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**“The Role of Collective Narcissism
and Numinous Constructs
on Psychological Well-Being and Intergroup Relations”**

SPEAKERS

Dr. Jaroslaw Piotrowski

Cardinal Stefan Wyszyński University (UKSW), Poland

*“Relations between numinous constructs
and subjective wellbeing”*

Artur Jozef Sawicki

University of Gdańsk, Poland

*“Communal narcissism, empathy
and well-being”*

Prof. UKSW. Magdalena Żemojtel - Piotrowska

Cardinal Stefan Wyszyński University (UKSW), Poland

*“Mental health and collective narcissism:
Does collective narcissism is beneficial for
emotional, psychological and social well-being?”*

Dr. Agnieszka Golec de Zavala

Goldsmiths, University of London, UK
University of Humanities and Social Sciences (SWPS), Poland

*“Experiencing gratitude reduces intergroup threat
and intergroup hostility”*

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Gratitude reduces the link between collective narcissism and prejudice

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Collective narcissism

Collective narcissism - emotional investment in an exaggerated image of one's own group contingent on external recognition (Golec de Zavala, 2018; Golec de Zavala, et al., 2009)

- endorse the view that the ingroup's importance is not sufficiently recognized by others and demand privileged treatment for the ingroup

Collective narcissism and intergroup hostility

- Collective narcissism is related to prejudice
- Collective narcissism is related to conspiratorial thinking and hostile attribution bias
- Collective narcissism is related to retaliatory intergroup aggression and schadenfreude

(Golec de Zavala, 2018, 2019)

Collective narcissism and negative emotionality

- Collective narcissism is related to low self-esteem and vulnerable individual narcissism
- Collective narcissism is related to negative emotionality, lack of positive emotionality, lack of prosocial emotions
- Collective narcissism is related to low life-satisfaction

Conclusion from previous research

- Collective narcissistic intergroup hostility may result from decreased ability to regulate negative emotions (Golec de Zavala, 2018)

Question

- Can collective narcissistic intergroup hostility be reduced by increased ability to regulate negative emotions?
- How can this ability be boosted?

Self-transcendent emotions

Gratitude - feeling thankful for and appreciative of positive aspects of experience (Fredrickson, 2002; Wood, et al., 2010)

Self-transcendent emotions - positive affective states that bind people together in social relationships, such as compassion, gratitude, or love (Stellar, et al., 2017)

Research program

Study 1: 679 Polish adults collected as course assignment (481 female), age $M = 27.82$, $SD = 10.52$

- assessed prejudice towards Jews (prevalent in Poland)

Study 2: 590 American MTurk workers (284 female), age $M = 37.24$, $SD = 15.66$

- assessed prejudice towards Mexican immigrants (increased during Trump)

Both studies failed to induce gratitude by the 'letter' manipulation (DeWall & Lambert, 2012)

Experimental manipulation

In the experimental condition participants were asked to spend 5 minutes writing about things in their lives they were the most grateful for (vs. enjoyed doing in the control condition)

This manipulation did not affect state gratitude nor dependent variables

Research program

Study 3a: 411 Polish adults (313 female) collected by Ariadna Research Panel, age $M = 44.79$, $SD = 15.28$

- Test of a new gratitude manipulation based on a mindfulness training (10-mins long 'body scan')

Study 3b: 569 Polish adults (313 female) collected by Ariadna Research Panel, age $M = 44.79$, $SD = 15.28$

- Test whether the new manipulation reduced the link between collective narcissism and prejudice

Study 1

Collective narcissism Scale “*My group deserves special treatment*” (Golec de Zavala et al., 2009), $\alpha = .86$; $M = 3.26$, $SD = 1.03$.

Gratitude Scale ‘*I have so much in life to be thankful for*’, (McCullough, Emmons, & Tsang, 2002), $\alpha = .79$; $M = 4.48$, $SD = 0.82$ (full 6 items scale), reduced to 3 items, $\alpha = .84$, $M = 4.52$, $SD = 1.00$

Attitude towards Jews 10-item Feeling Thermometer (reversed), $M = 5.87$, $SD = 3.17$, covaried out **Attitude towards Poles**, 10-item Feeling Thermometer (reversed), $M = 3.64$, $SD = 2.83$

Study 1 correlations

Collective narcissism and gratitude, $r(677) = .04$, $p = .34$

Gratitude and prejudice towards Poles, $r(553) = -.21$, $p < .001^{***}$

Collective narcissism and prejudice towards Poles, $r(553) = -.39$, $p < .001^{***}$

Collective narcissism and prejudice towards Jews, $r(553) = .12$, $p = .006^{**}$

Gratitude and prejudice towards Jews, $r(553) = -.18$, $p < .001^{***}$

Study 1

Variables	<i>B</i>	<i>SE</i>	<i>B</i>	<i>t</i>	<i>p</i>
Collective narcissism	.96	.14	.31	7.08***	<.001
Gratitude	-.41	.16	-.11	-2.57**	.01
Attitude towards ingroup	.55	.05	.50	11.16***	<.001
Gratitude X Collective narcissism	.35	.14	-.10	-2.50**	.01
R^2	.26***				
$F(df)$	$F(4, 447) = 29.27, p <.001$				
ΔR^2	.02**, $F(1, 447) = 6.23, p = .01.$				

Study 1 Simple slopes

Collective narcissism and prejudice towards Jews at -1SD gratitude

$b = 1.26; SE=1.18, t = 6.86, p<.001^{***}$

Collective narcissism and prejudice towards Jews at +1SD gratitude

$b = 0.67; SE=0.18, t = 3.81, p = .002^{**}$

Study 2

Collective Narcissism Scale, $\alpha = .89$; $M = 3.98$; $SD = 1.48$.

Gratitude Scale, $\alpha = .81$; $M = 5.22$, $SD = 1.20$ (6 items), $\alpha = .89$; $M = 5.48$, $SD = 1.41$ (3 items)

Aggression towards Mexican Immigrants the Voodoo Doll Task (Chester & DeWall, 2016), recoded into a binary variable where “0” = no pins and “1” = 1 or more pins

Voodoo doll task



Study 2 correlations

Collective narcissism and gratitude, $r(677) = .04$,
 $p = .34$

Collective narcissism and aggression towards
Mexican immigrants, $b = .55$; $SE = .06$, $Wald =$
 69.32 ; $p < .001^{***}$

Gratitude and aggression towards Mexican
immigrants, $b = -.28$; $SE = .07$, $Wald = 14.68$; $p <$
 $.001^{***}$

<i>Study 2</i>				
<i>Variables</i>	<i>B</i>	<i>SE</i>	<i>z</i>	<i>P</i>
Collective narcissism	.54	.07	7.40	<.001
Gratitude	-.87	.10	-9.18***	<.001
Gratitude X Collective narcissism	-.14	.06	-2.18**	.03
<i>R</i> ²		<i>R</i> _{CS} ² = .27 (.36 Nagelkerke)		
<i>F</i> (df)		$\chi^2(1) = 185.48, p <.001$		

Study 2 Simple slopes

Collective narcissism and aggression towards
Mexicans at -1SD gratitude

$b = 0.71; SE=0.09, z = 7.67, p < .001^{***}$

Collective narcissism and aggression towards
Mexicans at +1SD gratitude

$b = 0.38; SE=0.12, z = 3.27, p = .01^{**}$

Study 3a

control condition 1 ($n = 157$), human anatomy

control condition 2 ($n = 131$), a 10-minute-long guided mindful attention meditation ('body scan')

experimental condition ($n = 123$), a 10-minute-long guided mindful attention meditation that included gratitude practice. Participants were requested to express gratitude toward each body part they scanned

Study 3a

Gratitude Scale, 3-items, $\alpha = .81$; $M = 5.22$, $SD = 1.20$

State Mindfulness Scale (Tanay & Bernstein, 2013), $\alpha = .93$; $M = 3.64$, $SD = 1.16$

Study 3a Gratitude

Control condition 1* + $M_{\text{control 1}} = 3.90$; $SD_{\text{control 1}} = 0.90$

Control condition 2 + $M_{\text{Attention}} = 4.14$; $SD_{\text{Attention}} = 0.90$

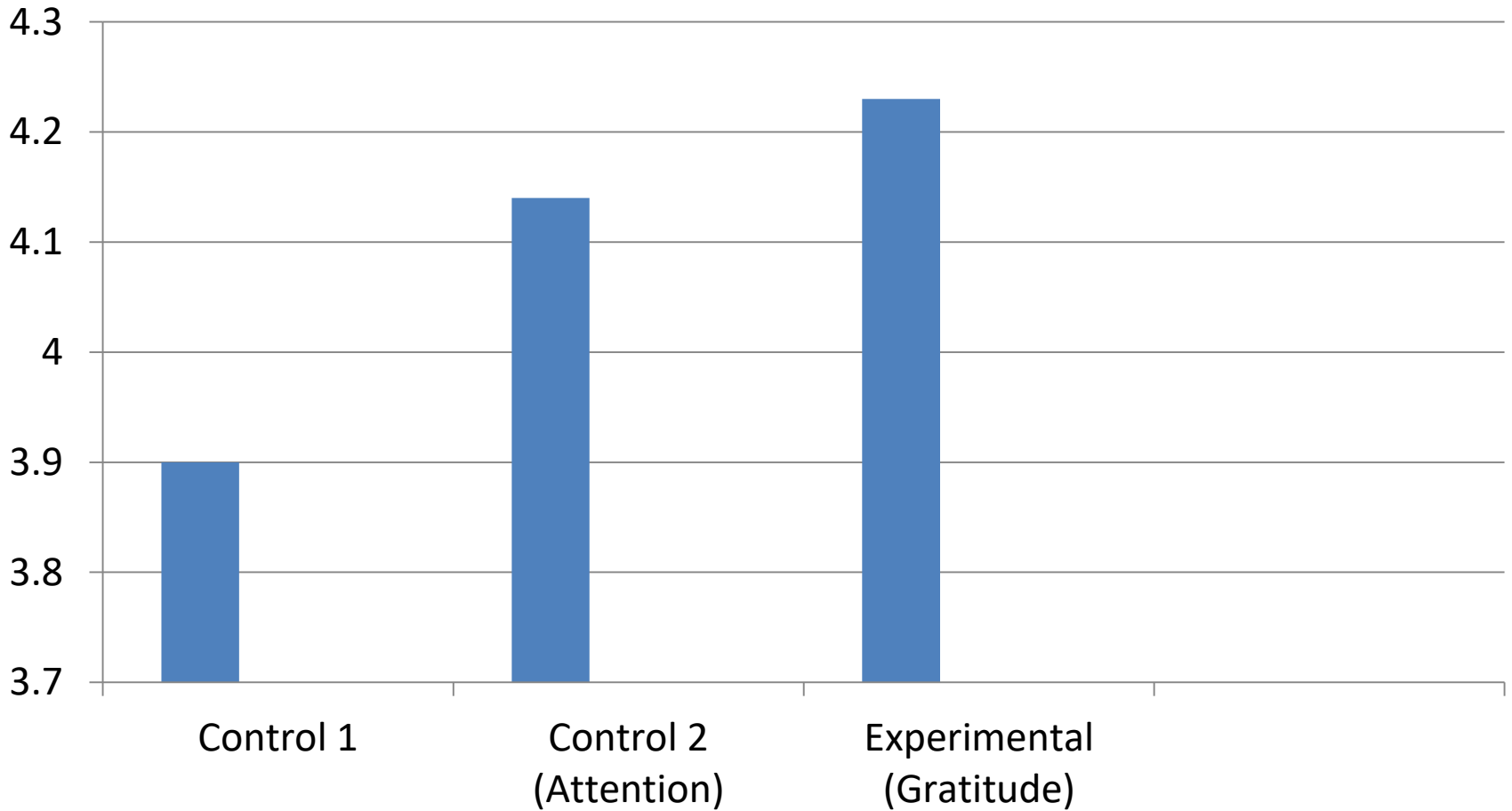
Experimental cond:* $M_{\text{Gratitude}} = 4.23$; $SD_{\text{Gratitude}} = 0.93$

$F(2, 408) = 4.75, p = .009, \eta^2 = .023$

Significant linear increase, $F(1, 408) = 11.78; p = .001$

* + Significant difference

Study 3a Gratitude



Study 3b Mindfulness

Control condition 1*+ $M_{\text{control 1}} = 3.53$; $SD_{\text{Control 1}} = 0.95$

Control condition 2+ $M_{\text{Attention}} = 3.99$; $SD_{\text{Attention}} = 0.80$

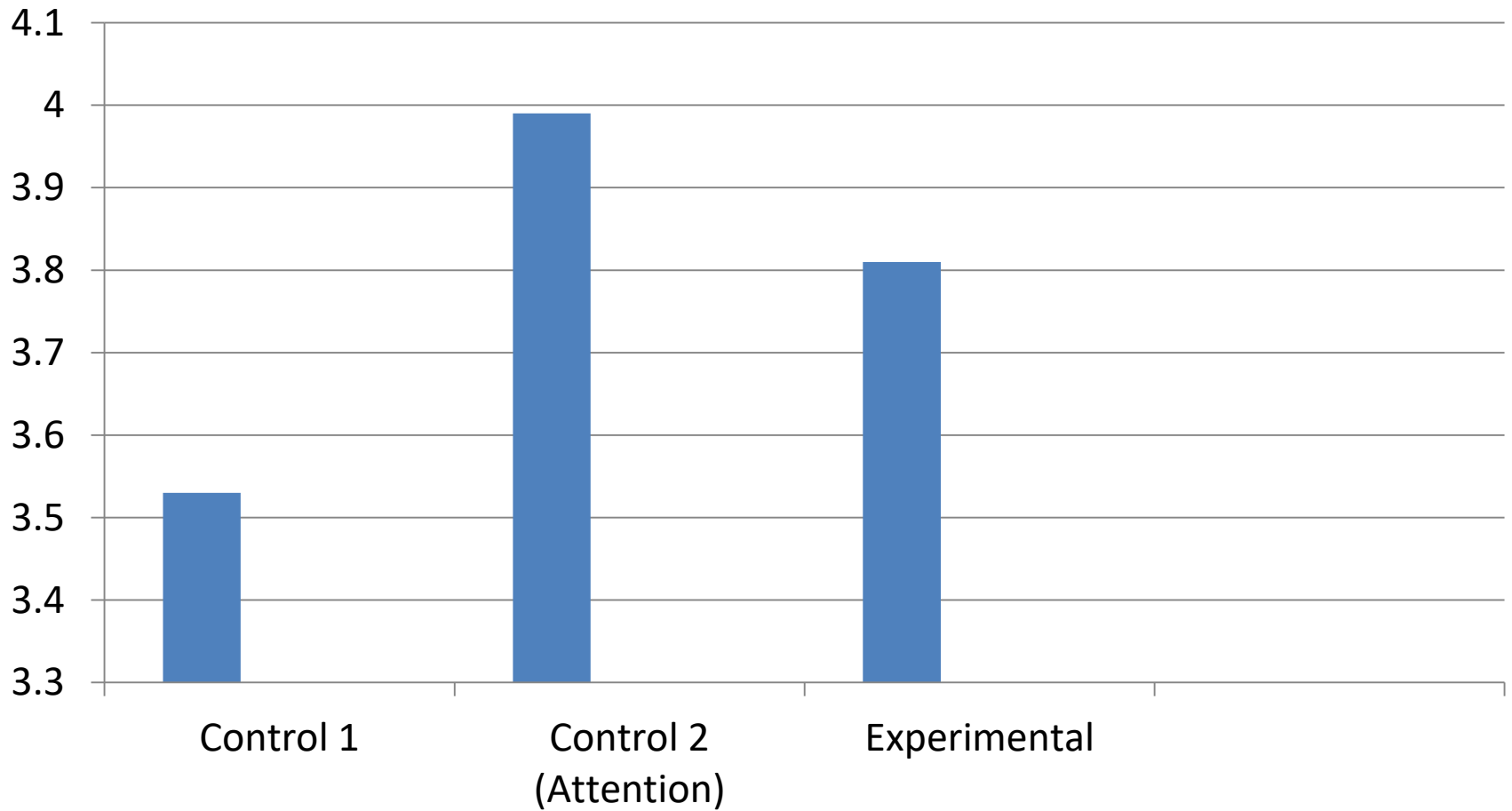
Experimental cond: * $M_{\text{Gratitude}} = 3.81$; $SD_{\text{Gratitude}} = 0.91$

$F(2, 408) = 10.08, p < .001, \eta^2 = .05$

Not-significant linear increase, $F(1, 408) = 0.57; p = .45$

*+ Significant difference

Study 3a Mindfulness



Study 3b

Collective Narcissism Scale, $\alpha = .90$; $M = 3.49$, $SD = 1.18$

Prejudice towards Jews, (Wojcik, Lewicka, & Bilewicz, 2011), $\alpha = .84$; $M = 3.68$, $SD = 1.17$

“Jews do not like Poles,”

“Jewish people have too much influence in the world,”

“Israel’s foreign politics make me feel apprehensive towards Jewish people,”

“Jewish people try to use their history to achieve their goals,”

“Talking about crimes perpetrated by Poles on Jewish people makes me apprehensive”

Variables	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>
Collective narcissism	.49	.06	8.07***	<.001
Research conditions D1	-.02	.10	-0.19	.85
Research conditions D2	.01	.11	-0.10	.92
D1 x Collective narcissism	-.04	.09	-0.41	.69
D2 x Collective narcissism	-.27	.10	-2.73**	.01
<i>R</i> ²	.18***			
<i>F</i> (df)	<i>F</i> (5, 563) = 24.51, <i>p</i> <.001			
ΔR^2	.02**, <i>F</i> (2, 563) = 5.71, <i>p</i> = .004.			

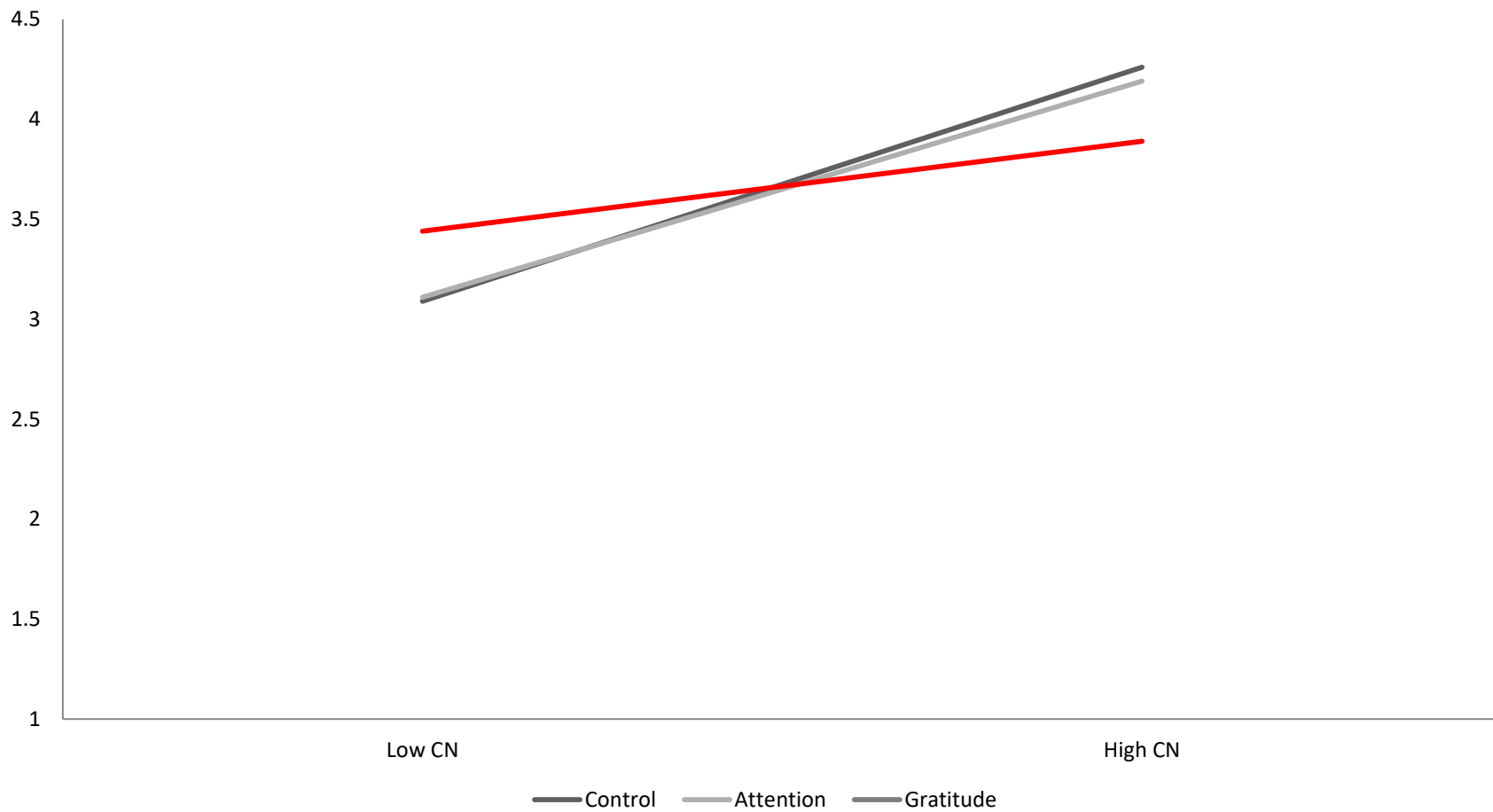
D1 0 1 1

D2 0 0 1

Study 3b Simple slopes

	<i>B</i>	<i>SE</i>	<i>t</i>	<i>p</i>
Control	.49	.06	8.07	<.001
Mindful attention	.46	.07	7.05	<.001
Mindful gratitude	.20	.07	2.67	.01

Study 3b



Summary

- The link between collective narcissism and prejudice is reduced (twice as small) among grateful people
 - replicated in two different national context in relation to different prejudice
- Experimental manipulation that increases gratitude reduces (twice) the link between collective narcissism and prejudice

Conclusions

The effect of mindful gratitude meditation on prejudice was significant only among collective narcissists

This suggests it reduces prejudice via the process underlying the link between collective narcissism and prejudice

We argue this happens via momentarily increased ability to regulate negative emotions