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## The compulsive eater: The role of objective self awareness in conflict situations

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THE COMPULSIVE EATER: THE ROLE OF OBJECTIVE SELF AWARENESS IN CONFLICT  
SITUATIONS

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A Thesis

Presented to

The Faculty of the Department of Psychology  
The College of William and Mary in Virginia

In Partial Fulfillment

Of the Requirements for the Degree of  
Master of Arts

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by

Patricia K. Dunn

1980

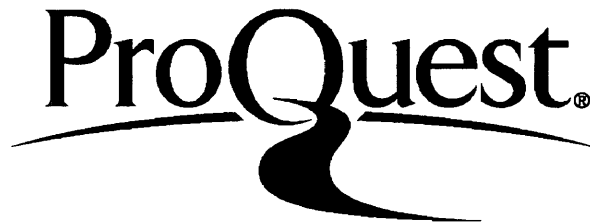
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APPROVAL SHEET

This thesis is submitted in partial fulfillment of  
the requirements for the degree of

Master of Arts

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## ABSTRACT

The present study was an attempt to investigate the relationship between objective self awareness and compulsive eating. Based on the previous observation that compulsive eaters have a higher need for social approval, general emotional instability, and large discrepancy between real and ideal self on masculine traits, an observer present during the completion of real and ideal self sex role questionnaires was hypothesized to significantly increase the high compulsive eater's level of self awareness, compared with medium and low compulsive eating groups. In addition, based on their greater idealization of "masculine" traits, it was also hypothesized that high compulsive eaters would report more anxiety when faced with a situation calling for a masculine behavior (i.e., assertion, independence, etc.). The hypotheses were not confirmed. Self awareness, as measured by discrepancies between real and ideal self reports was not significantly increased by the presence of an observer for any of the compulsive eating groups. Possible reasons for the failure to replicate prior significant changes in self awareness using an observer include different dependent variables and a "ceiling effect" of the questionnaire. Females in the high compulsive eating group reported that they would feel more anxiety in situations where they acted in a typically "feminine" way (i.e., cooperative, yielding, etc.). The significance of this result is discussed and related to the general syndrome of compulsive eating.



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SITUATIONS

## OVERVIEW

Inherent differences along the dimension of personality have been found between compulsive eaters and "normal" female college students (Dunn and Ondercin, in press). These differences include a higher need for social approval and a large discrepancy between real and ideal self in regard to idealizing "masculine" sex role stereotyped traits for the bingeing female. This study was an attempt to show that 1) as a result of this discrepancy between real and ideal self, compulsive eaters experience more anxiety and conflict in situations involving a choice in behavior between a stereotypical masculine or feminine response and 2) because of a high need for social approval and other personality differences, this discrepancy between real and ideal self will increase with the presence of others and can be discussed in direct relation to Duval and Wicklund's Objective Self Awareness theory. The study begins by highlighting the relevant data and ideas concerning the phenomenon of compulsive eating. Next, the theory of Objective Self Awareness (OSA) is explained and discussed in terms of basic ideas and research findings. Hypotheses are then generated interpreting aspects of the compulsive eating syndrome in terms of OSA theory and exploring more deeply the compulsive eater's behavior in conflict situations. A method aimed at substantiating the two basic hypotheses is developed and its implications and results discussed.

## INTRODUCTION

Eating disorders in general can take on several faces such as obesity and anorexia nervosa. Recently, the problem of compulsive eating or "binging" has been noted, particularly in females, as a paramount disorder (Boskind-Lodahl, Sirlin, and White, 1976). Binge eating, alternating with purging behaviors, such as induced vomiting, fasting, and amphetamine and laxative overuse are the tangible behavioral components of the phenomenon known as bulimarexia (Boskind-Lodahl, 1976). This disorder, occurring predominantly in female populations, is associated with abnormally low self esteem, distorted body image, and feelings of guilt, hopelessness, and inadequacy (Boskind-Lodahl, et. al., 1976).

Compulsive eating, as a serious and separate disorder from obesity or anorexia, has been noted to be on the increase, especially in college females (Ondercin, 1979). Similar to the binging aspect of bulimarexia, this eating problem consists of periods of uncontrollable eating binges of large amounts of food, having no relation to actual hunger, accompanied by feelings of loss of self control, self degradation, and consequential guilt. Many of the women who classify themselves as compulsive eaters tend to be a little overweight, but obesity is usually not a current problem (Ondercin, 1979). These women also stated that they would binge particularly at times when they were tense, sad, depressed, lonely, angry, or bored, and that these episodes of compulsive eating usually occurred several times or more each week, particularly at night, or on weekends. Stunkard (1959) and Bruch (1973) also report this phenomenon of compulsive eating in the general population seeking psychiatric help. The binges are usually activated by some stressful situation. Binge eating is discussed by Wermuth (1976) who has noted that these women

binge secretively on sweet, high carbohydrate foods for periods lasting sometimes 20 minutes to a day. Eating in this way is usually not enjoyable; feelings of loss of self control and guilt are at a maximum; and vomiting or sleep are often the end result. Strict dieting is usually consequentially enforced. Rau and Green (1975) further support the observation that compulsive eaters need not be obese; dieting can be directly employed after bingeing to achieve a thin appearance. Ondercin (1979) stresses the fact that the unpleasant feelings and guilt precipitating and following the bingeings define compulsive eating, rather than just the act of bingeing itself. Thus, this eating behavior may be intended to reduce anxiety and create a pleasurable state.

Hypotheses have been raised as to possible sex role factors involved in the various eating disorders. Many of the individuals characterized as compulsive eaters and bulimarexics maintain a slim figure, yet feel imprisoned by their eating habits and thoughts of food. Boskind-Lodahl and her colleagues (1976) have postulated that bulimarexics are constantly trying to reach and maintain the "perfect" female role and image as defined by our society (i.e., helpless and dominated). Boskind-Lodahl (1976) also states that individuals displaying this bingeing-purging behavior are striving to achieve the role of femininity by dependence and pleasing others, particularly men, to raise their sense of adequacy and self esteem. Many of these same qualities may be present in the compulsive eater, who has adopted, at least, the bingeing mode of responding, seen in bulimarexia. Although the relationship between compulsive eating and other eating disorders such as anorexia nervosa is as yet unclear, the idea that the woman is rejecting the feminine role and is expressing a fear of maturation, is stressed by psychoanalytic

theorists in viewing the dynamics of anorexia nervosa, which consists mainly of the purging and fasting behaviors (Szyrynski, 1973). Psychoanalytic theory, in treatment of anorexia, also supposes that starving and eating compulsively are evidence of a fear, or desire, for oral impregnation, and that the disorder is caused predominantly by problems in childhood, especially in parental relationships. Theander (1970), on the other hand, obtained evidence which supports the notion that anorexic women are satisfied with their femininity. Thus, some researchers adopt the stance that compulsive eaters are trying to achieve a more stereotyped feminine sex role identification by eating, which symbolizes oral insemination and thus, an acceptance of their femininity (Szyrynski, 1973). This idea could be reversed to conclude that it is a rejection of their femininity, since binging is often followed by fasting, which has been hypothesized to be a fear of oral insemination. Still others say that the fact that the compulsive eater often remains thin is a consequence of her acceptance of femininity and the societal image of thinness (Boskind-Lodahl, et. al., 1976). Orbach (1978), on the other hand, views compulsive eating as a reaction to and rejection of the sex role stereotype of women in this culture.

In a recent study dealing with the personality characteristics of the compulsive eater, Dunn and Ondercin (in press) found a number of significant differences between high and low compulsive eating groups. Compared to the low group, high compulsive eaters displayed a higher need for social approval, a more external locus of control, higher inner tension, less emotional stability, greater suspiciousness, and less leadership undertakings. In addition, high compulsive eaters

were found to have a greater discrepancy between real and ideal self in regard to "masculine" sex role traits (as defined by Bem, 1974), which was due to the idealization of cognitive, task-oriented traits. That is, in separate analyses of "masculine" and "feminine" traits, there was no difference in ratings of self concept ("describe yourself as you are") between high and low compulsive eating groups. The high compulsive group valued masculine traits (i.e., independence, ambition, assertion) to a significantly greater extent than the low compulsive eaters when asked to describe themselves as they would like to be. There was no significant difference between groups in the endorsement of ideal feminine traits. These data do not support hypotheses that the compulsive eater is either rejecting the stereotyped role of femininity (Orbach, 1978) or overidealizing it (Boskind-Lodahl, 1976).

The theory of Objective Self Awareness as proposed by Duval and Wicklund (1972) is a recent attempt to deal with internal self discrepancies and their relation to the environment. According to the theory, at any given time, a person's awareness or attention is directed either externally (toward the environment) or internally (toward the self). An individual's awareness can be directed internally by any aspect of the immediate environment which focuses on the self as an object. When awareness is directed inward in this way, it leads to a self evaluative process. This evaluation can be a positive one, in which we meet or exceed our goals or ideals, but in most cases, it tends to be a negative one resulting in negative affect, since we rarely feel we are up to our ideal standards (Duval and Wicklund, 1973). The basic assumption is that people usually find shortcomings in themselves.

In past research, self awareness has been induced and heightened by the use of a mirror (Duval and Wicklund, 1973), tape recording of the subject's voice (Ickes, Wicklund, and Ferris, 1973), camera (Wicklund, 1975), or observer present in the testing area (Duval and Wicklund, 1973; Maffia, 1976; Carver and Scheier, 1978). Ickes, Wicklund, and Ferris (1973) found greater discrepancies between real and ideal self on several personal dimensions when subjects heard a tape recording of their own voice. They postulated that this larger discrepancy could be taken as a measure of self criticism and low self esteem. Increased self awareness is also hypothesized to lead to greater attributions of causality to self and has been demonstrated by Duval and Wicklund (1973) using a mirror as the external stimulus for self awareness. Once in this self aware state, which is hypothesized to be unpleasant, the theory predicts that individuals will try to remove themselves from the situation, or if this is impossible, engage in some irrelevant physical activity on which attention can be refocused. The self criticism will cease with the discontinuation of self awareness. In addition, once in this aware state, the individual is motivated to reduce internal discrepancies by bringing the self concept more in agreement with personal ideals. Thus, in studies measuring discrepancies between real and ideal self, under self aware conditions, the discrepancy is usually large at first but diminishes in time as the individual adjusts the conception of the real self or behavior to be more consistent with personal aspirations or what is seen to be desirable in terms of personality traits (Ickes, et. al., 1973). This adjustment of behavior or self

concept has also been demonstrated in areas dealing with physical aggression (Scheier, Fenigstein, and Buss, 1974), greater bystander intervention (Gibbons, 1977), more restoration of equality (Chase and Gibbons, 1977), and better task performance (McDonald, 1976; Wicklund and Duval, 1971).

Other theories have attempted to deal with this same kind of discrepancy and conflict between real and ideal self. Roger's ideas on psychological conflict (1951) can also be viewed in this context. If an individual's concept of the real self does not correspond with the ideal self or society's stereotypes, then psychological conflict will occur. Deutsch and Gilbert (1976) found evidence that, in terms of sex role concepts, women, compared to men, have greater discrepancies between real self, ideal self, and their belief of what the other sex desires, thus suggesting that such discrepancies and sources of conflict may be greater for women than for men. Chandler (1976) deals with differences between real and ideal self by showing evidence that individuals rated as being under an external locus of control have a larger discrepancy between their self concept and their aspirations. Shand and Grau (1977) cite evidence that a larger discrepancy between real and ideal self is related to greater anxiety. Thus differences between real and ideal self have been explored in several contexts and related to various individual dimensions.

In addition to the use of cameras, mirrors, and tape recordings to induce self awareness, Wicklund (1975) states that the knowledge of being observed by another should also function as a means of reminding the subject of the role as an object in the world, and thus, turn his/her attention inward. An experimenter or monitor present during



a task of revealing real and ideal self, should make the individual more self conscious since being aware directly or indirectly of observation is a stimulus for self awareness (Duval and Wicklund, 1973). Duval and Wicklund did find experimental evidence for the role of the observer as a stimulus for self awareness by using the experimenter as the observer. Maffia (1976) compared the use of the mirror to the use of an observer in inducing the self evaluative process and discovered that mirror and observer were equally powerful in functioning as an OSA stimulus. Both facilitated timed writing tasks, and, on a memory test, facilitated the recall of self referent words; both results are consistent with OSA theory. The validity of the observer as a stimulus for self awareness has also been substantiated by Borden and Walker (1978) and Carver and Scheier (1978).

The present study is an attempt to integrate previous findings concerning personality dynamics of the compulsive eater, in particular the large discrepancy between real and ideal self on masculine traits and high need for social approval, with OSA theory. It was hypothesized that, because of the high degree of inner tension, insecurity, and disparity between ideal self and real self, high compulsive eaters would experience more anxiety, distress, and psychological conflict than low compulsive eaters when called to make a decision between a more masculine or feminine response. In other words, the high compulsive eater may idealize typically "masculine" behavior, but is not hypothesized to act consistently with this ideal. Thus, when in a situation calling for a choice of a response, high compulsive eaters will become more distressed because of the discrepancy between

ideal and real behavior. The compulsive eater would like to respond in a manner different from her actual behavior. The role of an observer as a stimulus for self awareness has been verified and described in a few studies. Previous research has shown that the high compulsive eater has a greater need for approval from others and tends to feel externally controlled. Thus, she may tend to view herself as an object in the world (and thus easily made self aware), placing value on the opinions of others to give a reflection of her desired self esteem. It would seem, then, that an observer would function as a stimulus for greater self awareness, and thus, heightened self discrepancies, in the compulsive eater. Compulsive eaters are already intensely aware of the presence and opinions of other people. An observer should only serve to heighten this awareness. On the basis of these arguments, the following predictions were made:

- 1) When subjects are given a paper and pencil test of a variety of situations eliciting either a stereotypical "masculine" or "feminine" behavior, and then asked to report how uncomfortable or how much anxiety they would feel in that situation, high compulsive eaters will report more anxiety in situations in which a "masculine" response is dictated, based on the discrepancy between real and ideal masculine self.
- 2) When an observer is present during the completion of the tests, which call for self and ideal self concepts and behaviors, high compulsive eaters will experience more discrepancy between real and ideal self.

## METHOD

Subjects. Subjects were 136 Introductory Psychology students at the College of William and Mary fulfilling a research requirement. Female subjects completed a Compulsive Eating Questionnaire and were asked to volunteer for the study based on their scores. Male subjects (who acted as observers) volunteered with no prerequisites.

Apparatus. Five measures were employed in the study. These were the Compulsive Eating Scale, Situational Sex Role Test, anxiety measures for the Situational Test, Bem Sex Role Inventory, and the Scheier and Cattell Neuroticism Scale Questionnaire.

1) Compulsive Eating Scale - Degree of compulsive eating was assessed by the Compulsive Eating Scale, a 25 item self-report questionnaire. This test is a revision (involving the deletion of several nonsignificant items) of an earlier test which has been shown to discriminate between subjects with regard to degree of compulsive eating (Ondercin, 1979). Items concern emotional states related to food and eating, as well as information regarding weight, weight control, height, and eating binges (see Appendix A).

For each of the 17 discriminating items on the scale, a subject is scored 1 to 5 on her response. Total scores for each subject ranged between 17 and 85, with a mean of 45.5, and subjects were divided into low, medium, and high compulsive eating groups based on breaks in the trimodal distribution of scores. Subjects falling below 34 were classified as low with regard to degree of compulsive

eating; subjects whose scores were between 34 and 56 were considered to be the medium group; and subjects whose scores were 57 and above were classified as high with regard to degree of compulsive eating.

2) Situational Sex Role Test - A paper and pencil test was developed in an attempt to get a more behaviorally oriented look at the concept of real and ideal self concerning sex role traits. Objective Self Awareness theory has been validated and researched using external manipulations (such as a mirror or observer) to produce self awareness on hypothetical situations in the form of a paper and pencil test. Thus, the same procedure was employed here. The Situational Sex Role Test consisted on 20 hypothetical situations (see Appendix.B). Each situation involved a fictitious college female who responded in either a stereotypically "masculine" or "feminine" fashion, based on the masculine and feminine traits of the Bem Sex Role Inventory (1974). Each subject was asked what was the likelihood that she would respond as the girl did in that particular situation. There were 10 "masculine" situations and 10 "feminine" situations, so that each subject received a "masculine" and a "feminine" self concept score.

In an attempt to consensually validate the test before it was used for the actual experiment, 30 situations were rated by 12 raters as to whether the female's response was tapping a "masculine" or "feminine" behavior, based on Bem's traits in the Bem Sex Role Inventory (described below). The situations were originally constructed to reflect particular traits on the Bem Scale as presented in Appendix B. The 10 situations with the least amount of consensus were dropped

from the questionnaire. Average ratings of each situation used in the Situational Test are presented in Table I. A listing of the "masculine" and "feminine" traits used in this rating and the rating scale itself can be found in Appendix C. Since the situations were constructed from the masculine and feminine trait descriptions on the Bem Sex Role Inventory, it was anticipated that a high masculine score on the Situational Test should correlate highly with a high masculine score on the Bem Sex Role Inventory, and the same with the feminine scores.

Both the Situational Sex Role Test and the Bem Sex Role Inventory were administered for the following reasons:

1. To obtain concurrent validity for the Situational Test by correlating it with masculine and feminine self and ideal scores obtained on the Bem.

2. To provide two separate measures of self concept, self ideal, and possible discrepancies between the two, as related to a trait description and a more behavioral judgement.

3. The order of administration of the questionnaires was counterbalanced in an attempt to discover if:

- a. Self awareness (and thus greater discrepancies between real and ideal self) is greater at first and then diminishes with time, as Duval and Wicklund (1973) would predict.

- b. either the Bem or the Situational Sex Role Test is a more sensitive measure of the larger discrepancy produced with greater self awareness.

Table I. Preliminary ratings of each situation used in the Situational Test. (see Appendix C for rating scale used for the ratings)

<u>Situation</u>	<u>Rating</u>
1	2.4
2	6.1
3	1.5
4	1.7
5	6.3
6	3.2
7	5.4
8	5.2
9	2.0
10	2.0
11	5.2
12	2.2
13	6.4
14	2.4
15	5.1
16	2.2
17	5.5
18	2.0
19	5.7
20	1.9

The second part of the Situational Test consisted of completing the test again, this time responding on the basis of ideal behavior, or what the subject ultimately would like to do and be satisfied with doing in that situation. Thus, on the Situational Test, as well as on the Bem Sex Role Inventory, each subject received a self concept and an ideal self concept score for both masculinity and femininity.

3) Anxiety measures - Two measures of "conflict" were employed for each of the situations on the Situational Test.

a. Subjects were asked to rate the amount of anxiety they would feel in each situation on a 5 point Likert scale. The procedure was used by Richardson and Tasto(1976) in the development of a social anxiety inventory. Subjects rated the amount of anxiety they would feel in a number of hypothetical situations according to the following directions:

"Please indicate for each item how much anxiety or related feelings each situation causes you. It is important to distinguish between feelings of anxiety and fearfulness and other kinds of strong emotional reactions. For example, a number of the items refer to situations that may make you feel angry, but not anxious at all. Then you should indicate that you feel no anxiety. Of course, some situations may make you feel both angry and anxious - then you should respond just in terms of the anxious part of your feelings. Very often feelings that we would naturally describe with the words "disturbed", "unpleasant", or "upset" are closely related to anxiety and fearfulness. Usually you should treat these feelings as part of anxiety and respond to each item in terms of how much anxiety or disturbance it causes you to feel, if you were really in that particular situation."

This same procedure was employed in the present study as the measure of anxiety in each situation (see Appendix B). Richardson and Tasto found that highest levels of reported anxiety related to situations concerning fear of disapproval or criticism from others. The factor

of social assertiveness and visibility emerged next. Thus, their concept of social anxiety (e. g., assertiveness, etc.) should be reflected in the hypothetical situations devised for the present study.

b. The second anxiety measure was a selected response from the S-R Inventory of Anxiousness by Endler, Rosenstein, and Hunt (1962). In their study, subjects were given a number of hypothetical situations and asked to rate their responses in each situation on a 5 point Likert scale. In each situation, subjects rated such responses as "heart beats faster", "get an uneasy feeling", "want to avoid the situation", and "perspire". The response of "wanting to avoid the situation" was used in the present study. For each situation, subjects were asked to rate on a 5 point scale from "none" to "very much" how much they would want to avoid that situation if they were really in it (see Appendix B).

4) Bem Sex Role Inventory - (BSRI) This scale by Bem (1974) was used to measure the tendency of the individual to describe herself in terms of sex typed standards which are considered by the culture to be masculine or feminine. Subjects are scored on a Femininity scale and a Masculinity scale for both self concept ("as you see yourself") and self ideal ("as you would like to be"). The BSRI was used in previous research (Dunn and Ondercin, in press) as the measure of feminine and masculine self and ideal concepts (see Appendix D).

5) Scheier and Cattell Neuroticism Scale Questionnaire - This questionnaire was developed by Scheier and Cattell (1961) to measure



degree of neuroticism or "neurotic trend". It contains 40 items designed to measure six personality dimensions (primary source traits for the 16 Personality Factor Questionnaire (Cattell, Eber, and Tatsouka, 1970)) considered important in distinguishing between "neurotics" and "normals". These are:

(1) Factor I - overprotection; tender minded, cultured, protected emotional sensitivity (vs. tough mindedness)

(2) Factor F - depressiveness; inhibited, sober, seriousness (vs. happy-go-lucky cheerfulness)

(3) Factor E - submissiveness; suggestibility, dependence (vs. dominance)

(4) Factor O - worry, guilt proneness (vs. assured self confidence)

anxiety (5) Factor Q<sub>4</sub> - ergic tension (from frustration) (vs. calm relaxation)

(6) Factor C - ego weakness or emotional immaturity and instability (vs. ego strength)

The test gives 5 scores: Factor I, Factor F, Factor E, a composite anxiety score, and a total score for neuroticism based on the above four scores combined (Factor I, Factor F, Factor E, and Anxiety).

The Neuroticism Scale Questionnaire was administered as an attempt to discriminate between compulsive eaters and general neurotics. If this distinction can be made, it will lend greater discriminant validity to the syndrome of compulsive eating.

Procedure. Female subjects completed the Compulsive Eating Scale beforehand in a massed testing session and were asked to volunteer based on their scores. Male subjects volunteered from the subject pool. 109 female subjects were tested either individually or in pairs with either a male or female partner (one person functioned as the observer while the other completed the questionnaires). All subjects were tested in identical rooms of approximately 5 x 8 feet containing only a desk, one or two chairs (depending on whether they were being tested alone or in pairs), and a Skinner box which could not be moved because of shared use of the room with a psychology class. Subjects in the alone condition were asked to complete the Situational Test, anxiety measures following each situation, the Bem Sex Role Inventory, and the Neuroticism Scale Questionnaire. Subjects in the observer conditions were asked to complete the questionnaires and given the following directions on observing the other person:

" The questionnaires you have been given take approximately one half hour to complete. The study itself takes one hour. You will be paired with another person and the two of you asked to go into one of these rooms and complete the questionnaires. While one of you is completing the questionnaires, the other will act as an observer. As an observer, you will simply observe the other person. You are not supposed to talk or comment and you are not looking for anything in particular. You will not have to report anything at the end of study. Don't concentrate on the person's specific answers on the questionnaires themselves, just simply observe the other person as they work. When they are finished, you will switch places - one person working while the other observes. Are there any questions?"

For subjects tested in pairs, observers were either male or female, to test for the effect of observer sex differences on the increase in self awareness. Members of each pair alternated between observing

and completing the questionnaires. Male questionnaire data were not analyzed. Thus, there were nine cells which are diagrammed on Table II.

There were 18 dependent variables for each subject:

1. Masculine self concept score on the Situational Test.
2. Feminine self concept score on the Situational Test.
3. Masculine self ideal score on the Situational Test.
4. Feminine self ideal score on the Situational Test.
5. Masculine discrepancy score (masculine self concept score on the Situational Test minus masculine self ideal score on the Situational Test).
6. Feminine discrepancy score (feminine self concept score on the Situational Test minus feminine self ideal score on the Situational Test).
7. Total rating of anxiety for masculine situations.
8. Total rating of anxiety for feminine situations.
9. Total rating of "desire to avoid masculine situations".
10. Total rating of "desire to avoid feminine situations".
11. Combined anxiety measures for masculine situations (7 & 9 above).
12. Combined anxiety measures for feminine situations (8 & 10 above).
13. BSRI masculine self concept score.
14. BSRI feminine self concept score.
15. BSRI masculine self ideal score.
16. BSRI feminine self ideal score.
17. BSRI masculine discrepancy score (masculine self concept score minus masculine self ideal score).

Table II. Illustration of the nine cells in the present study.

	low compulsive eaters	medium compulsive eaters	high compulsive eaters
alone			
w/ male observer			
w/ female observer			

18. BSRI feminine discrepancy score (feminine self concept score minus feminine self ideal score).

The following specific hypotheses were made:

1. Discrepancy scores between real and ideal self on masculinity on both the Situational Test and the BSRI will increase with degree of compulsive eating.
2. Anxiety and avoidance scores on the Situational Test on situations calling for possible "masculine" behaviors, will increase with degree of compulsive eating.
3. The presence of an observer will increase masculine and feminine discrepancy scores on both the Situational Test and the BSRI. This discrepancy will be greater for masculine situations and will increase with degree of compulsive eating.
4. No research has been done on the variable of sex of the observer as a significant factor in the self evaluation process. However, it is postulated that male observers will induce greater discrepancy for high compulsive eaters, since, the discrepancy itself deals with a desire or idealization of masculine traits. A male observer should bring that discrepancy into greater awareness. In addition, it has been hypothesized previously that the conflicts of the compulsive eater center, in part, on conflicts concerning men in general (Orbach, 1978; Boskind-Lodahl, 1976). A male observer may serve to remind subjects of these conflicts.

## RESULTS

### A. Compulsive eating and neuroticism

Nonsignificant correlations were found between compulsive eating scores and all factors and total score of the Neuroticism Scale Questionnaire. Correlation coefficients of compulsive eating were -.10 with Factor I, -.12 with Factor F, -.20 with Factor E, .09 with anxiety, and -.09 with total neuroticism and are presented in Table III.

### B. Discrepancy between real and ideal "masculine" traits

An earlier finding of a larger discrepancy between self concept and self ideal on BSRI "masculine" traits between compulsive eating groups (Dunn and Ondercin, in press) was replicated in the present study ( $F=3.03$ ,  $p \leq .05$ ) and is reported in Table IV. Orthogonal comparison of means revealed that high compulsive eaters idealize masculine traits more than low compulsive eaters ( $p .05$ ).

The predicted discrepancy between real and ideal "masculine" behaviors for compulsive eaters on the Situational Test was not found to be statistically significant as reflected in Table V.

### C. Production of self awareness

In general, the presence of an observer (male or female) was essentially ineffective in producing self awareness, as measured by discrepancies between real and ideal traits and behaviors on the BSRI and the Situational Test. The main effect of the observer was nonsignificant on both the BSRI and the Situational Test. Results

Table III. Correlations between compulsive eating and Neuroticism Scale Questionnaire factors.

compulsive eating	Factor I -.105 p $\leq$ .15	Factor F -.124 p $\leq$ .11	Factor E -.208 p $\leq$ .02	Anxiety +.094 p $\leq$ .18	Total neuroticism -.091 p $\leq$ .19
-------------------	-----------------------------------	-----------------------------------	-----------------------------------	----------------------------------	--

<u>Variable</u>	<u>Cases</u>	<u>Mean</u>	<u>Standard Deviation</u>
compulsive eating	109	45.5413	12.6407
Factor I	96	12.5417	6.0523
Factor F	96	9.0313	7.2496
Factor E	95	11.9263	5.3500
Anxiety	95	12.3684	7.4805
Total neuroticism	95	43.2316	10.4316

Table IV. Data on discrepancy between real and ideal self on masculine traits on the BSRI.

ANALYSIS OF VARIANCE  
 BSRI MASCULINE IDEAL-SELF DISCREPANCY  
 OBSERV  
 COMEAT

SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARE	F	SIGNIF
MAIN EFFECTS					
OBSERV	913.249	4	228.312	1.904	0.116
COMEAT	212.265	2	106.132	0.885	0.416
COMB	727.413	2	363.707	3.033	0.053
2-WAY INTERACTIONS					
OBSERV COMEAT	411.470	4	102.868	0.858	0.492
OBSERV COMEAT	411.470	4	102.868	0.858	0.492
EXPLAINED	1324.719	8	165.590	1.381	0.214
RESIDUAL	11873.457	99	119.934		
TOTAL	13198.176	107	123.347		

109 CASES WERE PROCESSED.  
 1 CASES ( 0.9 PCT) WERE MISSING.

CRITERION VARIABLE	BMDCIS	BSRI MASCULINE IDEAL-SELF DISCREPANCY	COMB	COMEAT	COMB COMEAT	MEAN	STD DEV	VARIANCE	N
BROKEN DOWN BY									
1.		1426.0000	216.0000	792.0000	418.0000	13.0826	11.0823	122.9172	109
2.						8.6400	8.5872	73.7400	25
3.						13.8947	11.7286	137.5602	57
TOTAL						15.4815	10.9276	119.4131	27



Table V. Data on discrepancy between real and ideal behavior on "masculine" situations on the Situational Test.

```

* * * * * AN ALYSIS OF VARIANCE * * * * *
* * * * * STMDIS MASC SITUATIONS IDEAL-REAL DISCREPANCY
* * * * * BY OBSERV COMEAT
* * * * * COMPULSIVE EATING GROUPS
* * * * *
SOURCE OF VARIATION      SUM OF SQUARES      DF      MEAN SQUARE      F      SIGNIF
                                DF      OF F
MAIN EFFECTS
OBSERV                   129.520              4          32.380          0.921          0.455
COMEAT                   63.433              2          31.717          0.902          0.409
                                63.940              2          31.970          0.910          0.406
2-WAY INTERACTIONS
OBSERV COMEAT           137.508              4          34.377          0.973          0.423
                                137.508              4          34.377          0.978          0.423
EXPLAINED                267.029              8          33.378          0.950          0.480
RESIDUAL                 3479.951             99
TOTAL                   3746.978            107
    
```

109 CASES WERE PROCESSED.  
1 CASES ( 0.9 PCT) WERE MISSING.

```

----- CRITERION VARIABLE ----- STMDIS ----- D E S C R I P T I O N -----
BROKEN DOWN BY COMEAT MASC SITUATIONS IDEAL-REAL DISCREPANCY
----- COMPULSIVE EATING GROUPS -----
VARIABLE      CODE      VALUE LABEL      SUM      MEAN      STD DEV      VARIANCE      N
FOR ENTIRE POPULATION
COMEAT        1.        LOW COMPULSIVE EATER      -172.0000      -6.8800      7.5626      57.1933      ( 25)
COMEAT        2.        MIDDLE COMPULSIVE EATER      -401.0000      -7.0351      4.7808      22.8559      ( 57)
COMEAT        3.        HIGH COMPULSIVE EATER      -239.0000      -8.8519      6.4013      40.9772      ( 27)
TOTAL CASES = 109
    
```

are presented in Tables IV, V, VI, and VII. Discrepancies between groups on "feminine" real and ideal traits, as measured by the BSRI and "feminine" real and ideal behaviors as measured by the Situational Test were in the direction of self awareness (discrepancies greater with an observer), but were not statistically significant.

The order in which the questionnaires were given did not affect self awareness (or discrepancies between real and ideal self concepts and behaviors) significantly.

#### D. Reported behavior on Situational Test

Analysis of variance revealed significant differences between compulsive eating groups on identification with the "feminine" behaviors on the Situational Test ( $F=3.173$ ,  $p \leq .05$ ), as seen in Table VIII. High compulsive eaters reported they would act in "feminine" ways more frequently than did low compulsive eaters ( $p \leq .05$ ) when means of the groups were orthogonally compared. Differences between groups on self reports of "masculine" behavior on the Situational Test were not statistically significant.

#### E. Anxiety measures for the Situational Test

In general, it was the "feminine" situations which elicited more anxiety reports from compulsive eaters, rather than the "masculine" situations as had been predicted. Analyses of variance and subsequent orthogonal mean comparisons revealed the following differences between compulsive eating groups. Data are presented in Tables IX, X, and XI.

Table VI. Data on discrepancy between real and ideal behavior on "feminine" situations on the Situational Test.

```

* * * * * A N A L Y S I S O F V A R I A N C E * * * * *
STFDIS FEM SITUATIONS IDEAL-REAL DISCREPANCY
BY OBSERV OBSERVER CONDITIONS
COMEAT COMPULSIVE EATING GROUPS
* * * * *
SOURCE OF VARIATION      SUM OF      DF      MEAN      SIGNIF
                        SQUARES
MAIN EFFECTS
OBSERV      228.758      4      57.189      1.743  0.147
COMEAT      51.740      2      25.870      0.783  0.457
                153.604      2      76.802      2.340  0.102
2-WAY INTERACTIONS
OBSERV      65.678      4      16.419      0.500  0.736
COMEAT      65.678      4      16.420      0.500  0.736
EXPLAINED                294.436      8      36.804      1.121  0.356
RESIDUAL                3248.959      99      32.818
TOTAL                  3543.395     107      33.116

```

109 CASES WERE PROCESSED.  
1 CASES ( 0.9 PCT ) WERE MISSING.

```

-----
CRITERION VARIABLE  STFDIS  FEM SITUATIONS IDEAL-REAL  DISCREPANCY
BROKEN DOWN BY    COMEAT  COMPULSIVE EATING GROUPS
-----
VARIABLE          CODE  VALUE LABEL          SUM      MEAN      STD DEV      VARIANCE      N
FOR ENTIRE POPULATION
COMEAT           1.    LOW COMPULSIVE EATER      -337.0000      -3.0917      5.7309      32.8434      ( 109)
COMEAT           2.    MIDDLE COMPULSIVE        -40.0000      -1.6000      6.9282      48.0000      ( 25)
COMEAT           3.    HIGH COMPULSIVE EATE     -158.0000      -2.7719      4.3997      19.3578      ( 57)
                -139.0000      -5.1481      6.6083      43.6695      ( 27)
TOTAL CASES =      105

```

Table VII. Data on discrepancy between real and ideal self on feminine traits on the BSRI.

```

* * * * * A N A L Y S I S O F V A R I A N C E * * * * *
      B M F D I S   B S R I F E M I N I N E I D E A L - S E L F D I S C R E P A N C Y
      B Y   O B S E R V   O B S E R V E R   C O N D I T I O N S
      C O M E A T   C O M P U L S I V E   E A T I N G   G R O U P S
* * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * * *
SOURCE OF VARIATION      SUM OF SQUARES      CF      MEAN SQUARE      F      SIGNIF
                                OF F
MAIN EFFECTS
OBSERV                   347.063           4      86.766      1.360      0.253
COM EAT                   190.765           2      95.383      1.495      0.229
                                125.666           2      62.833      0.985      0.377
2-WAY INTERACTIONS
OBSERV COMEAT            110.752           4      27.688      0.434      0.784
                                110.752           4      27.688      0.434      0.784
EXPLAINED                457.816           8      57.227      0.897      0.522
RESIDUAL                 6317.930          99      63.817
TOTAL                   6775.746         107      63.325
  
```

109 CASES WERE PROCESSED.  
 1 CASES ( 0.9 PCT) WERE MISSING.

```

----- CRITERION VARIABLE ----- B M F D I S ----- D E S C R I P T I O N O F S U B P O P U L A T I O N S -----
      BROKEN DOWN BY COMEAT      BSRI FEMININE IDEAL-SELF DISCREPANCY
      COMEAT      COMEAT      COMPULSIVE EATING GROUPS
VARIABLE      CODE      VALUE LABEL      SUM      MEAN      STD DEV      VARIANCE      N
FOR ENTIRE POPULATION
COMEAT      1.      LOW COMPULSIVE EATER      654.0000      6.0000      7.9303      62.8889      ( 109)
COMEAT      2.      MIDDLE COMPULSIVE EATER      152.0000      6.0800      6.5949      43.4933      ( 25)
COMEAT      3.      HIGH COMPULSIVE EATE      286.0000      5.0175      6.4212      41.2318      ( 57)
TOTAL CASES = 105      216.0000      8.0000      11.2250      126.0000      ( 27)
  
```

Table VIII. Data on reports of actual behavior on feminine situations on the Situational Test.

```

* * * * * A N A L Y S I S O F V A R I A N C E * * * * *
* * * * * STSELF FEMINE BEHAVIOR ON SITUATIONAL TEST
* * * * * BY OBSERV OBSERV CONDITIONS
* * * * * COMEAT COMEAT COMPULSIVE EATING GROUPS
* * * * * * * * * * * * * * * * * * * * * * * * * * * * *
SOURCE OF VARIATION      SUM OF SQUARES      DF      MEAN SQUARE      F      SIGNIF
                                DF      F
MAIN EFFECTS
OBSERV      247.986      4      61.996      2.387      0.056
COMEAT      76.037      2      38.019      1.454      0.236
COMEAT      164.849      2      82.425      3.173      0.046
2-WAY INTERACTIONS
OBSERV COMEAT      101.861      4      25.465      0.980      0.422
OBSERV COMEAT      101.861      4      25.465      0.980      0.422
EXPLAINED      349.847      8      43.731      1.684      0.112
RESIDUAL      2571.354      99      25.973
TOTAL      2921.201      107      27.301
    
```

109 CASES WERE PROCESSED.  
1 CASES ( 0.9 PCT ) WERE MISSING.

```

----- DESCRIPTION OF SUBPOPULATIONS -----
CRITERION VARIABLE      STSELF FEMINE BEHAVIOR ON SITUATIONAL TEST
BROKEN DOWN BY COMEAT COMEAT COMPULSIVE EATING GROUPS
VARIABLE      CODE      VALUE LABEL      SUM      MEAN      STD DEV      VARIANCE      N
FOR ENTIRE POPULATION
COMEAT      1.      LOW COMPULSIVE EATER      2270.0000      20.8257      5.2349      27.4045      ( 109)
COMEAT      2.      MIDDLE COMPULSIVE EATER      462.0000      18.4800      4.3505      18.9267      ( 25)
COMEAT      3.      HIGH COMPULSIVE EATE      1234.0000      21.6491      5.2321      27.3747      ( 57)
TOTAL CASES = 109
    
```

Table IX. Data on reports of anxiety on feminine situations on the Situational Test.

```

* * * * * A N A L Y S I S O F V A R I A N C E * * * * *
  SITAXF ANXIETY ON FEMININE SITUATIONS
  BY OBSERV OBSERVER CONDITIONS
  COMEAT COMPULSIVE EATING GROUPS
* * * * *
SOURCE OF VARIATION      SUM OF SQUARES      DF      MEAN SQUARE      F      SIGNIF
                                OF F
MAIN EFFECTS
OBSERV      453.028      4      113.257      3.191      0.016
COMEAT      179.954      2      89.477      2.521      0.086
OBSERV*COMEAT      228.674      2      114.337      3.221      0.044
2-WAY INTERACTIONS
OBSERV*COMEAT      162.532      4      40.633      1.145      0.340
OBSERV*COMEAT      162.532      4      40.633      1.145      0.340
EXPLAINED      615.560      8      76.945      2.168      0.036
RESIDUAL      3514.299      99
TOTAL      4129.859      107
  
```

109 CASES WERE PROCESSED.  
 1 CASES ( 0.9 PCT) WERE MISSING.

```

CRITERION VARIABLE      SITAXF      D E S C R I P T I O N      S U B P O P U L A T I O N S
BROKEN DOWN BY      COMEAT      ANXIETY ON FEMININE SITUATIONS
                                COMPULSIVE EATING GROUPS
VARIABLE      CODE      VALUE LABEL      SUM      MEAN      STD DEV      VARIANCE      N
FOR ENTIRE POPULATION
COMEAT      1.      LOW COMPULSIVE EATER      512.0000      20.4800      5.5612      30.9267      ( 25)
COMEAT      2.      MIDDLE COMPULSIVE      1315.0000      23.0702      5.5737      31.0664      ( 57)
COMEAT      3.      HIGH COMPULSIVE EATE      677.0000      25.0741      7.4365      55.3020      ( 27)
TOTAL CASES =      109
  
```

Table X. Data on reports of desire to escape from feminine situations on the Situational Test.

\*\*\*\*\* AN ALYSIS OF VARIANCE \*\*\*\*\*  
 STESCF DESIRE TO ESCAPE FEMININE SITUATIONS  
 BY OBSERV OBSERVER CONDITIONS  
 CCMEAT COMPULSIVE EATING GROUPS  
 \*\*\*\*\*

SOURCE OF VARIATION	SUM OF SQUARES	DF	MEAN SQUARE	F	SIGNIF DF F
MAIN EFFECTS	455.379	4	113.845	3.009	0.022
OBSERV	129.371	2	64.695	1.710	0.186
CCMEAT	293.969	2	146.985	3.835	0.024
2-WAY INTERACTIONS	103.343	4	25.836	0.693	0.605
OBSERV CCMEAT	103.343	4	25.836	0.693	0.605
EXPLAINED	558.722	8	69.840	1.846	0.077
RESIDUAL	3745.579	99	37.834		
TOTAL	4304.301	107	40.227		

109 CASES WERE PROCESSED.  
 1 CASES ( 0.9 PCT) WERE MISSING.

CRITERION VARIABLE	STESCF	DESIRE TO ESCAPE FEMININE SITUATIONS	DESCRIPTION OF SUBPOPULATIONS	MEAN	STD DEV	VARIANCE	N
BROKEN DOWN BY	CCMEAT	COMPULSIVE EATING GROUPS					
VARIABLE	CODE	VALUE LABEL	SUM				
FOR ENTIRE POPULATION			2739.0000	25.1284	6.3203	39.9463	( 109)
CCMEAT	1.	LOW COMPULSIVE EATER	551.0000	22.0400	5.4809	30.0400	( 25)
CCMEAT	2.	MIDDLE COMPULSIVE	1470.0000	25.7895	6.1810	38.2049	( 57)
CCMEAT	3.	HIGH COMPULSIVE EATE	718.0000	26.5926	6.5999	43.5584	( 27)
TOTAL CASES =							109





a. Differences between compulsive eating groups on reports of anxiety in dealing with "feminine" situations were significant ( $F=3.22$ ,  $p \leq .04$ ) High compulsive eaters reported more anxiety in dealing with those types of situations than low compulsive eaters ( $p \leq .01$ ).

b. Differences between groups of compulsive eaters on "desire to avoid feminine situations" were significant ( $F=3.885$ ,  $p \leq .02$ ). Females in the high compulsive eating groups desired to avoid or escape those types of situations more than those in the low group ( $p \leq .01$ ).

c. Compulsive eating groups differed significantly on desire to avoid all of the situations total ( $F=3.101$ ,  $p \leq .05$ ). High compulsive eaters reported more desire to avoid the situations than low compulsive eaters ( $p \leq .02$ ).

d. Differences between groups were significant on both 1) combined anxiety and desire to avoid "feminine" situations ( $F=4.277$ ,  $p \leq .02$ ), and 2) combined anxiety and desire to escape from all situations total ( $F=3.583$ ,  $p \leq .03$ ) Differences between high and low compulsive eating groups on the above two variables were significant at the .01 level.

#### F. Correlations between the Situational Test and the BSRI

Correlations between scales on the Situational Test and the BSRI yielded significant findings.

Coefficients between scales are as follows:

a. Real self masculine traits on the BSRI with actual behavioral reports on masculine situations on the Situational Test  $+ .44$ ,  $p \leq .0001$ .

b. Real self feminine traits on the BSRI with actual behavioral reports on feminine situations on the Situational Test  $+ .58$ ,  $p \leq .0001$ .

- c. Ideal self feminine traits on the BSRI with ideal behavioral reports on feminine situations on the Situational Test  $+ .24, p \leq .06$ .
- d. Ideal self masculine traits on the BSRI with ideal behavioral reports on masculine situations on the Situational Test  $+ .12, p \leq .10$ .
- e. Discrepancy between real and ideal feminine traits on the BSRI with discrepancy between real and ideal feminine behaviors on the Situational Test  $+ .29, p \leq .001$ .
- f. Discrepancy between real and ideal masculine traits on the BSRI with discrepancy between real and ideal masculine behaviors on the Situational Test  $+ .30, p \leq .001$ .

## DISCUSSION

It was hypothesized that the presence of an observer would increase discrepancy scores between real and ideal self and that the discrepancy would be greater for masculine traits and behavior and would increase with degree of compulsive eating. However, the hypotheses were not supported. The presence of an observer (male or female) failed to produce a significant level of self awareness as measured by discrepancies between real and ideal traits and behaviors. Because of this basic failure to induce self awareness, differences between compulsive eating groups and sex of the observer were not significantly related to levels of self awareness. High compulsive eaters do reveal greater discrepancy between real and ideal self on "masculine" traits. This finding was a replication of an earlier one (Dunn and Ondercin, in press). However, this discrepancy did not increase, as was predicted, with the presence of an observer. Moreover, there was no significant interaction between degree of compulsive eating and effect of the observer on real-ideal self discrepancies. It appears that the basic problem in the present study was either a failure to replicate previous findings in which an observer produced self awareness or failure of the measures employed (BSRI and the Situational Test) to reflect and reveal any changes in levels of self awareness. General procedures involving the observer which produced significant changes in self awareness in previous studies (Maffia, 1976; Borden and Walker, 1978; Carver and Scheier, 1978) were employed in the

present study. However, previous studies have measured and defined self awareness in different ways. For example, both the present study and the study by Maffia (1976) employed identical procedures in the use of the observer, but Maffia was concerned with the effects of OSA on performance and memory. She found facilitated performance on timed writing tasks and greater recall of self referent words under both observer and mirror conditions, consistent with hypotheses of self awareness. Information about the sex of the observer was not reported. Borden and Walker (1978) used the experimenter as an observer, which according to Wicklund (1975), might increase anxiety and the self evaluative process even more because of the powerful and controlling characteristics inherent in the definition of an experimenter. Borden and Walker were also looking at the effect of OSA on immediate and delayed recall, an effect of self awareness having little similarity to the real and ideal self discrepancy measure employed in the present study. An important point to make in assessing the dissimilarities between performance measures of self awareness and real and ideal self discrepancies is that on a task such as memory or motor responding there is usually a clear distinction between right and wrong and between success and failure. With such a task, the subjects tend to acquire a sense of how they are doing and whether or not they are failing a task. Responding correctly may increase self confidence and lead to better performance. However, on both the BSRI and the Situational Test, there is not a clear distinction between right and wrong or good and

bad traits and behaviors. It is difficult for performance to be self assessed and influenced accordingly. Such a factor may be important in the failure of the BSRI and the Situational Test to measure changes in self awareness.

Carver and Scheier (1978), while using the same procedure involving the observer as the present study, measured self awareness through the use of Exner's (1973) Self-Focus Sentence Completion Blank in an attempt to distinguish between self and other attentiveness. Significant effects of both an observer and a mirror in inducing self awareness were obtained. However, while such a measure of self awareness appears more similar to real and ideal self discrepancy than the performance measures employed in previous studies, there are still obvious differences in both the nature of the task itself and the operational definitions of self awareness. Thus, previous studies resulting in significant effects of an observer on level of self awareness have differed substantially in their measurement of the self evaluative process from the present study.

Various measures dealing with discrepancies between real and ideal self have been successful in measuring self awareness (Ickes, Wicklund, and Ferris, 1973; Wicklund, 1975; Karylowski, 1977), but these usually have not dealt with sex role stereotypes. The BSRI may have been unable to reflect significant changes in the discrepancy between real and ideal self. This may have been due to either a statistical or a psychological "ceiling effect" of the questionnaire. The scale on which masculine and feminine traits were rated ranged from 1 to 7.

In examining the means of real and ideal scores, it appears that there was numerically room on the scale for the real self to move lower or the ideal self to move higher, thus reflecting self awareness. However, it is quite possible that the ceiling effect was psychological. Subjects may avoid the ends of the scale. Number 7 on the BSRI is labelled "always" or "almost always" and number 1 is labelled "never or almost never". These may have been too strong commitments to make to particular real or idealized traits. Thus, it appears that if there were any significant changes in levels of self awareness produced by the presence of an observer, there may have been problems inherent in the measures which were responsible for the ineffectiveness in measuring these changes.

It was hypothesized that because of the discrepancy between real and ideal self on "masculine" traits for high compulsive eaters, more anxiety and a greater desire to avoid the situations would be reported for "masculine" situations on the Situational Test by individuals in the high compulsive eating group. Since compulsive eaters desire to behave in a more "masculine" manner than they usually do, it would seem that when in a situation calling for assertion, independence, etc., greater anxiety would result. Compulsive eaters perceive themselves as not possessing those traits to the degree they would like and as not acting in the manner they idealize. This, it would seem, would result in increased levels of anxiety and desire to avoid such a situation. Instead, it was the "feminine" situations which elicited the reports of greater anxiety and reports of desire to avoid the situations. In attempting to make sense of this confusing

data, one must look at the overall results. High compulsive eaters reported they would act in a more stereotypically "feminine" way in those particular situations calling for a "feminine" response than low compulsive eaters. Because of the discrepancy between real and ideal self on "masculine" traits, high compulsive eaters are usually not as assertive, independent, etc., as they would like. Thus, they want to be more "masculine" but typically identify with a "feminine" response. In addition, there is no discrepancy between real and ideal self on "feminine" traits. High compulsive eaters are more satisfied with their "feminine" traits and thus are free to act in "feminine" ways. The question is, where does the anxiety come from when in a situation in which they respond with a "feminine" behavior. Upon reflection, it makes intuitive sense to assume that "feminine" situations elicit greater reports of anxiety because of the discrepancy between real and ideal masculine traits. Compulsive eaters are as "feminine" as they want to be. The problem is that they do not necessarily want to respond with dependent, giving, and often submissive behavior. Compulsive eaters want to be highly assertive. They want to be highly ambitious. And they want to be highly independent. But they perceive themselves as not living up to these ideals. Thus, when they are continually responding in a stereotypically "feminine" way, they become dissatisfied and anxious. They are not satisfied with the way they are or the way they are acting. And the very fact that they are in a situation responding in a "feminine" way, may evoke this conflict. Thus, "feminine"

significant correlation between the two had been obtained, further analyses would have been carried out in an attempt to discover more subtle differences in the characteristics of each. Small, nonsignificant correlations were obtained between the majority of the subscales and total score of the Neuroticism Scale and degree of compulsive eating. Furthermore, the mean profile obtained for the compulsive eater on the 16PF (Dunn and Ondercin, in press) differs in important respects from the profile of the general neurotic provided by Cattell, Eber, and Tatsuoka (1970). Compulsive eaters score higher on Factor E (greater dominance or ascendance), Factor F (more enthusiasm), Factor G (higher superego strength), Factor H (more adventurous, impulsive), Factor I (more sensitive, dependent), and Factor N (more astute, worldly). General neurotics score higher than compulsive eaters on Factor L (more suspecting and jealous), Factor O (higher guilt proneness and insecurity) and Factor Q<sub>1</sub> (more experimenting and liberal). Thus, in a broad sense, it appears that the personality profile of the compulsive eater is "healthier" than that of the general neurotic. On the average, binging females have higher superego strength, slightly higher ego strength, and are more dominant and assertive than the neurotic, even though they are less dominant and assertive than the general population. Moreover, even though a high degree of suspiciousness, guilt proneness, and insecurity are characteristic of the compulsive eater, the general neurotic scores even higher on these factors. Compulsive eaters and neurotics scored relatively equally on Factor A (outgoingness), Factor M



(imaginativeness), Factor Q<sub>2</sub> (self sufficiency), Factor Q<sub>3</sub> (uncontrolled, lax), and Factor Q<sub>4</sub> (high ergic tension, frustration).

Thus, while there are some relative similarities between the personality profiles of the compulsive eater and the general neurotic, it can be asserted with a certain degree of confidence that compulsive eating is not merely general neuroticism, but possesses its own individual qualities and characteristics.

The construction of the Situational Test was an attempt to study "masculine" and "feminine" ideal and self concepts on a more behavioral level. The situations were constructed to reflect a particular "masculine" or "feminine" trait on the BSRI, reported in Appendix B. It was anticipated that the results of the Situational Test would reflect the significant discrepancies obtained on the BSRI (namely, a significant discrepancy between real and ideal behavior on "masculine" situations because of the discrepancy on "masculine" traits obtained on the BSRI) in order to give some degree of concurrent validity to the Situational Test. However, these results were not obtained; the Situational Test results did not mirror the BSRI results. Although the results of the two tests were not identical, significant correlations were obtained between the majority of the scales on the BSRI and the Situational Test, lending a certain degree of validity to the Situational Test. Trait description on the different scales on the BSRI (masculine vs. feminine, real vs. ideal) are significantly correlated with corresponding reports of behavior on the Situational Test. Thus, it appears that the Situational Test, while not mirroring

the results of the BSRI, contains situations which reflect in some degree "masculine" or "feminine" traits. The situations labelled as "feminine", for example, may not actually be identical to "feminine" traits as labelled by Bem (1974), but the two are significantly correlated with each other. Such traits may be perceived in a slightly different light by subjects when transformed into a behavioral situation, resulting in differences in results between the two questionnaires. Of course, there is always the possibility that individuals may label themselves in a particular way on a trait but that labelling may not be reflected in their actual behavior (or their reports of it). In other words, individuals may label themselves one way but behave in a slightly different way, and possibly see no real discrepancy between the two. In any case, significant differences were obtained between the "masculine" and "feminine" situations suggesting that the situations were reflective of some difference in reported behavior in various contexts. The Situational Test was able to reveal the greater amounts of reported anxiety in situations calling for empathy, cooperation, and submissiveness for compulsive eaters.

In summary, the present study failed to produce significant changes in levels of self awareness as measured by real-ideal self discrepancies using an observer as the OSA stimulus. Significant findings included a replication of the discrepancy between real and ideal self on masculine traits for compulsive eaters. It was also found that compulsive eaters report significantly greater levels of anxiety in situations calling for a "feminine" response. Neuroticism and

compulsive eating are not significantly correlated. The present study shed more light on the complicated and intriguing phenomenon of compulsive eating and also serves as a springboard for further research. The following questions are not intended to be exhaustive, but only to exemplify the many avenues of research open in the field of eating disorders.

1. What role do other people play in the incidents of bingeing for compulsive eaters? If the hypotheses of the present study had been supported, one could perhaps theorize that compulsive eaters may binge alone to reduce self awareness produced by the presence of others.

However, the question of whether the personality characteristics of the compulsive eater, including higher general anxiety level and greater sensitivity to the approval of others, dispose her to become more anxious, self conscious, self aware, and self evaluative in the presence of others still remains largely unanswered, as well as the role of others in the bingeing process. Further studies designed to answer these questions could prove worthwhile in understanding the dynamics of the compulsive eating syndrome.

2. Further work is needed to clarify the interrelationships and dissimilarities of the dynamics involved in the various eating disorders, including compulsive eating, anorexia nervosa, and obesity. Little is known, for example, of if and how compulsive eating and anorexia are related. It is possible that similar personality characteristics and motivations are involved in both eating disorders and further research is needed to clarify these questions.

3. What are the relationships between acting "feminine" and consequent anxiety and the underlying feelings of insecurity, mistrust, and inner turmoil of compulsive eaters?
4. Does the avoidance behavior reported by compulsive eaters on the Situational Test relate to the finding of eating as a coping mechanism (e.g., avoiding one's feelings)?

Our understanding of eating disorders would be enhanced by answering these and other questions through further research.

APPENDIX A

## Appendix A Compulsive Eating Scale.

(\*significant items used)

Name \_\_\_\_\_ Soc. Sec. No. \_\_\_\_\_ Sex \_\_\_\_\_

Please circle the number on the scale which best describes you for each question.

- |  | 1                  | 2            | 3         | 4          | 5                |
|--|--------------------|--------------|-----------|------------|------------------|
|  | never or<br>rarely | occasionally | sometimes | frequently | almost<br>always |
| 1. I get pleasure just thinking about food or eating.  | 1                  | 2            | 3         | 4          | 5                |
| *2. I eat when I'm not hungry.   | 1                  | 2            | 3         | 4          | 5                |
| *3. Eating seems to calm me down or make me feel better.   | 1                  | 2            | 3         | 4          | 5                |
| *4. I think about food.  | 1                  | 2            | 3         | 4          | 5                |
| 5. My eating habits are the same whether I'm alone or with others.                                 | 1                  | 2            | 3         | 4          | 5                |
| *6. I feel guilty when I eat too much.   | 1                  | 2            | 3         | 4          | 5                |
| 7. I've noticed that I eat when I'm:   |                    |              |           |            |                  |
| *a) tense or anxious   | 1                  | 2            | 3         | 4          | 5                |
| *b) sad or depressed   | 1                  | 2            | 3         | 4          | 5                |
| *c) lonely   | 1                  | 2            | 3         | 4          | 5                |
| d) celebrating something   | 1                  | 2            | 3         | 4          | 5                |
| *e) feeling rejected   | 1                  | 2            | 3         | 4          | 5                |
| f) at a party  | 1                  | 2            | 3         | 4          | 5                |
| *g) angry with myself  | 1                  | 2            | 3         | 4          | 5                |
| *h) angry with others  | 1                  | 2            | 3         | 4          | 5                |
| *i) bored  | 1                  | 2            | 3         | 4          | 5                |
| *8. I am on a diet.  | 1                  | 2            | 3         | 4          | 5                |
| *9. I am using gaining or losing weight.   | 1                  | 2            | 3         | 4          | 5                |
| *10. I go on eating binges (overeating to the point of stuffing myself and uncontrollable eating): |                    |              |           |            |                  |
| 1 - never  |                    |              |           |            |                  |
| 2 - few times a year   |                    |              |           |            |                  |
| 3 - once a month   |                    |              |           |            |                  |
| 4 - once a week  |                    |              |           |            |                  |
| 5 - more than once a week  | 1                  | 2            | 3         | 4          | 5                |
| *11. I would label myself a compulsive eater.  |                    |              |           |            |                  |
| 1 - no   |                    |              |           |            |                  |
| 2 - sometimes  |                    |              |           |            |                  |
| 3 - definitely   | 1                  | 2            | 3         | 4          | 5                |
| *12. After bingeing or eating alot, I :  |                    |              |           |            |                  |
| 1 - don't worry about what I eat the next day  |                    |              |           |            |                  |
| 2 - try to cut back a little   |                    |              |           |            |                  |
| 3 - go on a diet   |                    |              |           |            |                  |
| 4 - fast, until I'm back to my previous weight   |                    |              |           |            |                  |
| 5 - get rid of what I ate by making myself sick, taking laxative, diuretics, etc.                  | 1                  | 2            | 3         | 4          | 5                |
| *13. I consider myself:  |                    |              |           |            |                  |
| 1 - moderately to very underweight (20 lbs. or more)   |                    |              |           |            |                  |
| 2 - a little underweight (10 to 20 lbs.)   |                    |              |           |            |                  |
| 3 - about right (=5 lbs.)  |                    |              |           |            |                  |
| 4 - a little overweight (10 to 20 lbs)   |                    |              |           |            |                  |
| 5 - moderately to very overweight (20 lbs. or more)  | 1                  | 2            | 3         | 4          | 5                |
| 14 Please fill in as accurately as possible: height _____  |                    |              |           |            |                  |
| weight _____ bone structure _____ (S, M, or L)   |                    |              |           |            |                  |
| 15. Are you required to regulate your eating for any medical reason? _____                         |                    |              |           |            |                  |

APPENDIX B

This questionnaire consists of 20 hypothetical situations with 3 questions following each situation. In each situation, a fictitious female character reacts in a particular way. You will be asked to report the following 3 pieces of information:

1) Based on the following scale, what is the likelihood that you would respond or behave exactly as the girl in the situation did, if you were actually in that situation yourself. Remember to answer according to how you would probably actually behave, and not how you would like to act.

1	2	3	4	5
I would definitely act exactly as she did	I would act in a similar way as her	My behavior would be a combination of similar and dissimilar elements of her behavior	I would act in a way more dissimilar from her	My behavior would be the opposite of hers

2) Please indicate for each situation how much anxiety or related feelings you would feel if you were actually in that situation. It is important to distinguish between feelings of anxiety or fearfulness and other kinds of strong emotional reactions. For example, some of the situations may make you feel angry, but not anxious at all. Then you should indicate that you feel no anxiety. Of course, some situations may make you feel both angry and anxious - then you should respond just in terms of the anxious parts of your feelings. Very often feelings that we would naturally describe with the words "disturbed", "unpleasant", or "upset" are closely related to anxiety and fearfulness. Usually you should treat these feelings as part of anxiety and respond to each item in terms of how much anxiety or disturbance it would cause you to feel, if you were really in that particular situation, based on the following scale:

1	2	3	4	5
no anxiety at all	a little anxiety	a fair amount of anxiety	much anxiety	very much anxiety

3) Please indicate for each situation the degree to which you would want to avoid that situation, or "escape" from it, if you were actually in it, based on the following scale:

1	2	3	4	5
not at all	a little	a fair amount	much	very much

In each of the following situations, you will be asked to report the above three indices.

1. Halfway through the semester, Anne discovers that she had spent too much money and didn't have enough left to pay for her car insurance and taxes. She got a part time job immediately in order that she could pay her bills herself without having to borrow the money.

likelihood that I would behave as she did	1	2	3	4	5
amount of anxiety I would feel	1	2	3	4	5
degree I would want to avoid situation	1	2	3	4	5

(self sufficient)

2. Nancy and a friend were discussing where to go on spring break. Nancy wanted to go one place and her friend wanted to go another place. Nancy gave in and decided to go where her friend wanted to go.

likelihood that I would behave as she did	1	2	3	4	5
amount of anxiety I would feel	1	2	3	4	5
degree I would want to avoid situation	1	2	3	4	5

(yeilding)

3. Leigh and several others were having a discussion on abortion. Someone expressed a strong opinion directly opposite from Leigh's. She spoke up immediately and strongly defended her own position.

likelihood that I would behave as she did	1	2	3	4	5
amount of anxiety I would feel	1	2	3	4	5
degree I would want to avoid situation	1	2	3	4	5

(defends own beliefs)

4. Mary is in a long line waiting to buy tickets for an upcoming concert. Another person slips in front of her in line, unnoticed to everyone else but her. Mary confronted the person with the act and asked the person to move to the end of the line.

likelihood that I would behave as she did	1	2	3	4	5
amount of anxiety I would feel	1	2	3	4	5
degree I would want to avoid situation	1	2	3	4	5

(assertive, forceful)



5. On her way back to her room one evening, Carol ran into a friend who was very upset and in a serious emotional dilemma. Carol decided the best thing to do was to let her friend use her as a sounding board, hold her, and let her friend know that she really cared.

likelihood that I would act as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(sensitive to the needs of others)

6. Debbie's class group of ten students had to elect a leader to guide the group in pursuing a specific task. Thus far, everyone seemed reluctant to volunteer for the job. Debbie then volunteered to be the leader.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(has leadership abilities)

7. Karen just received an important final paper back and discovered that she hadn't done as well as she would have liked. She adopted a cheerful attitude in order not to burden others with her problems.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(cheerful)

8. On her way home one day, Carv passed a playground where several small children were playing. She stopped and talked with them, taking part in some of their games.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(loves children)

9. Ann was in a class where she knew the professor would only give a total of 3 A's. Ann wanted to be one of those three, so she worked twice as hard in that class compared to the others, in order that she would do better than most of the other people in the class.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(competitive)

10. after graduation, Jill had a choice between getting married or postponing marriage for a while to go on further in school in order that she may have a career in a specialized field. Jill decided that a career was more important than marriage at the moment.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(independent, self reliant)

11. Melanie's friend stood her up for a lunch date. When Melanie finally saw her friend, she was quite furious and really felt like yelling at her friend and letting out some of her anger. But she only calmly told her friend she was sorry that the lunch date was broken and asked if something had gone wrong to delay her friend.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(doesn't use harsh language, understanding)

12. Bonnie went out to dinner with a friend and ordered a steak rare and received it well done. She said to the waiter, "I ordered my steak rare and this one is well done. Could you please take it back and bring me a rare steak?"

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(assertive)

13. Joan's best friend had just received some unsettling news and ran to her room in tears. Joan went in, and put her arms around her friend in an attempt to be of some comfort.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(sympathetic, sensitive to others)

14. Sharon's friend received a part in a play that Sharon had really wanted. Sharon sincerely congratulated her friend on the accomplishment.

likelihood that I would behave as she did	1 2 3 4 5	
amount of anxiety I would feel	1 2 3 4 5	
degree I would want to avoid situation	1 2 3 4 5	(cheerful, yielding)

15. A friend came and asked Angela for advice on a problem. Angela had not had the experience which her friend was relative and thus could not directly empathize with her friend. She listened anyway even though she would be unable to give her friend any advice.

likelihood I would behave as she did	1	2	3	4	5	(sympathetic)
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	

16. Right after graduation, Becky decided that instead of going back home to live, she wanted to get out on her own. So she rented an apartment in a town where she had found a good job but knew no one.

likelihood the I would behave as she did	1	2	3	4	5	
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	(independent, self sufficient)

17. While at home for a weekend, Kathy's parents asked her to babysit for her little brother. She wasn't overjoyed at the idea but did it anyway.

likelihood that I would behave as she did	1	2	3	4	5	
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	(yielding)

18. While on a train home, the passenger sitting beside Tina started smoking. It bothered Tina alot so she asked the person to please stop smoking.

likelihood that I would behave as she did	1	2	3	4	5	
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	(assertive)

19. Marv's little sister, the youngest sibling in the family, left home to go to college. The day she left, Marv called her parents just to talk.

likelihood that I would behave as she did	1	2	3	4	5	
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	

20. Ann was in the middle of a psychological experiment that she was not enjoying at all. She walked out in the middle of the experiment.

likelihood that I would act as she did	1	2	3	4	5	(sensitive to others' need)
amount of anxiety I would feel	1	2	3	4	5	
degree I would want to avoid situation	1	2	3	4	5	(assertive, willing to take risks)

Now the same situations will be presented again and you are asked to only report the degree to which you would ideally like to respond as the girl in the situation did if you were in that situation. In other words, do not respond based on the way you would actually behave, but rather respond according to whether you would ideally or ultimately be satisfied with responding as the girl does in each situation, based on the following scale:

1	2	3	4	5
I would definitely ideally like to act as she did	I would ideally like to act in a similar way to her	my behavior would ideally be a combination of similar and dissimilar elements of her behavior	I would ideally like to act in a way more dissimilar from her	I would ideally like my behavior to be the opposite from hers

1. Halfway through the semester, Anne discovers that she had spent too much money and didn't have enough left to pay for her car insurance and taxes. She got a part time job immediately in order that she could pay her bills herself without having to borrow the money.

degree I would ideally like to behave as she did                    1 2 3 4 5

2. Nancey and a friend were discussing where to go on spring break. Nancey wanted to go one place and her friend wanted to go another place. Nancey gave in and decided to go where her friend wanted to go.

degree I would ideally like to behave as she did                    1 2 3 4 5

3. Leigh and several others were having a discussion on abortion. Someone expressed a strong opinion directly opposite from Leigh's. She spoke up immediately and strongly defended her own position.

degree I would ideally like to behave as she did                    1 2 3 4 5

4. Mary is in a long line waiting to buy tickets for an upcoming concert. Another person slips in front of her in line, unnoticed to everyone else but her. Mary confronted the person with the act and asked the person to move to the end of the line.

degree I would ideally like to behave as she did                    1 2 3 4 5

5. On her way back to her room one evening, Carol ran into a friend who was very upset and in a serious emotional dilemma. Carol decided the best thing to do was to let her friend use her as a sounding board, hold her, and let her friend know that she really cared.

degree I would ideally like to behave as she did                    1 2 3 4 5

6. Debbie's class group of ten students had to elect a leader to guide the group in pursuing a specific task. Thus far, everyone seemed reluctant to volunteer for the job. Debbie then volunteered to be the leader.

degree I would ideally like to behave as she did                    1 2 3 4 5

7. Karen just received an important final paper back and discovered that she hadn't done as well as she would have liked. She adopted a cheerful attitude in order not to burden others with her problems.

degree I would ideally like to behave as she did                    1 2 3 4 5

8. On her way home one day, Cary passed a playground where several small children were playing. She stopped and talked with them, taking part in some of their games.

degree I would ideally like to behave as she did                    1 2 3 4 5

9. Ann was in a class where she knew the professor would only give a total of 3 A's. Ann wanted to be one of those three, so she worked twice as hard in that class compared to the others, in order that she would do better than most of the other people in the class.

degree I would ideally like to behave as she did                    1 2 3 4 5

10. After graduation, Jill had a choice between getting married or postponing marriage for a while to go on further in school in order that she may have a career in a specialized field. Jill decided that a career was more important than marriage at the moment.

degree I would ideally like to behave as she did                    1 2 3 4 5

11. Joan's best friend had just received some upsetting news and ran to her room in tears. Joan went in and put her arms around her friend in an attempt to be of some comfort.

degree I would ideally like to behave as she did                    1 2 3 4 5

12. Melanie's friend stood her up for a lunch date. When Melanie finally saw her friend, she was quite furious and really felt like yelling at her friend and letting out some of her anger. But she only calmly told her friend she was sorry that the lunch date had been broken and asked if something had gone wrong to delay her friend.

degree I would ideally like to behave as she did 1 2 3 4 5

13. Bonnie went out to dinner with a friend and ordered a steak rare and received it well done. She said to the waiter, "I ordered my steak rare and this one is well done. Could you please take it back and bring me a rare steak?"

degree I would ideally like to behave as she did 1 2 3 4 5

14. A friend came and asked Angela for advice on a problem. Angela had never had the experience which her friend was relating and thus could not directly empathize with her friend. She listened anyway even though she would be unable to give her friend any advice.

degree I would ideally like to behave as she did 1 2 3 4 5

15. Right after graduation, Becky decided that instead of going back home to live, she wanted to set out on her own. So she rented an apartment in a town where she had found a good job but knew no one.

degree I would ideally like to behave as she did 1 2 3 4 5

16. While at home for a weekend, Kathy's parents asked her to babysit for her little brother. She wasn't overjoyed at the idea but did it anyway.

degree I would ideally like to behave as she did 1 2 3 4 5

17. Sharon's friend received a part in a play that Sharon had really wanted. Sharon sincerely congratulated her friend on the accomplishment.

degree I would ideally like to behave as she did 1 2 3 4 5

18. While on a train home, the passenger sitting beside Tina started smoking. It bothered Tina a lot so she asked the person to please stop smoking.

degree I would ideally like to behave as she did 1 2 3 4 5

19. Mary's little sister, the youngest sibling in the family, left home to go to college. The day she left, Mary called her parents just to talk.

degree I would ideally like to behave as she did 1 2 3 4 5

20. Ann was in the middle of a psychological experiment that she was not enjoying at all. She walked out in the middle of the experiment.

degree I would ideally like to behave as she did 1 2 3 4 5

APPENDIX C

Appendix C BSRI "masculine" and "feminine" traits and rating scale used  
used for preliminary rating of situations for Situational Test.

The following adjectives have been used to describe stereotypical  
masculine and feminine traits:

Masculine

acts as a leader  
aggressive  
ambitious  
analytical  
assertive  
athletic  
competitive  
defends own beliefs  
dominant  
forceful  
has leadership abilities  
independent  
individualistic  
makes decisions easily  
masculine  
self-reliant  
self-sufficient  
strong personality  
willing to take a stand  
will to take risks

Feminine

cheerful  
affectionate  
childlike  
compassionate  
does not use harsh language  
eager to sooth hurt feelings  
feminine  
flatterable  
gentle  
gullible  
loves children  
loyal  
sensitive to the needs of others  
shy  
soft spoken  
sympathetic  
tender  
understanding  
warm  
yielding

In each of the following situations, a fictitious female character will  
react in a particular way. Her behavior in each situation has been  
designed to exemplify a stereotypical masculine or feminine response  
based on the above adjectives. For each situation, please rate the  
girl's behavior on the following scale:

1	2	3	4	5	6	7
very		somewhat		somewhat		very
masculine	quite	masculine	neutral	feminine	quite	feminine
	masculine				feminine	

APPENDIX D

## Appendix D Bem Sex Role Inventory

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_ S.S.# \_\_\_\_\_

CODE NUMBER: \_\_\_\_\_

mo.	day	year	# of	# of	sex	age
birthdate			brothers	sisters	M or F	

## SELF-DESCRIPTION

On the other side of this page are a number of personality characteristics. Please use these characteristics to describe yourself as you see yourself. Indicate, on a scale from 1 to 7, how true of you each of these characteristics is.

Please don't leave any of the characteristics unmarked.

Example: Sly

Mark a 1 if it is NEVER OR ALMOST NEVER TRUE that you are sly.

Mark a 2 if it is USUALLY NOT TRUE that you are sly.

Mark a 3 if it is SOMETIMES BUT INFREQUENTLY TRUE that you are sly.

Mark a 4 if it is OCCASIONALLY TRUE that you are sly.

Mark a 5 if it is OFTEN TRUE that you are sly.

Mark a 6 if it is USUALLY TRUE that you are sly.

Mark a 7 if it is ALWAYS OR ALMOST ALWAYS TRUE that you are sly.

Thus, if you feel it is sometimes but infrequently true that you are sly, never or almost never true that you are malicious, always or almost always true that you are responsible, and often true that you are carefree, then you would rate these characteristics as follows:

Sly	3
Malicious	1

Responsible	7
Carefree	5



DESCRIBE YOURSELF

AS YOU SEE YOURSELF

1                      2                      3                      4                      5                      6                      7  
 |                      |                      |                      |                      |                      |                      |  
 NEVER OR          USUALLY          SOMETIMES BUT      OCCASIONALLY      OFTEN          USUALLY          ALWAYS OR  
 ALMOST NEVER      NOT              INFREQUENTLY      TRUE              TRUE              TRUE              ALMOST  
 TRUE                  TRUE              TRUE                  TRUE                  TRUE                  ALWAYS TRUE

Self reliant	
Yielding	
Helpful	
Defend own beliefs	
Cheerful	
Moody	
Independent	
Shy	
Conscientious	
Athletic	
Affectionate	
Theatrical	
Assertive	
Flatterable	
Happy	
Strong personality	
Loyal	
Unpredictable	
Forceful	
Feminine	

Reliable	
Analytical	
Sympathetic	
Jealous	
Have leadership abilities	
Sensitive to the needs of others	
Truthful	
Willing to take risks	
Understanding	
Secretive	
Make decisions easily	
Compassionate	
Sincere	
Self-sufficient	
Eager to soothe hurt feelings	
Conceited	
Dominant	
Soft-spoken	
Likable	
Masculine	

Warm	
Solemn	
Willing to take a stand	
Tender	
Friendly	
Aggressive	
Gullible	
Inefficient	
Act as a leader	
Childlike	
Adaptable	
Individualistic	
Do not use harsh language	
Unsystematic	
Competitive	
Love children	
Tactful	
Ambitious	
Gentle	
Conventional	

NAME: \_\_\_\_\_ SEX: \_\_\_\_\_ AGE: \_\_\_\_\_ S.S.# \_\_\_\_\_

CODE NUMBER:        /        /        /        /        /        /        /         
 mo. / day / year / # of / # of / sex / age  
 birthdate / brothers / sisters / M or F

### IDEAL SELF-DESCRIPTION

On the other side of this page are the same personality characteristics that you have used to describe yourself as you see yourself. Please use these characteristics to describe yourself as you would like to be.

Indicate, on a scale from 1 to 7, how true you would like each of these characteristics to be of you.

Please don't leave any of the characteristics unmarked.

DESCRIBE YOURSELF

AS YOU WOULD LIKE TO BE

1                      2                      3                      4                      5                      6                      7

NEVER OR      USUALLY      SOMETIMES BUT      OCCASIONALLY      OFTEN      USUALLY      ALWAYS OR

ALMOST NEVER      NOT      INFREQUENTLY      TRUE      TRUE      TRUE      ALWAYS OR

TRUE      TRUE      TRUE                                                                                                                                                   

ALMOST                      ALWAYS TRUE

Self reliant	
Yielding	
Helpful	
Defend own beliefs	
Cheerful	
Moody	
Independent	
Shy	
Conscientious	
Athletic	
Affectionate	
Theatrical	
Assertive	
Flatterable	
Happy	
Strong personality	
Loyal	
Unpredictable	
Forceful	
Feminine	

Reliable	
Analytical	
Sympathetic	
Jealous	
Have leadership abilities	
Sensitive to the needs of others	
Truthful	
Willing to take risks	
Understanding	
Secretive	
Make decisions easily	
Compassionate	
Sincere	
Self-sufficient	
Eager to soothe hurt feelings	
Conceited	
Dominant	
Soft-spoken	
Likable	
Masculine	

Warm	
Solemn	
Willing to take a stand	
Tender	
Friendly	
Aggressive	
Gullible	
Inefficient	
Act as a leader	
Childlike	
Adaptable	
Individualistic	
Do not use harsh language	
Unsystematic	
Competitive	
Love children	
Tactful	
Ambitious	
Gentle	
Conventional	

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