



Trait Perfectionism, Social Disconnection and Suicide Ideation in Male Retirees



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INTRODUCTION

Suicide Among Seniors and Social Factors

- The suicide rate among male seniors is almost four times the nation's overall age adjusted rate (Conwell, Orden, & Caine, 2011).
- Disruption in interpersonal relationship have been proposed as a suicide risk factor (Baumeister & Leary, 1995; Joiner, 2005; Van Orden et al., 2010).
- There is strong theoretical and empirical support that perfectionism is related to interpersonal difficulties and suicide behaviour (Hewitt & Flett, 1991b; Hewitt et al., 2003; O'Connor, 2007).

Multidimensional Personality Traits:

- Self Oriented Perfectionism (SOP)
- Other Oriented Perfectionism (OOP)
- Socially Prescribed Perfectionism (SPP)

Perfectionistic Self Presentational Style:

- Self-Promotion
- Nondisplay of imperfection
- Nondisclosure of imperfection

Perfectionism Social Disconnection Model (PSDM)

- The PSDM proposes that SPP leads to both objective and subjective social disconnection which in turn leads to psychological symptoms including depression, anxiety and suicide behavior (Hewitt et al., 2006).
- Perfectionistic individuals seem to have excessive needs to belong and feel connected with others but also seem to behave in ways that reduces the connectedness (Hewitt et al. 2008).
- Being bullied mediated the relationship between nondisplay and suicide potential in a sample of child and adolescent psychiatric outpatients (Roxborough et al., 2012).
- SPP leads to depression indirectly through perceived lack of social support in a student sample (Sherry et al., 2008).
- Nondisclosure mediated the relationship between insecure attachment and subjective social disconnection (Chen et al., 2012).

Goals of the Current Study

- We aim to test the validity of the subjective disconnection portion of the PSDM (Figure 1).
- We propose that nondisclosure mediate the relationship between SPP and subjective social disconnection (Figure 2).
- We want to investigate the extent to which the above relationship is affected by levels of contingency of self-worth and perceived stress (Figure 3).

PROCEDURE

Participants

- Male retirees were recruited via advertisement; participants were followed up 5 months later.
- Individuals who retired due to mental or physical illness were excluded from the study.
- 90 Male retirees initially participated in time1; 15 participants dropped out at time 2. Four cases are excluded due to missing data. Final sample size: n= 71. Mean Age = 59.65 years (SD= 5.17, Range: 43-80).

Measures

Time1:

- Multidimensional Perfectionism Scale (MPS; Hewitt & Flett, 1991).**
- Contingencies of Self-Worth (CSW; Crocker, Luhtanen, Cooper, & Bouvrette, 2003).**
- Scale of Suicide Ideation (SSI, Beck et al., 1988)**

Time2:

- Perfectionistic Self-Presentation Scale (PSPS; Hewitt et al., 2003).**
- Scale of Suicide Ideation (SSI, Beck et al., 1988)**
- Worry Domains Questionnaire (WDQ; Tallis, Eysenck, & Mathews, 1992).**
- Perceived Stress Scale (PSS, Cohen et al., 1983)**

Figure 1. Conceptual Model for the Overall PSDM

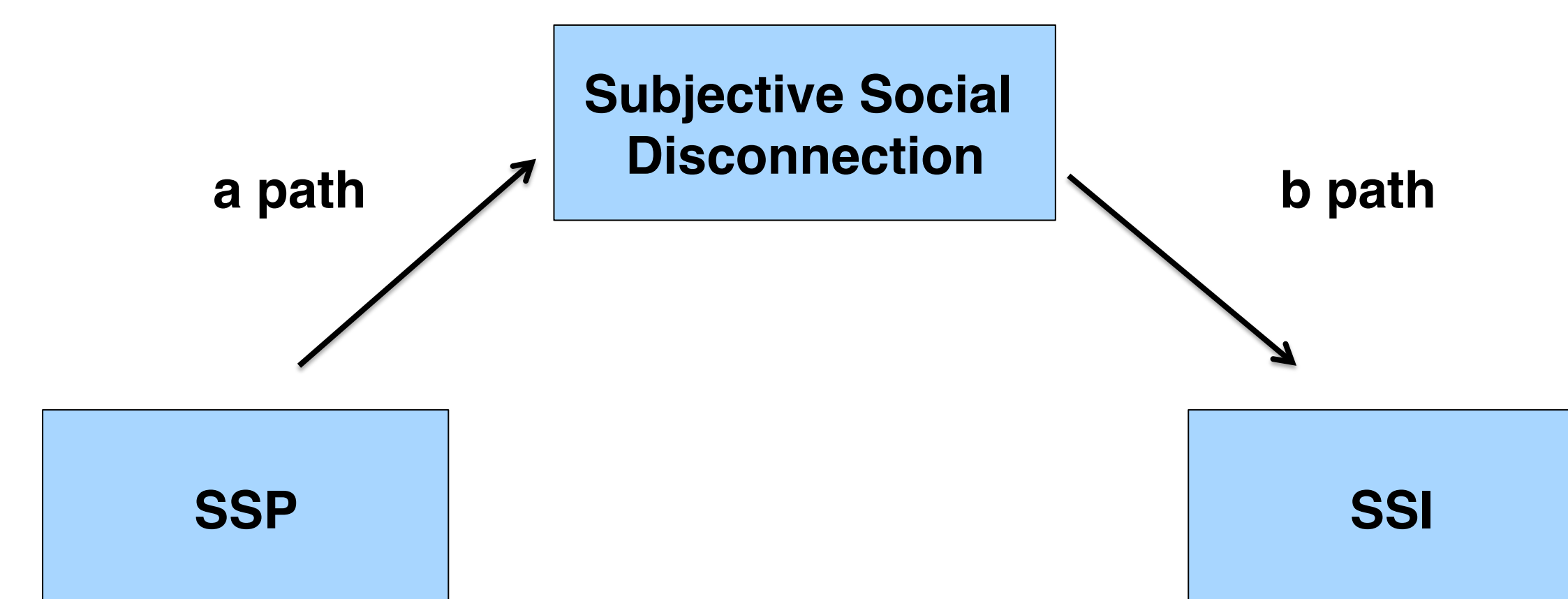


Figure 2. Chain Mediation Model with Nondisclosure.

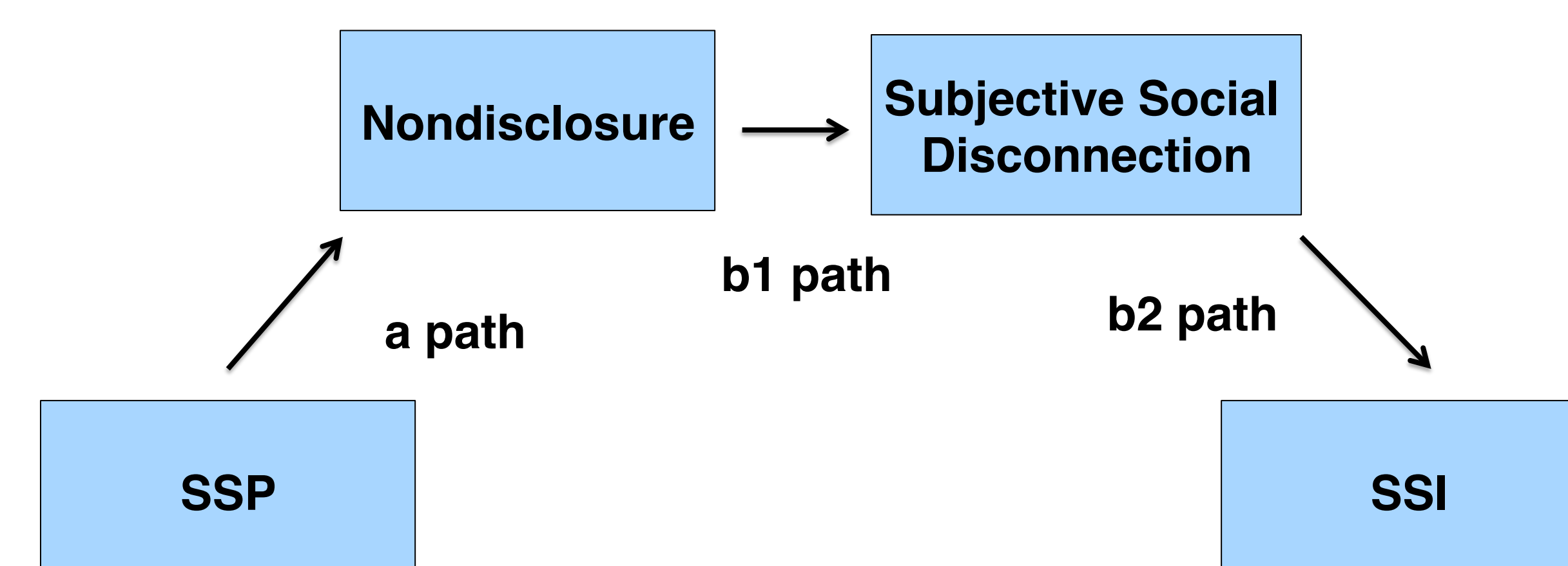


Figure 3. Chain Mediation Model with Two Moderators

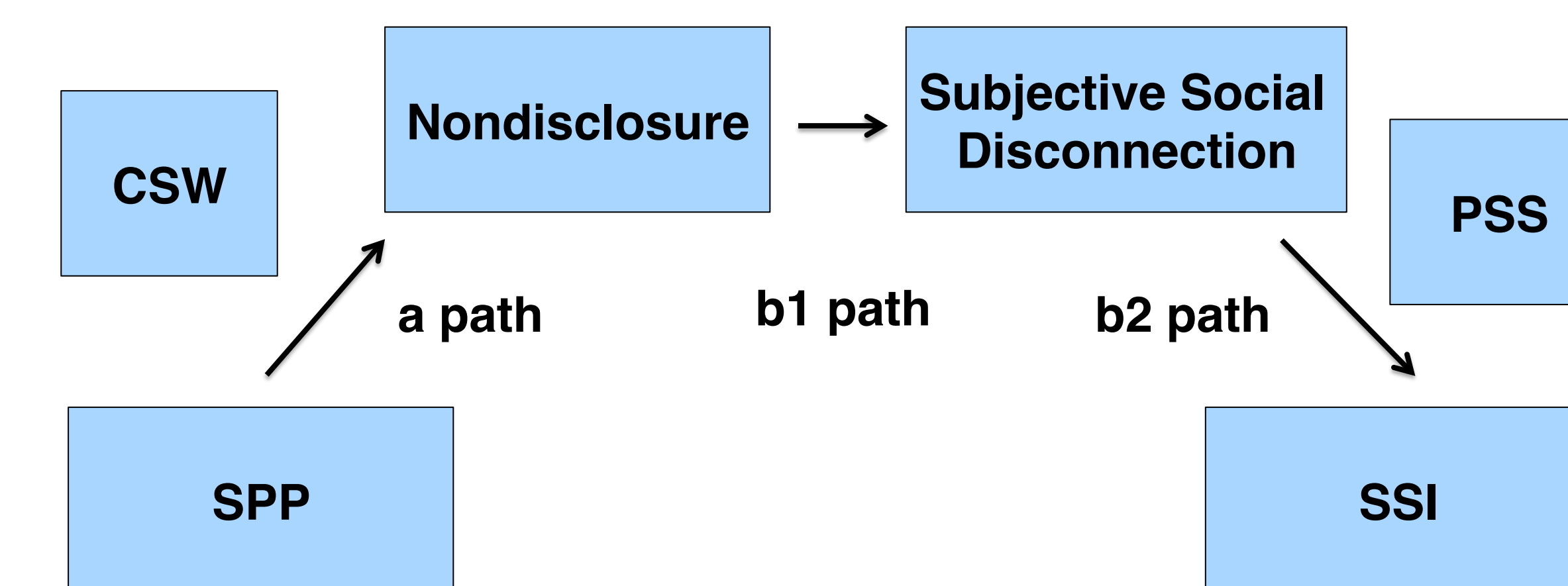


Table 1. Means, Standard Deviations, Coefficients Alpha, and Correlations with Adjustment for Multiple-testing. *p < .05, **p < .01

Variable	SOP	OOP	SPP	SP	DISPY	DISC	WDQ	CSW	PSS	SSI1	SSI2
SOP	--	0.77**	0.69**	0.67**	0.48**	0.50**	0.30	0.19	0.26	--	0.16
OOP		--	0.54**	0.55**	0.38*	0.38*	0.31	0.19	0.24	--	0.26
SPP			--	0.52**	0.52**	0.48**	0.44**	0.20	0.41*	--	0.18
SP				--	0.79**	0.79**	0.40*	0.35**	0.36*	--	0.18
DISPY					--	0.78**	0.50**	0.50**	0.59**	--	0.22
DISC						--	0.45**	0.29	0.49**	--	0.23
WDQ							--	0.26	0.63**	--	0.50**
CSW								--	0.35*	--	0.03
PSS									--	--	0.41**
SSI1										--	--
SSI2											--
<u>M</u>	60.17	51.14	44.08	35.76	35.37	21.65	7.32	4.33	16.94	0	0.1
<u>SD</u>	16.99	11.75	12.88	12.96	12.19	7.64	3.09	1.18	9.61	0	0.45
<u>α</u>	0.91	0.80	0.85	0.91	0.89	0.84	0.85	0.74	0.93	N/A	0.56

Table 2. Standardized Indirect Effect estimate and Confidence Intervals.

Model	CSW	PSS	Estimate	.95 CI
Model1	N/A	N/A	.01*	[.002, .022]
Model2	N/A	N/A	.002*	[.0004, .01]
Model3	+1 SD	+1 SD	.0029*	[.0001, .01]
Model3	+1 SD	Mean	.0013	[-.0003, .0008]
Model3	+1 SD	-1 SD	.0003	[-.006, .006]
Model3	Mean	+1 SD	.0016*	[.0001, .006]
Model3	Mean	Mean	.0007	[-.0002, .005]
Model3	Mean	-1 SD	.0002	[-.004, .003]
Model3	-1 SD	+1 SD	.0003	[-.001, .0041]
Model3	-1 SD	Mean	.0001	[-.002, .003]
Model3	-1 SD	-1 SD	.0000	[-.003, .001]

RESULTS

- Means and standard deviations approximated past studies that utilized the MPS, PSPS, and CSW. However, the mean of PSS and SSI were substantially lower than other community sample consisted of older adults.
- The overall model was significant $d = .01$ with $CI_{.95} = [.002, .022]$, and achieved medium indirect effect size $\kappa^2 = .221$ with 95% CI [.092, .440] (Preacher & Kelley, 2011).
- CSW significantly moderated a path, $b^* = .31$, $p < .001$ and PSS significantly moderated b2 path $b^* = .23$, $p < .05$. The chain mediation effect was significant when CSW and PSS were both one standard deviation above the mean, $d = .003$ with $CI_{.95} = [.001, .01]$, and when CSW at the mean and PSS one standard deviation above the mean, $d = .0016$ with $CI_{.95} = [.001, .006]$.

DISCUSSION

- The findings support the overall PSDM and suggest that failure to disclose is crucial in leading to subjective feeling of alienation.
- Suicide ideation is significantly elevated when older adults with good physical and mental health feel subjectively disconnected.
- The subjective social disconnection is facilitated by interpersonal sensitivity and perceived stress in producing suicide ideation.
- The indirect effect size from SPP to suicide ideation is likely suppressed by inherent multicollinearity.
- Interpersonal factors should be emphasized to explain and prevent senior suicide as baby-boomers are about to retire.

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