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EXPRESSIVENESS IN MEN AND WOMEN**

City University of New York

PH.D. 1986

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SEX-ROLE STEREOTYPES AND SELF-REPORTS OF
EMOTION EXPRESSIVENESS IN MEN AND WOMEN

by

LYNN WINSTEN

A dissertation submitted to the Graduate Faculty in Psychology
in partial fulfillment of the requirements for the degree of
Doctor of Philosophy, The City University of New York

1986

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This manuscript has been read and accepted for the Graduate Faculty in Psychology in satisfaction of the dissertation requirement for the degree of Doctor of Philosophy.

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Abstract

SEX-ROLE STEREOTYPES AND SELF-REPORTS OF EMOTION
EXPRESSIVENESS IN MEN AND WOMEN

by

Lynn Winsten

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Questionnaires were developed to assess sex-role stereotypes and self-reports of emotion expressiveness of men and women in response to a number of hypothetical emotion evoking situations, using descriptive response scales. They were administered in a counter-balanced design to 400 college students in the metropolitan New York area.

As predicted, on the stereotype measure of the Emotion Expressiveness Questionnaire (EEQ), the Typical Woman was perceived as more expressive of happiness, sadness, and fear/anxiety, but less expressive of anger than the Typical Man. On the self-report measure of the EEQ, females reported themselves to be more expressive of happiness, sadness, anger, and fear/anxiety than males when with their Closest Other. The females also reported being higher than the males on the expression of these emotions when with a colleague from work (Work Colleague) with the exception of anger. While both males and females reported being generally more expressive with

their Closest Other compared to their expressiveness with a Work Colleague, sex-differences were somewhat attenuated but still retained significance in the Work Colleague condition (with the exception of anger). The hypothesized relationship between the stereotypes and self-reports of emotion expressiveness was also substantiated, lending some support for the theory that female and male emotion expressiveness is partly determined by sex-role stereotypes and norms.

Tests of internal consistency, construct validity, socially desirable responding, and percent of subjects endorsing the stereotype emotion subscales, all provided evidence that the EEQ measures are reasonably sound psychometrically. Secondary analyses with demographic variables were also conducted.

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Chapter 1

INTRODUCTION: PREVIOUS RESEARCH AND SUGGESTED HYPOTHESES

Researchers and theorists whose focus is emotion expressiveness maintain that findings of sex-differences in this area are a consequence of sex-role stereotypes. To date, no one has investigated this relationship. Moreover, reported findings of sex differences in verbal-nonverbal emotion expressiveness have been based on weakly formulated measures.

Accordingly, questionnaires were devised for this investigation to evaluate sex differences in emotion expressiveness, to determine sex-role stereotypes of emotion expressiveness, and to establish if there is evidence for the hypothesized relationship between them.

Sex-Role Stereotypes

Sex-role stereotypes have been defined as "consensual beliefs about different characteristics of men and women in our society" (Rosenkrantz, Vogel, Bee, Broverman and Broverman, 1968, p. 267). Research from this area has provided some evidence that, in general, males are expected to be relatively inexpressive of their emotions as compared to females.

Most notable among these studies is the work of Rosenkrantz, Vogel, Bee, Broverman, and Broverman, 1968; and Broverman, Vogel,

Broverman, Clarkson and Rosenkrantz, 1972. They constructed a 122-item Sex-Role Stereotype Questionnaire to use in their investigation of sex-role stereotypes. Those items endorsed by 75 percent of the subjects, as more descriptive of the average man than the average woman, and vice versa, were regarded as the "stereotypic" items.

In the study by Rosenkrantz et al. (1968), a few items from their questionnaire are discussed which deal explicitly with sex-role stereotypes of emotion expressiveness. These items are:

<u>Feminine</u> (Pole)	<u>Masculine</u> (Pole)
very emotional	not at all emotional
cries very easily	never cries
not at all aggressive	very aggressive
easily expresses tender feelings	does not express tender feelings at all easily

For the first three of these four items the masculine pole is typically endorsed as most desirable, and for the fourth item the feminine pole is usually endorsed as more desirable.

There are a few other studies which have dealt directly with similarly formulated general notions of sex-role stereotypes of emotion expressiveness within a study of sex-role stereotypes.

They have often involved the use of a modified version of, or an instrument similar to, Broverman's Sex-Role Stereotype Questionnaire. Although these instruments typically include only a few items that deal with emotion expressiveness, they too have consistently provided evidence for the endorsement of the stereotype that females are more expressive of their feelings relative to males, except in the case of anger (actually "aggressiveness") (e.g., Reis and Wright, 1982; Romer and Cherry, 1980; Spence, Helmreich, and Stapp, 1975; and Williams, Bennett and Best, 1975).

Overall, a review of the sex-role stereotyping literature may lead one to conclude that the existence of sex-role stereotypes in our society is well documented (Babladelis, Deaux, Helmreich, and Spence, 1983; Bardwick and Douvan, 1971; Broverman et al., 1972; Fernberger, 1948; Gilbert, Deutsch and Strahan, 1978; Honig, 1983; Kaplan and Goldman, 1973; Komarovsky, 1950; Lunneborg, 1970; McKee and Sherriffs, 1959; Reis and Wright, 1982; Romer and Cherry, 1980; Rosenkrantz et al., 1968; Schein, 1975; Sherriffs and McKee, 1957). Nevertheless, an assessment of sex-role stereotypes of emotion expressiveness per se has not yet been conducted.

Since evidence from prior research suggests that sex-role stereotypes play an important part in either directly, or indirectly, determining sex-role behaviors (e.g., Babladelis, Deaux, Helmreich, and Spence, 1983; Bem, 1985; Block, 1973; Broverman, Vogel, Broverman,

Clarkson, and Rosenkrantz, 1972; Condry and Condry, 1976; Deaux and Lewis, 1974; Honig, 1973; M. Lewis, 1972; McArthur and Eisen, 1976; Saario, Jacklin, and Tittle, 1973; Snyder, Tanke, and Berscheid, 1977; Zanna and Pack, 1975), and we have rather vague knowledge of what the sex-role stereotypes of emotion expressiveness are, more precise assessment of these stereotypes will be initiated in the current investigation.

From the evidence of the few studies that did present results of general sex-role stereotypes of emotion expressiveness, the following hypotheses with regard to sex-role stereotypes of emotion expressiveness are posited:

- Hypothesis 1: people will stereotype males as expressing little emotion relative to females; more specifically,
- a. people will stereotype males as less expressive of happiness, sadness, and fear/anxiety than females;
 - b. people will stereotype males as more expressive of anger than females.

Studies of Emotion Expressiveness in Men and Women

The study of the emotion expressiveness behavior of women and men has been approached from a number of perspectives: male inexpressiveness, affective self-disclosure, nonverbal communication, and to some extent, self-disclosure and assertiveness training. This research will be reviewed as it pertains to sex differences in emotion expressiveness.

Male inexpressiveness. Numerous investigators maintain that males in our society are not permitted to be emotional (e.g., Balswick and Peek, 1971; Bardwick, 1971; Dosser, 1982; M. Lewis, 1972; R. A. Lewis, 1978). Males are encouraged to be inexpressive toward women and children, but particularly toward other men (R. A. Lewis, 1978). These authors posit that during socialization males are taught to be masculine and avoid anything feminine, such as openly expressing their feelings -- unless they are feeling of anger (Balswick, 1982; Balswick and Peek, 1971; Dosser, 1982; O'Neil, 1982).

Balswick (1982) suggests that male inexpressiveness is likely to be a product of the instrumental requisites of the male power role. ". . . To wield power effectively, one must convince others that one's decisions are based upon reason and not emotion" (p. 137).

There are research findings which show evidence that male discomforts regarding expression of feelings may be understandable considering common social attitudes and prejudices. For example, studies have shown support for the following: a "healthy adult male" most typically "almost always hides emotions" and "never cries" (Downing and Nevill, 1983); males are rated as better adjusted when they do not disclose rather than when they do disclose information about a personal problem, while the reverse

is found for females (Derlega and Chaiken, 1976); and attributing feminine characteristics such as "emotional" to a male, increases perceptions of his possible homosexuality (Deaux and Lewis, 1984).

The most significant of the research on male inexpressiveness as it pertains to the present investigation, however, is that of Balswick and his associates. During the past decade these investigators have consistently found that males report themselves to be less emotionally expressive than do females for the general emotion categories of love, sadness, and happiness (e.g., Balkwell, Balswick and Balkwell, 1978; Balswick and Avertt, 1977; Dosser, Balswick and Halverson, 1983). Evidence from some studies also showed that females report themselves to be inexpressive of anger (or hate) relative to males (e.g., Balkwell et al., 1978; Dosser et al., 1983; Slevin and Balswick, 1980).

Balswick constructed an Expression of Emotions (EOE) Scale to use in this research. It is a paper-and-pencil self-report questionnaire containing 16 items with four items representing each of the four emotions of love, hate, happiness and sadness. Typical items from this scale are: "When I do feel angry toward people I tell them," "When I do feel love toward people I tell them," and so on. Subjects are asked to respond to each of the 16 statements with likert-type scales by selecting one of four forced choice categories: "Never," "Seldom," "Often," or "Very Often."

These scales have been useful as a beginning attempt at measuring emotion expressiveness, the goal to which Balswick aspired (Dossier, 1982). The questionnaire has been used in about 11 published research articles that deal with investigations of emotion expressiveness. Furthermore, the fact that the original factor structure has been replicated in a number of studies is presented as evidence of its internal stability. It has also been found to have adequate test-retest reliability.

On the other hand, Balswick's EOE Scale is not without methodological shortcomings. To begin with, attempts are only now being made to formally evaluate the validity of the instrument. More importantly, the questionnaire does not indicate or assess the following parameters which are likely to be significant in the assessment of emotion expressiveness: the strength of the emotion evoking stimuli (e.g., low, moderate, or high); the situation in which the expression of the emotion is taking place (e.g., in private, in a public place, or at work); nor does it specify the recipient of the expression (e.g., friend, stranger). Furthermore, the Likert scale which requires the subjects to indicate how "often" they are expressive, does not provide a baseline from which subjects can accurately make this determination (i.e., what is "often" to me might be "seldom" to a more expressive individual), nor does it attempt to evaluate the extensiveness of the subject's

expressiveness (i.e., exactly how much emotion people display when expressing their feelings to others).

Affective self-disclosure. Another group of studies, that provide data that can be related to research findings on male inexpressiveness, addresses the issue of the disclosure of feelings, i.e., affective self-disclosure. These investigations all obtained evidence that females express more feelings than males, which is what the theories of affective self-disclosure predict.

Highlen and Gillis (1978) and Highlen and Johnston (1979) studied the effects of situational factors, sex, and attitude toward expressing feelings on affective self-disclosure when disclosing toward best friends and acquaintances, respectively. The data from these investigations revealed that females disclosed more feelings than males across conditions.

The methodology utilized in these two studies involved simulated dyadic interactions. Each subject was required to listen to and verbally respond to eight stimulus situations presented by a confederate narrator, that were to simulate interactions between the participants and their best male and female friends (or an acquaintance). Subjects' responses to the situations were scored for the presence of positive or negative affect, whether a self-reference was given, and if the reason for the affect was provided. In the study by Highlen and Johnston (1979) raters also evaluated

each response for the presence or absence of affective tone.

While the results of these investigations do support most of the authors' proposed hypotheses, the method seems to have been less effective than desired. Highlen and Gillis (1978) reported that in their study subjects commented that the statements made to them as simulations of their best friends behaviors were not at all like the statements their actual friends would have made to them. These researchers also found that the level of verbal affective self-disclosure was generally quite low, and concluded that they need to attend to non-verbal cues to assess the extent to which participants are really expressing their feelings. In the later research of Highlen and Johnston (1979) this problem was partly addressed by assessing the use of voice tone to express feelings.

The other shortcomings of this method include the lack of assessment of other non-verbal behaviors, there being no test of reliability and only one weak test of construct validity, and a general lack of precision in the measurement of affect both in terms of specificity of emotions (i.e., type of feelings) and emotion evoking situations (in terms of the type of feeling aroused in each situation).

An investigation by Dosser, Balswick, and Halverson (1983) employed both the methods of Balswick and Highlen to replicate and

extend their previous findings. This study involved the use of Balwick's Expression of Emotions (EOE) Scale, two other versions of the EOE Scale (one which varied target person, one which varied the size of the group communicated to), and a revised version of the test developed by Highlen. Only data from the first two versions of the EOE Scale mentioned above were analyzed for this study. The revised Highlen test required subjects to respond to 16 situations that evoked expressions of love, happiness, sadness, and anger. Subjects were to respond as if they were interacting with their best male and best female friends. Two forms of this revised test were administered: one required subjects to respond in writing (Self-Report Performance Test), and the other required participants to actually make their responses to a male or female actor who played the role of best male or female friend (Behavioral Performance Test). Each of the 16 responses of the Self-Report Performance Test and the Behavioral Performance Test were rated for appropriateness and presence of affect.

The results of this research that pertain to sex differences in expression of affect generally support findings presented previously: females were found to be more expressive than males of the feelings of love, sadness, and happiness across all situational factors and using all four methods of assessment (with the exception of happiness on the Behavioral Performance Test). The findings that pertain

to anger, however, are not entirely consistent with those from prior research. Overall, females were more expressive of anger than males.

Methodologically, this research is superior to that presented thus far. In fact, this is probably one of the best investigations examining sex differences in the expression of emotion. Reports of reliability and validity are presented. Findings take into account behavioral and self-report measures that assess the expression of specific emotions, in different situations, with some variation in target persons.

On the other hand, the authors express some dissatisfaction with the results derived from the Self-Report and Behavioral Performance Tests. Subjects seemed to have been holding back from expressing themselves even though the effort was made to maximize affective expression. The authors suggest that the problem is with the participants of the study, that perhaps these subjects did not know how to express their feelings. Dosser et al. (1983) do mention that the subjects might have been inhibited, and it might be posited that it is the previously reported contrived nature of these tasks that is one of the principal inhibiting factors (see section re: Highlen and Gillis, 1978). Moreover, reports of low or nonsignificant correlations between the EOE Scales and the Performance Scales lead one to speculate that these methods of assessment may be measuring different aspects of the same phenomena, and/or that one or

the other of the tests is quite weak. Since a number of variables differentiate the two types of measures, this could weaken the instruments' comparability. One might also note that again subjects responding to Balswick's EOE Scales report the extent of their emotional expression (actually how "often" they express their feelings) on Likert scales (critiqued previously). Furthermore, although affect evaluations from Highlen's Behavior Performance Test were improved by videotaping subjects' responses, no effort was made to rate non-verbal expressions of affect. Balswick's scales suffer from the same problem -- subjects only report the extent to which they verbally express themselves to others.

Another relatively elaborate investigation in the affective self-disclosure literature is that of Allen and Haccoun (1976). Their study included an investigation of experience, expressiveness, and attitudes toward expressing emotion. Only the data relevant to emotion expressiveness will be discussed.

The expressiveness scale of Allen and Haccoun was designed to measure the degree to which people express feelings to others verbally and behaviorally, and subjects indicated their responses on Likert-type scales.

Results from this investigation agree with those presented thus far in that females reported being more expressive of sadness and joy. Females also reported being more expressive of anger and

more expressive of fear than males.

While the Allen and Haccoun (1976) investigation involved the exploration of a variety of parameters of the experience and expression of emotion, actually their expressiveness scale is similar to Balwick's EOE Scale, including its attendant weaknesses. Unlike Balwick who employed four items to evaluate each specific emotion category, however, only one item per category is provided in Allen and Haccoun's scale. Moreover, no attempt was made to assess the reliability or validity of their measure.

Other studies which have evaluated the expression of emotion of women and men, albeit in less detailed fashion, have also reported evidence for the greater emotion expressiveness of females, with the exception of "aggressiveness" in males (e.g., Eysenck, 1960; Fuller, 1963; Janofsky, 1971; Johnson and Terman, 1940; Katz, Goldston, Cohen and Stucker, 1963; Levinger and Senn, 1967; and Notarius and Johnson, 1982).

In sum, the findings from studies of affective self-disclosure, for the most part, support the evidence reported from research on male inexpressiveness. There are two notable exceptions to this general trend that are worthy of further discussion, however, one with regard to the evidence on anger, and the other having to do with findings pertaining to fear/anxiety.

The assessment of the expression of fear/anxiety was not

attempted in research on male inexpressiveness. From other investigations which have reported higher female fear/anxiety with regard to achievement-related situations (Horner, 1969; Smith and Smith, 1970; and Stein and Bailey, 1973), and reports of studies that have shown evidence of socialization factors that nurture the expression of fear in females (Condry and Condry, 1976; Honig, 1983; Reis and Wright, 1982), one may conclude that the findings of greater expression of fear by females than males in research on affective self-disclosure are not surprising.

To reiterate, the results from the studies of affective self-disclosure that pertain to male and female expressions of anger (i.e., that females are more expressive of anger than males) do not support the predominant findings of the male inexpressiveness research that males are more expressive of anger than females. And, findings from a couple of other studies that relate to this issue paint an even more complex picture.

An investigation by Slevin and Balswick (1980) of children's perceptions of parental expressiveness revealed that mothers are perceived as being more expressive of verbal anger, while fathers are perceived as being more expressive of physical anger. And, research by Notarius and Johnson (1982) on verbal and nonverbal emotion expression by husbands and wives as they interacted, disclosed evidence that the females verbally expressed significantly less

neutral, and more negative affect compared to the males -- perhaps this included more verbal expressions of anger by the wives.

Accordingly, it seems likely that research that is designed to specify the anger evoking stimuli, the circumstances under which anger is expressed, and what behaviors are used when the anger is communicated, will contribute more to our understanding of the relationship between gender and the expression of anger.

General self-disclosure. A construct which is conceptually related to affective self-disclosure, and which has to some extent influenced the thinking of investigators in the emotion expressiveness field, is that of self-disclosure.

Self-disclosure may generally be defined as the extent to which individuals let themselves be known to others. More specifically, it is the extent to which people make themselves known to others by verbally disclosing personal information (Chelune, 1978).

Jourard (1964, 1971) initiated the investigation of self-disclosure and conducted numerous studies evaluating various aspects of the phenomenon. Jourard and his associates (1971) consistently found that men reveal less personal information about themselves than do women.

A good number of other researchers have also attempted to assess sex-differences in self-disclosure. The majority of these studies report finding that females are more disclosing than males

(e.g., Cozby, 1973; Lewis and McCarthy, 1984), but more significantly, they reveal that women are more intimate in their disclosures than are men (e.g., Chelune, 1976; Grigsby and Weatherly, 1983; Lewis and McCarthy, 1984; Pedersen and Breglio, 1968; Rosenfeld, Civikly and Herron, 1979). A few studies have found evidence of no sex differences in self-disclosure (e.g., Brooks, 1974; Doster and Strickland, 1969; Plog, 1965; Rosenfeld et al., 1979; Vondracek and Marshall, 1971).

Furthermore, it has been found that females are generally rated as more likeable, well-adjusted, and acceptable, when they either disclose more information (Chelune, 1976; Derlega and Chaiken, 1976), or are more intimate in their disclosures than are men (Caltabiano and Smithson, 1983; Chelune, Skiffington and Williams, 1981), though again, there are contradictory findings reported occasionally (e.g., Kinder, 1976).

Nonverbal communication. A large number of studies have been conducted which revealed evidence of gender differences in nonverbal emotion expressiveness. They will only be briefly summarized here as these investigations do not typically address gender differences in verbal expressions of affect (which are a primary concern of the current investigation), and more importantly, they do not usually report findings that deal with expressiveness of specific emotions, or the extensiveness of the emotion expressivity, as opposed to

accuracy in transmitting nonverbal messages.

Nevertheless, the research data from the numerous studies that have investigated nonverbal components of emotion expressiveness, for the most part, agree with findings discussed previously with regard to sex differences in emotion expressiveness behavior. Reviews of research that examined both nonverbal decoding (judging or receiving) and encoding (sending) abilities by Buck (1984) and Hall (1979, 1984) concluded that females are superior to males in both the decoding and encoding of nonverbal emotion expressiveness.

The few studies in the nonverbal communication literature that have dealt with measures of expressiveness of emotion (as opposed to accuracy in sending ability), such as those of Buck, Miller, and Caul (1974), and Schwartz, Brown and Ahern (1980), also usually revealed that females are more expressive of emotion than are males.

Assertive behavior. Some support for findings from expressiveness and affect disclosure literature may be gleaned from research on assertiveness training. Wolpe has stated that "assertive behavior is defined as the proper expression of any emotion other than anxiety towards another person" (Dosser, 1982, p. 355), though others in this field emphasize different aspects of assertive behavior.

This research will only be briefly reviewed here as the investigations do not usually deal explicitly with expression of emotion, and they do not usually address the issue of sex differences

in assertive behavior.

Results from a number of studies of assertiveness have led reviewers of this literature to conclude, however, that there are a number of sex differences in assertive behavior. Males consistently report higher frequencies of assertive behaviors than females, and they have reported themselves to be more assertive than women with bosses and supervisors, including expressing more anger to them, more outspoken when stating opinions, and more ready to take the initiative in social interactions with members of the opposite sex. Females reported being more assertive than males, however, in the expression of love, affection, and compliments, as well as in the expression of anger toward one's parents (Dossier, 1982; Hollandsworth and Wall, 1977).

Summary. Problems with the methods of the studies that directly assess reports of male and female verbal-nonverbal emotion expressiveness of specific emotions have been elucidated as they pertain to each investigation. Overall, it may be concluded that the cited shortcomings rendered this research somewhat methodologically weak and overly simplistic.

Accordingly, the present investigation will attempt to rectify some of these problems by including among its newly devised instruments one that should more accurately measure self-reports of emotion expressiveness in females and males (see Research Design

section, p. 25, for details).

Evidence from studies of male inexpressiveness, affective and self-disclosure, nonverbal communication, and assertive behavior all agree that females are more disclosing and more emotionally expressive than are males, particularly of the emotions of love, happiness, sadness and fear/anxiety.

Findings from investigations of sex differences in reported anger reveal that situation, recipient, and even mode of anger expression influence female and male expressiveness of anger. According to the reported findings, at times females are more expressive of their anger than are males -- for example, when at home as perceived by their children (though the opposite is true for physical expressions of anger), when expressing anger toward their parents, and perhaps when arguing with their spouse. By contrast, males report being more expressive of their anger than females in the public world of work -- specifically, toward bosses and supervisors.

To this end, it should also be mentioned that Schein (1975) found some evidence that males (in white collar positions anyway) describe themselves as adhering to stereotypic male characteristics and temperaments when at work. One would also expect that this would include following the hypothesized male norms of emotion expressiveness -- that is, promote greater anger expression by males in the public work role. And, if Carmen, Russo, and Miller (1981)

are correct when they posit that our culture views women's manifestations of anger as inappropriate, one would also expect attenuated anger expression by females in the public condition.

From the research findings and theory reviewed in this section then, the following hypotheses with regard to the self-reports of verbal/nonverbal emotion expressiveness of men and women are predicted to be revealed in the current investigation:

Hypothesis 2: males will report being less expressive of emotions than will females;

a. males will report being less expressive of happiness, sadness and fear/anxiety than will females;

b. there will be an interaction effect for anger such that under some conditions (with a colleague from work) males will report being slightly more expressive of anger than will females, and under other conditions (with the closest other) a reverse trend will be found.

Sex-Role Stereotypes and Self-Reports of Emotion Expressiveness

A number of researchers that deal with sex differences in expressiveness have stated that such differences are an outcome of socialization practices that prompt males to adopt masculine stereotypic characteristics, and to avoid and devalue stereotypic expressions of femininity (e.g., Balswick, 1982; Balswick and Avertt, 1977; Slevin and Balswick, 1980).

The findings of a few studies on general sex-role stereotypes provide some evidence that the self-concepts of men and women are

influenced by sex-role stereotypes -- the stereotypes being more sex-typed than the self-reports (e.g., Babladelis et al., 1983; Rosenkrantz et al., 1968; Spence et al., 1975). Bem (1985) also revealed in a number of studies that sex-role stereotypes appear to be incorporated into the self-concepts, and determine how "sex-appropriately," some individuals behave. And a number of childhood socialization studies show some indirect evidence of a relationship between sex-role stereotypes and consequent behaviors (e.g., Block, 1973; Condry and Condry, 1976; Honig, 1983; M. Lewis, 1972). Other studies reviewed by Hall (1984) indicate that males and females behave in a sex-role stereotypic fashion (p. 145).

To date, however, there are no investigations reported which relate explicit sex-role stereotypes of emotion expressiveness to self-reports of actual emotion expressiveness. This study will address this issue.

From prior research evidence of studies that show sex-role stereotypes influence self-concepts, childrearing practices, and behavior of women and men, the following hypotheses are posited:

- Hypothesis 3: a. there will be a positive correlation between individuals' sex-role stereotypes of emotion expressiveness and their self-reports of emotion expressiveness;
- b. mean self-reported emotion expressiveness will be less sex-typed than mean sex-role stereotypes of emotion expressiveness.

Situational Influences on Emotion Expressiveness

Both Chelune (1978, 1979) and Dosser et al. (1983) have concluded that self-disclosure and accordingly, emotion disclosure, are complex variables that are affected by both personality and situational variables. Accordingly, two situational variables will be included in the instrument devised for this research. The rationale for their selection and related hypotheses will be presented in this section.

Proponents of functional social theory contend that it is necessary for a smoothly functioning and efficient society that people conform to role prescriptions that place a premium on impersonal and instrumental relationships, particularly in work situations (Parsons, 1951; White, 1961).

In a similar vein, Keston (1965) has noted that, "the triumph of cognition in a technological society involves a subordination of feeling. . . . Emotion must be 'kept in its place' -- and this place ideally is somewhere away from public life, work, politics, or the economy. . . . We learn that . . . feelings are usually a 'problem' to be 'dealt with' in other ways -- in our families, in recreation -- and not acted out on the job" (pp. 257-258).

An analysis of the "Social Penetration" process by Altman and Taylor (1973) also points to the likelihood of a lower level of intimacy and expressiveness in the more public work role than

in more private situations.

Studies by Slobin, Miller and Porter (1968), and Earle, Guiliano and Archer (1983), on reciprocity of disclosure at different levels of status or power, provide some evidence that fellow workers disclose most to one another -- more than to subordinates or superiors.

With the above-mentioned theories and research findings in mind then, it was decided to include two situational variables in the current investigation: one that would optimize intimacy and hopefully emotion disclosure -- viz., expressiveness to "closest other"; and, one that would facilitate some communication (as among equals at work) within the confines of a situation where interpersonal exchange should be expected to be superficial, impersonal, and determined by role prescriptions, that does not lend itself to free emotional expression -- viz., expressiveness to a "work colleague."

From the theories regarding intimacy level just discussed, the following research prediction in the current investigation is proffered:

Hypothesis 4: on the self-report measure of emotion expressiveness, both males and females will be more emotionally expressive in the more intimate role with the closest other than in the more public role with a colleague from work.

The next question one might ask is, "Is there any difference

in how much emotion males and females report themselves as expressing when alone with a colleague from work as contrasted with their behavior when alone with their closest other?" That is, will both males and females be inclined to adhere to the instrumental role at work to the same extent?

A study by Schein (1975) sheds some light on this issue. This study involved a comparison between sex-role stereotypes and requisite management characteristics. In both this investigation with women middle managers, and from a report of a prior study with male middle managers, the evidence indicates that successful middle managers are perceived to possess characteristics, attitudes, and temperaments more commonly ascribed to men in general than to women in general.

If in fact masculine characteristics or behaviors are more acceptable in the instrumental role of work in general, particularly for white collar and professional levels which the sample of college students used for the current study should aspire, while at the same time females can be expected to be generally more expressive than males, the following prediction should be supported:

Hypothesis 5: sex and intimacy level will interact in such a way that the differences between male and female emotion expressiveness of happiness, sadness, and fear/anxiety will be smaller in the Work Colleague condition than in the Closest Other condition.

Chapter 2

RESEARCH DESIGN

Design of an Emotion Expressiveness Questionnaire

Since the goals of this investigation were to assess both self-reported behaviors and sex-role stereotypes of emotion expressiveness, and then to compare them, it was necessary to develop a research instrument that would facilitate these objectives.

The Emotion Expressiveness Questionnaire (EEQ) was constructed and used to assess these two aspects of emotion expressiveness. Two forms of the EEQ were developed which differed with regard to the instructions. For the "stereotype" form subjects were asked to either respond as they believed a "typical American man" or a "typical American woman" might (Stereotype measure), for the "self-report" form as they believed they themselves might (Self-report measure). The two forms of the EEQ are presented in Appendices A-1a and A-1b, pp. 104-147.

It was decided to focus on four of the fundamental emotions identified by Izard (1977) (happiness, sadness, anger and fear), as they were considered to be most relevant to a study of gender differences in emotion expressiveness.

Following the suggestions of those who emphasize the need to improve the predictive utility of assessment measures by including

both personality and social situation variables (e.g., Block and Bennett, 1955; Chelune, 1978, 1979; Dosser et al., 1983), it was decided to create a self-report scale that was more than merely a global measure of emotion expressiveness. More specifically, it was decided to use briefly described prototypical stimulus situations to serve as representative emotion evoking situations to assess self-rated expressiveness, and to take care to specify the interpersonal conditions under which the emotions would be expressed.

Emotion evoking situations. Situations which could serve as emotion evoking stimuli were collected from Schwartz (personal communication, 1985), the work of Izard (1977), and the personal experiences of the author. They were evaluated by 30 people for their emotion evoking potential as assessed by an abbreviated Differential Emotions Scale (Schwartz and Weinberger, 1980).

Ultimately three situations capable of arousing the strongest and purest experiences of happiness, sadness, anger and fear/anxiety (12 in all) in 80 percent of the sample were selected as prototypical stimulus situations for the proposed Emotion Expressiveness Questionnaire (EEQ). (For details of these pilot studies please refer to Appendix C, p. 163.) The final forms of the EEQ used in this study are presented in Appendix A, pp. 104-147.

Intimacy level and situational consistency. To meet the second major methodological objective, stated above, of specifying the interpersonal conditions under which the hypothetical emotions are being expressed, while keeping the number of variables under study from becoming too unwieldy, it was decided to maintain situational consistency on the EEQ while varying two levels of intimacy in the described emotion arousing situations.

More specifically, it was decided to keep the described situation consistent insofar as the stimulus person (typical male/female, or self) would always be presented as being alone with the recipient of the emotion expression, and by indicating that the event always occurred immediately prior to the expression of the imagined emotion.

And, as mentioned earlier, on the EEQ self-report measure the intimacy level of the recipient was varied by providing two categories of person in whose presence the emotion would be displayed -- namely, "the closest other," or "a work colleague that the person is friendly with."

The response scales. It was considered important to anchor the EEQ response scale with descriptions of verbal and nonverbal behaviors that would be fairly representative of the domain of emotion expressiveness behaviors for each emotion under study. To fulfill this objective, pilot interviews were carried out that asked

people to "describe in detail" how a man or woman who was either low, moderate, or high, in expressiveness might show their feelings when alone with their closest other. They were asked to describe responses to situations that would evoke extremely happy, sad, anxious/fearful and angry emotions.

The data from these pilot interviews of seven individuals were combined with the very full emotion descriptions by Darwin (1955), Davitz (1969), and Ekman and Friesen (1975). For each of the four emotions, a six-point self-rating intensity scale was developed using the most characteristic responses commonly noted by the various sources. These intensity scales were used for ratings of emotion expressiveness by the respondents using the EEQ (see Appendix A).

Closest Other specification. Prior research on affective disclosure has revealed some inconsistency with regard to the sex of the target of the emotion expression (e.g., Allen and Haccoun, 1976; Dosser et al., 1983; Highlen and Gillis, 1978; Highlen and Johnston, 1979). Hence, it was considered to be of some interest to see if the subjects selected a target for their emotion expressiveness with any consistency, and to see who the target would be for males and females in the present investigation. Subjects in the self-report, closest other condition of this study were asked who their Closest Other is in order to determine if this receiver differs for specific subject groups.

A copy of the complete Emotion Expressiveness Questionnaire (EEQ), with instructions for the sex-role stereotype, and self-reported behaviors of male and female emotion expressiveness is presented in Appendix A, pp. 104-147.

Social desirability response set. Socially desirable responding may be viewed as a contaminating influence in test construction (Jackson, 1967; Jackson and Messick, 1967; Messick, 1967). Both inaccurate self-perception and the desire to present oneself in a favorable light are forms of this response set which must be controlled to ensure valid test construction.

Thus, an acquiescent free social desirability scale which is part of Jackson's Personality Research Form (PRF) was administered to all subjects in the current investigation. If the relationships between the Emotion Expressiveness Questionnaires and the PRF Social Desirability Scale are weak, it may be assumed that the questionnaires are relatively independent of social desirability.

Construct validation: sex-role stereotypes and self-disclosure. Attempts to validate the EEQ are necessary to facilitate the instrument's being psychometrically sound. To begin with, as already discussed, there was a substantive theoretical basis for item selection and attempts were made to control for response sets (by creating unambiguous items, by providing a forced choice response format, and by including a measure of socially desirable responding). In

addition, the present study investigated how EEQ responses related to scores on other presumably relevant psychological measures.

The construct validation of the Emotion Expressiveness Questionnaire involved an investigation of the relationships between the following:

- A. Sex-role stereotypes of emotion expressiveness using the EEQ and a survey of general sex-role stereotypes;
- B. Self-reports of emotion expressiveness using the EEQ and a general self-disclosure measure.

Sex-role stereotype questionnaire (Broverman). As discussed previously in the section on "Sex- Role Stereotypes" (p. 1), there are a few items on the Broverman Sex-Role Stereotype Questionnaire that directly assess sex-role stereotypes of emotion expressiveness. Furthermore, both the Broverman scale and the presently devised instrument (EEQ) are designed to assess sex-role stereotypes. One might expect, therefore, that the responses of subjects to these two scales should be somewhat related. Hence, it was decided to use an abbreviated version of Broverman's Sex-Role Stereotype Questionnaire as a test of construct validity in the current research.

There is no validation data per se pertaining to Broverman's Sex-Role Stereotype Questionnaire. However, some evidence that the Short Form of the Broverman Sex-Role Stereotype Questionnaire taps

meaningful dimensions has been derived from the data which indicated a high consistency of responses across samples, as well as from data that indicated a relationship between the stereotypes and self-concepts in addition to a number of theoretically relevant variables (Broverman and Broverman, 1974) (see Appendix A-2, pp. 148-153).

The following hypothesis with regard to the relationships between the stereotype measures is posited:

Hypothesis 6: subjects' scores on Broverman's Sex-Role Stereotype Questionnaire will be positively correlated with scores on the Stereotype Measure of the Emotion Expressiveness Questionnaire.

Self-disclosure questionnaire (Jourard). Because of its theoretical relevance to emotion expressiveness, a questionnaire that assesses self-disclosure was selected as a measure of construct validity for this research. It was decided to use one of Jourard's scales as they have been most widely utilized, and have good psychometric properties. One might note that the correlation between Balwick's Expression of Emotion Scale and Jourard's 15-item Self-Disclosure Questionnaire is reported to be in the .90's (Dosser, 1982).

The 25-item version of Jourard's Self-Disclosure Scale (Appendix A-3, pp. 154-156) seemed most appropriate for the current

investigation because of its relative brevity and similarity to the well-validated SD-60. Jourard (1971) reports an odd even reliability coefficient of .93 for the SD-25 (p. 200).

It was expected that there should be a positive relationship between willingness to disclose information about the self and willingness to disclose how one is feeling, leading to the following prediction:

Hypothesis 7: self-disclosure scores on the SD-25 to the respective target person (closest other or work colleague) will be positively correlated with the corresponding scores on the Self-Report Measure of the Emotion Expressiveness Questionnaire.

Subjects

Although a probability sample of all American adults would have been desirable for this study of attitudes and normative values, it clearly was not feasible to obtain such a representative sample at this time. Hence, in this initial attempt to relate sex-role stereotypes and self-reports of emotion expressiveness, it was decided to obtain the participation of college students attending a number of colleges and universities in the New York City and New Jersey area. It was reasoned that if the hypotheses are found to be supported for these young adults who are likely to be more "liberated" and "nontraditional" in their values, they

are likely to be found to be valid for other adults in American society. (Of course, further research would be needed to make this determination.)

Students attending psychology classes at Pratt University, Hunter College, Jersey City State College, and Fordham University were visited by the author and were asked to participate in the study during class time. Of the 486 students (227 males and 259 females) who completed the set of questionnaires, 400 subjects (200 males and 200 females) were selected for inclusion in the final data analysis. It was decided in advance to utilize the response data of 400 subjects to insure that there were an equal number of subjects in each cell of the large three factor designs to facilitate interpretation of the data analysis. Subjects who provided the most complete demographic information (in addition to their completed questionnaires) were chosen for membership to these groups.

The mean age of the male subjects was 23.73, and the mean age of the female subjects was 22.65. Ninety one percent of the males were single, seven percent were married, and two percent were previously married (i.e., divorced, separated, or widowed). Eighty five percent of the female subjects were single, eleven percent were married and four percent were previously married. Tabulation of male and female subjects socioeconomic status using Hollingshead's Two Factor Index of Social Position (1977), and the proportion of male and female subjects

in racial and ethnic categories was also computed. These data are presented in Table 1. It should be noted that the determination to focus on the selected ethnic categories was based on the author's preconceived notions of which ethnic groups would be most likely to differ in emotion expressiveness.

Research Design and Procedure

Instructions and descriptions of the tasks and questionnaires are presented in Appendix A, pp. 96-102. The testing involved group (within class) sessions of approximately one hour duration. After a brief introduction and request for participation (see Appendix A), all subjects received copies of the following questionnaires: the Stereotype measure of the Emotion Expressiveness Questionnaire (EEQ), the Self-Report measure of the Emotion Expressiveness Questionnaire (EEQ), the Personality Research Form (PRF) Social Desirability Scale, and a sheet requesting demographic information.

One hundred subjects also completed the abbreviated form of Jourard's 25-item Self-Disclosure Questionnaire (from 25 to 15 items -- see p. 99), and another 100 completed the abbreviated form of the Short Form of Broverman's Sex-Role Stereotype Questionnaire (from 82 to 40 items -- see p. 98).

The male and female versions of the Stereotype measure of the EEQ, and the Closest Other and Work Colleague conditions of

Table 1

Male and Female Demographic Information

Category	Males (n = 200)	Females (n = 200)
Age	23.73	22.65
Marital Status		
Single	91%	85%
Married	7%	11%
Previously married	2%	4%
Socioeconomic Status ^a		
Upper	23.3	18.8
Upper Middle	26.9	30.4
Middle	25.4	26.2
Lower Middle	20.2	18.3
Lower	4.1	6.3
Race ^b		
White	66.7%	58.8%
Black	10.8%	19.1%
Hispanic	10.8%	10.3%
Asian	7.7%	7.7%
Other	4.1%	4.1%
Mother's Ethnic Background ^c		
Italian	16.8	9.2
Irish	10.1	9.9
Jewish	9.4	15.5
Other	63.8	65.5
Father's Ethnic Background ^d		
Italian	18.1	13.9
Irish	10.1	9.7
Jewish	9.4	15.3
Other	62.4	61.1

^a16 subjects did not provide this information

^b11 subjects did not provide this information

^c51 males and 58 females did not provide this information

^d51 males and 56 females did not provide this information

Note: Comparison of male and female subjects utilizing t-tests and χ^2 analyses showed no significant differences for age, marital status, socio-economic status or race.

the Self-Report measure of the EEQ were counter-balanced to attempt to control for, or determine if there were any order effects. (A complete random ordering of 24 possible orders was prohibitive because of administrative complexity, however, both forms of the EEQ and the two conditions within each form were counter-balanced in eight different ways. The orders of presentation are listed in Table 19 in Appendix D, p. 173).

Scoring procedures for all questionnaires are presented in Appendix A.

Major Research Aims and Hypotheses

In summary, the main aims of this study were to develop a suitable research instrument for measuring reported emotion expressiveness, and to use it to investigate the sex-role stereotypes and self-reports in this area. A summary of the hypotheses that have already been presented may be found in Appendix B, pp. 160-162.

Chapter 3

RESULTS

Overall Means, Standard Deviations and Analyses of Variances of EEQ

Means and standard deviations for male and female subjects EEQ scores are presented in Table 2.

Four separate repeated measures analysis of variance were run on these statistics for each of the four emotions (Happiness, Sadness, Anger, and Fear/Anxiety), to test for sex (male and female -- subjects), condition (Typical Man, Typical Woman, Closest Other, and Work Colleague), and order (8 sequences that questionnaires were presented) effects and their interactions.

The ANOVA for the Happiness scales revealed a significant condition effect ($F = 182.10$; d.f. = 3, 1152; $p < .001$) and a significant sex effect ($F = 14.26$; d.f. = 1, 384; $p < .001$) (see Table 3). The main order effect was not significant. The condition x sex interaction was significant ($F = 16.08$; d.f. = 3, 1152; $p < .001$) as was the condition x order interaction ($F = 2.71$; d.f. = 21, 1152; $p < .001$). The sex x order interaction, and the condition x sex x order interaction were not significant.

The ANOVA for the Sadness scales revealed a significant condition effect ($F = 398.72$; d.f. = 3, 1152; $p < .001$), a significant sex effect ($F = 25.74$; d.f. = 1, 384; $p < .001$), and a significant

Table 2

Means and Standard Deviations for Male and Female Subjects Scores
on Emotion Expressiveness Questionnaire (EEQ) Scales

EEQ Scales	Males (n = 200)		Females (n = 200)	
	M	SD	M	SD
Typical Man				
Happy	13.12	2.79	13.36	2.60
Sad	10.44	2.81	10.13	2.63
Angry	12.87	2.95	13.63	3.00
Anxious/Fearful	10.27	3.26	9.99	3.00
Typical Woman				
Happy	14.58	2.43	14.81	2.31
Sad	13.68	2.61	13.81	2.45
Angry	12.62	2.42	12.96	2.21
Anxious/Fearful	14.07	2.75	13.78	2.49
Closest Other				
Happy	13.70	3.11	15.53	2.38
Sad	11.33	3.26	13.95	2.75
Angry	12.47	3.11	12.93	2.55
Anxious/Fearful	10.29	3.45	13.15	2.89
Work Colleague				
Happy	11.55	3.12	12.48	2.83
Sad	8.27	2.83	9.95	2.85
Angry	10.53	3.07	10.22	2.78
Anxious/Fearful	8.81	3.33	10.68	2.87

Note: These means are based on sums of the scores for the three items that comprise each emotion subscale. See Table 12 for averages of the subscale means (i.e., the above scores divided by three).

Table 3

Summary of Analysis of Variance of the Happiness Scales of the EEQ

<u>Source</u>	<u>SS</u>	<u>df</u>	<u>MS</u>	<u>F</u>	<u>p</u>
Total	297843.06	1	--	--	--
Between Groups	6982.44	384	--	--	--
Sex	259.21	1	259.21	14.26	<.001
Order	154.77	7	22.11	1.22	ns.
Sex-Order	203.02	7	29.00	1.60	ns.
Within Groups	4108.84	1152	--	--	--
Cond.	1948.46	3	649.49	182.10	<.001
Sex x Cond.	172.06	3	57.35	16.08	<.001
Order x Cond.	202.71	21	9.65	2.71	<.001
S x O x C	71.42	21	3.40	.95	ns.

Note: n = 400

order effect ($F = 2.76$; d.f. = 7, 384; $p < .01$) (see Table 4). The condition x sex interaction was significant ($F = 40.99$; d.f. = 3, 1152; $p < .001$) as was the condition by order interaction ($F = 3.61$; d.f. = 21, 1152, $p < .001$). The sex x order interaction, and the condition x sex x order interaction were not significant.

The ANOVA for the Anger scales revealed a significant condition effect ($F = 152.60$; d.f. = 3, 1152; $p < .001$ (see Table 5). The main sex effect and the main order effect were not significant. The condition x sex interaction was significant ($F = 4.65$; d.f. = 3, 1152; $p < .01$), as was the condition by order interaction ($F = 2.47$; d.f. = 21, 1152; $p < .01$). The sex x order interaction, and the condition x sex x order interaction were not significant.

The ANOVA for the Fear/Anxiety scales revealed a significant condition effect ($F = 275.09$; d.f. = 3, 1152; $p < .001$), a significant sex effect ($F = 21.71$; d.f. = 1, 384; $p < .001$), and a significant order effect ($F = 2.36$; d.f. = 7, 384; $p = .02$) (see Table 6). The condition by sex interaction was significant ($F = 47.67$; d.f. = 3, 1152; $p < .001$), and the condition x order interaction was significant ($F = 2.30$; d.f. = 21, 1152; $p < .001$). The sex x order interaction, and the condition x sex x order interaction were not significant.

Protected t-tests were used to analyze the a priori hypotheses, presented in Appendix B, and are discussed below.

Table 4

Summary of Analysis of Variance of the Sadness Scales of the EEQ

Source	SS	df	MS	F	p
Total	209695.30	1	--	--	--
Between Groups	6315.84	384	--	--	--
Sex	423.33	1	423.33	25.74	<.001
Order	317.30	7	45.33	2.76	<.01
Sex x Order	58.97	7	8.42	.51	ns.
Within Groups	5204.56	1152	--	--	--
Cond.	5404.02	3	1801.34	398.72	<.001
Sex x Cond.	555.59	3	185.19	40.99	<.001
Order x Cond.	342.63	21	16.31	3.61	<.001
S x O x C	101.45	21	4.83	1.07	ns.

Note: n = 400

Table 5

Summary of Analysis of Variance of the Anger Scales of the EEQ

Source	SS	df	MS	F	p
Total	241351.12	1	--	--	--
Between Groups	6667.60	384	--	--	--
Sex	38.75	1	38.75	2.23	ns.
Order	196.42	7	28.06	1.62	ns.
Sex x Order	108.85	7	15.55	.90	ns.
Within Groups	5031.84	1152	--	--	--
Cond.	1999.69	3	666.56	152.60	<.001
Sex x Cond.	60.88	3	20.29	4.65	<.01
Order x Cond.	226.11	21	10.77	2.47	<.001
S x O x C	69.73	21	3.32	.76	ns.

Note: n = 400

Table 6

Summary of Analysis of Variance of the Fear/Anxiety Scales of the EEQ

Source	SS	df	MS	F	p
Total	207298.09	1	--	--	--
Between Groups	7653.76	384	--	--	--
Sex	432.64	1	432.64	21.71	<.001
Order	329.43	7	47.06	2.36	= .02
Sex x Order	52.58	7	7.51	.38	ns.
Within Groups	6051.60	1152	--	--	--
Cond.	4335.29	3	1445.10	275.09	<.001
Sex x Cond.	751.27	3	250.42	47.67	<.001
Order x Cond.	253.62	21	12.08	2.30	<.001
S x O x C	161.70	21	7.70	1.47	ns.

Note: n = 400

Main Data Analyses and Tests of Hypotheses

Sex-role stereotypes of emotion expressiveness. As predicted in Hypothesis 1, the Typical Man was found to be perceived as less expressive of happiness ($t = -10.91$, $d.f. = 1152$, $p < .001$), sadness ($t = -23.00$, $d.f. = 1152$, $p < .001$) and fear/anxiety ($t = -23.40$, $d.f. = 1152$, $p < .001$), but more expressive of anger ($t = 3.15$, $d.f. = 1152$; $p < .001$) than the Typical Woman.

It should be noted that comparisons between male and female subjects ratings of the Typical Man and Typical Woman revealed only one significant difference in the way males and females perceived these sex-role stereotypes. Female subjects perceived the Typical Man as more expressive of anger than did the male subjects ($t = -3.636$; $d.f. = 1152$; $p < .001$).

Self-reports of emotion expressiveness. As predicted in Hypothesis 2, male subjects reported themselves to be less expressive of happiness ($t = -10.31$, $d.f. = 1152$, $p < .001$), sadness ($t = -14.30$, $d.f. = 1152$, $p < .001$), and fear/anxiety ($t = -14.59$, $d.f. = 1152$, $p < .001$), than did female subjects when with their Closest Other and when with a Work Colleague (see Table 7).

The second part of Hypothesis 2 was tested in two ways and received only partial support. There was an interaction effect for anger on the self-report measure of the EEQ indicating that males reported being more expressive of anger with a Work Colleague,

Table 7

t-Tests Between Male and Female Self-Report Scores on Emotion
Expressiveness Questionnaire (EEQ)

Emotions	Closest Other + Work Colleague	Closest Other	Work Colleague
Happiness	-10.315***	-9.69***	-4.90***
Sadness	-14.30***	-12.303***	-7.93***
Anger	--	-2.177*	1.48
Fear/Anxiety	-14.59***	-12.48***	-8.16***

*p < .05
***p < .001

and females reported being more expressive of anger with their Closest Other ($t = 2.59$, $d.f. = 1152$, $p < .01$) (see Table 8). Nevertheless, while a comparison between the means of male and female subjects Closest Other scores for anger supported the hypothesis, a comparison between the means of the male and female subjects Work Colleague scores for anger did not support the hypothesis. That is to say, females were found to report greater expressiveness of anger with their Closest Other as contrasted with males ($t = -2.177$, $d.f. = 1152$, $p < .05$), but males were not found to report being significantly more expressive of anger with their Work Colleague relative to females (see Table 7).

Comparison and contrasts of sex-role stereotypes and self-reports of emotion expressiveness. Pearson product moment correlations between the males EEQ stereotype score means (Typical Man for males) and males EEQ Closest Other self-report means (Closest Other for males), and also between the females EEQ stereotype score means (Typical Woman for females) and females EEQ Closest Other self-report means (Closest Other for females) were computed for each emotion separately. (Closest Other conditions of the self-report EEQ measures were used because stereotype EEQ measures only assess stereotypes in the Closest Other condition.)

Table 8

t-Test Between Mean Differences for Male and Female Closest Other Scores and Male and Female Work Colleague Scores on EEQ* for Anger

	Mean	Difference	t
Male			
Closest Other	12.475	-.455	2.588**
Female			
Closest Other	12.930		
Male			
Work Colleague	10.535	.31	
Female			
Work Colleague	10.225		

*Emotion Expressiveness Questionnaire

**p < .01

As predicted in Hypothesis 3A, sex-role stereotypes of emotion expressiveness and self-reports of emotion expressiveness were related for all four emotions. Male Typical Man scores and male Closest Other scores correlated as follows: happiness $r = .51$ ($p < .001$), sadness $r = .42$ ($p < .001$), anger $r = .54$ ($p < .001$), fear/anxiety $r = .41$ ($p < .001$). Female Typical Woman scores and Female Closest Other scores correlated as follows: happiness $r = .45$ ($p < .001$), sadness $r = .51$ ($p < .001$), anger $r = .29$ ($p < .001$), and fear/anxiety $r = .46$ ($p < .001$).

The second part of Hypothesis 3 was tested in two ways, and received only partial support. It was reasoned that if self-reported behaviors are less sex-typed than the stereotypes, there should be larger differences between the male and female stereotypes (Typical Man vs. Typical Woman -- all subjects combined) than between male and female self-report scores (males Closest Others vs. females Closest Others). A priori comparisons between these mean differences for sadness ($t = -3.24$, d.f. = 1152; $p < .001$), anger ($t = 3.59$, d.f. = 1152, $p < .001$), and fear/anxiety ($t = -3.33$, d.f. = 1152, $p < .001$) were all significant, but the comparison of the mean differences for happiness was not significant (see Table 9).

A more specific test of Hypothesis 3B looks at the difference between the Closest Other conditions and same sex stereotype conditions and the direction of the difference, for males and females

Table 9

t-Tests Between Mean Differences for Typical Man and Typical Woman Scores and Male and Female Closest Other Scores on the EEQ

Emotion	Conds.	Mean	Diff.	t
Happiness	Typical Man	13.24	-1.4575	1.61
	Typical Woman	14.697		
	Male Closest Other	13.705	-1.83	
	Female Closest Other	15.535		
Sadness	Typical Man	10.29	-3.4575	-3.236***
	Typical Woman	13.747		
	Male Closest Other	11.335	-2.615	
	Female Closest Other	13.95		
Anger	Typical Man	13.255	.465	3.594***
	Typical Woman	12.79		
	Male Closest Other	12.475	-.455	
	Female Closest Other	12.93		
Fear/Anxiety	Typical Man	10.1325	-3.795	3.330***
	Typical Woman	13.9275		
	Male Closest Other	10.295	-2.86	
	Female Closest Other	13.155		

Note: Typical Man and Typical Woman scores are reported for male and female subjects combined.

***p < .001

separately, to determine if self-reported behaviors were less sex-typed than the stereotypes. As predicted, males reported expressing more happiness ($t = -2.84$, d.f. = 1152, $p < .001$) and sadness ($t = -5.68$, d.f. = 1152, $p < .001$), but less anger ($t = 4.31$, d.f. = 1152, $p < .001$) to their Closest Other than their stereotype prescribes, and females reported expressing less fear/anxiety to their Closest Other ($t = 3.89$, d.f. = 1152, $p < .001$) than their stereotype prescribes. The males did not report being significantly more expressive of fear/anxiety than their stereotype prescribes, and females did not report being significantly less expressive of happiness and sadness, or significantly more expressive of anger than their stereotype prescribes. In fact, females happiness scores are significant in the direction opposite to that predicted ($t = -5.12$, d.f. = 1152, $p < .001$).

Intimacy level. As Hypothesis 4 predicted, on the self-report measure of the EEQ both males and females reported being more emotionally expressive to their Closest Other than to their Work Colleague for the emotions of happiness ($t = 19.49$, d.f. = 1152, $p < .001$), sadness ($t = 23.49$, d.f. = 1152, $p < .001$), anger ($t = 15.72$, d.f. = 1152, $p < .001$), and fear/anxiety ($t = 12.217$, d.f. = 1152, $p < .001$) (see Table 10).

Closest Other and Work Colleague contrasts. Hypothesis 5 posits that the differences between male and female emotion

Table 10

t-Tests Between Closest Other and Work Colleague Conditions on EEQ*

<u>Emotions</u>	<u>Males (M)</u>	<u>Females (F)</u>	<u>M & F Combined</u>
Happiness	11.384***	16.176***	19.488***
Sadness	14.420***	18.795***	23.487***
Anger	9.282***	12.943***	15.716***
Fear/Anxiety	6.479***	10.799***	12.217***

*Emotion Expressiveness Questionnaire.

***p < .001

expressiveness will be smaller in the Work Colleague condition than in the Closest Other condition. Protected t-tests were used to evaluate a weighted contrast of the means which compared the difference between male and female Closest Other means, and the difference between male and female Work Colleague means (see Table 11). As predicted, the differences between the sexes in the Closest Other condition were found to be larger than the differences between the sexes in the Closest Other condition for the emotions of happiness ($t = -3.39$, d.f. = 1152, $p < .001$), sadness ($t = -3.09$, d.f. = 1152, $p < .01$), and fear/anxiety ($t = -3.05$, d.f. = 1152, $p < .01$). (To reiterate part of Hypothesis 2, only the first part of the prediction that females should be more expressive of anger when with their Closest Other, but less expressive of anger when with a Work Colleague was supported -- although the interaction was significant.)

Qualitative analysis of the average gender differences of the rated emotions. The statistical data obtained from this investigation clearly provide fairly good quantitative support for most of the proposed hypotheses. But what do these numbers representing gender differences in emotion expressiveness really mean in terms of the relative degrees of emotionally expressive behavior?

The means presented in Table 2 provide the data base for most of the analyses of this study. They are combined emotion subscores for each of the EEQ scales -- i.e., they represent the mean of the

Table 11

t-Tests Between Mean Differences for Male (M) and Female (F)
Closest Other (CO) Scores and Male and Female Work Colleague (WC)
Scores on the Emotion Expressiveness Questionnaire

Emotion	Conds.	Mean	Diff.	t
Happiness	MCO	13.705	-1.83	-3.388***
	FCO	15.535		
	MWC	11.555	-.925	
	FWC	12.48		
Sadness	MCO	11.335	-2.615	-3.094**
	FCO	13.95		
	MWC	8.27	-1.685	
	FWC	9.955		
Anxiety	MCO	10.295	-2.86	-3.054**
	FCO	13.155		
	MWC	8.81	-1.87	
	FWC	10.68		

Note: For Anger scores refer to Table 8.

**p < .01
***p < .001

sum of the respondents' scores for the three items which serve as the stimulus events for expressiveness of each emotion, to which respondents reply with scale scores of 1-6. The lowest score one could obtain on these emotion subscales therefore is three, and the highest score one could obtain is 18. If these combined means are divided by three, one can obtain an average score which corresponds to one of the items on the original component response scales. These calculations were performed to obtain the results for the following qualitative analysis (see Table 12).

The largest sex differences in both the stereotypes and self-reports of emotion expressiveness appear for the sad and anxious/fearful emotions. The Typical Man is perceived as being on the low end of the moderate portion of the sadness scale when responding to his Closest Other about extremely sad events. That is to say, he is rated as being most likely to talk of the sad incident with a flat voice, tears in his eyes, some sadness on his face, and overall appear slowed down. The Typical Woman under the same conditions, by contrast, is rated as almost as expressive as a person could be who is manifesting sadness. She speaks of her sorrow quite extensively with heaviness in her voice. She weeps openly, generally looks washed out, and either hangs her head into her sunken chest, or seeks physical comfort.

The Typical Man is again rated in the low moderate range

Table 12

Averages of the Means of Male and Female Subjects Scores
on the Emotion Expressiveness Questionnaire (EEQ) Scales

EEQ Scales

<u>Typical Man</u>	<u>Combined Male and Female Averages*</u>
Happy	4.41
Sad	3.43
Angry	4.42
Anxious/Fearful	3.38

Typical Woman

Happy	4.90
Sad	4.58
Angry	4.26
Anxious/Fearful	4.64

<u>Closest Other</u>	<u>Male Averages</u>	<u>Female Averages</u>
Happy	4.57	5.18
Sad	3.78	4.65
Angry	4.16	4.31
Anxious/Fearful	3.43	4.38

Work Colleague

Happy	3.85	4.16
Sad	2.76	3.32
Angry	3.51	3.41
Anxious/Fearful	2.94	3.56

*Note: Male and female subjects means in the Stereotypic Conditions were combined here to facilitate the qualitative analysis.

when expressing fear/anxiety in response to extremely fear or anxiety provoking events in the presence of his Closest Other. He is rated as sounding a bit strained when talking of the precipitating events. His eyes are widened, his face is ashen, and he reveals tension in his jaws, lips, body, and breathing. The Typical Woman in these situations, by contrast, is rated as acting almost as frightened as a person could be under these circumstances. She is rated as talking repeatedly of the fear provoking events and her feelings with tenseness and shaking in her lowered voice. She generally looks scared or nervous with wide, darting eyes, dry mouth, trembling lips, and a pale and perspiring face. In fact, she seems jittery all over, and she seeks physical comfort.

The men's and women's sad and fear/anxiety scores in the Self-Report conditions do not indicate as large a gender difference as in the Stereotype condition, but they are still the most discrepant of the emotion expressiveness score means. The women's scores in the Closest Other condition in response to extremely sad events are at about the same level as their stereotype scores predict, but the men's Closest Other scores reveal more emotionality in response to sad events than their stereotype scores predict. He is rated as talking in a subdued voice of his sorrow, helplessness and loss, crying at times and seeming more tearful and sad in his expression, as he sits quietly with slumped posture.

Although the difference between the womens' and mens' sadness scores represent one of the larger gender differences in the public Work Colleague condition, they actually come much closer to both acting like the Typical Man in response to extremely sad events.

The mens' and womens' Self-Report scores for fear/anxiety in the Closest Other and Work Colleague conditions are both about a score point apart. The men report acting as the stereotypic man is expected to act in response to extremely anxiety or fear arousing situations. The women, on the other hand, do not report themselves to be as expressive of fear/anxiety as their stereotype prescribes. She still talks a lot of her anxious feelings, but her voice is pressured, high, and only somewhat tremulous. Her face and body appear tense. She appears more stunned and jumpy than the stereotyped trembling female.

The Stereotypic gender differences for happiness are one score point apart. The Typical Woman is rated as almost as expressive of happiness as one could be in response to situations created to evoke extremely happy feelings. With a raised and spirited voice, punctuated with giggles and laughing, she talks positively of her feelings. Her face is joyful, and her body is animated and bouncy. The Typical Man in response to these extremely happy situations, by contrast, is rated as talking of his joyous feelings, and as lively, enthusiastic and optimistic, but not so bubbly as the Typical

Woman. He is smiling, looks attractive, and is generally alert but relaxed.

Interestingly, in their Self-Reports of happiness with their Closest Other, both men and women rate themselves as acting more like the Typical Woman (although the mens' scores are slightly -- .5 points -- less extreme). And, in the Work Colleague condition, women and men report that they express as much happiness as the Typical Man. (Their mean difference score here is only .3 points.)

Although there were some significant differences between the sexes in the Stereotype and Self-Report Closest Other conditions for anger, the mean scores for anger are the least discrepant. The ratings of the Typical Man and Typical Woman, and the Self-Reports of men and women (in the Closest Other condition) in response to situations designed to evoke extremely angry feelings, are all in the high moderate category. They are rated, or rate themselves, as sounding angry while they talk a lot about their angry feelings. They are seen as having tight-lipped angry expressions on their faces, and generally as acting annoyed, irritated and displeased.

By contrast, subjects of both sexes rate themselves as just about equal, but somewhat less angry, in the public Work Colleague condition in response to these situations. They rate themselves as talking to their Work Colleague of the incident but without discussing their feelings, and without the tension and anger in their

voice. The facial expression here only reveals annoyance or tenseness, and this is true of the body as well -- aside from an occasional shaking of the leg or tapping on the table. Apparently, anger is the most socially prohibited and least expressed of the emotions investigated in this study. All responses and respondents seem most constricted in their expressiveness of anger.

Closest Other specification and relationship to EEQ responses.

Both male and female subjects in the self-report Closest Other condition of this study reported that the most frequent recipient of their expressiveness was their Lover or Spouse, followed by the Male Friend for males, and the Female Friend for females (see Table 13).

One way ANOVAs were computed to determine if there was evidence of a relationship between Closest Other Targets and EEQ scores for subjects (M&F) combined, Male subjects, and Female subjects.

Post hoc protected t-tests revealed that the only relationship that was significant was between the male subjects and their targets for the expression of anger. Male subjects reported expressing more anger to their Male Friend than to their Female Friend ($t = 5.89$, d.f. = 135, $p < .001$) or to their Lover/Spouse ($t = 5.61$, d.f. = 135, $p < .001$). A similar finding was also one of many reported by Allen and Haccoun (1976).

Table 13

Designated Closest Other Recipient by Male and Female Subjects

Closest Other	M ^a	F ^b
Mother	7.1%	5.9%
Father	1.4%	0%
Male Friend	22.7%	9.6%
Female Friend	12.8%	28.9%
Lover or Spouse	48.9%	48.1%
Sibling	6.4%	5.2%
Other	.7%	2.2%

^avalid cases -- n = 141

^bvalid cases -- n = 135

Psychometric Properties and Construct Validity of the EEQ

Internal consistency. Standardized item alpha coefficients were calculated for each of the four emotion scales for the stereotype measures and self-report measures of the EEQ. These alpha coefficients are presented in Table 14. Considering that there are only three items that comprise each subscale (i.e., for each of the coefficients computed), they are acceptable. This conclusion is further supported by the pattern of item-scale intercorrelations which are also acceptable (see Table 18, Appendix C, pp. 166-170).

Social desirability. Pearson product moment correlations were calculated to determine if socially desirable responding contaminated the EEQ scores. Almost all correlations between the EEQ scales and the PRF Social Desirability Scale for males and females were not significant, showing little evidence of a socially desirable response set. The only significant relationship was between happiness scores on all EEQ scales for males and their PRF - social desirability scores ($M-TMr = .14$, $p = .04$; $M-TFr = .14$, $p = .05$; $M-COr = .26$, $p < .001$; $M-WCr = .21$, $p = .002$), perhaps indicating a socially desirable response style on the part of males when expressing happiness.

Relationship of EEQ to sex-role stereotype questionnaire.

Evidence of the hypothesized relationship between the Broverman Sex-Role Stereotype Questionnaire (SRSQ) and the EEQ stereotype

Table 14

Standardized Item Alpha Coefficients for the Emotion Expressiveness Questionnaire

<u>Condition</u>	<u>Happiness</u>	<u>Sadnesss</u>	<u>Anger</u>	<u>Fear/Anxiety</u>
Typical Man	.7031	.6744	.7345	.7531
Typical Woman	.6849	.6764	.6394	.7298
Closest Other	.8171	.7853	.7589	.8234
Work Colleague	.7480	.7387	.7362	.8190

Note: n = 400

measure was weaker than had been anticipated, falling into the barely acceptable range.

Broverman (1974) states that the difference between how subjects view the Typical Male and Typical Female on the Male Valued items (DiffMV), and the difference between how subjects view the Typical Male and Typical Female on the Female Valued items (DiffFV), are an indication of the extent subjects are stereotypic, i.e., perceive men and women to have different characteristics.

The DiffMV and DiffFV scores and EEQ Typical Man and Typical Woman scores were correlated for all (M&F) subjects combined. Four of the eight possible male relationships were significant, and only one of the eight possible female relationships was significant (see Table 15).

Overall correlations between the SRSQ DiffMV and DiffFV with the EEQ Typical Man scales revealed that there was a significant relationship for both (DiffMV -- $R = .33$, $F = 2.81$, $p = .03$, d.f. = 4,95, and DiffFV -- $R = .32$, $F = 2.73$, $p = .03$, d.f. = 4,95).

Overall correlations between the SRSQ DiffMV and DiffFV with the EEQ Typical Woman scales were both not significant.

Relationship of EEQ to self-disclosure questionnaire. As hypothesized, the scores on the 25-item Self-Disclosure Questionnaire (SD-25) to the Closest Other and Work Colleague were generally found to be related to the scores of the corresponding target person on

Table 15

Correlations Between EEQ Typical Man Scores and SRSQ DiffFV and DiffMV Scores

SRSQ	<u>Typical Man EEQ Scales</u>			
	Happiness	Sadness	Anger	Fear/Anxiety
DiffMV	-.20*	-.14	-.12	-.31**
DiffFV	-.03	.24*	-.05	.22*

Correlations Between EEQ Typical Woman Scores and SRSQ DiffMV and DiffFV Scores

SRSQ	<u>Typical Woman EEQ Scales</u>			
	Happiness	Sadness	Anger	Fear/Anxiety
DiffMV	.15	.07	.03	.07
DiffFV	-.20*	-.18	-.05	-.02

Note: n = 100

EEQ = Emotion Expressiveness Questionnaire

SRSQ = Sex-Role Stereotype Questionnaire

DiffMV = SRSQ stereotype scores on male-valued items

DiffFV = SRSQ stereotype scores on female-valued items

*p < .05

**p < .01

the self-report measure of the EEQ, particularly for female subjects and the Work Colleague conditions.

Pearson product moment correlations between the SD-25 Closest Other condition and the EEQ Closest Other condition for all subjects (M&F) combined were significant for happiness ($r = .28$, $p < .01$) and sadness ($r = .25$, $p = .01$), but not significant for anger or anxiety. Correlations between these scales for female subjects and male subjects separately are presented in Table 16.

Pearson product moment correlations between the SD-25 Work Colleague condition and EEQ Work Colleague condition for all subjects combined were all highly significant (happiness $r = .49$, $p < .001$; sadness $r = .35$, $p < .001$; anger $r = .27$, $p = .006$; anxiety $r = .33$, $p = .001$). Correlations between these scales for male and female subjects separately are presented in Table 16.

Overall correlations between the SD-25 scales for Closest Other and Work Colleague with the EEQ self-report scales (CO and WC, respectively) for all subjects combined were both significant indicating good support for Hypothesis 7 (CO-R = $.36$; $F = 3.577$; $p = .009$; d.f. = 4,95; WC-R = $.51$; $F = 8.427$; $p < .001$; d.f. = 4,95). Overall correlations between these scales for male and female subjects separately are presented in Table 16.

As a final note on the SD-25, a t-test comparing male and female subjects SD-25 scores revealed that females were more self-

Table 16

Pearson Product Moment Correlations Between Self-Disclosure (SD-25)
and Emotion Expressiveness Questionnaire (EEQ) Scales

	EEQ Scales			
	Happiness	Sadness	Anger	Fear/Anxiety
Total (Males and Females, N = 100)				
Closest Other	.29**	.25**	-.30	.16
Work Colleague	.49***	.35***	.27**	.33***
Males Only (N = 50)				
Closest Other	.17	.13	-.13	-.07
Work Colleague	.44**	.42**	.21	.30*
Females Only (N = 50)				
Closest Other	.28*	.23	.09	.33*
Work Colleague	.58***	.28*	.35**	.38**
<u>Overall Correlations Between SD-25 and all Four EEQ Scales Combined Additively</u>				
	R	F	p	d.f.
Total (Males and Females, N = 100)				
Closest Other	.36	3.577	.009	4,95
Work Colleague	.51	8.427	<.001	4,95
Males Only (N = 50)				
Closest Other	.31	1.203	ns.	4,45
Work Colleague	.51	3.931	.008	4,45
Females Only (N = 50)				
Closest Other	.36	1.699	ns.	4,45
Work Colleague	.59	6.039	<.001	4,45

*p < .05
 **p < .01
 ***p < .001

disclosing than males in the Closest Other condition ($t = 2.92$, $p = .004$, $d.f. = 98$) but not in the Work Colleague condition.

Sex-role stereotypes on the EEQ for emotion categories.

The concept of sex-role stereotype implies extensive agreement among people as to the characteristic differences between women and men. Hence, the percentage of subjects rating females higher in the expression of happiness, sadness, and fear/anxiety, relative to males, but low in the expression of anger compared to males was tabulated. When there was 75% or better agreement or consensuality for an emotion category in this respect, it was considered a sex-role stereotype.

According to this criterion, expressiveness of sadness and anxiety were clearly sex-role stereotyped (e.g., 86% of the subjects see women as more expressive of sadness than males), and there was a tendency for the expression of happiness to be viewed in a stereotypic fashion. Anger expression was not viewed stereotypically (see Table 17).

Order effects. Significant order effect derived from the main ANOVAs for sadness and fear/anxiety, and significant condition x order interactions for all emotions, indicated the need for further contrast analyses for Order Effects. These analyses were carried out and they are presented in Appendix D, pp. 174-177.

It should be noted here that the magnitude of these effects

Table 17

Percent of Subjects' Agreement on Sex-Role Stereotypes of Emotion Expressiveness

Emotion	Males and Females (N = 400)	Males (N = 200)	Females (N = 200)
Happiness (TF > TM)	68	65.5	70
Sadness (TF > TM)	86.5	85	88
Fear/Anxiety (TF > TM)	86	86	85.5
Anger (TM > TF)	50	44.5	55.5

were generally much smaller than those derived from the tests of the major hypotheses. Furthermore, the effect of order was controlled for in this study by counterbalancing the order of presentation of the questionnaires. (All orders are presented in Table 19, Appendix D, p. 173).

Secondary Data Analyses

Relationship of demographic variables to EEQ scores.

Demographic variables (age, marital status, socioeconomic status, mother's and father's ethnic background, and race) and their relationship to each of the EEQ scales for each emotion separately were determined by either 1) Pearson product moment correlations, or 2) one way ANOVAs and subsequent protected t-tests. Only significant findings are reported.

Age. Older subjects (M&F) saw the Typical Man as more expressive of anxiety than younger subjects ($r = .11$, $p = .04$). This was particularly true of older male subjects ($r = .18$, $p = .01$), and older subjects reported expressing more anxiety to a Work Colleague than did younger subjects ($r = .14$, $p = .004$).

Marital status. The Typical Man was seen as more expressive of anxiety by Previously Married subjects (M&F) than by Single or Married subjects ($t = 13.91$ and $t = 5.56$; d.f. = 397; $p < .001$). Married and Previously Married subjects (M&F) saw the Typical Woman

as more expressive of anger than Single subjects ($t = 8.48$ and $t = 18.16$; $d.f. = 397$; $p < .001$), but it was Married male and Previously Married female subjects more than male and female Single subjects, respectively ($t = 8.52$ and $t = 11.80$; $d.f. = 197$; $p < .001$) that accounted for this effect. And, Previously Married females reported being more expressive of happiness to their Work Colleague than did Married or Single females ($t = 13.66$ and $t = 5.78$, $d.f. = 197$, $p < .001$).

Socioeconomic status. Utilizing Hollingshead's Two Factor Index of Social Position (1977), the socioeconomic status for male and female subjects was tabulated (see Table 1). The only significant finding here was that Upper Class female subjects saw the Typical Woman as less expressive of anxiety than did Middle, Lower Middle, and Lower Class females ($t = -5.33$, $t = -4.50$, $t = -5.18$; $d.f. = 186$; $p < .001$).

Mother's ethnicity. All subjects (M&F) reported expressing more fear/anxiety to their Closest Other when their mothers were Jewish as opposed to being Italian, Irish or Other (all other ethnic groups combined) ($t = 7.49$, $t = 4.86$, $t = 9.43$; $d.f. = 287$, $p < .001$). All subjects also reported expressing more fear/anxiety to a Work Colleague when their mothers were Jewish as opposed to being Italian or Other (but not Irish) ($t = 7.05$ and $t = 6.72$, $d.f. = 287$, $p < .001$), and Others reported expressing more fear/anxiety to a Work Colleague

than did subjects with Italian mothers ($t = 5.59$, $d.f. = 287$, $p < .001$).

Male subjects reported expressing more fear/anxiety to their Closest Other when their mothers were Jewish as opposed to being Italian, Irish or Other ($t = 5.13$, $t = 7.41$, $t = 8.51$; $d.f. = 145$; $p < .001$).

Female subjects having Irish, Jewish or Other mothers reported expressing more anger to a Work Colleague than did females with Italian mothers ($t = 6.66$, $t = 5.94$, $t = 6.65$; $d.f. = 138$; $p < .001$), and females with Irish mothers reported expressing more anger to a Work Colleague than did Others ($t = 6.59$; $d.f. = 138$; $p < .001$).

Father's ethnicity. Subjects (M&F) with Jewish fathers reported expressing more fear/anxiety to their Closest Other than did subjects with Italian or Other fathers ($t = 5.55$ and $t = 9.10$; $d.f. = 289$; $p < .001$). Subjects (M&F) with Jewish fathers also reported expressing more fear/anxiety to their Work Colleague than did subjects with fathers of Italian, Irish, and Other ethnic backgrounds ($t = 5.04$, $t = 4.87$, $t = 6.29$; $d.f. = 289$; $p < .001$).

Male subjects with Jewish fathers reported expressing more fear/anxiety to their Closest Other than did male subjects with Italian, Irish, or Other fathers ($t = 5.21$, $t = 4.64$, $t = 9.50$; $d.f. = 145$; $p < .001$). Male subjects with Jewish fathers reported

expressing more sadness to a Work Colleague than did males with fathers of Other ethnic backgrounds (not Italian or Irish) ($t = 7.35$; d.f. = 145; $p < .001$).

Race. White subjects (M&F) reported being more expressive of happiness to their Closest Other than did Black or Asian subjects ($t = 5.28$ and $t = 8.96$; d.f. = 384; $p < .001$). White subjects (M&F) also reported being more expressive of sadness to their Closest Other than did Black or Asian subjects ($t = 7.52$ and $t = 8.44$; d.f. = 384; $p < .001$). Hispanic subjects (M&F) reported being more expressive of sadness to their Closest Other than did Black or Asian subjects ($t = 5.25$ and $t = 5.10$; d.f. = 384; $p < .001$). White subjects (M&F) reported being more expressive of happiness to a Work Colleague than did Asian subjects ($t = 10.67$; d.f. = 384; $p < .001$).

Black male subjects saw the Typical Female as more expressive of sadness than did Other (usually a racial mix) males ($t = 4.60$, d.f. = 190, $p < .001$). Hispanic males also saw the Typical Female as more expressive of sadness than did White or Other males ($t = 6.58$ and $t = 6.38$; d.f. = 190; $p < .001$).

White males reported expressing more happiness to their Closest Other than did Black or Asian males ($t = 5.73$ and $t = 7.29$; d.f. = 190; $p < .001$). White males reported expressing more sadness to their Closest Other than did Black or Asian males ($t = 8.46$ and

$t = 7.25$; d.f. = 190; $p < .001$). Hispanic males reported expressing more sadness to their Closest Other than did Black males ($t = 4.23$, d.f. = 190, $p < .001$). White males reported expressing more happiness to a Work Colleague than did Black or Asian male subjects ($t = 8.03$ and $t = 9.23$; d.f. = 190; $p < .001$).

White female subjects reported expressing more happiness and more sadness to their Closest Other than did Black or Asian females (Hap: $t = 5.29$ and $t = 6.70$; Sad: $t = 7.64$ and $t = 6.65$; d.f. = 189; $p < .001$). Hispanic females reported expressing more happiness than Asian females, as well as more sadness than Black or Asian females, when with their Closest Other (Hap: $t = 4.02$; Sad: $t = 6.51$ and $t = 4.88$; d.f. = 189; $p < .001$).

Combined ethnic and socioeconomic status differences. Ethnic and social class differences of subjects' scores on the EEQ were analyzed to test hypotheses derived from the sex-role stereotype and self-report expressiveness dimensions of the SRSQ reported by Romer and Cherry (1980). Analyses of variance comprised of appropriate SES and ethnic conditions were calculated, and significant findings were further analyzed using protected t-tests. All of the hypotheses tested are listed in Appendix C, but only significant findings will be reported here.

The hypothesis (1) that Italian males are more expressive than Jewish or Black males was partly supported. Italian males

reported being more expressive of happiness ($t = 5.13$, d.f. = 64, $p < .001$), sadness ($t = 5.71$, d.f. = 64, $p < .001$), anger ($t = 4.37$, d.f. = 64, $p < .001$), and fear/anxiety ($t = 4.58$, d.f. = 64, $p < .001$) to their Closest Other, and more expressive of happiness ($t = 6.38$, d.f. = 64, $p < .001$) to a Work Colleague than did Black males (but not Jewish males). In addition, Jewish males reported being more expressive of happiness ($t = 4.13$, d.f. = 64, $p < .001$), sadness ($t = 6.05$, d.f. = 64, $p < .001$), and anxiety to their Closest Other ($t = 7.52$, d.f. = 64, $p < .001$), than did Black male subjects.

Chapter 4

SUMMARY AND DISCUSSION

Overall Findings on Sex-Role Stereotypes and Sex Differences in Reported Emotion Expressiveness

Results derived from the subjects responses to the Stereotype Measure of the Emotion Expressiveness Questionnaire (EEQ) indicate that there are societal norms regarding female and male emotion expression. Females are expected to be generally more emotionally expressive relative to males, particularly of happiness, sadness and fear/anxiety. Males are expected to be more expressive of anger in comparison with females, as socialization and emotion disclosure theorists have suggested (e.g., Balswick, 1982; Condry and Condry, 1976; Dosser, 1982; and Honig, 1983).

Also the male and female subjects' own reported responses on the Self-Report Measure of the EEQ generally conform to the prevalent sex-role stereotypes of emotion expressiveness. Relative to males, females reported themselves to be more expressive of happiness, sadness and fear/anxiety.

In contrast to the stereotype but as predicted, it was females who reported greater anger expression than males when with their Closest Other. These results are in agreement with findings of other investigators who have evaluated sex-differences in anger

expression (Allen and Haccoun, 1976; Dosser et al., 1983; Slevin and Balswick, 1980), although contradictory findings regarding anger expression have been reported by researchers who typically use Balswick's EOE Scale (e.g., Balkwell et al., 1978; Dosser et al., 1983).

On the other hand, males were not found to be more expressive of anger than females to their Work Colleague as had been predicted, but the results are in the expected direction. Admittedly this part of the hypothesis (3b) was weakly formulated at the outset. It was based on theoretical notions of females' inhibition of anger in public situations (Carmen et al., 1981), the report that males will act sex-role stereotypically when at work (Schein, 1975), and the study of male and female anger expression to "bosses and supervisors" in the assertiveness literature (e.g., Hollandsworth and Wall, 1977).

Part of the problem with evaluating anger expressiveness is that up until now, for the most part, researchers have not addressed the issue of differential anger expression by females and males depending on situational and target factors. Perhaps a study that explores sex differences in direct and indirect anger expression as Allen and Haccoun (1976) suggest, with a larger number of anger evoking stimuli than used here, to a wider variety of recipients, will give greater weight to the current findings and resolve some of the inconsistencies reported in emotion expressiveness

research.

Aside from the strong sex-differences in emotion expressiveness obtained, rules for determining differential emotion expressiveness dependent on circumstances or situational constraints also appear to be operative. Both males and females reported expressing more emotion to their Closest Other than to a Work Colleague, as Hypothesis 4 predicted. Nevertheless, the strong societal imperative for both females and males not to express their strongest feelings at work was modulated by the greater expressiveness (and acceptance of the greater expressiveness) by females relative to males. Hence, as Hypothesis 5 predicted, on their self-reports of emotion expressiveness, females reported being slightly more expressive of happiness, sadness, and fear/anxiety than males in the work role, relative to their emotion expressiveness with their Closest Other.

Overall, evidence was presented to support the hypotheses that there is a strong relationship between the sex-role stereotypes of emotion expressiveness or norms for emotion expression, and (reports of) emotion expressiveness behaviors. As predicted in Hypothesis 3a, correlations between the EEQ sex-role stereotype scales and EEQ self-report scales were all found to be highly significant. Only the correlation for anger between these two measures is weaker than the others, but this was to be expected from the differential direction of the proposed sex differences for anger for the stereotypes ($M > FM$) and Closest Other self-

reports (FM > M). Furthermore, examination of the magnitude of the t's for anger relative to the other emotions in tests of Hypotheses 1 and 2 allows us to see that while there are the expected relationships between gender and expressiveness, there is a good deal of variance unaccounted for which would still allow for some agreement between the EEQ stereotype and EEQ self-report measures for anger.

In spite of this strong relationship between the EEQ stereotype and self-report measures, evidence that self-reported behaviors are less sex-typed than are the stereotypes was inconsistent. The problem is not that people did not report behaving stereotypically, however, but that they conformed precisely to, or even accentuated, stereotypic norms. As predicted (3b), males reported being more expressive of happiness, sadness, but less anger to their Closest Other than their stereotype prescribed, and females reported being less expressive of fear/anxiety than their stereotype prescribed. Males did not report being significantly more expressive of anxiety, and females did not report being significantly less expressive of happiness, sadness, or more expressive of anger than their stereotypes prescribed. In fact, females reported expressing significantly more happiness to their Closest Other than their stereotype prescribed.

In any event, while the evidence seems to point to support the notion that stereotypes shape emotion expressiveness behaviors, actually the design of this study did not permit investigation of

the causal link between sex-role stereotypes of emotion expressiveness versus other socialization factors, such as parental expressiveness, and emotion expressiveness behaviors posited by Balwick and Avertt (1977). Further research in this area is warranted.

Closest Other specification. Subjects who responded to the request to indicate their relationship to their Closest Other, disclosed that it was their Lover or Spouse who was most frequently the recipient of their expressiveness. Nevertheless, in agreement with findings by Highlen and Gillis (1978), male and female subjects second choice of recipient was their same sex friend. (One might note that comparison of findings across studies in this area is complicated by the fact that the same choice of recipients is not always made available to subjects in each investigation.)

The finding of greater expressiveness of anger by males to their male friend is similar to one of the findings reported by Allen and Haccoun (1976). They found (for direct emotion expression only, however), that males express more joy and sadness to the opposite sex (this could be the same as lover/spouse), and more fear and anger to the same sex. Females express more of all emotions to the opposite sex (again, this could be lover/spouse).

Psychometric Properties of the EEQ

The evidence amassed above generally supports the proposed

findings for sex-role stereotypes and self-reports of emotion expressiveness, and their hypothesized relationship. The persuasiveness of these findings, however, is also determined by the validity of the EEQ measures.

Alpha coefficients and internal consistency. The internal consistency of a measure as reflected in the Alpha coefficient, is determined by 1) the size of the intercorrelations and 2) the number of items in the scale. Alpha coefficients are usually considered acceptable when they are in the .80's or better, however, the criterion is lower for scales such as those of the EEQ emotion subscales because they are comprised of only three items each.

Hence, the alpha coefficients of the EEQ which are typically in the .70's are satisfactory. When these are considered along with the pattern of item-scale intercorrelations, this conclusion is further supported.

Social desirability. The lack of relationship, on the whole, between the EEQ measures and the PRF Social Desirability Scale indicates that the scores derived from the EEQ are relatively free of social desirability response bias.

The only significant correlations between males' EEQ happiness scores and their PRF-SD scores, may thus be interpreted as a reflection of males greater need to display, or belief that others should display,

a good deal of happiness in order to appear socially desirable to others.

Construct validity -- stereotype measures. Although only five of the 16 possible correlations between the stereotype scales (DiffMV and DiffFV) of Broverman's Sex-Role Stereotype Questionnaire (SRSQ) and the emotion scales for Typical Man (TM) and Typical Woman (TW) of the EEQ are significant, the pattern of relationships between these measures is meaningful, particularly for the male stereotypes.

When the Typical Man was seen as low on the expression of happiness and anxiety, he was seen as high on the competency dimension (DiffMV) of the SRSQ relative to the Typical Woman. This finding agrees with our stereotypic vision of the American man: if not too expressive, he is usually viewed as more competent as his instrumental role prescribes. Moreover, when he was seen as low in the expression of sadness and anxiety (on the EEQ), he was seen as endorsing the warmth-expressiveness dimension (DiffFV) of the SRSQ relative to the typical woman, i.e., as endorsing the sex-role stereotype of the unemotional male.

When the Typical Woman was seen as high on the expression of happiness on the EEQ, she was seen as endorsing the warmth-expressiveness dimension (DiffFV) of the SRSQ relative to the Typical Man. This relationship probably does not hold for the expression of sadness and anxiety, as one might expect, because

these emotions appear to be represented by male-valued (MV) items on the SRSQ (such as, "not excitable in a major crisis," and "never cries"). Accordingly, the lack of correlation between the male-valued stereotype of the SRSQ and EEQ Typical Woman emotion scores may be interpreted to mean that when the woman is high on the expression of sadness and anxiety, as well as anger (MV item is "aggressive"), this has little to do with her ratings of competence.

Significant overall correlations for the Typical Man EEQ scores with the DiffMV and DiffFV scores of the SRSQ, and lack of significance for the overall correlations between the Typical Woman EEQ scores and SRSQ stereotype scores may be interpreted similarly.

In sum, it may be concluded that there is a weak, but logical relationship between the SRSQ and the EEQ stereotype measures. Why this is particularly true of the male stereotype but not the female stereotype measures, however, remains unresolved. Although reference is frequently made for the relationship which states that endorsement of the female stereotype on the SRSQ means greater warmth and/or expressiveness (e.g., Balwick, 1982; Broverman et al., 1972), actually there are very few items in the SRSQ that pertain to emotion expressiveness per se, and half of them are included in the male competency cluster of items (e.g., the male-valued stereotype is more "aggressive," "not excitable in a major crisis" and "never cries," etc.). Viewed in this light then, one might not expect

an overall strong relationship between the SRSQ and the stereotype measure of the EEQ, especially for the female stereotype.

Construct validity -- self-report measures. Some theorists concerned with issues of self-disclosure assume that emotion disclosure is but one vehicle for disclosing to another (e.g., Dosser, 1982). Overall, the correlations between the EEQ self-report measure and the revised version of the SD-25 bear this out.

Subjects who express willingness to disclose information about themselves to their Closest Other also report greater willingness to express happiness, sadness (and even anxiety to some extent -- for females anyway), to their Closest Other. Willingness to disclose information about the self to the Closest Other is unlikely to be related to willingness to disclose angry feelings to the Closest Other, however, and may even be associated with concealment of angry feelings.

This pattern of findings seems to indicate that people, and especially males, may talk about many personal topics with the person they are closest to, but that does not mean they will, or desire to reveal their angry and anxious feelings to them. Contrasting the correlations between males' and females' Closest Other EEQ responses with their SD-25 Closest Other responses supports this interpretation (see Table 16, p. 66). Males' scores on these measures are not particularly related, but most of the females' scores are related. Perhaps Jourard (1971) is correct when he suggests that males are

more adept at separating feelings from ideas than are females.

Nevertheless, there is a relationship between emotion and self-disclosure in the Closest Other condition for all subjects combined which is reflected in the overall correlation coefficient for the Closest Other conditions of these two measures.

In addition, all of the correlations between the Work Colleague dimension of the SD-25 and the EEQ scales plus the significant overall correlation between the Work Colleague dimensions of the SD-25 and EEQ, indicate that these measures are related.

In general, it may be concluded that the tests for the construct validity of the EEQ conducted thus far support the premise that meaningful relationships may be identified with their use. Nevertheless, the less than satisfactory results for the stereotype measure, as well as the fact that only two tests of construct validity were included in this research effort, point to the need for further tests of construct validity for the EEQ measures.

Stereotype analysis. Although the significant findings in support of Hypothesis 1 clearly indicate an endorsement of sex-role stereotypes of emotion expressiveness, it was thought to be of some interest to see the results of another test of the viability of these stereotypes.

Calculations of the percentage of subjects rating females

as more expressive of happiness, sadness, and fear/anxiety, but less expressive of anger relative to males, for the most part, indicated agreement with stereotypic notions of emotion expressiveness.

The relative weak endorsement of the anger expressiveness stereotype (as contrasted with the other emotions) is consistent with findings regarding anger presented throughout this investigation. The Typical Man was seen as more expressive of anger than the Typical Woman, as predicted, but this finding was attenuated relative to the strong sex-role stereotypes found for the other emotions. This may be because males did not view the Typical Man as expressive of anger as did females.

Order effects. Unexpected Order Effects were disclosed in the data analysis of the EEQ scores (see Appendix D). They may be given less weight relative to the main findings, however, for a number of reasons. To begin with, the large number of subjects run in this study called for a very large number of degrees of freedom in testing for significant effects. This meant that even very tiny differences across conditions were seen as significant. In fact, the magnitude of the order effects was quite small when contrasted with those of the main findings, and the hypothesized effects were all very solid. In any event, the orders were counterbalanced, so whatever order effects there were contributed equally to the other effects being analyzed.

Nevertheless, a number of comparisons were calculated and did disclose some patterns of results that may prove important for future research with the EEQ.

Basically, the largest number of order effect confounds arose when administration of the stereotype measure preceeded the self-report measure and separately, or at the same time, 1) Work Colleague preceeded Closest Other and 2) Typical Man preceeded Typical Woman. Under either of these circumstances, Work Colleague scores were all elevated when Work Colleague preceeded Closest Other (while only some Closest Other scales were elevated), and some Typical Woman scores were elevated when Typical Man preceeded Typical Woman (while only a couple of Typical Man scales over all analyses were elevated).

Consideration of these findings might lead one to suggest that in future research with the EEQ, 1) the self-report measure should be administered before the stereotype measure, and 2) Closest Other should preceed Work Colleague and Typical Woman should preceed Typical Man. Since this is only the first administration of the EEQ, however, one might await further evidence of order effects before considering not counter-balancing order of administration of the EEQ questionnaires.

To completely control for order effects in future research with the EEQ one might also consider creating a between subjects design.

Conclusion -- psychometric properties. Overall, in spite of the problem with order of administration, the psychometric properties of the EEQ measures are reasonably good, and warrant further validation and use in studies of emotion expressiveness.

Secondary Data Analyses

The results of the analyses of the relationships between EEQ scores and demographic variables did produce some interesting findings. The anxiety attributed to the Typical Man by Previously Married subjects, the greater anger attributed to the Typical Woman by Married male and Previously Married female subjects, and the greater expressiveness of happiness to the Work Colleague by Previously Married females, allude to a number of consequences of marriage and divorce in the U.S. today. The greater expression of anxiety to the Closest Other by all Jewish subjects, but particularly Jewish males, is also quite revealing, as are the findings of greater anger expression by females with Irish mothers and lower anger expression by females with Italian mothers in the Work Colleague (public) condition. The reports of greater expression of happiness and sadness by White and Hispanic subjects, to their Closest Other in particular, are also noteworthy.

For the most part, these findings support ethnic and racial stereotypes of emotion expressiveness in our society.

Since these findings were analyzed post hoc, and the number of subjects involved in the analyses were frequently quite small, a systematic investigation of these relationships seems called for.

Conclusion, Limitations, and Implications of this Research

All major hypotheses regarding sex differences in sex-role stereotypes and self-reports of emotion expressiveness, and their relationship to one another, as well as proposed differences in emotion expressiveness as a function of intimacy levels, received at least partial confirmation. When considered along with the evidence of the psychometric strength of the EEQ, it may be concluded that subsequent research of emotion expressiveness utilizing the EEQ will prove to be informative.

Limitations of this research. On the other hand, the EEQ and the design of this investigation are not without their shortcomings. Most conspicuous is the absence of any behavioral assessment of emotion expressiveness, and/or the assessment of some of behavioral indice's relationship to the EEQ. While studies which use self-report measures are more easily expedited than laboratory and field studies, and they provide us with a useful and rich source of information, they are, after all, only indirect measures of the variables under study. Of course, laboratory and field studies are not without their limitations as well, such as the frequently contrived nature

and difficulty in implementing these types of research (particularly in the area of emotion expression). Nevertheless, studies employing behavioral indices of emotion expressiveness are called for.

In a similar vein, other indices of sex-role stereotyping of emotion expressiveness are needed as further support for the current findings. Perhaps laboratory studies which give people an opportunity to display their stereotypic expectations, as well as reviews of the incidence of the stereotyping of expressiveness in the literature and media would prove to be informative. To this end it would seem that selecting subjects from a truly representative sample of adults would be important to future studies of the norms of emotion expressiveness.

Furthermore, since the design of this study did not allow for a direct test of the causal link between expressiveness norms and behaviors, and other factors that could influence the development of emotion expressiveness, and there was limited testing of convergent and discriminant validation (construct validity) and reliability of the EEQ measures, as was discussed previously, further investigation of these issues is warranted.

Lastly, one potential limitation of the Emotion Expressiveness Questionnaire itself is worthy of mention. This questionnaire was seen as somewhat ominous when first viewed by the subjects who participated in this study because of its length and density. It was

necessary to allay these peoples' anxiety by clearly stating at the outset that the instruments look much worse than they actually are because there is only one question on each page (there are only 48 items when using both stereotype and self-report measures), but more importantly it was imperative to emphasize that subjects need not read every item of the response scale but only focus on those items that are representative of the intensities of expressiveness that they imagine they themselves or the imagined person would express in each situation presented (see Instructions for Presentation to Classes, the Stereotype Measure of the EEQ, Appendix A, p. 97). While it actually took most participants in this investigation 20 to 40 minutes to complete both versions of the EEQ, it is important to stress that in future investigations with the EEQ or if considering modifications of the EEQ, the subjects' comfort during test administration should be considered.

Implications of the study. Although the findings of this investigation provide evidence that there are widely shared norms that pertain to the expression of emotion (viz., stereotypes) and they are similar to people's self-reports of emotion expressiveness, it is important to consider the implications of this type of social consensus.

Specifically, it seems appropriate here to consider whether these stereotypes reflect prescriptive values, that is, socialization

pressures regarding how things "out to be," or if they are simply generalizations (perhaps overgeneralizations) reflecting "the way things are." The former implies modifiability, while the latter suggests limitations in their potential for social change or modification.

Some of the evidence derived from the current research effort, such as the discrepancy between stereotypes and self-reports for male and female expressiveness of anger, argue against the simple heuristic or descriptive interpretation. This study was not designed to assess problems of causality, however, and thus, it is incapable of resolving the issue of the fundamental basis of these differences. Undoubtedly it will remain the topic of serious debate in our society for some time to come.

Similarly, it would seem important to consider whether the reported sex differences in expressiveness are determined by social or innate factors. Although the present work has emphasized elucidating one of the possible social determinants of this sex difference (viz., sex-role stereotypes), it is likely that both biological and social factors influence women's and men's expressive behaviors.

Certainly, there are numerous studies that strongly suggest the likelihood that differences in emotion expressiveness are partly a consequence of basic temperamental differences. For example, the work of Ehrhardt (1985) showed evidence that an over- or under-abundance of sex hormones (e.g., androgens) predisposes individuals

to develop certain "sex-linked" behavior patterns (including displays of "aggressiveness"). Studies by Buck (1977), and particularly Field and Walden (cited in Buck, 1984), provide data which show there are individual differences in nonverbal expressiveness and skin conductance in infants and very young children. And, as pointed out by Buck (1984), the research program of Harlow on the maturation of the emotion systems of non-human primates, provides evidence that innately determined emotions (viz., fear and aggression) are coordinated with patterns of social experience to produce socially responsive animals.

By contrast, there are numerous studies that have contributed evidence of social factors influencing emotion expressiveness. For example, the work of Block (1973) and Honig (1983) provide data showing that parents and teachers dissuade boys from displaying certain emotions. And, even the work of Maccoby and Jacklin (1975) which revealed in its review of studies on the socialization of behavior in children that there is not a consistent picture of greater permissiveness towards boys' aggressive behavior, provided evidence of other factors that could have the effect of encouraging gender differences in expressions of affect. For example, they found evidence that boys receive greater physical punishment than girls (which could serve to encourage aggressiveness), that caretakers discourage children -- particularly boys -- from engaging in activities they

consider appropriate for the opposite sex, and that parents are more concerned about physical danger for girls than boys (perhaps encouraging greater fearfulness in girls). Furthermore, evidence from the current investigation of different levels of expressiveness in different roles (private vs. public), by different racial and ethnic groups, and reports of greater anger expression by females, all imply that there are socializing factors which influence the expression of emotion.

Instead of getting involved in a fruitless debate of nature versus nurture, however, it seems more constructive to consider emotion expressiveness from a biosocial perspective as Ehrhardt (1985) has suggested. Possibly there may be temperamental differences in emotion expression for women and men. This does not mean they are not further embellished by socialization processes which exaggerate the distinctions between male and female behavior. When one considers that males' lack of emotionality may lead to greater incidence of interpersonal difficulties, for example, or that females' greater expressiveness is believed to influence judgments of her competence, the implications of viewing emotion expressiveness as somewhat modifiable are considerable. To this end, one could contemplate directions emotion expressiveness research might take.

The findings of a relative lack of emotion expressiveness for males when viewed in conjunction with reports of greater illness

and mortality rates for males, has led a number of authors to suspect an important relationship exists between emotion inexpressiveness and physiological breakdown (e.g., Anderson, 1981; Hollaender and Florin, 1983; Kissen, 1964, 1967; O'Neill, 1982; G. F. Solomon, 1969; G. F. Solomon and Moos, 1964; K. Solomon, 1981, 1982).

Others maintain that lack of emotion disclosure (e.g., Balswick, 1982; Balswick & Peek, 1971; Dosser, 1982; Koch, 1983; O'Neill, 1982), or an inability to express one's emotions in response to situational demands and role requirements (e.g., Chelune, 1975; Chelune, Waring, Vosk, Sultan, and Ogden, 1984; Jorgensen and Gaudy, 1980; Jourard, 1964; Levinger and Senn, 1967), puts people more at risk for psychological problems and disturbances.

These relationships may be explored with the use of the EEQ. The self-report measure might even be improved for this type of investigation by revising it to include a larger number of targets, and situations of varying intimacy such as the measure devised for self-disclosure research by Chelune (1976c).

In sum, appropriate emotion disclosure is likely to prove to be important for the well-being of women and men in American society. When men and women are taught to, and come to adhere to traditional sex-role stereotypes, they have usually learned only a portion of the skills and behaviors necessary to cope effectively in life. The overly controlled and inexpressive person suffers

by forfeiting self-awareness, sensitivity to others, freedom to be honest, vulnerable, spontaneous, playful and socially adept.

Effective and healthy functioning requires that masculinity and femininity must each be tempered by the other, that the two be integrated to ensure the expression of our full human potential. "Both feeling and reason are needed to label (and deal effectively with) the complexities of cognitive and affective experiences in interpersonal life. . ." (O'Neil, 1982, p. 26). Both instrumental and expressive communication patterns are necessary for a fully functioning society. Appropriate awareness and expression of feeling is a basic feature of the healthy person.

APPENDIX A

Questionnaire Revisions, Introduction and Instructions
for Presentation to Classes

The testing involved (within class) sessions of approximately one hour duration. Subjects were addressed in the following manner at the beginning of the session:

"My name is Lynn Winsten. I am a graduate student in Social-Personality Psychology at the Graduate Center of the City University of New York.

I am here today to ask if you would be willing to participate in my dissertation research on the expression of emotions. All you would be required to do is complete a few short questionnaires that will take about 45 minutes (1 hour) (1 hour, 15 minutes) to fill out. These measures are very straight forward, and there will be no stress or deception involved in any part of this research. You may leave now if you feel you do not wish to participate. I will explain what the study is about at the end of the session, and you will be informed as to how you can obtain a report of the results of this investigation."

The Stereotype Measure of the Emotion Expressiveness
Questionnaire (see Appendix A-1a). The following instructions were read to the subjects:

"This questionnaire will require that you indicate how you believe a typical American man and a typical American woman express

their feelings in a number of situations. It does not require you to respond as you would feel, but as the average man or woman might behave.

Now take a couple of minutes to read the instructions, reread them if necessary, and look over the first item. When looking at the first item, you will see below the question of "How much happiness do you believe this person would express," etc., the numbers 1 through 6 with groups of emotion behaviors next to each. I just want to bring to your attention that the number one is the least one could express this feeling, number two is a little more, etcetera, up to the number six which is the most one could express this feeling. So when answering each item on the questionnaire, focus on the amount of emotion you imagine this person would express, and then look at that part of the scale that comes closest to your estimate. You are not expected to read the entire response scale every time you respond to each item."

A copy of the questionnaire with written instructions and response scale are included in this Appendix as A-1a. The stereotype EEQ score was tallied for typical male, and typical female, for each emotion.

The Self-Report Measure of the Emotion Expressiveness Questionnaire (see Appendix A-1b). The following instructions were read to the subjects:

"This questionnaire will require that you indicate how you express your feelings to your closest other and a colleague from work who you are friendly with.

Now take a couple of minutes to read over the instructions, reread them, if necessary, and ask me any questions you might have."

A copy of the questionnaire with written instructions, and response scale are included in this Appendix as A-1b. The Self-Report EEQ score were tallied for each emotion and each target person, for each sex.

Short Form of Broverman's Sex-Role Stereotype Questionnaire

(see Appendix A-2). This 82-item questionnaire lists characteristics that can describe sex-role stereotypes of females and males. Each item is separated by 60 points. Subjects are asked to put a slash mark through the line at the point at which the item describes a man or woman. Subjects were not asked to fill in the self-report scale of this index.

Due to time constraints of this investigation, this instrument was abbreviated (from 82 to 40 items). Items remaining represent Rosenkrantz et al.'s (1968) stereotypic traits, and characteristics that deal with emotion expressiveness.

The following instructions were read to the subjects:

"This questionnaire will require you to indicate how you believe an adult man and an adult woman behave. It does not require

you to respond as you would feel.

Please take a couple of minutes to read the instructions, review the sample item, and then ask me any questions you might have."

A copy of this questionnaire and instructions are presented in this Appendix as A-2.

Scoring followed the procedures described in the accompaniment to the questionnaire. In short, this involved tallying a standard score for male valued (MV) items and female valued (FV) items to eliminate response bias. Then the sum and average for each subject's standard scores for the Typical Male and the Typical Female for the male-valued and then the female-valued items were tallied. The difference scores between the Typical Male and Female responses, on the MV and FV items, respectively, were calculated to produce the stereotypic scores.

Jourard's 25-Item Self-Disclosure Questionnaire (see Appendix A-3). This questionnaire is a 25-item self-report measure of past disclosure to four target persons. Due to time constraints of this investigation, this questionnaire has been abbreviated (from 25 to 15 items). This questionnaire was also revised here to measure willingness to disclose to two target persons related to the present investigation, and to include a 3-item response format (to render it more comparable to the well-validated SD-60). Subjects were asked to indicate

the extent that they have talked or might talk about each item to:
a) closest other, and b) a work colleague that they are friendly with. They were asked to use the following 3 point scale to indicate their answers:

0 - the other person is not likely to know me in this respect, because I will not tell him/her, or let him/her know in any other ways.

1 - the other person will have a general idea of how I am in this respect, but his/her idea of me is not likely to be complete or up-to-date.

2 - the other person will fully know me in this respect, because I will talk about this topic to him/her fully. I will keep this person fully informed about this aspect of me.

The following instructions (adapted from Jourard, 1971) were read to the subjects:

"People differ in the extent to which they let other people know them. On this questionnaire we are trying to assess what you might tell two other people about yourself: one is your closest other, and one is a work colleague that you are friendly with. These are the same two people you were asked to give information about on the second questionnaire you have received. Please make sure to evaluate your behavior with regard to these same two individuals once again.

Please read the instructions and then indicate your responses on the answer sheet provided.

If you have any questions, please feel free to ask me to answer them at this time."

A copy of the revised versions of the instructions and questionnaire are included in this Appendix as A-3.

The numerical entries for each item were summed, yielding totals for each target which constituted the self-disclosure score for closest other and work colleague conditions.

Personality Research Form Social Desirability Scale (see Appendix A-4). This self-report questionnaire is part of Jackson's Personality Research Form. It allows for assessment of the response set.

The following instructions were read to the subjects:

"This is one final questionnaire I will give to you which asks you some questions about your attitudes and behaviors.

Please read the instructions and then circle the appropriate response.

If you have any questions, please feel free to ask me at this time."

A copy of the instructions and test are presented in this Appendix as A-4.

The following items were scored "1" if they were circled "T"

for "true": 2, 3, 6, 9, 10, 11, 13, 16, 17, 19. The following items were scored "1" if they were circled "F" for "false": 1, 4, 5, 7, 8, 12, 14, 15, 18, 20. All items scored "1" were summed to provide a total score.

Questionnaires Used in this Investigation

(only one order is included)

- A-1. Emotion Expressiveness Questionnaire (EEQ)
 - a. Stereotype Measure
 - b. Self-Report Measure
- A-2. Revised version of Short form of Broverman's Sex-Role Stereotype Questionnaire.
- A-3. Revised version of Jourard's 25-Item Self-Disclosure Questionnaire (SD-25)
- A-4. Personality Research Form (PRF) Social Desirability Scale
- A-5. Demographic Information Sheet

APPENDIX A-1a

EEQ - Stereotype Measure

When responding to this part of the questionnaire, allow yourself to imagine that it is happening to a typical American man:

about 30 to 40 years old, fairly attractive and likeable, married, moderately successful and stable, with a decent job, nice home, and some friends.

Then, with this person in mind --

for each situation in this questionnaire

1. read the statement
2. allow yourself to imagine that it is happening to this man right now
3. focus on how he is feeling in the situation
- 4 take a little time to think about it

and then

5. check the number that corresponds to the group of behaviors that comes closest to describing how you believe this man would show his feelings on the answer sheet provided -- for the section marked "man -- items 1-12

The man is alone with the person closest to him (his closest other)

6. then, take a moment to relax and clear your head
7. and do the same for the next item.

Remember, as you answer each item, try to respond as this typical man might and not as you feel you would respond

PLEASE TAKE YOUR TIME

AND MAKE SURE TO ANSWER ALL THE ITEMS

- 1 Imagine that this person has just found a cure for a killer disease, or something has happened to make this person feel extremely happy.

How much happiness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 2 Imagine that this person has just lost a loved one, or something has happened to make this person feel extremely sad.

How much sadness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks dissheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 3 Imagine that this person has a new neighbor who blasts music day and night which has kept this person from getting a good night's sleep for days -- in spite of requests to turn it down, or something has happened to make this person feel extremely angry.

How much anger do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 4 Imagine that this person's favorite pet has just died, or something has happened to make this person feel extremely sad.

How much sadness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks disheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 5 Imagine that this person has just been informed that the funding promised for the person's project has now been given to someone else "for political reasons," or something has happened to make this person feel extremely angry.

How much anger do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 6 Imagine that this person has just been confronted by a gang of people intending to do this person harm, or something has happened to make this person feel extremely anxious/fearful.

How much fear/anxiety do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shaky, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 7 Imagine that this person has just won the grand prize in the lottery, or something has happened to make this person feel extremely happy.

How much happiness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly;
looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 8 Imagine that this person's car has just been hit by a hit and run driver (no one was hurt), or something has happened to make this person extremely angry.

How much anger do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 9 Imagine that this person has just been trapped in a cave with a boa constrictor, or something has happened to make this person feel extremely anxious/fearful.

How much fear/anxiety do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shakey, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 10 Imagine that this person has just been offered a terrific promotion at work as acknowledgement for doing an excellent job for the past three years, or something has happened to make this person feel extremely happy.

How much happiness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 11 Imagine that this person has just found out that the person's child is terminally ill (for certain), or something has happened to make this person feel extremely sad.

How much sadness do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks disheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 12 Imagine that this person has just lost control of the car, or something has happened to make this person feel extremely anxious/fearful.

How much fear/anxiety do you believe this person would express when alone with the person's closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shaky, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- B. Now we would like you to go through this questionnaire for a second time. This time allow yourself to imagine that it is happening to a typical American woman:

about 30 to 40 years old, fairly attractive and likeable,
married, moderately successful and stable, with a
decent job, nice home and some friends

then with this person in mind --

for each statement in this questionnaire

1. read the statement
2. imagine that it is happening to this woman right now
3. focus on how she is feeling in the situation

and then

4. check the number that corresponds to the group of behaviors that comes closest to describing how you believe this woman would show her feelings on the answer sheet provided for the section marked "woman" -- items 1-12

the woman is alone with the person closest to her (her closest other)

5. relax, and do the same for the next item.

PLEASE TAKE YOUR TIME

AND MAKE SURE TO ANSWER ALL ITEMS

Typical American MAN -- items 1-12

- | | | | | | | |
|-----|---------|---------|---------|---------|---------|---------|
| 1. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 2. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 3. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 4. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 5. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 6. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 7. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 8. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 9. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 10. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 11. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |
| 12. | 1 _____ | 2 _____ | 3 _____ | 4 _____ | 5 _____ | 6 _____ |

Now please turn to the last page of this answer sheet and your question booklet.

Typical American WOMAN -- items 1-12

- | | | | | | | |
|-----|--------|--------|--------|--------|--------|--------|
| 1. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 2. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 3. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 4. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 5. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 6. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 7. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 8. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 9. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 10. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 11. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 12. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |

APPENDIX A-1b

EEQ - Self-Report Measure

When responding to this part of the questionnaire allow yourself to imagine that it is happening to you.

then, for each situation in this questionnaire

1. read the statement
2. allow yourself to imagine that it is happening to you right now
3. focus on how you are feeling in the situation
4. take a little time to think about it

and then

5. check the number that corresponds to the group of behaviors that come closest to describing how you believe you would show your feelings on the answer sheet provided

IMAGINE YOU ARE ALONE WITH THE PERSON CLOSEST TO YOU (your CLOSEST OTHER) (Use items 1-12 "CLOSEST OTHER" on the answer sheet)

6. then take a moment to relax and clear your head
7. and do the same for the next item

PLEASE TAKE YOUR TIME

AND MAKE SURE TO ANSWER ALL ITEMS

Before you begin, please think of the name of your closest other, then write down the person's sex, and the person's relationship to you on the space provided on the answer sheet.

- 1 Imagine that you have just found a cure for a killer disease, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with your closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 2 Imagine that you have just lost a loved one, or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with your closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks dissheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 3 Imagine that you have a new neighbor who blasts music day and night which has kept you from getting a good night's sleep for days -- in spite of requests to turn it down, or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with your closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 4 Imagine that your favorite pet has just died, or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with your closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks dissheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 5 Imagine that you have just been informed that the funding promised for your project has now been given to someone else "for political reasons," or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with your closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 6 Imagine that you have just been confronted by a gang of people intending to do you harm, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with your closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shakey, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 7 Imagine that you have just won the grand prize in the lottery, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with your closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly;
looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 8 Imagine that your car has just been hit by a hit and run driver (no one was hurt), or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with your closest other?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 9 Imagine that you have just been trapped in a cave with a boa constrictor, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with your closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned, eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shaky, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 10 Imagine that you have just been offered a terrific promotion at work as acknowledgement for doing an excellent job for the past three years, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with your closest other?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 11 Imagine that you have just found out that your child is terminally ill (for certain), or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with your closest other?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks disheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 12 Imagine that you have just lost control of the car, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with your closest other?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shakey, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

Now we would like you to respond to items 13-24.

This time allow yourself to imagine that you are alone with a colleague you are friendly with from work (a WORK COLLEAGUE).

Again, for each situation in this questionnaire

1. read the statement
2. allow yourself to imagine that it is happening to you right now
3. focus on how you are feeling in the situation
4. take a little time to think about it

and then

5. check the number that corresponds to the group of behaviors that comes closest to describing how you believe you would show your feelings on the answer sheet provided (items 13-24 -- "WORK COLLEAGUE")
6. then take a moment to relax and clear your head
7. and do the same for the next item

PLEASE TAKE YOUR TIME

- 13 Imagine that you have just found a cure for a killer disease, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with a work colleague?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 14 Imagine that you have just lost a loved one, or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with a work colleague?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks dissheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 15 Imagine that you have a new neighbor who blasts music day and night which has kept you from getting a good night's sleep for days -- in spite of requests to turn it down, or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with a work colleague?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 16 Imagine that your favorite pet has just died, or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with a work colleague?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks disheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 17 Imagine that you have just been informed that the funding promised for your project has now been given to someone else "for political reasons," or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with a work colleague?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 18 Imagine that you have just been confronted by a gang of people intending to do you harm, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with a work colleague?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shakey, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 19 Imagine that you have just won the grand prize in the lottery, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with a work colleague?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 20 Imagine that your car has just been hit by a hit and run driver (no one was hurt), or something has happened to make you feel extremely angry.

How much anger do you believe you would express when alone with a work colleague?

- 1 - Will not appear annoyed or angry or talk about incident
- 2 - Shows by slight look of annoyance on the face; or by quick tightening of the jaw; or furrow of eyebrows; may be sullen, sulk or pout, give a disapproving look or a frown
and/or
Some tension in body; hand may tremble from rage
- 3 - Talks to other of anger provoking incident
and
Shows by slight look of annoyance on face; eyes a bit more piercing; eyebrows furrow; jaw is tight
and
Body is tense; may shake a leg or tap on table; hand may tremble with rage
- 4 - Talks a lot about angry feelings and the incident with tension and anger in the voice
and
Has a tight lipped angry expression on the face; eyes look penetrating and firmly set; brow is furrowed; jaw may be thrust forward; face is pale
and
Acts generally stiff, annoyed, irritated, and displeased; sighs or huffs and breathing deepens; may clench fist
- 5 - Talks repeatedly of what happened; very verbal about complaints of anger and annoyance; voice is raised, loud, and pressured
and
Looks angry -- color in face increases; eyes are glaring; eyebrows are furrowed; wings of nostrils somewhat raised; lips are tight or frowning; jaw is clenched and thrust forward
and
Head is erect and inclined forward; chest is expanded and respiration is a little hurried; arms may be rigid or bent at elbows; fists may be clenched; feet are planted firmly on the ground, or may walk distractedly about
- 6 - Voice is loud, hard, and discordant; yells, growls, swears; mouth may froth; is threatening to say or do something to hurt someone or retaliate; has an impulse to hit or kick someone
and
Look of fury or rage on face -- face reddens (may become purple), eyes have intense fiery look or protrude; dilated nostrils quiver; mouth is hard and firm; teeth are clenched and grind together; may bare teeth; veins in forehead and neck may be distended
and
Body is erect and trembling, may be bent forward; the chest heaves; limbs are rigid; arms are raised; fists are clenched

- 21 Imagine that you have just been trapped in a cave with a boa constructor, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with a work colleague?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shaky, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

- 22 Imagine that you have just been offered a terrific promotion at work as acknowledgement for doing an excellent job for the past three years, or something has happened to make you feel extremely happy.

How much happiness do you believe you would express when alone with a work colleague?

- 1 - Will not appear happy or joyous or talk about the incident
- 2 - Shows by look of contentment on face; or slightly upturned mouth; or eyes brighten slightly;
and/or
Body is well-coordinated; is peaceful and tranquil; excited in a calm way
- 3 - Talks of happy feelings with more fluent speech or peppy voice
and
Has a look of contentment on face; or a gentle smile; eyes brighten slightly; looks free from worry, more alert
and
Body is well-coordinated; more fluidity of movement; there is a warm excitement
- 4 - Talking a lot of joyous feelings; laughs quietly; speech is more lively and enthusiastic; sounds optimistic, cheerful, open to everything
and
Smiles and eyes are sparkling; crinkling in corners of eyes; complexion looks good; looks attractive;
and
Body is loose and relaxed; acts more alive, more awake; alert to things around
- 5 - Talks of feelings a good deal with raised and spirited voice; lots of positive comments and verbal interjections of pleasure; chuckles, giggles, laughing at times
and
Looks joyful -- color in face increases; broad smile; eyes are glimmering, bright, and dancing; face glows; skin and muscle tone are good
and
Body is erect; head is upright; arms are loose and move around; more bouyant and bouncy; more self-assured; wants to reach out to others; more affectionate and warm
- 6 - Talking rapidly and most excitedly of incident and feelings; voice is louder and higher, effervescent; laughing and singing
and
Looks most elated -- lots of color in cheeks; continuous smiling; eyes are dancing and sparkling, may tear; face is glowing, looks radiant and very animated
and
Body is very animated; bouncy, springy, bubbly, bouyant; dances about, claps hands, stamps feet; wants to share feelings with everyone, make others happy; generally very affectionate

- 23 Imagine that you have just found out that your child is terminally ill (for certain), or something has happened to make you feel extremely sad.

How much sadness do you believe you would express when alone with a work colleague?

- 1 - Will not appear sad or distressed or talk about the incident
- 2 - Shows by some sadness on face; looks down; or eyelids droop; eyes look dull; or mouth is ever so slightly downturned; or set expression on face and/or
Body is slowed down in general; acts busy; becomes introspective and turns inward
- 3 - Talks of sad incident with flat voice and lots of sighing; tears well up or lips tremble a bit at times
and
Some sadness on face; seems stunned; brow and forehead are tightened and drawn down; eyes droop; mouth is downturned in a frown
and
Body is motionless; passive; slowed down
- 4 - Talks a lot of sorrow; speech is slow and retarded; voice is subdued; verbalizes sad feelings, helplessness, and loss
and
Tears roll down face; cries at times; has tears in eyes or eyes look dull; lips, cheeks and jaw are drawn downward; has a long face
and
Sits quietly with slumped posture
- 5 - Talks of sorrow, reviewing, rehearsing, and reliving; voice is heavy; lots of sad feelings expressed
and
Weeps openly -- eyes are full of tears; has a long face; eyes and mouth droop; looks empty, drained, hollow and pale
and
Head hangs down on contracted chest; wants physical contact
- 6 - Wailing about sorrow; repetitious moaning on and on about horrible feelings and incident
and
Cries uncontrollably; eyes and face are red, wet, and puffy; entire face is drawn down
and
Looks disheveled; body is shaking; rocks to and fro; really wanting bodily contact and consolation; arms may flail, may pound something; may seem hysterical, inconsolable

- 24 Imagine that you have just lost control of the car, or something has happened to make you feel extremely anxious/fearful.

How much fear/anxiety do you believe you would express when alone with a work colleague?

- 1 - Will not appear anxious or frightened or talk about the incident
- 2 - Shows by widened eyes; or tension in jaw; or corners of lips show a trace of being drawn back; looks ashen
and/or
some tension in body; may be short of breath; may adjust clothes
- 3 - Talks of anxious/fearful feelings and states what happened; voice is a bit strained
and
Shows by widened eyes; tension in jaw and cheeks; corners of lips show a trace of being drawn back; looks ashen
and
Tension in body; hands may shake a bit; short of breath; may adjust clothes
- 4 - Talking a lot of fearful/anxious feelings, repeating what happened and of heart beating faster; voice sounds pressured and high, somewhat tremulous and choppy; at times sighs with relief
and
Face and mouth are tight, tense and hard; looks stunned; eyes are wide, darting nervously around at times; perspiration on forehead; looks pale
and
Body is tense; acts nervous, tense, jumpy; hands are moist, shaky
- 5 - Talking repeatedly of incident and feelings, and how body feels; lots of exclamations and extra speech; voice is tense, controlled, jittery, sounds husky or may fail
and
Looks scared or nervous -- face is tense; eyes are wide open, darting around; eyebrows are raised; mouth is wide or dry; lips tremble; skin is pale; perspiration on face
and
Body is jittery, muscles shiver all over; momentarily immobilized; breathing is hurried and irregular; wants to be comforted
- 6 - Talking excessively about events and how body feels; is repetitious, expressing terror; some cursing and letting off steam; voice is shakey, almost screeching; breathless at times
and
Looks terrified -- extreme tension on face; uncovered protruding eyeballs, pupils are dilated; wings of nostrils flare; gasping convulsive motion of the lips; teeth may clatter; death-like pallor; beads of sweat on skin; hair may stand on end
and
Extreme tension and shaking all over body; breathing heavily and rapidly; hands alternate clenching and opening; knees may knock; perspiring; acts vulnerable and totally helpless; wants to be held and hold on

Closest Other Information:

What is the sex of your closest other?

What is this person's relationship to you?

(items 1-12 -- CLOSEST OTHER)

- | | | | | | | |
|-----|--------|--------|--------|--------|--------|--------|
| 1. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 2. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 3. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 4. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 5. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 6. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 7. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 8. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 9. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 10. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 11. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 12. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |

(items 13-24 -- WORK COLLEAGUE)

- | | | | | | | |
|-----|--------|--------|--------|--------|--------|--------|
| 13. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 14. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 15. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 16. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 17. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 18. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 19. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 20. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 21. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 22. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 23. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |
| 24. | 1_____ | 2_____ | 3_____ | 4_____ | 5_____ | 6_____ |

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These consist of pages:

Broverman's Sex-Role Stereotype Questionnaire 148-153

Jourard's 25-item Self-Disclosure Questionnaire 154-156

Personality Research Form 157-158

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APPENDIX A-5

Demographic Information Sheet

PLEASE FILL OUT THIS INFORMATION -- IT'S IMPORTANT

Male or Female

Birthdate

Age

Marital Status

Home Town

Father's Occupation

Mother's Occupation

Your Occupation (if any)

Father's Education

Mother's Education

Your Year in College (or last year completed)

Your Major in College

Father's Income (approx.)

Mother's Income (approx.)

Your Income (approx. -- if applicable)

Race

Ethnic Group of Mother

Ethnic Group of Father

APPENDIX B

--

Summary of Hypotheses

Regarding sex-role stereotypes of emotion expressiveness --

Hypothesis 1: people will stereotype males as expressing little emotion relative to females; more specifically,

- a. people will stereotype males as less expressive of happiness, sadness, and fear/anxiety than females;
- b. people will stereotype males as more expressive of anger than females.

Regarding self-reports of emotion expressiveness --

Hypothesis 2: males will report being less expressive of emotion than will females;

- a. males will report being less expressive of happiness, sadness, and fear/anxiety than will females;
- b. there will be an interaction effect for anger such that under some conditions (with a colleague from work) males will report being slightly (but significantly) more expressive of anger than will females, and under other conditions (with the closest other) a reverse trend will be found.

Regarding sex-role stereotypes and self-reports of emotion expressiveness --

Hypothesis 3: a. there will be a positive correlation between individuals' sex-role stereotypes of emotion expressiveness and their self-reports of emotion expressiveness;

b. mean self-reported emotion expressiveness will be less sex-typed than mean sex-role stereotypes of emotion expressiveness.

Regarding intimacy level --

Hypothesis 4: on the self-report measure of emotion expressiveness both males and females will be more emotionally expressive in the more intimate role with the closest other than in the more public role with a colleague from work.

Regarding sex differences in the work colleague condition --

Hypothesis 5: sex and intimacy level will interact in such a way that the differences between male and female emotion expressiveness of happiness, sadness, and fear/anxiety will be smaller in the Work Colleague condition than in the Closest Other condition.

Regarding construct validity --

Hypothesis 6: subjects' scores on Broverman's Sex-Role Stereotype Questionnaire will be positively correlated with their scores on the stereotype measure of the Emotion Expressiveness Questionnaire.

Hypothesis 7: self-disclosure scores on the SD-25 to the respective target person (closest other or work colleague) will be positively correlated with the corresponding scores on the self-report measure of the Emotion Expressiveness Questionnaire.

APPENDIX C

APPENDIX C

Emotion Evoking Situations Pilot Studies

In their examination of the effects of emotion expressiveness, Schwartz and Brown, and their colleagues obtained standardized situations that subjects could imagine that would evoke consistent patterns of subjective experience of emotion (Brown and Schwartz, 1980; Schwartz, 1982; Schwartz, Brown and Ahern, 1980; Schwartz and Weinberger, 1980). Overall, their research indicated that these specific situations would not only evoke specific patterns of subjective experience, but that the ideation and imagery evoked also affected physiological responses.

A list of 360 of these situations (designed to evoke anger, anxiety, fear, happiness, sadness and depression) was obtained from Professor Gary Schwartz of Yale University for the present investigation. The 63 items that showed evidence of evoking relatively pure experiences of each emotion, that were not sex-linked, and that could be applicable to the general population, were selected to be included in a pilot study. A list of 63 emotion evoking situations of moderate and high intensity in the four emotion categories of happiness, sadness, anger and fear/anxiety, was presented to a group of 20 people. These people were asked to imagine how a typical person would feel in response to each of the emotion evoking situations, and to check off the corresponding feeling(s)

on an abbreviated Differential Emotions Scale (Schwartz and Weinberger, 1980).

The fear and anxiety categories were combined for this investigation since Schwartz and Weinberger (1980) found evidence that fear may be a particular type of anxiety, and both emotions seemed theoretically significant for the current research purposes.

From the first pilot study, a group of emotion evoking situations was selected for which there was evidence of at least 80% agreement that the specific emotion at the particular moderate or high intensity was aroused. An attempt was also made to select those items that evoked the most pure emotional experiences for each emotion category. It was decided at this juncture to utilize only high intensity items for the present study as moderate intensity items rarely met this criteria.

One happiness, two sadness, one anger and three fear/anxiety items met the criteria. (It was decided to use three items to represent each category of emotion on the final questionnaire so that all together there would be 48 imagery evoking items presented to each subject.)

Thus, another pilot study was conducted to evaluate a second list of items to complete the three items per emotion objective. The contents of these situations were in part stimulated by the work of Izard (1977), and were partly derived from the personal

experiences of the author. This list of 45 items was evaluated by another 10 people in the same way as the list in the first pilot. Once again only those items for which there was at least 80% agreement for the emotion category and intensity, as well as the tendency to be representative of a pure emotion experience was included.

ITEM-SCALE INTERCORRELATIONS FOR THE EMOTION
EXPRESSIVENESS QUESTIONNAIRE

One reliability index for a paper-and-pencil instrument is its internal consistency. This is partly reflected in the magnitude and pattern of item-scale intercorrelations. If all items correlate highly with one another, it indicates a very internally consistent scale.

The pattern of item-scale intercorrelations for each measure of the EEQ by emotion subscales (for the 400 subjects in this study) is presented in the next few pages (pp. 167-170). Inspection of this table (Table 18) reveals that, with the exception of item 4, the items of each subscale are substantially and fairly homogeneously related to one another.

Table 18

Item-Scale Intercorrelations for the EEQ ScalesTypical Man

Happiness	Item	1	7	10
	1	1.00		
	7	.47	1.00	
	10	.41	.45	1.00
Sadness	Item	2	4	11
	2	1.00		
	4	.49	1.00	
	11	.46	.28*	1.00
Anger	Item	3	5	8
	3	1.00		
	5	.44	1.00	
	8	.49	.50	1.00
Fear/Anxiety	Item	6	9	12
	6	1.00		
	9	.44	1.00	
	12	.51	.56	1.00

Typical Woman

<u>Happiness</u>	<u>Item</u>	<u>1</u>	<u>7</u>	<u>10</u>
	1	1.00		
	7	.41	1.00	
	10	.43	.42	1.00
<u>Sadness</u>	<u>Item</u>	<u>2</u>	<u>4</u>	<u>11</u>
	2	1.00		
	4	.46	1.00	
	11	.48	.29*	1.00
<u>Anger</u>	<u>Item</u>	<u>3</u>	<u>5</u>	<u>8</u>
	3	1.00		
	5	.37	1.00	
	8	.38	.35	1.00
<u>Fear/Anxiety</u>	<u>Item</u>	<u>6</u>	<u>9</u>	<u>12</u>
	6	1.00		
	9	.52	1.00	
	12	.38	.52	1.00

Closest Other

Happiness	Item	1	7	10
	1	1.00		
	7	.59	1.00	
	10	.59	.61	1.00
Sadness	Item	2	4	11
	2	1.00		
	4	.56	1.00	
	11	.58	.50*	1.00
Anger	Item	3	5	8
	3	1.00		
	5	.52	1.00	
	8	.53	.48	1.00
Fear/Anxiety	Item	6	9	12
	6	1.00		
	9	.61	1.00	
	12	.66	.56	1.00

Work Colleague

Happiness	Item	1	7	10
	1	1.00		
	7	.48	1.00	
	10	.43	.58	1.00
Sadness	Item	2	4	11
	2	1.00		
	4	.49	1.00	
	11	.58	.38*	1.00
Anger	Item	3	5	8
	3	1.00		
	5	.44	1.00	
	8	.48	.53	1.00
Fear/Anxiety	Item	6	9	12
	6	1.00		
	9	.58	1.00	
	12	.64	.58	1.00

Note: N = 40

*Item 4 is weakest and should be replaced for future use of EEQ.

DISCUSSION AND HYPOTHESES -- WORK OF ROMER AND CHERRY

Romer and Cherry (1980) conducted an investigation of the effects of ethnic and social class differences on high school students' responses to Broverman's Sex-Role Stereotype Questionnaire (SRSQ). When considering possible relationships between these demographic variables and emotion expressiveness responses on the EEQ, the work of Romer and Cherry (1980) was consulted. Hypotheses derived from findings of ethnic and social class differences of their subjects pertaining to the warmth-expressiveness dimension of the SRSQ are presented on the next page of this Appendix.

As noted on page 73 of this manuscript, only one hypothesis (Hypothesis 1) received partial confirmation in the current investigation. Knowing what we do now of the fairly weak relationship between emotion expressiveness (as assessed by the EEQ stereotype measure) and the warmth-expressiveness dimension of Broverman's Sex-Role Stereotype Questionnaire, these results are not surprising.

Hypotheses Derived from the Expressiveness Scale of
the SRSQ as Reported by Romer and Cherry (1980)

1. Italian males are more expressive than Jewish or Black males.
2. Jewish females are more expressive than Italian and Black females.
3. Black subjects (M + FM) male sex-role stereotype is more expressive than Italian or Jewish subjects males sex-role stereotype.
4. Middle class males will describe themselves as more expressive than working class males.
5. Middle class Italian males describe the male stereotype as more expressive than Jewish middle class males and Black middle class males.
6. Middle class Black subjects will report themselves to be more stereotyped in their expressiveness relative to working class Blacks.
7. Working class Jewish subjects will be more stereotypic when responding than middle class Jewish subjects, and working class Italian subjects will be more stereotypic when responding than middle class Italians.
 - a. Working class Jewish females did see the Typical Woman as more expressive of anxiety than middle class Jewish females ($t = 2.05$, $p = .05$). Report of only one significant finding could be expected by chance.

APPENDIX D

Table 19

Order of EEQ Administration^a

1	2	3	4
CO	WC	CO	WC
WC	CO	WC	CO
TM	TF	TF	TM
TF	TM	TM	TF
5	6	7	8
TM	TF	TF	TM
TF	TM	TM	TF
CO	WC	CO	WC
WC	CO	WC	CO

^aTM = Typical Male Stereotype Measure

TF = Typical Female Stereotype Measure

CO = Closest Other Self-Report Measure

WC = Work Colleague Self-Report Measure

APPENDIX D

ORDER EFFECTS

Significant order effects derived from the main ANOVAs for sadness and anxiety, and significant condition x order interactions for all emotions, indicated the need for further contrast analyses for Order Effects. Since these significant findings were not anticipated, and many post hoc comparisons were calculated for investigation of this problem, a more stringent criterion relative to that used for hypothesis testing was determined (.001 or less was used for each t-test). (A Scheffé Test was computed at the outset, but this produced too stringent a criterion, and no significant differences.) (All orders are presented in this Appendix.)

Contrasts between administering the stereotype measures before the self-report measures versus presenting the self-report measures before the stereotype measures revealed only one significant effect. The Typical Woman was rated as more expressive of sadness if the self-report measure preceeded the stereotype measure ($t = 3.787$, d.f. = 1152, $p < .001$). (Groups 1-4 vs. 5-8)

Contrasts between the self report orders of presentation, viz. Closest Other preceding Work Colleague versus Work Colleague preceeding Closest Other (for all order conditions), produced a number of significant effects. Closest Other scores for sadness

were significantly higher if Closest Other came after the Work Colleague condition, as opposed to coming before it ($t = -4.541$, $d.f. = 1152$, $p < .001$). Work Colleague scores for all four emotions were significantly higher if Work Colleague came before Closest Other, as opposed to coming after it (Hap- $t = -4.951$, Sad- $t = -5.246$, Anger- $t = -4.59$, F/Anx- $t = -4.189$ -- $d.f. = 1152$, $p < .001$). (Groups 1, 3, 5, 7 vs. 2, 4, 6, 8)

Contrasts between the stereotype orders of presentation, viz. Typical Man preceeding Typical Woman versus Typical Woman preceeding Typical Man (for all order conditions) produced a small number of significant effects. Typical Man scores for anxiety were significantly higher when the Typical Man was rated before Typical Woman ($t = 3.905$, $d.f. = 1152$, $p < .001$). Typical Woman scores for sadness and anxiety were significantly higher when Typical Man was before Typical Woman (Sad- $t = 5.669$, F/Anx- $t = 3.600$; $d.f. = 1152$, $p < .001$). (Groups 1, 4, 5, 8 vs. 2, 3, 6, 7)

Contrasts to determine if it matters to the stereotype scores that sequence Work Colleague/Closest Other versus sequence Closest Other/Work Colleague preceeds the stereotype measures were all not significant. (Groups 1 and 3 vs. 2 and 4)

Contrasts to determine if it matters to the self-report scores that sequence Typical Man/Typical Woman versus Typical Woman/Typical Man preceeds the self-reports were all not significant.

(Groups 5 and 8 vs. 6 and 7)

Contrasts to determine if it matters to the stereotype scores that Typical Man is before Typical Woman versus if Typical Woman is before Typical Man when the self-report measure is presented before the stereotype measure (groups 1 and 4 vs. 2 and 3) versus the self-report measure being presented after the stereotype measure (groups 5 and 8 vs. 6 and 7), produced significant effects only when the self-report measure was presented after the stereotype measure. When the self-report measure was presented before the stereotype measure, 1) none of the Typical Man conditions were effected, and 2) none of the Typical Woman conditions were effected. On the other hand, when the self-report measure was presented after the stereotype measure (or the stereotype measure was not preceeded by any other measures), 1) Typical Man was rated higher on anger when TW preceeded TM versus TM preceeding TW ($t = -3.925$, d.f. = 1152, $p < .001$), and Typical Man was rated higher on anxiety when TM preceeded TW versus TW preceeding TM ($t = 3.394$, d.f. = 1152, $p < .001$), and 2) Typical Woman was rated higher on sadness and anxiety when TM preceeded TW versus TW preceeding TM (Sad- $t = 5.023$, F/Anx- $t = 3.425$; d.f. = 1152; $p < .001$).

Contrasts to determine if it matters to the self-report scores that Closest Other is before Work Colleague versus if Work Colleague is before Closest Other when the self-report measure is

presented before the stereotype measure (groups 1 and 3 vs. 2 and 4) versus when the self-report measure is presented after the stereotype measure (groups 5 and 7 vs. 6 and 8), produced many more significant effects when the self-report measure was presented after the stereotype measure. When the self-report measure was presented before the stereotype measure, 1) none of the Closest Other conditions were effected, and 2) only the happiness score for the Work Colleague conditions was higher if WC preceeded CO versus CO preceeding WC ($t = -3.445$; d.f. = 1152, $p < .001$). On the other hand, when the self-report measure was presented after the stereotype measure, 1) sadness and anxiety were significantly higher in the Closest Other condition when WC preceeded CO versus CO preceeding WC (Sad- $t = -3.959$, F/Anx- $t = -3.98$; d.f. = 1152; $p < .001$), and 2) all emotions were rated significantly higher in the Work Colleague conditions when WC preceeded CO versus CO preceeding WC (Hap- $t = -3.557$; Sad- $t = -6.522$, Anger- $t = -4.703$, F/Anx- $t = -3.887$; d.f. = 1152; $p < .001$).

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