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INTERNATIONAL UNDERSTANDING: SETTING THE STAGE



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PhD, Editor

International Understanding (IU) was first published in 1962 as a supplement to ICP's quarterly newsletters that were begun in 1951. The *IU* contained substantive articles: concept papers, scientific presentations and research studies by members. ICP was incorporated in 1962-63 as a 501c3 non-profit educational association.

Established in 1941 as the National Council of Women Psychologists (NCWP), the group of 253 women psychologists began making presentations at annual conventions of the American Psychological Association. These members of the American Psychological Association (APA), came together to offer their professional services in the interests of world peace and to assist families of men who were sent into conflicts far from the United States. They wanted to publish their work for review by the larger community of psychologists.

In 1966 the newsletter and *IU* were merged and named the *International Psychologist*. During the 1990s substantive papers and articles were separated out into a journal. After five years, ICP's *World Psychology* journal proved economically unfeasible in an era of multiplying international associations and journals. *IU* was re-introduced in 2009 as Part B of the *International Psychologist*.

Part B is intended to be used for longer reports and as a place for the ICP's Research Interest Groups to present their collaborative work. One expectation is that *IU* can be a linking pin between print media and electronic communications offered through the ICPWEB.ORG site. Dr. Varda Muhlbauer [Israel] is exploring ways with the help of new Director at Large Diana Boer [Germany] to implement a blog for scientific conversations and professional discussions, as well as using it for planning conference symposia and joint research projects.

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Ann Marie O'Roark, PhD, Editor

CONTENTS OF THIS ISSUE

<u>Title</u>	<u>Page</u>
Jung and Teilhard: The Childhood Development of Two Visionaries. Goetz, D.	2
The Role of Instrumental Emotion Regulation in the Emotions-Creativity Link: <i>How Worries Render Neurotic Individuals More Creative</i> . Leung, A.K.-y et.al. (Graphs page 14-15)	3
The Hidden Worldwide Mental Health Issue in the Gun Debate: Suicide. Rubin, N.	14
ICP Reports: Liaisons to Other International Organizations. Rice, J., et.al.	15
United Nations Activities Reports. Denmark, F., et.al.	22
One World, One Humanity. Lowenstein, L. F.	24
The Wisdom of Resilience. Hiew, C., et.al.	27
The Psychological Study of Moral Reasoning Cross Cultural Research. Comunian, A.L.	32
IU Author Gallery	36
ICP Executive Board Contact List	37

Jung and Teilhard: The Childhood Development of Two Visionaries

by
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This paper will explore the remarkable similarities in Jung's and Teilhard's early experiences and describe the similarities in their later writings and life work. They were contemporaries, and although the two never met, Jung and Teilhard admired each other's work. When Jung died, a copy of Teilhard's *The Phenomenon of Man* was found lying open on his desk. Each explored and enjoyed nature as a child. There was a joyous sense of unity with nature but a gap between their own perceptions and what could be expressed in words or trusted to others. It seems that quite early in life, each was intensely aware of a particular loneliness. Jung and Teilhard were both introverts and each had significant childhood experiences that they could not share with anyone else. I propose that these experiences influenced their choice of life work and demonstrate how their childhood experiences affected their theories.

There are similarities in their childhood experiences as told in their autobiographical accounts. Descriptions of their childhood are taken from Jung's *Memories, Dreams, and Reflections* (1965) and Teilhard's *The Heart of Matter* (1978).

Three aspects of their early development are striking: each had intense childhood fears of destruction, each had a second, more real "self" which they could not communicate to others, and each possessed a secret object: a revered "idol" or "manikin." These three aspects will be described and analyzed: intense childhood fears, a sense of the self as a great secret that could not be communicated to others, and private devotions and cherished secret objects.

I. Intense childhood fears

Teilhard's earliest memories have to do with the fear of destruction of the self and the destruction of an object which he valued greatly. Teilhard's first memory was when he was five or six years old. After his mother cut his hair, he held up a piece and it was burned up instantly. He realized that he was perishable. Later, he was very distraught when a piece of iron, that he thought was surely indestructible, was found rusted after he pulled it from the garden wall where he had hidden it.

Jung also had intense fears as a child. His first trauma occurred when he was startled by a man wearing a long black garment and a broad-rimmed hat that looked like women's clothing. He concluded that the man was in disguise and might harm him so Jung rushed to the attic.

Later he realized the figure was a Catholic priest.

II. The secret self

Teilhard's writes about "the real me" as the one who possessed secrets and could only accept religious symbols that he experienced. The other self was conventionally pious. Later in the essay, he uses these more conventional terms: the "two halves": the pagan ego contrasted to the Christian ego and the natural contrasted to the supernatural.

In *Memories, Dreams and Reflections* Jung writes, that like his mother, he had No. 1 and No. 2 personalities. No. 1 corresponded to his external actions with others and Jung succeeded well in school proving his competence. However, his real personality was secret and ancient.

Jung wrote of a particular stone in his father's garden that jutted out of the hill. As a child he pretended that the stone was his. He would sit for hours on the stone wondering if "Am I the one who is sitting on the stone, or am I the stone on which he is sitting?" (1965, p. 20). Thirty years later, he revisited the home of his childhood and the sight of the stone tugged at him "for the world of childhood in which I had just become absorbed was eternal" (1965, p. 20).

III. Secret childhood idols

Teilhard and Jung practiced private devotions and cherished secret experiences of themselves and of God. They each had a tangible object which served to focus their adoration and which provided security from their devastating fears. Each has written about a secret.

Teilhard (1978) kept a small piece of iron secretly hidden in the courtyard when he was six or seven and wrote of his ecstasy in possessing what he then thought was the most durable substance. He described the lock-pin of a plough, the head of a bolt in the nursery floor.

Carl Jung (1965) carved a "manikin" about two inches long out of the end of his ruler when he was ten. The coat, top hat and boots were colored black [and the] childhood "idol" hidden in a place known only to himself.

Teilhard chose an idol that was part of nature. For Teilhard, these were "found" objects of a naturally occurring metal, iron, not shaped by him. Each had a need to find a concrete form that contained their most precious secret. Teilhard carefully hid his precious objects.

Jung actually carved his own "manikin," provided a safe home for it, and gave it possession of a stone and the tiny scrolls.

These enchanted objects were secretly hidden in a way that paralleled each boy's hiding the deep striving they felt to connect meaning to their personal experiences. These two lonely children took solace from their secret prized

possessions. This secret world of their own, layered with personal meaning helped them stand against their fears. Later, their fears would be sublimated into a search for meaning in the nonvisible, which was for them as real as the material world.

Jung studied the image of God as it appears in human psyches. Jung wrote “my *raison d’être* consists in coming to terms with that indefinable Being we call ‘God.’”

Teilhard studied the fossil record and saw God’s hand in the natural world and saw human achievement as completing the work of creation begun by God. Teilhard wrote “religion and science are the two conjugated faces...of nature.” (1959, p. 284-285). Teilhard wrote “Research is adoration; adoration, research.” (Braybrooke, 1969, p. 96).

May we all find such a sense of meaning in our work.

The Role of Instrumental Emotion Regulation in the Emotions-Creativity Link: How Worries Render Neurotic Individuals More Creative
By Angela K.-y. Leung, Shyhnan Liou, Lin Qiu, Letty Y.-Y. Kwan, Shi-yue Chiu, Jose C. Yong

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Abstract

Based on the instrumental account of emotion regulation (Tamir, 2005), the current research seeks to offer a novel perspective to the emotions-creativity debate by investigating the instrumental value of trait-consistent emotions in creativity. We hypothesize that emotions such as worry (vs. happy) are trait-consistent experiences for neurotic individuals and experiencing these emotions can facilitate performance in a creativity task. In three studies, we found support for our hypothesis. First, individuals higher in neuroticism had a greater *preference* for recalling worrisome (vs. happy) events in anticipation of performing a creativity task (Study 1). Moreover, when *induced* to recall a worrisome (vs. happy) event, individuals higher in neuroticism came up with more creative design (Study 2) and more flexible uses of a brick (Study 3) when the task

was a cognitively demanding one. Further, Study 3 offers preliminary support that increased intrinsic task enjoyment and motivation mediated the relationship between trait-consistent emotion regulation and enhanced creative performance. These findings offer a new perspective to the controversy concerning the emotions-creativity relationship and further demonstrate the role of instrumental emotion regulation in the domain of creative performance.

Keywords: Instrumental emotion regulation, creativity, neuroticism, emotions

Although the relationship between emotions and creativity has been extensively theorized and researched (e.g., Baas, De Dreu, & Nijstad, 2008; Forgas & George, 2001), it is still unclear which emotional state would benefit individual creativity most (Amabile, 1996; Vosburg & Kaufmann, 1999). Although some studies showed that positive versus neutral moods facilitate cognitive complexity and creative problem solving across a broad range of settings (see Ashby, Isen, & Turken, 1999 for a review), others showed that negative moods (vs. positive or neutral moods) foster creative performance (e.g., Adelman & Blaney, 1995; Carlsson, Wendt, & Risberg, 2000; Clapham, 2001; Gasper, 2003).

Results from a recent meta-analysis of 63 empirical studies (Davis, 2009) support a *contextual perspective* to the emotions-creativity relationship (see also Martin & Stoner, 1996). There is general support for the facilitating effect of positive emotions on creativity. In contrast, the evidence for the creative benefits of negative emotions is mixed. We submit that the mixed results for negative emotions ensue from the possibility that negative emotions benefit individuals with certain personality dispositions only. To resolve the inconsistent findings pertaining to the link between negative emotions and creativity, drawing on insights from the instrumental account of emotion regulation (Tamir, 2009a; Tamir, 2011), we investigate how trait-consistent emotion regulation helps individuals attain higher creative performance.

According to the instrumental account of emotion regulation, experiences with trait-consistent emotions foster attainment of performance goals (Tamir, 2005; 2009b). For example, for the trait of neuroticism, individuals higher on this trait have a greater preference for worry- (vs. happiness-) enhancing activities before engaging in an *effortful* task (Tamir, 2005). Emotions such as anxiety and worry are some trait-consistent emotions for neurotic individuals and experiencing these emotions can facilitate attainment of desired outcomes in a performance context. Drawing from this novel insight, the current research seeks

to achieve three goals. First, from the perspective of instrumental emotion regulation, in the context of emotions and creative performance, neurotic individuals in a worrisome (vs. happy) affective state will perform more creatively particularly when the creativity task is a cognitively demanding one. If confirmed, this finding will extend the contextual view of the emotions-creativity relationship (Davis, 2009) by showing that negative emotions can improve creative performance mainly for individuals who have dispositional preferences for experiencing negative emotions before engaging in a challenging creativity task. Furthermore, this will show that the relationship between emotional states and creativity is not fixed. Instead, the same emotional state, regardless of its valence, can promote or retard performance depending on whether it is congruent with one's traits.

Second, the current research seeks to extend the evidence for the instrumental value of emotion regulation to the creativity domain. Prior research has found impressive evidence for the instrumental benefits of trait-consistent emotional experiences to performance on demanding cognitive tasks (Tamir 2009b). In the current research, we attempt to extend this result by showing how instrumental emotion regulation improves performance on a cognitively demanding creativity task (Studies 1 and 2). To further achieve this research goal, we also manipulated the concurrent cognitive load of the participants performing the creativity task and hypothesized that trait-consistent emotions would facilitate creative performance under high (vs. low) cognitive load (Study 3).

Third, aside from illustrating the applicability of the instrumental view of emotion regulation in the domain of creative performance, the current research seeks to understand the underlying psychological mechanism of the effect of trait-consistent emotion regulation on creativity. We posit that trait-consistent emotion regulation facilitates creative performance by increasing intrinsic task motivation. Past research has shown that a match between chronic personal preferences and evoked or task-induced states elicits the phenomenology of feeling right, which in turn motivates optimization of goal-pursuit strategies, and increases persistence and performance (Fulmer, Gelfand, Kruglanski, Kim-Prieto, Diener, Pierro, & Higgins, 2010; Higgins, 2000). The facilitation effect of the match between personal preferences and task-induced states can be attributed to an increase in intrinsic task enjoyment (Freitas & Higgins, 2002; Ryan & Deci, 2000; Shah & Kruglanski, 2000). In three studies, Freitas and Higgins (2002) showed that accomplishment-oriented individuals enjoy eagerness-related actions more, whereas responsibil-

ity-focused individuals enjoy vigilance-related actions more. Hence, we hypothesize that for individuals with chronic neurotic tendencies, experiencing worrisome affective state can evoke a similar phenomenology of feeling right, which is manifest in increased intrinsic motivation and task enjoyment, leading to improved performance in demanding creativity tasks.

Overview of Studies

We sought to provide evidence for our hypotheses in three studies. In Study 1, we tested the hypotheses that individuals higher in neuroticism would *prefer* recalling worrisome (vs. happy) events in anticipation of performing an effortful creativity task. In Studies 2 and 3, we sought to show that when *induced* to recall a worrisome (vs. happy) event, individuals higher in neuroticism would generate more creative designs in a challenging idea generation task (Study 2) and generate more unusual uses of a common object under high cognitive load (Study 3). We report three studies designed to achieve our research goals and to garner convergent evidence for our hypotheses in four ways. First, whereas Study 1 attempted to demonstrate that individuals higher in neuroticism would display stronger preferences for experiencing worry-related events prior to performing a creativity task, Studies 2 and 3 sought to show that the actual experience with worry-related events would enhance creative performance. Second, to assess the effect of experiencing trait-congruent affect on performance in cognitively demanding tasks, we used relatively effortful creative performance tasks in Studies 1 and 2. To provide further evidence that the creative benefits of experiencing trait-congruent affect would be particularly pronounced in a demanding task context, in Study 3, we experimentally manipulated the participants' cognitive load while performing the creativity task, using the procedure introduced by Macrae, Hewstone and Griffiths (1993). That is, participants were required to rehearse either a 2-digit (low load) or 8-digit (high load) number at the same time they engaged in the creativity task. Third, to provide convergent evidence for our hypotheses, we measured participants' creative performance with (a) peer ratings of creative designs in Study 2, and (b) relatively objective scoring criteria used in a standard creativity task (Unusual Uses Test) in Study 3. Finally, in Study 3, we used a mediated moderation framework to test the mediation hypothesis that increased intrinsic motivation and task enjoyment mediate the interaction effect of trait neuroticism and affective states on creative performance. In short, through these three studies, we seek to illustrate the facilitation effect of congruence between individuals'

preferences for and actual experiences of trait-consistent emotions on creative performance in challenging task contexts.

Study 1

Preferences for trait-consistent emotions are relatively prevalent in the pursuit of an effortful performance goal, because such situations engage effortful self-regulation of emotions to maximize task performance (Tamir, 2005; Tamir, 2009b). Therefore, in the current study, we led the participants to anticipate a challenging creativity task before asking them to rate how much they preferred recalling different types of emotional events. We predicted that neuroticism would be related to higher preferences for recalling worrisome (vs. happy) events.

Participants

The participants were 261 Taiwanese students (178 males, 82 females, 1 did not report gender; $M_{\text{age}} = 20.36$, $SD_{\text{age}} = 1.29$) from a public university in Tainan, Taiwan who completed the study to receive course requirement credits.

Measures

Current emotion measure. Participants rated their current emotions with a 5-point scale (1 = *not at all* to 5 = *extremely*; adapted from Tamir, 2005; see also Larsen & Diener, 1992). The emotions included in the scale pertained to happiness (*happy*, *up*, and *enthusiastic*; $\alpha = .84$), worry (*anxious* and *worried*; $\alpha = .81$), sadness (*sad*, *down*, and *depressed*; $\alpha = .90$), and calmness (*calm*, *relaxed*, and *pleased*; $\alpha = .56$).

Neuroticism scale. Participants completed the 10-item neuroticism subscale of Goldberg's (1992) IPIP Big Five factor markers (e.g., "I often feel blue;" $\alpha = .85$). They indicated how self-descriptive each statement was on a 1 (*very inaccurate*) to 5 (*very accurate*) scale.

Preference for recalled events. Participants were presented with a list of 12 events (Tamir, 2005), with four events in each of the following contexts: family, friendship, and school. The four events in each context included an event that had evoked happiness (positive, high arousal emotion), worry (negative, high arousal emotion), calmness (positive, low arousal emotion), or boredom (negative, low arousal emotion). The participants rated (1 = *not at all* to 5 = *extremely*) the degree to which they would like to spend 10 minutes recalling each of the 12 events.

Procedure

The study was conducted via an online survey. Under the cover story that the study examined the relationship between memory and task performance, participants first completed the current emotion measure and the neuroti-

cism subscale. Next, participants were told that they would perform a demanding creativity task, which required them to consider and reconcile conflicting perspectives to come up with creative solutions to a complex problem. Participants were further instructed to recall a past event before working on the creativity task. At this point, the participants rated the degree to which they would prefer recalling each of the 12 emotional events. To check whether participants expected the upcoming task to involve an effortful creativity goal, they rated how (a) effortful and (b) cognitively demanding ($\alpha = .79$) the task would be (1 = *not at all* to 5 = *extremely*). We took the average of the two items to form an expected effort measure. As predicted, the mean of this measure was higher than the midpoint of the scale ($M = 3.71$, $SD = 0.73$), $t(258) = 15.62$, $p < .0001$, indicating that participants expected the task to be an effortful one.

Results

Preliminary analysis showed that the contexts of the events (family, friendship, and school) did not qualify the effect of neuroticism on the type of emotional events (happy, worrisome, calm, and boring events) the participants preferred to recall, $F(1, 249) = 1.57$, $p = .21$, $h_p^2 = .01$. Thus, we collapsed the recall preference ratings across the three contexts to form recall preference ratings for the four kinds of emotional events (happiness, calmness, worry, and boredom). Next, we performed a mixed design General Linear Model analysis on the four recall preferences, with the level of arousal (high vs. low) and valence (positive vs. negative) of the emotional events as within-participants factors and neuroticism (mean centered) as a continuous predictor. We also controlled for the main and interaction effects of the four current emotions (all mean centered) and gender in the analysis. Two main effects were significant. Participants preferred recalling positive ($M = 3.67$, $SD = 0.62$) versus negative events ($M = 2.82$, $SD = 0.67$), $F(1, 253) = 307.88$, $p < .0001$, $h_p^2 = .55$; and events that induced higher ($M = 3.59$, $SD = 0.65$) versus lower arousal ($M = 2.89$, $SD = 0.57$), $F(1, 253) = 272.69$, $p < .0001$, $h_p^2 = .52$. The predicted Arousal X Valence X Neuroticism interaction was also significant, $F(1, 253) = 10.21$, $p = .002$, $h_p^2 = .04$. To interpret this interaction, we ran separate multiple regressions on the preferences for recalling happy, worrisome, calm, and boring memories, with neuroticism as the predictor, again controlling for the main and interaction effects of current emotions and gender. Supporting our hypothesis, neuroticism predicted greater preferences for recalling worrisome memories ($\beta = 0.47$, $SE = 0.09$, $t = 5.04$, $p < .0001$), but not those for happy, calm, and boring memories

($ts < 1.72$). No effects involving current emotions ($Fs < 3.70$) and gender ($F < 0.03$) were significant in these analyses. Thus, our prediction that individuals high in neuroticism prefer recalling worrisome events while anticipating a cognitively challenging creativity task was confirmed.

Study 2

Having shown in Study 1 that individuals higher in neuroticism have stronger preferences for experiencing worry-related events in anticipation of an effortful creativity task, in Study 2 we sought to show that the actual experience of a worry-related event would enhance the creative performance of individuals higher in neuroticism. In Study 2, we manipulated participants' emotional experiences before having them engage in a creative idea generation task. We predicted that the peer-rated creative performance of individuals higher in neuroticism would benefit more from experiencing a worrisome (vs. happy) state.

Participants

Forty Taiwanese students (19 males, 20 females, 1 did not report gender; $M_{\text{age}} = 22.55$, $SD_{\text{age}} = 4.78$) from a public university in Tainan, Taiwan participated in a two-day creativity workshop. Most students in the creative industries program voluntarily participated in the interactive workshop to learn about individual and team creativity. They completed the study as workshop activities on the first day.

Procedure and Materials

In the morning session of the workshop, participants completed the same neuroticism subscale used in Study 1 ($\alpha = .87$) and other individual difference assessments unrelated to the current study. When the afternoon session began, through random assignment we manipulated participants' emotional experience by asking them to recall either a happy or worrisome experience. Participants were given 15 minutes to provide vivid and detailed descriptions of the recalled experience (see Pham, 1998; Schwarz & Clore, 1983). Next, they completed the 20-item PANAS (Crawford & Henry, 2004; 10 positive emotions, e.g., "enthusiastic," $\alpha = .83$ and 10 negative emotions, e.g., "irritable," $\alpha = .89$), which was used as a measure of the extent to which they had felt positive and negative emotions at that moment (1 = *not at all* to 5 = *very much so*). After this, the participants completed a creativity task that required them to generate a new design for the cabin of a commercial airplane in 30 minutes. Upon completing their design, participants convened in a pre-assigned group of three to five participants (a total of 10 groups) and gave a five-minute presentation of their design. Each group member then rated the design on three criteria ("It is creative,"

"It extends and breaks boundaries in design," and "It meets the stated goal of the design;" $\alpha = .80$) on a 7-point scale (1 = *not at all* to 7 = *extremely*). The composite scores given by all members constituted our dependent measure of creativity. The task was intended to be a demanding one, given that the participants had only 30 minutes to generate the design and face peer evaluation of the design.

Results

As a manipulation check, we performed a Recall Condition (between-participants factor: happy vs. worrisome) X Emotion Valence (within-participant factor: positive vs. negative) repeated measures ANOVA on the average amounts of positive and negative emotions reported by the participants. The two-way interaction was significant, $F(1, 38) = 14$, $p = .001$, $\eta^2_p = .27$. Participants reported more positive emotions in the happy ($M = 3.11$, $SD = 0.63$) than the worrisome condition ($M = 2.53$, $SD = 0.75$), $F(1, 38) = 7.19$, $p = .01$, $\eta^2_p = .16$. They also reported more negative emotions in the worrisome ($M = 2.23$, $SD = 0.73$) than the happy ($M = 1.56$, $SD = 0.60$) condition, $F(1, 38) = 9.97$, $p = .003$, $\eta^2_p = .21$. The recall task as a manipulation of participants' current emotional experiences was successful.

To test our hypothesis, we performed a Recall Condition X Neuroticism (mean centered) regression on the creativity composite score. Consistent with prediction, the two-way interaction was significant, $\beta = -0.52$, $SE = 0.26$, $t = -1.98$, $p = .055$. No other effects were significant, $ts < 1.63$. Figure 1 shows the simple main effects of the recall condition on creative performance among individuals with relatively high (one standard deviation above mean) and low (one standard deviation below mean) levels of neuroticism. Among individuals with relatively high levels of neuroticism, there was a trend that they performed more creatively after recalling a worrisome instead of a happy event ($\beta = 1.30$, $SE = 0.69$, $t = 1.87$, $p = .07$). Among individuals with relatively low levels of neuroticism, they performed less creatively after recalling a worrisome instead of a happy event ($\beta = -2.09$, $SE = -1.08$, $t = -1.93$, $p = .06$).

Because each participant was nested within a group and rated by other group members, according to the Social Relations Model (SOREMO; Kenny, 1994, 1998), it is important to separate three types of effects on the ratings: (a) the *rater effect*, which represents raters' individual differences in ratings, with some raters on average giving targets higher or lower ratings than other raters; (b) the *target effect*, which represents consistent differences in how the targets are rated, with some targets in each group consistently being rated higher or lower than other targets;

and (c) the *relationship effect*, which represents the rater by target interaction, or the unique relationship between a given rater and a given target that has affected the ratings above and beyond the rater and target effects.

Accordingly, we organized the rating data into a round-robin structure and conducted further analyses using the SOREMO program. Specifically, we organized the creativity scores of each group into separate matrices, with each row of the matrix indicating the raters' ratings towards each target and the columns indicating the targets being rated. The diagonal entries of the matrices were zero because we did not collect participants' self-ratings. We also entered the recall condition, neuroticism (mean centered), and the interaction of recall condition and neuroticism into the analysis. Because SOREMO partitioned the variance in the creativity ratings into the rater, target, and relationship effects, we could examine whether the average percentage of variance of ratings attributable to each source differed significantly from zero.

Results revealed a non-significant rater effect (relative variance = 0.43, $t = 1.72$, $p = .12$), suggesting that different raters rated the same targets similarly. There was a marginally significant target effect (relative variance = 0.18, $t = 1.95$, $p = .08$), suggesting that different raters tended to have consensual agreement with each other on the rated creativity of the same targets. The relationship effect was not significant (relative variance = 0.40, $t = -1.37$, $p = .20$).

SOREMO also allowed us to test whether the target effect was associated with other variables of interest. We were particularly interested in the interaction between recall condition and neuroticism. The SOREMO findings are consistent with the analysis of variance results: Although there was a significant main effect of neuroticism ($t = 2.65$, $p = .01$; $r = .54$), it was qualified by a significant interaction of recall condition and neuroticism ($t = 2.09$, $p = .046$). Individuals higher in neuroticism received higher creativity ratings from their peers after recalling worrisome (vs. happy) events, but the reverse was true for individuals lower in neuroticism. By properly taking into account the rater, target, and relationship effects important to a nested design, the statistically significant results in the SOREMO analysis is consistent with the findings obtained in ANOVA and further confirm the prediction that actual induction of worrisome (vs. happy) experiences creates actual creative benefits among individuals high in neuroticism.

Study 3

Study 3 is an extension of Study 2 in four important ways. First, in addition to manipulating recall of happy and worrisome events, we included a neutral condition. Second, to

provide more direct evidence for the creative benefits of trait-consistent emotional experiences particularly in cognitively demanding task contexts, we manipulated the participants' cognitive load while performing the creativity task. Third, to extend the generality of Study 2 results, we used the Unusual Uses Test as a measure of creativity. An advantage of this widely used creativity measure is that it uses relatively objective criteria to assess both fluency (sheer number of ideas generated) and flexibility (number of different categories that characterize the ideas) of creative idea generation.

Finally, we took a mediated moderation framework (Muller, Judd, & Yzerbyt, 2005) to evaluate (a) whether neuroticism moderates the relationship between the recalled emotional states and creative performance under cognitive load; and (b) whether the moderating relationship described in (a) is produced by the mediating mechanism of intrinsic motivation. To elaborate, we sought to first show that there is a significant interaction of recalled emotions and neuroticism on creative performance when the task is performed under high (vs. low) cognitive load (Stage 1): When performing a creativity task under high cognitive load, individuals with higher levels of neuroticism would perform more creatively after recalling a worrisome experience. However, such relationship would be attenuated when individuals performed the task under low cognitive load. Next, we sought to establish that individuals with higher levels of neuroticism after recalling a worrisome (vs. happy) experience would be more intrinsically motivated to work on the task (Stage 2), and the evocation of higher levels of intrinsic motivation in turn enhanced creative thinking (Stage 3).

Participants

The participants were 274 Taiwanese students (170 males, 93 females, 11 did not report gender; $M_{\text{age}} = 19.92$, $SD_{\text{age}} = 1.32$) from a public university in Tainan, Taiwan who completed the study to receive course requirement credits.

Procedure and Measures

Under the cover story that the study examined factors that affected memory retention, participants first completed the neuroticism subscale ($\alpha = .84$) used in Studies 1 and 2. Next, they recalled a happy, worrisome, or neutral experience. The instructions for recalling the happy and worrisome experiences were identical to those used in Study 2. Following Pham (1998), we instructed the participants in the neutral condition to write about the experiences they usually have during a typical school day. At the end of the mood induction task, participants reported their current positive and negative emotions on the 20-item PANAS

(Crawford & Henry, 2004; $\alpha = .88$ for positive emotions and $.90$ for negative emotions). Next, following Macrae et al. (1993), we had half of the participants, randomly selected, study for 25 seconds a 2-digit number and the remaining participants an 8-digit number. They were told that upon the completion of the upcoming thinking exercise they would be required to recall this number. The thinking exercise was the Unusual Uses Test, which measures how well individuals can generate a large number of ideas and devise a diverse set of strategies of using a common object (a brick in the current study; Torrance, 1974). As in past studies (e.g., Hoff & Carlsson, 2002, Leung & Chiu, 2008; Lissitz & Willhoft, 1985), we instructed participants to list as many uses for a brick as possible by not limiting themselves to any kind of brick or to any uses they had seen or heard about before. Upon completing the creativity task, participants wrote down the number they recalled in the space given. Finally, by referring to the thinking exercise they just completed, they answered the 4-item intrinsic motivation subscale adapted from the Situational Motivation Scale (SIMS; Guay, Vallerand, & Blanchard, 2000). The four items ($\alpha = .95$) were “I think that this task is interesting,” “This task is fun,” “I think that this task is pleasant” and “I feel good when doing the task.” Participants responded to each item using a scale from 1 (*strongly disagree*) to 7 (*strongly agree*).

Results

As a manipulation check, we performed an Emotion Recall (between-participants factor: happy vs. worrisome vs. neutral) X Emotion Valence (within-participant factor: positive vs. negative) repeated measures ANOVA on the average amounts of positive and negative emotions reported by the participants. The two-way interaction was significant, $F(2, 271) = 4.95, p = .01, \eta^2_p = .04$. Separate analyses performed on the positive and negative emotions revealed that participants reported more positive emotions in the happy ($M = 3.20, SD = 0.78$) than the worrisome ($M = 2.93, SD = 0.78$) and neutral conditions ($M = 3.06, SD = 0.72$), $F(2, 271) = 2.63, p = .07, \eta^2_p = .02$. The extent of negative emotions across the three recall conditions also differed as expected ($M_{\text{happy}} = 1.88, SD = 0.77$; $M_{\text{worrisome}} = 2.16, SD = 0.78$; $M_{\text{neutral}} = 2.02, SD = 0.82$; $F(2, 271) = 2.76, p = .07, \eta^2_p = .02$). Specifically, the extent of positive emotions and negative emotions differed significantly between the happy and worrisome recall conditions ($F(1, 178) = 4.96, p = .03, \eta^2_p = .03$ and $F(1, 178) = 5.72, p = .02, \eta^2_p = .03$, respectively).

The two measures of creativity were (a) fluency, or the number of ideas generated for using the brick, and (b)

flexibility, or the number of different categories of ideas. For the fluency measure, a judge counted the total number of ideas the participants generated. For the flexibility measure, one judge first reviewed all responses to come up with the coding categories (e.g., building material, weapon, furniture) and coded the responses accordingly. Using the same coding categories and adding new ones if necessary, another judge independently coded the responses (inter-rater agreement = 84.44%). Finally, the two judges discussed any disagreements in their codings to reach a consensus. To test our hypothesis, we performed an Emotion Recall (happy vs. worrisome vs. neutral) X Cognitive Demand (low load/ 2-digit number vs. high load/ 8-digit number) X Neuroticism (mean centered) Analysis of Variance separately on the two creativity measures.

None of the main or interaction effects on fluency were significant ($F_s < 0.95$). Nevertheless, the predicted three-way interaction on flexibility was significant, $F(2, 262) = 3.38, p = .04, \eta^2_p = .03$. No other effects on flexibility were significant, $F_s < 2.45$. To interpret the significant interaction, we conducted separate regressions for the low and high cognitive load conditions using dummy codings for the emotion recall conditions. When cognitive load was low, no main and interaction effects were significant ($t_s < -0.96$; upper panel of Figure 2). When cognitive load was high, the main effect of neuroticism was significant ($\beta = 1.48, SE = 0.55, t = 2.70, p = .01$), which was qualified by the significant Worrisome (vs. Happy) Recall X Neuroticism interaction ($\beta = -1.65, SE = 0.80, t = -2.08, p = .04$) and the Worrisome (vs. Neutral) Recall X Neuroticism interaction ($\beta = -2.20, SE = 0.76, t = -2.89, p = .01$). As shown in the lower panel of Figure 2, when under high cognitive load, individuals with relatively low levels of neuroticism had higher flexibility scores after recalling neutral (vs. worrisome) events ($\beta = 1.47, SE = 0.68, t = 2.16, p = .03$). In contrast, among individuals with relatively high levels of neuroticism, there was a trend that recalling worrisome experiences produced higher flexibility than did recalling neutral experiences ($\beta = -1.30, SE = 0.68, t = -1.91, p = .059$) or happy experiences ($\beta = -1.12, SE = 0.72, t = -1.56, p = .12$).

Testing the overall mediated moderation relationship.

Thus far, the results showed that neuroticism moderates the relationship between emotional states and flexibility. That is, in the Stage 1 regression model, there were interactions between Worrisome (vs. Happy) Recall and Neuroticism and between Worrisome (vs. Neutral) Recall and Neuroticism on flexibility under high cognitive load

($\beta = -1.65$, $SE = 0.80$, $t = -2.08$, $p = .04$ and $\beta = -2.20$, $SE = 0.76$, $t = -2.89$, $p = .01$, respectively), but not under low cognitive load ($\beta = -0.76$, $SE = 0.81$, $t = -0.94$, $p = .35$ and $\beta = 0.55$, $SE = 0.76$, $t = 0.73$, $p = .47$, respectively). In the next step of the mediated moderation analysis, we found a significant interaction between Worrysome (vs. Happy) Recall and Neuroticism on the intrinsic motivation index under high cognitive load ($\beta = -1.12$, $SE = 0.43$, $t = -2.59$, $p = .01$), but not under low cognitive load ($\beta = -0.52$, $SE = 0.46$, $t = -1.12$, $p = .27$). Follow-up analyses revealed that in high load situation, there was a trend for trait neuroticism to be positively associated with intrinsic task motivation when worrysome memories were induced ($\beta = 0.49$, $SE = 0.29$, $t = 1.72$, $p = .09$). There was also a trend for trait neuroticism to be negatively associated with intrinsic task motivation when happy memories were induced ($\beta = -0.62$, $SE = 0.33$, $t = -1.89$, $p = .07$). This result confirmed that when recalling worrysome events under high cognitive load, individuals higher in trait neuroticism had higher levels of intrinsic motivation than their counterparts lower in trait neuroticism; in contrast, when recalling happy events under high cognitive load, individuals lower in trait neuroticism had higher levels of intrinsic motivation than their counterparts higher in trait neuroticism.

In the final step of the mediated moderation analysis, we added intrinsic motivation and the interaction between neuroticism and intrinsic motivation (all mean centered) to the Stage 1 model to control for the effect of the mediator and to allow the indirect effect via the mediator to be moderated. Consistent with the mediated moderation prediction, the main effect of intrinsic motivation on flexibility was significant when cognitive load was high ($\beta = 1.34$, $SE = 0.56$, $t = 2.38$, $p = .02$), but not when it was low ($\beta = -0.14$, $SE = 0.50$, $t = -0.28$, $p = .78$). Furthermore, under high cognitive load, the residual Worrysome (vs. Happy) Recall X Neuroticism interaction on flexibility was attenuated and became non-significant ($\beta = -1.49$, $SE = 0.84$, $t = -1.78$, $p = .08$), reflecting a reduction in magnitude of the moderation of the residual direct effect of neuroticism. Taken together, the findings revealed that intrinsic motivation mediated the joint effect of worrysome (vs. happy) emotion recall and neuroticism on flexibility under high cognitive load.

General Discussion

In three studies, we have demonstrated the role of instrumental emotion regulation in the emotions-creativity link. Individuals higher (vs. lower) in neuroticism showed stronger preferences for experiencing worrysome emotions in anticipation of a demanding creativity task (Study 1). By systematically manipulating the experience of emo-

tional states, those who actually experienced worrysome emotions produced creative designs that were rated as being more creative by their peers (Study 2) and were more cognitively flexible in generating unusual uses of a common object under high cognitive load (Study 3). Preliminary evidence from Study 3 also shows that increased intrinsic motivation is a mediator of the creative benefits of instrumental emotion regulation.

In Study 3, instrumental emotion regulation affected cognitive flexibility, but not fluency of idea generation, possibly because fluency, which is based on the sheer number of ideas generated, is a less sensitive measure of creativity. Individuals can be quite fluent, but not flexible if they generate many ideas that belong to one or a few categories. Relatedly, being more cognitively flexible or being able to generate ideas that spread across diverse categories (vs. simply being more fluent in generating multiple ideas) requires higher intrinsic motivation. This might explain why the predicted effects of instrumental emotion regulation were observed in cognitive flexibility rather than fluency.

The present findings offer new insights into the controversy concerning the relationship between emotional states and creativity. The emotions that benefit creativity may not be the same for all individuals. Individuals' choices of emotional experiences are likely to be consistent with the experiences they typically encounter (Mayer & Stevens, 1994). As suggested by the current findings, individuals vary in their preferences for experiencing happy or worrysome emotions prior to performing a creativity task, particularly when it is demanding or needs to be performed under high cognitive load. These results highlight that trait-consistent emotion regulation enhances creative performance through its instrumental rather than hedonic motivational properties (Tamir, Mitchell, & Gross, 2008).

The current findings support the regulatory benefits of worrysome (vs. happy) emotional experiences for neurotic individuals performing a creativity task. Future research could explore the creative benefits of instrumental emotion regulation with other personality traits and identify the specific kind of motivationally adaptive emotional states for a given trait. For example, for the trait openness to experience, it would be interesting to test whether affective states such as inspired and carefree are instrumentally beneficial for open-minded individuals. Such research efforts would broaden our understanding of the pragmatic benefits of experiencing trait-consistent affect.

Another direction for future research regarding the emotions-creativity link pertains to studying the instru-

mental type of creativity – insight creativity – as opposed to creative idea generation investigated in the current research. While insight creative problem solving, like creative idea generation, requires individuals to overcome cognitive fixedness to generate multiple ideas, it also requires activating the cognitive process of forging broader associative links among given stimuli in order to arrive at the best solution (Dewhurst, Thorley, Hammond, & Ormerod, 2011; Rossmann & Fink, 2010). The search for the best answer or the most creative solution is likely to be an iterative process that requires cognitive focus and persistence. Whereas Study 3 offers preliminary support that intrinsic motivation driven by task enjoyment might account for why trait-consistent emotional experiences enhance creative idea generation, it is reasonable to argue that cognitive persistence might account for why trait-consistent emotional experiences enhance insight creativity. Future research can extend the current findings to different types of creativity to better understand the operative motivational and cognitive mechanisms underlying the relationship between trait-emotion fit and creative performance, shedding further light on the emotions-creativity link.

Implications for Emotional and Social Wellness

The present research, aside from nicely demonstrating the interdisciplinary bridging of the different literatures on creative cognition and emotion regulation, also informs research on emotional wellness pertaining to healthy and unhealthy emotion regulation. At first glance, one might argue that it is not emotionally healthy for individuals already high (vs. low) in neuroticism to forgo momentary pleasure in pursuit of a performance goal. However, it is important to highlight that such instrumental regulation of emotions is unlikely to intensify to lower longer-term emotional health or to escalate into emotion dysfunction. First, as Study 2 showed, although participants being assigned to the worrisome (vs. happy) condition reported more negative emotions, the average degree of negative emotions experienced was still below the scale midpoint (2.23 on a 5-point scale). This suggests that emotion regulation targeted at relatively low or moderate (vs. high) levels of worry could already induce instrumental benefits among individuals high in neuroticism. Second and more important, although individuals high in neuroticism experience more worrisome encounters in the short run in order to enhance performance, they are likely to experience positive affect in the longer run if they have successfully pursued their personally valued instrumental goals (see also Tamir, 2005). In other words, individuals high in neuroticism are still driven by hedonic motive in the long term, though they may choose to experience an affective state

(e.g., a worrisome state) that does not entail immediate hedonic gratification in order to attain their performance goals.

Overall, the current and existing research has demonstrated that emotion regulation that involves increasing negative feelings is largely emotionally healthy and motivationally adaptive. We submit that it is also important to further explore under what circumstances or boundary conditions instrumental emotion regulation might escalate into emotion dysfunction or even psychopathology. In cases of extreme emotion regulation where individuals seek out high levels of negative affect, it could be particularly detrimental to the attainment of performance goals. And such effect could even be more devastating for highly neurotic or trait-anxious individuals, particularly if the performance goals are personally important ones.

The present findings also encourage future research to shed further light on the interpersonal (vs. intrapersonal) aspects of emotion regulation (Campos, Walle, Dahl, & Main, 2011). The current studies approached emotion regulation from an intrapersonal perspective where the regulatory processes largely reside within the individual who is expecting to pursue creativity tasks that require individual efforts. However, consider a performance task that requires team efforts, the preference of neurotic individuals to seek out unpleasant affects (e.g., inducing worrisome feelings during group discussion) might not be emotionally comforting or cognitively captivating to other team members who are lower in neuroticism. Given this or similar circumstance, future research can empirically test whether it is beneficial to have team members perform individual brainstorming before reconvening in a group for further discussions and synthesis of ideas or to assemble teams that compose of members who are of similar personality dispositions. Going beyond intrapersonal emotion regulation, we believe that moving towards investigating the interpersonal dimensions of emotion regulation will bring this research to the next level, revealing its utility to promoting quality of social interactions in the performance and goal-oriented contexts.

Conclusion

To conclude, the current findings support the regulatory benefits of worrisome (vs. happy) emotional experiences for neurotic individuals pursuing a creative performance goal. Future research could explore the instrumental creative benefits of emotion regulation with other personality traits (e.g., openness to experience). Further, it will be particularly fruitful to explore the emotional and social health implications of instrumental emotion regulation. Such research efforts would broaden our understanding of

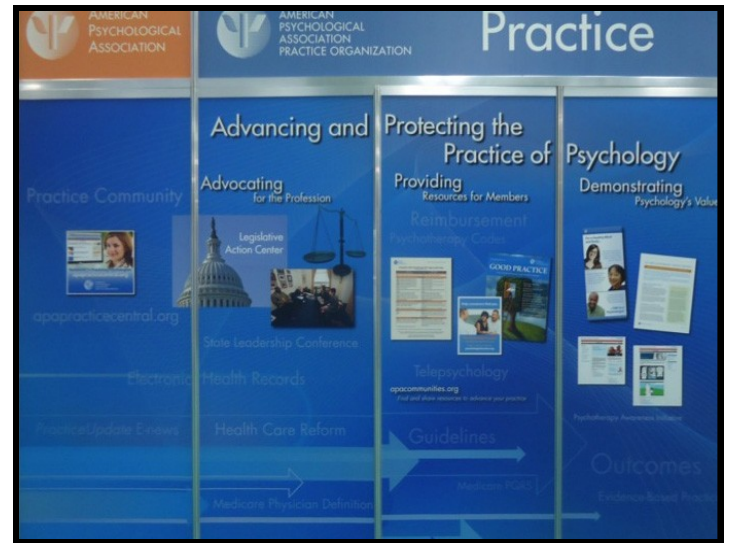
both the intrapersonal and interpersonal benefits of experiencing trait-consistent affect.

[Graphs are located on page 14-15]

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[Leung, et.al.]

Figure 1. The effect of recall of emotional events on creativity task performance, Study 2.

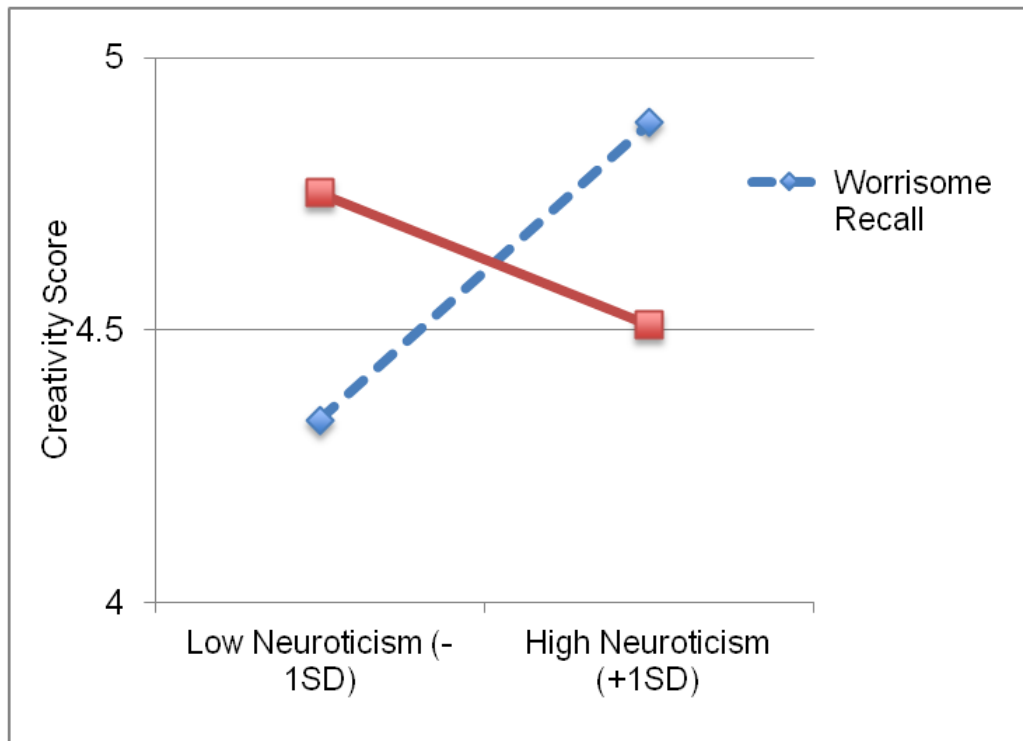
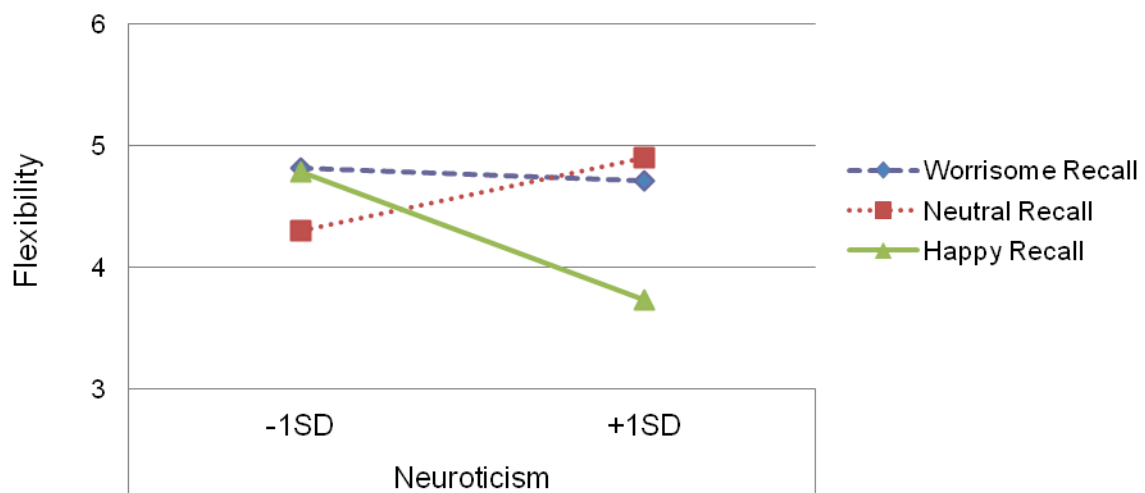
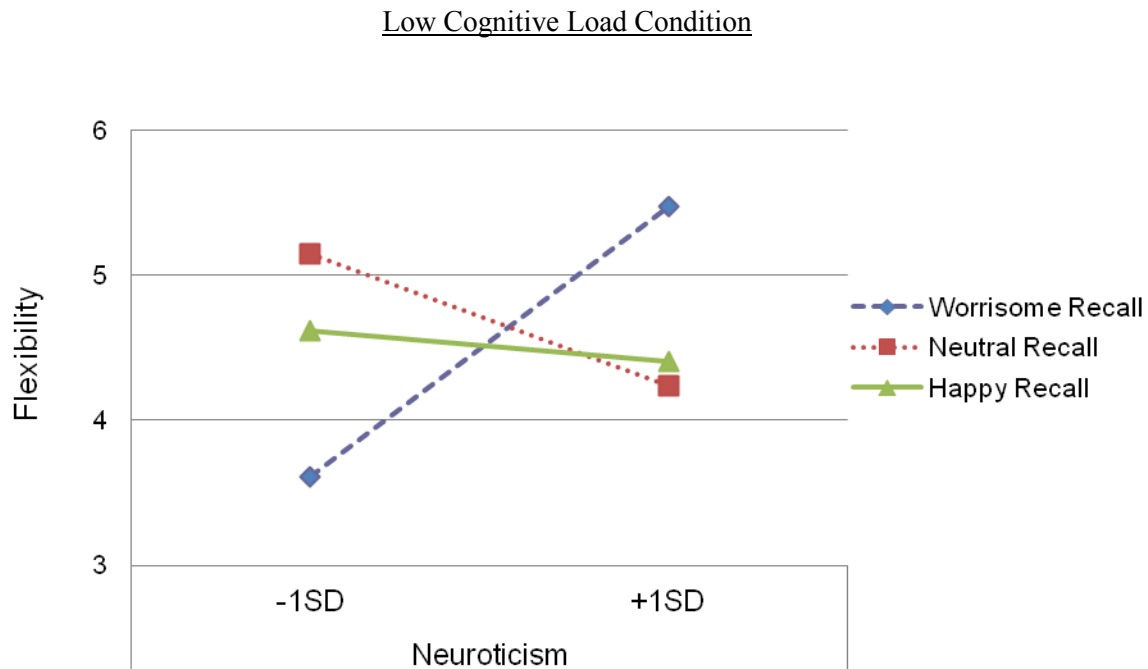


Figure 2. The effect of recall of emotional events on flexibility, Study 3.



[Leung, et.al.]

High Cognitive Load Condition

The Hidden Worldwide Mental Health Issue in the Gun Debate: Suicide

By Neal S. Rubin, PhD, ABPP

The recent senseless murder of an Australian citizen living in the United States has fueled the debate over gun violence in the USA and throughout the world. The tragic rampage killing in the USA of 20 children and 6 adults at an elementary school in Newtown, Connecticut last December followed a series of previous tragedies involving multiple shooting deaths including Aurora, Colorado (12), Tucson, Arizona (6), Northern Illinois University (5), Virginia Tech University (25) and at Columbine High School (12). While citizens have understandably been focused on this history of incidents of multiple homicides, there is another less discussed mental health impact of gun violence, namely, the use of firearms as a means of completing suicide.

Recent studies by the Center for Disease Control (CDC) indicate that suicide is on the rise in the United States, with rates increasing in both males and females between 2000 and 2009. Suicidologists widely report that there is a

gender difference in suicide rates in the USA (among adults 79% of completed suicides are by males, 81% among male youth). Generations of experts point out that guns are statistically a more lethal means of completing suicide than, for example, a medication overdose, with 56% of adult and 44% of youth suicides completed by use of a firearm. While citizens are deeply distressed by reports of the use of guns in homicides (9,000 in 2012), the number of completed suicides involving firearms is actually more than double the homicide rate in the USA (19,000 in 2012).

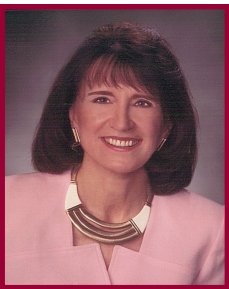
The trend toward increased suicide is also being reported by the World Health Organization (WHO). The WHO reports that in the past 45 years, global suicide rates increased by 60%. In 2011 there were 844,000 suicides worldwide with Lithuania and the Russian Federation reporting the highest rates. Research indicates that methods of committing suicide differ depending on access to means. In low and middle income countries, poisoning is a frequent and a lethal method of suicide, especially in rural areas via the use of deadly pesticides. In other countries the use of firearms in suicides varies ranging from 0.2% in Japan to some reports approaching 60% in the United States (as above).

One component of the WHO's global advocacy campaign against violence and self harm (Suicide Prevention "SUPRE") involves encouraging governments to reduce access to these lethal means. With respect to guns, there is at least one potentially instructive international example of the potential impact of reducing availability. In Australia, following the mass shooting deaths of 35 people in 1996, legislation was passed prohibiting semi-automatic guns and pump action rifles. The government instituted a generous buy back program to reduce available weapons. Follow up research indicates that in the intervening years, suicide rates by guns have been reduced in Australia by over 60%, without increases in other means of suicide.

As mental health professionals we have much to offer the conversation about gun violence. We have articulated the trauma inflicted upon individuals, families and communities by gun homicides. However, another aspect of our contribution might be to shed light on another compelling, but hidden issue, namely, the relationship between gun violence and suicide rates both in the USA and in our global community.

ICP LIAISONS to OTHER INTERNATIONAL ORGANIZATIONS

Dr. Joy Rice, Coordinator



The duties of an ICP Liaison are to promote ICP activities, membership and annual convention in the venues of the other organization and to annually give a brief email report on the activities to the International Liaison Coordinator Dr. Joy Rice.

If you are willing to serve as a liaison to other international organizations, have suggestions for people to fill

these roles, or if you think there are other organizations that should be on our liaison list, please advise me and the President.

Reports from ICP Liaisons to Other International Organizations

Anna Laura Comunian, Ph.D.

ICP Liaison to: Federation of National Psychologists Associations in Europe

Current & Future Activities: The European Federation of Psychologists' Associations (EFPA) is the leading Federation of National Psychology Associations. It provides a forum for European cooperation in a wide range of

fields of academic training, psychology practice and research. There are 35 member associations of EFPA representing about 300,000 psychologists. The member organizations of EFPA are concerned with promoting and improving psychology as a profession and as a discipline, particularly, though not exclusively, in applied settings and with emphasis on the training and research associated with such practice. The psychologists in the member associations include practitioners as well as academic and research psychologists. EFPA represents European psychology vis-à-vis the European Union, the Council of Europe, and other international associations. I will promote ICP activities, membership and annual convention within the EFPA organization.

News from the Liaison Organization: The Federation has as one of its goals the integration of practice with research and the promotion of an integrated discipline of psychology. In 2010 EFPA has launched EuroPsy, a European standard for the profession of psychologist, which serves to guarantee the quality of services provided by psychologists and supports psychologists' mobility in Europe.

The 13th European Congress of Psychology (ECP 2013) will be held in Stockholm on 9–12 July. The Federation holds its General Assembly in conjunction with these meetings. ECP 2013 is arranged by the Swedish Psychological Association under the auspices of the European Federation of Psychologists' Associations (EFPA). The aim of the organization is to promote and improve psychology as a profession, as an applied discipline and as an area of scientific research. The Conference Committee's aim is to offer a program of interest to scholars as well as practitioners and a program founded upon research results as well as evidence from the field. ECP is a scientific congress during which new research is presented and discussed among scientists and practitioners from Europe and the rest of the world. Over the years, the European Congress of Psychology has been a major forum for psychologists on all theoretical and methodological advances in psychology. For more details, see the websites <http://www.ecp2013.org/> or <http://www.efpa>.

Janet Segal, Ph.D.

ICP Liaison to: Division 35, Society for the Psychology of Women

Current Activities: I have been appointed as the ICP Liaison to Division 35 to replace Mercedes McCormick. The International Council of Psychologists will be holding two separate conventions this summer. The major conference

is in Jakarta Indonesia, and is devoted to facilitating world peace, promoting human rights, and global collaboration among mental health professionals and social scientists. The second conference will be held in Honolulu Hawaii on August 2-4. The themes of this conference, which was developed by Tara Pir, Scientific Program Chair, include intergroup relationships and reducing stigma and discrimination worldwide.

At the APA conference I will publicize ICP membership by distributing ICP information and brochures at the Division 35 board meeting. This will include information on the ICP Team at the UN. The ICP Team at the UN has had a productive and busy year. Florence Denmark is the Main ICP Representative to the UN, and heads the team of Representatives and Interns. She was elected to the position of Co-Chair of the NGO Committee on the Family in June, 2013. Other members of the team and ICP members also hold elective positions including Vice-Chair, Member at Large and Treasurer of the Committee on Ageing, Corresponding Secretary of the NGO Committee on the Family, and the head of a Task Force on Sex Trafficking. Team members have joined several NGO Committees

including the Ageing, Family, Mental Health, Migration and Committee on the Status of Women.

ICP members participated in a number of side events at UN Commissions during the spring of 2013. Florence Denmark chaired a side event: Barriers Confronting Older Persons and Families for the Commission on Social Development which included a focus on older women. Members of ICP participated in two side events for the Commission on the Status of Women: "Prevention of violence against women and girls across the lifespan: Psychological Perspectives," which included presentations on sex trafficking and the sexualization of girls; and "When will violence against women and girls stop: Global Solutions." ICP members also were very active on the Planning Committee for Psychology Day 2013 which examined global violence.

News from the Liaison Organization: The Society for the Psychology of Women was established in 1973 as Division 35 of the APA. The society is devoted to providing an organizational base for all feminists, women and men of all national origins who are interested in teaching, research or practice in the psychology of women.

Its purpose is to promote feminist scholarship and practice, and to advocate action toward public policies that advance equality and social justice. SPW is a voice of feminist issues within organized psychology.

SPW, Division 35, is launching a free membership campaign. **New members join free for 2013.** Information is available at <http://www.apadivisions.org/division-35/>. Existing members can renew by using the form on the membership page. It is not necessary to be a psychologist or a member of APA to join the society. All members receive the *Psychology of Women Quarterly* journal and the *Psychology of Women Newsletter*. Check out the "help wanted" section to learn about current position openings and volunteer opportunities to help the division.

2013 President Pam Remer's presidential theme, "Advancing the Future of Feminist Psychological Practice: Education, Research, and Therapeutic Practice," focuses on exploring the present status and identifying and advancing the future of feminist psychological practice. SWP will offer programming on various women's issues and gender psychology at the APA Annual Meeting in August, 2013.

Joy K. Rice, Ph.D.

ICP Liaison to: World Federation of Mental Health

Current and Future Activities: In addition to my coordinator role, I also serve as the World Federation of Mental Health liaison for ICP. In 2013 I sent information on ICP's annual convention in Jakarta and Honolulu to WFMH's newsletter for distribution to the many constituent international mental health member organizations. I have also prepared an article on WFMH activities as well as the activities of our ICP International Liaisons for the 2013 Summer Issue of the ICP Newsletter.

News from the Liaison Organization: The World Health Organization (WHO) is currently developing the next version of the International Classification of Diseases (ICD-11), planned for publication in 2015. The World Federation for Mental Health (WFMH) is supporting WHO's Department of Mental Health and Substance Abuse in this important project, to help inform the development of the classification of Mental and Behavioural Disorders in the ICD-11. ICP members are invited to lend their clinical expertise to this important and unique endeavour by participating in internet-based field trials of the new classification system.

As a mental health or primary care practitioner, and a member of our organization, you are specifically called upon to participate in field studies with the goal of improving the clinical utility and global applicability of the new classification. To participate, the first step requires you to

register for the *Global Clinical Practice Network (GCPN)* – an international and multilingual network of mental health and primary care professionals. As part of the GCPN, you will be asked to provide information and feedback to WHO based on your clinical experience, expertise and knowledge. If you choose to participate, you may be asked to review materials, offer feedback about ideas or concepts that WHO is developing, or participate in specific types of field studies, available in multiple languages, based on your own professional interests and areas of expertise. The information you provide will inform WHO's decisions about the content and structure of the new classification system, as well as how that information will be presented to different users.

Registration for the GCPN takes only a few minutes to complete, and is available in eight languages. Once registered in the GCPN, you will receive on-line study requests no more than once a month, and each study will take approximately 20 minutes to complete. You are not asked to identify any of your patients and your responses will be kept confidential and secure. Data will be analyzed in aggregate form and used exclusively for the purpose of ICD-11 development.

By registering for the GCPN and participating in the internet-based studies, you will be engaging in an international process that will help ensure the clinical utility, reliability, accuracy and global applicability of the diagnostic guidelines presented in the ICD-11 Chapter on Mental Health and Behavioral Disorders. Register for the Network at http://kuclas.qualtrics.com/SE/?SID=SV_exm6vdPhl8S3hUF

Allied Health Liaisons

In 2011, our board voted to expand the ICP membership opportunity to professionals in allied health like social workers, psychiatric nurses, counselors, occupational and speech therapists, and other professions that work in mental health areas. However, at the moment we do not have enough allied health membership to appoint liaisons. In the future ICP would like to add liaisons to such organizations as:

- American Medical Association
- American Speech-Language Therapy Association
- American Physical Therapy Association
- Allied Health Professionals Australia
- International Federation of Social Workers
- International Association of Counselors & Therapists

- International Society of Psychiatric-Mental Health Nurses
- International Osteopathic Association
- International Art Therapy Association
- National League for Nursing
- World Confederation for Physical Therapy
- World Federation of Music Therapy
- World Federation of Occupational Therapists

If you are willing to serve as a liaison to other international psychological organizations or to international allied health organizations or have suggestions for people to fill these roles, please let us know. Also if you think there are other organizations that should be on our liaison list, please advise me and our President.

Ann Marie O'Roark, PhD, ABAP **International Association of Applied Psychology**

Current and Future Activities: Dr. Robert Morgan agreed to serve as a Liaison to the International Association of Applied Psychology with me. He replaces Dr. Ray Fowler who is continuing his rehabilitation program following a stroke in 2010. His wife, Sandy Fowler, places updates on the Caring Bridge website about Ray's progress. Ray had just begun his four years as IAAP President when this unfortunate incident put an end to his international adventures and activities. Fortunately, Sandy and long time IAAP and APA colleagues stay in close communication with Ray.

The ICP FUKUHARA AWARD FOR ADVANCED INTERNATIONAL RESEARCH AND SERVICE was presented to the IAAP immediate past president, Jose M. Peiro. The award was given in Honolulu Hawaii on August 3 at the Ala Mona Hotel where ICP conducted its 2013 Incoming Board and Scientific Program.

The ICP MULLEN AWARD FOR DISTINGUISHED CONTRIBUTIONS AND SERVICE TO INTERNATIONAL PSYCHOLOGY was awarded to Dr. Frances Culbertson who served as Gerontology Division Chair for IAAP as well as ICP president.

IAAP's 28th International Congress of Applied Psychology is being held in Paris, 8-13 July 2014.

The call for abstracts for individual papers and posters is open. Submission deadline: 1st December 2013.

News from the Liaison Organization: On behalf of IAAP, and in collaboration with the French Federation for Psychologists and Psychology (FFPP) as well as French National Committee of Scientific Psychology, (CNFPS), under the umbrella of the French Consortium of Psychology Associations (A-CIPA), I am pleased to confirm that the forthcoming International Congress of Applied Psychology will take place in Paris in early July 2014. Applied Psychology is living a stimulating scientific period, with considerable work in connection to the many societal crisis and events around the world. **Claude Lévy-Leboyer**, who has played an important role in IAAP, is our **Honorary President for this ICAP**. The Scientific Program Committee is composed of IAAP members from all over the world, both French and English speaking. The ICAP was organized in Paris the last time in 1953, and never since did we get the opportunity to host IAAP; therefore, we are happy to invite you all to join us for the 28th ICAP.

The first Eastern African Regional Congress of Psychology will be held in Uganda, November 6-8, 2013. The Scientific and Local Organizing Committees are also delighted to invite you to attend. The first Eastern Africa Regional Conference of Psychology is bringing together academic, professional, non-practicing, and student psychologists within the Eastern African Region and the Diaspora and will be held in Uganda (Kampala), the Pearl of Africa. The Eastern Africa Region will comprise of Uganda, Kenya, Tanzania, Rwanda, Burundi, Southern Sudan, Sudan, and Ethiopia.

Ana Guil, Ph.D.

ICP Liaison to: SEPTG (Sociedad Española de Psicoterapia y Técnicas de Grupo)

Current & Future Activities: The 2013 SEPTG Symposium was held in Madrid last spring and its central theme was: "The articulation of theories and group techniques." SEPTG is proud to have contributed to the birth and development of various schools of Dynamics, Psychotherapy and Group Techniques aimed at the formation, maturation and healing of people through group therapy and while respecting the originality of various psychodynamic proposals.

During the event, I continued to inform SEPTG about ICP and its conference, but I have not gotten anyone to go to

Jakarta. Maybe Indonesia is too far from Spain.

News from Liaison Organization: The next Symposium of SEPTG, about "Vulnerability and resilience groups: from fear to action" will be held in Granada from 3 to 6 April, 2014. Participants are encouraged to submit work, ideas, and proposals for discussion around the question: What can we do and are doing to empower and facilitate the transition to resilient resources in social groups from our daily teaching and practice and what is our belief and confidence in their value.

Tara Pir, Ph.D.,

ICP Liaison to: Iranian Psychological Association (IIPA) (Formerly Iranian American Psychological Association (IAPA) and International Association for Cross-Cultural Psychology (IACCP))

Current and Future Activities: I direct the Institute for Multicultural & Educational Services (IMCES) in Los Angeles. IMCES provided a series of activities at the local, state, and international levels to promote the goal and mission of ICP. Those activities included sponsoring and supporting ICP conferences in Spain, South Africa, Cape-town, and in both APA Western and Eastern Psychological Conferences. I also represented IACCP in all of the above mentioned conferences.

In addition, the IIPA link information is on both IMCES and IIPA websites. I have disseminated and provided ICP applications, and handouts to participants at all of those conferences. In all of the mentioned conferences, ICP was represented and identified as a partner and collaborator. In the future, we are planning to promote ICP's goal and mission by recruiting more members, advocating for our upcoming conferences, and developing many specific task forces and mutual research projects in our local and global meetings. In the future, I am planning to include IACCP's link in all interrelated exchange places on websites.

News from Liaison Organization: IAPA promoted ICP's mission and goals in many activities throughout the year. In fact, several members of IAPA became members of ICP. A major change on the status of IAPA was that this organization transitioned to a name change that would include a national and global level of activity. The new name is the International Iranian Psychological Association (IIPA).

The annual IACCP conference was in Los Angeles. Several activities were scheduled with mutual members of

the organization. Flyers from ICP were disseminated. Mutual goals of the organization were promoted through the individual networking, outreaching, and engagement activities of the conference as well. I am planning to represent IACCP at the upcoming ICP conferences in Hawaii and Jakarta. This mutual collaboration, communication, and coordination of services is effective and beneficial to all of our membership organizations.

Florence L. Denmark, Ph.D.

ICP Liaison to: International Organization for the Study of Group Tensions (ISOGT)

Current & Future Activities: I have been the liaison for IOSGT; however, because of very low membership, we will be closing the organization. This year, we minimally operated and had a guest speaker at the Pace University Psychology conference in New York, and the keynote speaker funded by IOSGT was Sharon Horne, however I think this is now a case where not only the group will be disbanded, but I of course won't be the liaison.

Martin Mrazik, Ph.D.

ICP Liaison to: Canadian Psychological Association

Current & Future Activities: The Canadian Psychological Association held its Annual Convention June 14 to 16, 2013 at the World Trade and Convention Center in Quebec City, Quebec. Over 2700 members attended the 24th Annual Convention with the purpose of bringing together psychologists from across Canada and sharing ideas for research and practice. Quebec City offers a rich and distinguished history in Canada and participants enjoyed exploring the sites and dining available in Quebec. The next CPA conference will be in Vancouver, British Columbia.

Dr. Jennifer Frain provided the presidential address. The theme of her talk emphasized the importance of psychologists advocating for their profession within Canada. While psychology remains a prominent profession in Canadian mental health, the role of psychologists has not been well established and is often impacted by finances. Dr. Frain emphasized the important of psychologists becoming more politically active in support of their profession. ICP purchased ads with CPA to encourage attendees to consider the upcoming conferences sponsored by the ICP in Jakarta, Indonesia in July, 2013 and in Honolulu, Hawaii in August, 2013.

News from the Liaison Organization: CPA was founded in 1939 as the national organization representing Canadian psychology domestically and internationally. The Association is organized around three pillars: science, education and training, and practice. CPA works closely with other provincial associations, organizations and governments and interacts with the public and the media. The Canadian government recently announced funding to create a national mental-health strategy. The purpose is to create standards to help improve mental health among Canadian, especially those in a workplace setting. The CPA seeks to play an important role in the creation of this national mental-health strategy.

Richard S. Velayo, Ph.D.

ICP Liaison to: APA Division 52 (Division of International Psychology)

Current & Future Activities: I continue to be ICP's liaison to APA Division 52. My role as webmaster for APA Division 52 (International Psychology) ended in December 2012. In that role, I included announcements and events, including the ICP newsletter (*The International Psychologist*) and put out calls for the ICP Convention in Jakarta and Hawaii. Since January 2013, I was elected as a Member-at-Large of Division 52 and I continue to promote the ICP's newsletters and events through the Division 52 listserv. I plan to continue promoting activities between members of both organizations and to encourage membership in both.

As a M-A-L of Division 52, one of the projects in which I am involved is surveying instructors in the U.S. and abroad on ways to they are internationalizing the psychology education. An article that my students (Iris Delgado and Masami Araki) and I wrote titled "Ten Strategies for Psychology Instructors to Internationalize Their Courses" was published in Volume 53.1 (2013) of *The International Psychologist Part B: International Understanding*.

Psychology Day at the United Nations - The 6th Annual Psychology Day, which was held on April 25, 2013, was attended by several members of ICP and Division 52. The theme of the event is "Psychology and Violence in the Global Context: Antecedents, Consequences, and Prevention." My contribution involved serving as the Chair of the Publicity and Communications Committee. I also was in charge of putting together the program for this event. I also assisted with the development of the event's website, dissemination of the event flier, and registration of the at-

tendees. ICP membership application forms were distributed at the event. I plan to also be involved in the planning of the next Psychology Day the U.N.

News from the Liaison Organization: The 2013 Annual Convention of the American Psychological Association will be held in Honolulu, Hawaii, from July 29 - August 4, 2013. The Division 52 convention program and hospitality suite program has been disseminated to ICP members via email.

APA Division 52 will have its next Midwinter Meeting at the upcoming Annual Meeting of the Society for Cross-Cultural Research (SCCR) on Feb. 12 - 15, 2014 in Charleston, SC. ICP members who are also members of Division 52 are invited to attend. Collaboration in submitting proposals to submit to the International Programming with Division 52 is encouraged.

Julia Rose, Ph.D.

ICP Liaison to British Psychological Association (BPS)

Current and Future Activities: The BPS hosts over a hundred events including conferences, lectures and workshops. Over 5000 delegates from a range of specialties attend and enjoy the full range of conferences and events organized annually. The British Psychological Society Annual Conference was held in Harrogate International Centre April 2013. The current BPS President is Peter Banister.

I have attended various regional events of the BPS with a student member Lisa Gray, and have promoted ICP as a professional body. We recently attended the Counseling in Prisons Convention in June 2013 in Birmingham and the BPS Division of Counseling Psychology in Cardiff (July 2013). All events included promoting ICP membership and the benefits of being members. There was a great deal of interest, and it is hoped that it will turn into new memberships. There are plans to continue to promote ICP throughout as many BPS events as possible. Ludwig Lowenstein our current ICP president and I will be meeting in Birmingham to discuss ways to move forward. In addition Dr Sandra Neil, World Wide Area Chair and Dr Robert L Silverberg continue to keep in touch with regard to membership and will also explore strategies that we can utilize with BPS. We plan to meet in Europe in 2014.

News of the Liaison Association: As noted above, The City of Cardiff hosted the Annual Convention of Counseling Psychologists, which was well attended and demonstrated an interest in ICP through the use of promoting ICP as a professional, family organization of International Psychology which also embrace new psychologists at the early stages of their career. The Counseling in Prisons was a new venue to promote ICP, and was well attended by many allied professionals, thus widening the membership scope for ICP. Participants at both conferences confirmed their interest, and many membership forms were distributed.

Lynn Collins, Ph.D.

ICP Liaison to the Association of Women in Psychology

Current & Future Activities: I plan to distribute copies of the ICP Brochure at the 2014 AWP Conference in Columbus, Ohio to be held March 6-9, 2014. It will be held over International Women's Day weekend. The site of the next AWP conference will be Renaissance Columbus Downtown. This will be a unique meeting because APA Division 35 will be having their mid-winter meeting immediately following AWP in the same hotel. We are going to have a birthday celebration for Division 35 as part of it. AWP played a critical role in the birth of Division 35. The hope is that the joint meeting will facilitate communication and collaboration between the two groups, enabling them both to be more effective in supporting and advancing feminist initiatives and perspectives. The hotel is located near the "Short North" arts district, which offers restaurants, shops, and entertainment options.

Although the theme for the AWP conference is "The Personal is Political: The Lived Experience of Disability," AWP invites research and presentations that fit within the framework of feminist psychology, including feminist mentoring and leadership. The theme revolves around how disability interfaces with multiple identities and impacts issues that many women navigate including reproductive rights, diversity, body image, beauty, sexuality, aging and mental health. It is hoped that the sessions will socially deconstruct notions of disability and understand it as a transcendent, universal and personal diversity factor that impacts women and our communities across the lifespan.

The 2014 plenary speakers include Rhoda Olkin (http://www.alliant.edu/advanced-search/single-profile.php?profile_no=262) and Nancy Smith, Director

of the Center on Victimization and Safety from the Vera Institute for Justice (<http://www.vera.org/users/nancy-smith>). For more information, email if you want to volunteer to help or have questions about the 2014 conference: AWPcolumbus2014@gmail.com. I will also distribute flyers in the AWP/Division 35 suite at APA, and on the organization's listserv. In the future I hope to contribute a column to the AWP Newsletter regarding ICP's activities.

News from the Liaison Organization: The 38th Annual Association for Women in Psychology Conference was held in Salt Lake City, Utah March 7-10, 2013. The theme of the 2013 AWP Conference was "**Global Concerns, Local and Individual Perspectives:** Voices of Indigenous, Immigrant, and International Women." The conference featured scholarship, practice, and activism by and with women whose perspectives have traditionally been in shadow. Global Concerns include those experiences that, while are unique across individual women and their cultures, actually affect all women, such as violence, our bodies and sexualities, motherhood and parenting, work, and aging. The Association for Women in Psychology (AWP) and the Society for the Psychology of Women (SPW, Division 35 of APA) organized a series of feminist science symposia that showcase innovative, high quality research on important feminist topics. The conference also offered continuing education sessions, vendors, and entertainment.

Keynote speakers included Ouyporn Khuankaew and Jennifer Nez Denetdale. Ouyporn Khuankaew, a Thai feminist activist and Buddhist, works in solidarity with indigenous women from South and Southeast Asia. She works with women who have experienced violence and trauma from the military, including women from Burma junta and Muslim and Buddhist women from the south of Thailand / northern Malaysia. For more information about her work, visit <http://womenforpeaceandjustice.org/>. The other keynote speaker, Jennifer Nez Denetdale, is a citizen of the Navajo Nation. She is originally from Tohatchi, New Mexico. She is associate professor of American Studies at the University of New Mexico and author of *Reclaiming Diné History: The Legacies of Chief Manuelito and Juanita* (Univ. of Ariz. Press, 2007). These books are accounts of Navajo history written for young adults. She sits on the board of the Navajo Nation Human Rights

Commission. For more information about her work, visit <http://www.unm.edu/~amstudy/denetdale.shtml>

Sandra Neil Ph. D.

ICP Liaison to the Australian Psychological Society and IAFOR (The International Academic Forum)

Current & Future Activities: I co-chaired the Scientific Program Committee for the 71ST INTERNATIONAL COUNCIL OF PSYCHOLOGISTS CONFERENCE, JULY 3rd- 7TH 2013 JAKARTA, INDONESIA with Dr. Tara Pir. The Scientific Program Committee participants are Dr. Joy Rice, Dr. Julia Rose, Dr. Janet Segal, Dr. Roswith Roth, and Dr. Donna Goetz, and Dr Sandra Neil (Chair) assisted by Ms. Emily Harvey and Mrs. Naomi Podbury. The Host and Local Arrangements Chair is Dr. Sarlito Sarwono, (Indonesia), Persada University. The Key Note Speakers are Dr. Jusuf Kala, Chairman of the Indonesian Red Cross, Ex Vice President of Indonesia; Dr. Mutshu, Tzu, Tzu Chi University, Hao Lien, Taiwan; and Mrs. Linda Gumelar, Minister of Women and Empowerment and Child Protection.

Dr. Sandra Neil has been invited as a keynote speaker to the 2014 ACP/ACERP (Asian Conference on Psychology and the Behavioural Sciences/ Asian Conference on Ethics, Religion and Philosophy) to be held in March 2014 in Osaka, Japan. Professor Monty Satiadarma is the IAFOR /ACP Conference Chair. Dr Sandra Neil and Dr Robert Silverberg also have been invited to conduct a five day training workshop based on the Satir Model and Family Chessboard, to be held at Tarumanagara University in Jakarta, Indonesia, March/April 2014.

News from the Liaison Organizations:

APS: A by-election is being held in May for a General Director position on the APS Board of Directors. The vacancy on the Board has been created as Associate Professor Louise Roufeil FAPS recently resigned from the Board to take up a senior position in the APS National Office.

The 48th APS Annual Conference will be held at the Cairns Convention Centre in tropical far north Queensland from 8 to 12 October 2013. The Conference theme, "Psychology for a healthy nation," represents a call to the psychology profession to bring together its considerable expertise to find solutions to the health challenges of the modern world. The Conference Scientific Committee is establishing a high quality and engaging program of scientific and professional presentations. An exciting line-up of keynote speakers has now been confirmed and includes: Dr Stephen Behnke, Director of the American Psychological Association's Ethics Office, on ethics in the practice of

psychology; Professor Stuart Biddle, Loughborough University UK, on psychology and sedentary behaviour; Professor Mark Dadds MAPS, University of New South Wales, on helping troubled children; and Professor Eleanor Wertheim FAPS, La Trobe University, on understanding forgiveness. These state-of-the-art keynote addresses will be complemented by paper and poster presentations, professional practice forums, an inspiring range of professional workshops, and the popular 'how to' sessions delivered by expert practitioners.

The APS 2013 Better Access survey is collecting data on clients seen by APS psychologists in 2013 who, at the end of the allowable 10 sessions of treatment, were judged by the psychologist to need further treatment. The study aims to investigate the nature of these clients and the additional treatment arrangements that were put in place.

IAFOR (The International Academic Forum):

Founded in 2009 by a group of concerned Asian, European and North American academics and business professionals, IAFOR is a mission driven organization dedicated to providing and promoting meaningful dialogue irrespective of international borders. IAFOR is committed to ensuring that Asian leaders and opinion formers in both the public and private sectors, in education, the media, and business, have the chance to meet their colleagues from other continents, and discuss issues of national and international relevance and importance.

The IAFOR 2013 Conference was held in Japan Osaka, Japan from 28th – 31st March 2013. This was the Third Asian Conference on Psychology and the Behavioural Sciences and the third Asian Conference on Ethics, Religion and Philosophy. The theme was "Connectedness and Alienation; the 21st Century Enigma." This international and interdisciplinary conference brought together a range of psychologists, medical doctors and a wide assortment of social scientists to discuss outside the traditional confines of narrow fields of specialty, and in new directions of research and discovery in psychology and the behavioral sciences. As with IAFOR's other events, and by bringing together a number of university scholars working throughout Japan, Asia, and beyond to share ideas, ACP 2013 afforded the opportunity for renewing old acquaintances, making new contacts, and networking across higher education and beyond.

Marcelo Urra, Ph.D.

ICP Liaison to: SIP, Sociedad Interamericana de Psicología, Interamerican Society of Psychology

No Report

We are looking for an **ICP Liaison to IUPsyS, International Union of Psychological Sciences** to replace Michael Stevens, Ph.D. If you are interested, please contact me.

Joy K. Rice, Ph.D.

Email: jkrice@wisc.edu

ICP at the United Nations by Florence L. Denmark ICP Main Representative to the UN



As usual, ICP had very active representation at the United Nations. The report of the representatives will follow below. It should also be noted that our interns were very active, and helped out with the work of

various committees, as well as other activities at the UN. The work of the interns has been reported in our newsletter, the International Psychologists. The interns were Annie Chai, Rich Cresswell, Corey Reano, Alishia Kiiza, and Kristin Thies. Pancho Diaz Jr., an intern in training, will become an intern beginning next fall.

In alphabetical order, here are the reports of the representatives:

Martin Butler:

Martin Butler served on the Psychology Day Planning Committee as the outgoing Co-Chair of the 2012 Psychology Day. He was also a member of the Psychology Coalition, and he helped interview potential interns for ICP. He was also a member of the Committee on Migration.

Florence Denmark:

Florence Denmark is currently the main NGO representative for the International Council of Psychologists, and also a representative for the International Association of Applied Psychology. Denmark served as treasurer of the

UN NGO Family Committee, and was recently elected Chair of that Committee for the next two years. She served on the Executive Committee of the United Nations/New York NGO Committee on Ageing as the immediate past Chair, and is a member of the Subcommittee on Older Women. Denmark also worked on the International Day of Older Persons (IDOP), which was held in October of 2012. She completed her term as the corresponding secretary of the UN NGO Committee on Mental Health, where she also served on the Executive Committee. She was also a member of the NGO Committee on the Status of Women.

As a past coordinator for Psychology Day, Denmark once again participated on the Planning Committee for Psychology Day, and gave closing remarks at the end of this year's April Program. She participated in meetings of the Psychology Coalition, which represents the various psychology organizations accredited at the UN. She served on the Nominating Committee for the Coalition, as well as the Nominating Committee for Co-Chairs of next year's Psychology Day.

Eva Sandis:

Eva Sandis was an extremely active Chair of the NGO Committee on Migration. She participated and organized several workshops, and served as a consultant on migration issues. Some of her activities included participation in RIO+20 Conference on Sustainable Development, consultations in Geneva, and participation in the NGO Committee on Migration workshop, *No Nationality, No Rights? Strategies and Tools for the Protection of Stateless Persons*. She was invited to participate in the joint Brussels-Geneva-New York videoconference on migration issues together with the EU Member States, at the EU Delegation premises. Eva co-organized with the NGO Committee on Trafficking in Persons, a Conversation Circle on migration and trafficking in connection with the 57th Commission on the Status of Women. She also served as a consultant to the U.S. Department of State's Bureau of Population, Refugees, and Migration (PRM) with other NGOs. In addition to her extensive work as part of the NGO Committee on Migration, Eva also chaired the United Nations Family Committee's Nomination's Committee.

Norma Simon:

Due to personal circumstances, I have not been able to give as much time as I would have wished to my responsibilities for ICP at the UN, NY. However, I still have been able to maintain a number of my activities. I completed my term (four years) as the recording secretary for the

NGO Committee on Ageing and was elected to serve as a member at large for the next two years. I also worked on the International Day of Older Persons (IDOP) that was held in October of 2012. I also completed my four year term as a member-at-large on the NGO Committee of Mental Health and a two year term on the NGO Committee on the Family. I will continue on the Family Committee as the corresponding secretary. I have attended most of the board meetings for these three committees and the open meetings as well. I also participated on the planning committee for Psychology Day at the UN and was able to do some minor administrative work for the committee. I attended the Psychology Day Program. Each year that we have done this for the past six, the program has been very salient to the work of the UN. We have attracted more UN staff and some mission staff as well. I have participated in the meetings for the new Psychology Coalition that has been formed by psychologists representing many psychology organizations accredited at the UN. I hope to continue an involvement with this as well.

I plan on continuing all of these activities for the next year.

Richard Velayo:

Below is a list of my U.N. activities as ICP's NGO Representative to the UN.

1. NGO Committee on Ageing (UN)

- Treasurer of the UN NGO Committee on Ageing
 - I have attended executive committee meetings of the Committee and select programs that it sponsors.
 - My position as Treasurer will cease this summer.
 - Member of the 2012 International Day of Older Persons (IDOP)
 - This event was held on October 10, 2012 (Thursday). As a function of this position, I produced the IDOP program and monitored the finances (as Treasurer) related to this event.

2. Psychology Day at the United Nations

- I was part of the planning group for the 5th Annual Psychology Day, which was held on Thursday, April 25, 2013. I chaired the Publicity Committee, oversee-

ing the dedicated website for the event, the flier, disseminating announcement to our contact list/s, and the registration of attendees. My contribution also involved putting together the program for this event and assisted with the registration of the attendees. ICP membership application forms were distributed at the event. I plan to also be involved in the planning of the next Psychology Day the U.N.

Pete Walker:

In July 2012, Dr. Walker was elected Treasurer of the newly formed Psychology Coalition at the UN (PCUN). PCUN is composed of NGO representatives of psychology and psychology-related organizations. PCUN members collaborate in the application of psychological principles, science, and practice to global challenges of the UN agenda. These activities include organizing side event during annual Commission meeting in the Spring and preparing advocacy paper on the occasion of other significant meetings of member states. Over the year in addition to his duties as Treasurer he participated in many of PCUN's events, and acted as the Chairperson of the PCUN Finance Committee. Pete also participated as an advisor in the early preparations for the Sixth Psychology Day at the United Nations held in April 2013.

He continued his activities a member-at-large and webmaster for the CoNGO Committee on Sustainable Development. The website, <http://www.trunity.net/CoNGOSD> follows the regular activities of the Committee on Sustainable Development, acts as its archive, including videos of monthly presentations as part it the minutes of each meeting (<http://www.trunity.net/CoNGOSD/topics/view/58762>), additionally there are "links" to many current and ongoing activities of the United Nations in the area of sustainable development and climate change (<http://www.trunity.net/CoNGOSD/topics/view/61323>). The site has a regular flowing, of roughly 60, who remain on the site and average of 4 ½ minutes. A small percentage is from outside the US.

Recently the site has carried links to many of the activities to replace the Commission on Sustainable Development (CSD) and the Millennium Development Goals (MDGs). These longtime initiatives of UN are being phased out and replace by the more comprehensive, integrated initiatives given the name "Post 2015" (<http://csonet.org/?page=view&nr=160&type=230&menu=14>). These will be joined by "Sustainable Development Goals" (<http://sustainabledevelopment.un.org/index.php?menu=1630>). The UN sought wide-ranging input on these initiatives which will be summarized by the Secre-

tary General over the summer and presented to the General Assembly in September 2013. Member states will then begin discussion on their merits.

One World, One Humanity by Ludwig F. Lowenstein

Introduction

Before I begin I would like to thank all those involved, and most especially Sarlito Sarwono, in organising this wonderful conference and for providing ICP with the facilities and hospitality of this wonderful university. You have shown yourself to be a country and a people, and a university that truly cares about harmony between individuals, within families, and between cultures, nations and religions.

I am honoured by the fact that you have asked me to speak to you on a subject close to my heart and hopefully yours as well. It will be my last presentation as President of the International Council of Psychologist with whom I have been a member for over 30 years. I very much hope that members of your organization and those who have come to the conference will join ICP as regular members always remembering that our organization is for the benefit of mankind as well as for the academics and universities to which we belong. Again many thanks to all of you who have worked so hard to make the conference a success.

Body of Paper

What I will say will seem so obvious to everyone and yet it needs saying not once but many times. This is, that we are now, and in the future should be increasingly belonging to one World and one humanity. That which divides us by culture, nationality, religion or any other divisive thought must be viewed as less important than that which we all have in common. This being our humanity. It is unfortunate that at this present time human beings in many parts of the World are in conflict and in some cases, long term and enduring bloody conflicts. We are psychologists and we can do many things other than throw up our hands in despair. We can mobilise our knowledge and wisdom to help those responsible for aggression and hostility to alter their thinking and behavior. This is another way of saying we are treating those in conflict via the well-known and respected method of cognitive behaviour therapy or CBT.

Promoting empathy and understanding between groups in conflict (recent research)

Acts of violence and destruction would never occur if the individual who carries out these acts had traits such as empathy and altruism. Empathy is defined as “*the capacity to recognise emotions, thoughts and attitudes that are being experienced by others*”. It is also the capacity to understand another person/ group’s point of view. For this to occur, one has to be able to place oneself in their shoes and to feel what they are feeling as a result of one’s likely actions.

Empathy precedes being able to feel sympathy or compassion. Empathy comes from, and is equivalent to, the German word “*empathie*”. That is, ‘feeling into another person or group’. Its origin is Greek “*empathia*”. The famous psychologist in 1909, Edward B. Titchener translated the German equivalent into the English language as “*empathy*”. In seeking to improve the World and Humanity, empathy should be considered the crucial element. If it is understood as a concept and acted upon at all levels it will prevent impending conflicts. In this way many conflicts would never occur between individuals or between groups.

Two types of empathy have been defined: emotional and cognitive empathy. Emotional empathy or affective empathy is the response of one person or group reacting appropriately to another person, or one group responding appropriately to another group (Rogers et al., 2007). This is based on emotional contagion (Shamay-Tsoory et al., 2009). Cognitive empathy is the capacity to identify with another’s mental state (Rogers et al., 2007). It is often considered to be similar to the “theory of mind” (Rogers et al., 2007). This does not normally occur until approximately the age of 4 in children (Wimmer & Perner, 1983).

Functional Magnetic Resonance Imaging (fMRI) has been used to identify the anatomy of empathy Keysers & Gazzola, 2009; Decety & Moriguchi, 2007). There are actually neuro-underpinnings to the feelings and display of empathy (Preston & de Wall, 2002).

Those suffering from Asperger Syndrome, borderline personality disorders, psychopathy, narcissistic personality disorders, schizophrenia, depersonalization, bipolar or conduct disorders in many cases are likely to be individuals lacking in empathy (Decety et al., 2008). It is almost certain that many terrorists, and some national leaders included, suffer from a lack of empathy making them likely to be, or to encourage others, to carry out anti-humanitarian acts.

This is not to say that all who commit acts against other human beings are mentally ill. Those suffering from a psy-

chopathic or schizoid personality disorder often appear ‘normal’ individuals. They are often good to their own families and neighbours and yet they are capable of the most callous acts of cruelty towards outsiders who are other members of society, cultures or religions. In carrying out such acts of callousness they feel no conscience about what they do (APA, 2000).

Research indicates that there are sex or gender differences in the capacity of individuals being able to show empathy. Males in general have less capacity for empathy than females (Baron-Cohen, 2005; Eisenberg & Fabes, 1990). This could explain why males also in general manifest more aggression and psychopathy than females (Tunstall et al., 2003). The unwillingness to be able to recognise or identify with the feelings of others is typical of the narcissistic personality disorder and is clearly associated with limited or lack of empathy (APA, 2000).

Conduct disorders in childhood, adolescence and adulthood, also frequently lead to limited empathy, or the inability or unwillingness, to view things from another person’s point of view. This has been attributed or associated to the activation of the amygdala and the ventral striatum reducing the capacity for moral reasoning (Decety et al., 2008).

Where is empathy in the current conflicts that exist?

At present the conflicts in Syria, Israel and Palestine, and in many other areas of the World would appear to be beyond anyone to solve to everyone’s satisfaction. Different nations and religions can be influenced by adopting humanitarian concepts and this is the direction in which we should aim. This consists of elements we all share or have in common. These common elements are: showing sincere concern if not love for others, with whom we share this planet. This is despite the fact that there are differences between us based on religion, nationality, and culture. Incidentally, sincere concern for others is an aspect which is shared by virtually all the major World religions. This is often forgotten as humans seem to over-emphasise the differences between themselves rather than what they have in common.

If all major religions share such ideals and views, then why is there so much enmity between various factions? This is a puzzle we must solve as psychologists, sooner rather than later. Every life that is lost, any wound that is inflicted, should be viewed as harming every caring person in the World.

This belief unfortunately, is not shared by all members of humanity. Hence the bloodshed worldwide continues unabated. Can anything be done by members of our and

other professions to reverse this destructive pattern based on defective attitudes and destructive behavior? How for example, is it best to deal with terrorists who do not value the life of others or indeed their own lives? These individuals are undoubtedly influenced by fanatical elements that encourage the setting off of bombs, even within Mosques, as happened in Syria recently. Ideas that encourage such behaviour need to be counteracted by every individual.

The madness and the depravity of some individuals is difficult to understand and even more difficult to counteract. The behaviour is based for example on the fanatical beliefs that it is acceptable to kill Shiite Muslims if you are Suni and vice versa. It is based on the belief to kill a Jew, a Christian, or a Palestinian is acceptable. But does this make any sense at all in the long term? This is despite what is written in the Koran and the Old and New Testament Bible which are followed by Christians, Jews and Muslims. Both believe in the “sanctity of life”, this should include other people’s lives as well as their own.

Although what follows is on the whole hopeful, and even optimistic about the future the current psychologist is not unaware or naïve about the dangers that threaten humans worldwide due to terrorism. Professor Sarwono, in Indonesia, and I in the UK have carried out research with similar results and drawn similar conclusions about the problem of terrorism and how best to deal with this problem. Many terrorist have been influenced by a variety of sources, and fanatics who preach hatred, who use them as victims of self-destruction and of course the destruction of other innocent individuals. Those termed terrorists do not regard themselves as such but rather view themselves as patriots and even heroes despite the fact that they have a murderous and destructive approach to mankind.

Such individuals become fanatical and are commonly termed “extremists”. Such individuals need to be apprehended, as should those who influence them, and incarcerated and punished while at the same time efforts are made to seek to redeem them through positive influences. Professor Sarwono has already carried out such work in Indonesia by using former terrorists who have been rehabilitated to help others who are terrorists to change their views. This is a programme I applaud. Once such views have been changed, these individuals can once more be an asset to society in seeking to prevent further acts of violence and terrorism.

Both Professor Sarwono and I have found that many individuals who have perpetrated acts of terrorism are frequently innocent victims of fanatical zealots and their influence. Some I am sure can be rehabilitated, but others

can never be rehabilitated and may need to be incarcerated for a lifetime to prevent them from becoming a further threat to society. It should be said that the predominant members of society, any society and any religion, are on the whole law abiding, with empathy towards their fellow man. It is important however, not to be unaware of those who are the opposite, seeking the destruction of others even at the expense of themselves, but giving their lives for a cause which cannot ever win in the end due to violence being perpetrated on others. Terrorists should ask themselves such questions as: What value has been attained through the Bali bombing and other acts of terrorism? The answer is none but it has been at the cost of many human beings who are innocent members of our world and society. The result as always is hatred and retaliation ‘ad infinitum’.

Most humans realise the folly of believing that our fellow man should be destroyed because in some way they are different from ourselves. There are, however, many humans who are somehow vulnerable, or susceptible, or suggestible, and influenced by charismatic leaders who encourage acts of violence to be perpetrated against often innocent and peace-loving members of society.

It is important that we as academics and practitioners encourage the acceptance of others who have different views but share a common element of being human. We should encourage tolerance and acceptance of other opinions providing these opinions are not based on hatred, vengeance, or retribution and violence. It is my hope, and I believe the hope of others, that differences between us should not become the source of antagonism. The promoting of empathy and the developing of positive behaviour begins with parents rearing their children and inculcating positive behaviour. It continues with school educating the young to believe and act in accordance with the fact that all humans are valued. The churches and mosques need to continue this process of encouraging, tolerance and caring for others, regardless of differences in religious beliefs.

Every human being has a right to exist in peace and harmony. The same can be said for every nation, culture and religion. This must be recognised as a “categorical imperative” as stated by the famous philosopher Emmanuel Kant. All religions should abide by this. A good example with which the World is currently faced is the creation of the state of Palestine to live alongside in peace with Israel. The main issue in fact should be the possibility of Palestine becoming one nation, because each part has much to give to the other. This is despite the differences in religion and other factors.

Currently Israel is not recognised by many Muslim

countries. Does it make sense to continue such a policy when Palestine is likely to be recognised as a State but Israel is still ignored and not to have the right to be recognised as a State?! Indonesia is a vibrant forward looking economically successful democracy. It consists of numerous cultures and religions living more or less together in harmony. It could be viewed as a model, not only to the Muslim faith, because it is predominantly Muslim, but also has other faiths living side by side with Muslims.

I hope and pray that Indonesia will lead the way towards improving the state of our World and the human beings that live within it. Things can only change when one nation takes the lead in no longer following the prejudices and divisiveness of the past. Then other nations will follow.

As I celebrate my good fortune of having reached the old age of 85, I feel more and more hope and optimism for the future of mankind. I hope you share this view with me. We can and will make a difference by working towards one World in harmony; one Humanity united in the belief that we now and in the future can create a better World. This requires courage. It requires vision. Let us truly put it into action through example and our teachings. This I hope to do in whatever time I have left in my life. I hope you will also.

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The Wisdom of Resilience
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Introduction

Resilience can be defined as a person's, group, and community's capacity and will to thrive in adverse and unhealthy life situations. A resilient person strives to survive, minimize, and overcome the damaging effects of life's adversities and challenges.

Edith Grotberg (1995)

Resilience is a crucial ingredient to a happy, healthy life and it is generally defined as the ability to cope well, persevere, and adapt in the face of adversity and misfortune. This construct has turned into a significant model

to explain and predict healthy outcomes in the stressful and traumatic circumstances (Hiew, 1998). Resilience people are typically portrayed in daily life as a person with high locus of control, positive self-concept and more flexibility in terms of coping with different and difficult situations (Werner & Smith, 1992) than people who lack or are lower in resilience. Past studies also indicated that individuals who reported high resilience frequently are able to find ways to cope successfully with challenging or threatening circumstances (Rutter, 1987, Hiew, 1999, Masten, 2001) and in multicultural societies (Infante, 2001, Grotberg, 2003).

Hiew (1999; also Hiew & Matchett, 1999; Hiew, Mori, Shimizu, 2000) has developed a resilience scale as a method of resilience measurement called the State-Resilience Scale (SRC) and Trait-Resilience Scale (TRC). In the present study, they were translated in the Malaysian language and the psychometric properties were tested with school students. The Malay translation of the SRC and TRC is the first work of its kind in Malaysia, the results reported here are preliminary drawing on students in the final year of high school ($n=156$). The research will expand to include all secondary school ages (from 13-17), sampled from all states and multi-ethnicity living in urban and rural areas in Malaysia. We hope that the study will stimulate further research among various community and cultural groups in different regions. Furthermore, we also expect that the study will provide useful educational tools for school counselors to diagnose, assess and guide the well being and resilience of vulnerable school students. We are also exploring the validity of the scales by testing the validity between the Malaysian translation of the SRC and TRC scales with the Oxford Happiness Inventory (OHI), and the Gratitude Questionnaire (GQ) scales. Previous studies have showed a positive correlation between resilience and psychological well-being. For example, Haddadi and Besharat (2010) found that resilience was positively related with psychological well-being and negatively related with unhappiness. As well, previous researchers discovered that gratitude is closely related with optimism (Adler & Fagley, 2005; Watkins, et. al., 2003) which is an important element to built resilience traits. Additionally, previous research on the SRC and TRC (Hiew, 2000; Hiew & Matchett, 1999) have found significant relationships with Spielberger's (STPI) personality traits inventory and emotional well being. We hypothesize here that there would be a positive correlation between both the SRC and TRC scales with the happiness and gratitude scales.

Method

Participants and Procedures

The sample consisted of 156 adolescents (48.7%; $n = 76$ male and 51.3%; $n = 80$ female) age 17 year old, selected based on convenience sampling. The study was carried out at four local secondary schools in both regions of Peninsular Malaysia, and East Malaysia. Schools principals were contacted for permission to participate in the study. Once the schools agreed to participate, written informed consent was sent out assuring them and the students that the data would be handled confidentially. The research was conducted during regular class periods and questionnaires were administered in classrooms. Only students who volunteered and agreed to participate in the study were accepted. Before the survey was conducted, classroom teachers who were in charge administered the questionnaires together with providing students with an overview of the measures and careful explanation of the instructions. The completion time for the survey took approximately 40 minutes.

Criterion Measures

State-Resilience Checklist (SRC)

The SRC developed by Hiew (1999) was modified from Grotberg's Resilience Checklist (1995). It has 15 items with a 5-point Likert scale (from "strongly disagree" = 1 to "strongly agree" = 5) according to the extent to which they "describe themselves at the present time." For example, the first item asked, how strongly respondents agree or disagree with the statement, "I have someone who loves me." The sixth item statement is, "I believe things will turn out alright. In the present study, SRC was translated into the Malay language. The total score is achieved by summing all responses that ranges from 15 to 75, with higher scores reflecting greater state resilience. The reliability of the scale is presented in Table 3.

Trait-Resilience Checklist (TRC)

The Trait Resilience Scale (TRC) consists of 18 items of childhood resilience elements in which respondents rated themselves on each item (5-point Likert scale) "as a child" rather than at the present time. For example, the first item is asking respondent to indicate how strongly he/she agree or disagree that they "are expected to be a helpful person." The eighth item asked respondents how strongly he/she agree or disagree that they "are successful in school." In the present study the TRC was translated into the Malay language. The total score is computed by summing all responses, and individual scores range from 18 to 90, with higher scores reflecting greater trait resilience. The reliability of the scale is presented in Table 3.

Predictor Measures

1. The Gratitude Questionnaire-Six Item Form (GQ-6)

The GQ-6 is a measure of gratitude developed by McCullough et al. (2002). It has 6 items with a 7-point Likert rating scale from 1 (strongly disagree) to 7 (strongly agree). In the present study, GQ-6 was translated into the Malay language. GQ-6 have been shown to be a single factor measurement (McCullough et al., 2002). The reliability of the scale is presented in Table 3.

2. Oxford Happiness Inventory (OHI)

The Oxford Happiness Inventory (OHI; Argyle et al., 1989) was used to measure individual general happiness. The OHI consisted of 29-item with a 7-point Likert rating scale from 1 (strongly disagree) to 7 (strongly agree). Each item was translated into the Malay language. The reliability of the scale is presented in Table 3.

Results

Descriptive Analyses

Mean and standard deviations for all variables are presented in Table 1.

Table 1
Descriptive Statistics

Variables	N	Per- cent age (%)	Me an	SD	Poss- ible range of scores	Actual range of scores
Gender				.501		
Male	76	48.7				
Female	80	51.3				
Gratitude			32.27	4.74	6-42	21-42
Happiness			149.33	21.96	29-203	91-199
State- Resilience			59.14	5.86	15-75	44-75
Trait- Resilience			65.90	8.00	18-90	44-84

Factor analyses of the SRC & TRC

Table 2 presented the explorative factor analysis conducted with a varimax rotation on the items of the SRC -15 items. Results indicated three factors that explained 39.9% of the total variance. Each of the three factors of SRC was represented by 5 items on the questionnaire. These factors had eigenvalues greater than 1.0. Factor 1 identified as “Inner Strengths” explained 21.5% (eigenvalue: 3.22) of the variation in the scores of the SRC. Factors 2 (identified as “Coping Skills”) and Factor 3 (identified as “Social Support & Resources”) accounted for 9.8% (eigenvalue, 1.47) and 8.6% (eigenvalue, 1.30) respectively of the variance.

For the TRC scale, the factor analysis showed that three factors explained 43.5% of the total variance which is slightly higher than for the SRC. These factors also had eigenvalues greater than 1.0. Factor 1 explained 28.1% (eigenvalue: 5.66) of the variation in the scores of the TRC. Factors 2 and 3 accounted for 8.1% (eigenvalue, 1.46) and 7.3% (eigenvalue, 1.31) respectively, of the variance. Similar with the SRC, the first factor of TRC also identified as Inner Strengths which was represented by eight items on the questionnaire. Contrary to findings with the SRC scale, the second factor of TRC was identified as social support and resources which was defined by 7 items on the questionnaire. Lastly, the third factor of TRC was classified as coping skills with 3 items on the questionnaire.

Table 2
Rotated Factor Pattern for the SRC and TRC Scale

Scale	Eigenvalue	Item	Interpretation
SRC			
Factor 1	3.22	9, 11, 12, 14, 15	Inner strengths
Factor 2	1.47	1, 3, 7, 8, 13	Coping skills
Factor 3	1.30	2, 4, 5, 6, 10	Social support and resources
TRC Scale			
Factor 1	5.66	1, 2, 3, 4, 8, 9, 10, 18	Inner strengths
Factor 2	1.46	5, 6, 7, 14, 15, 16, 17	Social support and resources
Factor 3	1.31	11, 12, 13	Coping skills

Validity of Predictor and Criterion Measures.

The validity was investigated through an analysis of the intercorrelations between the scales of the criteria and predictors of the study. Results showed that both criterion of resilience, SRC and TRC was significantly correlated with the two predictors of gratitude (SRC, $r = .47$; TRC, $r = .44$) and happiness (SRC, $r = .73$; TRC $r = .77$). Correlations analysis also showed a strong association between both criteria of SRC and TRC with $r = .77$ (see Table 4).

Table 3
Summary for Internal Consistency

Scales	Cronbach alpha (α)
State-Resilience Scale (SRC)	.73
Trait-Resilience Scl (TRC)	.84
Gratitude	.61
Oxford Happiness Inventory (OHI)	.93

Table 4
Inter-Correlation Matrix of variables

Variables	State-Resilience	Trait-Resilience	Gratitude	Happiness
State-Resilience	1			
Trait-Resilience	.77**	1		
Gratitude	.47**	.44**	1	
Happiness	.73**	.77**	.46**	1
Gender	-.01	.01	.07	-.04

* $p < .05$, ** $p < .01$

Reliability of SRC & TRC

The internal consistency of the Malaysian translation version of resilience and well being scales was examined and found to be satisfactory. Results indicated that cronbach alpha for the State-Resilience checklist (SRC) was $\alpha = .73$, Trait-Resilience Checklist (TRC) was $\alpha = .84$, The Gratitude Questionnaire-Six Item Form (GQ-6) was $\alpha = .61$, and Oxford Happiness Inventory (OHI) was $\alpha = .93$ (see Table 3).

Regression Analysis Between Criterion Variables and Predictors

A multiple regression analysis was conducted to evaluate whether happiness and gratitude scales predicted resilience as criterion variables. In Table 5, regression

results indicated that about 56% of the variance in State-Resilience could be predicted from the combination of the two predictors (i.e. happiness and gratitude scales) with overall regression to be statistically significant, $F(2, 148) = 62.78$, $p < .001$. As can be seen in Table 5, regression results also indicated that about 61% of the variance in Trait-Resilience could be predicted from the combination of the two predictors and with overall regression statistically significant, $F(3, 148) = 77.60$, $p < .001$.

Table 5
Regression Analysis with State-Resilience and Trait-Resilience as Criterion Variables and Gratitude, Happiness, Teacher Resilience Rating as Predictor Variables

Predictor Variables	State-Resilience					Trait-Resilience				
	B	SE	β	t	Sig.	B	SE	β	t	Sig.
(Constant)	24.37	3.44		7.09	.000***	19.20	4.42		4.43	.000**
Gratitude	.22	.08	.17	2.79	.006**	.23	.10	.13	2.28	.024*
Happiness	.17	.02	.65	10.57	.000***	.26	.02	.71	12.31	.000**
Total $R^2 =$.56					.61				

Note. ** $p < .01$, *** $p < .001$

Discussion & Conclusions

In order to measure resilience behaviour, a number of different resilience scales have been proposed by several researchers such as 25 items of Connor-Davidson Resilience Scale (CD-RISC) by Connor and Davidson (2003) and 28 items of Child and Youth Resilience Measure (CYRM-28) by Ungar et. al. (2008). The results indicated that the Malaysian translation of the SRC and TRC had reliable psychometric properties. Factor analyses also indicated that resilience is multifactorial in nature. According to Alvord and Grados (2005), resilience is not a one-domain facet that describes a person. For example, Grotberg (1995) suggested that resilience consists of three factors which are labeled as (1) I Am: or Internal or

personal strengths, (2) I Can: Interpersonal, social skills and competencies, and (3) I Have: Having strong relationships or role models. The present study confirmed the three factors in the SRC (measuring resilience, “at the present time”) as Inner strengths (or I Am) had the highest total variance followed by Coping Skills (or I Can) and Social Support & Resources (or I Have). Additionally, the TRC (measuring resilience, “since childhood”) categorized the three sources as Inner strengths (I Am, with total variance 28% followed by Social Support/ Resources and Coping Skills.

Results confirmed the hypothesis that the Gratitude and Happiness Scales predicted the Malaysian SRC and TRC criterion measures. Resilient adolescents are grateful people who employ positive coping styles leading to greater well-being (e.g., Wood, et. al., 2007). Also resilient adolescents show greater happiness & wellbeing in terms of: life satisfaction, joy, self-esteem, calm, control and efficacy (Liaghatdar, et.al., 2008). The validity of the SRC and TRC has been supported.

The three resources of resilience suggested by Grotberg was supported in Hiew (1998) study using the SRC with Canadian junior high school students. In the present study the same results have been extended to Malaysian high school students. To our knowledge, both SRC and TRC have been translated into various languages such as Thai (Chowsilpa, 2003), Japanese (Hiew et al., 2000), Urdu (Ahmad & Bokharey, 2013) and Portuguese (Martos et. al., 2013). In fact, both scales have also been reported to be reliable and valid and has been used extensively in research. In the present research, we intend to further investigate the reliability of both SRC and TRC scales by using a broader sample of Malaysian adolescents in high school in order to determine whether SRC and TRC are the psychosocial tools suitable for use in multiracial society or culture like Malaysia.

*The wise, achieve a balance in life, let go of attachments
and accept change as natural.*

Lao Tze (circa 500 BCE)

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The Psychological Study of Moral Reasoning Cross
Cultural Research
by
Anna Laura Comunian

The psychological study of morality and moral reasoning development evolved into a major research area during the 1980s and 1990s (Colby & Kohlberg, 1987; Gibbs, Basinger & Fuller, 1992; Kohlberg, 1981,1971). Gielen (1996), in a review of Kohlbergian research from a cross-cultural perspective, found that although there are more than 120 cross-cultural studies, Kohlberg's theory has undergone only preliminary testing and needs to be tested in a more comprehensive fashion. Moral judgment development involves a construction of progressively mature moral meaning. Each new stage is an elaboration of the previous one and this fixes the sequence of the stages. Kohlberg's theory is based on some distinctive assumptions. One of these assumptions states that there are operative moral norms referring to universal objects of concern and value such as: life, property, affiliation, contracts, civil rights, conscience, punishment, trust, law and religious or metaphysical concerns. Another assumption has to do with the stages of moral reasoning. In structural theory, moral development involves a "construction" of progressively more mature forms of moral meaning. Cultural and other social factors would not alter the developmental sequence. The established stage model of moral judgment development, then, would be standard or uniform across diverse cultures.

Kohlberg contended that this construction process results in an identifiable cross-culturally universal sequence of six stages of moral judgment development and maturity (Colby & Kohlberg, 1987; Kohlberg, 1976; 1981; 1984). Each new stage is an elaboration of the previous one – which is what fixes the sequence of the stages. Kohlberg devised the Moral Judgment Interview (MJI), which involves the presentation of a series of hypothetical moral dilemmas, each followed by probing questions designed to elicit an individual's best reasoning. The present research examines a cross cultural comparison of the moral development stages from the Kohlberg theoretical perspective with a new instrument Padua Moral Judgment Scale (PMJS; Comunian, 2004).

Moral Judgment Stages

Kohlberg (1976) termed the levels of moral judgment development: preconventional, conventional, and postconventional; he assimilated six stages to this frame-

work. Nested within the preconventional level of childhood were Stages 1 ("punishment and obedience") and 2 ("pragmatic and instrumental"). Assimilated to the conventional level: Stages 3 (interpersonal relationships and 4 (societal order). The postconventional level was seen as encompassing Stages 5 (social contract) and 6 (universal ethical principles).

Gibbs (et al. 1992) proposed that Stages 1 to 4, classify the adapted stages into levels of developmental maturity and immaturity. When reasoning in terms of Stage 1, the individual does not understand the moral reasons for rules and finds it difficult to think in terms of reciprocity.. Stages 3 and 4, representing mature forms of moral judgment, are said to define the cognitive-structural norms for most cultures. Stage 3 thinking entails caring about the mutuality of relationships and the preciousness of human life. At times, Stage 3 thinkers can care so much about what others think of them that they turn into "moral marshmallows" in difficult situations. Stage 4 thinking entails appeals to rights and responsibilities as the basis for an ideal society. Mature or profound moral understanding pertains to a broad spectrum of culturally pervasive moral norms and values, such as telling the truth, refraining from stealing, helping others, and saving lives. Kohlberg's main generic claim for moral universality was for moral judgment development across cultures.

The Padua Moral Judgment Scale (PMJS)

Based on the previous studies (Comunian, 2004, 2012; Comunian & Gielen, 2000; 2006), the last form of PMJS is considered and examined in this study. The PMJS is composed of 28 items that are grouped in 4 parts, each one composed of 7 items with closed answers each of the seven items represents a stage or mixed stage of the development of moral judgment. The values (e.g., life, affiliation, property, law, legal justice, contract, and truth) pertain to prescriptively right and good social action. Under each group of seven items, 2 questions with open-answers have been inserted, through which the subject is invited to indicate the number of the item he/she most agrees with and the number of the item he/she least agrees with, choosing from the 7 preceding items. For each item, participants responded to a four-point Likert scale (ranging from 1 = not at all, to 4 = very much) with the following instruction: "Please read the statements below and express how much you agree or disagree with each one on the basis of your experience and beliefs. The scoring of the questionnaire allows each item to be substituted with the corresponding stage or mixed stage.

PRESENT RESEARCH OVERVIEW

The research consisted of two studies, Study 1 (Step 1 and Step 2) and Study 2. In Study 1, step 1- was carried out to ascertain the cross-cultural construct validity of the PMJS and step 2 was carried out to determine whether the four stage structure was actually observed in all the countries considered in this research and eventually to investigate the differences across countries in factor structure. The results of study 1 were further used as validity measure of the moral development stage sequence for Study 2.

Study 2 examined the items of the general structure and cross cultural comparison with data collected from the twenty samples. It was hypothesized that Confirmatory factor analyses should indicate a general as well as hierarchical structure with four group factors (stage 1, stage 2, stage 3, stage 4), consistent with previous investigations. The structure of PMJS will be examined by using a confirmatory approach as opposed to the exploratory approach used in the previous studies (Comunian 2004; Comunian & Gielen, 2000). It was expected the moral judgment development to be highly similar in different cultural contexts even if some items can change within the particular culture of specific countries.

STUDY I

The main aim of this study was to evaluate the cross-cultural validity of PMJS:

First step to confirm measurement model of PMJS in 20 countries considered in the research.

Second step to investigate differences across countries in factor structure.

STEP I

Participants and Procedure

PMJS was administered to 4.971 subjects (mean age 21.03) from 20 countries: Albania (N=93), Australia (106), Botswana (N=116), Brazil (184), Colombia (73), Chile (144), China (N=430), Greece (N=71), Indonesia (N=215), Italy (606), Japan (N=320), Jordan, (N=215), Kuwait (N=555), Malaysia (N=175), Pakistan (N=259), Portugal (N=296), Russia (N=291), Spain (N=238), Russia (N=291), South Africa (N=103), and The Netherlands (N=96).

The respondents of the twenty countries were invited to participate in a study of moral judgment development. All respondents were volunteers. They were asked to complete the Padua Moral Judgment Scale in its 28-item form. Instructions were identical to those described above.

METHOD

Confirmatory Factor Analysis (CFA) on total sample (N=4,971) to test the proposed 7-factors (4 stages and 3 inter-stages) structure of PMJS (using LISREL Version 8.71 software; K.G. Jöreskog & D. Sörbom, 2004).

The adaptation of the 7-factor model has been evaluated considering as indicators of goodness of fit (Bentler, 1990) the root-mean-square error of approximation (RMSEA) and the standardized root-mean-square residual (SRMR) more apt for testing complex models (Beauducel & Wittmann, 2005) of other indicators such as the comparative fit index (CFI). Values equal or superior to .95 for the CFI are considered to indicate a good fit to the data (Hu & Bentler, 1999). Similarly, SRMR and RMSEA values equal to or smaller than .08 are considered acceptable (Hu & Bentler, 1999).

First, the adaptation of the 7-factor model was compared with the adaptation of plausible alternative models. In particular it was compared to six factor models (in which each mixed-stage is unified with the contiguous stage: for example in the first model: stage1+stage1/2; stage2+stage2/3; stage3+stage3/4; and stage 4. In the second model: stage1; stage1/2+stage2; stage2/3+stage3; stage3/4+stage4, and so on) with a 4-factor model (in which the mixed-stages are unified with the contiguous stage nearer on the basis of the adaptation of former 6-factor models: stage1+stage1/2; stage2; stage2/3+stage3; stage3/4+stage4), with the monofactorial model.

As they are all nested models, the difference between the Chi-square of each model and of the 7-factor model has been used to evaluate which of them allowed the best adaptation (Byrne & Campbell, 1999).

RESULTS

Fit indices of CFA (on 28 items of PMJS with 7 distinct, but correlated, latent factors corresponding to the hypothesized stages and mixed stages) were as follows: chi-square (329, N=4,971)=10,438.60, $p<.001$; CFI=.92; SRMR=.068; RMSEA=.079. RMSEA and SRMR indices provided adequate support for measurement model of PMJS.

STEP 2

The aim was to determine whether the four stages structure was actually observed in all the countries considered in this research and eventually to investigate the differences across countries in factor structure.

Procedure

Multigroup CFAs of unidimensional structural equation

models (one for each stage and mixed stage) to test configural invariance and metric invariance across cultures (using LISREL Version 8.71 software; K.G. Jöreskog and D. Sörbom, 2004).

Specifically, we performed seven confirmatory factor analyses in each of 20 countries. Each analysis involved two nested models corresponding to different levels of equivalence across groups (Byrne & Campbell, 1999). First model test configural invariance (CI model), in this model factor loading for each item should be different from zero across the cultures. In our study, acceptable levels of configural invariance mean that the stage/mixed-stage of moral development is unidimensional in each culture. Second model test metric invariance (MI model), in this model factor loading are constrained to be equal across the cultures. Acceptable levels of metric invariance mean that factor loadings are very close across the 20 cultures.

In addition to overall fit indices (CFI, RMSEA, SRMR), two comparative fit indices were also used to statistically evaluate the difference between Configural Invariance (CI model) and Metric Invariance (MI model):

1. Delta Chi square $2 = \text{chi square(MI model)} - \text{chi square(CI model)}$; $p<.001$ supported CI model (Byrne & Campbell, 1999).

Delta CFI = CFI(MI model) - CFI(CI model); $\text{CFI}>|.01|$ supported CI model (Cheung & Rensvold, 2002).

RESULTS

All fit indexes considered show a good adaptation of the Configural Invariance model for each stage and mixed-stage ($p<.001$) while adaptation results significantly worsen if the Metric Invariance model is considered.

We expected these results given the underlying stage definitions. However the present results show that single items weigh differently on stages/mixed stages between the 20 countries.

This fact was examined in study 2.

STUDY 2

Study 2 examined the items of the general structure and cross cultural comparison with data collected from the twenty samples

Procedure

A Hierarchical Cluster analysis was performed with Ward (1963) method on factor loadings of Multi-group CFAs models (one for each stage and mixed stage) to determine structure differences across countries. Two clusters solution was chosen for all stages and mixed

stages on the basis of the agglomeration process maximum gap (Cormack, 1971; Gower, 1975).

RESULTS

Cluster analysis on factor loadings of Multigroup CFAs models shows that structure differences among countries are more relevant for first stages of moral development (number of countries in the second cluster decreases with stage increase). Consequently only stages from 1 to 2/3 are considered to compare factor loadings in the two clusters. In this study we found some development stage differences among the counties considered from stage 1 to stage 2/3. It may be considered in future research what changes in development trends are specific to specific countries.

As Kohlberg (1971) moved beyond a broad cognitive developmental approach, he asserted that “moral development is its own sequential process, rather than the reflection of cognitive development in a slightly different content” (p. 187). This study evidences that the tenets of Kohlberg’s cognitive developmental approach have empirical implications.

DISCUSSION AND CONCLUSION

In conclusion, the data presented suggest that the PMJS stage and mixed-stage scores are related in a meaningful way to theoretically relevant constructs. Although we presented only a preliminary cross-cultural structure for the PMJS, the data suggests that this scale may prove useful for research purposes. In Study 1, there was consistency in the Kohlbergian theoretical stage model of moral judgment development for the countries examined. This indicated that the subjects examined on this study use the same stage progression. The results further indicated that the PMJS adequately investigates the theoretical construct of moral judgment development as characterized by the Kohlbergian theory. The findings indicate the “universality” of the stage of moral judgment development. Particularly important in the findings is that a hierarchic Confirmatory Factor Analysis of all the twenty samples leads to a unique general model, with an acceptable goodness of fit. Although we need more comprehensive data to evaluate the effectiveness of a cross-cultural general model analysis, the following suggestion can be made: in the cross cultural study of moral development, it is necessary to integrate and synthesize the basic components of moral judgment development such as stages, mixed-stages and their progression. The results of Study 2 indicate that even if the PMJS’s objective structure was stable and replicable in 20 different samples, from stage 1 to stage 2/3 there are some

differences in the single items representing these stages. This requires further research. The findings from cross cultural general analysis seem to be more relevant and usable when integrated with research and intervention in the real world. Although moral judgment development should relate to intelligence and cognitive development, moral judgment should in any culture define its own distinct and homogeneous development trends. A second empirical implication is that moral reasons should yield a single structure in factor analyses across cultures. A final empirical evaluation to reach is that moral values should be relevant to diverse cultures. Our data are similarly partial but also consistent with the thesis of Kohlbergian value universality. Although partial, the results that we do have are consistent with the value universality thesis. Given the incomplete nature of these data, more systematic attention should be accorded to the question of value universality in future research.

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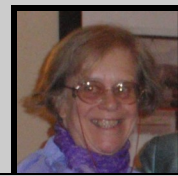
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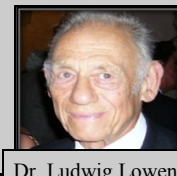
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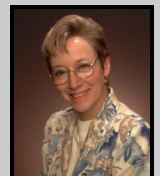
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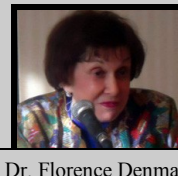
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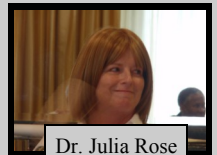
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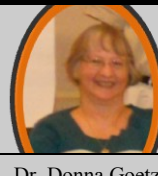
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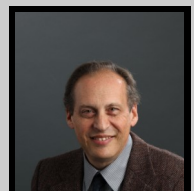
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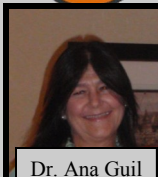
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