

# How the Fear of Negative Evaluation Affects One's Stress Experience When Socially Excluded

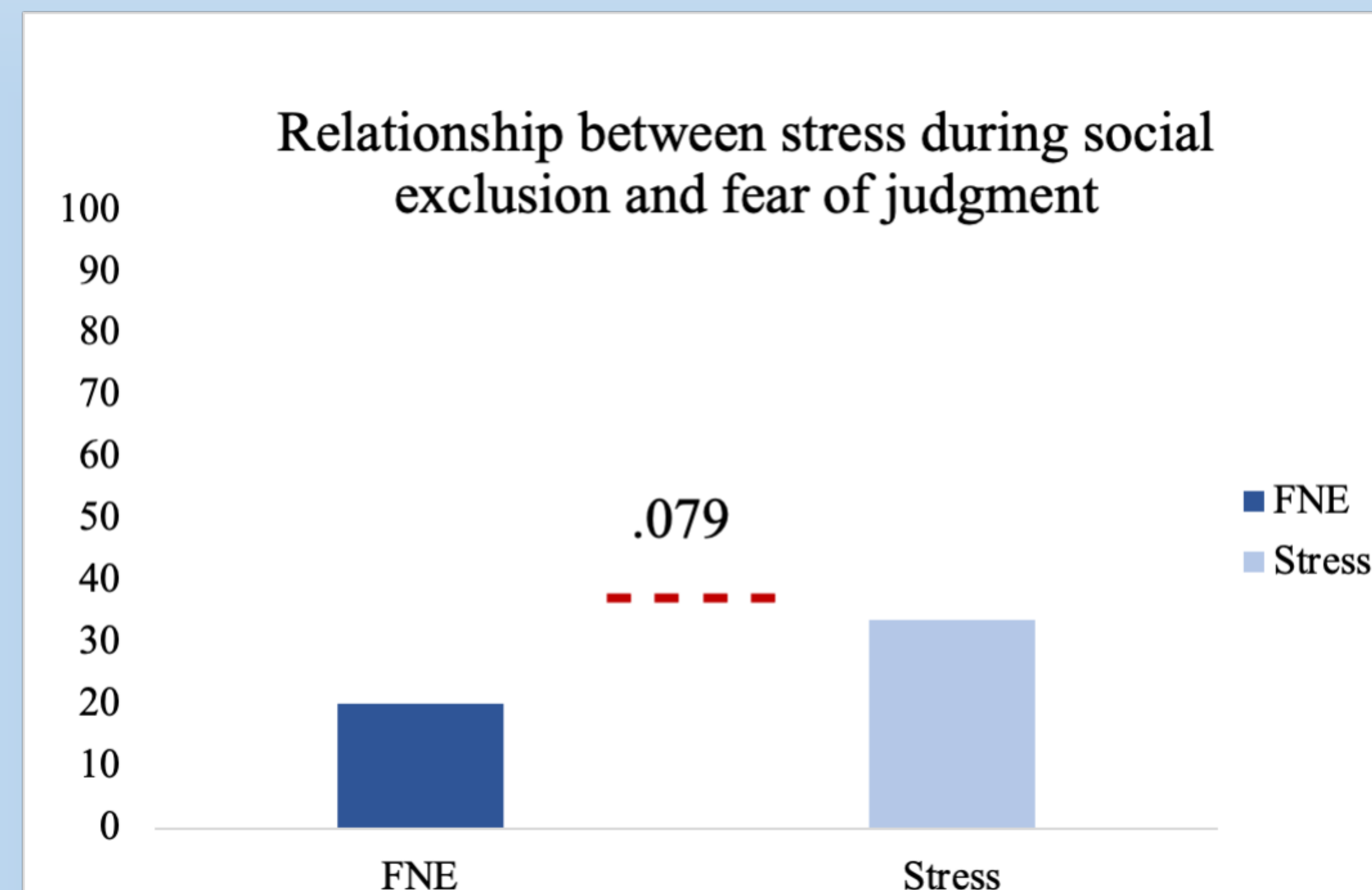
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## Introduction

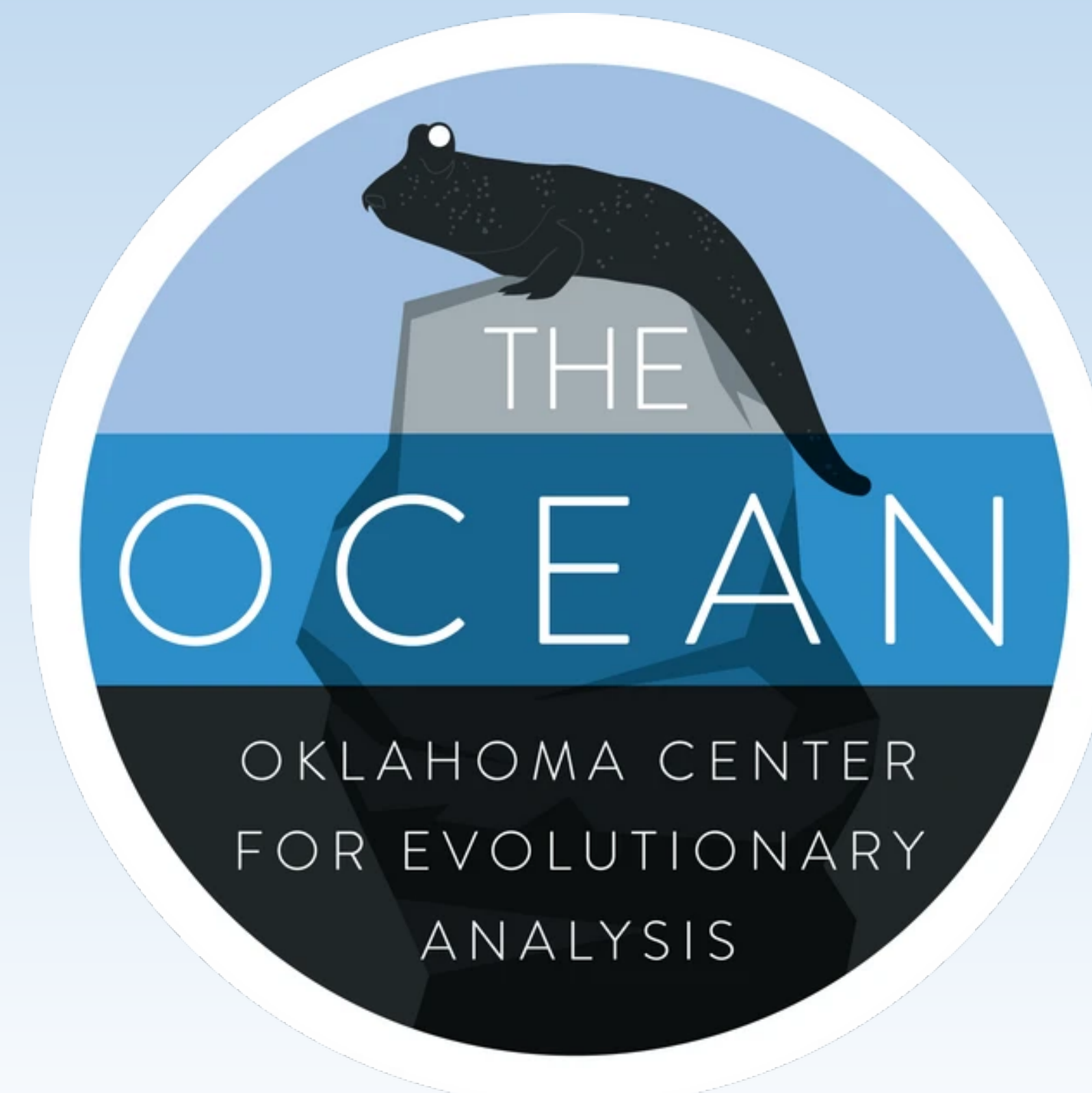
- Interpersonal connections are especially important to women (Stroud et al., 2002).
- Social exclusion has physical + emotional health consequences.
- Innate anxieties around negative judgements (Clauss & Byrd-Craven, 2019).
- RQ: Is there a relationship between an individual's fear of negative evaluation and their stress experience when being socially excluded?

## Methods

- This study included 27 female participants, aged 18-23.
- Participants recruited from a Midwestern University.
- Participants were socially excluded from a short conversation with two confederates
- Brief Fear of Negative Evaluation Scale (Leary, 1983) "I am afraid others will not approve of me"
- Participant's stress experience during exclusion. "How stressful would you rate your interaction today was?"



Using a Pearson's R correlation, there was no correlation was observed between the participant's fear of negative evaluation and their stress experience during social exclusion.



## Discussion

- Small sample size of this research.
- Social desirability
  - Adding other measures

## Future Directions/Limitations

- Larger sample size
- Future research may examine gender differences in these correlations.
- In addition, future studies may look more specifically at how judged participants felt during social exclusion.

## References

- Clauss, N., & Byrd-Craven, J. (2019). Exposure to a sex-specific stressor mitigates sex differences in stress-induced eating. *Physiology & Behavior*, 202, 26–35. <https://doi.org/10.1016/j.physbeh.2019.01.017>
- Leary, M. R. (1983). A Brief Version of the Fear of Negative Evaluation Scale. *Personality and Social Psychology Bulletin*, 9, 371-376. <https://doi.org/10.1177/0146167283093007>
- Stroud, L. R., Salovey, P., & Epel, E. S. (2002). Sex differences in stress responses: social rejection versus achievement stress. *Biological psychiatry*, 52(4), 318–327. [https://doi.org/10.1016/s0006-3223\(02\)01333-1](https://doi.org/10.1016/s0006-3223(02)01333-1)