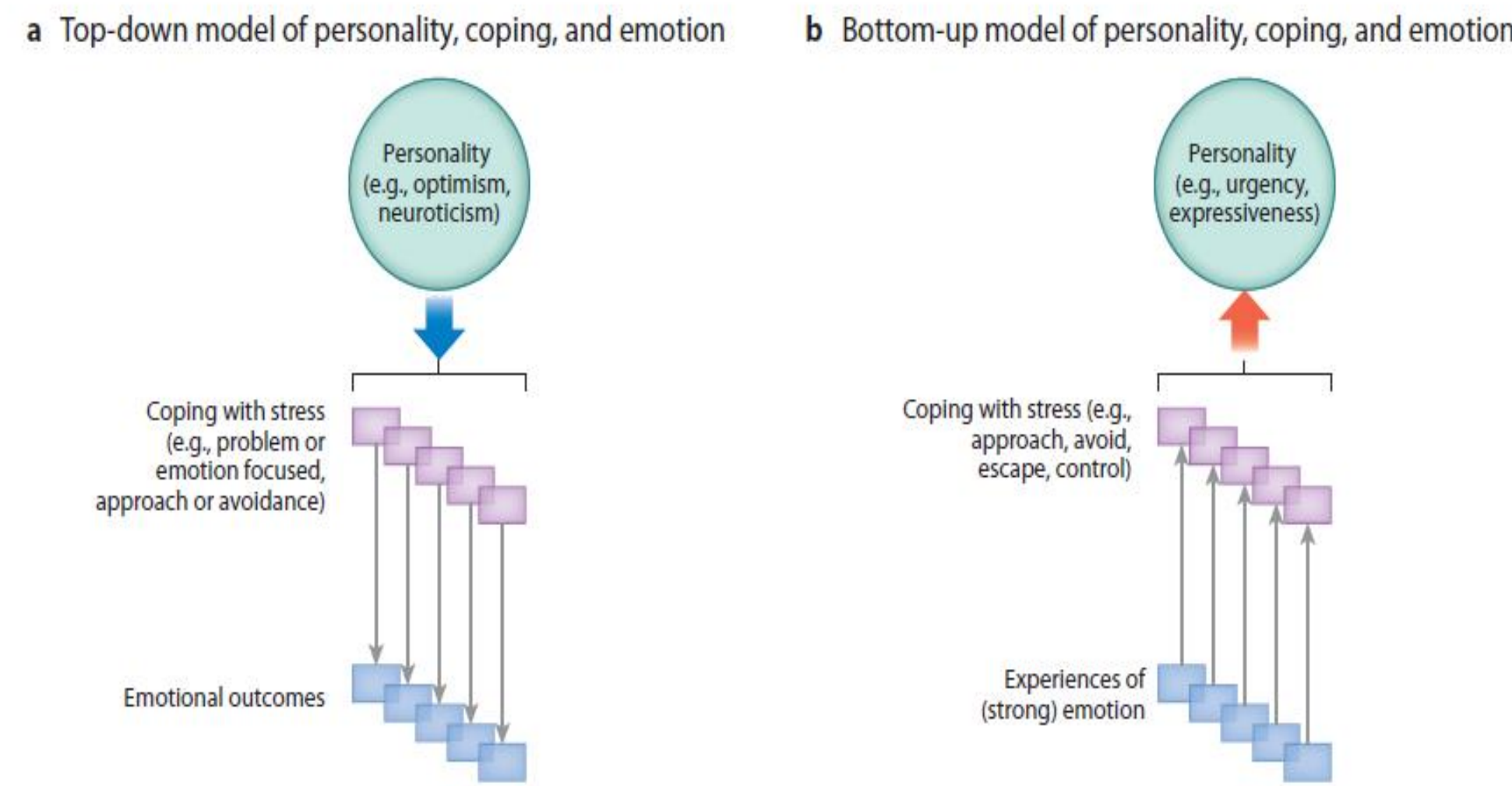


Response to Emotional Experience: A Multidimensional Scaling Study in Diverse Adults

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We found 3 dimensions: approach, control, and comfort with emotion that characterize the dimensional structure of trait responses to emotion.

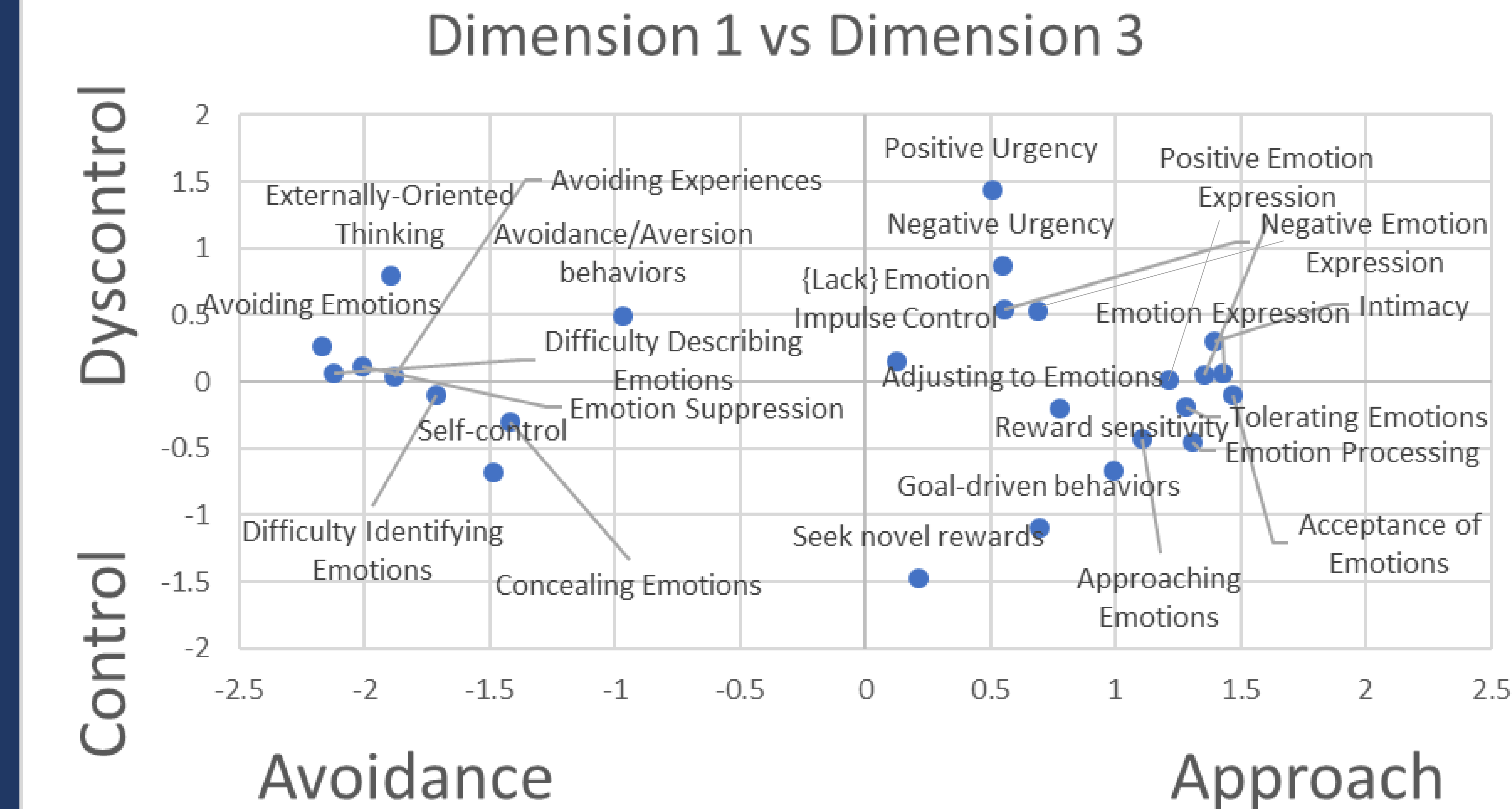
The present study aimed to establish the empirical relationships among trait responses to emotion by developing a multidimensional model (MDS). We hypothesized that **approach vs. escape/avoidance and control vs. dyscontrol** will characterize the dimensional structure of trait responses to emotion.

Additional hypotheses regarding demographic and psychosocial correlates (e.g., socioeconomic context, early life experiences) of dimension scores will be tested in future studies.

TurkPrime participants (N=284) completed measures of trait responses to emotion and anchoring scales.

Demographics	
N=284 (Median age, 36; Gender, male [52.1%], female [45.1%], other [2.9%]; income, \$0-50k [54.5%], \$50-99k [34.9%], \$100k or more [10.6%]; Education, high school/equivalent (GED) or less [17.2%], undergrad degree (Bachelor, Associate, some college) [72.2%], graduate degree [10.6%]; Ethnicity, mode = white [82%], non-white [17%], other [.7%])	

Scale and Subscale	Construct(s) Measured
Positive Urgency Measure	Positive Urgency
Negative Urgency Measure	Negative Urgency
Need for Affect Scale	Approaching Emotions Avoiding Emotions
Acceptance and Action Questionnaire-II	Avoiding Experiences
Acceptance of Emotions Scale	Acceptance of Emotions
Emotion Approach Coping	Emotion Processing Emotion Expression
Berkeley Expressivity Questionnaire	Negative Emotion Expression Positive Emotion Expression
Emotional Expressiveness Questionnaire: PE	{Lack} Emotion Impulse Control Positive Emotion Expression Negative Emotion Expression Intimacy
Emotion Regulation Questionnaire	Emotion Suppression
Affective Style Questionnaire	Concealing Emotions Adjusting to Emotions Tolerating Emotions
Toronto Alexithymia Scale-II	Difficulty Identifying Emotions Difficulty Describing Emotions Externally-Oriented Thinking
BAS	Goal-driven behaviors Seek novel rewards
BIS	Reward sensitivity
Brief Self-Control Scale	Avoidance/Aversion behaviors Self-control



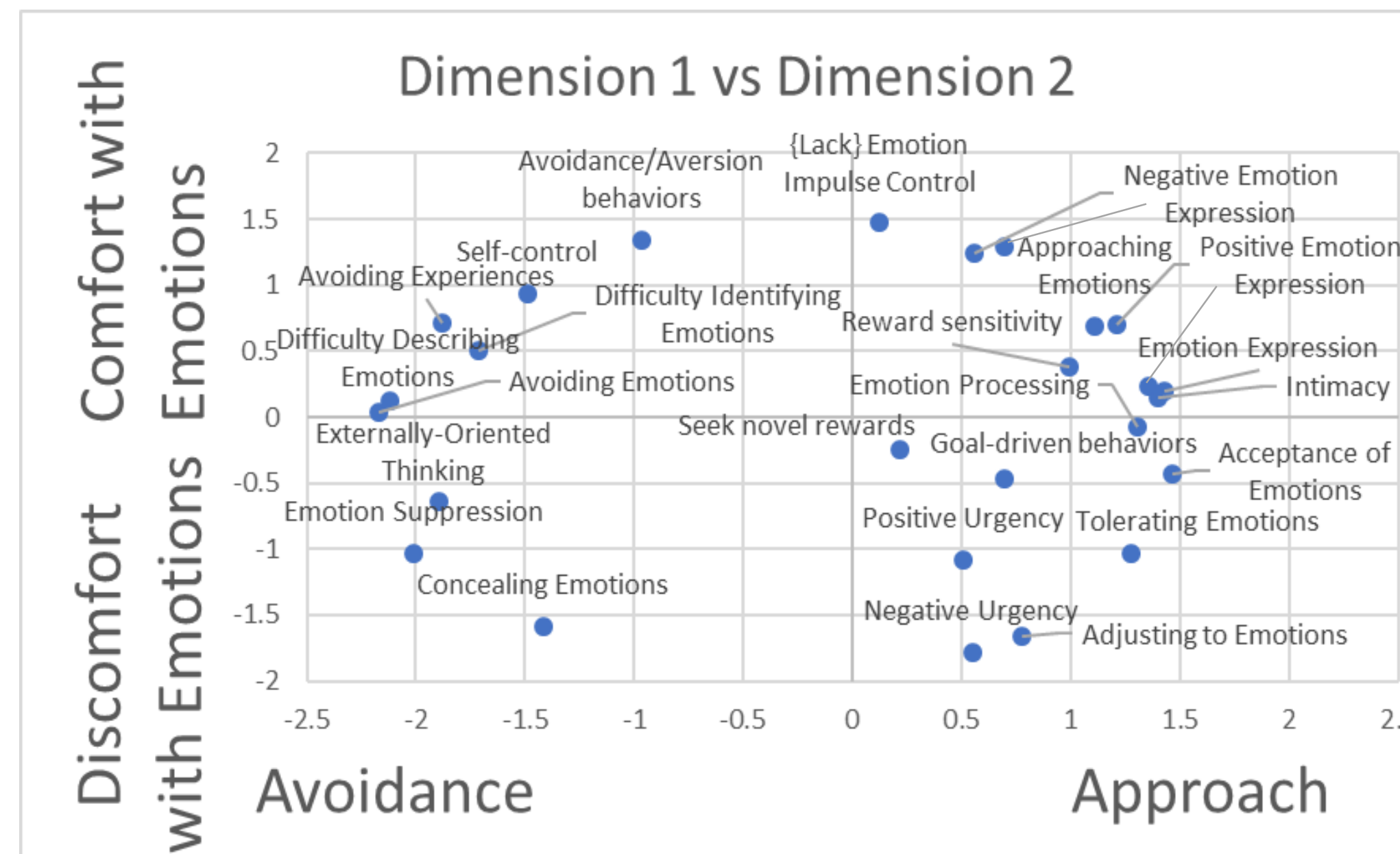
The hypothesized dimensions of approach vs avoidance and control vs dyscontrol were found (Dimension 1 and Dimension 3). An additional dimension consisted of comfort with emotion vs discomfort with emotion.

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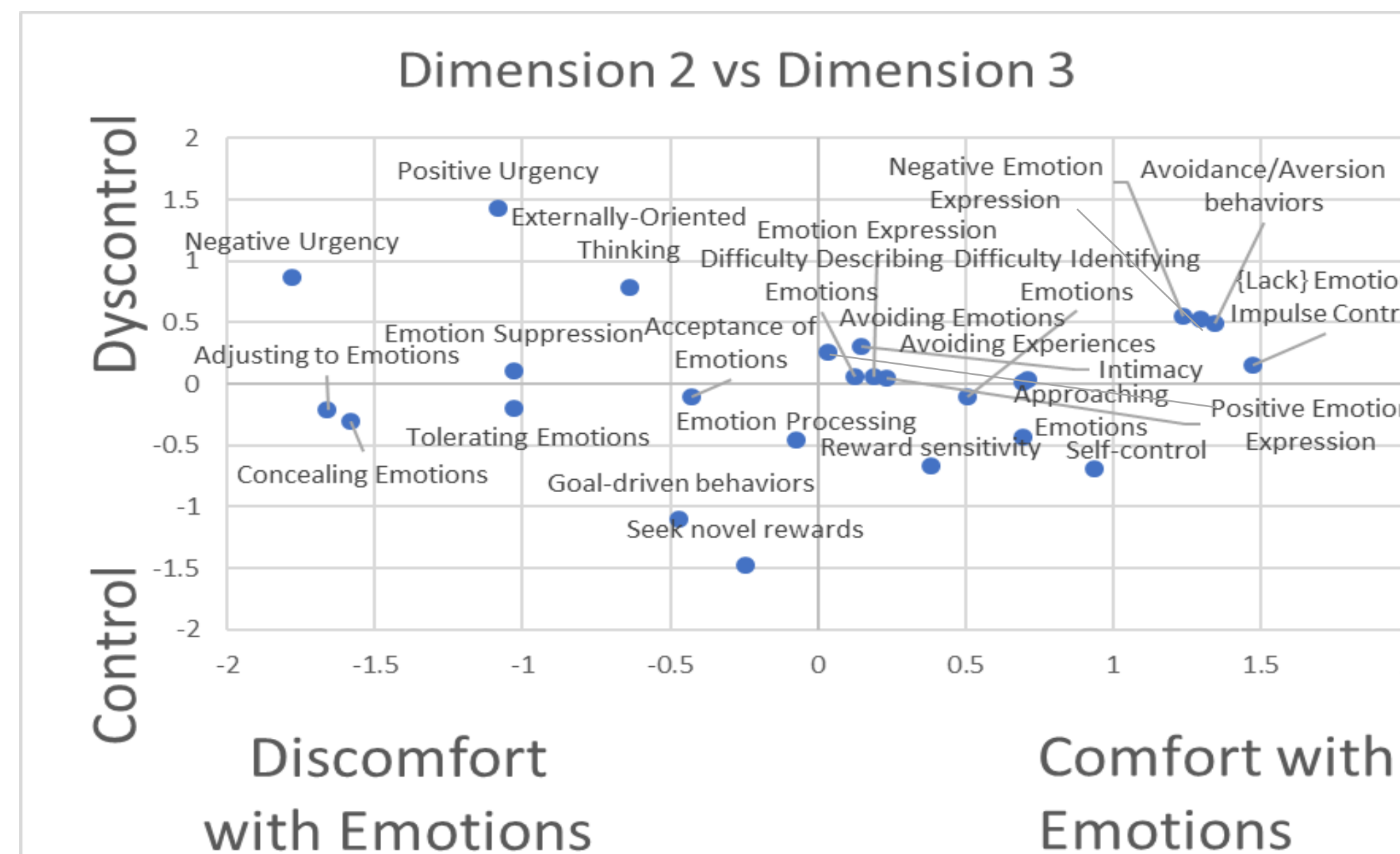
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No total dimension found.

By testing up to 4-dimensional models, we determined a 3-dimensional model best represented the dimensional structure of trait responses to emotion. While not central to our hypothesis, included below are each of the hypothesized dimensions with the comfort with emotion dimension.



Those who are more comfortable with emotion and have an approach tendency are more likely to engage in positive and negative emotion expression and goal-directed behaviors; those who have an avoidance tendency are more likely to engage in suppression and avoidance.



Those who are comfortable with emotions but have difficulty controlling them are likely to be more emotionally impulsive and higher in alexithymia; those who are more uncomfortable with emotions may behave impulsively, but not in a way that expresses their emotions.