

From Self-Judgment to Self-Hate: Evaluating the Moderating Variables of Perceived Parental Warmth and Self-Kindness

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Introduction

- High levels of self-judgment are correlated with increased suicidal ideation¹ and suicidal behaviors².
- Minimal research has been conducted identifying a pathway between self-judgment and suicidal ideation.
- Self-hate, as defined in the Interpersonal Theory of Suicide³, is one of the strongest predictors of suicidal ideation.
- Adopting a self-judgmental cognitive style may make an individual more prone to develop a harmful affective state of self-hatred, consistent with cognitive theory⁴.
- Minimal research is available suggesting who may be more or less vulnerable to self-hate in the context of self-judgment.
- Parental warmth⁴ and self-kindness⁵ may be protective against the development of self-hate when faced with self-judgment.

Methodology

Participants

- 255 Female, 80 Male, 7 Neither (N = 342)
- Recruited via the University of South Florida psychology department's online SONA participant pool

Measures

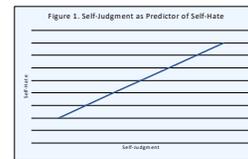
- Self-Judgment Scale (SJS)
- Self-Hate Scale (SHS)
- Self-Kindness Scale (SKS)
- Short Egnä Minnen Beträffande Uppfostran [One's Memories of Upbringing] (s-EMBU)
- Demographics Assessment

Analyses

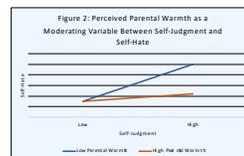
- **Hypothesis 1.** A standard linear regression was run, with self-judgment entered as the independent variable, and self-hate entered as the dependent variable
- **Hypothesis 2.** A hierarchical regression was run. First, a standard regression was run with mean-centered self-judgment and perceived parental warmth entered as predictors of the dependent variable, self-hate. A second, hierarchical regression was run including the interaction term between mean-centered self-judgment and perceived parental warmth.
- **Hypothesis 3.** A hierarchical regression was run. First, a standard regression was run with mean-centered self-judgment and self-kindness entered as predictors of the dependent variable, self-hate. A second, hierarchical regression was run including the interaction term between mean-centered self-judgment and self-kindness.

Hypothesized Figures

- **Hypothesis 1.** Self-judgment will be positively correlated with self-hate
- **Hypothesis 2.** Perceived parental warmth will moderate the association between self-judgment and self-hate.
- **Hypothesis 3.** Self-kindness will moderate the association between self-judgment and self-hate.



Note. Predicted Results of Hypothesis 1.

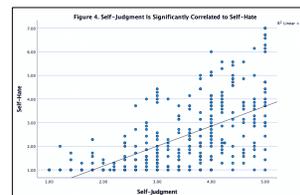


Note. Predicted Results of Hypothesis 3.



Note. Predicted Results of Hypothesis 3.

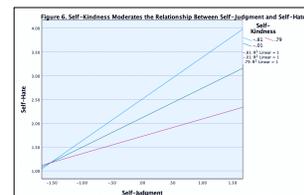
Observed Figures



Note. Results of standard linear regression for hypothesis 1.



Note. Results of hierarchical regression for hypothesis 2.



Note. Results of hierarchical regression for hypothesis 3.

Results

- Greater self-judgment predicted greater self-hate ($p < .001$).
- Perceived parental warmth moderates the association between self-judgment and self-hate, such that as the individual reports increasing parental warmth, self-judgment will be decreasingly related to self-hate ($p = .005$).
- Self-kindness moderates the association between self-judgment and self-hate, such that as the individual reports increasing parental warmth, self-judgment will be decreasingly related to self-hate ($p < .001$).

Discussion

Conclusions and Implications

- First known study testing the pathway between self-judgment and self-hate
 - Integrated model detailing populations at risk for self-hate in the context of self-judgment
 - Additional research suggesting the importance of considering self-judgmental attitudes during suicide risk assessment
 - Self-kindness as potential clinical intervention to interrupt pathway between self-judgment and self-hate
 - Groundwork to promote educating parents on the importance of showing warmth to their children throughout upbringing
- ### Limitations
- S-EMBU did not account for multiple parental figures.
 - Sample consisted of college students.
- ### Future directions
- Replicating this study with different populations to increase external validity
 - Identifying mediators between self-judgment and self-hate
 - Evaluating pathways by which perceived parental warmth and self-kindness moderate the relationship between self-judgment and self-hate

References

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Additional Resources:



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