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Unequal selves in the classroom: Nature, origins, and consequences of socioeconomic disparities in children's self-views.

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Developmental Psychology

Brummelman, Eddie; Sedikides, Constantine

Children from low socioeconomic status (SES) backgrounds often have more negative self-views than their peers. How are these self-views shaped by teacher–student interactions in the classroom, and what are the consequences of these self-views for achievement inequality? We present a developmental framework addressing these questions by bridging insights from the psychological, educational, and sociological literatures. We show that children from low-SES backgrounds perceive themselves as less intelligent, less able to grow their intelligence, less deserving, and less worthy, independent of their actual abilities and achievements. We demonstrate how negative intellectual

stereotypes—expressed through daily interactions with teachers in classrooms, such as teachers' expectations, feedback, and attention—undercut the self-views of children from low-SES backgrounds. We also show how this process can be exacerbated by institutional and cultural values reflecting a belief in meritocracy (e.g., schools that encourage competition, emphasize raw ability, and attribute achievement inequality to intrinsic factors), which are common in countries with high income inequality and rigid between-school tracking. The ensuing more negative self-views introduce psychological barriers that undermine the academic achievement of children from low-SES backgrounds, thereby reinforcing achievement inequality. This represents an enormous loss of potential and perpetuates harm into adulthood. Socioeconomic disparities in self-views can emerge early in life and widen with age, underlining the need for developmental research and timely intervention. We discuss implications for studying the nature, origins, and consequences of socioeconomic disparities in self-views, and for designing interventions to reduce achievement inequality.

Mental health and disadvantaged youth: Empowering parents as interventionists through technology.

American Psychologist

Cobb, Cory L.

Youth mental health is in a crisis as prevalence rates for youth psychopathology continue to rise. With global increases in youth mental health problems, along with the havoc wreaked by the COVID-19 pandemic, mental health disparities continue to widen as youth from disadvantaged backgrounds (e.g., ethnic/racial minority, low socioeconomic, rural, gender and sexual minorities) are disparately impacted. Parents occupy a critical position in their children's lives in terms of influence, proximity, and responsibility for providing their children with the resources they need to protect their mental health. Yet, disadvantaged families experience persistent barriers that impede their access to mental health treatment, and few accessible mental health resources exist for parents from these backgrounds. Consequently, parents in disadvantaged families rarely receive formal psychological training and often lack the skills needed to effectively intervene when their children experience mental health problems. Digital mental health interventions (DMHIs)—psychosocial

interventions that have been digitally translated—offer a promising means to reduce mental health disparities among disadvantaged youth by providing their parents with vital mental health resources while overcoming many of the traditional barriers to care. However, the full potential of technology has yet to be realized, as few to no evidence-based and culturally sensitive DMHIs exist for disadvantaged families. A priority for the field is to promote health equity by providing disadvantaged families with the mental health resources that they need. Toward this end, the present article calls on the field to harness technology to empower parents from disadvantaged families as interventionists in their youths' mental health.

White adults' color-evasive racial attitudes and racism emotionality: Understanding patterns and correlates.

Parks, Sarah J.; Zeiders, Katharine H.; Yoo, Hyung Chol; Delgado, Melissa Y.

There is limited empirical work that examines how Whites psychologically maintain and make efforts to dismantle systemic racism. Prior work suggests that both color-evasive attitudes and aspects of racism emotionality predict Whites' behaviors and, to a lesser extent, their well-being as their racial position is challenged. Utilizing a sample of 897 White adults attending college (Mage = 22.98 years, SD = 5.95), the present study examined how color-evasive attitudes (i.e., blatant racial issues, racial privilege, and awareness of institutional discrimination), diversity attitudes (anti-Blackness attitudes, openness to diversity), and racism emotionality (i.e., white empathy, white guilt, and fear) co-occur together to meaningfully predict Whites' indicators of well-being (i.e., depressive and anxiety symptoms, perceived stress, and life satisfaction). Latent profile analysis revealed four profiles that varied from more antiracist configurations (abandoning racism profiles, 71% of the sample) to more racist configurations (internalizing racism profiles, 29% of sample). White individuals within the antiracist configuration displayed the highest levels of depressive and anxiety symptoms, perceived stress, and lowest levels of life satisfaction. While those in the internalizing racism configuration displayed statistically higher reports of satisfaction with life and lowest levels of depression, anxiety, and stress. Findings suggest that understanding the combined experiences of color-evasive attitudes and racism emotionality for

Whites are important avenues for increasing responsibility and taking accountability in dismantling racism.

Situating smartphones in daily life: Big Five traits and contexts associated with young adults' smartphone use.

Journal of Personality and Social Psychology

Roehrick, Katherine C.; Vaid, Sumer S.; Harari, Gabriella M.

We examine individual differences in smartphone behavior to understand the independent effects of Big Five traits and four different contextual factors (places, people, co-occurring activities, and psychological situations) on the frequency and duration of smartphone use in daily life. Using survey, experience sampling, and mobile sensing data collected over the span of 2 weeks from two samples of college students (Sample 1, N = 634; Sample 2, N = 211), we conducted a series of multilevel Bayesian gamma hurdle and negative binomial hurdle models to explain smartphone use (vs. nonuse) and the degree of use. Our pooled findings suggest that extraversion was associated with more frequent use, while conscientiousness was associated with smartphone nonuse and shorter durations of use. In terms of context, our findings show that smartphones were used more frequently when people were out and about in public places (e.g., cafes, stores) and less frequently in particularly social places (e.g., bars, friends' houses). Smartphones were also used more frequently with weak ties (e.g., classmates, coworkers) and less frequently with close ties (e.g., roommates, family, significant others). Smartphones were also used less and for shorter durations when people were engaged in certain activities (e.g., studying, commuting, chores, exercising), and when in situations perceived to be romantic or involving work. We discuss the findings with regard to past work on smartphone use and describe the next steps for research on smartphone behavior.

Cohort differences in trajectories of life satisfaction among Japanese older adults.

Psychology and Aging

Nakagawa, Takeshi; Kobayashi, Erika

Individual development and aging are shaped by historical changes in sociocultural contexts. Studies indicate that later-born cohorts experience improvements in well-being in the young–old. However, whether this historical trend holds in the old–old remains unknown. Using longitudinal data of Japanese older adults, we examined birth cohort differences in trajectories of well-being as measured by life satisfaction. Data were derived from a nationally representative study conducted from 1987 to 2012. We compared earlier- and later-born cohorts over 10 years in two age groups: the young–old (n = 1,195 per cohort; age 63–74; years of birth: 1913–1924 and 1925–1936) and the old–old (n = 436 per cohort; age 75–86; years of birth: 1901–1912 and 1913–1924). To control for covariates, we used case-matched cohorts based on age and sex. Growth curve models were employed to estimate age-related changes in life satisfaction by age group. At age 75 years, life satisfaction was higher in the later-born cohort than in the earlier-born cohort across age groups. Cohort differences in the rate of change in life satisfaction were absent among the young–old. Among the old–old, the later-born cohort showed steeper declines than the earlier-born cohort. Socioeconomic, social, and health resources did not fully explain the cohort differences in both age groups. Our results suggest that historical improvements in well-being in the young–old do not persist into the old–old. Societal advancements may enable later-born cohorts to survive with limited resources.

Does the first letter of one's name affect life decisions? A natural language processing examination of nominative determinism.

Chatterjee, Promothesh; Mishra, Himanshu; Mishra, Arul

This research examines whether the phenomenon of nominative determinism (a name-driven outcome) exists in the real world. Nominative determinism manifests as a preference for a profession or city to live in that begins with the same letter as a person's own name. The literature presents opposing views on this phenomenon, with one stream of research documenting the influence and another stream questioning the existence and generalizability of the effect, as well as the proposed underlying process. To examine whether the effect occurs in the real world, we use large language models trained on Common

Crawl, Twitter, Google News, and Google Books using two natural language processing word-embedding algorithms (word2vec and GloVe). After controlling for relevant variables, we find consistent evidence of the relationship between people's names and a preference for major life choices starting with the same letter as their first name. Our theoretical framework of identity expression builds on the implicit egotism explanation.

Who needs nature? The influence of employee speciesism on nature-based need satisfaction and subsequent work behavior.

Journal of Applied Psychology

Tang, Pok Man; Klotz, Anthony C.; McClean, Shawn T.; Wang, Yating; Song, Zhaoli; Ng, Chin Tung Stewart

Scholars have long upheld the notion that exposure to nature benefits individuals. Recently, organizational researchers have theorized that these benefits extend to the workplace, leading to calls for organizations to incorporate contact with nature into employees' jobs. However, it is unclear whether the effects of nature are strong enough to meaningfully impact employee performance, thereby justifying organizations' investments in them. In this research, we draw on self-determination theory to develop a theoretical model predicting that exposure to nature at work satisfies employees' psychological needs (i.e., needs for autonomy, relatedness, and competence) and positively affects their subsequent task performance and prosocial behavior. In addition, we theorize that the effects of nature on need satisfaction are weaker in employees higher on speciesism (i.e., the belief that humans are superior to other forms of life). We test these predictions with a mixed-method approach comprised of an online experiment in the United States (Study 1), a field experiment in Hong Kong (Study 2), a multiwave, multisource field study in Taiwan (Study 3), and a multiwave, multisource field study (with objective performance scores) in New Zealand (Study 4). Overall, our findings largely support our theoretical model.

Randomized trial of mindfulness- and reappraisal-based regulation of craving training among daily cigarette smokers.

Roos, Corey R.; Harp, Nicholas R.; Vafaie, Nilofar; Gueorguieva, Ralitza; Frankforter, Tami; Carroll, Kathleen M.; Kober, Hedy

Objective: Craving predicts smoking, yet existing interventions may not adequately target regulation of craving. We evaluated two versions of regulation of craving-training (ROC-T), a computerized intervention with intensive practice of strategies when exposed to smoking-related images. Method: Ninety-two nicotine-dependent daily smokers were randomized to mindfulness-based therapy (MBT) ROC-T focusing on mindful acceptance, and cognitive behavioral therapy (CBT) ROC-T focusing on reappraisal or no intervention control. The ROC task was administered pre- and postintervention to assess changes in cue-induced craving and mindfulness- and reappraisal-based regulation of craving. Results: MBT and CBT—versus control—showed significantly greater reductions in smoking during the intervention phase (baseline to Week 4), corresponding to large (d = −1.08, 95% CI [−1.64, −0.52]) and medium-to-large effect sizes (d = −0.69, 95% CI [−1.22, −0.15]), respectively. During follow-up (Week 4–16), CBT showed significant increases in smoking, whereas MBT and control did not. For the entire study (baseline to Week 16), MBT showed significantly greater reductions in smoking compared to control (d = −1.6, 95% CI [−2.56, −0.66]) but CBT was not significantly different than control (d = −0.82, 95% CI [−1.77, 0.13]). There were no effects on smoking when directly comparing MBT and CBT. Quit rates were low across the sample, with no difference among conditions. MBT and CBT—versus control—significantly reduced cue-induced craving. CBT (but not MBT)—versus control—significantly improved reappraisal-based regulation of craving. Both MBT and CBT—versus control—significantly improved mindfulness-based regulation of craving. Conclusions: MBT- and CBT–ROC-T may reduce cue-induced craving and smoking, and MBT may be more durable than CBT.

Multimodality and skewness in emotion time series.

Haslbeck, Jonas; Ryan, Oisín; Dablander, Fabian

The ability to measure emotional states in daily life using mobile devices has led to a surge of exciting new research on the temporal evolution of emotions.

However, much of the potential of these data still remains untapped. In this paper, we reanalyze emotion measurements from seven openly available experience sampling methodology studies with a total of 835 individuals to systematically investigate the modality (unimodal, bimodal, and more than two modes) and skewness of within-person emotion measurements. We show that both multimodality and skewness are highly prevalent. In addition, we quantify the heterogeneity across items, individuals, and measurement designs. Our analysis reveals that multimodality is more likely in studies using an analog slider scale than in studies using a Likert scale; negatively valenced items are consistently more skewed than positive valenced items; and longer time series show a higher degree of modality in positive and a higher skew in negative items. We end by discussing the implications of our results for theorizing, measurement, and time series modeling.

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