STUDIES USING THE SELF-CONCEALMENT SCALE (9/28/2022)

Abdollahi, A., Hosseinian, S., Beh-Pajooh, A., & Carlbring, P. (2017). Self-Concealment mediates the relationship between perfectionism and attitudes toward seeking psychological help among adolescents One of the biggest barriers in treating adolescents with mental health problems is their refusing to seek psychological help. This study was designed to examine the relationships between two forms of perfectionism, self-concealment and attitudes toward seeking psychological help and to test the mediating role of self-concealment in the relationship between perfectionism and attitudes toward seeking psychological help among Malaysian high school students. The participants were 475 Malaysian high school students from four high schools in Kuala Lumpur, Malaysia. Structural equation modelling results indicated that high school students with high levels of socially prescribed perfectionism, high levels of self-concealment, and low levels of self-oriented perfectionism reported negative attitudes toward seeking psychological help. Bootstrapping analysis showed that self-concealment emerged as a significant, full mediator in the link between socially prescribed perfectionism and attitudes toward seeking psychological help. Moderated mediation analysis also examined whether the results generalized across men and women. The results revealed that male students with socially prescribed perfectionism are more likely to engage in self-concealment, which in turn, leads to negative attitudes toward seeking psychological help more than their female counterparts. The results suggested that students high in socially prescribed perfectionism were more likely to engage in self-concealment and be less inclined to seek psychological help. *Psychological Reports*, *120*(6), 1019-1036. https://doi.org/10.1177/0033294117713495

Agyemang, S. (2007). *Black bisexually active men who do not disclose sexual activity with men to female partners: An internet study of factors related to being on the 'down low'* ProQuest Information & Learning]. psyh. US. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2007-99230-223&site=ehost-live

Akdoğan, R., & Çimşir, E. (2019). Linking inferiority feelings to subjective happiness: Self-concealment and loneliness as serial mediators Despite recent research associating inferiority feelings with two of the social disruptors of happiness, namely self-concealment (Cimsir & Akdoğan, 2019) and loneliness (Akdoğan, 2017), neither the nature nor the mechanism of the connection between inferiority feelings and happiness have been investigated. The main objective of this study was, therefore, to test if inferiority feelings are associated with subjective happiness, while proposing a process in which inferiority feelings cause self-concealment, which in turn, causes loneliness, thereby resulting in a decrease in happiness. A serial mediation analysis was conducted via PROCESS, a computational tool for observed variable moderation, mediation and conditional process modeling (Hayes, 2012). The results confirm that self-concealment and loneliness act as serial mediators between inferiority feelings and subjective happiness, meaning that individuals with increased inferiority feelings have a higher tendency toward self-concealment. This, in turn, results in an increase in loneliness and a decrease in happiness. Additionally, a multiple regression analysis revealed that inferiority feelings, loneliness, self-concealment, age and gender significantly explain

happiness at a level of 35% (R² = 0.35, F(5, 276) =30.27, p < .001), with loneliness and inferiority feelings being the only significant predictors of subjective happiness. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Personality and Individual Differences*, *149*, 14-20. https://doi.org/10.1016/j.paid.2019.05.028

Arboleya, T., González-Menéndez, A., Ordoñez, H., Pando, D. G., & Paino, M. (2020). Inflexibility processes as predictors of social functioning in chronic psychosis Within the context of a transdiagnostic perspective, the Psychological Inflexibility (PI) construct refers to rigid attempts to control undesirable private events at the expense of value-guided actions. Given the framework of PI as a construct associated with poor recovery and social functioning in people with psychosis, the main objective was to explore the role of two processes related to inflexibility (experiential avoidance (EA), and self-concealment) in predicting social functioning. One hundred and three patients with psychosis were administered the Acceptance and Action Questionnaire-II, the Self-Concealment Scale, and the Social Functioning Scale as the main measures. The differential weight of insight and clinical impression, also associated with social functioning, was analyzed by regression analysis. The results showed that the process that best predicted social functioning in people with psychosis was EA, which explained 21.6% of the variance. EA, chronicity and global clinical impression together explained 35.2% of the variance. These results contribute to progress in understanding the role of PI in psychosis, as well as associated factors. The use of strategies facilitating acceptance, and not the elimination of psychotic experiences, may be a possible strategy for addressing the impaired daily functioning of these patients. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Psychosis: Psychological, Social and Integrative Approaches*. https://doi.org/10.1080/17522439.2020.1742199

Barr, L. K., Kahn, J. H., & Schneider, W. J. (2008). Individual differences in emotion expression: Hierarchical structure and relations with psychological distress Several constructs reflecting individual differences in emotion expression have been described in the literature, yet their structural organization is unknown. The present study provided a taxonomy of these individual differences and determined their relations to depression and anxiety symptoms. Exploratory factor analyses suggested seven emotion-expression factors--Affect Intensity, Ambivalence About Expression, Disclosure of Negative Emotion, Disclosure of Emotion, Disclosure of Lack of Affect, Expression of Positive Emotion, and Secret Keeping--are explained by two second-order factors: Emotional Constraint and Emotional Expression. Multiple regression and canonical correlation analyses suggested that a reluctance to express emotions is related to heightened psychological symptoms. These findings bridge constructs from disparate literatures; and they provide support for emotion dysregulation models of affective disorders. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Social and Clinical Psychology*, *27*(10), 1045-1077. https://doi.org/10.1521/jscp.2008.27.10.1045

Bathje, G. J., Kim, E., Rau, E., Bassiouny, M. A., & Kim, T. (2014). Attitudes toward face-to-face and online counseling: Roles of self-concealment, openness to experience, loss of face, stigma, and disclosure expectations among korean college students This study examined attitudes toward face-to-face (f2f) and online counseling among 228 Korean college students. In addition, it tested a hypothesized model proposing that general propensities (i.e., self-concealment, openness to experience, and loss of face) would

influence counseling-specific expectations (i.e., self-stigma and disclosure expectations), which, in turn, would predict attitudes toward f2f and online counseling. Findings mirrored the results of earlier studies revealing that self-concealment was negatively related to attitudes toward both f2f and online counseling, while openness to experience and disclosure expectations were positively related. However, whereas self-stigma was associated with negative attitudes toward f2f counseling, it was not related to attitudes toward online counseling. In addition, disclosure expectations accounted for f2f attitudes more than online attitudes. (PsycINFO Database Record (c) 2014 APA, all rights reserved). (journal abstract). *International Journal for the Advancement of Counselling*. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2014-37678-001&site=ehost-live skkusc@gmail.com

Bernaud, J., & Leblond, V. (2005). Qu'apporte le concepte de 'revelation de soi' dans la conduite de l'entretien d'orientation professionnelle? This research is interested in the effects of "self-disclosure", that is, the information that the counselor transmits about him/herself. 76 subjects listened to a career counseling session in which the counselor's self-disclosures were or were not included. The results show that self-disclosure does not have an effect on the counselor's rating nor on the determination to meet a career counselor. Nevertheless, a three-factor interaction with self-concealment and fear of intimacy evince the need to take into account individual differences in order to understand the effects of self-disclosure in career counseling. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Risorsa Uomo: Rivista di Psicologia del Lavoro e dell' Organizzazione*, *11*(1), 25-45. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2006-10614-002&site=ehost-live bernaud.jl@wanadoo.fr

Bernaud, J. L., & Larson, D. G. (2009). Signifi cato, interesse e misura del concetto di dissimulazione nell'ambito del counseling This research presents an analysis of self-concealment, which is the tendency to intentionally hide personal information perceived as negative. After presenting the concept of self-concealment and its implication to the field of mental health and counseling, a french adaptation of the self-concealment scale from Larson and Chastain (1990) is applied to two samples, in which we studied: intercultural differences, reliability, structural and concurrent validity. The results have shown similar psychometric properties equivalent to North American samples. Nevertheless, certain results lead us to ask about the importance of self-concealment which is likely to be multidimensional for the French sample. The discussion is about the importance of developing self-concealment research in order to analyze it as a style and as a process in a situationist perspective. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract). *Counseling: Giornale Italiano di Ricerca e Applicazioni*, *2*(1), 39-57. http://0-search.ebscohost.com.sculib.scu.edu/login.aspx?direct=true&db=psyh&AN=2012-20178-003&site=ehost-live jean-luc.bernaud@univ-rouen.fr

Beyers, W., Goossens, L., Vansant, I., & Moors, E. (2003). Structural model of autonomy in middle and late adolescence: connectedness, separation, detachment, and agency This study presents a comprehensive 4-factor model of autonomy in middle and late adolescence. Partially overlapping sets of scales on adolescent individuation and family functioning were correlated with each other in 2 independent studies. Data for the first

study were taken from a sample of high school students in Grades 9-12 (N=601), whereas the data for the second study were derived from a sample of 1st-year university students (N=374). Confirmatory factor analysis on all of the scales and derivative subscales in both studies revealed a model that comprised 4 different but related factors, that is, Connectedness, Separation, Detachment, and Agency, all of which occupy a central place in different theories of adolescent autonomy. Connectedness and Detachment, and to a lesser extent Connectedness and Separation, were inversely related to one another. Correlations between Agency and the 3 other factors were much lower. Results are discussed with respect to the different views on autonomy that exist in the literature, and with respect to the term "autonomy," which should be used as an umbrella term only. Implications for the conceptual basis of the Emotional Autonomy Scale are also outlined. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Youth and Adolescence*, *32*(5), 351-365. https://doi.org/10.1023/a:1024922031510

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Brown, E. J. (1997). *Self-disclosure, social anxiety, and symptomatology in rape victim-survivors: The effects of cognitive and emotional processing* ProQuest Information & Learning]. psyh. US. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=1997-95008-391&site=ehost-live

Brown, E. J., & Heimberg, R. G. (2001). Effects of writing about rape: Evaluating Pennebaker's paradigm with a severe trauma Examined the effect of disclosing to others an attempted or completed rape, using Pennebaker's disclosure paradigm. 85 undergraduate women who acknowledged attempted or completed rape wrote about their experience and read their narratives. In a 2 √ó 2 design, the value of writing only factual information versus factual plus emotional information, and reading to oneself versus reading aloud to another woman was examined. Before and 1-mo after the task, symptoms of dysphoria, social anxiety, and posttraumatic stress disorder were assessed. Greater detail and a moderate level of personalization in the description of the trauma were associated with decreased symptoms of dysphoria and social anxiety. Neither the nature of the writing task nor the presence of another woman predicted degree of symptom reduction. (PsycINFO Database Record (c) 2009 APA, all rights reserved) [doi:10.1023/A:1013098307063]. *Journal of Traumatic Stress*, *14*(4), 781-790. https://doi.org/10.1023/a:1013098307063

Brunell, A. B., Kernis, M. H., Goldman, B. M., Heppner, W., Davis, P., Cascio, E. V., & Webster, G. D. (2010). Dispositional authenticity and romantic relationship functioning The present study investigates the extent to which dispositional authenticity is associated with dating couples' relationship behaviors and outcomes as well as their personal well-being. Sixty two heterosexual couples completed a measure of dispositional authenticity (Kernis & Goldman, 2006), as well as measures of relationship behaviors (e.g., accommodation, self-disclosure, and trust), relationship outcomes, and well-being. Results revealed that authenticity was related to engaging in healthy relationship behaviors, which in turn predicted positive relationship outcomes and greater personal well-being. Interestingly, men's authenticity predicted women's relationship behaviors, but women's dispositional authenticity was not associated with men's relationship behaviors. The implications of dispositional authenticity and the contribution of gender roles are discussed. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Personality and Individual Differences*, *48*(8), 900-905. https://doi.org/10.1016/j.paid.2010.02.018

Bryan, J. (2015). *A self-determination theory perspective on adjustment to college* ProQuest Information & Learning]. APA PsycInfo. https://login.libproxy.scu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2015-99200-415&site=ehost-live&scope=site

Bullett, E. S. (2014). *Mental health stigma and help seeking among college students* ProQuest Information & Learning]. psyh. US. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2014-99140-449&site=ehost-live

Çalık, M., & Çelik, E. (2019). The effect of counselling programmes involving expressive activities with semi-structured groups on self-concealment levels of adolescents The aim of this study was to investigate the effects of counselling programmes based on expressive activities with semi-structured groups, on the self-concealment levels of adolescents. The research was carried out using a pretest–posttest control group design. The dependent variable of the present research, is the psychological counselling programme conducted with a semi-structured group based on expressive activities. The research was carried out with 18 6th and 7th grade secondary school students (10 female and 8 male). The Self-Concealment Scale was used as data collection tool. In this research, the use of nonparametric tests was preferred, as the sample was smaller than 30. Therefore, it was determined whether there is a statistically significant difference between the arithmetic means of the experimental and control groups' pretest, posttest and trail test scores by use of Wilcoxon signed-rank test, to determine the effects of a psychological counselling programme with semi-structured group based on expressive activities. Also, it was determined whether there was a statistically significant relationship between the pretest, posttest and trail intervention scores received by the intervention and control group students from the Self-Concealment Scale, using Mann–Whitney U test. The research results revealed that the 'psychological counselling programme based on expressive activities with semi-structured groups' was significantly effective in alleviation of self-concealment levels, and this effect was also maintained in follow-up evaluations. The obtained results are discussed in the light of related literature findings and recommendations are proposed accordingly. (PsycINFO Database Record

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Carvalho, S. A., Carvalho, F., Fonseca, L., Santos, G., & Castilho, P. (2022). Beyond the Centrality of Shame: How Self-Concealment and Fear of Receiving Compassion From Others Impact Psychological Suffering in Transgender Adults. *Journal of Homosexuality*, 1-19. https://doi.org/10.1080/00918369.2022.2114398

Celik, E. (2015). Mediating and moderating role of sensation seeking in the relation between self-concealment and life satisfaction in adolescents. *Education and Science*, *181*, 349-361.

Celik, E. (2016). Suppression effect of social awareness in the relationship between self-concealment and life satisfaction The aim of the study was to investigate the suppression effect of social awareness in the self-concealment and adolescents' life satisfaction relationship. Data were collected with the Satisfaction with Life Scale, Social Awareness Scale which is a sub-scale of The Tromso Social Intelligence Scale, and Self-concealment Scale, which were completed by 368 adolescents who age range is 12-16. Regression analysis demonstrated that social awareness has a suppression effect in the self-concealment and life satisfaction relationship. Results showed that self-concealment was negatively related to life satisfaction, but social awareness was positively related to both self-concealment and life satisfaction. The relationship between self-concealment and life satisfaction increases when social awareness was added to the regression analysis. *Cogent Social Sciences*, *2*, Article Unsp 1223391. https://doi.org/10.1080/23311886.2016.1223391

Cepeda-Benito, A., & Short, P. (1998). Self-concealment, avoidance of psychological services, and perceived likelihood of seeking professional help Undergraduate students (N = 732) completed questionnaires about their perceived likelihood of seeking professional psychological help, attitudes toward psychotherapy, fears of psychotherapy, psychological distress, social support, and self-concealment. Self-concealment (a person's tendency to keep intimate information secret) was positively associated with self-reported distress and avoidance of needed psychological treatment. Although low social support was associated with greater perceived likelihood of seeking help, this effect was canceled at high levels of self-concealment. Specific types of distress selectively predicted perceived likelihood of seeking help as a function of the type of problem for which help would have been sought. Overall, the data contradicted previous findings and conclusions that suggested high self-concealers were more inclined than low self-concealers to seek psychological services. (PsycINFO Database Record (c) 2009 APA, all rights reserved) [doi:10.1037/0022-0167.45.1.58]. *Journal of Counseling Psychology*, *45*(1), 58-64. https://doi.org/10.1037/0022-0167.45.1.58

Champion, C. D. (2007). *Effects of participant disclosure tendencies and physician verbal behavior on participant willingness to disclose facts: An analogue study* University of Notre Dame]. University of Notre Dame Electronic Theses & Dissertations. South Bend.

Chang, H.-W., & Wang, L.-F. (2015). The study of the relationship between depressed mood and help-seeking delay: The mediating effects of stigma The purpose of this study was to examine whether the relationship between depressed mood and help-seeking delay was mediated by self-stigma, public-stigma, and self-concealment. Data were collected nationally through a survey questionnaire to college students in Taiwan. Participants were 1262 college students (420 males and 842 females). Results indicated that self-stigma and

self-concealment significantly mediated the association between depressed mood and help-seeking delay. However, public-stigma was not found to mediate this association. Counseling implications and future research directions were discussed. (PsycINFO Database Record (c) 2017 APA, all rights reserved). *Chinese Journal of Guidance and Counseling*, *44*, 37-68. https://login.libproxy.scu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2016-02548-002&site=ehost-live&scope=site changhw@cc.ncue.edu.tw

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Chung, M. C., Chen, Z. S., & Han, B. X. (2022). The impact of anger and self-concealment on post-traumatic stress and psychiatric comorbid symptoms in Chinese prisoners: A longitudinal study. *Criminal Behaviour and Mental Health*. https://doi.org/https://doi.org/10.1002/cbm.2257

Constantine, M. G., Okazaki, S., & Utsey, S. O. (2004). Self-concealment, social self-efficacy, acculturative stress, and depression in African, Asian, and Latin American International college students The primary purpose of this exploratory investigation was to examine self-concealment behaviors and social self-efficacy skills as potential mediators in the relationship between acculturative stress and depression in a sample of 320 African, Asian, and Latin American international college students. The authors found several differences by demography with regard to the study's variables. After controlling for regional group membership, sex, and English language fluency, they found that self-concealment and social self-efficacy did not serve as mediators in the relationship between African, Asian, and Latin American international students' acculturative stress experiences and depressive symptomatology. Implications of the findings are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *American Journal of Orthopsychiatry*, *74*(3), 230-241. https://doi.org/10.1037/0002-9432.74.3.230

Corsano, P., Musetti, A., Caricati, L., & Magnani, B. (2017). Keeping secrets from friends: Exploring the effects of friendship quality, loneliness and self-esteem on secrecy The tendency to keep secrets in adolescents has been studied in particular in their relationships with their parents and associated with psychosocial disadvantages. The current study focused on peer relationships and investigated the effects of friendship quality, loneliness in a multidimensional perspective, and self-esteem on secrecy from friends. Italian adolescents (N = 457; 47% male; 100% white) aged between 13 and 19 years (M = 16.11; SD = 1.53) reported their secrecy from friends, peer and parent-related loneliness, aversion and affinity for aloneness, their self-esteem and the quality of their relationships with their friends. The results showed that peer-related loneliness, affinity for aloneness and self-esteem in particular affect keeping secrets from friends, independent of the participant's gender. Moreover, peer-related loneliness and affinity for aloneness mediated the relationship between self-esteem and secrecy. The data were discussed in the light of adolescence developmental tasks. *Journal of Adolescence*, *58*, 24-32. https://doi.org/https://doi.org/10.1016/j.adolescence.2017.04.010

Cramer, K. M. (1999). Psychological antecedents to help-seeking behavior: A reanalysis using path modeling structures Two recent studies tested whether personal distress, attitudes toward counseling, social support, and self-concealment predicted the likelihood that psychology undergraduates would seek psychological help. The present study reanalyzed the data from these investigations using path modeling. By evaluating direct and indirect effects, results supported the following hypothesized model across both samples: Individuals are more likely to seek counseling when distress is high and attitudes toward counseling are positive; distress is higher when social support networks are impaired and individuals conceal personally distressing information from others; and individuals who conceal information often have negative attitudes toward counseling and impaired social support networks. A direct path from self-concealment to help seeking provided a substantially better fit in only 1 sample. Overall, self-concealment is more important in the intensification rather than relief of psychological difficulties. (PsycINFO Database Record (c) 2009 APA, all rights reserved) [doi:10.1037/0022-0167.46.3.381]. *Journal of Counseling Psychology*, *46*(3), 381-387. https://doi.org/10.1037/0022-0167.46.3.381

Cramer, K. M., & Barry, J. E. (1999). Psychometric properties and confirmatory factor analysis of the Self-Concealment Scale Evaluated the psychometric properties of D. G. Larson and R. L. Chastain's (1990) Self-Concealment Scale. Based on a university student population (N,ÄÇ=,ÄÇ396; aged 17,Äì41 yrs), internal consistency (Œ±,ÄÇ=,ÄÇ0.83,Äì0.87) and retest reliability estimates (r,ÄÇ=,ÄÇ0.74) suggested good stability both within the instrument and over time. Although exploratory methods suggested 2 subscales (keeping secrets and personal concealment), both the reliability and confirmatory factor analyses supported scale unidimensionality. Directions for further scale validation are suggested. (PsycINFO Database Record (c) 2009 APA, all rights reserved). *Personality and Individual Differences*, *27*(4), 629-637. https://doi.org/10.1016/s0191-8869(98)00222-0

Cramer, K. M., Gallant, M. D., & Langlois, M. W. (2005). Self-silencing and depression in women and men: Comparative structural equation models Three personality and sociocultural variables--self-concealment, self-esteem, and masculinity--were evaluated for their role in mediating the relation between self-silencing and depression. There were 825 male and female undergraduates who completed a questionnaire package that included the relevant measures. An analysis of structural equation models supported two hypothesized conceptualizations, each fitting either sex. For females, depression was predicted directly by self-silencing, self-concealment, and self-esteem, and mediated by indirect paths from self-concealment through self-esteem, from self-silencing through both self-concealment and self-esteem, and from masculinity through each of self-silencing, self-concealment, and self-esteem. For males, depression was predicted directly by self-silencing and self-concealment only, and mediated by indirect paths from self-silencing through both self-concealment and self-esteem, and from masculinity through each of self-silencing, self-concealment, and self-esteem. Among male respondents, self-esteem played a negligible role in levels of depression. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Personality and Individual Differences*, *39*(3), 581-592. https://doi.org/10.1016/j.paid.2005.02.012

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Cruddas, S., Gilbert, P., & McEwan, K. (2012). The relationship between self-concealment and disclosure, early experiences, attachment, and social comparison Talking therapies rely on the client being able to reveal their inner feelings and thoughts; however; some people find this type of disclosure very difficult. Given the potential therapeutic disruptive effects of problems in self-disclosure and self-concealment, this study set out to explore the associations between self-concealment, self-disclosure, early life experiences, attachment style, social comparison, and psychopathology in 92 students. Results show that self-concealment and fear of self-disclosure are related to negative social comparison (feeling inferior), depression, and anxiety. Fear of disclosure is more strongly related to depression, anxiety, and stress than self-concealment. Mediator analysis revealed recalling having to act submissively in childhood is associated with insecure adult attachment and this in turn predicts fear of disclosure. A second mediator analysis revealed that insecure adult attachment is associated with fear of disclosure and this in turn predicts depression. *International Journal of Cognitive Therapy*, *5*(1), 28-37. <Go to ISI>://WOS:000301313000003

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D'Agata, M. T., & Holden, R. R. (2018). Self-concealment and perfectionistic self-presentation in concealment of psychache and suicide ideation This research explored risk factors associated with suicide to identify at-risk individuals who are more likely to conceal their feelings and thoughts. We examined the relationship of traits of self-concealment and perfectionistic self-presentation to suicide ideation and psychache, as well as the role of social support. Both traits were predictors of suicide ideation, and concealment of psychache mediated the relationship of suicide ideation with self-concealment and two subcomponents of perfectionistic self-presentation. Individuals higher on self-concealment and perfectionistic self-presentation were more likely to report psychache as well as concealment of psychache. Social support mediated the relationship between one subcomponent of perfectionistic self-presentation and suicide ideation. (PsycINFO Database Record (c) 2018 APA, all rights reserved). *Personality and Individual Differences*, *125*, 56-61. https://doi.org/10.1016/j.paid.2017.12.034

D'Agata, M. T., Kwantes, P. J., & Holden, R. R. (2020). Psychological factors related to self-disclosure and relationship formation in the online environment The current research constructs a measure of one's willingness to form online relationships and disclose personal and private information and examines how this measure relates to personality and individual differences. In Study 1, we developed a measure to assess one's Openness to Form Online Relationships (OFOR). Two factors emerged: Engagement and Suspicion. Results indicated that individuals who reported higher OFOR Engagement also self-reported higher self-concealment and self-monitoring and lower Honesty-Humility and Conscientiousness. In Study 2, we examined the extent to which our measures and the OFOR related to people's actual willingness to share personal information. Higher OFOR Engagement was related to greater disclosure. In addition,

self-concealment and the Dark Triad were significantly related to the severity and privacy of self-disclosure. The current research constructs a new measure of and provides insight into some of the individual differences and personality traits involved in a person's openness to form relationships online and his/her willingness to disclose private information. This work contributes to our understanding of the factors that may make some individuals vulnerable to being deceived by others in the online environment. This work can be used to inform training or messaging to increase community resilience against deception, such as online scams. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Personal Relationships*. https://doi.org/10.1111/pere.12361

Davis, C. G., & Brazeau, H. (2021a). Factors promoting greater preoccupation with a secret The secrets that are most taxing to one's health and well-being are those that are the most preoccupying to the secret-keeper. However, it is currently unclear what makes a secret preoccupying. We conducted a four-wave longitudinal study to assess four factors that should contribute to one's degree of preoccupation with a secret kept from one's spouse/romantic partner: perceived cost of revealing the secret, frequency of cues, fear of discovery, and individual differences in self-concealment. Multilevel modelling of data from an online sample of 143 adults (51% women, 49% men; Mage = 39.9, SD = 9.3) keeping a secret from their spouse/partner indicated that all four factors independently and positively predict greater preoccupation with a secret. Further, the first three factors also significantly predicted how preoccupied one would be with one's secret two weeks later, taking into account how preoccupied one was with the secret at present. We conclude that the characteristics of the secret, as well as the secret-keeper, can contribute to how preoccupying a secret is to an individual. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *British Journal of Social Psychology*, *60*(4), 1419-1435. https://doi.org/10.1111/bjso.12462

Davis, C. G., & Brazeau, H. (2021b). Factors promoting greater preoccupation with a secret The secrets that are most taxing to one's health and well-being are those that are the most preoccupying to the secret-keeper. However, it is currently unclear what makes a secret preoccupying. We conducted a four-wave longitudinal study to assess four factors that should contribute to one's degree of preoccupation with a secret kept from one's spouse/romantic partner: perceived cost of revealing the secret, frequency of cues, fear of discovery, and individual differences in self-concealment. Multilevel modelling of data from an online sample of 143 adults (51% women, 49% men; Mage = 39.9, SD = 9.3) keeping a secret from their spouse/partner indicated that all four factors independently and positively predict greater preoccupation with a secret. Further, the first three factors also significantly predicted how preoccupied one would be with one's secret two weeks later, taking into account how preoccupied one was with the secret at present. We conclude that the characteristics of the secret, as well as the secret-keeper, can contribute to how preoccupying a secret is to an individual. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *British Journal of Social Psychology*. https://doi.org/10.1111/bjso.12462

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DiBartolo, P. M., Li, C., & Frost, R. O. (2008). How do the dimensions of perfectionism relate to mental health? The present study examined the relationship between the two central dimensions of perfectionism, Pure Personal Standards (PPS) and Maladaptive Evaluative Concerns (MEC), and psychological distress as well as positive affect. The study also explored two potential mediators, self-concealment (SC) and contingent self-worth (CSW), of the relationship between these perfectionism dimensions and various mental health measures. Participants completed questionnaires assessing perfectionism, the two mediator variables, and a number of measures of mental health, including depression, fear of negative evaluation, positive affectivity, and eating disorder symptomatology. Analyses revealed that extracting out the MEC from PPS perfectionism scores using partial correlations removed the one significant correlation of PPS with psychopathology, and strengthened its positive correlation with well-being. In contrast, the MEC dimension of perfectionism was positively related to psychopathology and negatively related to well-being, even when controlling for PPS scores using partial correlations. Mediational analyses indicated that CSW significantly mediated the relationships between PPS and mental health, including fully mediating the relationship between PPS and each measure of psychopathology. Multiple mediational analyses revealed that SC and/or CSW mediated the relationships between MEC and mental health indices. These findings suggest that the central aspect of perfectionism related to psychopathology is the MEC dimension whereas PPS is more closely associated with positive features of mental health. Findings also suggest that future investigations of the relationship between perfectionism and psychopathology take into consideration the mediating effects of SC and CSW. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Cognitive Therapy and Research*, *32*(3), 401-417. https://doi.org/10.1007/s10608-007-9157-7

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Ding, Q., Wei, H., Zhang, Y.-X., & Zhou, Z.-K. (2016). Self-concealment and Internet addiction: Multiple mediating effect of social anxiety and loneliness Objective: To explore the relationships between self-concealment, social anxiety, loneliness, and Internet addiction. Methods: 312 college students were surveyed with self-concealment scale. Social Anxiety Subscale of the Self-Consciousness Scale, UCLA Loneliness Scale, and Young's Internet Addiction Test. Results: (1) Correlation analysis showed that self-concealment, social anxiety, loneliness and Internet addiction were significantly and positively

correlated with each other. (2) Multiple mediation modeling indicated there were three paths that self-concealment affected Internet addiction: the first one is that self-concealment directly affected Internet addiction; the second one is that self-concealment affected Internet addiction through multiple mediating effect of social anxiety and loneliness; the third one is that self-concealment effected Internet addiction through the mediating effect of loneliness. Conclusion: Social anxiety and loneliness exert multiple mediating effects on the relationship between self-concealment and Internet addiction. (PsycINFO Database Record (c) 2017 APA, all rights reserved). *Chinese Journal of Clinical Psychology*, *24*(2), 293-297. https://login.libproxy.scu.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2016-33302-024&site=ehost-live zhouzk@mail.ccnu.edu.cn

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Douglass, R. P., & Conlin, S. E. (2020). Minority stress among LGB people: Investigating relations among distal and proximal stressors Research among lesbian, gay, or bisexual (LGB) individuals often distinguishes between distal (e.g., discrimination) and proximal (e.g., expectations of rejection, internalized homophobia, and concealment) stressors. There are few longitudinal studies, however, testing the causal distal-proximal link. The present study examined these proposed associations among a sample of 192 LGB adults. Cross-lagged structural equation modeling revealed that each stressor was stable over 1 month. Also, Time 1 discrimination negatively predicted Time 2 concealment, but Time 1 expectations of rejection positively predicted Time 2 discrimination and concealment. Time 1 concealment positively predicted Time 2 internalized homophobia. Our results suggest the need for further evaluation of the distal-proximal distinction. Practical implications and directions for future research are discussed. *Current Psychology*. https://doi.org/10.1007/s12144-020-00885-z

Duan, J., Song, A., Sun, Y., & van Swol, L. (2022). The influence of secrecy on advice taking: A self-protection perspective Secrecy has been found to increase conformity, indicating its implication for advice-taking. Based on self-protection perspective, across six studies, the present research explores secrecy's influence on advice taking and examines the mediation of the self-protection motivation to avoid social attention and the moderation of evaluation sensitivity and importance of secrets. Study1a and Study 1b show that decision-makers with secret(s) are more likely to take advice, and motivation to avoid social attention plays a mediating role. Study 2a and 2b demonstrate that judges with high evaluation sensitivity are more likely to take advice, and evaluation sensitivity also moderated the effect of secrecy on motivation to avoid social attention and on advice taking. Study 3a and 3b demonstrate the moderating effect of secret importance; judges with secrets of high importance are more likely to take the advice, and the importance of secrets as a moderator in the effect of secrecy on motivation to avoid social attention and on advice taking. *Current Psychology*. https://doi.org/10.1007/s12144-022-02982-7

Edmonds, J., Masuda, A., & Tully, E. C. (2013). Relations among self-concealment, mindfulness, and internalizing problems Self-concealment and mindfulness can be viewed as two fairly stable emotion/behavior regulation tendencies, which are often linked to a range of internalizing problems. The current study examined whether low levels of mindfulness and higher levels of self-concealment predict higher levels of

depression, anxiety, and somatization for both men and women. An ethnically diverse sample of college undergraduate females (n = 738) and males (n = 249) completed a web-based survey that included the self-report measures of interest. Path analysis models were evaluated separately for male participants and female participants. The findings from these models revealed that low levels of mindfulness predict higher levels of depression, anxiety, and somatization above the effects of self-concealment, age, and ethnicity for both men and women. Low levels of self-concealment predicted higher levels of depression and anxiety above the effects of mindfulness, age, and ethnicity for both men and women, and low levels of self-concealment predicted higher levels of somatization for women. Contrary to predictions, self-concealment did not predict somatization in men above the effects of mindfulness, age, and ethnicity. These findings suggest that mindfulness and self-concealment are distinct predictors useful for understanding the correlates of internalizing problems. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract). *Mindfulness*, *5*(5), 497-504. https://doi.org/10.1007/s12671-013-0204-z

Endler, N. S., Flett, G. L., Macrodimitris, S. D., Corace, K. M., & Kocovski, N. L. (2002). Separation, self-disclosure, and social evaluation anxiety as facets of trait social anxiety In the current article, the authors propose an expansion of the trait anxiety concept to include interpersonal or social facets of trait anxiety involving separation from significant others and disclosing aspects of the self to others, as a supplement to the existing focus on social evaluation anxiety. Participants in three studies completed a modified version of the Endler Multidimensional Anxiety Scales that included a measure of trait social evaluation anxiety, as well as new measures of trait separation anxiety and trait self-disclosure anxiety (i.e., three measures of trait social anxiety). Results show that the social evaluation, separation, and self-disclosure trait anxiety scales have strong psychometric properties and that they represent distinct but related components of trait anxiety. With respect to validity, the facets of trait social anxiety were predictive of related variables including self-concealment, anxiety sensitivity, and trait worry. The theoretical and practical implications of a multifaceted approach to trait social anxiety are discussed in terms of an expanded multidimensional interaction model of anxiety. (PsycINFO Database Record (c) 2009 APA, all rights reserved). *European Journal of Personality*, *16*(4), 239-269. https://doi.org/10.1002/per.452

Engels, R. C. M. E., Finkenauer, C., Kerr, M., & Stattin, H. (2005). Illusions of parental control: Parenting and smoking onset in Dutch and Swedish adolescents Parental control is assumed to be associated with smoking onset: Parents who exert control on their children and monitor their children's behavior are less likely to have children who start to smoke. However, the empirical evidence for this assumption is mostly from cross-sectional studies. The present research examined the prospective associations between parental control and smoking onset among Dutch and Swedish adolescents and their parents. Findings revealed nonsignificant links between general parental control and smoking onset in both samples, and no link between smoking-specific parental control and smoking onset in the Dutch sample, thereby questioning the assumption that parental control prevents adolescent smoking onset. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Applied Social Psychology*, *35*(9), 1912-1935. https://doi.org/10.1111/j.1559-1816.2005.tb02202.x

Engels, R. C. M. E., Finkenauer, C., & van Kooten, D. C. (2006). Lying behavior, family functioning and adjustment in early adolescence Communication between children and parents has been the subject of several studies, examining the effects of, for example, disclosure and secrecy on adolescents' social relationships and adjustment. Less attention has been paid to adolescent deception. We developed and tested a new instrument on lying behavior in a sample of 671 parent-adolescent couples. Analyses on the psychometric properties showed that this instrument had one principal component, and high internal consistency, item-total correlations and inter-item correlations. Lying was moderately associated with other indicators of parent-child communication, the quality of the parent-child relationship, and with parenting practices. In addition, frequent lying was moderately related to behavioral problems and emotional problems. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Youth and Adolescence*, *35*(6), 949-958. https://doi.org/10.1007/s10964-006-9082-1

Erkan, S., Ozbay, Y., Cihangir-Cankaya, Z., & Terzi, S. (2012). The prediction of university students' willingness to seek counseling The aim of this research is to determine the variables that qualify the help seeking behavior (willingness to seek counseling(of Turkish university students. A total of 5829 college students (2974 females, 2841 males, 14 unknown(from eleven universities in Turkey have participated in the study. Personal Form, Self Concealment Scale, Willingness to Seek Counseling Scale, Problem Areas Scale, Attitudes Towards Seeking Professional Psychological Help Scale, Multi-Dimensional Perceived Social Support Scale, Bern Sex Role Inventory have been used in the research. Moreover, the hierarchic regression analysis technique has been used in the analysis of the data. It is observed that the study has significantly predicated the points gathered from independent variables with the points related to willingness to seek help. This finding shows that independent variables can be regarded as explaining the 26 % variance related to the help seeking behavior points. The results show that the most significant predicator of college students willingness to seeking psychological help level is positive attitudes towards seeking psychological help. *Kuram Ve Uygulamada Egitim Bilimleri*, *12*(1), 25-42. <Go to ISI>://WOS:000301683500003

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Finkenauer, C., Engels, R. C. M. E., & Meeus, W. (2002). Keeping secrets from parents: Advantages and disadvantages of secrecy in adolescence Examined the links between secrecy and psychosocial well-being and emotional autonomy among 227 younger (12-13 yrs) and older (16-18 yrs) adolescents. Ss completed a battery of questionnaires concerning secrecy from parents, physical complaints, depressive mood, loneliness, emotional autonomy, disclosure toward parents, quality of relationship with parents, and frequency of contact with friends and peers. Results show that keeping secrets from parents is associated with physical and psychological disadvantages in adolescence. Confirming the prediction, however, secrecy was also related to adolescents' emotional autonomy. The theoretical and empirical implications of our findings are discussed in the context of adolescent development. (PsycINFO Database Record (c) 2009 APA, all rights

reserved). *Journal of Youth and Adolescence*, *31*(2), 123-136. https://doi.org/10.1023/a:1014069926507

Finkenauer, C., Frijns, T., Engels, R. C. M. E., & Kerkhof, P. (2005). Perceiving concealment in relationships between parents and adolescents: Links with parental behavior Although concealment in relationships is commonplace, little is known about its implications for the target of concealment. Two large-scale studies among adolescents and their parents tested the central hypothesis that parents' perception of child concealment predicts poorer parenting behaviors toward their child. Further, we investigated whether actual child concealment adds to the prediction of parenting behaviors through an interaction with parental perception of concealment. Study 1 yielded evidence for the hypothesized link, which was independent of actual concealment. Study 2 largely replicated these results for perceptions of both concealment and lying while controlling for perceptions of disclosure. Overall, these results suggest that parents' perception of child concealment coincides with poorer parenting behaviors, regardless of actual child concealment. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Personal Relationships*, *12*(3), 387-406. https://doi.org/10.1111/j.1475-6811.2005.00122.x

Finkenauer, C., & Hazam, H. (2000). Disclosure and secrecy in marriage: Do both contribute to marital satisfaction? Proposes that not only disclosure but also secrecy should have a beneficial effect on satisfaction in close relationships. In addition, the study examined to what extent dispositional measures of disclosure and secrecy predict communicative behavior between partners. Dispositional and contextual measures of disclosure and secrecy were included in a correlational study among 17 male and 48 female married Ss (mean age 42.5 yrs). Ss completed a battery of questions consisting of dispositional measures of disclosure and secrecy, contextual measures of sharing and secrecy within couples, marital satisfaction, and marital commitment. Results show that dispositional measures contributed only marginally to marital satisfaction, while contextual measures strongly contributed to marital satisfaction. Contextual disclosure and secrecy independently contributed to marital satisfaction. Dispositional measures failed to predict communicative behavior between partners. Findings suggest that both disclosure and secrecy are powerful mechanisms in marital relationships and that it is the process that occurs when partners interact with each other, rather than the characteristics of either or both, that affects marital satisfaction. (PsycINFO Database Record (c) 2012 APA, all rights reserved). *Journal of Social and Personal Relationships*, *17*(2), 245-263. https://doi.org/10.1177/0265407500172005

Finkenauer, C., Kerkhof, P., Righetti, F., & Branje, S. (2009). Living together apart: Perceived concealment as a signal of exclusion in marital relationships This article examines how perceiving concealment in close relationships influences marital well-being. It suggests that the perception of concealment from a partner signals separateness from one's partner and contributes to feelings of perceived partner exclusion. These feelings of exclusion, in turn, should negatively affect relational quality. These predictions are tested in a prospective study among 199 newlywed couples. Results suggest that perceiving concealment reduced marital adjustment and trust and increased conflict over time. Importantly, change in perceived partner exclusion mediated these effects. This article demonstrates that the perception of concealment (a) has deleterious effects on relational well-being in the long run and (b) is harmful in part because it elicits feelings of

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Friedlander, A., Nazem, S., Fiske, A., Nadorff, M. R., & Smith, M. D. (2012). Self-concealment and suicidal behaviors Understanding self-concealment, the tendency to actively conceal distressing personal information from others, may be important in developing effective ways to help individuals with suicidal ideation. No published study has yet assessed the relation between self-concealment and suicidal behaviors. Additionally, most self-concealment research has been conducted solely with younger adults. The relation between self-concealment and depressive symptoms among older adults (age 65 and older), and between self-concealment and suicidal behaviors among both younger (college student) and older adults, was investigated in this study. As predicted, self-concealment was significantly related to suicidal behaviors in younger adults. Furthermore, self-concealment was significantly related to depressive symptoms in older adults. Interestingly, the association between self-concealment and suicidal behaviors in this age group was not significant. *Suicide and Life-Threatening Behavior*, *42*(3), 332-340. https://doi.org/10.1111/j.1943-278X.2012.00094.x

Frijns, T., Finkenauer, C., Vermulst, A. A., & Engels, R. C. M. E. (2005). Keeping secrets from parents: Longitudinal associations of secrecy in adolescence. *Journal of Youth and Adolescence*, *34*(2), 137-148.

Frijns, T., Keijsers, L., Branje, S., & Meeus, W. (2010). What parents don't know and how it may affect their children: Qualifying the disclosure–adjustment link Recent research has identified adolescent disclosure to parents as a powerful predictor of adolescent adjustment. We propose, however, that the common operationalization of adolescent disclosure incorporates the two separate constructs of disclosure and secrecy, and predicted that the disclosure–adjustment link can largely be explained by the unique contribution of secrecy from parents. A four-wave survey study among 309 adolescents tested these predictions. Factor analyses confirmed that disclosure and secrecy should be distinguished as two separate constructs. Moreover, in cross-lagged path analyses, only secrecy was a longitudinal predictor of adolescent internalizing (i.e., depression) and externalizing (i.e., delinquency) problems, disclosure was not. Secrecy consistently contributed to the longitudinal prediction of delinquency from early to middle adolescence, whereas it contributed to the prediction of depression only in early adolescence. Findings thus attest the importance of distinguishing between disclosure and secrecy and suggest that the disclosure–adjustment link may actually reflect a secrecy-maladjustment link. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Journal of Adolescence*, *33*(2), 261-270. https://doi.org/10.1016/j.adolescence.2009.05.010

Geng, Y., Zhan, T., Zhang, Y., Shi, L., Yu, J., & Jin, W. (2022a). Why don't you tell me? The mediating role of self-concealment in the relationship between Machiavellianism and break-up distress It has been well documented that Machiavellianism has a positive effect on break-up distress. However, there are few research explored the internal mechanism. In this study, we investigated the mediating role of self-concealment and the moderating role of gender. Machiavellianism Personality Scale, Self-Concealment Scale and Break-up Distress Scale was distributed through an online questionnaire platform. A sample of 869 undergraduate students was received, and their age ranged from 16 to 25 years old (M = 19.48, SD = 1.15). As we predicted, the relationship between Machiavellianism and break-up distress was partially mediated by self-concealment. The direct effect of Machiavellianism on break-up distress and the mediating effect of self-concealment were moderated by gender. Specifically, compared with boys, the effect of Machiavellianism on self-concealment was stronger for girls, while the effect of Machiavellianism on break-up distress was stronger for boys. These findings confirm how Machiavellianism affects break-up distress and provide new intervention ideas for solving the psychological crisis of college students after the dissolution of romantic relationships. *Current Psychology*. https://doi.org/10.1007/s12144-022-02911-8

Geng, Y., Zhan, T., Zhang, Y., Shi, L., Yu, J., & Jin, W. (2022b). Why don't you tell me? The mediating role of self-concealment in the relationship between machiavellianism and break-up distress It has been well documented that Machiavellianism has a positive effect on break-up distress. However, there are few research explored the internal mechanism. In this study, we investigated the mediating role of self-concealment and the moderating role of gender. Machiavellianism Personality Scale, Self-Concealment Scale and Break-up Distress Scale was distributed through an online questionnaire platform. A sample of 869 undergraduate students was received, and their age ranged from 16 to 25 years old (M = 19.48, SD = 1.15). As we predicted, the relationship between Machiavellianism and break-up distress was partially mediated by self-concealment. The direct effect of Machiavellianism on break-up distress and the mediating effect of self-concealment were moderated by gender. Specifically, compared with boys, the effect of Machiavellianism on self-concealment was stronger for girls, while the effect of Machiavellianism on break-up distress was stronger for boys. These findings confirm how Machiavellianism affects break-up distress and provide new intervention ideas for solving the psychological crisis of college students after the dissolution of romantic relationships. (PsycInfo Database Record (c) 2022 APA, all rights reserved). *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. https://doi.org/10.1007/s12144-022-02911-8

Hao, Z., & Liang, B. (2007). Predictors of college students' attitudes toward seeking professional psychological help Objective: This study was to explore the predictors of college students' attitudes toward seeking professional psychological help. Methods: 700 university students from different grades and majors were chosen as subjects to survey. Results: Attitudes toward seeking professional psychological help was taken as dependent variable, and analysis of variance among gender (2) and specialty (2) was made. Main effects of gender was significant, $F_{(1,615)} = 3.294$, $P = 0.050$. Main effects of specialty was significant, $F_{(1,615)} = 20.896$, $P = 0.001$. Interaction effects of gender and specialty were not significant, $F_{(1,615)} = 1.890$, $P = 0.170$. The result of regressive analysis was $R = 0.636$, $R^2 = 0.405$, $F = 29.641$, $P = 0.001$, it indicated that regressive

equation was significance. Conclusion: (1) There are six variables, which can significantly predict the attitudes toward seeking professional psychological help and which can be arranged in the following order according to their predicative ability: interdependent self-construal, self-concealment, specialties, internality and gender whether or not seek help. (2) Female students' attitude is more positive than that of the male students. (3) The attitude of students whose specialty is sports or art is more positive than that of the students whose specialty is not sports or art. (4) The attitude of students who have interdependent self-construal is more positive than that of students who have not interdependent self-construal. (5) High self-concealment students' attitude is more negative than that of low self-concealment students. (6) Internal students' attitude is more negative than that of external students. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Chinese Journal of Clinical Psychology*, *15*(3), 321-325. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2007-12796-034&site=ehost-live

Hartman, J. D., Patock-Peckham, J. A., Corbin, W. R., Gates, J. R., Leeman, R. F., Luk, J. W., & King, K. M. (2015). Direct and indirect links between parenting styles, self-concealment (secrets), impaired control over drinking and alcohol-related outcomes Introduction: Self-concealment reflects uncomfortable feelings, thoughts, and information people have about themselves that they avoid telling others (Larson & Chastain, 1990). According to Larson and Chastain (1990) these secrets range from the slightly embarrassing to the very distressing with an individual's most traumatic experiences often concealed. Parental attitudes including those involving self-disclosure are thought to be expressed in their choice of parenting style (Brand, Hatzinger, Beck, & Holsboer-Trachsler, 2009). The specific aim of this investigation was to examine the direct and indirect influences of parenting styles on self-concealment, impaired control over drinking (i.e. the inability to stop drinking when intended), alcohol use (quantity/frequency), and alcohol-related problems. Methods: A structural equation model with 419 (223 men, 196 women) university students was examined. Two and three path mediated effects were examined with the bias corrected bootstrap technique in Mplus. Results: Having an authoritarian mother was directly linked to more self-concealment, while having an authoritative father was directly linked to less self-concealment. Higher levels of mother authoritarianism were indirectly linked to both increased alcohol use and alcohol-related problems through more self-concealment and more impaired control over drinking. Moreover, higher levels of father authoritativeness were indirectly linked to less alcohol use and alcohol-related problems through less self-concealment and less impaired control over drinking. Conclusions: These findings suggest that parenting styles influence vulnerabilities such as self-concealment in the impaired control over the drinking pathway to alcohol use and alcohol-related problems. (PsycINFO Database Record (c) 2016 APA, all rights reserved). *Addictive Behaviors*, *40*, 102-108. https://doi.org/10.1016/j.addbeh.2014.08.009

Hewitt, P. L., Flett, G. L., Sherry, S. B., Habke, M., Parkin, M., Lam, R. W., McMurtry, B., Ediger, E., Fairlie, P., & Stein, M. B. (2003). The interpersonal expression of perfection: Perfectionistic self-presentation and psychological distress A concept involving the interpersonal expression of perfection, perfectionistic self-presentation, is introduced. It is argued that perfectionistic self-presentation is a maladaptive self-presentational style composed of three facets: perfectionistic self-promotion (i.e., proclaiming and displaying

one's perfection), nondisplay of imperfection (i.e., concealing and avoiding behavioral demonstrations of one's imperfection), and nondisclosure of imperfection (i.e., evading and avoiding verbal admissions of one's imperfection). Several studies involving diverse samples demonstrate that perfectionistic self-presentation is a valid and reliable construct and a consistent factor in personal and interpersonal psychological distress. It is argued that the need to promote one's perfection or the desire to conceal one's imperfection involves self-esteem regulation in the interpersonal context. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Personality and Social Psychology*, *84*(6), 1303-1325. https://doi.org/10.1037/0022-3514.84.6.1303

Hogge, I., & Blankenship, P. (2020). Self-concealment and suicidality: Mediating roles of unmet interpersonal needs and attitudes toward help-seeking Objective We investigated the relationship between self-concealment—a tendency to hide distressing information—and suicidality, via two mediators: (a) unmet interpersonal needs and (b) help-seeking attitudes. Method A sample of young adults (18–25 years) was recruited online to complete a self-report survey questionnaire (n = 245). A parallel multiple mediation model was analyzed using the PROCESS macro (Hayes, 2013, Methodology in the social sciences. Introduction to mediation, moderation, and conditional process analysis: A regression-based approach. New York, NY: Guilford Press) in SPSS. Results There was a significant positive relationship between self-concealment and suicidality. This relationship was partially mediated by unmet interpersonal needs. Although self-concealment was associated with more negative attitudes toward seeking professional psychological help, these help-seeking attitudes were not significantly related to suicidality. Conclusions Our results highlight the importance of interpersonal factors in suicide. Unmet interpersonal needs emerged as a mechanism by which self-concealment contributes to increased suicidality. We review implications for research, clinical practice, and prevention. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Journal of Clinical Psychology*, *76*(10), 1893-1903. https://doi.org/10.1002/jclp.22964

Howard, L. M., Heron, K. E., & Cramer, R. J. (2020). The deliberate denial of disordered eating behaviors scale: Development and initial validation in young women with subclinical disordered eating AbstractThe purpose of this study was to develop a self-report measure of deliberate denial of disordered eating behaviors (i.e., conscious omission, concealment, or misrepresentation of behavior related to an eating disorder). Study 1 involved item generation and review by focus groups composed of women with subclinical disordered eating (N = 13) and an expert panel of five eating disorder researchers and clinicians. In Study 2, the scale and validity measures were administered to 311 undergraduate women with subclinical disordered eating via an online survey. Initial items were refined based on focus group and expert panel feedback, resulting in an 18-item scale. In Study 2, a series of exploratory factor analyses were conducted, resulting in a 12-item Deliberate Denial of Disordered Eating Behaviors scale (DDEBS-12) with a unidimensional total score. A parallel analysis confirmed the single-factor structure. In Study 3, a separate sample of 362 undergraduate women with subclinical disordered eating completed the DDEBS-12, and the factor structure was subsequently confirmed via a confirmatory factor analysis. The DDEBS-12 possessed excellent internal consistency, and was correlated as expected with measures of concealment, disordered eating, body dissatisfaction, disclosure, and social desirability, suggesting criterion, convergent, and discriminant validity. This novel scale can be used to examine

the role of denial in the onset and maintenance of disordered eating behaviors, and address denial in the identification and prevention of disordered eating. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Journal of Psychopathology and Behavioral Assessment*. https://doi.org/10.1007/s10862-020-09819-2

Ichiyama, M. A., Colbert, D., Laramore, H., Heim, M., Carone, K., & Schmidt, J. (1993). Self-concealment and correlates of adjustment in college students. *Journal of College Student Psychotherapy*, *7*(4), 55-68.

Kahn, J. H., Achter, J. A., & Shambaugh, E. J. (2001). Client distress disclosure, characteristics at intake, and outcome in brief counseling Client tendencies to disclose versus conceal personally distressing information (termed distress disclosure) were hypothesized to relate to measures of social support, personality, perceived stress, and symptomatology at intake, as well as improvement over the course of counseling. Seventy-nine college counseling center clients completed questionnaires at intake; 45 of these clients also completed measures at termination. Distress disclosure was related to social support, trait positive affectivity, and trait negative affectivity at intake; and distress disclosure was associated with a decrease in client-rated stress and symptomatology over the course of counseling. These findings point to the importance of attending to client differences in tendencies to disclose versus conceal personally distressing information both at intake and as it relates to change in counseling. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *48*(2), 203-211. https://doi.org/10.1037/0022-0167.48.2.203

Kahn, J. H., & Hessling, R. M. (2001). Measuring the tendency to conceal versus disclose psychological distress Individual differences in one's tendency to conceal vs disclose psychological distress were hypothesized to reflect a unidimensional construct related to changes in psychological adjustment. These hypotheses were tested using a newly validated self-report instrument called the Distress Disclosure Index. Both exploratory and confirmatory factor analyses supported the existence of one bipolar dimension reflecting the frequent concealment (i.e., rare disclosure) of distress on one end of the continuum and frequent disclosure (i.e., rare concealment) on the other. Moreover, this construct predicted changes in self-esteem, life satisfaction, and perceived social support over a 2-month period. Implications for the measurement and theories of concealment and disclosure are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Social and Clinical Psychology*, *20*(1), 41-65. https://doi.org/10.1521/jscp.20.1.41.22254

Kahn, J. H., Lamb, D. H., Champion, C. D., Eberle, J. A., & Schoen, K. A. (2002). Disclosing versus concealing distressing information: Linking self-reported tendencies to situational behavior Examined whether one's self-reported tendency to disclose versus conceal distressing information predicts actual disclosure and concealment behavior. Sixty-nine undergraduates who were pretested on a measure of disclosure versus concealment tendencies saw either a distressing or non-distressing film and were assessed on their reactions to the film via a structured interview. Self-reports of disclosure versus concealment tendencies predicted the number of statements in which distressing emotions were acknowledged and independent observers' ratings of how much distress was expressed, but these relationships were not moderated by manipulated distress level. These findings support the use of self-reports of disclosure and concealment in research and clinical settings as predictors of observable disclosures of negative emotions.

(PsycINFO Database Record (c) 2009 APA, all rights reserved). *Journal of Research in Personality*, *36*(5), 531-538. https://doi.org/10.1016/s0092-6566(02)00008-9

Kang, W. C. (2002). The factor structure of the Chinese adaptation of Self-Concealment Scale in middle school students This study examined the self-concealment scale applicability of the students in the sample, and the characteristics of middle school students tend to self-concealment. A sample of 513 middle-school students received self-concealment scale and students coping scale of the test. The results showed that Chinese self-concealment scale has good construct validity and good criterion validity and good reliability, so the Chinese version of self-concealment scale of the study can be used in the future. The study also found that boys Self-Concealment relatively high compared with the girls and both boys and girls, students tend to self-concealment significantly higher than university students. These results may indicate that, in the psychological "weaning period" of the middle school students have some closure, and boys than girls tend to self-concealment, self-concealment may indicate stronger with the independence of the boys. *Chinese Journal of Applied Psychology*, *8*(2), 15-17.

Kawamura, K. Y., & Frost, R. O. (2004). Self-concealment as a mediator in the relationship between perfectionism and psychological distress The present study examined self-concealment as a possible mediator in the relationship between perfectionism and distress. The study also explored whether willingness to disclose differed depending on whether the disclosure was to a friend, family member, or counselor. One hundred and sixteen undergraduate women were administered the Multidimensional Perfectionism Scale, the Self-Concealment Scale, the Hopkins Symptom Checklist-21, and the College Issues Questionnaire. Correlational analyses indicated that rnaladaptive perfectionism, self-concealment, and distress were all highly related. Path analysis indicated that self-concealment mediated the relationship between maladaptive perfectionism and distress. Willingness to discuss issues with family and friends was negatively correlated with maladaptive perfectionism and self-concealment, but unrelated to distress. These results indicate that a tendency to conceal negative personal information may be a significant contributor to the psychological distress experienced by those with maladaptive perfectionism. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Cognitive Therapy and Research*, *28*(2), 183-191. https://doi.org/10.1023/B:COTR.0000021539.48926.c1

Kawano, K. (2001). Correlational analysis among Japanese Self-Concealment Scale, Kida's Stimulus-Seeking Scale and self-reported physical symptoms Translated the Self-Concealment Scale (SCS; D. G. Larson et al, 1990) and altered it to apply to Japanese subjects. Examined the relationship between the SCS and self-reported physical symptoms, including Kida's Stimulus-Seeking Scale (KSSS). Ss were 348 male and 232 female undergraduates (mean age 19. 79 yrs) in the Tokai and Kanto regions, Japan. Ss were administered the Japanese SCS, the KSSS, and the Physical Symptoms Scale. The results show that the Introvert stimulus-seeking score of the KSSS and the Japanese SCS significantly correlated with self-reported bodily symptoms after controlling the number of friends, the number of close friends, the frequency of casual conversation and the extrovert Stimulus-seeking score of the KSSS. These results suggest that stress induced by active inhibition (J. W. Pennebaker, 1989) is regulated by the amount of distress and concealed experience and accessibility to these memories. (PsycINFO Database Record (c) 2009 APA, all rights reserved). *Japanese Journal of Experimental Social Psychology*,

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Kelly, A. E. (1998). Clients' secret keeping in outpatient therapy. *Journal of Counseling Psychology*, *45*(1), 50-57.

Kelly, A. E., & Achter, J. A. (1995). Self-concealment and attitudes toward counseling in university students In Study 1 (N‚ÄÇ=‚ÄÇ257 undergraduates) the relations among self-concealment, attitudes toward seeking psychological help, and intentions to seek counseling were explored. Results revealed that even though self-concealment was associated with less favorable attitudes toward seeking help, it was also associated with greater intentions to seek counseling. In Study 2, high and low self-concealers (N‚ÄÇ=‚ÄÇ83) read a description of counseling that either (a) indicated that counseling involves revealing highly personal information or (b) made no mention of such disclosure. Results revealed that in the former condition, high self-concealers were less favorable toward counseling than were low self-concealers, whereas in the latter condition, there was no significant difference between the 2 groups. Implications of these findings for future research are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved). *Journal of Counseling Psychology*, *42*(1), 40-46. https://doi.org/10.1037/0022-0167.42.1.40

Kelly, A. E., & Yip, J. J. (2006). Is keeping a secret or being a secretive person linked to psychological symptoms? This prospective study explored whether keeping a major secret, self-concealment (i.e., the predisposition to keep secrets), and social support at Time 1 predicted symptomatology levels 9 weeks later (Time 2) among a sample of 86 undergraduates. The results showed that the process of keeping a secret actually predicted fewer symptoms, whereas the personality variable of self-concealment predicted more symptoms at Time 2, even when the analyses controlled for social support. However, the predictive effects of both secret keeping and self-concealment were wiped out when the analyses statistically controlled for initial symptomatology, which was positively linked to self-concealment from the outset. These findings challenge conventional wisdom about the dangers of keeping a major secret and suggest that, instead, the kind of person who is secretive simply might be more vulnerable to symptoms. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Personality*, *74*(5), 1349-1369. https://doi.org/10.1111/j.1467-6494.2006.00413.x

Kimura, M., & Mizuno, H. (2004). Relationships between help-seeking preferences of college students and related psychological variables: A focus on student counseling, friends, and families The purpose of this study was to describe help-seeking preferences to university counseling center, friends and their family. Two hundred and thirty nine questionnaires were completed by university students. The results revealed the following: 1) help-seeking preference to friends and families was higher than that to student counseling, 2) help-seeking preference to friends and families was positively related to self-esteem, but negatively to self-concealment, 3) help-seeking preference to families by females was higher than that of males, and 4) the degree of information that students have on university counseling centers positively related to help-seeking preference toward the counseling center. The results were discussed in regards to ways in which a student counseling center can offer college students services to help them effectively. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Japanese*

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Lance, K. M. (2019). *To conceal or reveal? Predictors of adolescent self-disclosure to mothers and the mediating role of trust* ProQuest Information & Learning]. APA PsycInfo. https://login.libproxy.scu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2019-41128-287&site=ehost-live&scope=site

Larson, D. G., & Chastain, R. L. (1990). Self-concealment: Conceptualization, measurement, and health implications. *Journal of Social and Clinical Psychology*, *9*(4), 439-455.

Lauricella, D., & Tuliao, A. P. (2021). Barriers in seeking online and face-to-face therapy for romantic relationship problems This study identifies how private stigma may impact one's intent to seek therapy for romantic relationship issues via face-to-face and online therapy. The mechanisms of self-disclosure, self-concealment, and attitudes about therapy are analyzed as mediators through path modeling analysis. Results indicated significant indirect effects through self-disclosure and attitudes about therapy for seeking both online and face-to-face therapy. There was a significant indirect effect through self-concealment for intending to seek face-to-face therapy, but not for online therapy. Clinicians should find ways to normalize seeking therapy for relationship issues and be cognizant of how private stigma may impact their work with couples. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *American Journal of Family Therapy*. https://doi.org/10.1080/01926187.2021.1942315

Leech, N. L. (2007a). Cramer's model of willingness to seek counseling: A structural equation model for counseling students The author tested how well K. M. Cramer's (1999) model of willingness to seek counseling fit for master's level counseling students. Counseling students (N = 519) from across the United States completed a survey. Using structural equation modeling, the author found that Cramer's model fit with counseling students. Counseling students were most likely to report being willing to seek counseling if they had a positive attitude toward counseling, low level of self-concealment, high level of distress, and low social support. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Psychology: Interdisciplinary and Applied*, *141*(4), 435-445. https://doi.org/10.3200/jrlp.141.4.435-448

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Lin, H. L. (2010). *Toward more authentic self-reports: An experimental manipulation based on self-determination theory* University of Houston]. Houston.

Lin, T., & Farber, B. A. (2021). Trajectories of depression in psychotherapy: How client characteristics predict clinical improvement Objective: The current study aims to ascertain the trajectories of psychotherapy clients' symptom change and identify client factors that predict treatment outcome. Method: We conducted a latent growth mixture model (LGMM) to identify the change trajectories of 44 clients' depression scores during psychotherapy. Client characteristics were then explored to determine whether any were associated with change trajectories. We examined whether the number of physician visits and/or client self-concealment scores predict 63 clients' improvement after controlling for initial symptom severity. Results: Two trajectories of clients' symptom change were identified: nonimprovers (52.3%) and improvers (47.7%). Nonimprovers had higher levels of self-concealment and baseline depression than improvers. The number of physician visits was associated with higher depression scores at baseline and greater clinical improvement during psychotherapy. Conclusion: Clients showed distinct trajectories of symptom change in psychotherapy. Early identification of clients at risk for treatment failure may increase the probability of therapeutic success. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *Journal of Clinical Psychology*, *77*(6), 1354-1370. https://doi.org/10.1002/jclp.23119

Lopez, F. G. (2001). Adult attachment orientations, self-other boundary regulation, and splitting tendencies in a college sample Examines the adult attachment orientations toward anxiety and boundary regulation variables in measuring self-splitting. Implication of low emotional reactivity; Need for social growth; Problematic differences in the motivational underpinnings. *Journal of Counseling Psychology*, *48*(4), 440-446.

Lopez, F. G., Mitchell, P., & Gormley, B. (2002). Adult attachment orientations and college student distress: Test of a mediational model A model for predicting college student distress that included measures of negative life event impacts, adult attachment orientations, and several indexes of self-organization was tested. Results demonstrated that, controlling for age and negative life impacts, attachment anxiety along with 2 self-organizing predictors (self-splitting, self-concealment) each made unique contributions and collectively explained nearly half of the variance in student distress. In addition, self-splitting and self-concealment effectively mediated the relationship between attachment anxiety and distress. Implications for the counseling of distressed college students are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *49*(4), 460-467. https://doi.org/10.1037/0022-0167.49.4.460

Lopez, F. G., & Rice, K. G. (2006). Preliminary development and validation of a measure of relationship authenticity The authors describe the preliminary development and validation of the Authenticity in Relationships Scale. An initial pool of 37 items addressing various elements of the proposed definition of "relationship authenticity" was administered to 2 independent samples of undergraduates (N = 487) who acknowledged being in a current romantic relationship. Exploratory and confirmatory factor analyses revealed that 2 interpretable factors (Unacceptability of Deception, Intimate Risk Taking) effectively represented the data in both samples. Retest data over a 3-month interval were also gathered from a separate independent sample of 121 participants. Subscale scores composed of factor-unique items demonstrated good reliability and test-retest stability, correlated in expected directions with scores on several measures used to establish construct validity, and made unique contributions to the prediction of relationship satisfaction after gender, self-esteem, commitment level, and adult attachment orientations were controlled. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *53*(3), 362-371. https://doi.org/10.1037/0022-0167.53.3.362

Love, M., & Farber, B. A. (2019). Honesty in psychotherapy: Results of an online survey comparing high vs low self-concealers Objectives: This study sought to investigate client dishonesty in psychotherapy through the trait of self-concealment. We hypothesized that comparing low and high self-concealers would yield clinically significant differences in the nature, motives, and perceived consequences of client dishonesty. Method: A total of 572 respondents, self-reported as psychotherapy clients, reported about their experience of being dishonest in therapy via a multi-part online survey. Concealment status was assessed using the Self-Concealment to Therapist Scale, an adaptation of the Self-Concealment Scale. Results: Eighty-four percent of respondents reported having been dishonest about one or more topics in therapy, most often 'details of my sex life' and 'suicidal thoughts.' High self-concealers reported more relationally oriented motives for dishonesty and acknowledged more negative effects on therapy than low self-concealers. In contrast, low self-concealers were more likely to report that non-disclosure was based on motives of practicality (e.g., managing therapy time), and that they would be willing to disclose if the therapist asked directly. Conclusions: Low and high self-concealers showed distinct patterns of motives, perceived consequences, and attitudes about facilitating disclosure in therapy. This suggests that self-concealment may be an important variable in tailoring treatment to foster greater and more honest disclosure.Clinical or Methodological Significance of this article: This article adds to the burgeoning literature on dishonesty in psychotherapy and presents a novel exploration of how self-concealment can be used to individually tailor treatment to facilitate increased levels of honest disclosure. High levels of self-concealment, or the trait-like tendency to conceal negative or distressing personal information from others, have been associated with deleterious long-term health and interpersonal effects.By exploring clients' motives for being dishonest, as well as their perception of how it impacted therapy and their self-identified techniques for how therapists can foster more honest, we provide specific clinical recommendations to increase disclosure in psychotherapy. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Psychotherapy Research*, *29*(5), 607-620. https://doi.org/10.1080/10503307.2017.1417652

Lu, D., Li, L., & Xiu, F. (2009). Self-concealment of high school students and its relation with self-consistency and congruence Objective: To investigate self-concealment level of high school students, and discuss the relationship between self-concealment level and self-consistency and congruence. Methods: Self-concealment scale (SCS) and Self-consistency and Congruence scale (SCCS) were adopted to investigate 326 high school students. Results: The average of SCS level was 25.63 ± 7.37; the SCS scores of males were higher than those of females ($P < 0.05$); there were no significant differences in grades and in whether or not the only child ($P > 0.05$); regression analysis showed that non-consistency and self-stereo type could predict SCS effectively ($\beta = 0.392, 0.207$). Conclusion: The SCS level has close relation with SCCS. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Chinese Journal of Clinical Psychology*, *17*(1), 96-97. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2009-06015-032&site=ehost-live

Lumley, M. A., Kelley, J. E., & Leisen, J. C. C. (1997). Predicting pain and adjustment in rheumatoid arthritis: The role of life stress and emotional processing The role of disclosure and emotional processing of stressful life events has not been studied in chronically ill populations. We attempted to predict the pain, physical dysfunction, and affective disturbance of 82 patients with rheumatoid arthritis (RA) from their life stress and from various measures of emotional processing: disclosure to others and thought frequency about stressful events, positive and negative emotional expression, ambivalence about emotional expression and secrecy. After controlling for demographics (gender, race, education, disability status), disease measures (duration of diagnosis, objective disease activity), and life stress, we found that pain was related to an increased expression of negative emotion; physical dysfunction was related to an increased frequency of thinking about stressful events; and affective disturbance was related to both increased ambivalence about emotional expression and increased thought frequency. We conclude that RA pain and adjustment are better predicted by emotional processing of stressful life events-including disclosure to others and emotional expression-than by the experience of stressful events, per se. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Health Psychology*, *2*(2), 255-264. https://doi.org/10.1177/135910539700200221

Luoma, J. B., & Chwyl, C. (2022). Interpersonal mechanisms for the maintenance of self-criticism: Expressive suppression, emotion expression, and self-concealment AbstractThis paper focused on identifying patterns of emotional expression that may account for the relationship between self-criticism and social disconnection. In particular, the study examined whether self-criticism was related to three aspects of emotional openness and expressivity—increased expressive suppression, reduced expression of positive emotion, and increased self-concealment—and whether these variables, in turn, predicted lower levels of social belonging. Regressions and structural equation modeling were used to analyze self-report data from a community sample (N = 303). Results showed that self-criticism was associated with greater expressive suppression, more self-concealment, and reduced expression of positive emotion, even after controlling for depressive symptoms and the tendency to feel emotions intensely. Results were not supportive of our prediction that expressive suppression would mediate the relationship between self-criticism and lower levels of social belonging. However, a multiple

mediator model showed that self-concealment and reduced expression of positive emotion, combined, partially mediated the relationship between self-criticism and social belonging. Overall, results were strongest that reduced expression of positive emotion mediates the relationship between self-criticism and lower feelings of belonging. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. https://doi.org/10.1007/s12144-020-00920-z

Luoma, J. B., Kohlenberg, B. S., Hayes, S. C., Bunting, K., & Rye, A. K. (2008). Reducing self-stigma in substance abuse through acceptance and commitment therapy: Model, manual development, and pilot outcomes Little is known about the assessment and treatment of self-stigma in substance abusing populations. This article describes the development of an acceptance based treatment (Acceptance and Commitment Therapy--ACT) for self-stigma in individuals in treatment for substance use disorder. We report initial outcomes from a study with 88 participants in a residential treatment program. The treatment involves 6 h of a group workshop focused on mindfulness, acceptance, and values work in relation to self-stigma. Preliminary outcomes showed medium to large effects across a number of variables at post-treatment. Results were as expected with one potential process of change, experiential avoidance, but results with other potential mediators were mixed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Addiction Research & Theory*, *16*(2), 149-165. https://doi.org/10.1080/16066350701850295

Luoma, J. B., O'Hair, A. K., Kohlenberg, B. S., Hayes, S. C., & Fletcher, L. (2010). The development and psychometric properties of a new measure of perceived stigma toward substance users A self-report measure of perceived stigma toward substance users was developed and studied. An initial measure was created based on a previously developed scale that was rated by experts for content validity and quality of items. The scale, along with other measures, was administered to 252 people in treatment for substance problems in the United States during 2006,Äì2007. Refinement efforts resulted in an eight-item scale with good face validity, construct validity, and adequate levels of internal consistency. Most relationships with other constructs were as expected. Findings suggest that perceived stigma is distinct from other forms of stigma. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Substance Use & Misuse*, *45*(1-2), 47-57. https://doi.org/10.3109/10826080902864712

Maas, J., Wismeijer, A. A. J., Van Assen, M., & Aquarius, A. (2012). Is it bad to have secrets? Cognitive preoccupation as a toxic element of secrecy This ex post facto study examined the effect of secrecy on well-being in a sample of 287 HIV-positive individuals, using both self-report data and objective immune parameters. The effects on well-being of three components of secrecy were studied; self-concealment, possession of a secret, and cognitive preoccupation. Confirming our hypotheses, we found a positive effect of possession of a secret on quality of life, depression and anxiety, but only after controlling for both self-concealment and cognitive preoccupation. The effects of self-concealment and cognitive preoccupation on wellbeing were negative. Since cognitive preoccupation partly mediated the effect of self-concealment on well-being, we concluded that cognitive preoccupation is a toxic element of secrecy. Our results imply that HIV-positive individuals that keep their serostatus secret are not per se at risk to directly experience negative effects of concealing their serostatus, as long as they do not have a disposition to

conceal personal information and do not ruminate about their secret(s). *International Journal of Clinical and Health Psychology*, *12*(1), 23-37. <Go to ISI>://WOS:000298199200002

Magsamen-Conrad, K., Billotte-Verhoff, C., & Greene, K. (2014). Technology addiction's contribution to mental wellbeing: The positive effect of online social capital This research examines the effect of online social capital and Internet use on the normally negative effects of technology addiction, especially for individuals prone to self-concealment. Self-concealment is a personality trait that describes individuals who are more likely to withhold personal and private information, inhibiting catharsis and wellbeing. Addiction, in any context, is also typically associated with negative outcomes. However, we investigate the hypothesis that communication technology addiction may positively affect wellbeing for self-concealing individuals when online interaction is positive, builds relationships, or fosters a sense of community. Within these parameters, increased communication through mediated channels (and even addiction) may reverse the otherwise negative effects of self-concealment on wellbeing. Overall, the proposed model offers qualified support for the continued analysis of mediated communication as a potential source for improving the wellbeing for particular individuals. This study is important because we know that healthy communication in relationships, including disclosure, is important to wellbeing. This study recognizes that not all people are comfortable communicating in face-to-face settings. Our findings offer evidence that the presence of computers in human behaviors (e.g., mediated channels of communication and NCTs) enables some individuals to communicate and foster beneficial interpersonal relationships, and improve their wellbeing. (PsycINFO Database Record (c) 2015 APA, all rights reserved). (journal abstract). *Computers in Human Behavior*, *40*, 23-30. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2014-43864-005&site=ehost-live

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Masuda, A., Allen, G. E. K., Liu, C., & Tully, E. C. (2021). The roles of self-concealment and perceived racial and ethnic discrimination in general psychological distress among racial and ethnic minority college students in the united states In the present cross-sectional study, we examined whether self-concealment and perceived racial and ethnic discrimination were uniquely associated with general psychological distress among racial and ethnic minority (REM) college students in the United States (U.S.), and whether these associations differed for individuals who self-identified as Black American, Asian American, Latinx American, or other REMs. Three hundred twenty-six REM college students (nwoman = 279, nman = 47; age range = 16-54 years) completed self-report measures of interest online. Results of hierarchical regression analyses revealed that greater self-concealment was significantly associated with higher levels of general psychological distress in all REM groups above associations between perceived racial and ethnic discrimination and psychological distress. Importantly, results also revealed that greater perceived racial and ethnic discrimination was only significantly associated with higher levels of general psychological distress in the Black American group, and not in the Asian American, Latinx American, or other REM groups. Limitations and applied implications of these findings are discussed. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *International Journal for the Advancement of Counselling*. https://doi.org/10.1007/s10447-021-09441-1

Masuda, A., Anderson, P. L., & Edmonds, J. (2012). Help-seeking attitudes, mental health stigma, and self-concealment among African American college students Stigma has been noted as a major obstacle of mental health service use among African Americans. The present study investigated whether mental health stigma and self-concealment were uniquely associated with attitudes toward seeking professional psychological services in African American college students. Data of 163 African Americans (n[sub]Female[/sub] = 127; 78% female) were used for present analyses. Results revealed that both mental health stigma and self-concealment were uniquely associated with help-seeking attitudes after controlling for gender, age, and previous experience of seeking professional psychological services. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract). *Journal of Black Studies*, *43*(7), 773-786. https://doi.org/10.1177/0021934712445806

Masuda, A., Anderson, P. L., & Sheehan, S. T. (2009). Mindfulness and mental health among African American college students The current study examined the relation of a commonly used measure of mindfulness (Mindful Attention Awareness Scale [MAAS]) and psychological flexibility (Acceptance and Action Questionnaire [AAQ]) to mental health-related variables within an African American college sample. The study also examined these constructs as potential mediators of the link between self-concealment and mental health variables. The AAQ did not show adequate internal consistency, and thus was not used in subsequent analyses. Mindfulness was found to be a significant predictor of mental health-related variables and mediated the relation between self-concealment and emotional distress in stressful interpersonal situations (full mediation) and general psychological ill health (partial mediation). These results are suggestive that mindfulness may be useful to understand mental health within African Americans college students, although additional research is clearly needed. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Complementary Health Practice Review*, *14*(3), 115-127. https://doi.org/10.1177/1533210110363893

Masuda, A., Anderson, P. L., Twohig, M. P., Feinstein, A. B., Chou, Y., Wendell, J. W., & Stormo, A. R. (2009). Help-seeking experiences and attitudes among African American, Asian American, and European American college students The study examined African American, Asian American, and European American college students‚Äô previous direct and indirect experiences of seeking professional psychological services and related attitudes. Survey data were collected from 254 European American, 182 African American and 82 Asian American college students. Results revealed that fewer African American and Asian American college students had sought professional psychological services, knew someone who had sought psychological services, and knew a close person who was diagnosed with a psychological disorder, relative to European American students. Furthermore, African American and Asian American participants showed less favorable attitudes on a variety of help-seeking attitudes, compared to the European American group. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *International Journal for the Advancement of Counselling*, *31*(3), 168-180. https://doi.org/10.1007/s10447-009-9076-2

Masuda, A., Anderson, P. L., Wendell, J. W., Chou, Y. Y., Price, M., & Feinstein, A. B. (2011). Psychological flexibility mediates the relations between self-concealment and negative psychological outcomes Consisting of two cross-sectional studies, the present study investigated whether psychological flexibility mediates the relations between self-

concealment and negative psychological outcomes. Study 1 examined whether psychological flexibility mediates the relations between self-concealment and emotional distress in stressful interpersonal situations. In addition to replicating results of Study 1, Study 2 investigated whether psychological flexibility mediates the relationship between self-concealment and general psychological ill-health. Psychological flexibility was found to mediate the relation between self-concealment and emotional distress in stressful interpersonal settings and to partially mediate the relationship between self-concealment and general psychological ill-health. (PsycINFO Database Record (c) 2011 APA, all rights reserved) (journal abstract). *Personality and Individual Differences*, *50*(2), 243-247. https://doi.org/10.1016/j.paid.2010.09.037

Masuda, A., & Boone, M. S. (2011). Mental health stigma, self-concealment, and help-seeking attitudes among Asian American and European American college students with no help-seeking experience The present study examined whether mental health stigma (i.e., negative attitudes toward people with a psychological disorder) and self-concealment are unique predictors of help-seeking attitudes in Asian American and European American college students with no history of seeking professional psychological services. The Asian American group had less favorable help-seeking attitudes overall, lower levels of stigma tolerance and interpersonal openness, greater mental health stigma, and greater self-concealment than the European American group. Mental health stigma and self-concealment were unique predictors of help-seeking attitudes overall in both groups. However, mental health stigma was not a unique predictor of recognition of need for psychotherapeutic help and confidence in mental health practitioners, the components of help-seeking attitudes theorized to be most associated with actual help-seeking behavior. Self-concealment was a unique predictor of confidence in mental health practitioners in the Asian American group, but not in the European American group. *International Journal for the Advancement of Counselling*, *33*(4), 266-279. https://doi.org/10.1007/s10447-011-9129-1

Masuda, A., Boone, M. S., & Timko, C. A. (2011). The role of psychological flexibility in the relationship between self-concealment and disordered eating symptoms The present cross-sectional study investigated whether psychological flexibility mediates the association between self-concealment and disordered eating (DE) symptoms among non-clinical college students. Data of 209 male and female participants (nfemale=165), aged 18,Äì22years old, were used for analyses. Self-concealment was found to be positively associated with DE symptoms (i.e., general eating disorder symptoms and eating disorder-related cognitions) and negatively associated with psychological flexibility. Psychological flexibility was inversely associated with DE symptoms. Finally, psychological flexibility was found to mediate the association between self-concealment and DE symptoms after accounting for gender, ethnic background, and body mass index (BMI). (PsycINFO Database Record (c) 2011 APA, all rights reserved) (journal abstract). *Eating Behaviors*, *12*(2), 131-135. https://doi.org/10.1016/j.eatbeh.2011.01.007

Masuda, A., Hayes, S. C., Twohig, M. P., Lillis, J., Fletcher, B. L., & Gloster, T. A. (2009). Comparing Japanese international college students' and U.S. college students' mental-health-related stigmatizing attitudes This study examined differences between Japanese international college students and U. S. college students on stigma toward people with psychological disorders, stigma tolerance in help seeking, and self-concealment. Japanese international students had greater stigma toward individuals with psychological disorders

than did their U. S. counterparts. No interrelationships between these variables, however, were found in the Japanese international student group. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Multicultural Counseling and Development*, *37*(3), 178-189. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2009-10062-005&site=ehost-live psyaxm@langate.gsu.edu

Masuda, A., Latner, J. D., Barlie, J. P., & Sargent, K. (2018). Understanding self-concealment within a framework of eating disorder cognitions and body image flexibility: Conceptual and applied implications Although self-concealment has been long recognized in the context of body image disturbance and disordered eating concerns, empirical evidence remains limited. Following cognitive behavioral therapy (CBT) models of disordered eating and body image concerns, the present cross-sectional study examined whether the construct of self-concealment was related to disordered eating and body image concerns. More specifically, we investigated whether eating disorder cognitions and body image flexibility, two factors linked to the maintenance of disordered eating concerns, are uniquely associated with self-concealment, while controlling for key demographic and sociocultural variables. Three-hundred thirty-six undergraduate women completed a web-based survey that included measures of interest. Results revealed that eating disorder cognitions associated with the fear of weight gain and body image flexibility were uniquely related to self-concealment in expected directions. *Eat Behav*, *30*, 49-54. https://doi.org/10.1016/j.eatbeh.2018.05.005

Masuda, A., & Latzman, R. D. (2012). Psychological flexibility and self-concealment as predictors of disordered eating symptoms. *Journal of Contextual Behavioral Science*, *1*(1/2), 49-54.

Masuda, A., Tully, E. C., Drake, C. E., Tarantino, N., Ames, A. M., & Larson, D. G. (2015). Examining self-concealment within the framework of psychological inflexibility and mindfulness: A preliminary cross-sectional investigation Although self-concealment has been a central topic in the field of personality and applied psychologies, it remains somewhat unclear how it should be conceptualized. The present study investigated self-concealment within the framework of psychological inflexibility and mindfulness, two major emotion/behavior regulation processes integrated into contemporary cognitive behavioral models of behavioral health. One-thousand sixty college undergraduates (77 % female; n = 816) completed a web-based survey that included the measures of interest. Results revealed that psychological inflexibility was positively and uniquely associated with self-concealment. The association between mindfulness and self-concealment was moderated by gender; higher levels of self-concealment predicted lower levels of mindfulness for women only and were associated with sexual-minority men, but self-concealment did not vary for women as a function of sexual orientation status. Additional results and future directions are also discussed. (PsycINFO Database Record (c) 2016 APA, all rights reserved). *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*. https://doi.org/10.1007/s12144-015-9399-6

Masuda, A., Wendell, J. W., Chou, Y. Y., & Feinstein, A. (2010). Relationships among self-concealment, mindfulness and negative psychological outcomes in Asian American and European American college students Research on Asian Americans and their psychological adjustment is limited. Consisting of two cross-sectional studies, the present investigation examined the relationships among self-concealment, mindfulness,

emotional distress in stressful interpersonal situations, and general psychological ill-health in Asian American college students, and in comparison with European American counterparts. In the Asian Americans, self-concealment was found to be positively related to general psychological ill-health and negatively related to mindfulness. In both ethnic groups, mindfulness was found to be negatively related to general psychological ill-health. Findings suggest that, as seen with European American counterparts, both self-concealment and mindfulness may be important concepts in understanding the psychological adjustments of Asian American college students. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *International Journal for the Advancement of Counselling*, *32*(3), 165-177. https://doi.org/10.1007/s10447-010-9097-x

McIntyre, S. L., Antonucci, E. A., & Haden, S. C. (2014). Being white helps: Intersections of self-concealment, stigmatization, identity formation, and psychological distress in racial and sexual minority women This study had two objectives: (1) examine the impact of self-concealment on identity formation and on degree of psychological distress and (2) examine the impact of perceived stigma on identity formation and on degree of psychological distress. Analyses were conducted on a diverse sample of 166 women, ages 18–32 (white lesbian, non-white lesbian, white heterosexual, and non-white heterosexual). Findings revealed that self-concealment was positively associated with psychological distress in stigmatized women, but unrelated to psychological distress in the non-stigmatized group. Furthermore, although perceived stigma negatively impacted identity formation in the heterosexual groups, it did not impact either group of lesbians. Finally, non-white heterosexual women's perception of stigma was associated with psychological distress. Implications and specific psychological health disparities between groups are discussed. (PsycINFO Database Record (c) 2014 APA, all rights reserved). (journal abstract). *Journal of Lesbian Studies*, *18*(2), 158-173. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2014-10072-006&site=ehost-live Sara.Haden@liu.edu

Mendoza, H., Goodnight, B. L., Caporino, N. E., & Masuda, A. (2018). Psychological distress among Latina/o college students: The roles of self-concealment and psychological inflexibility There is a dire need to understand behavioral health outcomes in U.S. Latina/o individuals. Following the psychological flexibility model of behavior change, the present cross-sectional study investigated the role of self-concealment in a range of distress variables in a U.S. Latina/o college sample. Participants (N = 83, 76 % female, range = 17–50 years old) completed self-report measures online. Results revealed a direct effect of self-concealment on depression and large indirect effects of self-concealment on general distress, somatization, and anxiety through psychological inflexibility. These findings suggest that maladaptive cognitive and emotion regulation processes in general, and psychological inflexibility in particular, contribute to distress in the present Latina/o sample. Future research should examine whether psychological inflexibility and self-concealment predict onset, recurrence, and/or maintenance of psychological distress among Latina/o individuals over time. (PsycINFO Database Record (c) 2019 APA, all rights reserved). *Current Psychology: A Journal for Diverse Perspectives on Diverse Psychological Issues*, *37*(1), 172-179. https://doi.org/10.1007/s12144-016-9500-9

Mendoza, H., Masuda, A., & Swartout, K. M. (2015). Mental health stigma and self-concealment as predictors of help-seeking attitudes among Latina/o college students in the United States The study examined whether mental health stigma and self-concealment are

uniquely related to various dimensions of attitudes toward seeking professional psychological services (i.e., help-seeking attitudes) in Latina/o college students. Data from 129 Latina/o undergraduates (76 % female) were used in the analysis. Results revealed that mental health stigma was a unique predictor of overall help-seeking attitudes. Mental health stigma was also significantly related to recognition of need for psychotherapeutic help, stigma tolerance, and interpersonal openness, but not to confidence in mental health practitioners. Self-concealment was uniquely related to stigma tolerance and interpersonal openness. (PsycINFO Database Record (c) 2016 APA, all rights reserved). *International Journal for the Advancement of Counselling*, *37*(3), 207-222. https://doi.org/10.1007/s10447-015-9237-4

Mendoza, H., Tully, E. C., Goodnight, B., Gray, J., & Masuda, A. (2018). The indirect effect of self-concealment on distress through psychological inflexibility in Asian American, Black American, and White American college students The present cross-sectional study examined whether self-concealment was associated with general psychological distress, somatization, depression, and anxiety among Asian American, Black American, and White American college students in the U.S., and whether psychological inflexibility partially explains these associations. Participants (N = 991, 77% female, age range = 16–60 years) completed self-report measures of interest online. Results revealed the relations between self-concealment and the four distress variables in each ethnic group and suggested that these relations were explained partially through psychological inflexibility. Future research should examine this model among subpopulations of these ethnic groups, as well as the influence of various cultural variables. (PsycINFO Database Record (c) 2018 APA, all rights reserved). *Personality and Individual Differences*, *126*, 93-98. https://doi.org/10.1016/j.paid.2018.01.024

Merritt, M. M., Bradley, L. A., & Inderbitzen-Nolan, H. M. (2002). Behavioral concealment in analogue behavioral role-plays: The role of self-monitoring, self-concealment, and perceived threat. XXX

Miller, H. A. (2007). *Latino/a parents' decistion to seek mental health services for their children: A model of help-seeking behavior* University of La Verne]. La Verne, CA.

Miller, H. A. (2010). *Latino/a parents' decision to seek mental health services for their children: A model of help-seeking behavior* ProQuest Information & Learning]. psyh. US. https://login.libproxy.scu.edu/login?url=http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2010-99040-125&site=ehost-live

Mohr, J. J., & Kendra, M. S. (2011). Revision and extension of a multidimensional measure of sexual minority identity: The Lesbian, Gay, and Bisexual Identity Scale Two studies were conducted to investigate a revised and extended version of the Lesbian and Gay Identity Scale (Mohr & Fassinger, 2000): the 27-item Lesbian, Gay, and Bisexual Identity Scale (LGBIS). This revision features more inclusive and less stigmatizing language than the previous version and includes 2 new subscales assessing identity affirmation and centrality. In Study 1, an exploratory factor analysis (n = 297) and a confirmatory factor analysis (n = 357) supported an 8-factor solution assessing acceptance concerns, concealment motivation, identity uncertainty, internalized homonegativity, difficulty with the identity development process, identity superiority, identity affirmation, and identity centrality. Predicted associations with measures of identity-related constructs and psychosocial functioning provided preliminary validity evidence for LGBIS scores in a college student population. Study 2 (N = 51) provided evidence of the test-retest and

internal consistency reliability of LGBIS scores. These studies suggest that the LGBIS may offer researchers an efficient means of assessing multiple dimensions of sexual orientation minority identity. *Journal of Counseling Psychology*, *58*(2), 234-245. https://doi.org/10.1037/a0022858

Morgan, T., Ness, D., & Robinson, M. (2003). Students' help-seeking behaviours by gender, racial background, and student status In recent years, university counselling centres have been challenged to provide services that are accessible to an increasingly diverse student population. With this focus, this study examined 194 students' help-seeking attitudes and behaviours in relation to their gender, racial background, and their student status (graduate or undergraduate). Based on findings of previous studies, the mitigating variables of self-concealment, social support, distress level, attitudes towards counselling, and intentions to seek counselling were included. Analyses indicated significant differences by gender, racial background, and student status for the outcome variable, help-seeking behaviour, and for some of the mitigating variables. Implications for ways to increase accessibility to university counselling centres for universities' diverse student populations are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved). *Canadian Journal of Counselling*, *37*(2), 151-166. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2003-06132-004&site=ehost-live David_Ness@umanitoba.ca

Morris, L., Linkemann, A., Kroner-Herwig, B., & Columbus, A. (2006). Writing your way to health? The effects of disclosure of past stressful events in German students. In A. Columbus (Ed.), *Advances in psychology research, Vol 46.* (pp. 165-185). Nova Science Publishers. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2006-22365-005&site=ehost-live

bkroene@uni-goettingen.de

Murphy, J., Shevlin, M., Adamson, G., Cruddas, S., & Houston, J. (2012). Memories of childhood threat, fear of disclosure and paranoid ideation: A mediation analysis using a nonclinical sample This study investigated whether associations between childhood memories of threat and adult paranoia could be partially mediated by factors associated with impeded interpersonal communication (concealment and fear of disclosure of personal and distressing information). University undergraduates (N = 179) completed a battery of psychometric scales. Mediation analysis identified a direct effect between early memories of threat and paranoid ideation (B = 0.11, 95% CI = [0.07, 0.14], p = .00). A mediated effect between these variables was also significant (B = .05, 95% CI = [0.02, 0.07], p = .01). However, although significant associations were identified between memories of threat and each of the mediating variables (self-concealment, fear of self-disclosure, anxiety, depression) only fear of self-disclosure displayed a significant association with paranoid ideation (B = .05, 95% CI = [0.02, 0.07], p = .01). (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract). *Journal of Aggression, Maltreatment & Trauma*, *21*(4), 459-476. https://doi.org/10.1080/10926771.2012.667521

Musetti, A., Eboli, G., Cavallini, F., & Corsano, P. (2019). Social relationships, self-esteem, and loneliness in adolescents with learning disabilities Objective: Many studies have underlined that students with learning disabilities (LDs) feel that school is their main factor of frustration and reflects on their social reputations, isolation, and sociorelational

discomfort. However, the role of LDs in psychosocial outcomes in adolescence is still unclear. In the present study, we explore the differences among three groups of adolescents (adolescents without LDs, adolescents with LDs, and adolescents with LDs who have the support of psychosocial educational intervention) in self-esteem, friendship quality, loneliness, and secrecy. Method: The sample comprised 93 adolescents, 49 males (53%) and 44 females (47%), in the 11–16 age range (M = 13.73; SD = 1.66). Participants completed measures on self-esteem (Multidimensional Self-Concept Scale), friendship quality (Friendship Quality Scale), loneliness (Loneliness and Aloneness Scale for Children and Adolescents), and secrecy (Self-Concealment Scale). Results: Our findings showed that students with LDs who underwent psychosocial educational intervention felt less parent-related loneliness and showed higher self-esteem than other adolescents regarding interpersonal relationships, their duties, their families, and their bodies. Conclusions: The study suggests that having the support of a psychosocial educational intervention could have a role in adolescent psychosocial adjustment. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Clinical Neuropsychiatry: Journal of Treatment Evaluation*, *16*(4), 165-172. https://login.libproxy.scu.edu/login?url=https://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2020-27307-002&site=ehost-live&scope=site

Na-Ri, K., & Hoin, K. (2022). Factors affecting intentions to seek help in adults with suicidal ideation. *Jounral of the Korea Convergence Society*, *13*(4), 469-475.

Nakamura, Jo, & Masuda, A. (2022). Mental health help-seeking experience. *International Journal for the Advancement of Counselling*. https://doi.org/https://doi.org/10.1007/s10447-022-09470-4

Nam, B., Kim, J., Ryu, W., Kim, D. I., Frey, J. J., & DeVylder, J. (2021). Perceived social stigma, self-concealment, and suicide risk among north korean refugee women exposed to traumatic events Introduction Suicide among North Korean (NK) refugee women is one of the most concerning public health problems in South Korea. Pre-resettlement trauma exposure and post-resettlement factors can contribute to suicide risk among NK refugee women; however, few studies have explored these associations. Methods This study aimed to assess suicidal ideation and suicide attempts among NK refugee women in South Korea (N = 212) and to examine the impact of pre-resettlement trauma exposure on suicide risk. Perceived social stigma and self-concealment in the post-resettlement phases were investigated as moderating factors for suicide risk related to trauma exposure using multiple regression analyses. Results Trauma exposure significantly increased suicidal ideation severity and the risk of suicide attempt. Furthermore, perceived social stigma significantly moderated this relationship such that the impact of trauma exposure in the pre-resettlement phases was amplified as perceived social stigma increased. Conclusion Based on our study findings, professionals working with refugee populations should assess for perceived social stigma and exposure to traumatic events to reduce and prevent suicidal ideation and attempts. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *Suicide and Life-Threatening Behavior*. https://doi.org/10.1111/sltb.12805

Nam, S. K., Choi, S. I., Lee, J. H., Lee, M. K., Kim, A. R., & Lee, S. M. (2013). Psychological factors in college students' attitudes toward seeking professional psychological help: A meta-analysis This study examines the relationships between attitudes toward seeking professional psychological help, which was determined with the Attitude Toward Seeking Professional Psychological Help Scale, and relevant psychological variables. For

this study, the authors narrowed the study field to 19, which included a total of 7,397 participants, and used the MIX (Meta-analysis with Interactive eXplanations) program. The following 9 variables were chosen for the study: anticipated benefit, anticipated risks, depression, distress, self-concealment, self-disclosure, social support, public-stigma, and self-stigma. Although most variables significantly correlated with help-seeking attitudes, the authors found the largest effect sizes were for self-stigma, anticipated benefits, and self-disclosure. They discuss the practical implications of the result on the mental health professionals. (PsycINFO Database Record (c) 2013 APA, all rights reserved). (journal abstract). *Professional Psychology: Research and Practice*, *44*(1), 37-45. https://doi.org/10.1037/a0029562.supp (Supplemental)

Omori, M. (2007). Japanese college students' attitudes toward professional psychological services: The role of cultural self-construal and self-concealment The utilization of professional help is affected by individual factors such as help-seeking attitudes and self-concealment as well as the availability of mental health services. The present study examined the role of cultural self-construal and self-concealment on attitudes toward professional psychological services. A survey was conducted with 214 Japanese college students. Multiple regression analyses found that interdependent self-construal significantly predicted the Recognition of Need for Psychological Services. Self-concealment was predictive of two different facets of help-seeking attitudes: Interpersonal Openness and Stigma Tolerance. Future studies are recommended to refine the model that was tested. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Psychological Reports*, *100*(2), 387-399. https://doi.org/10.2466/pr0.100.2.387-399

Ornstein, H. (2009). *The relationship of self-concealment to behavioral inhibition and behavioral approach* [Doctoral, Oklahoma]. Norman, Oklahoma.

Ortiz, J., Chih, W.-H., & Tsai, F.-S. (2018). Information privacy, consumer alienation, and lurking behavior in social networking sites This study investigates the relationships among information security awareness, concern for information privacy, consumer alienation, privacy risk belief, lurking, and self-concealment. It explores the mediation effects of concern for information privacy/consumer alienation between information security awareness and privacy risk belief as well as the mediation effect of lurking between privacy risk belief and self-concealment. The results confirm that information security awareness has significant and positive effects on concern for information privacy, consumer alienation, and privacy risk belief. Concerns for information privacy and consumer alienation have significant and positive effects on privacy risk belief. Privacy risk belief has a significant and positive effect on lurking and self-concealment. Lurking has a significant and positive effect on self-concealment. Concerns for information privacy and consumer alienation are mediators between information security awareness and privacy risk belief. In addition, perceived privacy empowerment is a moderator between privacy risk belief and lurking as well as between privacy risk belief and self-concealment. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Computers in Human Behavior*, *80*, 143-157. https://doi.org/10.1016/j.chb.2017.11.005

Pachankis, J. E., & Goldfried, M. R. (2010). Expressive writing for gay-related stress: Psychosocial benefits and mechanisms underlying improvement Objective: This study tested the effectiveness of an expressive writing intervention for gay men on outcomes related to psychosocial functioning. Method: Seventy-seven gay male college students

(mean age = 20.19 years, SD = 1.99) were randomly assigned to write for 20 min a day for 3 consecutive days about either (a) the most stressful or traumatic gay-related event in their lives or (b) a neutral topic. We tested an exposure-based hypothesis of written emotional expression by asking half of the participants who were assigned to write about gay-related stress to read their previous day‚Äôs narrative before writing, whereas the other half did not. Posttest and 3-month follow-up outcomes were assessed with common measures of overall psychological distress, depression, physical health symptoms, and positive and negative affect. Gay-specific social functioning was assessed with measures of gay-related rejection sensitivity, gay-specific self-esteem, and items regarding openness and comfort with one‚Äôs sexual orientation. Results: Participants who wrote about gay-related stress, regardless of whether they read their previous day‚Äôs writing, reported significantly greater openness with their sexual orientation 3 months following writing than participants who wrote about a neutral topic, $F(1, 74) = 6.66$, $p < .05$, Œ∑¬≤ = .08. Additional analyses examined the impact of emotional engagement in the writing, severity of the expressed topic, previous disclosure of writing topic, tendency to conceal, and level of perceived social support on mental health outcomes. Conclusions: The findings suggest that an expressive writing task targeting gay-related stress can improve gay men‚Äôs psychosocial functioning, especially openness with sexual orientation. The intervention seems to be particularly beneficial for those men who write about more severe topics and for those with lower levels of social support. The findings suggest future tests of expressive writing tasks for different aspects of stigma-related stress. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (journal abstract). *Journal of Consulting and Clinical Psychology*, *78*(1), 98-110. https://doi.org/10.1037/a0017580

Pamukçu, B., & Meydan, B. (2019). Turkish university students' expectations about counseling The purpose of this study was to investigate counseling expectations of Turkish university students as a function of gender and previous help-seeking experiences; also to investigate the role of psychological mindedness, locus of control, and self-concealment in predicting university students' expectations about counseling. Results indicated that the female students had significantly higher levels of self-disclosure and acceptance, and of nurturance expectations. Students who had previous help-seeking experiences had significantly higher levels of self-disclosure and acceptance, and of facilitative expectations compared to students without this experience. Psychological mindedness was a positive significant predictor of self-disclosure and acceptance, and of facilitative and nurturance expectations. Furthermore, locus of control predicted self-disclosure and acceptance, directiveness, and nurturance expectations. (PsycINFO Database Record (c) 2019 APA, all rights reserved). *International Journal for the Advancement of Counselling*. https://doi.org/10.1007/s10447-019-09378-6

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Pineles, S. L., Street, A. E., & Koenen, K. C. (2006). The differential relationships of shame-proneness and guilt-proneness to psychological and somatization symptoms Historically, much attention has been focused on the role of guilt in psychopathology. However, recent theorists have posited that the association between guilt and psychopathology may be better accounted for by shame or by the overlapping features of guilt and shame. The current investigation assessed the relationships of shame-proneness versus guilt-proneness to psychological symptoms, somatization symptoms, attributional style, and concealment (n = 156). The shared variance between shame-proneness and guilt-proneness and the unique component of shame-proneness were related to both psychological and somatization symptoms, whereas the unique component of guilt-proneness was not related to these measures. Further, increased shame-proneness was associated with making depressogenic attributions, whereas guilt-proneness was not. Concealment was found to mediate the relationship between shame-proneness and psychological symptoms. These findings provide further evidence that the association between guilt and symptoms is accounted for by shame. Future research into concealment and other mechanisms by which shame influences symptoms is needed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal*

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Potoczniak, D. J., Aldea, M. A., & DeBlaere, C. (2007). Ego identity, social anxiety, social support, and self-concealment in lesbian, gay, and bisexual individuals This study examined a model in which the relationship between social anxiety and two dimensions of ego identity (commitment and exploration) was expected to be mediated by social support and self-concealment for a sample of lesbian, gay, and bisexual individuals (N=347). Statistically significant paths were found from social anxiety to social support and self-concealment. Statistically significant paths were also found from social support to commitment, exploration, and self-concealment. There were no significant paths from social anxiety to commitment or exploration. Structural equation analyses and bootstrap procedures revealed support for the potential mediational role of social support in the association between social anxiety and the two dimensions of ego identity as well as in the link between social anxiety and self-concealment. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *54*(4), 447-457. https://doi.org/10.1037/0022-0167.54.4.447

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Reyome, N. D., Ward, K. S., & Witkiewitz, K. (2010). Psychosocial variables as mediators of the relationship between childhood history of emotional maltreatment, codependency, and self-silencing This study investigated the role of psychosocial variables as mediators of the relationship between a childhood history of emotional maltreatment and codependency and a childhood history of emotional maltreatment and self-silencing in a sample of upper division female nursing students. Depression, self-esteem, self-differentiation, and self-concealment were considered as possible mediators of the relationship. Multiple regression analyses revealed that each psychosocial variable partially mediated the relationship between a history of emotional maltreatmentand codependency, and emotional maltreatment and self-silencing. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Journal of Aggression, Maltreatment & Trauma*, *19*(2), 159-179. https://doi.org/10.1080/10926770903539375

Ritz, T., & Dahme, B. (1996). Repression, self-concealment and rationality/emotional defensiveness: The correspondence between three questionnaire measures of defensive coping We investigated the relationship between three approaches of measuring

defensive coping by self-report instruments: The Rationality/Emotional Defensiveness Scale (R/ED), the Self-Concealment Scale (SCS), and the two-dimensional operationalization of repression using the Marlowe-Crowne Social Desirability Scale (SDS-CM) and the Taylor Manifest Anxiety Scale (MAS). The four questionnaires were administered to a students sample (N = 224). Analyses of variance of the R/ED and the SCS within the two-dimensional repression typology were conducted separately for men and women. Repressors (defined by high scores on the SDS-CM and low scores on the MAS) revealed no unique pattern of scores on the R/ED or SCS. The R/ED was positively related to the SDS-CM for men, and to the MAS for women. The SCS covaried positively with the MAS for both groups, and with the SDS-CM for men. No association was found between self-concealment and rationality/emotional defensiveness. It is concluded that the three constructs tap different aspects of defensive coping. *Personality and Individual Differences*, *20*(1), 95-102. https://doi.org/10.1016/0191-8869(95)00142-S (Received 8 February 1995.)

Ritz, T., Wiens, S., & Dahme, B. (1998). Stability of total respiratory resistance under multiple baseline conditions, isometric arm exercise and voluntary deep breathing Little is known about total respiratory resistance (TRR) as a psychophysiological parameter in normal subjects. Therefore, we investigated TRR in 45 healthy students under multiple baseline conditions, isometric arm muscle tension and voluntary deep breathing (VDB). TRR was measured by the forced oscillation technique. In addition, heart rate (HR) as well as volume and time components of the respiratory cycle, respiratory timing and respiratory drive were monitored. Subjects repeated the protocol 14 days later. Coefficients of stability and dependability were calculated for 20 s measurement epochs within and between both sessions. Increases of HR and shortening of time components of the respiratory cycle were found during muscle tension, prolongation of time components and increases in volume were found for deep breathing. During both experimental tasks TRR increased significantly. Short-term as well as long-term stability of absolute TRR scores proved to be comparable or even better than reliability of other physiological parameters, however, difference scores from baseline revealed only low coefficients. *Biological Psychology*, *49*(1-2), 187-213. https://doi.org/10.1016/S0301-0511(98)00035-0

Rodebaugh, T. L. (2009). Hiding the self and social anxiety: The core extrusion schema measure Multiple sources of evidence suggest that problematic social anxiety should be related to attempts to hide aspects of the self from others, but no specific measures are available to assess this phenomenon. A self-report measure, the Core Extrusion Schema measure (CES) was developed to measure aspects of self-concealment that should be related to social anxiety, including perceived present rejection, belief that one‚Äôs true self would be socially rejected, attempts to hide one‚Äôs true self, and attempts to avoid scrutiny. In two studies with undergraduates (ns = 383 and 79), the CES was found to have good psychometric properties and relate to social anxiety as predicted. Some evidence of relation to interpersonal dysfunction above and beyond social anxiety was also observed. The CES therefore offers one avenue to assess a potential core cognitive component of impairing social anxiety, as well as the interpersonal effects of such anxiety. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Cognitive Therapy and Research*, *33*(1), 90-109. https://doi.org/10.1007/s10608-007-9143-0

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Ryan, S., & McGuire, B. (2016). Psychological predictors of pain severity, pain interference, depression, and anxiety in rheumatoid arthritis patients with chronic pain Objectives: Rheumatoid arthritis is a chronic and progressive autoimmune disorder with symptoms sometimes including chronic pain and depression. The current study aimed to explore some of the psychological variables which predict both pain-related outcomes (pain severity and pain interference) and psychological outcomes (depression and anxiety) amongst patients with rheumatoid arthritis experiencing chronic pain. In particular, this study aimed to establish whether either self-concealment, or the satisfaction of basic psychological needs (autonomy, relatedness, and competence), could explain a significant portion of the variance in pain outcomes and psychological outcomes amongst this patient group. Design/Methods: Online questionnaires were completed by 317 rheumatoid arthritis patients with chronic pain, providing data across a number of predictor and outcome variables. Results: Hierarchical multiple linear regressions indicated that the predictive models for each of the four outcome variables were significant, and had good levels of fit with the data. In terms of individual predictor variables, higher relatedness significantly predicted lower depression, and higher autonomy significantly predicted lower anxiety. Conclusions: The model generated by this study may identify factors to be targeted by future interventions with the goal of reducing depression and anxiety amongst patients with rheumatoid arthritis experiencing chronic pain. The findings of this study have shown that the autonomy and the relatedness of patients with rheumatoid arthritis play important roles in promoting psychological well-being. Targeted interventions could help to enhance the lives of patients despite the presence of chronic pain. (PsycINFO Database Record (c) 2016 APA, all rights reserved). *British Journal of Health Psychology*, *21*(2), 336-350. https://doi.org/10.1111/bjhp.12171

Salinas-Oñate, N., Baeza-Rivera, M., Salinas-Rehbein, B., Escandón-Nagel, N., & Escobar-Alaniz, B. (2022). Validation of the adapted version of the Larson & Chastain Self-Concealment Scale in Chilean university students Self-concealment is associated with negative health indicators and lower levels of seeking psychological help, however, in Chile there are no instruments that measure it reliably. In the present investigation, the adapted version of the Larson & Chastain Self-Concealment Scale was validated in university students. The scale was translated and adapted through a committee approach. Subsequently, expert judges evaluated its content validity. Then, its psychometric properties were explored in a sample of 350 university students from La Araucanía, Chile. Its unifactorial structure, composed of eight items, was confirmed, showing partial scalar invariance between men and women, good internal consistency ($\omega=.85$), and converging significantly and in the expected direction with symptoms of depression, anxiety and psychological stress, and intention to seek psychological help. This instrument represents a contribution in the detection of risk groups that are less likely to seek help for mental health problems. *Ibero-American journal of diagnosis and psychological evaluation*, *1*(62), 51-65.

Sears, H. A. (2020). Adolescents' first choice for help: Distinguishing characteristics of youth who select a friend, a parent, or no one When adolescents encounter problems, many

prefer to seek help from a friend or a parent and some are reluctant to seek help from anyone. Yet information is sparse about how youth who choose each of these options differ from one another, including the proportions who select each help option consistently across personal and interpersonal problems or the extent to which they endorse characteristics related to help seeking. To address this gap, the proportions of adolescents who selected a friend, a parent, or no one as their first choice for help with one personal problem (feeling depressed) and three interpersonal problems (problems with a parent, a good friend, and a boyfriend/girlfriend) and the proportions who selected each help option consistently across these problems were examined. Youth in the three groups for each problem were also compared on characteristics linked to help seeking (gender, self-concealment, self-disclosure, perceived support, and school community). Participants were 488 Canadian adolescents (56% girls; Grades 9–12) who completed a survey at school. A majority of youth chose a friend for help with each problem and a substantial minority chose one help option consistently across problems. For each problem, adolescents in the Friend group and those in the Parent group differed on composites of specific characteristics, and adolescents in the No One group differed from those in the other groups on multiple characteristics. The results highlight the complexity associated with adolescents choosing a help option and draw attention to specific groups of youth who merit further examination. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Journal of Youth and Adolescence*, 49(8), 1731-1746. https://doi.org/10.1007/s10964-020-01241-x

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Sefi, S., Shoval, G., Lubbad, N., Goldzweig, G., & Hasson-Ohayon, I. (2021). Coping with information style, self-concealment, internalized stigma, and family burden among parents of children with psychiatric disorders Parents of children with psychiatric disorders who are hospitalized in a psychiatric unit often experience family burden. Family burden has been found to be affected by many variables related to parents' personal traits and ways of reacting to the disorder. The current study examined the association between information coping styles (monitoring and blunting) and family burden, among parents of children who were hospitalized in a day care unit. The possible role of self-stigma as a mediator between coping style and family burden and the role of self-concealment as a moderator between coping style and self-stigma were examined. A total of 41 parents completed questionnaires assessing their levels of self-stigma, information coping style, self-concealment, and family burden. Self-stigma was found to mediate the positive association between the monitoring coping style and family burden. Moreover, a moderation effect of self-concealment was found, indicating that monitoring parents suffered from higher levels of self-stigma particularly if they had a high tendency toward self-concealment. Taking into account parents' information, coping style, self-stigma, and self-concealment can help professionals tailor family interventions according to parents' diverse needs. A monitoring coping style may not be beneficial especially when combined with concealment, suggesting the need to promote other coping styles. (PsycInfo Database Record (c) 2021 APA, all rights reserved). *Family Process*. https://doi.org/10.1111/famp.12637

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Selvidge, M. M. D., Matthews, C. R., & Bridges, S. K. (2008). The relationship of minority stress and flexible coping to psychological well being in lesbian and bisexual women This study explores minority stress among lesbian and bisexual women by examining the relationship of sexist and heterosexist events, self-concealment, and self-monitoring to positive psychological well being. The sample was made up of 373 lesbian and bisexual women, including 77 women of color. Results of a multiple regression analysis of the total sample indicated that, considered simultaneously, self-concealment and self-monitoring explained significant variance in positive psychological well being, while sexist and heterosexist events, though present, were not significantly related to positive psychological well being. Results were similar for the women of color alone. This research provides evidence for the resiliency of lesbian and bisexual women and offers some applicable concepts (e.g., self-concealment and self-monitoring) to consider in research and practice with lesbian and bisexual female clients. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Homosexuality*, *55*(3), 450-470. https://doi.org/10.1080/00918360802345255

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Tran-Chi, V. L., Ly, T. T., Luu-Thi, H. T., Huynh, V. S., & Nguyen-Thi, M. T. (2021). The Influence of COVID-19 Stress and Self-Concealment on Professional Help-Seeking

Attitudes: A Cross-Sectional Study of University Students PURPOSE: The fourth wave of the COVID-19 pandemic has dramatically influenced many aspects of individuals' lives, putting the general population's mental health at high risk, especially university students in Vietnam. The present study aims to investigate the relationship between current living status and COVID-19 stress and test whether COVID-19 stress mediates the effect of self-concealment on help-seeking attitudes among university students. PATIENTS AND METHODS: A sample of 478 university students was recruited online to complete the survey. Parametric tests, correlation, regression, and simple mediation analyses were used to analyze the data. RESULTS: Our results show that students living alone experience more COVID-19 stress levels than those living with family or friends. Additionally, there is a significant positive association between self-concealment and professional help-seeking attitudes that is partially mediated by COVID-19 stress. Individuals who tend to conceal personal information have high COVID-19 stress levels, leading to positive professional help-seeking attitudes. CONCLUSION: University administrators, social workers, counselors, clinicians, and therapists must consider students living alone as prioritized vulnerable groups for early mental health interventions. Clinicians should be aware of self-concealment and professional help-seeking attitudes that could influence psychological treatment. *Psychol Res Behav Manag*, *14*, 2081-2091. https://doi.org/10.2147/prbm.S345244

Tuliao, A. P., & Holyoak, D. (2019). Psychometric properties of the perceived stigma towards substance users scale: Factor structure, internal consistency, and associations with help-seeking variables Background: Stigma toward substance users is a barrier to seeking treatment.Objective: The aim for this paper was to examine the psychometric properties of the Perceived Stigma Toward Substance Users (PSAS) and its relationship with help-seeking variables.Methods: College students (N = 791; nfemales = 557, 70%) responded to the PSAS and other help-seeking-related measures in an online study.Results: Confirmatory factor analysis supported a unidimensional factor structure and acceptable model fit after modifications (CFI = .961; TLI = .937; RMSEA = .067, 90% C.I. = .050 to .085; SRMR = .035). Results indicated good internal consistency estimates (α = .80; ω = .80). The PSAS was negatively associated with intent to seek treatment for substance issues and willingness to self-disclose negative emotions. The PSAS was also positively correlated with stigma associated with seeking help for mental health issues, attitudes concerning risk associated with help-seeking, self-concealment, anticipated risks associated with seeking treatment. When embedded within a larger path model that predicts intent to seek treatment for substance use issues (CFI = .925; TLI = .895; RMSEA = .061, 90%C.I. = .052 to .069; p close fit = .019; SRMR = .049), the PSAS had an incremental contribution to predicting the criterion variable even after accounting for frequency of alcohol use-related problems, and stigma and attitudes associated with seeking help for general mental health issues.Conclusion: These findings provide further reliability and validity evidence for PSAS, especially in relation to help-seeking variables. Reducing stigma toward substance users can help increase treatment utilization. (PsycINFO Database Record (c) 2019 APA, all rights reserved). *The American Journal of Drug and Alcohol Abuse*. https://doi.org/10.1080/00952990.2019.1658198

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Uysal, A. (2020). Motivational differences and similarities between concealment and disclosure processes Self-concealment and self-disclosure may initially appear as the opposite sides of the same coin. Although these two constructs are related, they involve different cognitive and motivational processes. This article briefly reviews the recent literature and discusses the differences and similarities between concealment and disclosure in terms of motivational processes. An emphasis is given on self-determination theory and basic psychological needs. Future directions involve a refinement on whether concealment and disclosure differ in terms of basic need satisfaction and frustration, examining the role of self-determined and controlled motivation in secrecy, and whether self-disclosure also involves cognitively intrusive mental processes. (PsycInfo Database Record (c) 2020 APA, all rights reserved). *Current Opinion in Psychology*, *31*, 122-126. https://doi.org/10.1016/j.copsyc.2019.08.011

Uysal, A., Lin, H. L., & Bush, A. L. (2012). The reciprocal cycle of self-concealment and trust in romantic relationships We propose that perceived partner concealment, self-concealment from one's partner (i.e., keeping secrets from one's partner), and trust in one's partner form a reciprocal cycle in romantic relationships. In Study 1, participants in a romantic relationship (N = 94) completed a two-time point survey within a span of 8 to 10 weeks. Results revealed that perceived partner concealment was associated with a loss of trust in partner, and low trust in partner was associated with an increase in self-concealment from one's partner. Furthermore, the association between perceived partner concealment and self-concealment from one's partner was mediated by trust. In Study 2, couples (N = 50) completed daily records for 14 consecutive days. Multilevel analyses indicated that on the days the individuals reported more self-concealment, their partners reported lower trust in them. Moreover, on the days the partners reported lower trust, the partners also reported higher self-concealment. These findings suggest that self-concealment in romantic relationships can create a reciprocal cycle that involves loss of trust and more self-concealment between partners, which would slowly deteriorate the relationship well-being. (PsycINFO Database Record (c) 2013 APA, all rights reserved) (journal abstract). *European Journal of Social Psychology*, *42*(7), 844-851. https://doi.org/10.1002/ejsp.1904

Uysal, A., Lin, H. L., & Knee, C. R. (2010). The role of need satisfaction in self-concealment and well-being. The present research tests a model derived from self-determination theory to explain why self-concealment (the tendency to keep distressing personal information secret) is associated with negative well-being outcomes. Two studies tested a model in which self-concealment predicts the thwarting of basic needs for autonomy, competence, and relatedness, which then results in negative psychological outcomes. Study 1 involved a cross-sectional design. Structural equation modeling analyses revealed that the model provided an acceptable fit to the data. Study 2 involved a multilevel design. Participants completed daily measures of self-concealment, need satisfaction, and well-being over 16 days. Results supported the proposed mediation model. Furthermore, the associations between daily self-concealment, daily need satisfaction, and daily well-being were independent of trait self-concealment. Overall, the findings suggest that concealing personal distressing information is detrimental to the

satisfaction of basic psychological needs, which in turn predicts negative well-being. *Personality and Social Psychology Bulletin*, *36*(2), 187-199. https://doi.org/10.1177/0146167209354518

Uysal, A., Lin, H. L., Knee, C. R., & Bush, A. L. (2012). The association between self-concealment from one's partner and relationship well-being In two studies the authors examined whether self-concealment from one's partner is associated with lower relationship well-being. In Study 1, participants who were in a romantic relationship (N = 165) completed an online survey. Self-concealment from one's partner was associated with lower relationship satisfaction and commitment. Furthermore, results were consistent with this relationship being mediated by autonomy and relatedness needs. In Study 2, couples (N = 50) completed daily records for 14 consecutive days. Multilevel analyses indicated that daily self-concealment from one's partner was associated with daily relationship satisfaction, commitment, and conflict. Lagged analyses also showed that self-concealment from one's partner predicted lower relationship well-being on the following day. Moreover, results supported that thwarted basic needs mediated the association between daily self-concealment and relationship well-being. Finally, actor-partner interdependence model over time analyses indicated that, apart from one's own self-concealment, one's partner's self-concealment was associated negatively with one's own relationship well-being. (PsycINFO Database Record (c) 2012 APA, all rights reserved) (journal abstract). *Personality and Social Psychology Bulletin*, *38*(1), 39-51. https://doi.org/10.1177/0146167211429331

Uysal, A., & Lu, Q. (2011). Is self-concealment associated with acute and chronic pain? Objective: Self-concealment is the predisposition to hide negative personal information. The present research examined whether self-concealment was associated with acute and chronic pain. Methods: In Study 1, undergraduate students (N = 44) completed an online questionnaire packet and then completed a cold-pressor task in the laboratory. In Study 2, individuals with chronic pain (N = 85) completed an online survey. Results: Study 1: Trait self-concealment was negatively associated with pain tolerance. Study 2: Self-concealment of chronic pain (hiding aspects of one's chronic pain condition from others) was associated with higher levels of self-reported pain and lower psychological well-being, independent of disclosure of feelings regarding pain. Furthermore, this association was mediated by autonomy and competence needs. Conclusions: Self-concealment was found to be associated with higher levels of pain in both healthy and chronic pain samples. Moreover, the findings also suggest that intervention methods using the self-determination theory framework (i.e., autonomy and competence supportive) might be effective for individuals with chronic pain. (PsycINFO Database Record (c) 2011 APA, all rights reserved) (journal abstract). *Health Psychology*, *30*(5), 606-614. https://doi.org/10.1037/a0024287

Vogel, D. L., & Armstrong, P. I. (2010). Self-concealment and willingness to seek counseling for psychological, academic, and career issues Cramer's (1999) model of self-concealment and willingness to seek counseling was extended to examine the role of positive and negative social experiences in a sample of 235 college students reporting a psychological, academic, or career issue. Structural equation modeling indicated that self-concealment predicted willingness through the mediators of negative social experiences and psychological distress. Forty-eight percent of the variance in psychological distress and 6% of the variance in willingness were accounted for in the model. (PsycINFO Database

Record (c) 2010 APA, all rights reserved) (journal abstract). *Journal of Counseling & Development*, *88*(4), 387-396. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2010-18777-001&site=ehost-live dvogel@iastate.edu

Vogel, D. L., Wade, N. G., & Haake, S. (2006). Measuring the self-stigma associated with seeking psychological help Self-stigma is an important factor in people's decisions not to engage in therapy. To measure this construct, the authors developed the 10-item Self-Stigma of Seeking Help (SSOSH) scale. In Study 1 (n = 583), the SSOSH had a unidimensional factor structure and good reliability (.91) among participants. Study 2 (n = 470) confirmed the factor structure. Studies 2, 3 (n = 546), and 4 (n = 217) cross-validated the reliability (.86 to .90; test-retest, .72) and showed evidence of validity (construct, criterion, and predictive) across the study samples. The SSOSH uniquely predicted attitudes toward and intent to seek psychological help. Finally, in Study 5 (n = 655) the SSOSH differentiated those who sought psychological services from those who did not across a 2-month period. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *53*(3), 325-337. https://doi.org/10.1037/0022-0167.53.3.325

Vogel, D. L., & Wester, S. R. (2003). To seek help or not to seek help: The risks of self-disclosure Investigations into the reasons why people seek counseling have, for the most part, focused on approach factors, those variables that are associated with a potential client's increased likelihood of seeking psychological services. The purpose of this research, however, is to explore the role of avoidance factors, those factors that are associated with a potential client's decreased likelihood of seeking services. Across 2 studies of primarily Caucasian college students (ns = 209 and 268, respectively). the results of simultaneous multiple regression analyses demonstrated that avoidance factors predict negative attitudes toward counseling as well as decreased intentions to seek counseling. Overall, results demonstrate that avoidance factors account for at least as much help-seeking variance as traditionally studied approach factors. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *50*(3), 351-361. https://doi.org/10.1037/0022-0167.50.3.351

Vogel, D. L., Wester, S. R., Wei, M., & Boysen, G. A. (2005). The role of outcome expectations and attitudes on decisions to seek professional help Two studies examined the predictors of seeking psychological services. Study 1 examined the role of attitudes in mediating the relationship between 11 psychological factors and intent to seek help for 3 psychological problems. The results demonstrated that (a) the psychological factors and attitudes predicted 62% of the variance in intent to seek help for interpersonal problems and 18% of the variance for drug problems and (b) attitudes toward counseling mediated most of the relationships between the different psychological factors and help-seeking intent. Study 2, in turn, demonstrated that (a) anticipated outcomes of talking with a counselor were associated with the use of psychological services and (b) anticipated risks of disclosing emotions were salient for those having experienced a distressing event. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Counseling Psychology*, *52*(4), 459-470. https://doi.org/10.1037/0022-0167.52.4.459

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Wallace, B. C., & Constantine, M. G. (2005). Africentric cultural values, psychological help-seeking attitudes, and self-concealment in African American college students This study investigated the relationships among Africentric cultural values (i.e., the extent to which an individual adheres to a worldview emphasizing communalism, unity, harmony, spirituality, and authenticity), favorable psychological help-seeking attitudes, perceived counseling stigma, and self-concealment (i.e., the tendency to withhold personal, sensitive information that is perceived as negative or upsetting) in a sample of African American college students. The authors found that for both African American women and men, higher degrees of Africentric cultural values were associated with greater perceived stigma about counseling and greater self-concealment. In addition, findings indicated that neither favorable psychological help-seeking attitudes nor perceived counseling stigma significantly mediated the relationship between Africentric cultural values and self-concealment behavior. Implication of the findings and future research directions are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Black Psychology*, *31*(4), 369-385. https://doi.org/10.1177/0095798405281025

Wang, J., Qi, L., & Cui, L. J. (2014). THE MEDIATING EFFECT OF PERSONALITY TRAITS ON THE RELATIONSHIP BETWEEN SELF-CONCEALMENT AND SUBJECTIVE WELL-BEING Using path analysis, we examined the mediating effect of personality traits on the relationship between self-concealment and subjective well-being. Participants were 291 undergraduates who completed the Chinese versions of the Self Concealment Scale, NEO Five-Factor Inventory, Eysenck Personality Questionnaire, and General Well-Being Schedule. Our results showed that both self-concealment and neuroticism had negative effects on subjective well-being, while extraversion had a positive effect on subjective well-being. Self-concealment affected subjective well-being indirectly via personality traits. These findings suggest that self-concealment has both direct and indirect effects on subjective well-being, and that personality traits are directly associated with subjective well-being. This indicates that personality traits may mediate the association between self-concealment and subjective well-being. *Social Behavior and Personality*, *42*(4), 695-703. https://doi.org/10.2224/sbp.2014.42.4.695

Wertheim, R., Goldzweig, G., Mashiach-Eizenberg, M., Pizem, N., Shacham-Shmueli, E., & Hasson-Ohayon, I. (2018). Correlates of concealment behavior among couples coping with cancer: Actor partner model Objectives: Contextual self-concealment in the psychooncology literature has been found to be associated with elevated distress. The current study aimed to understand the dyadic relationships of an individual's perception of spousal support and dispositional perspective-taking with own and partner's levels of self-concealment behavior, among couples coping with cancer. Methods: A subsample of 61 heterosexual couples coping with cancer was taken from a large-scale cross-sectional study. Patients and their spouses independently completed measures of perceived spousal support, perspective-taking, and contextual self-concealment. Dyadic data were analyzed by using the actor-partner interdependence model both for couples in which the woman was the patient and also for couples in which the man was the patient. Results: Perceived spousal support negatively predicted contextual self-concealment, regardless of gender

and role. Implications of perspective-taking for concealment behavior were dependent on role and gender. A female patient's perspective-taking was associated with a reduction in her own and her spouse's concealment behavior. A male spouse's perspective-taking was associated with an increase in his own and his spouse's concealment behavior. A female spouse's perspective-taking negatively predicted patient's concealment behavior, but not her own. Conclusions: Findings stress the important roles played by spousal support and perspective-taking in communication patterns between couples affected by cancer. Although the perception of support from one's spouse seems to reduce the need to conceal cancer-related issues, interventions that focus on couples' communication should address the differential implications of perspective-taking, as they can lead to either more or less self-concealment among couples, depending on role and gender. (PsycINFO Database Record (c) 2019 APA, all rights reserved). *Psycho-Oncology*, *27*(2), 583-589. https://doi.org/10.1002/pon.4552

Wertheim, R., Hasson-Ohayon, I., Mashiach-Eizenberg, M., Pizem, N., Shacham-Shmueli, E., & Goldzweig, G. (2016). Self-concealment among couples who cope with chronic illness: development and preliminary validation of the Couples Illness Self-Concealment (CISC) questionnaire The aim of this study was to develop and assess the psychometric characteristics of a new brief self-report measure, which evaluates self-concealment behavior in the context of couples coping with chronic illness. The Couples Illness Self-Concealment (CISC) scale was developed, emphasizing the active process involved in self-concealment. It was then tested among 56 cancer patients and partners of cancer patients. Correlations and multiple regression analysis were used to assess the internal consistency reliability and validity of the scale. Psychometric evaluation of the CISC final version, which includes 13 items, provides evidence that the scale has high internal consistency reliability. The findings support the construct validity of the scale, examined by both convergent validity and between group differences (patients vs. spouses). The CISC scale has acceptable psychometric qualities, internal consistency reliability and validity. The use of CISC may assist in revealing important aspects of couple's illness communication patterns, and enable examination of possible links between self-concealment behavior in the context of illness, and psychological outcome. It may also contribute to the assessment of interventions aimed at enhancing communication between partners coping with chronic illness. *Supportive Care in Cancer*, *24*(12), 4951-4959. https://doi.org/10.1007/s00520-016-3354-4

Wertheim, R., Hasson-Ohayon, I., Mashiach-Eizenberg, M., Pizem, N., Shacham-Shmueli, E., & Goldzweig, G. (2018). Hide and "sick": Self-concealment, shame and distress in the setting of psycho-oncology. *Palliative and Supportive Care*, *16*(4), 461-469. https://doi.org/doi:10.1017/S1478951517000499

Wheaton, M. G., Sternberg, L., McFarlane, K., & Sarda, A. (2016). Self-concealment in obsessive-compulsive disorder: Associations with symptom dimensions, help seeking attitudes, and treatment expectancy Obsessive-compulsive disorder (OCD) is characterized by unwanted and upsetting thoughts, images, or urges (obsessions). Some individuals with OCD feel compelled to conceal the content and frequency of their obsessions, and theoretical accounts suggest that self-concealment may contribute to OCD symptoms. Yet, empirical investigation in this area is lacking. The present study investigated individual differences in dispositional self-concealment (the behavioral tendency to keep distressing and potentially embarrassing personal information from

others) in relation to OCD symptoms. Individuals who self-identified as having OCD (N = 115) were compared to unscreened community controls (N = 513) on a validated measure of self-concealment. The OCD group reported higher levels of self-concealment than the control group, and this difference remained significant after controlling for group differences in anxiety, depression, and stress symptoms. Among the OCD group, self-concealment was significantly related to OCD severity, though only for some symptom dimensions. Specifically, self-concealment was associated with symptoms pertaining to unacceptable thoughts, fears of being responsible for harm and symmetry/ordering, but not contamination symptoms. In addition, OCD participants with higher levels of self-concealment reported more negative attitudes about seeking professional help and lower levels of expected benefits of receiving cognitive behavioral therapy for their OCD. Clinical implications and future directions are discussed. (PsycINFO Database Record (c) 2017 APA, all rights reserved). *Journal of Obsessive-Compulsive and Related Disorders*, *11*, 43-48. https://doi.org/10.1016/j.jocrd.2016.08.002

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Wismeijer, A. A. J. (2011). Self-concealers: Do they conceal what we always assumed they do? The present investigation empirically examined the relation between self-concealment and three secret typologies reported in the literature. For this aim a general population sample of 221 participants completed an online questionnaire that included the Self-concealment Scale (Larson & Chastain, 1990). Respondents also wrote down their most important secret. It was found that SC is positively associated with keeping secrets that concern convictions of personal inadequacy, sorrows, and worries that relate to oneself. In addition, it is concluded that self-concealed information refers in particular to secrets regarding personal inadequacy, sorrow, and worry. Implications for secrecy research are discussed and suggestions for future research are made. (PsycINFO Database Record (c) 2011 APA, all rights reserved) (journal abstract). *Personality and Individual Differences*, *51*(8), 1039-1043. https://doi.org/10.1016/j.paid.2011.08.019

Wismeijer, A. A. J., Sijtsma, K., van Assen, M. A. L. M., & Vingerhoets, A. J. J. M. (2008). A comparative study of the dimensionality of the Self-Concealment Scale using principal components analysis and Mokken scale analysis We discuss and contrast 2 methods for investigating the dimensionality of data from tests and questionnaires: the popular principal components analysis (PCA) and the more recent Mokken scale analysis (MSA; Mokken, 1971). First, we discuss the theoretical similarities and differences between both methods. Then, we use both methods to analyze data collected by means of Larson and Chastain's (1990) Self-Concealment Scale (SCS). We present the different results and highlight the instances in which the methods complement one another so as to obtain a stronger result than would be obtained using only 1 method. Finally, we discuss the implications of the results for the dimensionality of the SCS and provide

recommendations for both the further development of the SCS and the future use of PCA and MSA in personality research. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Personality Assessment*, *90*(4), 323-334. https://doi.org/10.1080/00223890802107875

Wismeijer, A. A. J., & van Assen, M. A. L. M. (2008). Do neuroticism and extraversion explain the negative association between self-concealment and subjective well-being? The present investigation empirically examined if the negative association between self-concealment and subjective well-being is spurious because it results from the associations of both variables with their common causes neuroticism and extraversion. We concluded from applying structural equation modeling to the data obtained from two independent student samples that neuroticism, but not extraversion, explains part of the negative association between self-concealment and subjective well-being. More than 60% of the negative association between self-concealment and subjective well-being could not be explained by Neuroticism. Implications of our findings for both research and clinical therapy are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Personality and Individual Differences*, *45*(5), 345-349. https://doi.org/10.1016/j.paid.2008.05.002

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Yoo, S., Goh, M., & Yoon, E. (2005). Psychological and cultural influences on Koreans' help-seeking attitudes This study examined the influence of gender, cultural variables (i.e., horizontal and vertical individualism), and personal psychological variables (i.e., psychological distress, social-network orientation, and self-concealment) on attitudes toward seeking counseling in Korea. For the 142 college student participants, gender, social network orientation, and self-concealment significantly influenced attitudes toward seeking professional help. Hierarchical multiple regression analysis suggested that higher scores on negative social network orientation and self-concealment were associated with lower attitudes toward seeking professional help. Men showed more negative help-seeking attitudes than women. Implications of the findings for developing and delivering counseling services in Korea are discussed. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Journal of Mental Health Counseling*, *27*(3), 266-281. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2005-08701-010&site=ehost-live skyoo@ewha.ac.kr

Yu, M., Li, D., & Wang, C. (2007). Loneliness of university students and its relationship with self-concealment, self-disclosure, coping style and perceived social support Objective: To investigate the impact of self-concealment, self-disclosure, coping style and perceived social support on university students' loneliness. Methods: Loneliness and related factors were assessed among 482 university students using scales including UCLA Loneliness

Scale, Self-concealment Scale (SCS), Self-disclosure Index (SDI), Simplified Coping Style Questionnaire (SCSQ) and Perceived Social Support Scale (PSSS). Results: The level of university students' loneliness was not high (36.5 ± 7.4); males experienced more loneliness than females ($37.4 \pm 7.5/35.4 \pm 7.3$, F = 8.25, P < 0.01); There was no significant grades differences (P > 0.05) . Regression analysis showed that SCS, SCSQ and PSSS predicted UCLA effectively (β = 0.207, -0.218, 0.157, -0.380). The testing of mediating effect indicated that SCS had direct and indirect impact on UCLA through negative coping style and PSSS; SDI had only indirect impact on UCLA through positive coping style and PSSS. Conclusion: SCS, SDI, SCSQ and PSSS are important factors influencing UCLA, and the intervention of university students' loneliness should focus on these variables. (PsycINFO Database Record (c) 2010 APA, all rights reserved) (journal abstract). *Chinese Mental Health Journal*, *21*(11), 747-751. http://search.ebscohost.com/login.aspx?direct=true&db=psyh&AN=2007-18376-003&site=ehost-live wangck@scnu.edu.cn

Yu, Y., Yingying, Y., & Ling, C. (2022). The effect of self-concealment on professional psychological help attitudes of secondary vocational students: A chain mediating effect of self-esteem and stigma. Objective: To investigate the relationship among secondary vocational students' self-concealment, self-esteem, professional psychological help-seeking stigma and professional psychological help-seeking attitude. Methods: A questionnaire survey was conducted among 240 secondary vocational students using self-concealment questionnaire, self-esteem scale, professional psychological help-seeking stigma scale, and professional psychological help-seeking attitude questionnaire. Results: ① There were significant correlations among the four variables of self-concealment, self-esteem, professional psychological help-seeking stigma, and professional psychological help-seeking attitude among vocational students. ② Self-esteem has a significant mediating effect between self-concealment and professional psychological help-seeking attitude, professional psychological help-seeking stigma has a significant mediating effect between self-concealment and professional psychological help-seeking attitude, self-esteem and professional psychological help-seeking stigma have a significant effect on self-concealment and professional psychological help-seeking stigma The chain mediating effect between help-seeking attitudes is significant. Conclusion: Self-esteem and professional psychological help-seeking stigma play a chain mediating role between self-concealment and professional psychological help-seeking attitude. Abstract: Objective: To investigate the relationship between self-concealment, self-esteem, stigma of professional psychological help and attitude toward professional psychological help of secondary vocational students. Methods: 240 secondary vocational students were investigated by Self-Concealment Scale, Self-Esteem Scale, the Stigma Scale for Receiving Psychological Help (SSRPH) and Attitudes toward Seeking Professional Psychological Help (ATSPPH). Results: ① The four variables of self-concealment, self-esteem, stigma of professional psychological help and attitude toward professional psychological help of secondary vocational students were significantly correlated. ② The mediating effect of self-esteem was significant between self-concealment and attitude toward professional psychological help, the mediating effect of stigma of professional psychological help was significant between self-concealment and attitude toward professional psychological help, and the chain mediating effect of self-esteem and stigma

of professional psychological help was significant between self-concealment and attitude toward professional psychological help. Conclusion: Self-esteem and stigma of professional psychological help play a chain mediating role between self-concealment and attitude toward professional psychological help.Self-esteem and stigma of professional psychological help play a chain mediating role between self-concealment and attitude toward professional psychological help.Self-esteem and stigma of professional psychological help play a chain mediating role between self-concealment and attitude toward professional psychological help. *advances in Psychology*, *12*(9). DOI: 10.12677/AP.2022.129367

Yukawa, S., Tokuda, H., & Sato, J. (2007). Attachment style, self-concealment, and interpersonal distance among Japanese undergraduates The relationships among attachment style, self-concealment, and interpersonal distance were studied with 71 Japanese undergraduates (33 men and 38 women, ages 18 to 20 years, M = 18.7, SD = .6). Participants completed a questionnaire about Self-concealment and Attachment Styles (Secure, Anxious, and Avoidant). One week later, Interpersonal Distance, which individuals maintain between themselves and others, was measured by the stop-distance paradigm. Analysis showed that scores for more Anxious and Avoidant Attachment Styles were positively correlated with those for greater Self-concealment. Scores for greater Self-concealment and more Anxious Attachment Style were also correlated with longer Interpersonal Distance. (PsycINFO Database Record (c) 2009 APA, all rights reserved) (from the journal abstract). *Perceptual and Motor Skills*, *104*(32), 1255-1261. https://doi.org/10.2466/pms.104.3.1255-1261

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