Abstracts of Selected Publications


Expanding on ideas originally proposed by Fassinger and O'Brien (2000), we describe the Scientist-Practitioner-Advocate model for doctoral training in professional psychology, designed to more effectively meet the needs of clients whose presenting problems are rooted in a sociocultural context of oppression and unjust distribution of resources and opportunities. This alternative training model incorporates social justice advocacy, thereby equipping graduates to address social contexts implicated in clients’ suffering instead of only the symptoms manifest in a treatment hour. The tripartite model capitalizes on synergies between the new advocate role and the traditional researcher role (e.g., social action research designed to promote change), and between the advocate role and practitioner role (e.g., consciousness raising, public persuasion, and empowerment). At the intersection of all three domains is a new type of practicum in social justice advocacy, supported by training in intergroup dialogue facilitation. We describe proposed knowledge, skills, and attitude components of the advocate role, together with a 10-credit curriculum adopted by the University of Tennessee, Counseling Psychology Program. In 2009, this program was the first to be accredited by the American Psychological Association with a Scientist-Practitioner-Advocate training model. Practical challenges in implementation are described. Finally, we discuss implications for course development, student selection, and evaluation of training outcomes.

Meta-Analysis of Client Attachment to Therapist: Associations with Working Alliance, and Client Pre-therapy Attachment


A review was conducted of 12 studies published from 1995-2013 and four thus far unpublished studies that have used the Client Attachment to Therapist Scale (CATS) in research with help-seeking clients. Of these, meta analyses were conducted for 13 studies that examined the CATS subscales (Secure, Avoidant, Preoccupied) as correlates of client-rated working alliance, client pre-therapy general adult attachment, or both. With regard to pre-therapy adult attachment, CATS Secure was negatively associated with client Anxiety and Avoidance. For
CATS Avoidant, clients’ attachment avoidance and anxiety were positively associated. For CATS Preoccupied, only client adult attachment Anxiety was significant. CATS Secure was strongly positively correlated with total working alliance, CATS Avoidant was negatively correlated with total working alliance, and CATS Preoccupied was not significantly associated with working alliance. Implications for models of therapeutic change based on client gains in social competencies and capacity for secure attachment are discussed.

Effects of International Student Counselors’ Broaching Statement about Language and Cultural Differences on Client Perceptions of the Counselor


Undergraduates (N = 135) evaluated one of four simulated first counseling sessions. Two international counselors (Canadian and Korean) did vs. did not make broaching statements about their language and cultural differences. Significant main effects were found for counselor nationality and an interaction of nationality by broaching. The Canadian counselor was perceived more positively in the broaching condition, but the Korean counselor was perceived less positively. Subjects’ cognitive flexibility was a significant covariate of their perceptions.

Developing a comprehensive scale to assess college multicultural programming.


Abstract: A barrier to assessing effectiveness of multicultural programming is lack of a relatively brief instrument to measure the wide range of intended outcomes. A frequent goal of programming is to increase cultural empathy, but this is rarely the only intended outcome. We conducted focus groups of campus administrators, student affairs staff, and undergraduate instructors who identified a full range of racial/ethnic multicultural competencies that undergraduates should possess. An 84-item pool generated from these focus groups was combined with the 31-item Scale of Ethnocultural Empathy (SEE; Wang et al., 2003). These 115 items, together with instruments used to gauge concurrent
validity, were administered to White undergraduate students in introductory psychology courses at the midpoint (n = 602) and end (n = 676) of fall semester. Exploratory factor analysis suggested 6 subscales for the Everyday Multicultural Competencies/Revised SEE (EMC/RSEE): (a) Cultural Openness and Desire to Learn; (b) Resentment and Cultural Dominance; (c) Anxiety and Lack of Multicultural Self-Efficacy; (d) Empathic Perspective-Taking; (e) Awareness of Contemporary Racism and Privilege; and (f) Empathic Feeling and Acting as an Ally. Item response theory principles guided final selection of subscale items. Analyses suggested good factor stability, reliability, and discriminant validity of the 48-item EMC/RSEE in these undergraduate samples. EMC/RSEE subscales were not strongly correlated with a measure of impression management and were significantly associated with measures of Openness to Diversity Challenge, and Universal-Diverse Orientation. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

Cognitive primes for attachment security can increase cultural empathy, but also interact negatively with attachment anxiety.


Abstract: Two studies investigated cognitive primes designed to evoke images of secure adult attachment, compared with primes designed to elicit positive affect unrelated to attachment. the primes were used previously in studies of Israeli undergraduates' perceptions of outgroup members (Mikulincer & Shaver, 2001). in the current studies, European American students completed self-reports of empathy for others who are racially/ethnically different, using the Scale of ethnocultural empathy (Wang et al., 2003). in Study 1, subjects randomly assigned to a prime involving imagery of a hypothetical problematic situation in which loved ones come to their assistance, reported significantly more cultural empathy than those assigned to the positive affect prime. in Study 2, a prime involving imagining a specific real-life person “who loves you and helps you in times of need” was no more effective than the positive affect prime in eliciting ethnocultural empathy. across both studies, all four primes were equally effective in producing desirable pre-post change in affect. however, among students who received the secure attachment primes, attachment anxiety was significantly associated with a decrease in positive affect. thus, secure attachment primes may risk an adverse affective response in students with high attachment anxiety. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

Traditional machismo and caballerismo as correlates of posttraumatic...
stress disorder, psychological distress, and relationship satisfaction in Hispanic veterans.


Abstract: An online survey was used to examine 45 Hispanic male veterans’ traditional machismo and caballerismo as correlates of posttraumatic stress disorder (PTSD), psychological distress, and relationship satisfaction. Higher traditional machismo was associated with higher PTSD severity and distress and lower relationship satisfaction. Psychometric properties of the Traditional Machismo and Caballerismo Scale were explored. (PsycINFO Database Record (c) 2013 APA, all rights reserved)(journal abstract)

Co-occurring presenting problems in African American college clients reporting racial discrimination distress.


Abstract: Ethnic minority students' perceptions of racism may be associated with a host of secondary emotional, interpersonal, and academic difficulties that can nevertheless be the chief reason these students seek treatment at a counseling center. This study examined archival data from the Presenting Problems Checklist completed by 1555 African American clients seen at the counseling centers of 7 predominantly White Midwestern universities. Findings of ordinal correlations (Kendall's tau-b) suggested that, for both men and women, perceived racial discrimination was associated with a broad range of co-occurring presenting problems, including academic (e.g., performance anxiety, adjustment to university), interpersonal (dating concerns), psychological/emotional (perfectionism, depression, suicide risk), and existential concerns (confusion in beliefs/values, spiritual/religious concerns). Separate analyses conducted for men and women suggested some sex differences; for example, irritability/anger had the strongest correlation with perceived discrimination for men, whereas for women the strongest correlation was for procrastination. Awareness of the full range of likely sequelae of racial discrimination could improve psychologists' assessment and intervention efforts and lead to a better understanding of how perceived racism affects students' functioning in multiple areas. (PsycINFO Database Record (c) 2013 APA, all rights reserved)(journal abstract)

A threshold model of social support, adjustment, and distress after breast cancer treatment.

**Abstract:** This study examined a threshold model that proposes that social support exhibits a curvilinear association with adjustment and distress, such that support in excess of a critical threshold level has decreasing incremental benefits. Women diagnosed with a first occurrence of breast cancer (N = 154) completed survey measures of perceived support (Social Provisions Scale), quality of life (Functional Living Index—Cancer), adjustment (Psychological Adjustment to Illness Scale) and psychological distress (Brief Symptom Inventory) approximately 3 weeks after surgical treatment and 8–16 months later. Consistent with a threshold model, multiple regression analyses suggested a significant curvilinear relationship between social support and distress at Time 1 and Time 2 and between social support and adjustment at Time 2. Consistent with this model, the significant bivariate correlations between social support and outcomes were accounted for almost entirely by women in the lowest quartile of support. Social support among women in the highest 3 quartiles was unrelated or only marginally related to adjustment and distress. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

**Improving the quality of research in counseling psychology: Conceptual and methodological issues.**


**Abstract:** Our goal is to provide suggestions for current and future investigators about how to plan and execute research that will be more likely to have an impact on the field (and thus more likely to be judged as making a substantive contribution when reviewed for publication). Ultimately, we hope that attention to the principles and perspectives articulated here will strengthen the research contribution of counseling psychology as a discipline and enhance the impact of our specialty’s unique perspectives and methods on the broader field. Although we primarily consider quantitative research that emphasizes theory testing, some of what we have to say will also have relevance to qualitative scholarship, to the extent that such investigations serve the goal of theory development. In this chapter, we include selected recommendations about methodological quality and a few points concerning manuscript preparation that we have observed are frequently occurring problems. Our main emphasis is on the second, substantive dimension of the evaluation of research quality and the effective use of methods and measurement in the service of this substantive contribution. The general organization of this chapter will follow the sequence of steps most researchers
follow when proceeding from general interest in a broad area to a manuscript accepted for publication. We begin with a basic orientation to the philosophy of science that argues for scientific inquiry as an ongoing process of theory development and theory testing, rather than simple gathering of facts about the world. Given this context, we discuss conceptualization of research questions as simple or elaborate models of causal relations among variables. We offer suggestions for constructing literature reviews that provide strong theoretical grounding for such models and then consider implications of this theory-testing approach for research design. We pay particular attention to the design of studies using correlational data. Although we believe that experimental methods are an essential tool of scientific inquiry (and could be employed more frequently than they currently are in our field), we also recognize the growing interest among counseling psychology researchers in the effects of personal characteristics (e.g., ethnic identity, self-efficacy, body image, perfectionism, attachment styles) and relational attributes (e.g., perceptions of parents, therapeutic alliance; communication style in couples) that must be measured rather than experimentally manipulated. We then make recommendations about choosing measures to operationalize the variables for a study and about documenting the reliability and validity of these variables. Finally, we describe some considerations for data analysis, including presentation and interpretation of findings. We pay special attention to analytic techniques, such as multiple regression and structural equation modeling (SEM), because the majority of studies published in JCP and other counseling psychology journals in recent years have used these techniques to study hypothesized causal relations among measured (as opposed to experimentally manipulated) variables. Finally, we offer some suggestions about tools for effectively implementing the recommended data analysis and reporting practices. (PsycINFO Database Record (c) 2013 APA, all rights reserved)

Minority stress, perceived bicultural competence, and depressive symptoms among ethnic minority college students.


Abstract: Based on biculturalism theory (LaFromboise, Coleman, & Gerton, 1993), the present study examined the direct effect of perceived bicultural competence (PBC) on depressive symptoms, and PBC as a potential coping resource to moderate the association between minority stress and depressive symptoms. Participants were 167 Asian American, African American, and Latino/a American students at a predominantly White Midwest university. Results from a hierarchical regression analysis suggested that (a) minority stress was positively associated with depressive symptoms after controlling for perceived
general stress, (b) PBC was negatively associated with depressive symptoms after controlling for perceived general stress and minority stress, and (c) the interaction between minority stress and PBC was significant in predicting depressive symptoms. Results from a simple effect analysis supported the hypothesis that a higher level of PBC buffers the association between minority stress and depressive symptoms. Furthermore, post hoc exploratory analyses of the components of PBC suggested that 2 components, Social Groundedness and Cultural Knowledge, may be especially important coping resources. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

The psychotherapy relationship as attachment: Evidence and implications.


Abstract: Research suggests that psychotherapy relationships formed by adult clients can exhibit all the essential elements of attachment bonds identified by Mikulincer and Shaver. Specifically, some clients: regard their therapist as stronger and wiser; seek proximity through emotional connection and regular meetings; rely upon their therapist as a safe haven when they feel threatened; derive a sense of felt security from their therapist, who serves as a secure base for psychological exploration; and experience separation anxiety when anticipating loss of their therapist. This paper presents a conceptual model describing how therapists can regulate therapeutic distance to create the relationship conditions best suited for clients with a hyper activating versus deactivating attachment pattern. These therapists create a corrective emotional experience by offering the same client not one static attachment relationship, but rather a progressively changing series of relationships that promote more adaptive functioning. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

Collectivism and individualism as bicultural values: South Korean undergraduates' adjustment to college.


Abstract: This study examined cultural values as resources for South Korean students' adjustment to college. Both collectivistic and individualistic values were hypothesized to be important for South Korean students for continued harmonious relationships with their family, as well as adjustment to the new
college environment. Survey data from 173 male and 88 female students included measures of cultural values (collectivism and individualism), academic and social college adjustment, and self-esteem (as an indicator of satisfaction with ones’ values choices). Collectivistic values were positively associated with academic adjustment and self-esteem for both men and women, and with social adjustment for women, but not men. Individualism was positively correlated with academic adjustment and self-esteem for men, but not women. Multiple regression analyses suggested the bicultural values hypothesis was not supported for women, and supported for men with regard to positive self-esteem. Adopting a mixture of individualistic and collectivistic values is discussed as part of a larger process of acquiring bicultural competence that may be necessary for success in increasingly Western-oriented Korean universities. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

Developing a screening instrument and at-risk profile for nonsuicidal self-injurious behavior in college women and men.

Abstract: Archival data (N = 1,048 women, 1,136 men) from a mental health survey of college students were used to investigate incidence of nonsuicidal self-injury (NSSI), including cutting. Significant levels (defined as 4–5 lifetime incidents) were found in 9.3% of women and 5.3% of men. The Counseling Center Assessment for Psychological Symptoms (a global symptom inventory) and an assessment of trauma had been field tested with this sample. We randomly partitioned half of these data into a holdout sample and used the remainder to develop an NSSI screening inventory that included (a) 5 women’s screening items, including 1 item to assess trauma experienced; (b) 11 men’s screening items; and (c) 12 items common to men and women, including depression, dissociation, anger, unwanted thoughts, nightmares or flashbacks, and having witnessed trauma. Logistic regression and receiver-operating characteristic curve analysis suggested the inventory significantly discriminated NSSI men and women in the holdout sample, p < .001. Cutoff scores were identified to correctly classify about 48% of the true positive male and female NSSI cases, with false positive rates of 13.2% and 8.4% for women and men, respectively. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

Experienced therapists’ approach to psychotherapy for adults with attachment avoidance or attachment anxiety.

**Abstract:** Interviews were conducted with therapists (N = 12) nominated by peers as especially effective in working with clients with adult interpersonal problems. Open-ended questions asked how these therapists would approach 2 adult clients described in brief vignettes as having high attachment avoidance or anxiety. A coding team used a grounded theory approach to identify 8 higher order themes in the interviews: Conceptualization, Client Defenses, Managing Boundaries, Markers of Progress, Therapist Reactions, Targeted Interventions, Corrective Relational Patterns, and Internal Representations and Models. These themes were integrated into an inclusive theoretical model based on the core concept of therapists’ strategic management of therapeutic distance. The distance necessary to engage clients initially is adjusted later in therapy to create a corrective attachment in the psychotherapy relationship that facilitates change. Therapists described how, after engagement, they gradually increase therapeutic distance for clients with attachment anxiety who must then manage resulting frustration while learning to function more autonomously. Therapists gradually insist on decreased therapeutic distance to help clients with attachment avoidance overcome their fears of intimacy. Therapists discussed the specific techniques they use to manage therapeutic distance. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

Parental bonds, anxious attachment, media internalization, and body image dissatisfaction: Exploring a mediation model.


**Abstract:** The first purpose of this study was to investigate direct links between body image dissatisfaction (BID) in college women and their memories of either parent as cold and emotionally aloof. Theory, clinical case evidence, and a small (but growing) number of studies support these links. After estimating the strength of the associations between parental “care” and BID, the second goal of this study was to investigate a 2-stage model in which adult attachment anxiety and internalization of media images each serve as mediators of this relationship. Thus, in a sample of 224 college women, the authors tested a causal chain with 3 links and 4 sets of variables. Results suggested that both mother and father care were negatively associated with attachment anxiety; attachment anxiety was positively associated with internalization of media influence; and media influence was positively associated with BID. Most important, the authors found that the significant negative associations between mother and father care and BID were mediated by both attachment anxiety and media internalization. The data supported a 2-stage mediation model of hypothesized links of BID etiology.
Problem-solving style and adaptation in breast cancer survivors: A prospective analysis.


Abstract: Introduction: Emotional care of the breast cancer patient is not well understood; this lack of understanding results in both a high cost to the patient, as well as the health care system. This study examined the role of problem-solving style as a predictor of emotional distress, adjustment to breast cancer, and physical function immediately post-surgery and 12 months later. Methods: The sample consisted of 121 women diagnosed with breast cancer and undergoing surgery as a primary treatment. The survivors completed a measure of problem-solving style and three outcome measures immediately post-surgery, as well as at 1 year later. There was a 95.6% retention rate at 1 year. Results: Multiple hierarchical regressions revealed, after controlling for patient demographics and stage of cancer, that problem-solving style (particularly personal control) was associated with emotional distress, adjustment to chronic illness, and physical function immediately following surgical intervention. In addition, a more positive problem-solving style was associated with less emotional distress, but not a better adaptation to a chronic illness or physical functioning 12 months later; the Personal Control again was the best single predictor of the emotional distress, adding 10% of the variance in predicting this outcome. Conclusions: The utility of post-surgery assessment may help identify those in need for problem-solving training to improve these outcomes at 1 year. Future studies need to determine the impact of interventions tailored to levels of problem-solving styles in cancer survivors over time. Implications for Cancer Survivors: Understanding the role of problem solving style in breast cancer survivors deserves attention as it is associated with emotional distress immediately and one year after medical intervention. Problem-solving style should be evaluated early, and interventions established for those most at risk for emotional distress. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

An attachment approach to adult psychotherapy.


Abstract: Our assignment in this chapter was to explain how an attachment-
oriented therapist might approach the tasks involved in psychotherapy, basing the approach whenever possible on the research literature generated by attachment theory. We have reviewed studies from a broad range of disciplines (including counseling, clinical, social, and developmental psychology) that represent the growing body of research using attachment theory to gain a better understanding of how adult clients change in psychotherapy; we have also conducted numerous interviews as part of another study. The clinically rich and informative accounts provided by these expert therapists have been enormously helpful—not only as sources of data in themselves about how they conceptualize cases and work with adult clients who manifest problems with either anxious or avoidant attachment, but also in helping us organize the other literature we reviewed. The interviews generated a total of 96 themes that were classified into eight higher-order categories: (1) conceptualization, (2) client defenses, (3) managing therapeutic boundaries, (4) markers of progress, (5) transference and therapist nontransference reactions, (6) individual interventions, (7) corrective relational patterns, and (8) internal representations and models. Our interviews suggest that expert therapists think in terms of an initial engagement phase of therapy in which they simultaneously gather data and conceptualize a client, while at the same time systematically tailoring the psychotherapy relationship to engage this particular client in therapy. Ideally, this initial phase leads to a working phase after certain transition markers become evident. The working phase must be followed with careful attention to the dynamics of termination. Many readers will recognize similarities in overall sequence of these stages to psychodynamic models of therapy process, even though the content differs. In the remainder of this chapter, we use the process model suggested by our interviews—conceptualization, engagement, transition markers, working phase, and termination—to organize our research review and present some of the preliminary findings of our own qualitative study. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(chapter)

Moderating effects of three coping strategies and self-esteem on perceived discrimination and depressive symptoms: A minority stress model for Asian international students.


Abstract: This study examined 3 coping strategies (reflective, suppressive, and reactive), along with self-esteem, as moderators of the relation between perceived discrimination and depressive symptoms. International students (N = 354) from China, India, Korea, Taiwan, and Hong Kong provided data via an online survey. The role of perceived general stress was statistically controlled.
Hierarchical regression analyses indicated a significant direct effect of perceived discrimination, a significant 2-way interaction of perceived discrimination and suppressive coping, and a significant 3-way interaction of perceived discrimination, reactive coping, and self-esteem in predicting depressive symptoms. An increased tendency to use suppressive coping appeared to strengthen the association between perceived discrimination and depressive symptoms. In contrast, the association between perceived discrimination and depressive symptoms was not significant when reactive coping was infrequently used, but only for students with relatively high self-esteem. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

**Multidimensional, threshold effects of social support in firefighters: Is more support invariably better?**


**Abstract:** This study examined the relationship between social support (Social Provisions Scale) and stress (Perceived Stress Scale) in a sample of male firefighters in a midwestern community (N=53). The authors assessed 5 types of perceived support from 2 sources: peer firefighters and supervisors. Results indicate that reassurance of worth and social integration support from supervisors had the strongest negative association with stress. The study critically examined the "unidirectional linear" assumption that a unit increase in support corresponds to a unit increase in adjustment throughout the full range of support scores. Reassurance of worth support from peers exhibited a curvilinear pattern of threshold effects. For individuals with the lowest levels of support, there was a strong negative association between perceived support and stress, but for firefighters above the median, the association was not significant. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

**Introduction to the special section on racial and ethnic identity in counseling psychology: Conceptual and methodological challenges and proposed solutions.**


**Abstract:** Racial and ethnic identity development have been important topics in
counseling psychology research for the last four decades. At present, however, there appears to be some confusion and debate regarding the quality of theory and measurement in the topical area. The present article serves as an introduction to this *Journal of Counseling Psychology* special section on "Racial and Ethnic Identity in Counseling Psychology: Conceptual and Methodological Challenges and Proposed Solutions." A rationale is provided for the special section, the place of racial and ethnic identity scholarship is located within the history of multicultural counseling research, and the invited special section contributions by K. O. Cokley (2007), J. E. Helms (2007), J. E. Trimble (2007), S. M. Quintana (2007), J. S. Phinney and A. D. Ong (2007), and J. G. Ponterotto and J. Park-Taylor (2007) are introduced. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

The Experiences in Close Relationship Scale (ECR)-short form: Reliability, validity, and factor structure.


**Abstract:** The authors developed a 12-item, short form of the Experiences in Close Relationship Scale (ECR; Brennan, Clark, & Shaver, 1998) across 6 studies. In Study 1, the authors examined the reliability and factor structure of the measure. In Studies 2 and 3, the authors cross-validated the reliability, factor structure, and validity of the short form measure; whereas in Study 4, the authors examined test-retest reliability over a 1-month period. In Studies 5 and 6, the authors further assessed the reliability, factor structure, and validity of the short version of the ECR when administered as a standalone instrument. Confirmatory factor analyses indicated that 2 factors, labeled Anxiety and Avoidance, provided a good fit to the data after removing the influence of response sets. The authors found validity to be equivalent for the short and the original versions of the ECR across studies. Finally, the results were comparable when the authors embedded the short form within the original version of the ECR and when the authors administered it as a stand-alone measure. (PsycINFO Database Record (c) 2014 APA, all rights reserved)(journal abstract)

A call to broaden and build Mikulincer and Shaver's work on the benefits of priming attachment security.


**Abstract:** Mikulincer and Shaver (see record 2007-13150-001) summarize work
providing new evidence of the far-reaching implications of the efforts of their research team to advance attachment theory in the study adult interpersonal behavior. This impressive body of experimental research strongly supports the conclusion that attachment processes are at the foundation of important social interactions such as prosocial behavior, altruism, empathy, and intergroup acceptance. In this response I have highlight supporting evidence from research on attachment and psychotherapy and from studies of group members’ interpersonal perceptions using Kenny’s (1994) Social Relations Model. Caution is also urged regarding the conclusion that secure attachment primes have beneficial effects for nearly everyone. New experimental evidence suggests attachment anxiety may be associated with undesirable changes in affect following some secure attachment primes. (PsycINFO Database Record (c) 2012 APA, all rights reserved)

Advances in testing the statistical significance of mediation effects.

Abstract: P. A. Frazier, A. P. Tix, and K. E. Barron (2004) highlighted a normal theory method popularized by R. M. Baron and D. A. Kenny (1986) for testing the statistical significance of indirect effects (i.e., mediator variables) in multiple regression contexts. However, simulation studies suggest that this method lacks statistical power relative to some other approaches. The authors describe an alternative developed by P. E. Shrout and N. Bolger (2002) based on bootstrap resampling methods. An example and step-by-step guide for performing bootstrap mediation analyses are provided. The test of joint significance is also briefly described as an alternative to both the normal theory and bootstrap methods. The relative advantages and disadvantages of each approach in terms of precision in estimating confidence intervals of indirect effects, Type I error, and Type II error are discussed. (PsycINFO Database Record (c) 2013 APA, all rights reserved)(journal abstract)

Differences between Taiwanese and U.S. cultural beliefs about ideal adult attachment.

Abstract: Some researchers believe that important tenets of attachment theory are culturally universal, whereas others claim that key constructs are rooted in Western values and should not be generalized further. To explore possible
cultural differences in adults, undergraduates from Taiwan (n = 280) and the United States (n = 268) were asked in the present study to complete a self-report measure of adult attachment, the Experiences in Close Relationships Scale (K. A. Brennan, C. L. Clark, & P. R. Shaver, 1998), as they believed "an ideally emotionally and psychologically healthy person of your own gender in your culture" would respond. Findings suggested significant differences by cultural group, gender, and Gender x Culture interactions. Taiwanese women and men endorsed more avoidance in beliefs about ideal adult attachment than their U.S. counterparts, and Taiwanese men endorsed more anxiety than U.S. men. These cultural differences were not explained by group differences in independent and interdependent self-construal. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)

Attachment, Social Competencies, Social Support, and Psychological Distress.

Abstract: In this survey study of 430 undergraduates, elements of the social competencies and interpersonal processes model (B. Mallinckrodt, 2000) were tested. Two social competencies were hypothesized to mediate the direct effects of 2 independent variables, attachment anxiety and avoidance, on 2 outcomes, psychological distress and perceived social support. Social self-efficacy was expected to be a significant mediator only for attachment anxiety. Emotional awareness, construed as low levels of alexithymia, was expected to be a significant mediator only for attachment avoidance. A bootstrap method was used to estimate the significance of indirect effects. Structural equation analyses suggested that, instead of specialized significant pairings of one mediator with one independent variable, both social self-efficacy and emotional awareness served as significant mediators for both attachment anxiety and attachment avoidance. (PsycINFO Database Record (c) 2013 APA, all rights reserved)(journal abstract)

Client Attachment to Therapist, Depth of In-Session Exploration, and Object Relations in Brief Psychotherapy.

Abstract: Two studies explored attachment in psychotherapy. In the 1st study,
clients (N=38) in time-limited therapy completed the Experiences in Close Relationships Scale as a measure of adult attachment, the Client Attachment to Therapist Scale (CATS), Working Alliance Inventory (WAI), and measures of session depth and smoothness. Consistent with J. Bowlby's (1988) concept of a secure base promoting greater exploration, secure attachment to therapist was significantly associated with greater session depth and smoothness. Insecure adult attachment was associated with insecure therapeutic attachment. CATS subscales predicted unique variance in session experience not accounted for by the WAI alone. The 2nd study was a new analysis of data originally reported by B. Mallinckrodt, D. L. Gantt, and H. M. Coble (1995). Among women clients (N=44) who completed the CATS, WAI, and the Bell Object Relations and Reality Testing Inventory, 2 CATS subscales predicted unique variance in object relations deficits not accounted for by the WAI alone. (PsycINFO Database Record (c) 2012 APA, all rights reserved)(journal abstract)