

Request #: 569 - PSY - Publication/Article

Examining Daily Patterns of Psychological Inflexibility

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Background

There is a substantial literature base indicating the role of psychological inflexibility as a core pathological process for a variety of psychological disorders. However, research to-date has been limited due to 1) the use of global, trait-like measures that are relatively imprecise, and 2) the use of broad measures of psychological inflexibility that do not differentiate between the more specific sub-processes that have been defined in this theoretical model. This ecological momentary assessment (EMA) study will help overcome those limitations by examining a more refined set of research questions regarding the specific sub-processes of psychological inflexibility, examined through an intensive longitudinal design in which these variables are assessed at multiple specific points in each participants' day. To date, only a few studies have examined psychological inflexibility using EMA methods (e.g., Kashdan et al., 2014; Levin, Krafft, Pierce & Potts, 2018; Shahar et al., 2011; Vilardaga et al., 2013), and none have done so using more refined measures of specific sub-processes of psychological inflexibility. Furthermore, we will examine an understudied feature of psychological inflexibility, which is the excessive striving for positive internal states. In summary, the current study will use an EMA design with a sample of USU college students to examine the effects of specific psychological inflexibility sub-processes on emotions and engagement in meaningful activities.

Sample

After data cleaning, we have a sample size of 175 participants, who have completed 2497 texted EMA surveys in total. All participants have completed baseline, and 135 have completed a post-assessment. Number of EMA surveys completed by each participant ranges from 2 to 21.

Hypothesis

This study hypothesizes that 1. Each psychological inflexibility sub-process will uniquely contribute to predicting more negative and less positive emotions and lower engagement in meaningful activities in the moment. 2. Striving for positive internal experiences in the moment will predict more negative and less positive emotions and lower engagement in meaningful activities. 3. Experiential avoidance and cognitive fusion in the moment will predict subsequent deficits in present awareness, self, values, and committed action more strongly than the reverse (i.e., deficits predicting subsequent experiential avoidance and fusion). 4. We will also conduct exploratory tests regarding potential interactions between psychological inflexibility sub-processes in predicting mental health outcomes and interactions between global trait measures at baseline and momentary inflexibility processes.

Progress

Data cleaning, exploratory summaries, and some MLM analyses

Request

I would like help with the MLM analyses for this project. Specifically, I feel like I could use some help on partitioning within- from between-subject variance and interpreting r-squared values.

Timeline

No hard deadlines, but we are looking to submit a manuscript this fall semester.