

IDENTIFYING FIVE-FACTOR MODEL TRAIT
CORRELATES OF IDENTITY DISTURBANCE:
PREDICTING MOMENTARY STATES OF IDENTITY
DISTURBANCE USING PERSONALITY TRAITS AND
EMOTION DYSREGULATION

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Abstract: Borderline personality disorder (BPD) is a highly debilitating disorder with symptoms spanning emotion dysregulation and identity disturbance. Competing theories purport that the impairment associated with BPD is due to identity disturbance (Kernberg, 1992), while others suggest it is due to emotion dysregulation (Linehan, 1992). Both identity disturbance and emotion dysregulation are transdiagnostically linked (Neacsiu et al., 2014) and are associated with numerous public health concerns, including suicide ideation (Ren et al., 2018). Additionally, while clarity has increased regarding the definition and measurement of emotion dysregulation (Gratz & Roemer, 2004), identity and identity disturbance have been difficult to define and measure (Westen & Heim, 2003). This is especially problematic in BPD, as its presence or absence may affect diagnostic reliability, case conceptualization, and potential treatment. The current study first sought to relate facets of the FFM to identity disturbance to develop an FFM trait profile. The second aim of this study was to disentangle actual experiences of identity disturbance reported via ecological momentary assessment. This aim was tested by using the developed FFM trait profile alongside a measure of emotion dysregulation to predict momentary states of identity disturbance. Results from Study 1 provided support for a 5-facet profile and a 10-facet trait profile. Results from Study 2 demonstrated evidence of good fit indices for the 5-facet profile using Structural Equation Modeling, though mediation was not supported. Evidence of direct effects of FFM facets on emotion dysregulation and identity disturbance events was found using path analysis via multiple regression. Support for the 10-facet profile did not demonstrate adequate evidence of good fit, though results of path analyses were consistent with the 5-facet profile. Overall, results of this study suggest that facets of the FFM significantly relate to identity disturbance, though emotion dysregulation did not significantly mediate this relationship. Preliminary evidence does support the notion that some personality traits may predict experiences of identity disturbance. Implications and limitations of this research are discussed.

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CHAPTER I

INTRODUCTION

Borderline personality disorder (BPD) is highly debilitating disorder related to substantial individual impairment as well as significant social and economic costs (Zanarini, Frankenburg, Hennen & Silk, 2004; Zanarini, Frankenburg, Khera & Bleichmar, 2001). BPD consists of 9 symptoms, 5 of which must be present to make a diagnosis. These symptoms consist of intense episodes of emotional dysphoria and angry outbursts, a history of self-harming behavior or suicide attempts, feelings of emptiness, disturbances of identity, impulsivity, problems in interpersonal relationships, paranoid ideation or dissociation, and chronic efforts to avoid abandonment.

While some theoretical work purports that much of the impairment associated with BPD is due to identity disturbance (Kernberg, 1992), others posit that BPD at its core is a disorder of emotion dysregulation (Linehan, 1992). Gratz and Roemer's (2004) theoretical model of emotion regulation in BPD describes 6 domains of difficulties with emotion regulation: nonacceptance of emotional responses, difficulties engaging in goal-

directed behavior, impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies, and lack of emotional clarity. While emotion regulation broadly refers to one's capacity to manage their emotions, emotion dysregulation can be defined as "an inability to flexibly respond to and manage emotions" (Carpenter & Trull, 2013; p. 335).

Emotion dysregulation is an area of intense focus within recent clinical psychology literature and research has strongly supported Linehan's assertion that emotion dysregulation is central to BPD (Chapman et al., 2008; Gratz & Gunderson, 2006; Kuo & Linehan, 2009; Levine et al., 1997; Rosenthal et al., 2008). However, some experts consider identity disturbance more "central" to BPD (Kernberg, 1992).

Regardless of its centrality to BPD, identity disturbance is associated with a number of important public health concerns including increased risk of alcohol and substance use (Talley et al., 2011), quality of life (Levy et al., 2007), and suicide ideation (Ren et al., 2018).

Several fields of research have developed theoretical models of identity outside the context of BPD, focusing instead on how identity functions as a social process (Ashforth & Mael, 1989; Hogg & Abrams, 1988), and how it manifests developmentally (Erikson, 1968; Marcia, 1994). Despite this, identity has been difficult to define and measure scientifically (Westen & Heim, 2003). While many scholars have proposed theories that attempt to explain how identity is formed (i.e., identity consolidation) and the ways in which an individual's identity may be unstable (i.e., identity disturbance), it is now generally accepted that identity consolidation is adaptive and identity disturbance is maladaptive (Crawford et al., 2004; Shanahan & Pychyl, 2007; Waterman, 2007).

The association between identity disturbance and maladaptive behavior is best illustrated in its transdiagnostic relationship with emotion dysregulation (Neacsiu et al., 2014). While comorbidity of symptoms (e.g., emotion dysregulation and identity disturbance) across disorders is not unique to BPD, within the PD literature, research has consistently chronicled the diagnostic inadequacies of the current categorical system, spanning diagnostic comorbidity, arbitrary cut-offs, and poor coverage (Clark, 2007; First et al., 2002; Hengartner et al., 2017; Hopwood et al., 2018; Kotov et al., 2017; Livesley, 2003; Trull & Durrett, 2005; Widiger & Trull, 2007). Beyond simply the absence of validity for categorical models, there is also strong evidence to support dimensional approaches to assessing and diagnosing personality disorders (Krueger & Markon, 2008; Markon, Krueger, & Watson, 2005; Morey et al., 2007; Widiger & Trull, 2007), and specific support for BPD as a dimensional construct (Trull, Widiger, & Guthrie, 1990). Widiger and McCabe (2018) argue that BPD is best conceptualized dimensionally, such as with the Five-Factor Model, (FFM; Costa & McCrae, 1992), which posits 5 personality trait domains and 30 personality trait facets within those 5 domains. The FFM domains can also be used to conceptualize identity disturbance (Campbell et al., 1996; Clancy et al., 1993), with one known empirical study relating identity disturbance with FFM facets (Klimstra et al., 2013).

Despite the existing theoretical and empirical literature in identity disturbance, there is no clear consensus in how best to define identity and identity disturbance. This is especially problematic in BPD, as its presence or absence may affect diagnostic reliability, case conceptualization, and potential treatment. Increasing our understanding of identity disturbance while also translating and applying personality and BPD research

to identity disturbance could be addressed by relating identity disturbance with the FFM. At least one other study has compared a measure of identity with the FFM, and a growing body of research supports the conceptualization of BPD as maladaptive extensions of general personality traits using the FFM. Given that BPD and identity disturbance have been previously related to the FFM, it may be helpful to develop and test an FFM trait profile of identity disturbance in a hypothetical model of BPD symptoms. Additionally, including a measure of emotion regulation difficulties in this hypothetical model could help empirically disentangle the relationship between these theoretically distinct constructs. The current study will develop an FFM profile of trait identity disturbance to predict momentary states of identity disturbance. This FFM trait profile will be used alongside a measure of emotion dysregulation to predict momentary states of identity disturbance.

CHAPTER II

STUDY 1: METHODOLOGY

Missing Data, Outliers, and Validity

Before conducting statistical analyses, data from each study were assessed for missingness, outliers, and validity. Quality of missingness (e.g., missing somewhat at random [MAR], missing completely at random [MCAR], and not missing at random [MNAR]) were determined by reviewing the data. Participants with >20% missing data were excluded from analyses; however, missing data <20% that was determined to be MCAR or MAR were accounted for using maximum likelihood estimation (MLE) procedures, as recommended by Allison (2003). Missing data procedures were not conducted on MNAR variables, as there were no variables that were systematically missing. Outliers were assessed and excluded from analyses using Tabachnick and Fidell's (2001) recommendations to exclude calculated z-scores exceeding the absolute value of 3.29. Lastly, validity was assessed using the Infrequency validity subscale of the Elemental Psychopathy (EPA; Lynam et al., 2011). Using recommendations from Lynam et al. (2011), participants who scored ≥ 4 on the EPA Infrequency scale were considered invalid and subsequently excluded from analyses.

Participants

In Study 1 ($n = 411$), participants with invalid responses as measured by the Infrequency subscale ($n = 42$) and those with greater than 20% missing data ($n = 11$) were removed from all subsequent study analyses. The demographic characteristics of Study 1 (Table 1) consisted of undergraduates ($n = 358$) attending Oklahoma State University who were 18 years of age or older. Participants were predominantly Caucasian (80.7%) and female (78.6%), with a mean age of 19.28 ($SD = 1.86$). All participants were recruited through the SONA system's pre-screener, using 4 items relating to identity disturbance from the SCID-II PQ BPD subscale (First et al., 1997). SONA is online software that allows researchers to collect data and recruit participants within a participant pool. The OSU Psychology Department's utilization of SONA grants researchers the ability to recruit, collect data, and provide course credit to undergraduate participants attending OSU. While most potential participants completed a pre-screener on SONA, completing the pre-screener was not a requirement to participate in this study. All participants were eligible to participate, but only those completed the pre-screener (and answered "yes" to 3 or more questions on the SCID-II PQ BPD subscale) were actively recruited to participate in the study. Active recruitment was conducted via SONA's anonymous mass e-mail function. The intended function of this oversampling procedure was to ensure that a broad range of identity disturbance was adequately assessed. This study was approved by Oklahoma State University's Institutional Review Board.

Measures

Dimensional Assessment of Personality Psychopathology – Basic Questionnaire

(DAPP–BQ; Livesley et al., 1998). The DAPP-BQ is a 560-item self-report measure of maladaptive personality, and contains 18 subscales, including an Identity Problems subscale. The current study included 7 items (e.g., “I am unsure of what kind of person I really am”) that comprise the Identity Problems subscale. The internal consistency of DAPP-BQ subscales ranges from good to excellent ($\alpha = .85 - .94$; Livesly & Jackson, 2009). In Study 1, the internal consistency of the Identity Problems subscale was also excellent ($\alpha = .93$).

Ego Identity Process Questionnaire (EIPQ; Balistreri et al., 1995). The EIPQ is a

32-item self-report measure of identity exploration and commitment. It can be used to generate subscales in 8 life domains: values, religion, politics, work, family, friendships, dating, and sex roles. Example items include “My values are likely to change in the future” and “My beliefs about dating are firmly held.” These 8 domains can also be used to calculate 4 identity styles (achieved, foreclosed, moratorium, diffused) as well as identity consolidation (exploration vs. commitment). Reported internal consistency of the exploration and commitment subscales was in the acceptable range ($\alpha = .75 - .76$; Balistreri et al., 1995). The internal reliability of the EIPQ subscales in Study 1 were poor, ranging from .49 to .52.

Extended Objective Measure of Ego Identity Status-II (EOM-EIS II; Bennion &

Adams, 1986). The EOM-EIS II is a 64-item measure of identity that consists of 2 domains (ideology and interpersonal) with 4 lower-order identity styles (achievement, moratorium, foreclosure, diffusion). Items from the ideology domain assesses beliefs

about occupation, religion, politics, and philosophy, while items from the interpersonal domain assess beliefs about friendship, dating, sex roles, and recreation. The internal consistency of identity styles across the two domains ranges from fair to good (Bennion & Adams, 1986). In Study 1, the internal consistency of the EOM-EIS II ideological domain subscales ranged from .52 to .83, and the interpersonal domain subscales ranged from .48 to .68.

Five Factor Borderline Inventory (FFBI; Mullins-Sweatt et al., 2012). The FFBI is a 120-item measure designed to measure 12 maladaptive trait variants of BPD using the FFM of personality. Specifically, the maladaptive extension of each general FFM trait (e.g., Vulnerability) has a maladaptive variant subscale (e.g., Affective Dysregulation). The 10-item Self-Disturbance subscale (a maladaptive extension of FFM Self-Consciousness) was used in the current study and has fallen in the good range ($\alpha = .89$; Mullins-Sweatt et al., 2012). The internal reliability of the Self-Disturbance subscale in Study 1 was excellent ($\alpha = .94$).

General Assessment of Personality Disorder (GAPD; Livesly, 2006). The GAPD is an 83-item self-report measure of personality pathology. Items are rated via a 5-point Likert scale, ranging from 1 (strongly disagree) to 5 (strongly agree). Items can be used to compute two domains (Self-pathology and Interpersonal Problems) from which 19 lower-order subscales can be generated (e.g., “Lack of self-clarity/certainty,” “Sense of inner emptiness”). Internal consistency for the subscales ranges from .68 - .90 (Berghuis, Kamphuis & Verheul, 2012), while the higher-order domains alphas are in the excellent range (Berghuis et al., 2012; Livesley, 2006). In Study 1, the internal consistency of the Self-pathology subscale was excellent ($\alpha = .97$).

Identity Achievement Scale (IAS; Simmons, 1973) The IAS measures identity achievement by having participants select one of two choices to complete a series of 24 sentences. For example, participants are asked to complete the sentence “For me success would be” with “being a recognized authority in my field” or “to be accepted by others.” Each item is scored and summed to generate a total Identity Achievement Scale score. Test-retest reliability after two weeks was .76 for the measure (Simmons, 1973). The internal reliability of the total scale score was adequate in Study 1 ($\alpha = .77$).

Item Response Theory-Driven (IRT) Short Form (IPIP-120; Maples, Guan, Carter, & Miller, 2014) The IPIP-120 is a 120-item self-report measure of general personality that was developed using Item Response Theory. Individual items can be compiled to generate 30 facets (i.e., personality traits) within 5 higher-order factors (e.g., neuroticism, extraversion, openness, agreeableness, and conscientiousness). The IPIP-120 has demonstrated good to excellent internal consistency ($\alpha = .83 - .90$; Johnson, 2014; Maples et al., 2014). In Study 1, the internal reliability of Neuroticism facets ranged from .61 to .90, while Extraversion facets ranged from .66 to .84, Openness facets ranged from .68 to .76, Agreeableness facets ranged from .61 to .85, and facets of Conscientiousness ranged from .68 to .84.

Identity Styles Inventory (ISI-5; Berzonsky et al., 2013). The ISI-5 is a self-report measure of 3 different identity processing styles (Informational, Normative, Diffuse-Avoidant) via 25 self-report items that are answered using a 5-point Likert scale ranging from 1 (not at all like me) to 5 (very much like me). Cronbach’s alpha coefficients for the processing style subscales ranged from .74 – .86 (Berzonsky et al., 2013). In Study 1, the internal consistency of the ISI-5 subscales ranged from acceptable to good ($\alpha = .78 - .84$).

Levels of Personality Functioning Brief Form (LPFS-BF; Hutsebaut, Feenstra, & Kamphuis, 2016). The LPFS-BF is a 12-item measure designed to assess impairment in functioning due to personality traits. Each question is asked in the context of the previous 12 months and answered by providing a “yes” or “no” response, such as in the example statement “I often do not know who I really am.” Internal consistency of the total scale score was .69 (Hutsebaut, Feenstra, & Kamphuis, 2016). The internal reliability of the LPFS-BF was similar in Study 1 ($\alpha = .67$).

Self-Concept and Identity Measure (SCIM; Kaufman et al., 2015). The SCIM assesses various forms of identity problems across 27-items. Items are rated using a 7-point Likert scale, ranging from 1 (strongly disagree) to 7 (strongly agree). Internal consistency for the SCIM approached the excellent range ($\alpha = .89$; Kaufman et al., 2015). In Study 1, the internal consistency of the total scale score was excellent ($\alpha = .91$).

Severity Indices of Personality Problems (SIPP-118; Verheul et al., 2008). The SIPP-118 is a 118-item measure that assesses 5 broad domains of maladaptive personality. Each of the 5 domains (self-control, identity integration, relational capacities, social concordance, and responsibility) can be further delineated into 16 lower-order facet scores. Items are assessed using a 4-point Likert scale ranging from 0 (fully disagree) to 3 (fully agree). Internal consistency coefficients in the facet subscales ranged from .69 – .84 (Verheul et al., 2008). The internal reliability of the Identity Integration subscale was excellent ($\alpha = .96$) and the total scale score was excellent ($\alpha = .95$).

Procedures

After reading the study information on SONA, participants were able to follow a link to complete the study online using the Qualtrics online survey tool. Participants were

then provided with general information about the study in greater detail and were asked to provide their consent to complete the online measures. After providing online consent, participants completed the study measures, which were randomized. Following completion of the online measures, participants were debriefed to the purpose and intent of the study. After participants successfully completed the study, they were compensated with 2 SONA credits.

CHAPTER III

STUDY 1: RESULTS & BRIEF DISCUSSION

Reliability and Convergent Validity of Identity Disturbance Measures

Power analyses were conducted a priori to estimate the necessary sample size for correlation analyses in Study 1 using guidelines recommended by Cohen (1992). The anticipated effect sizes of small to medium were used to determine the sample size necessary for correlational analyses that would provide .80 power and an alpha of .05. Results of this power analysis suggested that a minimum of 194 participants were needed to detect small to medium effect sizes (e.g., $r = .20$).

To develop an FFM profile of identity disturbance, reliability analyses were first conducted on the identity measures and their subscales. The range of Cronbach's alpha coefficients for these measures ranged from .48 (EOM-EIS II Interpersonal Domain Diffusion subscale) to .97 (GAPD Self-pathology subscale). Next, to assess the convergent validity of the identity disturbance measures, each identity disturbance measure was correlated with the other 9 identity disturbance measures used in the study (i.e., DAPP-BQ, EIPQ, EOM-EIS-II, FFBI, SCIM, GAPD, IAS, ISI-5, LPFS-BF, and SIPP-118). While correlation analyses were conducted with each of the identity measures

total scales and subscales (see Tables 2 and 3), the diffusion subscales of 4 measures (i.e., the EIPQ, EOM-EIS II, and ISI-5) were of particular focus for follow-up analyses (e.g., development of an FFM profile of identity disturbance), given identity diffusion's theoretical proximity to the construct of identity disturbance (see Discussion for more on the implications of this process).

Due to the number of correlational analyses, Bonferroni corrections were conducted to reduce the likelihood of encountering Type I errors, resulting in an α of .0008 ($\alpha = .05/60$). Results of these correlation analyses indicated that most relationships were statistically significant, with some exceptions (see Table 2). For example, the SCIM, SIPP-118, DAPP, and GAPD correlated strongly with many measures of identity disturbance, while the EIPQ's subscales correlated poorly with other measures of identity disturbance. Specifically, the EIPQ Exploration subscale failed to relate with most of the identity disturbance measures, but did significantly relate to 3 other scales: the ISI-5 Informational subscale (-.15), the EOM-EIS II Ideological Achievement subscale (-.19), and the EIPQ Commitment subscale (.18). Additionally, several relationships with the EIPQ Commitment subscale failed to reach statistical significance. In the cases that were significantly related to the EIPQ Commitment subscale, those effect sizes were small (e.g., $< .10$). Many of the identity disturbance measures were strongly related with each other, however, providing some evidence of their convergent validity.

Range of Average Correlations Among All Identity Disturbance Measures

Next, averaged correlations of the identity disturbance measures were created by averaging the correlation coefficients of each measure with the other measures. For example, each of the SCIM's correlations with the other identity disturbance scales was

averaged, resulting in a correlation coefficient of .44. The SCIM also demonstrated the highest average correlation with the other measures, followed by the GAPD ($r_{\text{avg}} = .43$), SIPP-118 ($r_{\text{avg}} = .43$), SCIM Lack of Self subscale ($r_{\text{avg}} = .43$) and the FFBI ($r_{\text{avg}} = .41$). The measures with the lowest average correlations were the EIPQ Exploration subscale ($r_{\text{avg}} = .06$), ISI-5 Commitment subscale ($r_{\text{avg}} = .10$), ISI-5 Informational subscale ($r_{\text{avg}} = .14$), and the EOM-EIS II Ideological Foreclosure subscale ($r_{\text{avg}} = .15$). In summary, the averaged correlations of each measure with the other identity disturbance measures ranged from .06 to .44, and the average of all the averaged correlations was .28. Simply, the strength of the relationship between identity disturbance measures was small to moderate. The implications of this range in effect sizes among theoretically similar and overlapping measures will be discussed in greater detail later (see Chapter VI, Discussion).

Range of Average FFM Correlations Using All Identity Disturbance Measures

Following these analyses, each identity disturbance measure was individually correlated with the FFM facets and domains. Results of these correlations indicated that at the domain level, the average strength of these correlations ranged from .15 (Openness to Experience) to .34 (Neuroticism). The average effect size of Conscientiousness was .32, and was followed by Extraversion ($r_{\text{avg}} = .30$) and Agreeableness ($r_{\text{avg}} = .19$). At the facet level, the average effect sizes ranged from .08 (Imagination) to .39 (Depression). The range of facet correlation effect sizes within Neuroticism was .17 (Anger) to .39 (Depression), and .11 (Excitement-Seeking) to .35 (Cheerfulness) within Extraversion. In Openness to Experience, the average effect sizes ranged from .08 (Imagination) to .24 (Liberalism), from .10 (Sympathy) to .27 (Trust) within Agreeableness, and from .13

(Cautiousness) to .32 (Self-Efficacy) within Conscientiousness. While there were no facet relationships that correlated with an average effect size above .40, 5 facets correlated above .30: Depression, Cheerfulness, Self-Efficacy, Friendliness, and Achievement-Striving. Conversely, 4 facets—each from the Openness to Experience domain—failed to relate with identity disturbance measures on average above .10: Imagination, Artistic Interests, Intellect, and Adventurousness.

Retention and Omission of Identity Disturbance Measures

Next, each measure was assessed for retention or omission based on its performance characteristics (e.g., how well does a given measure relate to other measures of identity) and its perceived theoretical contribution (e.g., considering whether omitting this measure would result in a failure to account for some aspect of identity theory unaccounted for in the other measures). While each of the identity disturbance measures demonstrated a degree of variability in these metrics, the EIPQ's subscales exhibited problematic internal reliability and failed to consistently relate with the other identity disturbance measures. Additionally, the EIPQ's Exploration subscale was significantly related with only 1 of the 30 FFM facets, suggesting limited utility in its ability to contribute to the development of an FFM profile. While the EIPQ's Commitment subscale (which measures a rigid adherence to one's identity) significantly related with 10 different FFM facets, the EIPQ Exploration subscale (which measures the searching process involved in identity consolidation) is much closer to the target construct of identity disturbance. For these reasons, the EIPQ's ability to contribute to the development of an FFM profile was questionable and was thus omitted from future analyses. Similarly, while the Interpersonal Diffusion and Ideological Diffusion subscales

of the EOM-EIS II also demonstrated problematic internal consistency, they were retained for future analyses, given their ability to relate more reliably with the other measures of identity disturbance and their theoretical proximity to identity disturbance. Ultimately, 10 subscales and total scale scores from the identity disturbance measures were selected to generate average correlations with the FFM facets and domains (i.e., to generate an FFM facet profile): the ISI-5 Diffuse-Avoidant subscale, the EOM-EIS II Interpersonal Diffusion and Ideological Diffusion subscales, the GAPD Self-pathology subscale, the SIPP-118 Identity Integration subscale, the DAPP Identity Problems subscale, the FFBI Self-Disturbance subscale, and the total scale scores of the SCIM, IAS, and LPFS.

FFM Profile of Identity Disturbance

Each of the 10 identity disturbance subscales and total scale scores had already been correlated with the FFM domains via the IPIP-120 (see Table 4). However, those averaged correlations included all 25 identity subscales and total scale scores, rather than the final selection of 10. Given that 1) some of the initial 25 subscales measure somewhat different constructs (e.g., identity consolidation), and that 2) some of the identity disturbance subscales demonstrated poor reliability and/or convergent validity, new correlation averages needed to be computed. Therefore, new averages were computed by averaging the correlation effect sizes using only the 10 selected subscales and total scale scores (Table 5).

Ranges of Average FFM Domain Correlations Using Selected Identity Disturbance Measures

Broadly, the average correlation of identity disturbance measures ranged from .13 (Openness to Experience) to .48 (Neuroticism), and when retaining conservative Bonferroni corrections ($p < .0008$), results of correlational analyses were mostly consistent with hypotheses. For example, Neuroticism significantly related with all but one measure of identity disturbance (EOM-EIS II Ideological Diffusion, $r = .17$), with absolute values of effect sizes ranging from .17 to .70 ($r_{\text{avg}} = .48$). Mostly consistent with hypotheses, correlations with Extraversion demonstrated similar results, with only the EOM-EIS II Ideological Diffusion subscale ($r = -.18$) failing to significantly relate to Extraversion, though the other measures significantly related with effects ranging from absolute values of .18 to .62 ($r_{\text{avg}} = .41$). In a finding that was mostly contrary to hypotheses, only 3 measures significantly related with the Openness to Experience domain (DAPP, $r = .26$; FFBI, $r = .25$; LPFS, $r = .21$), such that the other 7 identity disturbance measures did not significantly relate with that domain. Absolute values of these effect sizes ranged from .03 to .26 ($r_{\text{avg}} = .13$). Agreeableness was significantly related with 6 identity disturbance measures: the ISI-5 ($r = -.33$), SCIM ($r = -.32$), EOM-EIS II Interpersonal Diffusion ($r = -.27$) and Ideological Diffusion ($r = -.25$), GAPD ($r = -.23$), and SIPP-118 ($r = .23$). Overall, this was somewhat consistent with hypotheses, with the absolute values of effect sizes for Agreeableness ranging .10 to .33 ($r_{\text{avg}} = .21$). The Conscientiousness domain significantly related with all 10 selected measures of identity disturbance, with effects ranging from .21 to .56 ($r_{\text{avg}} = .41$). Consistent with hypotheses, Neuroticism also related to each of the identity disturbance measures ($r_{\text{avg}} =$

.48), and demonstrated the strongest average effect sizes among the five personality factors.

Ranges of Average FFM Facet Correlations Using Selected Identity Disturbance Measures

At the facet level, 4 facets from the IPIP-NEO significantly related with every measure of identity disturbance: Depression, Assertiveness, Activity-Level, Dutifulness, Achievement-Striving. Conversely, 4 facets from Openness to Experience—Imagination, Artistic Interests, Adventurousness, and Intellect—failed to significantly relate with any measure of identity disturbance. Within Neuroticism, the range of absolute values of average effect sizes was .21 to .53. Additionally, all of the following average effect sizes of the FFM facets will be represented as absolute values to convey the range of their magnitude. Individually, effect sizes ranged from .01 to .45 for Anxiety ($r_{\text{avg}} = .26$), and .10 to .37 for Anger ($r_{\text{avg}} = .24$). Effects ranged from .25 to .77 for Depression ($r_{\text{avg}} = .53$), .12 to .50 for Self-Consciousness ($r_{\text{avg}} = .34$), .09 to .39 for Immoderation ($r_{\text{avg}} = .26$), and from .15 to .57 for Vulnerability ($r_{\text{avg}} = .41$).

Within the Extraversion domain, the average effects ranged from .14 to .45 across the facets. Individually, effect sized ranged from .14 to .61 for Friendliness ($r_{\text{avg}} = .41$), .08 to .31 for Gregariousness ($r_{\text{avg}} = .19$) and from .23 to .49 for Assertiveness ($r_{\text{avg}} = .34$). Effects ranged from .20 to .41 for Activity Level ($r_{\text{avg}} = .28$), .02 to .22 for Excitement-Seeking ($r_{\text{avg}} = .14$), and from .18 to .68 for Cheerfulness ($r_{\text{avg}} = .45$). Correlational analyses within the Openness to Experience domain demonstrated average effect sizes that ranged from .06 to .24. Individually, effect sizes ranged from .02 to .14 for Imagination ($r_{\text{avg}} = .08$), .01 to .14 for Artistic Interests ($r_{\text{avg}} = .08$) and from .05 to .35

for Emotionality ($r_{\text{avg}} = .21$). Effects ranged from .01 to .12 for Adventurousness ($r_{\text{avg}} = .06$), .01 to .13 for Intellect ($r_{\text{avg}} = .07$), and from .14 to .34 for Liberalism ($r_{\text{avg}} = .24$).

Within Agreeableness, average effect sizes ranged from .11 to .38. Individual facet effect sizes ranged from .16 to .53 for Trust ($r_{\text{avg}} = .38$), .11 to .38 for Morality ($r_{\text{avg}} = .20$) and from .15 to .35 for Altruism ($r_{\text{avg}} = .24$). Effects ranged from .14 to .27 for Cooperation ($r_{\text{avg}} = .21$), .02 to .39 for Modesty ($r_{\text{avg}} = .23$), and from .02 to .19 for Sympathy ($r_{\text{avg}} = .11$). Correlational analyses within the Conscientiousness domain demonstrated average effect sizes that ranged from .14 to .42. Individually, effect sizes ranged from .20 to .61 for Self-Efficacy ($r_{\text{avg}} = .42$), .10 to .35 for Orderliness ($r_{\text{avg}} = .26$) and from .20 to .40 for Dutifulness ($r_{\text{avg}} = .31$). Effects ranged from .22 to .52 for Achievement-Striving ($r_{\text{avg}} = .38$), .04 to .45 for Self-Discipline ($r_{\text{avg}} = .30$), and from .08 to .26 for Cautiousness ($r_{\text{avg}} = .14$).

Selecting FFM Trait Correlates of Identity Disturbance

Given the exploratory nature of the initial correlational analyses, beyond hypotheses that each of the FFM facets would significantly relate with measures of identity disturbance, it was not feasible to establish an *a priori* cutoff to determine which facets should be included in the facet profile. However, there are numerous ways to parse the data using the results of the correlational analyses. For example, when averaging the correlations of the 10 utilized identity disturbance subscales and total scale scores, 5 facets emerge with effect sizes of .40 or above. Similarly, 9 facets emerge at equal to or greater than an effect size of .35, while 11 emerge at .30, 16 at .25, and 22 at .20. Alternatively, the computation of a new variable that involves summing the 10 scales and dividing them by 10 (i.e., averaging them) results in a variable that can also be used to

correlate with the FFM facets and domains. Results of these correlation analyses indicate generally stronger effect sizes overall and implicate 7 facets with relationships greater than or equal to .50 (Depression, Cheerfulness, Self-Efficacy, Friendliness, Achievement-Striving, Trust, and Vulnerability). Similarly, 2 additional facets (Assertiveness, Self-Consciousness) emerge at a cutoff of .45. Only one facet (Activity Level) emerges at an effect size cutoff of .40. Ultimately, these results suggest that while there are multiple ways to delineate the data into an FFM profile of identity disturbance, the most conservative approach seems to implicate 5 facets (using the first method) and 7 facets (using the second method). Conversely, if one arbitrarily adheres to a cutoff of .40 or above, the evidence supports the selection of 5 facets (using the first method) and 10 facets (using the second method). Given these data, two profiles will be tested. A conservative and primary FFM trait profile of 5 FFM facets (Depression, Cheerfulness, Self-Efficacy, Friendliness, and Vulnerability), and an alternative, more-inclusive FFM profile of 10 facets (the previous five facets and the inclusion of Achievement-Striving, Trust, Assertiveness, Self-Consciousness, and Activity Level).

Brief Discussion of Study 1 Results

The process of selecting FFM facets for Study 2 is detailed at length in Chapter VI (p. 28). Briefly, this selection process occurred in 2 phases. The first phase required that measures of identity disturbance demonstrate strong evidence of reliability and convergent validity with other identity measures to be included in phase 2. The second phase correlated those identity disturbance measures with FFM domains and facets and identified a 5-facet profile and a 10-facet profile to test in Study 2.

CHAPTER IV

STUDY 2: METHODOLOGY

Participants

Participants in Study 2 (Table 1) consisted of undergraduates ($n = 108$) attending Oklahoma State University who were 18 years of age or older. Participants who completed both time points in the study ($n = 100$) were included in analyses. Participants were largely Caucasian (79.0%) and female (73.3%), with a mean age of 20.02 ($SD = 5.44$). Participants were recruited through the SONA system's pre-screener, using the McLean Screening Instrument for BPD (MSI-BPD; Zanarini, 2003). Participants who endorsed 5 or more items were recruited to participate in the study via SONA's anonymous mass e-mail function. The function of oversampling procedures in the second study was to ensure that individuals with BPD symptoms were adequately assessed, and the study was approved by Oklahoma State University's Institutional Review board.

Measures

Difficulties in Emotion Regulation Scale (DERS; Gratz & Roemer, 2004). The DERS is a 36-item self-report measure of emotion dysregulation. The DERS items

assesses emotion dysregulation across six subscales: nonacceptance of emotional responses, difficulties engaging in goal-directed behavior, impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies, and lack of emotional clarity. Internal consistency of the DERS subscales has ranged from good to excellent (Gratz & Roemer, 2004). In Study 2, the overall DERS total scale score demonstrated excellent internal reliability ($\alpha = .94$).

Item Response Theory-Driven (IRT) Short Form (see Study 1 measures). Internal reliability coefficients for the implicated facets of Identity Disturbance ranged from .58 (Achievement Striving) to .89 (Depression).

Personality Diagnostic Questionnaire – 4th Edition Plus (PDQ-4+; Hyler, 1994). The PDQ-4+ is a 99-item self-report measure of personality disorder symptoms that is assessed via true-false responding. ($\alpha = .66$). The PDQ-4's items can be used to create 12 scales that represent personality disorders (e.g., BPD). Recent studies using the PDQ-4+ have demonstrated fair ($\alpha = .69$) to good ($\alpha = .83$) internal reliability for the PD subscales (e.g., Obsessive-Compulsive PD and Antisocial PD, respectively; Fossati et al., 2017). The PDQ-4+'s 10-item BPD subscale was included in the 3 daily EMA surveys (see below), and the question "I have wondered who I really am" was used as a criterion variable in all Study 2 analyses.

Procedures

Participants who were interested in participating in the study signed up for two time slots on SONA, each 7-10 days apart. Study sessions were held in the lab and conducted by a graduate or advanced undergraduate research assistant. Participants were presented with a copy of the informed consent form that the researcher explained,

allowing time for questions. Participants were informed that the study included 2 appointments in lab and the completion of 3 brief (2-3 minute) surveys each day (e.g., momentary states of identity disturbance). Momentary states of identity disturbance were defined by a response of “True” to the PDQ-4+ question “Since the last survey [...] I have wondered who I really am.” Participants were informed that completion of the study would result in 3 SONA credits, and completion of 80% or more of the daily surveys would enter them in a drawing up to three times for 1 of 2 \$25 Amazon gift cards. Participants were asked to complete these surveys on their smart phone or a lab iPod Touch device. Following completion of the consent form, participants completed study measures on a computer in the lab (in a random order). Following this, participants were instructed to sign up for a text-messaging service that sent 3 daily text message reminders (e.g., morning, afternoon, evening) over the next 7-10 days. Participants were provided with a copy of the instructions to the study and completed a baseline survey in session. Finally, participants returned to the lab 7 – 10 days after their first session and completed additional measures. Participants were asked if they had any difficulties completing or receiving the surveys. Lastly, they were fully debriefed and provided a copy of the debriefing form and awarded 3 credits on SONA.

CHAPTER V

RESULTS OF STUDY 2

Power analyses were conducted a priori to estimate the necessary sample size for structural equation modeling (SEM) analyses (Kline, 2011). Wolf and colleagues (2013) describe commonly-used approaches to adequately powering an SEM analysis: sample sizes should consist of 100 participants or more (Boomsma, 1982; Kline, 2011); or estimated parameters should have a minimum of 5 (Bentler & Chou, 1987) or 10 observations (Kline, 1998); or variables should have a minimum of 10 (Nunnally, 1967) to 20 observations (Kline, 1998). Lastly, Wolf et al. (2013) also describe how the reliability of the measures on uses and the magnitude of anticipated effect size can also markedly affect the sample size (non-linearly and in both directions, such that smaller effects may not always warrant larger sample sizes, and vice versa). Given these data, a minimum sample size in the current study that ranged between 100 and 180 participants was required to conduct SEM analyses.

Results of correlation analyses indicated that the DERS total scale score was significantly related with the sum total of Identity Events ($r = .31, p < .01$), consistent with hypotheses. Additionally, the FFM facets Depression ($.26, p < .01$), Vulnerability ($r = .27, p < .01$), Friendliness ($r = -.31, p < .005$), Cheerfulness ($r = -.22, p < .05$) and Trust ($r = -.35, p < .001$) were also significantly related with Identity Events, while FFM facets Self-Consciousness, Self-Efficacy, and Achievement-Striving were not significantly related.

Testing a 5-Facet FFM Profile of Identity Disturbance

Structural Equation Modeling

Structural equation modeling (SEM) analyses were conducted using the open-source statistical software *RStudio* 1.1.442, in combination with the empirically supported and validated statistical package *lavaan* (Rosseel, 2012). SEM was used to first test the hypothesis that the 5 implicated facets (Depression, Cheerfulness, Self-Efficacy, Friendliness, and Vulnerability) significantly predict identity disturbance events when mediated by difficulties in emotion regulation Figure. Results of the SEM analysis indicate evidence of good fit across all indicators for the model ($\chi^2 [11, n = 94] = 16.614, p = .120, CFI = .977, TLI = .957, RMSEA = .074, SRMR = 0.048$). Follow-up evaluation of pathways in the model indicated that the FFM trait profile was a significant predictor of variance in the DERS ($\beta = .82, p < .05$); however, inconsistent with hypotheses, results did not demonstrate evidence of statistically significant mediation in identity disturbance events ($\beta = .12, p > .05$). Additionally, personality traits did not significantly predict variance in identity disturbance events ($\beta = .22, p > .05$).

Path Analysis

Path analysis using multiple regression analyses was selected as an additional SEM approach of use in the current study. These analyses were conducted by first regressing the total scale score of the DERS on the 5 implicated FFM facets (Figure 1). Results of the first analysis indicated that the overall model was significant ($p < .001$), with the linear combination of each facet accounting for 55% of the variance in the DERS total scale score. Only one FFM facet, Depression ($b = .51, p < .001$), demonstrated a statistically significant direct pathway to the DERS. In a second analysis, the sum total of Identity Events was regressed on the DERS total scale score and the 5 implicated FFM facets (Figure 2). Results of this analysis indicated that the overall model was also significant ($p < .05$), with the study variables accounting for 16% of the variance in Identity Events. Additionally, results of this analysis indicated that there was a direct effect of Friendliness ($b = -.31, p < .01$) on Identity Events, but no evidence of a direct effect of Depression on Identity Events. Results also demonstrated that the DERS failed to significantly predict variance in Identity Disturbance ($p = .186$), indicating that there was no evidence to support an indirect pathway of facet Depression on Identity Disturbance through the DERS.

Testing a 10-Facet FFM Profile of Identity Disturbance

Structural Equation Modeling

SEM analyses were conducted test the second hypothesis that a model containing 10 implicated facets (Depression, Cheerfulness, Self-Efficacy, Friendliness, Vulnerability, Achievement-Striving, Trust, Assertiveness, Self-Consciousness, and Activity Level) would also significantly predict identity disturbance events when

mediated by difficulties in emotion regulation. Results of this analysis did not provide strong evidence of good fit ($\chi^2 [47, n = 92] = 149.328, p < .001, CFI = .761, TLI = .665, RMSEA = .154, SRMR = 0.096$). Contrary to hypotheses, no pathway significantly predicted variance and mediation was not supported in the model ($p > .05$).

Path Analysis

Path analyses were conducted by regressing the total scale score of the DERS on the 10 implicated FFM facets (Figure 3). Results of this first analysis indicated that the overall model was significant ($p < .001$), with the linear combination of each facet accounting for 55% of the variance in DERS. Once again, only one FFM facet (Depression) demonstrated a significant direct pathway to the DERS ($b = .55, p < .001$); In the second analysis, the sum total of Identity Events was regressed on the DERS total scale score and the 10 implicated FFM facets (Figure 4). Results of this analysis indicated that the overall model was significant ($p < .001$), with the study variables accounting for 32% of the variance in Identity Events. Additionally, results of this analysis indicated that there were direct effects of Self-consciousness ($b = -.38, p < .01$), Friendliness ($b = -.52, p < .01$), and Trust ($b = -.26, p < .05$) on Identity Events, but not Depression ($b = -.05, p > .05$). Taken together, while the Depression facet predicted significant variance in the DERS in both the 5-facet and 10-facet path analyses, they both failed to provide evidence of a significant indirect effect on Identity Events through the DERS, providing additional evidence that mediation of FFM traits and Identity Events by the DERS is not supported.

CHAPTER VI

DISCUSSION

Limited research has examined how the FFM relates to identity disturbance and no known studies have aimed to systematically develop an FFM trait profile of identity disturbance using multiple measures. The current study sought to bridge this gap in the literature by developing an FFM-based trait profile of identity disturbance (Study 1) to predict identity disturbance events when mediated by difficulties in emotion regulation (Study 2). Results from Study 1 implicated five-facet and ten-facet trait profiles, however, neither of those profiles supported the hypothesis that emotion dysregulation mediates the relationship between FFM traits and identity disturbance. Some evidence did provide preliminary support for a direct relationship between identity disturbance and Friendliness, Self-consciousness, and Trust. While these results do not provide direct evidence of Linehan's (1993) assertions that emotion dysregulation forms the core of identity disturbance, the interpersonal nature of the emergent FFM trait profiles may suggest that social identity theory processes may be more meaningful than initially hypothesized.

A Priori and Post Hoc Considerations in the Development of an FFM Trait Profile

Given that only one previous study has correlated FFM facets using a single measure of identity disturbance (Klimstra et al., 2013), there were many *a priori* constraints regarding the current study's preliminary hypotheses. These restrictions required that Study 1's objective serve as basic and exploratory research for Study 2. Still, much initial thought and care went into the *a priori* considerations for the inclusion and exclusion of identity disturbance measures, following analyses. Significant consideration was also focused on appropriately balancing the data with the potential theoretical contribution of a given measure to determine an FFM trait profile. Ultimately, the process of selecting FFM facets to include in Study 2 occurred in 2 phases.

Phase 1 of Study 1: Selection Process of Identity Disturbance Measures

The first phase required determining which identity disturbance measures demonstrated strong enough reliability and convergent validity to warrant inclusion in the average correlation analyses with FFM facets. Reliability and convergent validity analyses indicated that most of the identity disturbance measures appeared to relate to one another (see Table 2); however, some had questionable internal reliability and correlated poorly with other measures of identity disturbance (e.g., EIPQ).

An important objective of Study 1 was to determine how FFM facets relate to measures of identity *disturbance* rather than *general* identity processes or *adaptive* identity functioning. In some cases, measures of identity contained a combination of adaptive and maladaptive scales. In those cases, the maladaptive scales were selected. In the cases where there were multiple scales assessing maladaptive dimensions of identity

formation, care was used to select the scale that most aligned with identity disturbance. For example, the FFBI contains multiple subscales, but the Self-Disturbance subscale was selected given that the other subscales (and its total scale score) measure a completely different construct (i.e., BPD). In cases where the measure holistically measured identity disturbance across several scales, the total scale was preferred (e.g., SCIM). In other cases (i.e., the EIPQ, EOM-EIS II, and ISI-5), measures needed to be translated across theories into a singular “identity disturbance” construct. For example, each of those 3 measures were developed in the context of Marcia’s (1993) theory of identity styles, meaning that they do not have a total scale score, but feature continuous subscales that can be used to place an individual into 1 of 4 identity style categories. Depending on how one operationally defines and subsequently translates these identity styles into the construct of identity disturbance, 3 of the 4 styles describe a maladaptive process whereby identity consolidation has failed. One identity style in particular—identity diffusion, which is broadly defined as the inability to establish an identity, regardless of one’s efforts to do so—appeared to be most congruent with the identity disturbance construct. Results of convergent correlational analyses with other measures of identity disturbance also supported the rationale to exclusively select the identity diffusion style subscales in each of these 3 measures.

Phase 2 of Study 1: Implicated FFM Facets

The second phase involved correlating the selected identity disturbance measures with the FFM domains and facets. At the domain level, identity disturbance most strongly related to Neuroticism, followed by Extraversion, Conscientiousness, Agreeableness, and Openness to Experience. At the facet level, FFM facets ranged in their relationship with

identity disturbance from almost non-existent effect sizes ($r_{\text{avg}} = .05$; Adventurousness) to large effect sizes ($r_{\text{avg}} = .58$; Depression). Two FFM trait profiles were selected using an effect-size cutoff of .40. The first implicated profile consisted of 2 facets from Neuroticism (i.e., Depression and Vulnerability), 2 facets from Extraversion (i.e., Cheerfulness and Friendliness) and 1 facet from Conscientiousness (i.e., Self-Efficacy). Interpretations of these FFM trait profiles can be made using Costa and McCrae's (1992) writings on the purported theoretical implications of each FFM domain and facet. These findings suggest that identity disturbance most strongly relates to FFM traits endorsed by individuals who are more likely to experience melancholy and sadness (Depression), who are more likely to experience negative emotions in times of stress (Vulnerability), and who are less likely to experience positive emotions (Cheerfulness). It also suggests these individuals may have more difficulty being interpersonally open and vulnerable with others (Friendliness), and have doubts in their ability to be successful in their endeavors (Self-Efficacy).

The expanded FFM facet profile of identity disturbance consisted of 10 facets. Three facets in this profile came from Neuroticism (i.e., Depression, Self-Consciousness, and Vulnerability), 4 from the Extraversion domain (i.e., Friendliness, Assertiveness, Activity Level, and Cheerfulness) 1 from Agreeableness (i.e., Trust), and 2 from Conscientiousness (i.e., Self-Efficacy and Achievement-Striving). As above, these traits can also be interpreted using FFM theory (Costa & McCrae, 1992). In aggregate, this FFM profile would suggest that individuals who suffer from identity disturbance are more likely to have a low opinion of their ability (Self-Efficacy), be aimless in their ambitions and goals (Achievement-Striving), while also feeling a heightened sense of

negatively-oriented self-awareness (Self-Consciousness) and having a particular difficulty opening up to others (Friendliness), being outspoken or the focus of attention (Assertiveness) and trusting people (Trust). Interestingly, these individuals may be more likely to experience sadness and loneliness (Depression) and less likely to live a busy lifestyle (Activity Level) or experience positive emotions (Cheerfulness)—particularly in times of intense stress (Vulnerability).

It is also understandable how individuals with these traits may be more likely to experience difficulties regulating their emotions. Importantly, while this profile bears some resemblance to BPD (as would be expected, given that identity disturbance is a symptom of BPD), an FFM profile of BPD would demonstrate significantly stronger relationships with facets of Neuroticism (e.g., Immoderation, Anger) in addition to differential relationships with other FFM domains and facets.

Discussion of SEM Models in Study 2

In Study 2, the FFM profile of identity disturbance was used in a series of SEM analyses to determine whether difficulties regulating emotions significantly mediated the relationship between the implicated FFM trait profile and momentary experience of identity disturbance. The first model of 5 facets (Depression, Cheerfulness, Self-Efficacy, Friendliness, and Vulnerability) demonstrated strong evidence of good fit across each of the major statistical fit indices but did not support mediation. Rather, the only significant pathway in this model was between the FFM traits and the DERS, suggesting that the implicated FFM facets were able to predict variance in the DERS, but that neither the DERS of the FFM facets were able to predict variance in momentary experiences of identity disturbance. Although past research has related personality traits to the DERS,

the magnitude of this predictive relationship was surprising, given the design and results of Study 1, which used a battery of 10 measures of identity disturbance to implicate five facets that most strongly related to those measures. While these results were surprising, previous research supports transdiagnostic relationships between these constructs individually, as in emotion dysregulation and FFM traits (Stanton et al., 2016), emotion dysregulation and identity disturbance (Kaufmen et al., 2014; Koenigsberg et al., 2001; Neacsiu et al., 2014), and identity disturbance and FFM traits (Campbell et al., 1996; Clancy et al., 1993; Klimstra et al., 2013).

Follow-up path analysis via a series of regression analyses indicated that one FFM facet (Friendliness) directly related to identity disturbance events. Additionally, only one FFM facet (Depression) demonstrated a significant path to the DERS, the evidence did not support an indirect pathway of Depression to identity disturbance events through the DERS. This suggests that the FFM facet Depression does not add incremental predictive utility when emotion dysregulation is accounted for in the model. Additionally, when the DERS was included, this facet failed to directly relate to or provide any incremental variance in predicting identity disturbance. In Study 1, the Depression facet exhibited the strongest relationship with measures of identity disturbance. However, trait Depression's inability to directly or indirectly relate to identity disturbance when emotion dysregulation is included in the analysis is noteworthy. While the first SEM models did not support mediation, FFM traits did predict variance in the DERS. Implications of only one facet emerging as directly related to the DERS in the follow-up analyses (i.e., Depression) could indicate that a trait proclivity towards feelings of sadness and emotion regulation difficulties—while distinct constructs—may overlap enough in the context of

identity disturbance, such that their multicollinearity eliminates either variable's ability to predict momentary experiences of identity disturbance—effectively canceling each other out (Farrar & Glauber, 1967; Graham, 2003). Further evidence of this explanation can be found in the results of Pearson correlations. The DERS and each of the FFM facets were significant correlated with momentary experiences of identity disturbance in Study 2.

The second model in Study 2 utilized 10 facets (Depression, Cheerfulness, Self-Efficacy, Friendliness, Vulnerability, Achievement-Striving, Trust, Assertiveness, Self-Consciousness, and Activity Level). This second model did not demonstrate strong evidence of good fit, though this may be due to the model being underpowered, based on the number of parameters used and the total sample size in Study 2. Results of a follow-up SEM approach using path analysis via a series of regression analyses were identical to those of the 5-facet model, with two exceptions: Self-consciousness and Trust also demonstrated significant direct paths to identity disturbance events. This means that when accounting for the role of emotion dysregulation in the experience of identity disturbance, three facets—Self-consciousness, Friendliness, and Trust—directly relate to identity disturbance events. It is noteworthy that these facets have an interpersonal focus. The implications of these relationships suggest that individuals who are more self-critical of themselves and are more detached from and distrustful of others may be more likely to question their identity. This finding aligns with sociodevelopmental models of identity formation, such as social identity theory (Hogg & Abrams, 1988) which posits that people develop an understanding of themselves (self-categorization) in the context of how others relate to them, understand them, and compare to them (social comparison). Individuals who are high and low in these personality traits may endorse more moments

of distress regarding their identity as a function of difficulty integrating socially-generated external information into their idea of themselves. For example, this could be due to a lack of trust in the person providing the information, as in lower levels of FFM trait Trust. Similarly, individuals low in Friendliness may doubt the credibility of other's ability to adequately or accurately evaluate them or appraise them, as these individuals report actively keeping others at an interpersonal distance and being more difficult to know. People with higher levels of Self-consciousness may be more likely to have difficulty rectifying internal criticism with external praise, validation, or support regarding their achievements, strengths, or capabilities.

Identity Disturbance and Interpersonal Factors

A careful examination of Study 1 and Study 2 strongly suggests that several interpersonally associated personality factors relate to identity disturbance. This finding is consistent with previous research suggesting moderate to strong relationships with Extraversion (Campbell et al., 1996; Clancy et al., 1993; Klimstra et al., 2013). For example, 6 of the 10 facets that were most strongly and consistently correlated with identity disturbance directly relate to social situations, with a case to be made for some of the other 4 implicated facets. Firstly, it is noteworthy that unlike in BPD, where the 6 facets of Neuroticism are most strongly related to the construct, 4 of the top 10 facets associated with identity disturbance are from the Extraversion domain. Additionally, in other domains (e.g., Neuroticism), this pattern continues. Self-Consciousness measures one's fixation on negative assessment of others and a propensity to experience shame—a socially-derived emotion. In the Agreeableness domain, low Trust—which measures the degree to which an individual trusts others—was also implicated, a facet that

demonstrates a clear connection to interpersonal situations. Taken together, this seems to provide some preliminary empirical data to support the notion that how an individual typically navigates interpersonal situations and makes sense of them in the context of their personality may play a role in the experience of identity disturbance; however, causality cannot be inferred from these relationships and interpreting them warrants caution, given the results of the full model SEM analyses.

Limitations and Future Directions

While this study demonstrated several strengths, it was also limited in several ways. For example, this study relied on the self-report of participants to make inferences about these relationships. Additionally, the SEM model in Study 2 may have been inadequately powered due to sample size limitations in Study 2, though the subsequent follow-up path analyses were adequately powered and can be interpreted. It is also important to note that the current study's participants consisted of undergraduate students attending a university. These relationships may look different in a community population with more diverse education and socioeconomic status.

Lastly, several questions remain regarding the results of SEM analyses in Study 2. It remains unknown whether 1) the experience of identity disturbance is an idiosyncratic phenomenon that's difficult to predict in samples, 2) the design of the current study was methodologically flawed, or failed to adequately measure the momentary experience of identity disturbance, 3) identity disturbance as a process develops over a much wider span of time and requires a greater range of reported experiences, or 4) there are other variables that the current study has not considered or accounted for. While the utilization of FFM facets were unsupported in the predictive SEM model, future research may

define, investigate and establish other, more robust predictors of identity disturbance and its theoretical maintaining factors.

Conclusions and Implications

This study found that a selection of 5 and 10 FFM facets consistently related with a diversity of identity disturbance measures. While emotion dysregulation was unsupported as a mediator of the relationship between these implicated personality traits and identity disturbance experiences, 3 interpersonally-focused facets emerged in follow-up analyses with direct relationships to identity disturbance. While these results do not support the notion that emotion dysregulation is central to the experience of identity disturbance generally, as Linehan (1993) posits in the context of BPD, there are several implications that can be made. First, the current study is important as it sought to empirically integrate diverse theoretical models of maladaptive identity formation strategies by centering them around the FFM, an arguably more empirically-supported and internationally-validated theoretical lens of personality. Results of this work may be used as a framework by researchers and clinicians to translate information across personality theory. Clinicians utilizing personality assessment in their practice may be able to target proxy variables of identity disturbance (e.g., implicated FFM facets), in order to anchor a highly nebulous treatment target (e.g., “Who am I?”, or “I don’t know who I am”) into something more concrete (e.g., cognitive and behavioral focus on fostering warm, authentic, trusting relationships). While this would in practice ideally be assessed empirically (e.g., via a self-report or clinician administered measure of FFM), clinicians with experience in FFM theory may also use their clinical observations and understanding of FFM research to naturally conceptualize treatment goals of clients with

identity disturbance. Future research may also benefit from utilizing the results of this study as a preliminary foundation upon which future research can establish evidence for a more reliable trait consensus of the construct.

This study is the first known study to systematically examine how FFM facets relate to identity disturbance measures. While previous literature has provided preliminary investigations into how the FFM relates to identity disturbance, this is the first known study to use facets of the FFM to predict the experience of momentary states of identity disturbance. Although results did not support the FFM's ability to significantly predict identity disturbance when mediated by emotion dysregulation, it did demonstrate non-causal preliminary evidence for the relationship between identity disturbance and FFM facet Friendliness, Self-consciousness, and Trust. Lastly, while the current study aimed to move our understanding of identity disturbance forward, it is clear that identity disturbance remains complicated.

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Tables

Table 1. Demographic information of participants from Study 1 and Study 2.

	Study 1 (n = 358)	Study 2 (n = 100)
Gender		
Female	78.6	73.3
Male	21.4	25.7
Transgender	0	1.0
Mean Age (SD)	19.28 (1.86)	20.02 (5.44)
Sexual Orientation		
Heterosexual	93.8	83.8
Homosexual	2.3	5.7
Bisexual	3.1	5.7
Pansexual	0.3	1.2
Asexual	0.3	-
Questioning	-	4.8
Other	0.3	-
Ethnicity		
Caucasian	80.7	79.0
American Indian / Alaskan Native	10.9	11.4
African American	9.8	8.6
Hispanic	7.0	7.6
Asian	3.6	3.8
Middle Eastern	0	0
Relationship Status		
Single	57.0	58.1
Committed Relationship	30.2	28.6
Casual Dating	11.1	10.5
Cohabiting	0.6	0
Married	0.6	1.9
Divorced	0.3	0

Note. All values in table are percentages.

Table 2. Correlations of each identity disturbance scale and subscales with the unused identity disturbance scales and subscales.

	1	2	3	7	8	9	10	11	12	13	14	22	23	24	25
1	—	.30**	.34**	.05	.02	.07	.08	.11	.08	-.02	-.04	-.05	.11	.08	.06
2	.30**	—	.04	-.10	.26**	-.02	.62**	-.21**	.13*	-.12*	.02	.20**	.10	-.16**	-.19**
3	.34**	.04	—	.02	.15*	-.13*	-.12*	-.03	.28**	.02	-.15**	.27**	-.06	-.23**	-.28**
4	.30**	.21**	-.14*	.34**	-.22**	.38**	.17**	.42**	-.27**	.19**	.09	-.36**	.47**	.43**	.39**
5	.10	.01	-.12*	.44**	-.30**	.37**	.09	.37**	-.13*	.23**	.04	-.34**	.29**	.39**	.36**
6	.13*	.51**	.02	.02	.31**	.09	.76**	-.12*	.13*	-.16**	.05	.07	.03	-.13*	-.06
7	.05	-.10	.02	—	-.15*	.29**	-.01	.57**	-.02	.31**	-.07	-.21**	.31**	.27**	.22**
8	.02	.26**	.15*	-.15*	—	-.12	.26**	-.22**	.51**	-.26**	-.08	.26**	-.18**	-.26**	-.26**
9	.07	-.02	-.13*	.29**	-.12	—	.16**	.58**	-.29**	.17**	.08	-.32**	.27**	.31**	.33**
10	.08	.62**	-.12*	-.01	.26**	.16**	—	-.12	.09	-.15*	.08	.07	.12	-.06	-.05
11	.11	-.21**	-.03	.57**	-.22**	.58**	-.12	—	-.21**	.33**	.01	-.38**	.35**	.43**	.38**
12	.08	.13*	.28**	-.02	.51**	-.29**	.09	-.21**	—	-.14*	-.19**	.24**	-.14*	-.27**	-.24**
13	-.08	-.12*	.02	.31**	-.26**	.17**	-.15*	.33**	-.14*	—	.18**	-.15*	.29**	.17**	.16**
14	-.04	.02	-.15**	-.07	-.08	.08	.08	.01	-.19**	.18**	—	-.10	.01	.07	.10
15	.05	-.17**	-.11	.36**	-.32**	.31**	-.07	.48**	-.27**	.27**	.09	-.58**	.63**	.81**	.63**
16	-.08	.15**	.18**	-.30**	.28**	-.28**	.07	-.43**	.25**	-.15**	-.02	.64**	-.55**	-.80**	-.67**
17	-.05	.08	.13*	-.08	.20**	-.21**	.01	-.21**	.28**	-.08	-.01	.30**	-.36**	-.36**	-.33**
18	.09	-.24**	-.13*	.28**	-.27**	.24**	-.18**	.42**	-.22**	.15**	.03	-.55**	.43**	.78**	.59**
19	.12*	-.16**	-.06	.35**	-.27**	.29**	-.13*	.47**	-.23**	.18**	.01	-.57**	.51**	.76**	.61**
20	.07	-.26**	-.03	.32**	-.21**	.22**	-.12*	.40**	-.18**	.14*	-.01	-.50**	.47**	.68**	.53**
21	.08	-.09	-.25**	.31**	-.27**	.34**	-.01	.48**	-.22**	.23**	.03	-.81**	.83**	.89**	.86**
22	-.05	.20**	.27**	-.21**	.26**	-.32**	.07	-.38**	.24**	-.15*	-.10	—	-.43**	-.65**	-.98**
23	.11	.10	-.06	.31**	-.18**	.27**	.12	.35**	-.14*	.29**	.01	-.43**	—	.60**	.51**
24	.08	-.16**	-.23**	.27**	-.26**	.31**	-.06	.43**	-.27**	.17**	.07	-.65**	.60**	—	.72**
25	.06	-.18**	-.28**	.22**	-.26**	.33**	-.05	.38**	-.24**	.16**	.10	-.98**	.51**	.72**	—

Note. 1 = ISI-5 Commitment; 2 = ISI-5 Normative; 3 = ISI-5 Informational; 4 = ISI-5 Diffuse-Avoidant; 5 = EOM-EIS II Interpersonal Diffusion, 6 = EOM-EIS II Interpersonal Foreclosure; 7 = EOM-EIS II Interpersonal Moratorium; 8 = EOM-EIS II Interpersonal Achievement; 9 = EOM-EIS II Ideological Diffusion; 10 = EOM-EIS II Ideological Foreclosure; 11 = EOM-EIS II Ideological Moratorium; 12 = EOM-EIS II Ideological Achievement; 13 = EIPQ Commitment; 14 = EIPQ Exploration; 15 = GAPD Self-Pathology; 16 = SIPP-118; 17 = IAS; 18 = DAPP Identity Integration; 19 = FFBI; 20 = LPFS; 21 = SCIMTotal; 22 = SCIM Consolidated; 23 = SCIM Disturbed; 24 = SCIM Lack of Self; 25 = SCIM Unconsolidated.

Table 3. Correlations of the identity disturbance scales used for FFM profile generation.

	1	2	3	4	5	6	7	8	9	10
1	—									
2	.33**	—								
3	.38**	.37**	—							
4	.47**	.359**	.31**	—						
5	-.50**	-.40**	-.28**	-.83**	—					
6	-.28**	-.18**	-.21**	-.39**	.47**	—				
7	.39**	.35**	.24**	.78**	-.83**	-.41**	—			
8	.40**	.34**	.29**	.80**	-.80**	-.39**	.79**	—		
9	.29**	.28**	.22**	.73**	-.72**	-.29**	.72**	.73**	—	
10	.50**	.42**	.34**	.80**	-.77**	-.40**	.68**	.70**	.63**	—

Note. 1 = ISI-5 Diffuse-Avoidant; 2 = EOM-EIS II Interpersonal Diffusion; 3 = EOM-EIS II Ideological Diffusion; 4 = GAPD Self-Pathology; 5 = SIPP-118; 6 = IAS; 7 = DAPP Identity Integration; 8 = FFBI; 9 = LPFS; 10 = SCIMTotal.

Table 4. Correlations and average correlations of all identity disturbance measures and IPIP-NEO domains and their facets.

	<i>N</i>	<i>N1</i>	<i>N2</i>	<i>N3</i>	<i>N4</i>	<i>N5</i>	<i>N6</i>	<i>E</i>	<i>E1</i>	<i>E2</i>	<i>E3</i>	<i>E4</i>	<i>E5</i>	<i>E6</i>	<i>O</i>	<i>O1</i>	<i>O2</i>	<i>O3</i>	<i>O4</i>	<i>O5</i>	<i>O6</i>
EOM-EIS II																					
Interpersonal Diffusion	.24	.02	.13	.27	.19	.15	.23	<i>-.34</i>	-.33	-.21	-.23	-.20	-.10	-.35	<i>-.05</i>	-.04	-.08	-.17	.05	-.07	.21
Interpersonal Foreclosure	<i>-.19</i>	-.17	-.04	-.30	-.10	-.11	-.13	<i>.14</i>	.21	.02	.03	.04	.11	.20	-.36	-.07	-.22	-.20	-.16	-.26	-.31
Interpersonal Moratorium	.25	.12	.07	.24	.20	.23	.19	<i>-.14</i>	-.17	-.09	-.14	-.11	.06	-.15	.08	.05	.06	.04	-.04	.03	.18
Interpersonal Achievement	<i>-.18</i>	-.02	-.14	-.26	-.05	-.14	-.12	.21	.19	.09	.12	.27	.04	.20	<i>-.06</i>	.04	.03	.08	-.13	-.06	-.22
Ideological Diffusion	<i>.17</i>	.01	.10	.25	.12	.09	.15	<i>-.18</i>	-.14	-.07	-.23	-.21	.02	-.18	<i>.03</i>	-.02	-.09	-.06	.08	-.13	.34
Ideological Foreclosure	<i>-.10</i>	-.08	.03	-.22	-.05	.00	-.01	<i>.15</i>	.19	.09	.01	.07	.11	.19	-.37	-.03	-.19	-.16	-.20	-.29	-.37
Ideological Moratorium	.39	.22	.22	.40	.26	.26	.27	<i>-.29</i>	-.25	-.11	-.30	-.29	.01	-.28	.25	.07	.12	.12	.08	.06	.40
Ideological Achievement	<i>-.17</i>	-.01	-.14	-.21	-.04	-.18	-.13	<i>.21</i>	.18	.01	.17	.31	.07	.22	<i>.00</i>	.12	.11	-.03	-.08	.05	-.19
ISI-5																					
Commitment	<i>.05</i>	.11	.05	.03	.05	-.02	.03	<i>.00</i>	.03	-.04	-.03	.03	.03	.00	<i>-.12</i>	-.10	-.01	.00	-.08	-.08	-.13
Normative	<i>-.13</i>	-.03	-.03	-.27	-.03	-.05	-.08	.20	.22	.14	.06	.17	.06	.21	-.40	-.17	-.21	-.15	-.20	-.33	-.36
Informational	<i>-.14</i>	.07	-.22	-.17	-.03	-.15	-.18	<i>.17</i>	.21	-.03	.11	.15	.04	.32	<i>.12</i>	.11	.20	.08	-.06	.20	-.06
Diffuse Avoidant	.31	.09	.16	.29	.24	.25	.32	<i>-.21</i>	-.23	.01	-.33	-.21	.12	-.24	<i>.03</i>	.06	-.07	.05	.09	-.13	.16
SCIM																					
Total Scale Score	.53	.27	.23	.60	.39	.30	.47	<i>-.48</i>	-.53	-.15	-.39	-.33	-.13	-.60	<i>.10</i>	.02	-.07	.15	.12	-.07	.26
Consolidated	-.38	-.12	-.13	-.52	-.25	-.19	-.37	<i>.46</i>	.48	.12	.37	.36	.17	.58	<i>-.12</i>	.07	.02	-.08	-.19	.03	-.30
Disturbed	.43	.25	.21	.36	.34	.29	.38	<i>-.21</i>	-.24	-.01	-.30	-.18	.02	-.26	<i>.02</i>	.07	-.08	.14	.01	-.12	.13
Lack of Self	.57	.34	.25	.70	.41	.24	.46	<i>-.55</i>	-.59	-.25	-.44	-.31	-.18	-.63	<i>.14</i>	.08	.00	.26	.08	-.02	.22
Unconsolidated	.41	.15	.16	.55	.28	.19	.40	<i>-.48</i>	-.50	-.14	-.38	-.34	-.17	-.61	<i>.11</i>	-.06	-.04	.10	.18	-.06	.28
EIPQ																					
Commitment	<i>.12</i>	-.01	.06	.07	.03	.13	.06	<i>.01</i>	-.04	.10	-.03	-.07	.06	-.09	.21	.07	.01	-.03	.22	.06	.34
Exploration	<i>-.01</i>	-.09	-.01	.00	-.04	-.03	-.02	<i>-.08</i>	-.04	.01	.02	-.14	-.08	-.14	<i>.00</i>	-.04	-.06	-.11	.12	-.01	.09
GAPD Self-Pathology	.66	.40	.32	.68	.50	.39	.49	<i>-.54</i>	-.53	-.29	-.43	-.36	-.19	-.56	<i>.20</i>	.12	.07	.29	.02	.03	.24
SIPP-118 Identity Integration	-.70	-.40	-.37	-.76	-.49	-.39	-.57	<i>.62</i>	.61	.30	.49	.41	.21	.68	<i>-.19</i>	-.10	-.01	-.28	-.02	.00	-.28
IAS Total Scale Score	-.45	-.27	-.25	-.41	-.32	-.23	-.41	<i>.29</i>	.26	.08	.30	.20	.11	.30	<i>-.09</i>	-.07	.03	-.24	.09	.06	-.14
DAPP Identity Problems	.66	.43	.31	.77	.44	.32	.50	<i>-.56</i>	-.58	-.31	-.37	-.32	-.22	-.63	<i>.26</i>	.14	.13	.33	-.01	.06	.28
FFBI Self-Disturbance	.67	.45	.31	.74	.45	.30	.53	<i>-.53</i>	-.53	-.29	-.41	-.32	-.19	-.55	<i>.25</i>	.11	.14	.35	.05	.05	.25
LPFS	.61	.40	.34	.63	.41	.33	.46	<i>-.46</i>	-.49	-.26	-.31	-.27	-.18	-.50	<i>.21</i>	.14	.07	.30	.00	.04	.23
Average of Correlations	.34	.18	.17	.39	.23	.20	.28	.30	.31	.13	.24	.23	.11	.35	.15	.08	.08	.15	.09	.09	.24

Note. All bolded values significant at $p < .0008$. Italicized values represent FFM domain effect sizes. N = Neuroticism; N1 = Anxiety; N2 = Anger; N3 = Depression; N4 = Self-Consciousness; N5 = Immoderation; N6 = Vulnerability; E = Extraversion; E1 = Friendliness; E2 = Gregariousness; E3 = Assertiveness; E4 = Activity Level; E5 = Excitement-Seeking; E6 = Cheerfulness; O = Openness; O1 = Imagination; O2 = Artistic Interests; O3 = Emotionality; O4 = Adventurousness; O5 = Intellect; O6 = Liberalism.

Table 4, continued.

	A	A1	A2	A3	A4	A5	A6	C	C1	C2	C3	C4	C5	C6
EOM-EIS II														
Interpersonal Diffusion	-.27	-.26	-.18	-.31	-.21	.07	-.12	-.21	-.19	-.17	-.20	-.22	-.09	-.08
Interpersonal Foreclosure	-.08	.10	.02	-.06	-.05	-.15	-.22	<i>.10</i>	.14	.05	.05	.07	.13	-.02
Interpersonal Moratorium	-.15	-.22	-.18	-.07	-.14	.02	.04	-.19	-.18	-.14	-.16	-.13	-.13	-.12
Interpersonal Achievement	.15	.09	.18	.19	.16	-.04	.05	.29	.25	.21	.30	.24	.15	.11
Ideological Diffusion	-.25	-.24	-.21	-.21	-.25	.08	-.16	-.21	-.20	-.10	-.22	-.29	-.04	-.16
Ideological Foreclosure	-.16	.07	-.08	-.09	-.14	-.16	-.22	<i>.01</i>	.04	-.02	-.01	.02	.06	-.09
Ideological Moratorium	-.15	-.27	-.17	-.10	-.18	.17	.06	-.33	-.33	-.12	-.19	-.31	-.28	-.18
Ideological Achievement	.19	.09	.18	.21	.14	-.03	.21	.25	.30	.21	.30	.30	.07	.06
ISI-5														
Commitment	-.02	.01	-.01	.03	.01	-.08	.00	<i>.06</i>	.07	.08	.00	.05	-.06	.06
Normative	-.09	.15	-.02	.00	-.05	-.22	-.14	<i>.15</i>	.20	.04	.09	.09	.16	.03
Informational	.28	.15	.17	.38	.24	-.07	.25	.31	.29	.14	.30	.37	.07	.21
Diffuse Avoidant	-.33	-.23	-.38	-.26	-.24	.02	-.12	-.49	-.43	-.28	-.40	-.44	-.33	-.26
SCIM														
Total Scale Score	-.32	-.49	-.27	-.35	-.27	.24	-.02	-.51	-.51	-.30	-.40	-.51	-.32	-.19
Consolidated	.20	.42	.15	.35	.18	-.31	.06	.44	.48	.27	.39	.50	.27	.11
Disturbed	-.36	-.29	-.36	-.27	-.30	.00	.00	-.45	-.37	-.25	-.39	-.36	-.29	-.25
Lack of Self	-.19	-.52	-.15	-.30	-.18	.40	.03	-.45	-.50	-.28	-.28	-.47	-.33	-.13
Unconsolidated	-.22	-.44	-.17	-.37	-.20	.32	-.06	-.46	-.49	-.29	-.40	-.51	-.26	-.13
EIPQ														
Commitment	-.19	-.01	-.24	-.14	-.21	-.06	-.03	-.26	-.06	-.20	-.28	-.13	-.12	-.23
Exploration	-.11	.04	-.07	-.23	-.10	-.01	-.12	-.10	-.05	-.13	-.14	-.13	-.04	.01
GAPD Self-Pathology	-.23	-.50	-.20	-.28	-.24	.32	.03	-.54	-.53	-.34	-.40	-.50	-.41	-.17
SIPP-118 Identity Integration	.23	.53	.21	.31	.24	-.39	-.06	.56	.61	.35	.39	.52	.45	.17
IAS Total Scale Score	.16	.16	.17	.17	.16	-.12	-.02	.41	.38	.28	.32	.35	.34	.14
DAPP Identity Problems	-.10	-.50	-.13	-.18	-.14	.41	.16	-.43	-.49	-.27	-.27	-.38	-.41	-.09
FFBI Self-Disturbance	-.10	-.48	-.11	-.20	-.16	.40	.19	-.44	-.52	-.29	-.31	-.38	-.37	-.08
LPFS	-.12	-.46	-.12	-.15	-.18	.30	.11	-.39	-.42	-.25	-.24	-.30	-.37	-.12
Average of Correlations	.19	.27	.17	.21	.18	.18	.10	.32	.32	.20	.26	.30	.22	.13

Note. All bolded values significant at $p < .0008$. Italicized values represent FFM domain effect sizes. A = Agreeableness; A1 = Trust; A2 = Morality; A3 = Altruism; A4 = Cooperation; A5 = Modesty; A6 = Sympathy; C = Conscientiousness C1 = Self-Efficacy; C2 = Orderliness; C3 = Dutifulness; C4 = Achievement-Striving; C5 = Self-Discipline; C6 = Cautiousness.

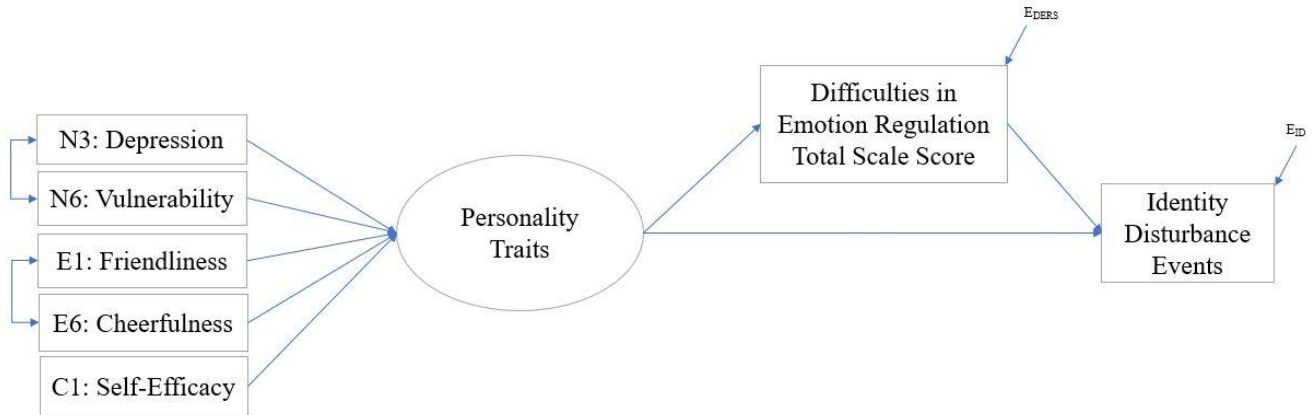
Table 5. Correlations of the selected identity disturbance measures with IPIP-NEO facets.

	GAPD	SIPP	IAS	DAPP	FFBI	LPFS	ISI	EOM- EIS IND	EOM- EIS IDD	SCIM	r_{avg}
Neuroticism	.66**	-.70**	-.45**	.66**	.67**	.61**	.31**	.24**	.17**	.53**	.48
Anxiety	.41**	-.40**	-.27**	.43**	.45**	.40**	.09	.02	.01	.27**	.26
Anger	.32**	-.37**	-.25**	.31**	.31**	.34**	.16**	.13*	.10	.23**	.24
Depression	.68**	-.76**	-.41**	.77**	.74**	.63**	.29**	.27**	.25**	.61**	.53
Self-Consciousness	.50**	-.49**	-.32**	.44**	.46**	.41**	.24**	.19**	.12*	.39**	.34
Immoderation	.39**	-.39**	-.23**	.32**	.30**	.33**	.25**	.15**	.09	.30**	.26
Vulnerability	.49**	-.57**	-.41**	.50**	.53**	.46**	.32**	.24**	.15*	.47**	.41
Extraversion	-.54**	.62**	.29**	-.56**	-.53**	-.46**	-.21**	-.34**	-.19**	-.48**	.41
Friendliness	-.53**	.61**	.26**	-.58**	-.53**	-.49**	-.24**	-.33**	-.14*	-.53**	.41
Gregariousness	-.29**	.30**	.08	-.31**	-.29**	-.26**	.01	-.21**	-.07	-.15*	.19
Assertiveness	-.43**	.49**	.30**	-.37**	-.41**	-.31**	-.33**	-.23**	-.23**	-.39**	.34
Activity Level	-.36**	.41**	.20**	-.32**	-.33**	-.27**	-.21**	-.20**	-.21**	-.33**	.28
Excitement-Seeking	-.19**	.21**	.11*	-.22**	-.19**	-.18**	.12*	-.10	.02	-.13*	.14
Cheerfulness	-.56**	.68**	.30**	-.63**	-.55**	-.50**	-.24**	-.35**	-.18**	-.60**	.45
Openness	.20**	-.19**	-.09	.26**	.25**	.21**	.03	-.05	.03	.10	.13
Imagination	.12*	-.10	-.07	.14*	.11	.14*	.06	-.04	-.02	.02	.08
Artistic Interests	.07	-.01	.03	.13*	.14*	.07	-.07	-.08	-.09	-.07	.08
Emotionality	.30**	-.28**	-.24**	.33**	.35**	.30**	.05	-.17**	-.06	.15*	.21
Adventurousness	.02	-.02	.10	-.01	.05	-.01	.09	.05	.09	.12	.06
Intellect	.03	.01	.06	.06	.05	.05	-.13*	-.07	-.13*	-.07	.07
Liberalism	.24**	-.28**	-.14*	.28**	.25**	.24**	.16**	.21**	.34**	.26**	.24
Agreeableness	-.23**	.23**	.16**	-.10	-.10	-.12*	-.33**	-.27**	-.26**	-.32**	.21
Trust	-.50**	.53**	.16**	-.50**	-.48**	-.46**	-.28**	-.26**	-.24**	-.49**	.38
Morality	-.20**	.21**	.17**	-.13*	-.11*	-.12*	-.38**	-.18**	-.21**	-.27**	.20
Altruism	-.28**	.31**	.18**	-.18**	-.20**	-.15**	-.26**	-.31**	-.22**	-.35**	.24
Cooperation	-.24**	.24**	.16**	-.14*	-.16**	-.18**	-.24**	-.21**	-.25**	-.27**	.21
Modesty	.32**	-.39**	-.12*	.41**	.40**	.30**	.02	.07	.08	.24**	.23
Sympathy	.03	-.06	-.02	.16**	.19**	.11	-.12*	-.12*	-.16**	-.02	.11
Conscientiousness	-.54**	.56**	.41**	-.43**	-.44**	-.40**	-.49**	-.21**	-.21**	-.51**	.41
Self-Efficacy	-.53**	.61**	.38**	-.49**	-.52**	-.42**	-.43**	-.19**	-.20**	-.51**	.42
Orderliness	-.34**	.35**	.28**	-.27**	-.29**	-.25**	-.28**	-.18**	-.10	-.30**	.26
Dutifulness	-.40**	.39**	.32**	-.27**	-.31**	-.24**	-.40**	-.20**	-.22**	-.40**	.31
Achievement-Striving	-.50**	.52**	.35**	-.38**	-.38**	-.30**	-.45**	-.22**	-.29**	-.51**	.38
Self-Discipline	-.41**	.45**	.34**	-.41**	-.37**	-.37**	-.33**	-.09	-.04	-.32**	.30
Cautiousness	-.17**	.17**	.14*	-.09	-.08	-.12*	-.26**	-.08	-.16**	-.19**	.14

Note.

Figures

Figure 1. Diagram of structural equation model of 5-Trait FFM Profile and Identity Disturbance Events mediated by the Difficulties in Emotion Regulation Scale.



Note. Fit indices suggest evidence of good fit across each indicator; $\chi^2 [11, n = 94] = 16.614, p = .120, CFI = .977, TLI = .957, RMSEA = .074, SRMR = 0.048.$

Figure 2. Path analysis of DERS on the 5 implicated FFM facets of identity disturbance using regression.

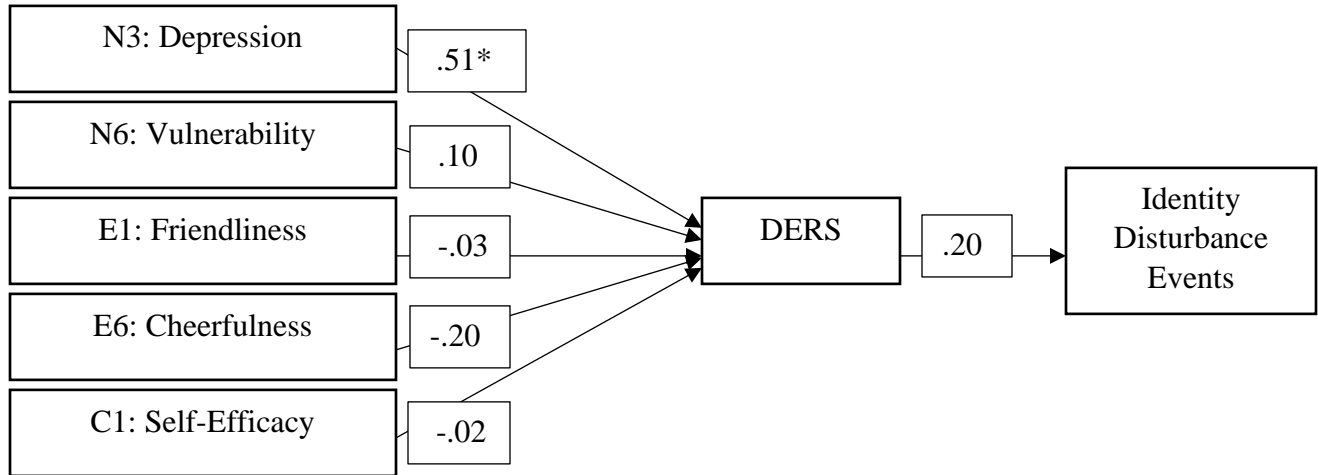


Figure 3. Path analysis of identity disturbance events on difficulties in emotion regulation and 5 implicated FFM facets.

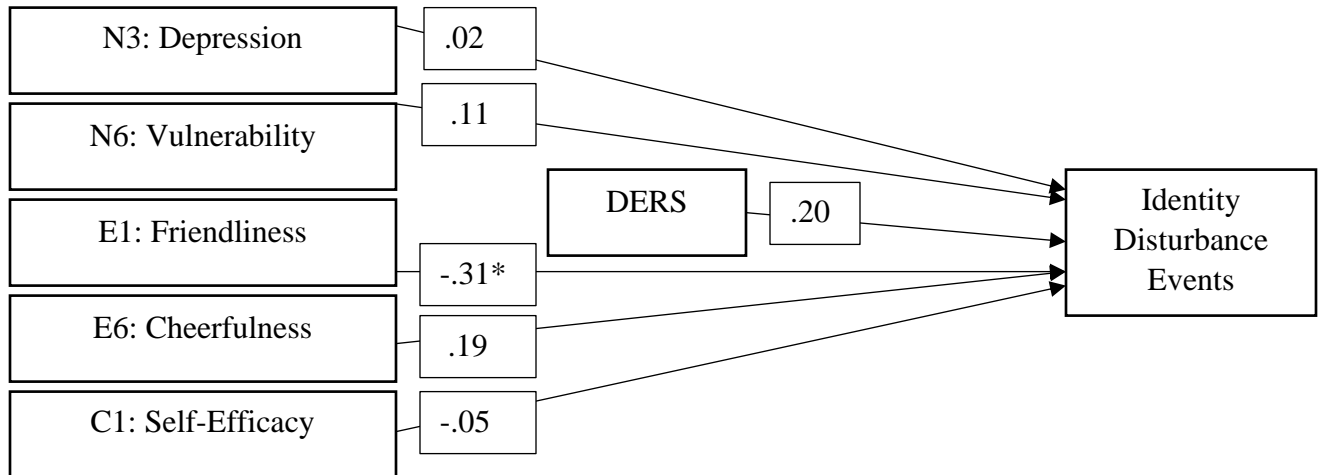


Figure 4. Path analysis of DERS on the 10 implicated FFM facets of identity disturbance using regression.

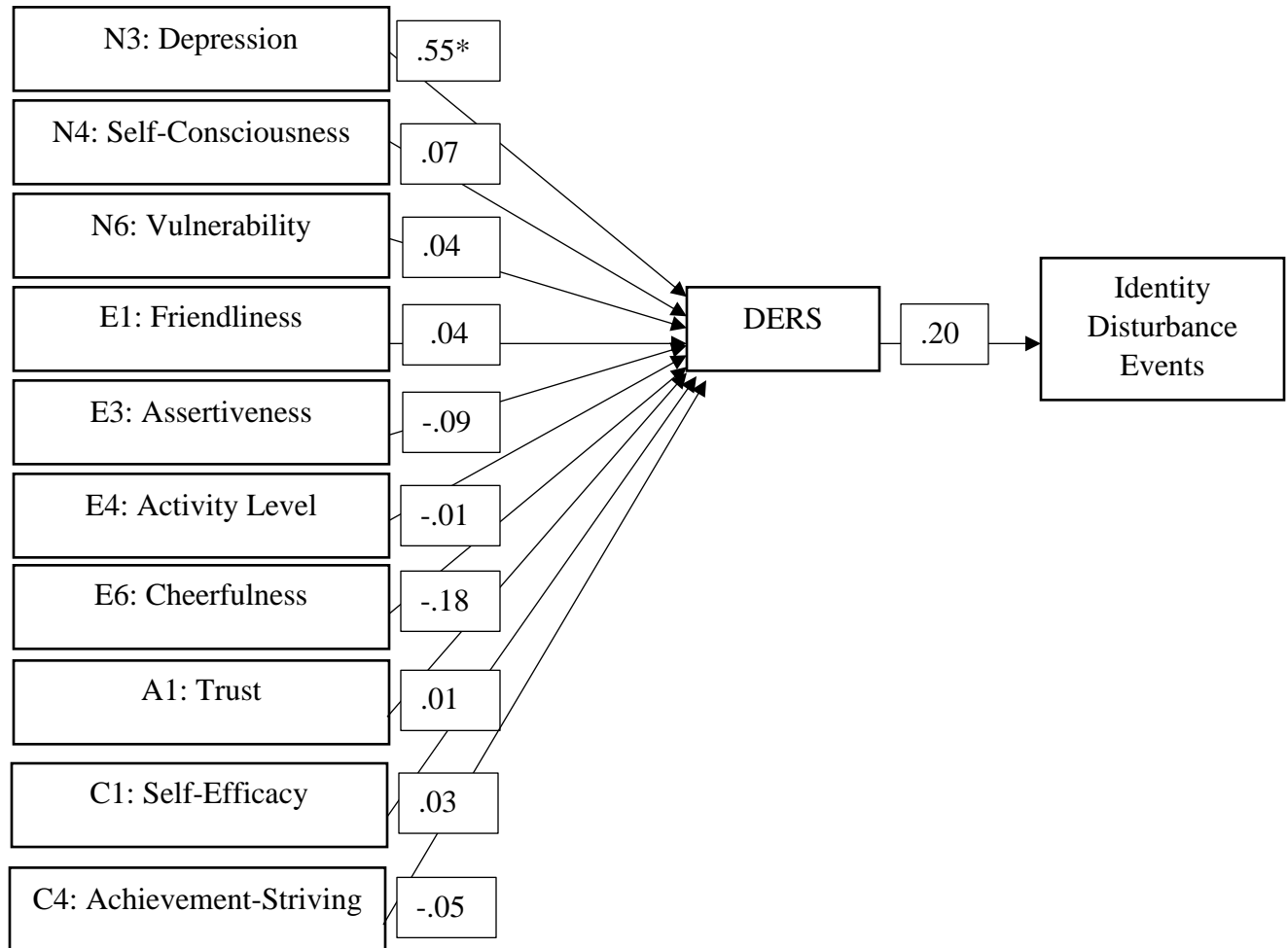
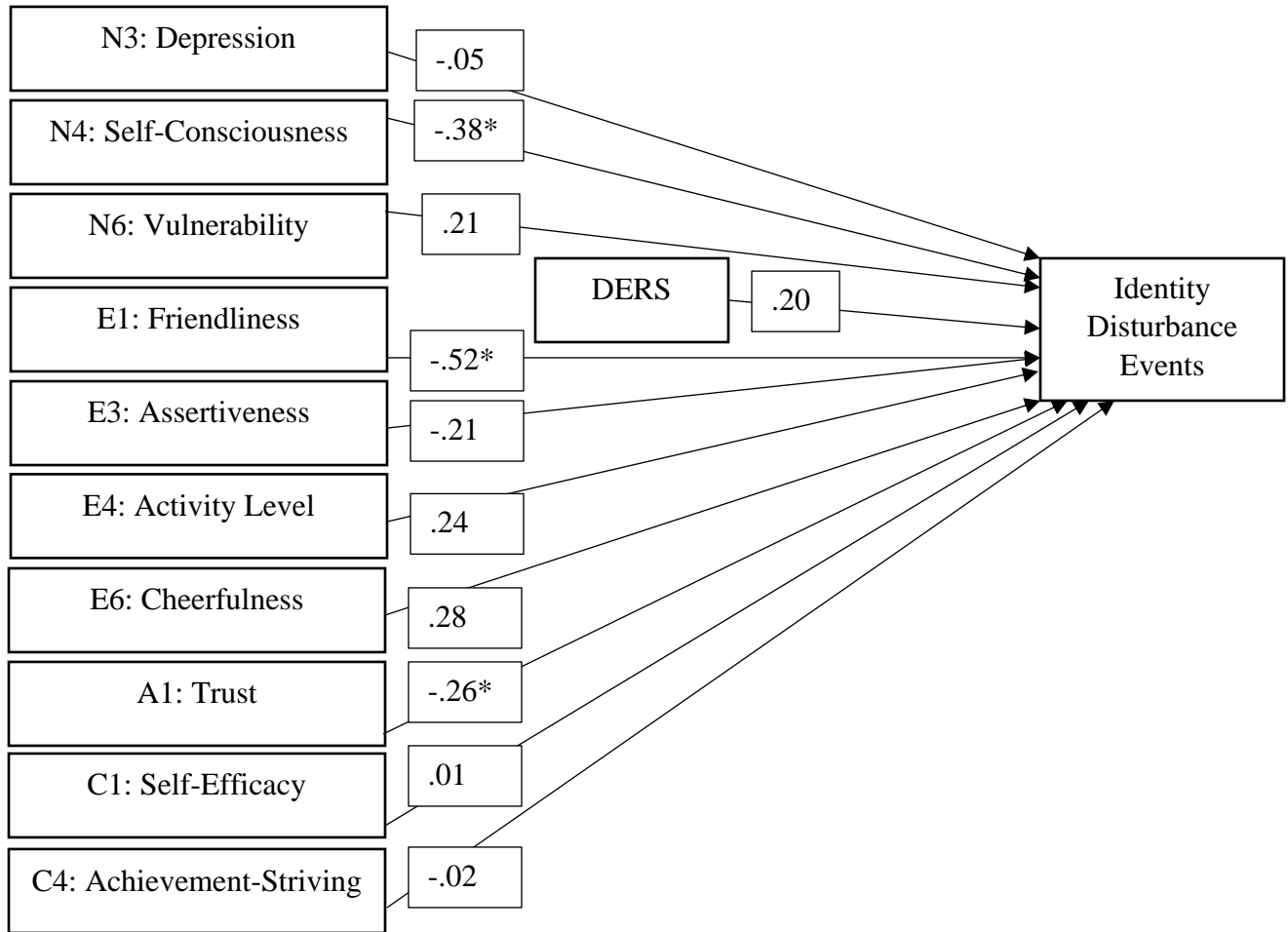


Figure 5. Path analysis of identity disturbance events on difficulties in emotion regulation and the 10 implicated FFM facets.



APPENDICES

REVIEW OF LITERATURE

Borderline personality disorder (BPD) is a highly debilitating disorder, causing significant social and economic costs as well as substantial individual impairment (Zanarini, Frankenburg, Hennen & Silk, 2004; Zanarini, Frankenburg, Khera & Bleichmar, 2001). BPD consists of 9 symptoms, including intense episodes of emotional dysphoria and angry outbursts, a history of self-harming behavior or suicide attempts, feelings of emptiness and disturbances of identity, impulsivity and problems in interpersonal relationships, paranoid ideation or dissociation, and chronic efforts to avoid abandonment. To meet diagnostic criteria for BPD in DSM-5, 5 of 9 symptoms must be present. As many as 5.9% of individuals in the general population will meet criteria for BPD at some point in their lifetime, and approximately 75% of individuals with BPD make at least one suicide attempt, with as many as 10% of individuals with BPD ultimately completing suicide (Black, Blum, Pfohl, & Hale, 2004). While some theoretical work purports that much of the impairment associated with BPD is due to identity disturbance (Kernberg, 1992), a growing body of research posits that BPD, at its core, is a disorder of emotion dysregulation (Linehan, 1992).

Emotion Dysregulation and BPD

Linehan's (1992) cognitive behavioral theory of BPD posits that emotion dysregulation is the defining feature of BPD, and a core contributing factor to the maintenance of the disorder. Currently, two predominant theoretical models attempt to explain, describe, and predict emotion dysregulation (Gross & John, 2003; Gratz & Roemer, 2004). Gross and John's theory of emotion regulation (2003) is a cognitive model, positing that strategies for emotion regulation are based on antecedents and responses. Antecedent-based strategies involve thinking about a situation or stimulus before an emotion is experienced. Response-based strategies can involve the individual thinking differently about a situation or stimulus after it is experienced, leading to a change in their experienced emotion (i.e., cognitive reappraisal). Similarly, individuals can also suppress the expression of these emotions, leading to a change in physiological feedback and subsequent reduction of the experienced emotion (Gross & John, 2003). Several studies suggest that cognitive reappraisal functions as an emotion regulation strategy (for a review, see Oschner & Gross, 2008). Gratz and Roemer (2004) argued that Gross and John's model is overly reliant on the general role of cognition in emotion regulation, while simultaneously failing to account for other more specific cognitive components (e.g., emotional acceptance). Gratz and Roemer (2004) developed an alternate theoretical model of emotion regulation within the context of BPD research, positing 6 domains: nonacceptance of emotional responses, difficulties engaging in goal-directed behavior, impulse control difficulties, lack of emotional awareness, limited access to emotion regulation strategies, and lack of emotional clarity.

Discrepancies in the language used to describe these constructs has led to some confusion when comparing research from the literature in emotional instability, affective lability, and neuroticism. This problem of translation has led researchers to examine whether one's proclivity

to experience negative emotions diverges when using different measures of these constructs. Evidence does support the notion that there is considerable overlap among the constructs (Widiger, 2011). For example, emotional instability shares substantial variance with neuroticism (Maples, Miller, Hoffman, & Johnson, 2014). Additionally, while emotion regulation broadly refers to one's capacity to manage their emotions, emotion dysregulation can be defined as "an inability to flexibly respond to and manage emotions" (Carpenter & Trull, 2013; p. 335). Emotion dysregulation is described in the context of BPD as a multi-dimensional construct, consisting of 4 domains: increased and dysregulated negative affect, emotion sensitivity, lack of adaptive strategies, and an overabundance of maladaptive strategies (Carpenter & Trull, 2013).

Emotion dysregulation is an area of intense focus within recent clinical psychology literature. Given that as much as 75% of all DSM-5 clinical disorders are associated with emotion dysregulation, this focus is warranted (Werner & Gross, 2012). This research has also strongly supported Linehan's assertion that emotion dysregulation is central to BPD. Levine et al. (1997) used a diagnostic interview based on DSM-III (SCID-II; First et al., 1997) to obtain a sample of 30 individuals who met criteria for BPD and 40 individuals who did not meet criteria. The researchers found that across each of the four tested domains of emotion regulation (e.g., emotional awareness, response to negative emotions), significant differences were found in individuals who met criteria for BPD versus those who did not. Chapman and colleagues (2008) found that individuals who were higher in BPD traits reported more emotion dysregulation. Further, in a laboratory task involving a sample of individuals who were high in BPD traits ($n = 39$) and low in BPD traits ($n = 56$), negative emotions moderated the relationship between BPD's effect on impulsivity (Chapman et al., 2008). They also found that among individuals who were high in BPD traits, shame, fear, and nervousness were negatively related to impulsivity.

A more recent study examined how symptoms of BPD relate to emotion regulation and affect intensity in a sample of 456 individuals (Salsman & Linehan, 2012). When controlling for negative emotional intensity, they found that lack of emotional clarity and limited access to emotion regulation strategies indirectly related to BPD symptoms. Additionally, when accounting for negative emotional reactivity, difficulties engaging in goal directed behavior and limited access to emotion regulation strategies indirectly related to BPD symptoms. Indeed, a number of other studies also support the notion that an important component of BPD is emotion dysregulation (Gratz & Gunderson, 2006; Kuo & Linehan, 2009; Rosenthal, Kosson, Cheavens, Lejuez, & Lynch, 2008).

Identity Disturbance and BPD

While the research support for emotion dysregulation's centrality to BPD is vast, depending on the theoretical lens one uses, some consider identity disturbance central to BPD. For example, Kernberg's psychoanalytic description of borderline personality organization (Kernberg, 1975) posited that the borderline personality resides on a continuum between neurosis and psychosis. Kernberg postulated that while emotion dysregulation contributes to one's perception of self and others in the context of borderline personality, emotion dysregulation is not a maintaining factor in BPD (Kernberg, 1992; Koenigsberg, 2001). Some empirical evidence supports this assertion, though it should be noted that this theoretical perspective is not the most robustly supported theoretical model in the literature (i.e., as measured by the quantity of publications). Still, there is support for the notion that identity disturbance is an important component of BPD. For example, Nejad and colleagues (2010) sought to examine the role of identity disturbance in a sample of men with and without BPD. using the clinician-reported Identity Disturbance Questionnaire (IDQ; Wilkonson-Ryan &

Westen, 2000). The IDQ spans four domains, including role absorption (e.g., “political beliefs have shifted frequently or dramatically”), painful incoherence (e.g., “patient sometimes feels unreal”), inconsistency (e.g., “personality changes dramatically depending on whom patient is with; personality is chameleon-like”), and lack of commitment (e.g., “patient has trouble committing to long-term goals or aspirations”). Nejad and colleagues (2010) found robust and significant differences among men who did versus did not meet criteria for BPD in 33 of the 35 IDQ items, further underscoring identity disturbance’s importance in BPD.

Identity disturbance is associated with a number of important public health concerns in addition to BPD. As part of Wave 2 of the National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), among a sample of nearly 30,000 individuals (Female = 16,629, Male = 13,553), Talley and colleagues (2011) parsed out why alcohol and substance abuse and dependence was higher among individuals of sexual minorities. They found that the relationship between sexual minority status and substance dependence largely disappeared when elevations in identity disturbance were controlled. Importantly, their results also provide strong support for the idea that identity disturbance is an important factor in public health. Ren et al. (2017) found that in a sample of 3,600 adolescents in China, over three time points at 6, 12, and 18-months, while identity disturbance did not predict suicide ideation, suicide ideation predicted identity disturbance. This is concerning given that increased suicide ideation is associated with increased suicide attempts (Kuo, Gallo & Tien, 2001).

Identity disturbance also appears to have an important role in one’s life functioning and quality of life, as evidenced by research examining identity disturbance’s impact on symptom severity of depression. In a study comparing Major Depressive Disorder (MDD) with BPD, Levy, Edell, and McGlashan (2007), examined how depressive symptoms relate to BPD in three

samples of young adult inpatients. Individuals either received diagnoses of BPD with MDD ($n = 29$), BPD without MDD ($n = 10$), or MDD without BPD ($n = 17$). The researchers also calculated 3 factors of BPD symptoms which consisted of identity and interpersonal concerns, self-destructive behaviors, and impulsivity, and correlated those factors with the Depressive Experiences Questionnaire (DEQ; Blatt, D’Afflitti & Quinlan, 1976) and depressive subscale of the SCL-90-R. They found that the Identity and Interpersonal Concerns factor significantly correlated with DEQ Neediness ($r = 0.41$) and Self-Criticism ($r = 0.33$) subscales; however, when the authors disentangled interpersonal concerns from identity concerns, the Identity Concerns factor related to the Self-Criticism subscale of the DEQ exclusively ($r = 0.57$). Their results suggested that regardless of comorbid MDD, individuals with BPD suffer from depressive symptoms at the same level of severity as those who meet criteria for Major Depressive Disorder. Additionally, these results suggest that individuals with identity disturbance are more likely to report depressive symptoms such as self-criticism.

Differential Measurement of Identity

Several fields of research have developed theoretical models of identity outside the context of BPD, focusing rather on how identity functions as a social process (Ashforth & Mael, 1989; Hogg & Abrams, 1988) and how it manifests developmentally (Erickson, 1968; Marcia, 1994). Outside of the scope of this review are others that define identity via ethnicity, gender, and sexual orientation. Broadly, identity as a construct has been written about extensively, with more than 1,000 publications on the subject since the 1950s (Kaufman, Cundiff, & Crowell, 2014). Though the concept of general identity is arguably an easy concept to understand, it has been much harder for researchers to define and measure scientifically (Westen & Heim, 2003). Given that identity disturbance is difficult to define, it has also proven challenging to measure,

which may have direct implications for the diagnostic reliability of BPD. While many scholars have proposed theories that attempt to explain how identity is formed (i.e., identity consolidation) and the ways in which an individual's identity may be unstable (i.e., identity disturbance), the majority of identity research relates back to Erickson's (1968) psychosocial theory. Erickson (1968) broadly purports that identity can be described as crisis in adolescence of identity versus identity diffusion, though it may be more helpful to describe identity as a bipolar domain with consolidation on one end and diffusion on the other (Waterman, 1999). While these definitions fail to fully account for Erickson's plethora of theoretical writings on the subject, Wilkonson-Ryan and Westen (1999) sought to summarize Westen's (1985; 1992) previous scholarly review of identity by defining identity via its individual components: "a sense of continuity over time; emotional commitment to a set of self-defining representations of self, role relationships, and core values and ideal self-standards; development or acceptance of a world view that gives life meaning; and some recognition of one's place in the world by significant others" (p. 529). Modern approaches to identity measurement take a similar approach by assessing the construct across dimensions, rather than rigidly placing individuals into categories, as in Marcia's (1993) identity statuses. A benefit to dimensional measurement approaches is in the retention of data that might otherwise be discarded due to scoring systems that forcibly place individuals into categories. In the case of BPD, this could be particularly important, as younger individuals with BPD symptoms may be less likely to be aware of (and subsequently report) difficulties in their identity formation.

Regardless of how identity is measured or understood theoretically, it is generally accepted that identity consolidation is adaptive and identity disturbance is maladaptive. For example, identity consolidation is associated with increased well-being and functioning in

relationships (Crawford et al., 2004), while identity disturbance is related with procrastination of life decisions (Shanahan & Pychyl, 2007; Waterman, 2007). Importantly, given its centrality to severe psychopathology such as borderline personality disorder (BPD), identity disturbance has also been referred to as “a serious and life-threatening mental health problem” (Neacsiu et al., 2014, p. 2) despite receiving comparatively less attention in clinical psychology (Westen et al., 2011).

Transdiagnostic Link of Identity Disturbance and Emotion Dysregulation

Previous studies support the relationship between identity disturbance and emotion dysregulation in BPD (e.g., Wilkinson-Ryan & Westen, 2000); new research demonstrates how this relationship might influence certain behaviors outside of the laboratory (Scala et al., 2018). Scala and colleagues (2018) found that individuals who were diagnosed with BPD were less likely to have urges to engage in nonsuicidal self-injury when higher in self-concept clarity. A highlight of this study was its use of ecological momentary assessment, a method that has not been used to predict moments of identity disturbance outside of the laboratory. Importantly, the relationship of identity disturbance and emotion dysregulation appears to be transdiagnostic, and is not unique to BPD, as some studies have found that identity disturbance relates to emotion dysregulation across diagnoses (Koenigsberg et al., 2001; Neacsiu et al., 2014). For example, Neacsiu and colleagues (2013) assessed identity disturbance and emotion dysregulation in a sample of 127 people who either met or did not meet diagnostic criteria for a psychological disorder. They found that individuals who reported higher levels of emotion dysregulation reported more identity disturbance, and that emotion dysregulation remained a significant predictor of identity disturbance, even when statistically controlling for clinical diagnoses (e.g., BPD). These relationships have also been demonstrated in research with personality disorder

(PD) diagnoses. Koenigsberg et al. (2001) studied inpatients with one or more PD diagnoses ($n = 140$), 41 of whom met criteria for BPD (diagnosed via the SIDP; Stangl, Pfohl, Zimmerman, Bowers, & Coventhal, 1985). The researchers had participants complete measures of lability and intensity of emotions: the Affective Lability Scale (ALS; Harvey, Greenberg, & Serper, 1989) and the Affective Intensity Measure (AIM; Larsen, Diener, & Emmons 1986). Participant responses from the SIDP (including those without BPD) were converted into scores from 0-2 for each BPD symptom, such that 0 = absent, 0.5 = possibly absent, 1 = present, and 2 = prototypically present. Factor analyses on the AIM and ALS provided evidence for a factor of Affective Instability, which correlated at .272 ($p = .001$) with the Identity Disturbance criterion via the SIDP. These studies suggest that identity disturbance and emotion dysregulation are related across diverse psychopathology, including personality disorders.

BPD as a Dimension

The finding that individual symptoms of BPD (e.g., emotion dysregulation) as well as clusters of BPD symptoms (e.g., emotion dysregulation and identity disturbance) relate to other psychological disorders is a phenomenon that is not unique to BPD. Still, within the research literature in PDs, a large body of work has consistently chronicled the diagnostic inadequacies of the currently adopted categorical system, spanning diagnostic comorbidity, arbitrary cut-offs, and poor coverage (Clark, 2007; First et al., 2002; Hengartner et al., 2017; Hopwood et al., 2018; Kotov et al., 2017; Livesly, 2003; Trull & Durrett, 2005; Widiger & Trull, 2007). Beyond the absence of validity for categorical models, there is also strong evidence to support dimensional approaches to assessing and diagnosing personality disorders (Krueger & Markon, 2008; Markon, Krueger, & Watson, 2005; Morey et al., 2007; Widiger & Trull, 2007). Additionally, there is specific support for the idea that BPD is best conceptualized as a dimensional construct

(Trull, Widiger, & Guthrie, 1990). For example, a number of taxometric analyses have been conducted to determine whether BPD is a taxon or a dimension. Rothschild and colleagues (2003) conducted taxometric analyses on a sample of outpatients ($n = 1,389$) by analyzing symptoms of BPD using the SIDP-IV. Results of their analyses supported the dimensional latent structure of BPD. Additionally, Edens et al. (2008) examined a prison inmate sample of males ($n = 787$) and females ($n = 268$) using the Personality Assessment Inventory (PAI; Morey, 2007). Consistent with Rothschild et al. (2003), they found that when examining the PAI Borderline subscales, a dimensional structure of BPD emerged. Arntz and colleagues (2009) also conducted taxometric analyses of BPD on a sample of patients from Mental Health and Forensic Institutes ($n = 1,816$). Using the SCID-II (First et al., 1997), the authors found that BPD “should be conceptualized as [an] extreme position on an underlying dimensional construct” (Arntz et al., 2009; p. 621).

Five Factor Model & BPD

Widiger and McCabe (2018) argue that BPD is best conceptualized dimensionally, and that all personality disorders can be explained using dimensional models of personality (Widiger, 2017) such as the Five-Factor Model (FFM; Costa & McCrae, 1992). The FFM is a theory of general personality that posits there are 5 higher-order personality trait domains (neuroticism, extraversion, openness to experience, agreeableness, conscientiousness), and that within each of these domains resides 6 trait facets (for a total of 30 general personality trait facets). Existing measures of the FFM have also demonstrated strong convergence with specific frequently-used measures of BPD (Costa, 2003), and highlight its to measure self-pathology common to BPD (e.g., lack of self-clarity, sense of inner emptiness; Oltmanns & Widiger, 2016). Previous research has empirically described BPD using the FFM as maladaptive extensions its domains

and facets (O'Connor, 2005; Samuel & Widiger, 2008; Saulsman & Page, 2004). These studies conclude that BPD is primarily comprised of high neuroticism, low agreeableness, and low conscientiousness (Widiger, 2013). Additionally, there is strong support behind the FFM's ability to encompass behavioral, self-cognitive, emotional, and interpersonal impairment in BPD (Trull & Brown, 2013).

A particular strength to the utilization of the FFM as a theoretical lens for BPD is its expansive research base in other important contexts. Since the development of the FFM, researchers have reliably found that the FFM significantly relates to a number important outcome in general functioning, physical health, and mental health (Lengel et al., 2016). FFM research has demonstrated utility in predicting academic success (Poropat, 2009), vulnerability to smoking and drug use (Terracciano et al., 2004; Terracciano et al., 2008), perception of stress (Ebstrup et al., 2011), proclivity to religiosity (Saroglou, 2002), and even mortality (Terracciano et al., 2008). Additionally, the FFM has robust international support, and has been validated in several different languages, countries, and regions of the world (McCrae, 2002).

Utility of FFM Trait Profile for ID

Previous research using FFM domains also supports the idea that identity disturbance can be conceptualized using an FFM framework. For example, Campbell et al. (1996) found that a lack of clarity of one's self concept was positively associated with neuroticism and negatively associated with conscientiousness and agreeableness. Marcia's (1993) identity styles were also related to the FFM, finding that diffusion (i.e., unwilling to search or commit to identity) was related to low agreeableness, foreclosure (i.e., identity with minimal exploration) was negatively related to openness to experience, and identity achievement was related to extraversion, conscientiousness, and low neuroticism (Clancy et al., 1993). Klimstra et al. (2013) compared

facets of the FFM with a measure of identity, the Dimensions of Development Scale (DIDS; Luyckx et al., 2008). Five dimensions of identity were obtained, two of which (identification with commitment and commitment-making) are broadly adaptive and 3 are broadly maladaptive (exploration in depth, exploration in breadth, and ruminative exploration). At the domain level, researchers found that neuroticism related negatively with identification commitment (e.g., internalizing and identifying with life choices made about oneself), but not commitment-making (e.g., choices made about oneself, but not identifying with those choices). Additionally, exploration in depth and ruminative exploration related positively with neuroticism, but exploration in breadth did not. All five domains related to extraversion, with only ruminative exploration as a significantly negative relationship. Additionally, openness to experience and agreeableness positively related to only the three maladaptive identity dimensions; no significant relationships with the adaptive dimensions were found for either openness or agreeableness. Lastly, conscientiousness positively related to 4 dimensions, but did not significantly relate to ruminative exploration.

Despite the existing theoretical and empirical literature in identity disturbance, there is no clear consensus in how best to define identity and identity disturbance. This is particularly problematic in the context of BPD, as being able to define the presence or absence of identity disturbance may affect diagnostic reliability. Additionally, given its purported theoretical centrality to dysfunction in BPD, improved assessment of identity disturbance may enable clinicians to improve their case conceptualizations and subsequent treatment of clients with BPD. While previous studies have examined the relationship between particular measures of identity disturbance and emotion dysregulation in BPD, no known studies have used this theory to predict experiences of identity disturbance outside of the laboratory. Importantly, past research

supports the notion that BPD can be conceptualized as maladaptive extensions of general personality traits via the FFM. Given that a body of evidence supports the notion that PDs are better measured dimensionally, and that an existing transdiagnostic relationship of psychopathology and identity disturbance has previously been identified, it may be helpful to use FFM traits to also identify a pattern of identity disturbance. Evaluating a host of measures across theoretical bounds with the FFM could also help disentangle how identity disturbance as a construct cuts across theoretical boundaries. Additionally, such an approach could also identify the central personality tenets that are associated with the adaptive and maladaptive development of identity. Lastly, the distillation and translation of diverse measures of identity could also have important clinical implications, as this approach may provide clinicians with a more nuanced picture of their client's functioning, and could potentially be used as a measurable proxy treatment target for identity disturbance.

The Current Study

The purpose of the current study is twofold. First, the researchers will develop an FFM profile of identity disturbance. It is hypothesized that neuroticism will positively correlate with measures of identity disturbance, and negatively correlate with extraversion, openness to experience, agreeableness, and conscientiousness. It is also hypothesized that some (but not all) facets within those domains will be significantly related to measures of identity disturbance. Next, in a second sample, the FFM facets that significantly related to identity disturbance from the first set of analyses will be included in a series of 5 SEM models separated by FFM domain (e.g., the first SEM model will only include specified neuroticism facets). FFM facets will be used to predict momentary states of identity disturbance when mediated by emotion dysregulation. It is hypothesized that each of the specified facets will significantly relate to

momentary states of identity disturbance and emotion dysregulation in the same direction as the first sample. It is also hypothesized that each SEM model will demonstrate evidence of good fit (using criteria outlined below). Lastly, it is hypothesized that the largest proportion of variance predicted in momentary states of identity disturbance will be found across the models when examining total mediated effects.

Demographics Form

Please answer the following questions. All responses will be kept confidential.

1. Your gender (check one): Male Female Transgender

2. Your age: _____

3. Your sexual orientation:

Heterosexual Homosexual Bisexual
 Pansexual Asexual Other

4. Relationship Status

Single, Never Married Married
 Casual Dating Relationship Separated
 Committed Relationship Cohabiting
 Life Partner Divorced
 Widowed

5. If you are currently in a relationship, how long have you been in this relationship?

6. Religious Affiliation

Protestant (e.g., Baptist, Methodist, Lutheran, etc.) Non-Denominational Christian
 Catholic Hindu Wiccan/Pagan Buddhist
 Agnostic Nonaffiliated Muslim Atheist
 Other Decline to Respond

7. Your ethnicity (check all that apply):

Caucasian American Indian
 African-American/Black Hispanic/Latino
 Asian/Asian-American
 Other _____ (Please describe)

8. Individuals are sometimes involved in peer groups. Please indicate if you are involved in any of the following groups:

Sorority or Fraternity (Greek) Athletic team (collegiate, or intramural)
 Religious group (e.g., Bible study, focus group) Boy Scouts or Girl Scouts
 Other

9. Your current grade level (select one):

Freshman Sophomore Junior Senior
 Other Graduate student

10. Please estimate your parents' income:

\$0 - \$10,000 \$10,000 - \$20,000 \$20,000 - \$30,000
 \$30,000 - \$40,000 \$40,000 - \$50,000 \$50,000 - \$60,000
 \$60,000 - \$70,000 \$70,000 - \$80,000 \$80,000 - \$90,000
 \$90,000 - \$100,000 \$100,000-\$110,000 Over \$110,000

11. Please estimate your own income (do not include loans as income):

\$0 - \$10,000 \$10,000 - \$20,000 \$20,000 - \$30,000
 \$30,000 - \$40,000 \$40,000 - \$50,000 \$50,000 - \$60,000
 \$60,000 - \$70,000 \$70,000 - \$80,000 \$80,000 - \$90,000
 \$90,000 - \$100,000 \$100,000-\$110,000 Over \$110,000

12. What is the highest level of education that your father completed:

- | | | |
|--|--|---|
| <input type="checkbox"/> Some Grade School | <input type="checkbox"/> Grade School | <input type="checkbox"/> Some Junior High School |
| <input type="checkbox"/> Junior High School | <input type="checkbox"/> Some High School | <input type="checkbox"/> High School |
| <input type="checkbox"/> Some College | <input type="checkbox"/> Graduated College | <input type="checkbox"/> Some Professional School |
| <input type="checkbox"/> Professional School | | |

13. What is the highest level of education that your mother completed:

- | | | |
|--|--|---|
| <input type="checkbox"/> Some Grade School | <input type="checkbox"/> Grade School | <input type="checkbox"/> Some Junior High School |
| <input type="checkbox"/> Junior High School | <input type="checkbox"/> Some High School | <input type="checkbox"/> High School |
| <input type="checkbox"/> Some College | <input type="checkbox"/> Graduated College | <input type="checkbox"/> Some Professional School |
| <input type="checkbox"/> Professional School | | |

SCID-II-PQ BPD Identity Items

Answer choices: NO / YES

1. Have you all of a sudden changed your sense of who you are and where you are headed?
2. Does your sense of who you are often change dramatically?
3. Are you different with different people or in different situations, so that sometimes you don't know who you really are?
4. Have there been lots of sudden changes in your goals, career plans, religious beliefs, and so on?

IPIP-NEO

The following pages contain phrases describing people's behaviors. Please use the rating scale next to each phrase to describe how accurately each statement describes you. Describe yourself as you generally are now, not as you wish to be in the future. Describe yourself as you honestly see yourself, in relation to other people you know of the same sex as you are, and roughly your same age. So that you can describe yourself in an honest manner, your responses will be kept in absolute confidence.

Please read each statement carefully, and then click the circle that corresponds to the answer that best corresponds to your agreement or disagreement.

Disagree Strongly	Disagree a little	Neither agree nor disagree	Agree a little	Strongly agree		
1	2	3	4	5		
1. Worry about things.		1	2	3	4	5
2. Make friends easily.		1	2	3	4	5
3. Have a vivid imagination.		1	2	3	4	5
4. Trust others.		1	2	3	4	5
5. Complete tasks successfully		1	2	3	4	5
6. Get angry easily		1	2	3	4	5
7. Love large parties.		1	2	3	4	5
8. See beauty in things that others might not notice		1	2	3	4	5
9. Use flattery to get ahead.		1	2	3	4	5
10. Like order.		1	2	3	4	5
11. Often feel blue.		1	2	3	4	5
12. Take charge.		1	2	3	4	5
13. Experience my emotions intensely.		1	2	3	4	5
14. Make people feel welcome.		1	2	3	4	5
15. Keep my promises.		1	2	3	4	5
16. Find it difficult to approach others.		1	2	3	4	5
17. Am always busy.		1	2	3	4	5
18. Prefer to stick with things that I know.		1	2	3	4	5
19. Love a good fight.		1	2	3	4	5
20. Work hard.		1	2	3	4	5
21. Often eat too much.		1	2	3	4	5
22. Love excitement.		1	2	3	4	5
23. Am not interested in abstract ideas.		1	2	3	4	5
24. Believe that I am better than others.		1	2	3	4	5
25. Start tasks right away.		1	2	3	4	5
26. Feel that I'm unable to deal with things.		1	2	3	4	5
27. Radiate joy.		1	2	3	4	5
28. Tend to vote for liberal political candidates.		1	2	3	4	5
29. Sympathize with the homeless.		1	2	3	4	5
30. Jump into things without thinking.		1	2	3	4	5
31. Fear for the worst.		1	2	3	4	5
32. Warm up quickly to others.		1	2	3	4	5
33. Enjoy wild flights of fantasy.		1	2	3	4	5
34. Believe that others have good intentions.		1	2	3	4	5
35. Excel in what I do.		1	2	3	4	5
36. Get irritated easily.		1	2	3	4	5

37. Talk to a lot of different people at parties.	1	2	3	4	5
38. Do not like art.	1	2	3	4	5
39. Know how to get around the rules.	1	2	3	4	5
40. Like to tidy up.	1	2	3	4	5
41. Dislike myself.	1	2	3	4	5
42. Try to lead others.	1	2	3	4	5
43. Seldom get emotional.	1	2	3	4	5
44. Love to help others.	1	2	3	4	5
45. Tell the truth.	1	2	3	4	5
46. Am easily intimidated.	1	2	3	4	5
47. Am always on the go.	1	2	3	4	5
48. Dislike changes.	1	2	3	4	5
49. Yell at people.	1	2	3	4	5
50. Do more than what's expected of me.	1	2	3	4	5
51. Go on binges.	1	2	3	4	5
52. Seek adventure.	1	2	3	4	5
53. Avoid philosophical discussions.	1	2	3	4	5
54. Think highly of myself.	1	2	3	4	5
55. Find it difficult to get down to work.	1	2	3	4	5
56. Remain calm under pressure.	1	2	3	4	5
57. Have a lot of fun.	1	2	3	4	5
58. Believe in one true religion.	1	2	3	4	5
59. Feel sympathy for those who are worse off than myself.	1	2	3	4	5
60. Make rash decisions.	1	2	3	4	5
61. Am afraid of many things.	1	2	3	4	5
62. Feel comfortable around people.	1	2	3	4	5
63. Love to daydream.	1	2	3	4	5
64. Trust what people say.	1	2	3	4	5
65. Handle tasks smoothly.	1	2	3	4	5
66. Lose my temper.	1	2	3	4	5
67. Don't like crowded events.	1	2	3	4	5
68. Do not like poetry.	1	2	3	4	5
69. Cheat to get ahead.	1	2	3	4	5
70. Leave a mess in my room.	1	2	3	4	5
71. Am often down in the dumps.	1	2	3	4	5
72. Take control of things.	1	2	3	4	5
73. Am not easily affected by my emotions.	1	2	3	4	5
74. Am concerned about others.	1	2	3	4	5
75. Break my promises.	1	2	3	4	5
76. Am not embarrassed easily.	1	2	3	4	5
77. Do a lot in my spare time.	1	2	3	4	5
78. Don't like the idea of change.	1	2	3	4	5
79. Insult people.	1	2	3	4	5
80. Set high standards for myself and others.	1	2	3	4	5
81. Rarely overindulge.	1	2	3	4	5
82. Love action.	1	2	3	4	5

83. Have difficulty understanding abstract ideas.	1	2	3	4	5
84. Have a high opinion of myself.	1	2	3	4	5
85. Need a push to get started.	1	2	3	4	5
86. Know how to cope.	1	2	3	4	5
87. Love life.	1	2	3	4	5
88. Tend to vote for conservative political candidates.	1	2	3	4	5
89. Suffer from others' sorrows.	1	2	3	4	5
90. Rush into things.	1	2	3	4	5
91. Get stressed out easily.	1	2	3	4	5
92. Act comfortably with others.	1	2	3	4	5
93. Like to get lost in thought.	1	2	3	4	5
94. Distrust people.	1	2	3	4	5
95. Know how to get things done.	1	2	3	4	5
96. Rarely get irritated.	1	2	3	4	5
97. Avoid crowds.	1	2	3	4	5
98. Do not enjoy going to art museums.	1	2	3	4	5
99. Take advantage of others.	1	2	3	4	5
100. Leave my belongings around.	1	2	3	4	5
101. Have a low opinion of myself.	1	2	3	4	5
102. Wait for others to lead the way.	1	2	3	4	5
103. Experience very few emotional highs and lows.	1	2	3	4	5
104. Turn my back on others.	1	2	3	4	5
105. Get others to do my duties.	1	2	3	4	5
106. Am able to stand up for myself.	1	2	3	4	5
107. Can manage many things at the same time.	1	2	3	4	5
108. Am attached to conventional ways.	1	2	3	4	5
109. Get back at others.	1	2	3	4	5
110. Am not highly motivated to succeed.	1	2	3	4	5
111. Am able to control my cravings.	1	2	3	4	5
112. Enjoy being reckless.	1	2	3	4	5
113. Am not interested in theoretical discussions.	1	2	3	4	5
114. Make myself the center of attention.	1	2	3	4	5
115. Have difficulty starting tasks.	1	2	3	4	5
116. Am calm even in tense situations.	1	2	3	4	5
117. Laugh aloud.	1	2	3	4	5
118. Like to stand during the national anthem.	1	2	3	4	5
119. Am not interested in other people's problems.	1	2	3	4	5
120. Act without thinking.	1	2	3	4	5

PDQ-4

Instructions:

The purpose of this questionnaire is for you to describe the way that you tend to feel, think, and act.

T (True) means that the statement is generally true for you.

F (False) means that the statement is generally false for you.

Even if you are not entirely sure about the answer, indicate “T” or “F” for every question.

For example:

xx. I tend to be stubborn. T F

There are no correct answers. You may take as much time as you wish.

- | | | |
|---|---|---|
| 1. I avoid working with others who may criticize me. | T | F |
| 2. I can't make decisions without the advice, or reassurance, of others. | T | F |
| 3. I often get lost in details and lose sight of the "big picture." | T | F |
| 4. I need to be the center of attention. | T | F |
| 5. I have accomplished far more than others give me credit for. | T | F |
| 6. I would go to extremes to prevent those I love from ever leaving me. | T | F |
| 7. Others have complained that I do not keep up with my work or commitments. | T | F |
| 8. I been in trouble with the law several times (or would have been if I were caught). | T | F |
| 9. Spending time with family or friends just doesn't interest me. | T | F |
| 10. I get special messages from things happening around me. | T | F |
| 11. I know that people will take advantage of me, or try to cheat me, if I let them. | T | F |
| 12. Sometimes I get upset. | T | F |
| 13. I make friends with people only when I am sure that others like me. | T | F |
| 14. I am usually depressed. | T | F |
| 15. I prefer that other people assume responsibility for me. | T | F |
| 16. I waste time trying to make things too perfect. | T | F |
| 17. I am "sexier" than most people. | T | F |
| 18. I often find myself thinking about how great a person I am, or will be. | T | F |
| 19. I either love someone or hate them, with nothing in between. | T | F |
| 20. I get into a lot of physical fights. | T | F |
| 21. I feel that others don't understand or appreciate me. | T | F |
| 22. I would rather do things by myself than with other people. | T | F |
| 23. I have the ability to know that some things will happen before it actually does. | T | F |
| 24. I often wonder if the people I know can really be trusted. | T | F |
| 25. Occasionally I talk about people behind their back. | T | F |
| 26. I am inhibited in my intimate relationships because I am afraid of being ridiculed. | T | F |
| 27. I fear losing the support of others if I disagree with them. | T | F |
| 28. I suffer from low self-esteem. | T | F |
| 29. I put my work ahead of being with my family or friends or having fun. | T | F |
| 30. I show my emotions easily. | T | F |
| 31. Only certain special people can really appreciate and understand me. | T | F |

32. I often wonder who I really am.	T	F
33. I have difficulty paying bills because I don't stay at one job for long.	T	F
34. Sex just doesn't interest me.	T	F
35. Others consider me moody and "hot tempered."	T	F
36. I can often sense, or feel things, that others can't.	T	F
37. Others will use what I tell them against me.	T	F
38. There are some people I do not like.	T	F
39. I am more sensitive to criticism or rejection than most people.	T	F
40. I find it difficult to start something if I have to do it by myself.	T	F
41. I have a higher sense of morality than other people.	T	F
42. I am my own worst critic.	T	F
43. I use my "looks" to get the attention that I need.	T	F
44. I need very much for other people to take notice of me or compliment me.	T	F
45. I have tried to hurt or kill myself.	T	F
46. I do a lot of things without considering the consequences.	T	F
47. There are few activities that I have any interest in.	T	F
48. People often have difficulty understanding what I say.	T	F
49. I object to supervisors telling me how I should do my job.	T	F
50. I keep alert to figure out the real meaning of what people are saying.	T	F
51. I have never told a lie.	T	F
52. I am afraid to meet new people because I feel inadequate.	T	F
53. I want people to like me so much that I volunteer to do things that I'd rather not do.	T	F
54. I have accumulated lots of things I don't need that I can't bear to throw out.	T	F
55. Even though I talk a lot, people say I have trouble getting to the point.	T	F
56. I worry a lot.	T	F
57. I expect other people to do favors for me even though I do not usually do favors for others.	T	F
58. I am a very moody person.	T	F
59. Lying comes easily to me and I often do it.	T	F
60. I am not interested in having close friends.	T	F
61. I am often on guard against being taken advantage of.	T	F
62. I never forget, or forgive, those who do me wrong.	T	F
63. I resent those who have more "luck" than I do.	T	F
64. A nuclear war may not be such a bad idea.	T	F
65. When alone I feel helpless and unable to care for myself.	T	F
66. If others can't do things correctly, I would prefer to do things myself.	T	F
67. I have a flair for the dramatic.	T	F
68. Some people think that I take advantage of others.	T	F
69. I feel that my life is dull and meaningless.	T	F
70. I am critical of others.	T	F
71. I don't care what others have to say about me.	T	F
72. I have difficulties relating to others in a one-to-one situation.	T	F
73. People have often complained that I did not realize I was upset.	T	F

- | | | |
|--|---|---|
| 74. By looking at me, people might think that I am pretty odd, eccentric or weird. | T | F |
| 75. I enjoy doing risky things. | T | F |
| 76. I have lied a lot on this questionnaire. | T | F |
| 77. I complain a lot about my hardships. | T | F |
| 78. I have difficulty controlling my anger or temper. | T | F |
| 79. Some people are jealous of me. | T | F |
| 80. I am easily influenced by others. | T | F |
| 81. I see myself as being thrifty but others see me as being cheap. | T | F |
| 82. When a close relationship ends, I need to get involved with someone else immediately. | T | F |
| 83. I suffer from low self-esteem. | T | F |
| 84. I am a pessimist. | T | F |
| 85. I waste no time in getting back at people who insult me. | T | F |
| 86. Being around other people makes me nervous. | T | F |
| 87. In new situations, I fear being embarrassed. | T | F |
| 88. I am terrified of being left to care for myself. | T | F |
| 89. People complain that I am “stubborn as a mule.” | T | F |
| 90. I take relationships more seriously than do those who I am involved with. | T | F |
| 91. I can be nasty with someone one minute then find myself apologizing to them the next minute. | T | F |
| 92. Others consider me to be stuck up. | T | F |
| 93. When stressed, things happen. Like I get paranoid or just “black out”. | T | F |
| 94. I don’t care if others get hurt so long as I get what I want. | T | F |
| 95. I keep my distance from others. | T | F |
| 96. I often wonder whether my wife/husband (girlfriend/ boyfriend) has been unfaithful to me. | T | F |
| 97. I often feel guilty. | T | F |
| 98. I have done things on impulse (such as those below) that can get me into trouble. Check all that apply to me: | T | F |
| a. Spending more money than I have. _____ | | |
| b. Having sex with people I hardly know. _____ | | |
| c. Drinking too much. _____ | | |
| d. Taking drugs. _____ | | |
| e. Eating binges. _____ | | |
| f. Reckless driving. _____ | | |
| 99. When I was a kid (before age 15) I was somewhat of a juvenile delinquent, doing some of the things below. Check all that apply to me: | T | F |
| a. was considered a bully. _____ | | |
| b. used to fights with other kids. _____ | | |
| c. used a weapon in fights that I had. _____ | | |
| d. robbed or mugged other people. _____ | | |
| e. was physically cruel to other people. _____ | | |
| f. was physically cruel to animals. _____ | | |
| g. forced someone to has sex with me. _____ | | |

- h. lied a lot. _____
- i. stayed out late at night without my parents permission. _____
- j. stole things from others. _____
- k. set fires. _____
- l. broke windows or destroyed property. _____
- m. ran away from home overnight more than once. _____
- n. began skipping school, a lot, before age 13. _____
- o. broke into someone's house, building or car. _____

DAPP-BQ

Identity Problems Subscale

1	2	3	4	5
very unlike me	moderately unlike me	somewhat like and unlike me	moderately like me	very like me

1. I consider my life to be dull.
2. I feel as if there is a large void inside me.
3. I worry that I will lose a sense of who I am.
4. I often feel that I have very little to look forward to.
5. I often have moments when I feel very empty.
6. Even when things appear to be going well, I know that they will change for the worse.
7. I am unsure of what kind of person I really am.

SCIM

Please read each statement carefully. Circle the number 1 through 7 that best represents your level of agreement for each statement. If you don't know whether you agree or disagree with a statement, circle the 'I don't know' option.

	Strongly Disagree	Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Agree	Strongly Agree	I don't know
1. I know what I believe or value	1	2	3	4	5	6	7	DK
2. When someone describes me, I know if they are right or wrong	1	2	3	4	5	6	7	DK
3. When I look at my childhood pictures I feel like there is a thread connecting my past to now	1	2	3	4	5	6	7	DK
4. Sometimes I pick another person and try to be just like them, even when I'm alone	1	2	3	4	5	6	7	DK
5. I know who I am	1	2	3	4	5	6	7	DK
6. I change a lot depending on the situation	1	2	3	4	5	6	7	DK
7. I have never really known what I believe or value	1	2	3	4	5	6	7	DK
8. I feel like a puzzle and the pieces don't fit together	1	2	3	4	5	6	7	DK
9. I am good	1	2	3	4	5	6	7	DK
10. I imitate other people instead of being myself	1	2	3	4	5	6	7	DK
11. I have been interested in the same types of things for a long time	1	2	3	4	5	6	7	DK
12. I am so different with different people that I'm not sure which is the "real me"	1	2	3	4	5	6	7	DK
13. I am broken	1	2	3	4	5	6	7	DK
14. When I remember my childhood I feel connected to my younger self	1	2	3	4	5	6	7	DK
15. I feel lost when I think about who I am	1	2	3	4	5	6	7	DK
16. At least one person sees me for who I really am	1	2	3	4	5	6	7	DK

17. I always have a good sense about what is important to me	1	2	2	4	5	6	7	DK
18. I am so similar to certain people that sometimes I feel like we are the same person	1	2	3	4	5	6	7	DK
19. I am basically the same person that I've always been	1	2	3	4	5	6	7	DK
20. I feel empty inside, like a person without a soul	1	2	3	4	5	6	7	DK
21. My opinions can shift quickly from one extreme to another	1	2	3	4	5	6	7	DK
22. I no longer know who I am	1	2	3	4	5	6	7	DK
23. I am more capable when I am with others than when I am by myself	1	2	3	4	5	6	7	DK
24. No one knows who I really am	1	2	3	4	5	6	7	DK
25. I try to act the same as the people I'm with (interests, music, dress) and I change that all the time	1	2	3	4	5	6	7	DK
26. I am only complete when I am with other people	1	2	3	4	5	6	7	DK
27. The things that are most important to me change pretty often	1	2	3	4	5	6	7	DK

GAPD

On the following pages you will find a number of statements describing the way people behave and feel. Carefully read each statement and decide how much it describes you.

Strongly Disagree Disagree Neutral Agree Strongly Agree

1. I have very contradictory feelings about myself.
2. I do not spend much time with friends.
3. It does not bother me if my actions hurt someone else.
4. My feelings about other people are very confused.
5. Sometimes I am so confused that I don't know what I am feeling.
6. I do not mix with people.
7. I often wonder who the real me is.
8. I don't know what makes people tick.
9. I would never sacrifice myself to help someone else.
10. My sense of who I am changes a lot from day to day.
11. I cannot understand people very well.
12. There is nothing that I can do to change my life.
13. It is more important to look after one's own interests than worry about what's right and wrong.
14. I am never very sure about how I should behave when I am with other people.
15. The side of me that other people see is a front - it's not the real me.
16. It is difficult to remember what sort of person I was only a few months ago.
17. I do not have any close relationships.
18. I am not a very cooperative sort of person.
19. My sense of who I am depends on who I am with.
20. I am a victim of fate and there is nothing that I can do about it.
21. Nothing can fill the emptiness that I feel.
22. I prefer to tell people what to do than to work with them in a cooperative way.
23. I am not sure what I really believe in.
24. My goals in life change depending on the mood I am in.
25. People tell me that I change so much that it sometimes seems as if I am a different person.
26. Sometimes I confuse other people's ideas with my own.
27. Other people have a big influence on how I feel about myself.
28. Often I feel empty and hollow inside.
29. I sometimes treat people as if they were someone else.
30. I am not interested in socializing.
31. The real me is hidden deep inside so that no one can touch me.
32. I worry that I will lose the sense of who I really am.
33. It would not bother me if I broke the law providing I came out ahead.
34. Most people are the same.
35. I find it hard to describe myself.
36. I find that it does not help to try to cooperate with people.
37. I find it hard to decide what I want to achieve in life.
38. I am afraid that one day there will be no real "me" left.
39. I am powerless to influence what happens to me.

40. I find myself watching other people very carefully to help me to decide what I should feel and do.
41. Nothing that I do seems to have much purpose.
42. Other people seem all alike to me.
43. I drift through life without a clear sense of direction.
44. I try to work with people to find a solution to problems.
45. I don't like thinking about myself because I am afraid that there is nothing there.
46. I often feel very vulnerable and exposed as if nothing separates me from other people.
47. My life seems to have little meaning.
48. I feel as if there is nothing inside.
49. Sometimes I think that I'm a fake, a sham.
50. I change so much from one time to the next that it is like being a different person.
51. I don't let people see the real me.
52. I think that there is something really wrong with my ability to understand other people.
53. I am isolated - I do not have many acquaintances.
54. My goals do not seem to be a part of me.
55. I do not try to make contact with people.
56. Most of the time I feel that what I do is meaningful and valuable.
57. The goals that I set for myself do not feel as if they are really mine.
58. I feel both love and hate for the special people in my life.
59. Ideas about right and wrong do not have much influence on me.
60. I like to share what I have with others.
61. I am different from other people; there is something wrong with me.
62. I am not in control of my own life.
63. Sometimes I feel as if I am falling apart.
64. You have to look after yourself because no one else will.
65. My ideas vary according to my mood.
66. I can't make friendships.
67. Most of the time I don't feel as if I am in touch with the real me.
68. Sometimes I think that I am seriously flawed in some way.
69. When I am in one mood it is difficult to remember what it was like when my mood was different.
70. I don't have anyone that I would call a close friend.
71. I believe that we are here to help other people.
72. I like to serve others.
73. There seems to be something fundamentally wrong with me.
74. Nothing about me feels real.
75. I like tasks in which everyone has to work together.
76. I have difficulty reaching the goals I set for myself.
77. I sometimes think that I am several different people.
78. I like working as part of a team.
79. My opinions are influenced by the person I am with.
80. Sometimes I think the real me is trapped inside and not able to get out.
81. I would not hesitate to break the law if I know that I could get away with it.
82. I cannot find anything that I want to do that is really worth pursuing.

83. When I like someone a lot they usually disappoint me by doing something that I don't like and my feelings for them suddenly change.

SIPP-118

To what extent do you agree with the following statements, judging from the last 3 months?
Fully disagree, Partly disagree, Partly agree, Fully agree

1. I can cope very well with disappointments
2. Sometimes I get so overwhelmed that I can't control my reactions
3. When upset by someone I often feel like hurting him or her
4. I know exactly who I am and what I am worth
5. Whenever I feel something, I can almost always name that feeling
6. It is hard for me to believe in myself as a worthy person
7. I constantly feel misunderstood by other people
8. I can easily accept people the way they are, even when they are different
9. I strongly believe that life is worth living
10. Overall I feel that my activities are enjoyable to me
11. I can work with people on a joint project in spite of personal differences
12. I rarely meet someone with whom I dare to share my thoughts and feelings
13. I have people in my life to whom I feel particularly close
14. I do things even when I know that they may be considered irresponsible by others
15. If I have agreed on a course of action with others, I tend to keep to my agreement
16. I get irritated whenever things are not going my way
17. I usually have adequate control over my feelings
18. Sometimes I get so angry, that I feel like hitting or kicking people around me
19. Most of the time, I understand why I do the things I do

20. Sometimes I feel like hurting or punishing myself on purpose
21. I am convinced that other people cannot learn to know me as I really am.
22. It is hard for me to respect people who have ideas that are different from mine.
23. I often see no reason to continue living .
24. I spend a lot of time doing things that have to be done but don't give me any pleasure.
25. I prefer to work alone so I don't have to adjust to other people.
26. It is hard for me to show affection to other people.
27. It is hard for me to get attached to someone else.
28. I am someone who does not always keep to the rules, especially when it is easy to ignore them.
29. I truly believe that there is always a way out when things go wrong.
30. I can find ways to express my feelings appropriately even if they are strong.
31. I seldomly get so excited that I lose control over myself.
32. Others seem to experience my behaviour sometimes as aggressive.
33. I strongly believe that I am just as worthy as other people.
34. My colleagues or friends do not appear to be interested in me as a person
35. Most of the time I am capable of filling my days meaningfully.
36. I enjoy intimate contacts with other people.
37. I tend to think of myself as a loner.
38. I often fail to get a job done because I didn't try hard enough.
39. Sometimes I am not as reliable as I perhaps should be.
40. I tend to be very frustrated about set backs.
41. I frequently say things I regret later.

42. I lose control sometimes to the extent that people are frightened of me.
43. I often find myself behaving in ways that are out of character.
44. From conversations I have learned that other people can understand my problems quite well.
45. I often comment adversely on others' beliefs or actions
46. I try to live by the day, because most long-term objectives are pointless.
47. It is hard for me to really enjoy doing things.
48. It is hard for me to cooperate unless others submit to my way of doing things.
49. Even among good friends, I do not show much of myself.
50. I have a tendency to start things and then give up on them.
51. I give up too easily if tasks are frustrating.
52. I have such strong feelings that I easily lose control of them.
53. I often act before I think.
54. Sometimes I get so angry, that I damage other people's properties.
55. I often find myself wondering what sort of person I am.
56. I am often not fully aware of my inner feelings.
57. Criticisms of others can make me feel very uncertain about myself.
58. I feel consistently underestimated.
59. It is often hard for me to go along with people with different values.
60. I often feel that my life is meaningless.
61. One of my problems is that I cannot easily let myself have a good time.
62. At work I get easily irritated about other people's ways of doing things.
63. It makes me feel better to share my problems with friends.
64. I seem to lack the sense of responsibility necessary to meet my obligations.
65. I often fail to do things that I am supposed to do.
66. I tend to hit or kick things when thwarted in my goal.
67. Others have told me that I should try harder to avoid losing control over my feelings.
68. I often can't withstand my cravings and urges.
69. Other people have commented that sometimes I behave out of character.
70. I often feel that I am not as worthy as other people.
71. I believe that most people do not like to go along with me.
72. My interests are changing all the time.
73. Sometimes it seems that everything in me somehow blocks the capacity to have fun.
74. I avoid to work with others as much as I can.
75. It is hard for me to feel loved by people I have become close to.
76. Most of the time I try to perform tasks that are assigned to me conscientiously.
77. Often I do not succeed to pay my debts promptly.
78. When things go wrong, I often get discouraged and feel like giving up.
79. I often cannot help expressing my moods inappropriately.
80. I seem to do things that I regret more often than other people do.
81. It is hard for me to control my aggression towards others.
82. Others find me inconsistent.
83. I am often confused about the way I act, even when I try hard to understand.
84. I feel proud of some things I have accomplished in my life.
85. I strongly believe that everybody is entitled of his own opinion.
86. I strongly believe that life is too serious to be enjoyable.
87. I can demonstrate my affection for others without too much discomfort.

88. It is hard for me to enjoy lasting relationships.
89. I like to create something together with other people.
90. Some people have criticized me because of insufficient sense of responsibility.
91. When I have promised to do something I will always try to keep that promise.
92. I often overreact to minor problems.
93. Sometimes it is hard for me not to become aggressive towards others.
94. The way I feel or behave is often very unpredictable.
95. I am often resistant towards reflecting on my inner motives.
96. I often think that I deserve to be treated badly.
97. Only very special people can understand me.
98. I think that most other people have ideas that are not as good as mine.
99. It is hard for me to express affection to others.
100. I have no leisure activities that I can really enjoy.
101. Other people do not seem to like to work with me.
102. One of my problems is that I find it hard to really believe that others love me.
103. Unfortunately, I am not as hard-working as I would like to be.
104. Other people have complained about me being not fully reliable.
105. Minor annoyances can be very frustrating to me.
106. One of my problems is that I can't handle strong feelings.
107. I often act impulsively even though I know I will regret it later on.
108. Some people think of me as a rude person.
109. I am often confused about what kind of person I really am.
110. When I try to understand myself, I often get more confused than I was before.
111. I usually have a low opinion of myself.
112. My friends are really interested in my well-being.
113. I regularly get into disputes with others at work or home.
114. One of my problems is that I lack clear goals in my life.
115. I have rarely cooperated with other people.
116. I have been able to form lasting friendships.
117. Although I regret it, I have to admit that I am not as sincere as I should be.
118. One of my problems is that I lack a proper insight in the meaning of some experiences I had as a child.

LPFS-BF

Report which of the following statements apply to you. Only circle 'yes' if this has been the case for at least a year.

- Yes / No 1. I often do not know who I really am.
- Yes / No 2. I often think negatively about myself.
- Yes / No 3. My emotions change without me having a grip on them.
- Yes / No 4. I have clear aims in my life and succeed in achieving those (reversed).
- Yes / No 5. I often do not understand my own thoughts and feelings.
- Yes / No 6. I am often very strict with myself.
- Yes / No 7. I often have difficulty understanding the thoughts and feelings of others.
- Yes / No 8. I often find it hard to tolerate it when others have a different opinion.
- Yes / No 9. I often do not fully understand why my behavior has a certain effect on others.
- Yes / No 10. My relationships and friendships are often short-lived.
- Yes / No 11. There is almost no one who is really close to me.
- Yes / No 12. I often do not succeed in working cooperatively with others in an equal way.

EIPQ

Response choices:

1 = strongly disagree

2 = disagree

3 = neutral

4 = agree

5 = strongly agree

- (1) I have definitely decided on the occupation I want to pursue.
- (2) I don't expect to change my political principles and ideals.
- (3) I have considered adopting different kinds of religious beliefs.
- (4) There had never been a need to question my values.
- (5) I am very confident about what kinds of friends are best for me.
- (6) My ideas about men's and women's roles have never changed as I became older.
- (7) I will always vote for the same political party.
- (8) I have firmly held views concerning my role in my family.
- (9) I have engaged in several discussions concerning behaviors involved in dating relationships.
- (10) I have considered different political views thoughtfully.
- (11) I have never questioned my views concerning what kind of friend is best for me.
- (12) My values are likely to change in the future.
- (13) When I talk to people about religion, I make sure to voice my opinion.
- (14) I am not sure about what type of dating relationship is best for me.
- (15) I have not felt the need to reflect upon the importance I place on my family.
- (16) Regarding religion, my beliefs are likely to change in the near future.
- (17) I have definite views regarding the ways in which men and women should behave.
- (18) I have tried to learn about different occupational fields to find the best one for me.
- (19) I have undergone several experiences that made me change my views on men's and women's roles.
- (20) I have consistently re-examined many different values in order to find the ones which are best for me.
- (21) I think what I look for in a friend could change in the future.
- (22) I have questioned what kind of date is right for me.
- (23) I am unlikely to alter my vocational goals.
- (24) I have evaluated many ways in which I fit into my family structure.
- (25) My ideas about men's and women's roles will never change.
- (26) I have never questioned my political beliefs.
- (27) I have had many experiences that led me to review the qualities that I would like my friends to have.
- (28) I have discussed religious matters with a number of people who believe differently than I do.
- (29) I am not sure that the values I hold are right for me.
- (30) I have never questioned my occupational aspirations.
- (31) The extent to which I value my family is likely to change in the future.
- (32) My beliefs about dating are firmly held.

EOM-EIS

Response Scale:

1 = strongly agree

2 = moderately agree

3 = agree

4 = disagree

5 = moderately disagree

6 = strongly disagree

1. I haven't chosen the occupation I really want to get into, and I'm just working at what is available until something better comes along.
2. When it comes to religion I just haven't found anything that appeals and I don't really feel the need to look.
3. My ideas about men's and women's roles are identical to my parents'. What has worked for them will obviously work for me.
4. There's no single "life style" which appeals to me more than another.
5. There are a lot of different kinds of people. I'm still exploring the many possibilities to find the right kind of friends for me.
6. I sometimes join in recreational activities when asked, but I rarely try anything on my own.
7. I haven't really thought about a "dating style." I'm not too concerned whether I date or not.
8. Politics is something that I can never be too sure about because things change so fast. But I do think it's important to know what I can politically stand for and believe in.
9. I'm still trying to decide how capable I am as a person and what work will be right for me.
10. I don't give religion much thought and it doesn't bother me one way or the other.
11. There's so many ways to divide responsibilities in marriage, I'm trying to decide what will work for me.
12. I'm looking for an acceptable perspective for my own "life style", but haven't really found it yet.
13. There are many reasons for friendship, but I choose my close friends on the basis of certain values and similarities that I've personally decided on.
14. While I don't have one recreational activity I'm really committed to, I'm experiencing numerous leisure outlets to identify one I can truly enjoy.
15. Based on past experiences, I've chosen the type of dating relationship I want now.
16. I haven't really considered politics. It just doesn't excite me much.
17. I might have thought about a lot of different jobs, but there's never really been any question since my parents said what they wanted.
18. A person's faith is unique to each individual. I've considered and reconsidered it myself and know what I can believe.
19. I've never really seriously considered men's and women's roles in marriage. It just doesn't seem to concern me.
20. After considerable thought I've developed my own individual viewpoint of what is for me an ideal "life style" and don't believe anyone will be likely to change my perspective.
21. My parents know what's best for me in terms of how to choose my friends.
22. I've chosen one or more recreational activities to engage in regularly from lots of things

- and I'm satisfied with those choices.
23. I don't think about dating much. I just kind of take it as it comes.
 24. I guess I'm pretty much like my folks when it comes to politics. I follow what they do in terms of voting and such.
 25. I'm not really interested in finding the right job, any job will do. I just seem to flow with what is available.
 26. I'm not sure what religion means to me. I'd like to make up my mind but I'm not done looking yet.
 27. My ideas about men's and women's roles have come right for my parents and family. I haven't seen any need to look further.
 28. My own views on a desirable life style were taught to me by my parents and I don't see any need to question what they taught me.
 29. I don't have any real close friends, and I don't think I'm looking for one right now.
 30. Sometimes I join in leisure activities, but I really don't see a need to look for a particular activity to do regularly.
 31. I'm trying out different types of dating relationships. I just haven't decided what is best for me.
 32. There are so many different political parties and ideals. I can't decide which to follow until I figure it all out.
 33. It took me a while to figure it out, but now I really know what I want for a career.
 34. Religion is confusing to me right now. I keep changing my views on what is right and wrong for me.
 35. I've spent some time thinking about men's and women's roles in marriage and I've decided what will work best for me.
 36. In finding an acceptable viewpoint to life itself, I find myself engaging in a lot of discussions with others and some self exploration.
 37. I only pick friends my parent would approve of.
 38. I've always liked doing the same recreational activities my parents do and haven't ever seriously considered anything else.
 39. I only go out with the type of people my parents expect me to date.
 40. I've thought my political beliefs through and realize I can agree with some and not other aspects of what my parents believe.
 41. My parents decided a long time ago what I should go into for employment and I'm following through their plans.
 42. I've gone through a period of serious questions about faith and can now say I understand what I believe in as an individual.
 43. I've been thinking about the roles that husbands and wives play a lot these days, and I'm trying to make a final decision.
 44. My parents' views on life are good enough for me, I don't need anything else.
 45. I've had many different friendships and now I have a clear idea of what I look for in a friend.
 46. After trying a lot of different recreational activities I've found one or more I really enjoy doing by myself or with friends.
 47. My preferences about dating are still in the process of developing. I haven't fully decided yet.
 48. I'm not sure about my political beliefs, but I'm trying to figure out what I can truly

believe in.

49. It took me a long time to decide but now I know for sure what direction to move in for a career.
50. I attend the same church as my family has always attended. I've never really questioned why.
51. There are many ways that married couples can divide up family responsibilities. I've thought about lots of ways, and not I know exactly how I want it to happen for me.
52. I guess I just kind of enjoy life in general, and I don't see myself living by any particular viewpoint to life.
53. I don't have any close friends. I just like to hang around with the crowd.
54. I've been experiencing a variety of recreational activities in hope of finding one or more I can really enjoy for some time to come.
55. I've dated different types of people and know exactly what my own "unwritten rules" for dating are and who I will date.
56. I really have never been involved in politics enough to have made a firm stand one way or the other.
57. I just can't decide what to do for an occupation. There are so many possibilities.
58. I've never really questioned my religion. If it's right for my parents it must be right for me.
59. Opinions on men's and women's roles seem so varied that I don't think much about it.
60. After a lot of self-examination I have established a very definite view on what my own life style will be.
61. I really don't know what kind of friend is best for me. I'm trying to figure out exactly what friendship means to me.
62. All of my recreational preferences I got from my parents and I haven't really tried anything else.
63. I date only people my parents would approve of.
64. My folks have always had their own political and moral beliefs about issues like abortion and mercy killing and I've always gone along accepting what they have.

IAS

Below you will find a number of incomplete sentences followed by two possible completions. Select the completion which best fits the answer you would give, were you trying to express your true feelings. Mark your answer clicking beside the letter of the completion you prefer.

When I let myself go I...

- A. ...sometimes say things I later regret.
- B. ...have a good time and do not worry about others' thoughts and standards.

If one commits oneself

- A. he should follow through.
- B. he should have made certain beforehand he was correct.

For me, success would be

- A. on the achievement of a large amount of competence in my main career.
- B. a good job with a family and enough money to support them.

Sticking to one occupational choice

- A. does not enchant me, but will probably be necessary.
- B. is sometimes difficult.

It makes me feel good when

- A. I look back on the progress I have made in life.
- B. I can be with my friends and know they approve of me.

To change my mind about my feelings toward religion

- A. I would have to know something about religious beliefs.
- B. would require a terrific amount of convincing by some authority.

I'm at my best when

- A. I'm on my own and have sole responsibility to get a given job done.
- B. my mind is clear of all worries, even trivial ones.

When I let myself go I

- A. don't change much from my regular self.
- B. think I talk too much about myself.

I am

- A. not as grateful as I should be.
- B. not hard to get along with.

Getting involved in political activity

- A. is as futile as necessary.
- B. doesn't appeal to me.

When I consider my goals in the light of my family's goals

A. they are basically the same.

B. I feel that they are missing a lot.

If one commits oneself

A. one must know oneself.

B. then he's liable to miss a lot of opportunities.

For me, success would be

A. in what I do, not in how much money I earn.

B. to be accepted by others.

If I had my choice

A. I would live in a warm climate such as Southern California or Hawaii.

B. I would do things as I have.

It seems I've always

A. wanted to go to college.

B. held back from reacting to certain things.

Sticking to one occupational choice

A. does not enchant me, but it will probably be necessary.

B. suits me fine.

It makes me feel good when

A. I can be with my friends and know they approve of me.

B. I think of all the good things that can happen in a lifetime.

When I let myself go

A. have a good time and do not worry about others' thoughts and standards.

B. never know exactly what I will say or do.

To change my mind about my feelings toward religion

A. is not hard to do, but I keep going back to the religion I started with.

B. would require a terrific amount of convincing by some authority.

The difference between me as I am and as I'd like to be

A. is very like to be dissolved in time.

B. is that I have potential, but lack a certain amount of drive.

I know that I can always depend on

A. the good will of others, if I treat them right.

B. my mind and diligence to surmount my barrier.

If one commits himself

A. one must know oneself.

B. he should finish the task.

For me, success would be

- A. being a recognized authority in my chosen field.
- B. to be accepted by others.

When I let myself go I

- A. never know exactly what I will say or do.
- B. am most apt to do well.

ISI-5

ISI-5 - You will find a number of statements about beliefs, attitudes, and/or ways of dealing with issues. Read each carefully and use it to describe yourself. Using the following scale, please select the answer which indicates the extent to which you think the statement represents you. There are no right or wrong answers. For instance, if the statement is very much like you, mark a 5 (Very much like me), if it is not like you at all, mark a 1 (Not at All like Me). Use the 1 to 5 point scale to indicate the degree to which you think each statement is uncharacteristic (1) or characteristic (5) of yourself.

1	2	3	4	5
Not at All like Me				Very much like Me

1. I know basically what I believe and don't believe.
2. I automatically adopt and follow the values I was brought up with.
3. I'm not sure where I'm heading in my life; I guess things will work themselves out.
4. Talking to others helps me explore my personal beliefs.
5. I strive to achieve the goals that my family and friends hold for me.
6. It doesn't pay to worry about values in advance; I decide things as they happen.
7. When facing a life decision, I take into account different points of view before making a choice.
8. I'm not really sure what I believe.
9. I have always known what I believe and don't believe; I never really have doubts about my beliefs.
10. I am not really thinking about my future now, it is still a long way off.
11. I spend a lot of time reading or talking to others trying to develop a set of values that makes sense to me.
12. I am not sure which values I really hold.
13. I never question what I want to do with my life because I tend to follow what important people expect me to do.
14. When facing a life decision, I try to analyze the situation in order to understand it.
15. I am not sure what I want to do in the future.
16. When making important life decisions, I like to spend time thinking about my options.
17. I have clear and definite life goals.
18. I am not sure what I want out of life.
19. When I make a decision about my future, I automatically follow what close friends or relatives expect from me.
20. My life plans tend to change whenever I talk to different people.
21. I handle problems in my life by actively reflecting on them.
22. When others say something that challenges my personal values or beliefs, I automatically disregard what they have to say.
23. Who I am changes from situation to situation.
24. I periodically think about and examine the logical consistency between my life goals.
25. I am emotionally involved and committed to specific values and ideals.
26. When personal problems arise, I try to delay acting as long as possible.

27. It is important for me to obtain and evaluate information from a variety of sources before I make important life decisions.

FFBI

Please read all these instructions carefully before beginning. The following statements deal with how you think, feel, and act. Please read each item carefully and select the item that best corresponds to your agreement or disagreement. There are no right or wrong answers, and you need not be an expert to complete this questionnaire.

Disagree strongly A	Disagree a little B	Neither agree nor disagree C	Agree a little D	Agree strongly E
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Self-Disturbance (N4)

1. I don't really know how I feel about myself.
2. My sense of who I am often changes.
3. I sometimes wonder who I really am.
4. I can be so different with different people that it's like I'm not the same person.
5. I can be so different with different people that I wonder who I am.
6. I tend to feel like I don't belong with anyone.
7. I often feel like an outcast.
8. At times I feel so ashamed that I want to be away from other people.
9. I am often ashamed of my thoughts and feelings.
10. I frequently feel inferior to others

Instructions

These questions are about the kind of person you generally are—that is, how you have usually felt or behaved over the past several years. Circle “YES” if the question completely or mostly applies to you, or circle “NO” if it does not apply to you. If you do not understand a question or are not sure of your answer, leave it blank.

- | | | | | |
|-----|---|----|-----|------|
| 1. | Have you avoided jobs or tasks that involved having to deal with a lot of people? | NO | YES | PQ4 |
| 2. | Do you avoid getting involved with people unless you are certain they will like you? | NO | YES | PQ5 |
| 3. | Do you find it hard to be “open” even with people you are close to? | NO | YES | PQ6 |
| 4. | Do you often worry about being criticized or rejected in social situations? | NO | YES | PQ7 |
| 5. | Are you usually quiet when you meet new people? | NO | YES | PQ8 |
| 6. | Do you believe that you’re not as good, as smart, or as attractive as most other people? | NO | YES | PQ9 |
| 7. | Are you afraid to try new things? | NO | YES | PQ10 |
| 8. | Do you need a lot of advice or reassurance from others before you can make everyday decisions—like what to wear or what to order in a restaurant? | NO | YES | PQ11 |
| 9. | Do you depend on other people to handle important areas in your life such as finances, child care, or living arrangements? | NO | YES | PQ12 |
| 10. | Do you find it hard to disagree with people even when you think they are wrong? | NO | YES | PQ13 |
| 11. | Do you find it hard to start or work on tasks when there is no one to help you? | NO | YES | PQ14 |
| 12. | Have you often volunteered to do things that are unpleasant? | NO | YES | PQ15 |
| 13. | Do you usually feel uncomfortable when you are by yourself? | NO | YES | PQ16 |

14.	When a close relationship ends, do you feel you immediately have to find someone else to take care of you?	NO	YES	PQ17
15.	Do you worry a lot about being left alone to take care of yourself?	NO	YES	PQ18
16.	Are you the kind of person who focuses on details, order, and organization or likes to make lists and schedules?	NO	YES	PQ19
17.	Do you have trouble finishing jobs because you spend so much time trying to get things exactly right?	NO	YES	PQ20
18.	Do you or other people feel that you are so devoted to work (or school) that you have no time left for anyone else or for just having fun?	NO	YES	PQ21
19.	Do you have very high standards about what is right and what is wrong?	NO	YES	PQ22
20.	Do you have trouble throwing things out because they might come in handy some day?	NO	YES	PQ23
21.	Is it hard for you to let other people help you unless they agree to do things exactly the way you want?	NO	YES	PQ24
22.	Is it hard for you to spend money on yourself and other people even when you have enough?	NO	YES	PQ25
23.	Are you often so sure you are right that it doesn't matter what other people say?	NO	YES	PQ26
24.	Have other people told you that you are stubborn or rigid?	NO	YES	PQ27
25.	When someone asks you to do something that you don't want to do, do you say "yes" but then work slowly or do a bad job?	NO	YES	PQ28
26.	If you don't want to do something, do you often just "forget" to do it?	NO	YES	PQ29
27.	Do you often feel that other people don't understand you, or don't appreciate how much you do?	NO	YES	PQ30
28.	Are you often grumpy and likely to get into arguments?	NO	YES	PQ31

29. Have you found that most of your bosses, teachers, supervisors, doctors, and others who are supposed to know what they are doing really don't?	NO	YES	PQ32
30. Do you often think that it's not fair that other people have more than you do?	NO	YES	PQ33
31. Do you often complain that more than your share of bad things have happened to you?	NO	YES	PQ34
32. Do you often angrily refuse to do what others want and then later feel bad and apologize?	NO	YES	PQ35
33. Do you usually feel unhappy or that life is no fun?	NO	YES	PQ36
34. Do you believe that you are basically an inadequate person and often don't feel good about yourself?	NO	YES	PQ37
35. Do you often put yourself down?	NO	YES	PQ38
36. Do you keep thinking about bad things that have happened in the past or worry about bad things that might happen in the future?	NO	YES	PQ39
37. Do you often judge others harshly and easily find fault with them?	NO	YES	PQ40
38. Do you think that most people are basically no good?	NO	YES	PQ41
39. Do you almost always expect things to turn out badly?	NO	YES	PQ42
40. Do you often feel guilty about things you have or haven't done?	NO	YES	PQ43
41. Do you often have to keep an eye out to stop people from using you or hurting you?	NO	YES	PQ44
42. Do you spend a lot of time wondering if you can trust your friends or the people you work with?	NO	YES	PQ45
43. Do you find that it is best not to let other people know much about you because they will use it against you?	NO	YES	PQ46
44. Do you often detect hidden threats or insults in things people say or do?	NO	YES	PQ47

45. Are you the kind of person who holds grudges or takes a long time to forgive people who have insulted or slighted you?	NO	YES	PQ48
46. Are there many people you can't forgive because they did or said something to you a long time ago?	NO	YES	PQ49
47. Do you often get angry or lash out when someone criticizes or insults you in some way?	NO	YES	PQ50
48. Have you often suspected that your spouse or partner has been unfaithful?	NO	YES	PQ51
49. When you are out in public and see people talking, do you often feel that they are talking about you?	NO	YES	PQ52
50. Do you often get the feeling that things that have no special meaning to most people are really meant to give you a message?	NO	YES	PQ53
51. When you are around people, do you often get the feeling that you are being watched or stared at?	NO	YES	PQ54
52. Have you ever felt that you could make things happen just by making a wish or thinking about them?	NO	YES	PQ55
53. Have you had personal experiences with the supernatural?	NO	YES	PQ56
54. Do you believe that you have a "sixth sense" that allows you to know and predict things that others can't?	NO	YES	PQ57
55. Does it often seem that objects or shadows are really people or animals or that noises are actually people's voices?	NO	YES	PQ58
56. Have you had the sense that some person or force is around you, even though you cannot see anyone?	NO	YES	PQ59
57. Do you often see auras or energy fields around people?	NO	YES	PQ60
58. Are there very few people that you're really close to outside of your immediate family?	NO	YES	PQ61
59. Do you often feel nervous when you are with other people?	NO	YES	PQ62
60. Is it NOT important to you whether you have any close relationships?	NO	YES	PQ63

61. Would you almost always rather do things alone than with other people?	NO	YES	PQ64
62. Could you be content without ever being sexually involved with anyone?	NO	YES	PQ65
63. Are there really very few things that give you pleasure?	NO	YES	PQ66
64. Does it NOT matter to you what people think of you?	NO	YES	PQ67
65. Do you find that nothing makes you very happy or very sad?	NO	YES	PQ68
66. Do you like to be the center of attention?	NO	YES	PQ69
67. Do you flirt a lot?	NO	YES	PQ70
68. Do you often find yourself "coming on" to people?	NO	YES	PQ71
69. Do you try to draw attention to yourself by the way you dress or look?	NO	YES	PQ72
70. Do you often make a point of being dramatic and colorful?	NO	YES	PQ73
71. Do you often change your mind about things depending on the people you're with or what you have just read or seen on TV?	NO	YES	PQ74
72. Do you have lots of friends that you are very close to?	NO	YES	PQ75
73. Do people often fail to appreciate your very special talents or accomplishments?	NO	YES	PQ76
74. Have people told you that you have too high an opinion of yourself?	NO	YES	PQ77
75. Do you think a lot about the power, fame, or recognition that will be yours someday?	NO	YES	PQ78
76. Do you think a lot about the perfect romance that will be yours someday?	NO	YES	PQ79
77. When you have a problem, do you almost always insist on seeing the top person?	NO	YES	PQ80

78.	Do you feel it is important to spend time with people who are special or influential?	NO	YES	PQ81
79.	Is it very important to you that people pay attention to you or admire you in some way?	NO	YES	PQ82
80.	Do you think that it's not necessary to follow certain rules or social conventions when they get in your way?	NO	YES	PQ83
81.	Do you feel that you are the kind of person who deserves special treatment?	NO	YES	PQ84
82.	Do you often find it necessary to step on a few toes to get what you want?	NO	YES	PQ85
83.	Do you often have to put your needs above other people's?	NO	YES	PQ86
84.	Do you often expect other people to do what you ask without question because of who you are?	NO	YES	PQ87
85.	Are you NOT really interested in other people's problems or feelings?	NO	YES	PQ88
86.	Have people complained to you that you don't listen to them or care about their feelings?	NO	YES	PQ89
87.	Are you often envious of others?	NO	YES	PQ90
88.	Do you feel that others are often envious of you?	NO	YES	PQ91
89.	Do you find that there are very few people that are worth your time and attention?	NO	YES	PQ92
90.	Have you often become frantic when you thought that someone you really cared about was going to leave you?	NO	YES	PQ93
91.	Do your relationships with people you really care about have lots of extreme ups and downs?	NO	YES	PQ94
92.	Have you all of a sudden changed your sense of who you are and where you are headed?	NO	YES	PQ95
93.	Does your sense of who you are often change dramatically?	NO	YES	PQ96

94. Are you different with different people or in different situations, so that you sometimes don't know who you really are?	NO	YES	PQ97
95. Have there been lots of sudden changes in your goals, career plans, religious beliefs, and so on?	NO	YES	PQ98
96. Have you often done things impulsively?	NO	YES	PQ99
97. Have you tried to hurt or kill yourself or threatened to do so?	NO	YES	PQ100
98. Have you ever cut, burned, or scratched yourself on purpose?	NO	YES	PQ101
99. Do you have a lot of sudden mood changes?	NO	YES	PQ102
100. Do you often feel empty inside?	NO	YES	PQ103
101. Do you often have temper outbursts or get so angry that you lose control?	NO	YES	PQ104
102. Do you hit people or throw things when you get angry?	NO	YES	PQ105
103. Do even little things get you very angry?	NO	YES	PQ106
104. When you are under a lot of stress, do you get suspicious of other people or feel especially spaced out?	NO	YES	PQ107
105. Before you were 15, would you bully or threaten other kids?	NO	YES	PQ108
106. Before you were 15, would you start fights?	NO	YES	PQ109
107. Before you were 15, did you hurt or threaten someone with a weapon, like a bat, brick, broken bottle, knife, or gun?	NO	YES	PQ110
108. Before you were 15, did you deliberately torture someone or cause someone physical pain and suffering?	NO	YES	PQ111
109. Before you were 15, did you torture or hurt animals on purpose?	NO	YES	PQ112
110. Before you were 15, did you rob, mug, or forcibly take something from someone by threatening him or her?	NO	YES	PQ113

111. Before you were 15, did you force someone to have sex with you, to get undressed in front of you, or to touch you sexually?	NO	YES	PQ114
112. Before you were 15, did you set fires?	NO	YES	PQ115
113. Before you were 15, did you deliberately destroy things that weren't yours?	NO	YES	PQ116
114. Before you were 15, did you break into houses, other buildings, or cars?	NO	YES	PQ117
115. Before you were 15, did you lie a lot or "con" other people?	NO	YES	PQ118
116. Before you were 15, did you sometimes steal or shoplift things or forge someone's signature?	NO	YES	PQ119
117. Before you were 15, did you run away from home and stay away overnight?	NO	YES	PQ120
118. Before you were 13, did you often stay out very late, long after the time you were supposed to be home?	NO	YES	PQ121
119. Before you were 13, did you often skip school?	NO	YES	PQ122

DERS

Directions: Please indicate how often the following statements apply to you by selecting the appropriate number from the scale below on the line beside each item:

1-----2-----3-----4-----5
almost never sometimes about half the time most of the time almost always
(0-10%) (11-35%) (36-65%) (66-90%) (91-100%)

1. I am clear about my feelings.
2. I pay attention to how I feel.
3. I experience my emotions as overwhelming and out of control.
4. I have no idea how I am feeling.
5. I have difficulty making sense out of my feelings.
6. I am attentive to my feelings.
7. I know exactly how I am feeling.
8. I care about what I am feeling.
9. I am confused about how I feel.
10. When I'm upset, I acknowledge my emotions.
11. When I'm upset, I become angry with myself for feeling that way.
12. When I'm upset, I become embarrassed for feeling that way.
13. When I'm upset, I have difficulty getting work done.
14. When I'm upset, I become out of control.
15. When I'm upset, I believe that I will remain that way for a long time.
16. When I'm upset, I believe that I'll end up feeling very depressed.
17. When I'm upset, I believe that my feelings are valid and important.
18. When I'm upset, I have difficulty focusing on other things.
19. When I'm upset, I feel out of control.
20. When I'm upset, I can still get things done.
21. When I'm upset, I feel ashamed with myself for feeling that way.
22. When I'm upset, I know that I can find a way to eventually feel better.
23. When I'm upset, I feel like I am weak.
24. When I'm upset, I feel like I can remain in control of my behaviors.
25. When I'm upset, I feel guilty for feeling that way.
26. When I'm upset, I have difficulty concentrating.
27. When I'm upset, I have difficulty controlling my behaviors.
28. When I'm upset, I believe that there is nothing I can do to make myself feel better.
29. When I'm upset, I become irritated with myself for feeling that way.
30. When I'm upset, I start to feel very bad about myself.
31. When I'm upset, I believe that wallowing in it is all I can do.
32. When I'm upset, I lose control over my behaviors.
33. When I'm upset, I have difficulty thinking about anything else.
34. When I'm upset, I take time to figure out what I'm really feeling.
35. When I'm upset, it takes me a long time to feel better.
36. When I'm upset, my emotions feel overwhelming.



Oklahoma State University Institutional Review Board

Date: 03/13/2018
Application Number: AS-18-13
Proposal Title: Measuring Personality and Behaviors in Your Daily Life

Principal Investigator: Ashley Helle
Co-Investigator(s): Neil Meyer
Faculty Adviser: Stephanie Sweatt
Project Coordinator:
Research Assistant(s): Chandler McDaniel, Courtney Mason

Processed as: Expedited

Status Recommended by Reviewer(s): Approved

Approval Date: 03/06/2018

Expiration Date: 03/05/2019

The IRB application referenced above has been approved. It is the judgment of the reviewers that the rights and welfare of individuals who may be asked to participate in this study will be respected, and that the research will be conducted in a manner consistent with the IRB requirements as outlined in section 45 CFR 46.

The final versions of any recruitment, consent and assent documents bearing the IRB approval stamp are available for download from IRBManager. These are the versions that must be used during the study.

As Principal Investigator, it is your responsibility to do the following:

1. Conduct this study exactly as it has been approved. Any modifications to the research protocol must be approved by the IRB. Protocol modifications requiring approval may include changes to the title, PI, adviser, other research personnel, funding status or sponsor, subject population composition or size, recruitment, inclusion/exclusion criteria, research site, research procedures and consent/assent process or forms.
2. Submit a request for continuation if the study extends beyond the approval period. This continuation must receive IRB review and approval before the research can continue.
3. Report any unanticipated and/or adverse events to the IRB Office promptly.
4. Notify the IRB office when your research project is complete or when you are no longer affiliated with Oklahoma State University.

Please note that approved protocols are subject to monitoring by the IRB and that the IRB office has the authority to inspect research records associated with this protocol at any time. If you have questions about the IRB procedures or need any assistance from the Board, please contact the IRB Office at 223 Scott Hall (phone: 405-744-3377, irb@okstate.edu).

Sincerely,

Hugh Crethar, Chair Institutional
Review Board

VITA

Neil Andrew Meyer

Candidate for the Degree of

Doctor of Philosophy

Thesis: IDENTIFYING FIVE-FACTOR MODEL TRAIT CORRELATES OF IDENTITY DISTURBANCE: PREDICTING MOMENTARY STATES OF IDENTITY DISTURBANCE USING PERSONALITY TRAITS AND EMOTION DYSREGULATION

Major Field: Clinical Psychology

Education:

Completed the requirements for the Doctor of Philosophy in Clinical Psychology at Oklahoma State University, Stillwater, Oklahoma in December, 2020.

Completed the requirements for the Master of Science in Clinical Psychology at Oklahoma State University, Stillwater, Oklahoma in 2017.

Completed the requirements for the Bachelor of Science in Psychology at The Pennsylvania State University, University Park, PA in 2014.

Experience: Selected Publications

Meyer, N. A., Min, J., & Mullins-Sweatt, S. N. (in press). Antagonism and Borderline Personality Disorder. In D. Lynam & J. Miller (Eds.), *The Handbook of Antagonism: Conceptualizations, Assessment, Consequences, and Treatment of the Low End of Agreeableness*.

Helle, A. C., DeShong, H. L., Lengel, G. J., **Meyer, N. A.**, Butler, J., & Mullins-Sweatt, S. N. (2018). Utilizing Five Factor Model facets to conceptualize counterproductive, unethical, and organizational citizenship workplace behaviors. *Personality and Individual Differences*, *135*, 113-120.

Meyer, N. A., Helle, A. C., Tucker, R. P., Lengel, G. J., DeShong, H. L., Wingate, L. R. & Mullins-Sweatt, S. N. (2017). Humor styles moderate borderline personality and suicide ideation. *Psychiatry Review*, *249*, 337-342.