

Dysphoria and Social Interaction: An Integration of Behavioral Confirmation and Interpersonal Perspectives

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To investigate the process by which dysphoric persons are rejected by others, the authors integrated behavioral confirmation and interpersonal theories of depression. The expectations of nondysphoric perceiver participants (college students) were manipulated, such that half expected to interact with a same-sex dysphoric target and half expected to interact with a same-sex nondysphoric target. The targets' actual mood status was consistent or inconsistent with these expectations. Pre- and postinteraction impressions, as well as postinteraction acceptance of partners, were solicited from perceivers and targets ($N = 240$). Audiotaped verbal behaviors were coded during the 1st and last 3 min of the interactions. Acceptance of targets and verbal behaviors were an interactive function of perceivers' expectancies and targets' mood status, such that dysphoric targets who were expected to be nondysphoric were the least accepted group and had the most dysfunctional interactions.

Dysphoric persons' interactions with strangers and intimates are often dysfunctional and frequently culminate in their rejection by interaction partners (Marcus & Nardone, 1992; Segrin & Dillard, 1992). In turn, such negative interactions may serve to maintain and exacerbate dysphoric persons' negative affect (Coyne, 1976b). Why are dysphoric persons frequently rejected by others? According to interpersonal theories of depression (e.g., Coyne, 1976b, 1990; Joiner, Alfano, & Metalsky, 1992; Lewinsohn, 1974), it is dysphoric individuals' symptom displays, excessive reassurance seeking, or poor social skills that annoy interaction partners and ultimately lead to their rejection by those partners. Alternatively, a behavioral confirmation perspective (e.g., Jussim, 1986, 1991; Rosenthal & Rubin, 1978)

suggests that others' negative stereotypes of dysphoric people lead them to act in ways that produce stereotype-confirming behavior in the dysphoric individuals and eventually to others' rejection of the dysphoric individuals. In this study, we integrated these two perspectives and tested the idea that maladaptive interactions and rejection of dysphoric persons are due to the interaction of both partners' behavior rather than the behavior of either one alone.

Interpersonal Perspectives on Dysphoric–Other Interactions

Coyne's (1976b, 1990; Coyne, Burchill, & Siles, 1990) interpersonal theory of depression proposes that repeated symptom displays and reassurance seeking from mildly depressed or dysphoric individuals induce negative moods in others, resulting in increasing rejection from them. According to Coyne (1976b), dysphoric persons' initial signs of negative affect elicit expressions of concern and support from others. If the dysphoria persists, however, the responses of others become increasingly negative over time as their good will erodes, and they become annoyed and frustrated with the unremitting and aversive symptoms of the dysphoric individuals. When dysphoric persons detect contradictory messages from others, they engage in further reassurance seeking to clarify their status in relationships. Over time, the responses of others become overtly rejecting. Consequently, the dysphoric individuals' symptoms increase, and they become more socially isolated. Coyne's theory does not specify how the degree of closeness of the interactants and their expectations for future contact might affect the interactions, nor does it specify the length of time for the proposed pattern of initial support and subsequent rejection to unfold. Thus, it is not known how quickly dysphoric people alienate strangers or intimates.

Similar to Coyne (1976b), Lewinsohn (1974) argued that it is

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Table of Contents Social Problems Institutional And Interpersonal Perspectives

1. Understanding the eBook Social Problems Institutional And Interpersonal Perspectives
 - The Rise of Digital Reading Social Problems Institutional And Interpersonal Perspectives
 - Advantages of eBooks Over Traditional Books
2. Identifying Social Problems Institutional And Interpersonal Perspectives
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Social Problems Institutional And Interpersonal Perspectives
 - User-Friendly Interface
4. Exploring eBook Recommendations from Social Problems Institutional And Interpersonal Perspectives

- Personalized Recommendations
- Social Problems Institutional And Interpersonal Perspectives User Reviews and Ratings
- Social Problems Institutional And Interpersonal Perspectives and Bestseller Lists
- 5. Accessing Social Problems Institutional And Interpersonal Perspectives Free and Paid eBooks
 - Social Problems Institutional And Interpersonal Perspectives Public Domain eBooks
 - Social Problems Institutional And Interpersonal Perspectives eBook Subscription Services
 - Social Problems Institutional And Interpersonal Perspectives Budget-Friendly Options
- 6. Navigating Social Problems Institutional And Interpersonal Perspectives eBook Formats
 - ePub, PDF, MOBI, and More
 - Social Problems Institutional And Interpersonal Perspectives Compatibility with Devices
 - Social Problems Institutional And Interpersonal Perspectives Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Social Problems Institutional And Interpersonal Perspectives
 - Highlighting and Note-Taking Social Problems Institutional And Interpersonal Perspectives
 - Interactive Elements Social Problems Institutional And Interpersonal Perspectives
- 8. Staying Engaged with Social Problems Institutional And Interpersonal Perspectives
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Social Problems Institutional And Interpersonal Perspectives
- 9. Balancing eBooks and Physical Books Social Problems Institutional And Interpersonal Perspectives
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Social Problems Institutional And Interpersonal Perspectives
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Social Problems Institutional And Interpersonal Perspectives
 - Setting Reading Goals Social Problems Institutional And Interpersonal Perspectives
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Social Problems Institutional And Interpersonal Perspectives

- Fact-Checking eBook Content of Social Problems Institutional And Interpersonal Perspectives
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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