

Positive Affect Dynamics in Social Anxiety Disorder

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Purpose

The present investigation seeks to (1) replicate existing findings of dampened PA in social anxiety (SA) and (2) assess whether SA is associated with increased PA variability/instability.

Background

- SA is related to attenuated daily positive experiences (Kashdan, 2007).
- Lower PA may be a central feature/maintenance factor of social anxiety disorder (SAD; Kashdan et al., 2011).
- Dampened PA also precedes the development of other disorders, e.g., depression (Li et al., 2017; Raes et al., 2012).
- Within-Person Variance (WPV) represents the overall dispersion of a data series, while Mean Squared Successive Difference (MSSD) indexes instability across successive timepoints (e.g., Jahng et al., 2008).
- The adjusted formula (MASSD) accounts for uneven time intervals (Trull et al., 2008), and may resolve issues attributable to data missingness.
- The present study, accordingly, leverages temporal dynamics to broaden SAD etiology and clarify the role of PA, with an emphasis on increased ecological validity.

Methods

- Sample
 - Recruited June 2020 – November 2020
 - N = 270 Community Adults
 - Eligibility required mild-to-severe symptoms of depression and/or social anxiety
- Procedures
 - Baseline & 14-Day Diary Study
 - Diaries Available from 8 PM to 11:59 PM
- Measures
 - Social Anxiety Interaction Scale (SIAS)
 - Positive Affect (PA) – Joyful, Relaxed, Enthusiastic, Content
 - Daily PA
 - PA Variability (WPV)
 - PA Instability (MASSD)

Equations

$$WPV = \frac{1}{N-1} \sum_{i=1}^N (x_i - \bar{x})^2$$

$$MASSD = \frac{1}{N-1} \sum_{i=1}^N \left(\frac{x_{i+1} - x_i}{[(t_{i+1} - t_i)/median(TI)]^{\frac{1}{N}}} \right)^2$$

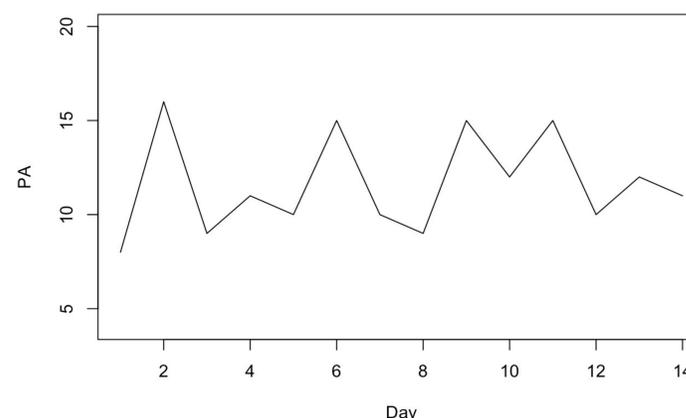
Results

Daily PA			
Predictor	b	CI	p
(Intercept)	10.29	9.97, 10.60	<0.001
SIAS 17	-.04	-.06, -.02	<0.001

PA WPV			
Predictor	b	CI	p
(Intercept)	4.14	3.40, 4.88	<0.001
SIAS 17	.03	.02, .05	<0.001
14-Day Mean PA	.30	.23, .37	<0.001

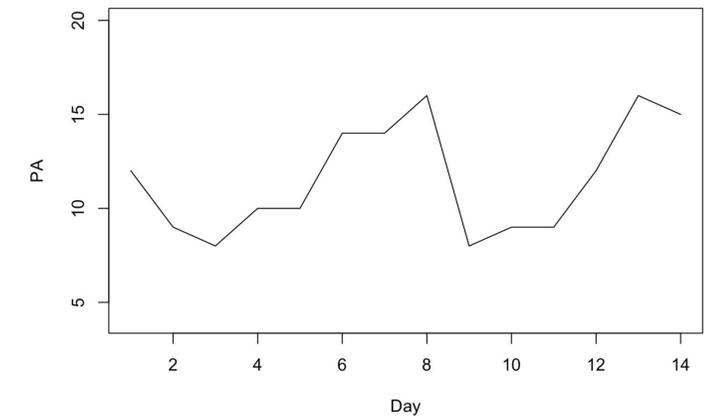
PA MASSD			
Predictor	b	CI	p
(Intercept)	6.17	4.87, 7.47	<0.001
SIAS 17	.05	.02, .07	<0.001
14-Day Mean PA	.55	.43, .67	<0.001

Visualization



SIAS 17 = 41
WPV = 6.86
MASSD = 19.46

Visualization



SIAS 17 = 16
WPV = 8.73
MASSD = 9.62

Discussion

Findings

- Daily PA is lower among those with greater SA.
- When controlling for 14-Day Mean PA (e.g., floor effects), PA is more variable and unstable among those with greater SA.

Implications

- This gives a clearer picture of the daily experiences of people with high SA. Overall, these folks experience reduced PA, as well as greater moment-to-moment changes in PA, and wider dispersion of PA experience.
- While these data replicate findings of dampened PA, collapsing PA data may be misleading, as unique underlying dynamics may better capture the role of PA in high SA folks.

Future Directions

- Future work should assess the down-stream implications of rapid PA fluctuations among persons high in SA.
- Our team is currently replicating findings in additional datasets, and assessing PA dynamics across differing timescales (e.g., within-day).

References

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2. Kashdan et al. (2011). *Clinical Psychology Review*.
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4. Li et al. (2017). *J. Psychopathol. Behav. Assess.*
5. Raes et al. (2012). *Cognition & Emotion*.
6. Trull et al. (2008). *J. Abnorm. Psychol.*

Interested in Learning More?



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