

**Society for
Interpersonal
Theory and
Research**

SITAR Newsletter

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It is an honor to have the opportunity to serve a group that I believe in. Since I began reading the work of Benjamin, Carson, Kiesler, Strupp, Sullivan, Wiggins, and others in the 1980s, I have been convinced that the interpersonal tradition holds far more promise for the continued development of psychological theories and knowledge than has generally been acknowledged. Bit by bit, I was won over by the basic view that we are not isolated individuals whose interactions with others are secondary to those things that happen inside our skins, but irrevocably embed-

Election Results

Lynn Alden was elected Vice President in SITAR's first membership-wide ballot. Her term began October 1, 2001. Congratulations Lynn!

Terry Tracey was appointed Member-at-Large by the Executive Council to fill the vacancy left by Lynn. (Short biographical notes for Lynn, Terry, and Chris Wagner can be found on page 4.)

Members also voted on proposed changes in the By Laws and Articles of Incorporation. These changes were approved unanimously. Copies of the amended By Laws and Articles of Incorporation may be obtained from the Executive Officer, Steve Strack.

ded in the interpersonal world around us.

I have been excited by the possibilities that are represented by SITAR since first receiving an invitation from Len Horowitz to attend the first meeting in Utah. Listening to the presentations there, attending the wonderful gathering hosted by Lorna Benjamin, and participating in the intriguing discussion of possibilities led by Bill Henry, con-



vinced me that I'd found a home with this group. Three other meetings have passed

It's Toronto for 2002

Krista Trobst and Lindsay Ayearst of York University are busy preparing for our 2002 Annual Meeting, which will be held Friday and Saturday, May 17-18, 2002, at the stylish Inter-Continental Hotel in beautiful downtown Toronto, ON, Canada. The hotel is holding rooms for us at the rate of CAN\$165 (US\$100) single or double occupancy. This rate is good two days before and after the meeting, so you can

since, each adding to these impressions. And, amazingly to me, I now find myself in what I consider to be one of the most important roles that I have ever occupied. I am already looking forward to our meeting in Toronto next May, and am working to arrange a special event that focuses on interpersonal psychotherapy on the day before or after our meeting. I hope to sow other seeds this year to continue to help the society branch into the future, and hereby invite recent grads or current students to step up and join in the efforts!

I've struggled a bit in deciding on what to write in the wake of the terrorist attacks on September 11. Since the attacks I've been simply trying to accomplish some work each day since my initial week and a half paralysis. I've been increasingly [continued on page 3]

stay a couple of extra days for site-seeing or special events.

You can get a "virtual tour" of the hotel by logging onto www.interconti.com, specifying Toronto as the location you are seeking, and following the prompts for a photo tour.

Details about the Meeting and a Call for Proposals will be mailed in February.

Estimating Internalization Effects Using SASB: An Introduction to Within-Person Regression Techniques by David E. Conroy¹

In different ways, Cooley (1902), Mead (1934), and Sullivan (1953) suggested that the self emerges from an individual's perceptions of her or his social world. Put simply, individuals learn to treat themselves as they were treated by important others. Although the common-sense appeal of this internalization hypothesis is apparent, it has not received many direct empirical tests – perhaps because appropriate tests of internalization require a shift away from familiar between-persons analyses and toward less well-known within-person analyses.

“Put simply, individuals learn to treat themselves as they were treated by important others.”

Internalization hypotheses may be tested using the *Structural Analysis of Social Behavior* (Benjamin, 1996), a three-surface circular model of interpersonal and intrapsychic behavior. Of particular relevance when testing whether individuals internalize significant others are SASB profiles describing (a) how a person treats another (i.e., *transitive focus on other*), (b) how a person reacts to another (i.e., *intransitive focus on self*), and (c) how a person treats her/himself (i.e., *introject*). The table below provides sample data that will be used as a running example in this column.

Using SASB software or a computer spreadsheet, within-person correlations (WPCs) can be estimated for the transitive and introject surface profiles ($r = .853$), intransitive and introject surface profiles ($r = .837$), and transitive and intransitive surface profiles ($r = .945$) presented in the table by treating paired surfaces as repeated measures. As expected, transitive and intransitive surface profiles of Person B's interpersonal behavior are quite similar (i.e., complementary). It would be inappropriate to ignore this shared variance when estimating overall similarity between the interpersonal and introject surfaces.

Using an available formula (Cohen & Cohen, 1983, p. 89), a within-person semipartial correlation (WPSC) can estimate the unique variance shared by introject and intransitive behavior profiles after controlling for the variance shared by introject and transitive behavior profiles (and vice versa). The WPSC Person A's ratings of Person B's intransitive behavior and Person A's introject profile (controlling for variance shared with the Person A's ratings of Person B's transitive behavior) was .096; the corresponding WPSC for Person A's ratings of Person B's transitive behavior

and Person A's introject profile (controlling for intransitive variance) was .188.

Summing the appropriate combination of squared WPCs and WPSCs provides an estimate of the total variance in one profile that can be accounted for by the combination of the two other profiles. In this example, 74% of the variance in Person A's introject can be accounted for by their descriptions of Person B's transitive and intransitive behavior profiles. This technique extends available within-person analytic tools to a more complete within-person regression model.

Benjamin (2000) has correctly noted that WPCs (and, by extension, WPSCs) should not be interpreted inferentially by attempting to estimate a probability level associated with observed results. Instead, these statistics



simply estimate effect sizes. When analyzing a sample of many individuals' data, calculating confidence intervals for mean within-person statistics (i.e., WPC, WPSC, multiple R) provides an estimate of the precision of point estimates for these statistics (Fisher z transformations should be made prior to averaging any of these statistics). Additionally, the computer simulation techniques demonstrated by Gurtman (2001) can be adapted to determine whether observed similarities are greater than the similarity expected by chance alone. Such simulations provide one way of ruling out threats to statistical conclusion validity due to uneven base rates for profiles and cluster scores. In my laboratory at Penn State, we have incorporated Gurtman's simulation technique to evaluate whether mean within-person associations (i.e., WPCs, WPSCs, multiple Rs) observed in our data are significantly larger than expected based on chance alone.

[continued page 4]

	SASB Surface	SASB Cluster Scores							
		1	2	3	4	5	6	7	8
Person A's perception of	<i>Transitive focus on other (B)</i>	56	69	64	68	46	12	7	11
Person B's interpersonal behavior	<i>Intransitive focus on self (reactions to other)</i>	38	68	68	63	33	18	8	18
Person A's perception of self	<i>Introject</i>	43	55	58	72	58	41	24	30

Notes. *Transitive focus on other* surface cluster labels are emancipate (1), affirm (2), active love (3), protect (4), control (5), blame (6), attack (7), and neglect (8). *Intransitive focus on self* surface cluster labels are separate (1), disclose (2), reactive love (3), trust (4), submit (5), sulk (6), recoil (7), and wall-off (8). *Introject* surface cluster labels include self-emancipate (1), self-affirm (2), active self-love (3), self-protect (4), self-control (5), self-blame (6), self-attack (7), and self-neglect (8).

President's Message (cont.)

tuning out the TV news. I have been fortunate in having some personal distance from the tragedy, but many others have not been so fortunate. Several around me have lost family members and friends. Others are recoiling, and the stress has not been kind to some of those who were already struggling in one way or another. So, despite work priorities, life has been reshuffled to help support people in need. My son and his friends are of draft age and worried not only about that, but also about the possibility that they may not even have to leave their own apartments to be part of this upcoming war. I am concerned that some day we may look back on the WTC/Pentagon attacks as being most notable for how surprising and unusual they seemed to us at the time. I find myself hoping that we can understand and address root causes of the hatred so clearly displayed by the acts, and fearing the potential for expanding violence and hatred.

I am also trying to be proactive in finding and creating positivity. Times like these remind me how complacent I have become, how I have gotten used

to comfort, convenience, and opportunity. Watching a recent CNN special on repression in Afghanistan prompted me to imagine how one of the repressed would feel if suddenly transported into my body, and put here in this place and time - how much they might appreciate and take advantage of the freedoms and possibilities I overlook each and every day, as well as the comforts, conveniences, joys, and relative safety I take

“...some day we may look back...on the attacks as being most notable for how surprising and unusual they seemed to us at the time.”

for granted. I forget the privilege of not needing to worry whether there will be food and a place to sleep at night. The small joys there are in working in my yard and taking a walk and having a leisurely conversation with a friend or loved one.

We talk from time to time about how we wish to shape SITAR as we move forward. We have had some presentations involving larger societal issues at

our meetings, and there has been an undercurrent that there could be more focus in that direction if we have the interest. Do we have an interest in expanding more in this direction? Are the interpersonal events we study relevant, or of use, to the rest of the world? I've watched the citizens of the US react in a range of ways to the terrorist attacks, but mostly it has seemed to me that violence has pulled reactions of desire for counter-violence. I don't know if this reflects processes of complementarity (hostility pulling desires for counter-hostility), similarity (hostile-dominance pulling desires for counter hostile-dominance) or both. I know that I've talked with some who have different reactions from the mainstream, and who mention reacting with hostile feelings of their own, not just to the attacks, but to the calls for war. I don't know if it is simply focusing on the obvious to think further about these things in light of interpersonal theory and research, or if there may be some things in our work that may contribute to a better understanding of these interpersonal events. Let me know how you feel about this.

Enough said; more than enough for some of you, perhaps. If I've unwisely crossed lines between the personal, professional and political and disturbed anyone, my apologies. My best to all.

Your Link to the Interpersonal World: www.vcu.edu/sitar

SITAR's web site is the place to go for up-to-date information about Society activities and what's happening in the world of interpersonal searchers. For example, SITAR is affiliated with a rich tradition of scholarship in the fields of personality, social, and clinical psychology. There are many internet sites that have information of interest to members, and we have gathered some of the best for you to sample. Here is a list of places you can currently be hyperlinked to by going to our web site:

Michael Gurtman's Interpersonal Circumplex website; **Lorna Benjamin's** SASB website (Structural Analysis of Social Behavior); **Don Kiesler's** Lair; **Jim Schmidt's** Interpersonal Circle website; *Circumplex Structure in the Interpersonal Circle and the Structural Analysis of Social Behavior*, **G. Scott Acton and William Revelle**; *The*

Interpersonal Principle of Complementarity: A Meta-Analysis (G. Scott Acton); *Interpersonal Theory References* (Scott Acton); *Interpersonal Theory Outline* (Scott Acton); *Circumplex Models of Personality and Emotions* (1997), edited by **Robert Plutchik and Hope R. Conte**; Special circumplex issue of **European Journal of Psychological Assessment**; Interpersonal Assessment Battery from the MMPI-2 by **Robert F. Bettler, Jr.**; *Non-verbal communication and Interpersonal Attitudes*; *Overview of Klerman's Interpersonal Psychotherapy (IPT)*; *How Humans Relate: A New Interpersonal Theory* by **John Birtchnell**; *Studying Interpersonal Interaction*, edited by **Barbara M. Montgomery and Steve Duck**; **Society for Personality and Social Research**: <http://www.spsp.org/index.html>; *Circumplex Scale of Interpersonal Values*, **Kenneth D. Locke**, www.its.uidaho.edu/klocke/csiv.htm.

Tell A Friend About SITAR

As a SITAR member you know how valuable it is to be part of an intimate group of scholars and clinicians who work in the area of interpersonal theory and research. The success of our new Society is evident in the exciting Annual Meetings we have each year, and from the high rate of renewing members: 90%. We are a great resource for people in many areas of study and practice, including psychology, psychiatry, social work, medicine, nursing, philosophy, and anthropology. We want the world to know! So tell a friend about SITAR. Let them know about our Annual Meeting, Newsletter, and web site. If you know of a person or a group of people who would like information about us and our web site, send an e-mail to Krista Trobst, ktrobst@aol.com, or Lynn Alden, lalden@neuron3.psych.ubc.ca

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SITAR: Mission, Aims, and Activities

The Society is an international, multidisciplinary, scientific association devoted to interpersonal theory and research. By encouraging systematic theory and empirical research, it seeks to clarify the processes and mechanisms of interpersonal interactions that explain interpersonal and intrapersonal phenomena of normal and abnormal psychology.

The goals of the Society are (1) to encourage the development of this research, (2) to foster the communication, understanding, and application of research findings, and (3) to enhance the scientific and social value of this research.

The activities of the Society include: (1) regular meetings for the communication of current research ideas, methods, and findings; (2) discussion of work in progress; (3) maintenance of an inventory of data and data-gathering resources available for use by members of the Society; and (4) facilitation of collaborative research.

WANTED: NEWSLETTER EDITOR

SITAR's Executive Council is seeking an artistic and linguistically-endowed individual to edit its Newsletter. The Editor will work with the Newsletter Subcommittee in developing articles for the thrice-yearly publication (February, June, October), editing submitted material, and composing/typesetting each issue. The Newsletter is currently composed using Microsoft Publisher, but the Editor may choose other resources, as appropriate. No prior editing experience is required. We need an energetic and motivated individual with excellent computer and word-processing skills. The Editor will have a good eye for lay-out and be compulsive enough to accurately proof-read material set in small type like this!

The Newsletter Subcommittee will assist the Editor in all phases of production. Printing and mailing is currently handled by the Executive Officer. For further information or to apply, contact Steve Strack or Aaron Pincus.

Getting to Know You: A Few Words About SITAR's President, Vice President, and Newest Member-at-Large

President **Chris Wagner** was trained as a clinical psychologist under the tutelage of Don Kiesler at Virginia Commonwealth University, and currently holds a faculty position in the VCU Department of Rehabilitation Counseling, where he spends most of his time training future counselors and therapists, and occasionally reminding himself that he is neglecting work on a number of unfinished or unpublished research projects.

Vice President **Lynn Alden** is a Professor in the Department of Psychology, and an Associate Dean in the Faculty of Graduate Studies, at the University of British Columbia. She is also a clinical supervisor in the Pre-doctoral Internship Program at Vancouver Hospital. She received her M.A. and Ph.D. from the University of Illinois at Champaign-Urbana. Her research focuses on interpersonal processes in the anxiety disorders and depression. She is particularly interested in cognitive processing of interpersonal information and in the integration of interpersonal and cognitive approaches to treatment. She is a founding member of SITAR.

Terence J.G. Tracey, Member-at-Large, is program leader of the counseling psychology and counseling programs at Arizona State University, and Associate Editor for the *Journal of Counseling Psychology* (which, by the way, is always interested in articles on interpersonal theory and research). He completed his undergraduate work at Cornell University, and then worked for a few years in corrections and teaching autistic children. He re-entered the academic realm as a Master's degree student in counseling at the University of Kansas, where he was first introduced to interpersonal concepts. He then moved on to the University of Maryland, where he received his Ph.D. in 1981. After graduating he accepted a position as a Counseling Psychologist in the University Counseling Service at SUNY Buffalo. In 1983 he moved to an academic position in the Counseling Psychology program at the University of Illinois at Urbana-Champaign, where he stayed until 1999. At Illinois he served as Training Director several times. He is honored to be a member of SITAR's Executive Council.

Conroy (cont.)

Although a final summary of findings is pending, preliminary results are promising and generally supportive of the proposition that individuals largely treat themselves as they recall being treated by important others.

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Footnotes

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