

University of Windsor

Scholarship at UWindsor

UWill Discover Conference

UWill Discover 2022

Investigating the Effects of Narrative Perspective on Self-Compassion, Psychological Closure, and Affect for Unresolved Memories

Camille Busby

University of Windsor, busbyc@uwindsor.ca

Chantal Boucher PhD

University of Windsor, cboucher@uwindsor.ca

Follow this and additional works at: <https://scholar.uwindsor.ca/uwilldiscover>

Busby, Camille and Boucher, Chantal PhD, "Investigating the Effects of Narrative Perspective on Self-Compassion, Psychological Closure, and Affect for Unresolved Memories" (2022). *UWill Discover Conference*. 3.

<https://scholar.uwindsor.ca/uwilldiscover/2022/2022Day4/3>

This Event is brought to you for free and open access by the Conferences and Conference Proceedings at Scholarship at UWindsor. It has been accepted for inclusion in UWill Discover Conference by an authorized administrator of Scholarship at UWindsor. For more information, please contact scholarship@uwindsor.ca.

Investigating the Effects of Narrative Perspective on Affect, Self-Compassion, and Psychological Closure for Unresolved Memories

Camille Busby and Dr. Chantal Boucher
Department of Psychology, The University of Windsor

Introduction:

This study examined how different narrative perspectives (a combination of visual imagery and pronoun use; Gu & Tse, 2016) influenced ratings on state self-compassion, psychological closure, and affect for unresolved memories. Research has shown that these retrieval strategies can influence the way people feel about and interpret negative events. More specifically, a distanced (vs. immersed) view can reduce negative emotionality and promote new insights (Kross & Ayduk, 2017). This study uniquely extended this research by examining self-compassion and closure in addition to affect in an online format.

Method:

- Between-subjects experimental design
- 115 undergraduate students recruited from the University of Windsor's Psychology Department Participant Pool
- Online study where participants were randomly assigned to write (in first-person or third-person narrative perspective) or think about an unresolved memory
- Responded to six measures – PANAS (Watson et al., 1988), SSCS-L (Neff et al., 2021), PCS (Boucher et al., 2021), TIS-12 (Svob et al., 2014), MEQ-SF (Luchetti & Sutin, 2016), and SCRS (Smart et al., 2016)

Condition #1: First-Person Perspective

Pronoun: "I" e.g., "I walked across the room. I said to him that..."

Visual Imagery: Through one's own eyes



Condition #2: Third-Person Perspective

Pronoun: "He/She/They" e.g., "She walked across the room. She said to him that..."

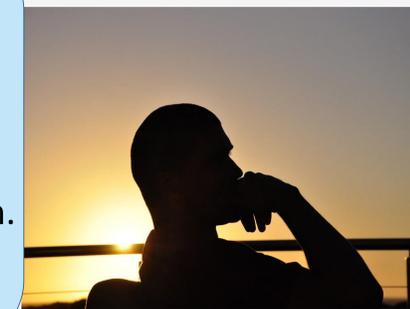
Visual Imagery: Through the eyes of an observer



Condition #3: Control Group

Thought about unresolved event.

No pronoun or visual imagery direction given.



Discussion:



Small Sample Size
- less statistical power

Online Study
- typically this experiment is conducted in a lab

Possible Design Issues
- a few questions were misinterpreted

Future directions:

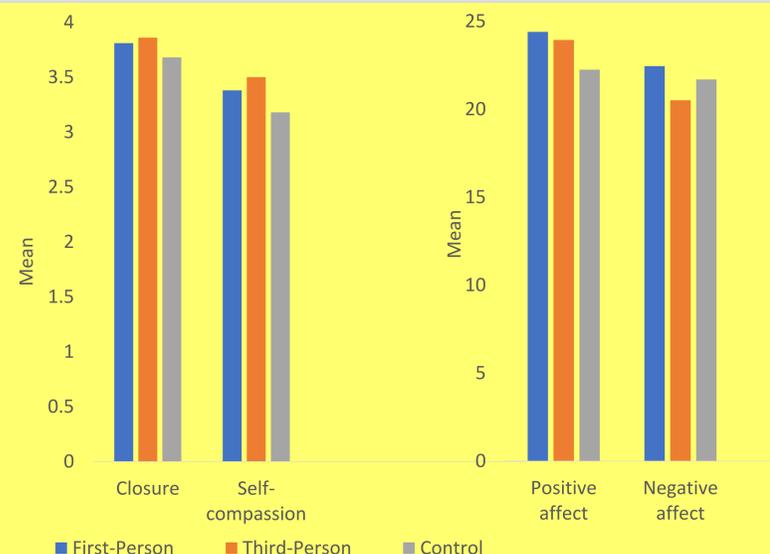
- Replicate in a laboratory setting
- Investigate second-person perspective

Implications:

- Narrative perspective manipulation may not be a useful therapeutic technique in this specific online format
- Further research is needed

Results:

No statistically significant difference between group means for any of the dependent variables.



The top three event types chosen by participants were
1) interpersonal/social,
2) health (physical or psychological) and/or life and existence, and
3) intrapersonal/self-image.

