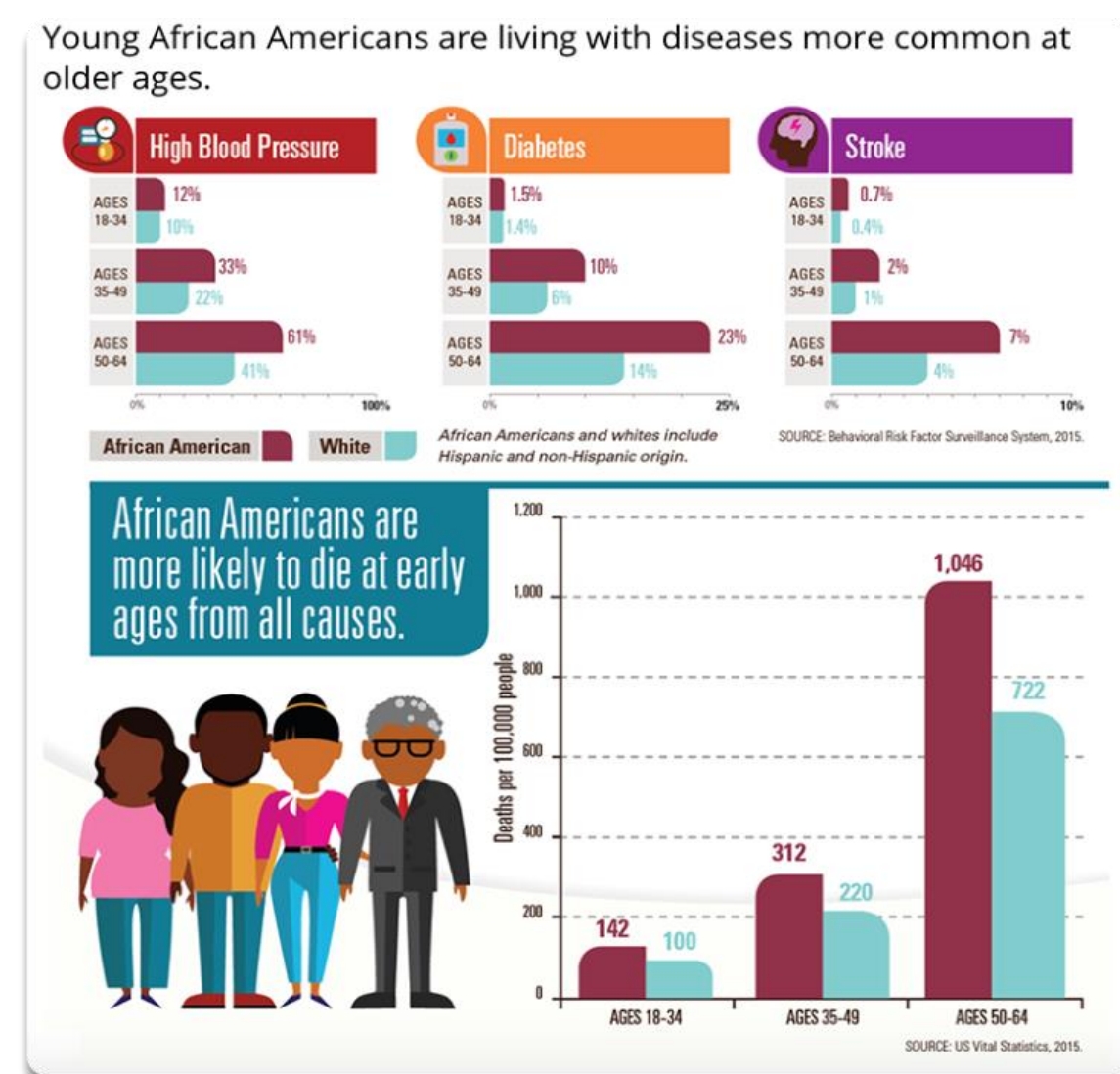


# Social Interactions: Stress and Emotions in Everyday Life

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## BACKGROUND

- Race and socioeconomic status (SES) are associated with mental and physical health disparities.
- Stress is thought to play a role in these health disparities because it can take a toll on an individual's health by leading to chronic health problems such as heart disease.
- Social stress is the most common type. Social stressors influence affect (emotions) and are caused by social experiences or events that occur in an individual's daily life.
- Although social stress is inevitable, some social groups may experience it with greater frequency.



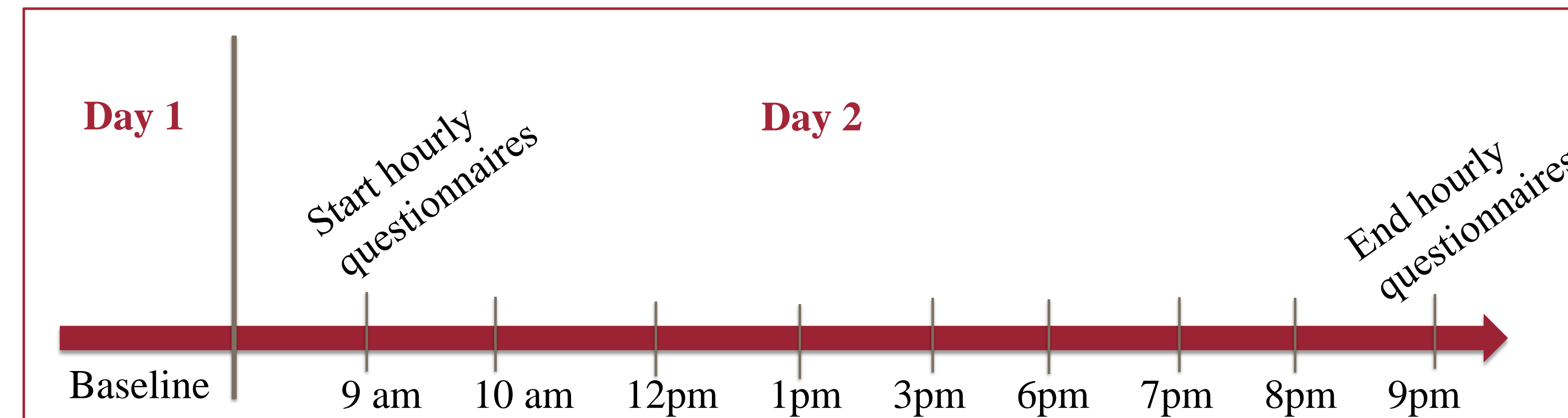
## METHODS

### Participants

- 120 undergraduate students (68% females, 32% males; 80.8% White, 15.8% Black) from The University of Alabama.

### Daily Experience Questionnaires

- Participants carried a mobile smartphone that guided them through electronic questioning (ecological momentary assessment)
  - Average number of daily ratings: 10.68



## Measures

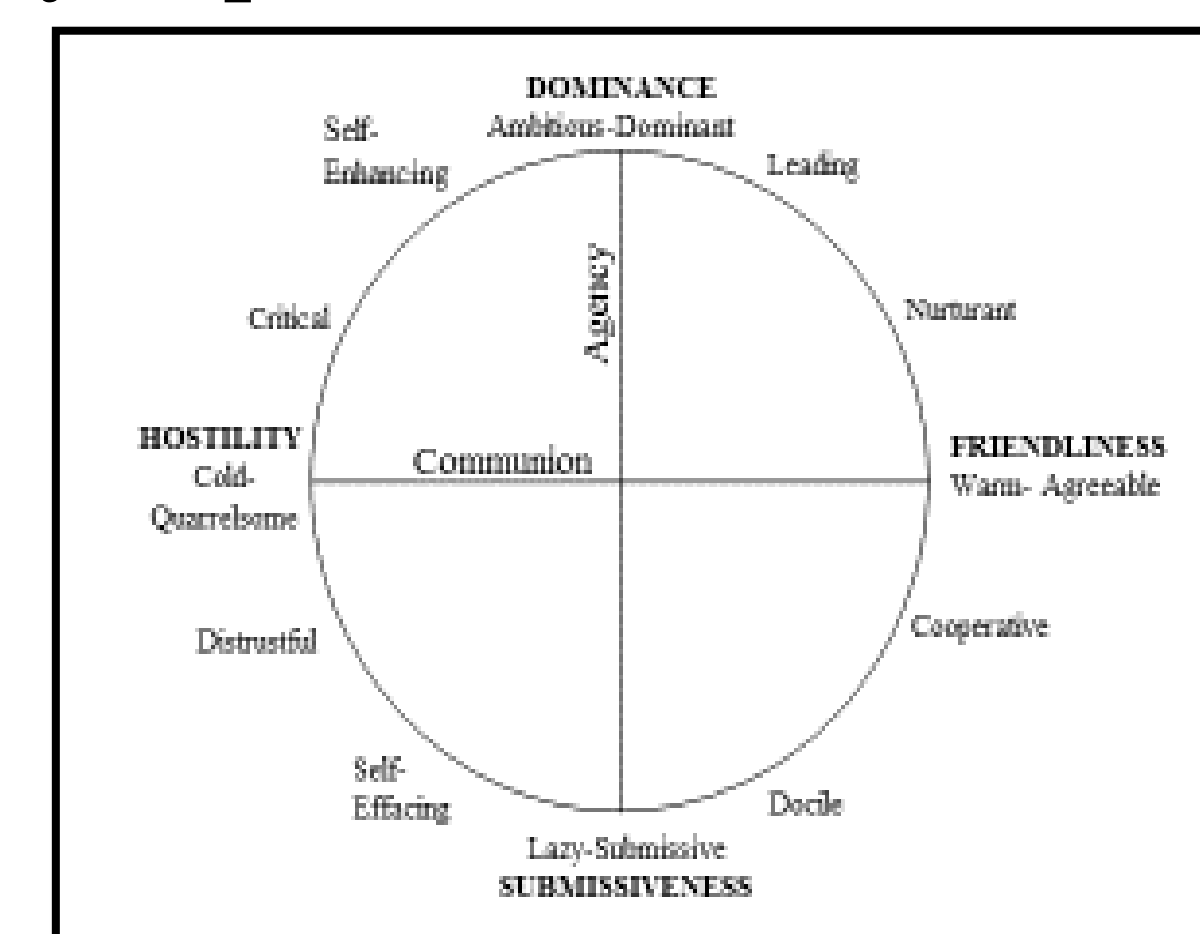
### Trait Variables



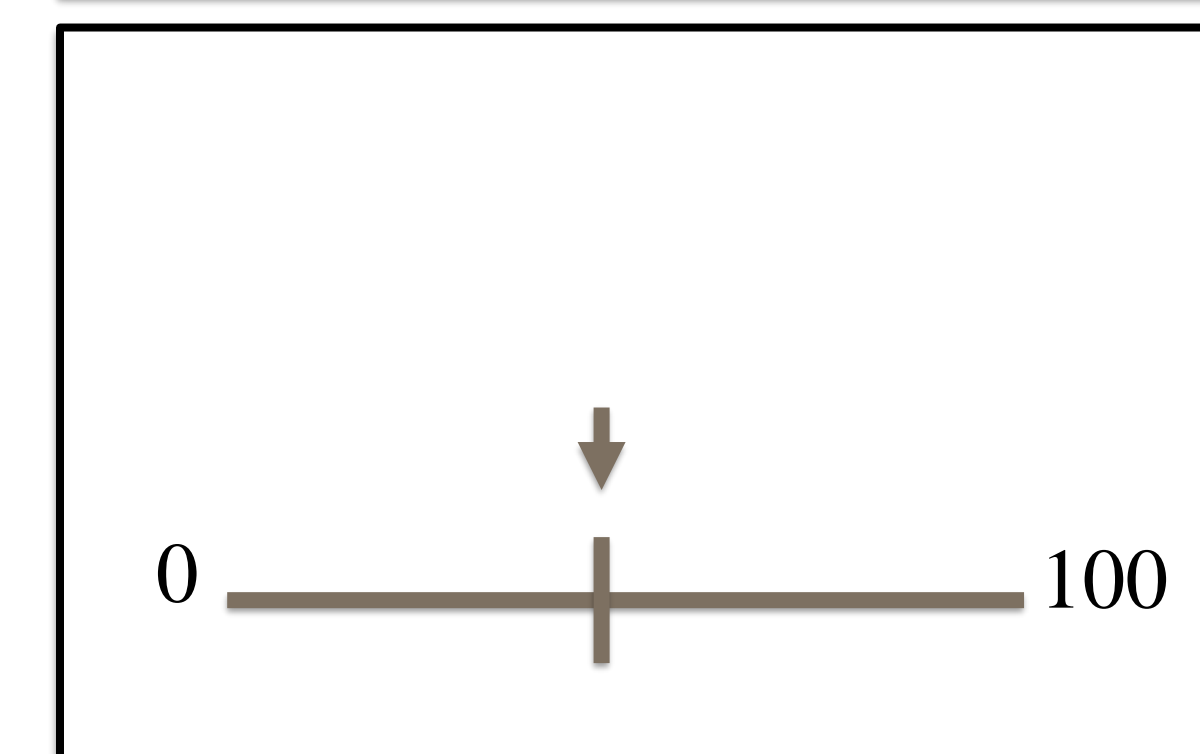
MacArthur Scale of Social Subjective Status was used to assess:

- relative social rank during social interactions.
- the participants' own subjective social statuses and their parent's subjective social statuses in the community and the United States.

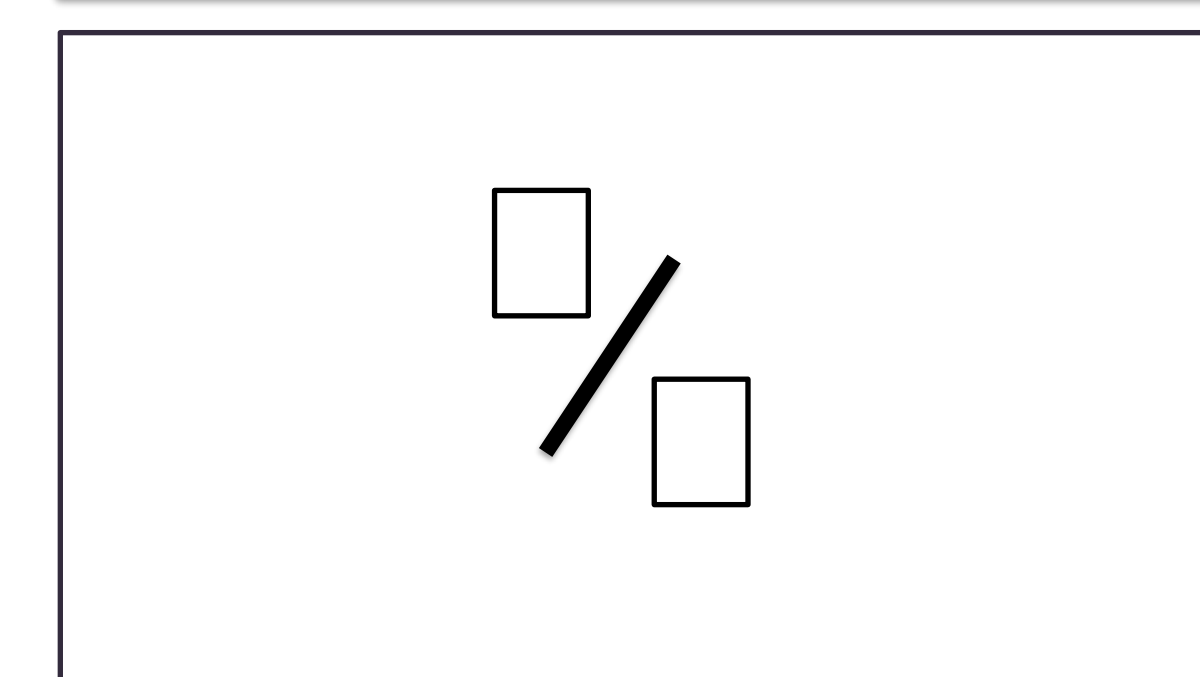
### Daily Experience Variables



Interpersonal circumplex grid was used to assess social behavior.



**Positive affect** (calm, happy, pleased, much enjoyment/fun, and joyful) and **negative affect** (tense/anxious, angry, depressed/blue, frustrated, and unhappy) were measured on a slider scale.

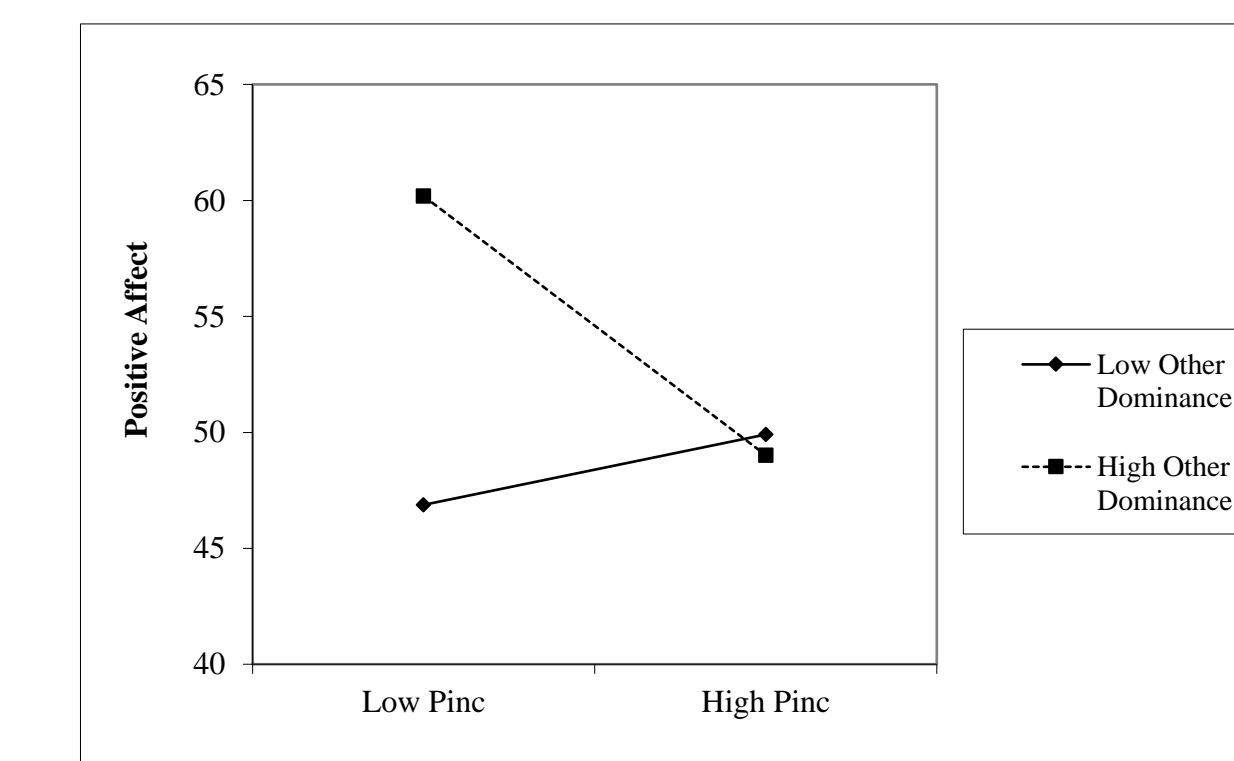


Stress was measured by the proportion of interactions that participants rated as stressful.

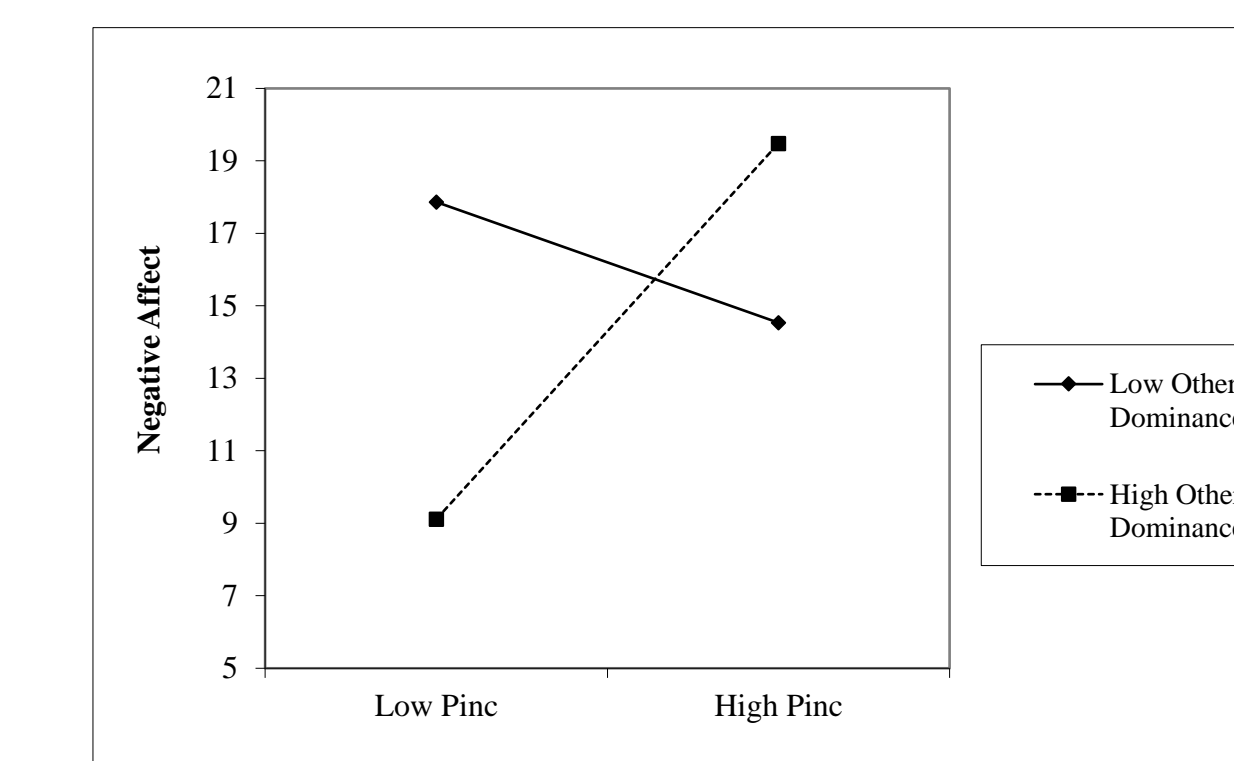
## RESULTS

	% Stress				Negative Affect				Positive Affect			
	Stand. B	Unstand. B	95% CI	p-value	Stand. B	Unstand. B	95% CI	p-value	Stand. B	Unstand. B	95% CI	p-value
Own Warmth	-0.216	-0.036	-0.067-0.006	0.02	-0.246	-4.024	6.991-1.056	0.008	0.368	10.054	5.568-14.540	0
Own Dominance	-0.072	-0.013	-0.044-0.019	0.434	-0.017	-0.286	-3.356-2.784	0.854	0.251	7.103	2.462-11.743	0.003
Other's Warmth	-0.282	-0.051	-0.083-0.019	0.002	-0.137	-2.398	-5.619-0.823	0.143	0.355	10.406	5.351-15.461	0
Other's Dominance	0.102	0.018	-0.013-0.048	0.26	-0.035	-0.598	-3.699-2.502	0.703	0.075	2.12	-2.745-6.986	0.39

- ↑ Own warmth → stress ↓, NA ↓, PA ↑
- ↑ Own dominance → PA ↑
- ↑ Other's warmth → stress ↓, PA ↑
- ↑ Other's dominance → ⓧ



High income participants report less positive affect associated with high dominance from others compared to low income participants.



High income participants report more negative affect associated with high dominance from others compared to low income participants.

## PURPOSE

The purpose of this research is to examine whether interpersonal treatment (dominance and warmth) is associated with stress and negative affect, and whether this differs by race or SES in everyday life.

Hyp 1: Exposure to hostility and dominance from interaction partners is stressful (associated with less positive affect and more negative affect).

Hyp 2: Exposure to hostility and dominance from interaction partners is more stressful for lower socioeconomic status participants than higher status participants.

Hyp 3: Exposure to hostility and dominance from interaction partners is more stressful for Black Americans (including non-Hispanic) than White Americans (including non-Hispanic).

## CONCLUSIONS/SIGNIFICANCE

- Warmth (both own and others') was more consistently associated with outcomes than dominance.
- The only outcome associated with dominance showed that participants who reported more dominance in interpersonal interactions also reported more positive affect following social interactions.
- Whether looking at positive or negative affect, high income participants are more likely to experience more negative affect and less positive affect associated with high dominance from others.

## REFERENCES

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