

## SOCIOTROPY AND DEPRESSION AMONG UNIVERSITY STUDENTS: THE MEDIATING ROLE OF INTERPERSONAL SENSITIVITY

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### ABSTRACT

The aim of present study was to see the association between sociotropy and depression and identify the mediating role of interpersonal sensitivity between these variables among University Students. It was hypothesized that those who have high sociotropic personality traits will have more interpersonal sensitivity and depressive symptoms. A convenient sample of university students from Lahore was taken. The tools were the Sociotropy-Autonomy Scale (Beck, et al., 1983) having 60 items with the Cronbach Alpha of .90, Boyce and Parker's (1989) Interpersonal Sensitivity Measure (IPSM) with five distinct facets of interpersonal sensitivity 1) timidity, 2) a fragile inner-self, 3) interpersonal awareness, 4) need for approval, 5) interpersonal awareness and separation anxiety, Cronbach Alpha of .85. For the measurement of depression Beck Depression Inventory BDI II (Beck, 1996) with 21 questions with multiple options, on 4 point likert scale (0-3) with a Cronbach Alpha.90 was used. Results indicated the direct as well as indirect effect of interpersonal sensitivity between Sociotropy and depression. Implications for the clinicians and academicians were discussed.

### INTRODUCTION

Sociotropy signifies a personality orientation centered around valuing positive social interactions. Individuals with high sociotropy tend to have self-conceptions that revolve around concepts of close relationships, acceptance, and approval while the autonomous personality mode emphasizes the importance of maintaining independence, mobility, and the freedom to make one's own choices without heavy reliance on others (Beck, et al., 1983). The sociotropy concept was then developed further by Robins et al. (1994) Sociotropy is a personality characteristic defined by an overpowering focus on interpersonal associations. It stands in contrast to autonomy, as individuals high in sociotropy prioritize relationships, whereas those with autonomy place greater emphasis on independence and are less preoccupied with others (Sato, et al., 2004). Individuals exhibiting sociotropy often possess a pronounced desire for social approval,

leading them to be excessively caring towards individuals with whom they may not share particularly close relationships (Sato, et al., 2010). The interaction of sociotropy with interpersonal stress or traumatic events is notable, ultimately influencing the likelihood of subsequent depressive symptoms (Needleman, 1999). People who are sociotropic are too sensitive to circumstances when connections are broken, social bonds are weakened, or they are rejected. Consequently, they are prone to experiencing depression when relationships falter or when they perceive rejection from others (Sungur, 1993).

It was found that sociotropy is correlated with depression and anxiety symptoms (Alford & Gerrity, 1995; Fresco, Sampson & Craighead, 2001). Unmet expectations are related to vulnerability to depression for both sociotropic and autonomic individuals (Frewen & Dozois, 2006). These traits,

when present at high levels of intensity, are important factors in prospectively predicting the development of depression.

According to the psychoanalytic perspective outlined by Blatt (1974), an individual may develop a "dependent" personality when they struggle to form mature self-conceptions. Instead, they seek out interpersonal relationships as refers to bolster their sense of self-respect. In cases where the dependent individual perceives or experiences the possibility of interpersonal abandonment or rejection, it can lead to what Blatt terms "anaclitic" depression. This form of depression is marked by feelings of helplessness, anxieties about being left, and a longing for protection and affection. People having strong sociotropy frequently exhibit excessive preoccupation and sensitivity to the possible displeasure of other individuals. Receiving affection and approval from others, as well as preserving strong connections, are essential to their feeling of dignity.

#### **Interpersonal Sensitivity**

Interpersonal sensitivity was specified as (Boyce & Parker 1989) undue and excessive awareness of, and sensitivity to, the behavior and feelings of others. Individuals with high levels of this characteristics tend to be deeply engaged in interpersonal interactions, attuned to the emotions and actions of others. They also display a heightened sensitivity to perceived criticism and rejection. Additionally, they make efforts to adapt their behavior in accordance with the expectations of those around them. Boyce and Parker (1989) developed the Interpersonal Sensitivity Measure (IPSM) that indexes the five facets of this construct that is interpersonal awareness, need for approval, separation anxiety, timidity, and fragile inner-self. The 'Interpersonal Awareness' facet' refers to attention to others' moods and behaviors. 'Need for Approval' refers to the desire to be loved and to make others happy. 'Separation Anxiety' refers to separation from important others. 'Timidity' measures lack confidence for fear of others being upset. Finally, 'Fragile Inner-Self' recognizes a difficulty in disclosing an unlikable inner-self for fear of criticism and rejection.

Interpersonal sensitivity has also been shown to correlate with attachment insecurity (Otani et al., 2014), which highlights the developmental

aspects of the concept and could be a clue in to the development of interpersonal sensitivity (Otani, Suzuki, Matsumoto, & Kamata, 2009a; Otani, Suzuki, Shibuya, Matsumoto, & Kamata, 2009b). Interpersonal sensitivity that develops into maladaptive behaviors can lead to depression (Boyce, Parker, Barnett, Cooney, & Smith, 1991; Sakado et al., 1999), social anxiety disorder (Harb, Heimberg, Fresco, Schneier, & Liebowitz, 2002; Kumari, Sudhir, & Mariamma, 2012), anxiety (Vidyanidhi & Sudhir, 2009), as well as psychotic symptoms (Masillo et al., 2012).

Researchers suggested that individuals who exhibited excessive sensitivity to the emotions and actions of others were prone to developing depression. Interpersonal sensitivity also pertains to the capacity to accurately perceive others' capabilities, emotional states, and characteristics through nonverbal cues (Carney & Harrigan, 2003). It can also encompass a fear of potential rejection or criticism from others (Bell & Freeman, 2014), involves both accurately perceiving others and engaging in behavior that is socially appropriate in interpersonal interactions (Bernieri, 2001). Individuals with high interpersonal sensitivity exhibit a heightened awareness of interpersonal relationships and are prone to comparing themselves to others, often noticing their own perceived shortcomings. This personality trait is characterized by persistent concerns about adverse social judgments. Inter-personally sensitive people typically experience a higher amount of social pressure, leading them to be consistently vigilant about how they are evaluated by others. As a preemptive measure, they may adopt defensive behaviors, such as obedience or inhibition, to sidestep potential evaluations they perceive as negative (Marin & Miller, 2013).

Personal compassion reflects an inherent apprehension about potentially causing harm to others and subsequently facing rejection or criticism. Naturally interpersonally sensitive individuals tend to be more anxious about being well-regarded (Sato, 2003), and as a result, they exhibit a stronger drive to uphold positive relationships with others. Specifically, to cultivate and preserve positive interpersonal connections, individuals with a higher need for affiliation tend to gravitate towards

behaviors that hold greater value for others (O'Malley & Schubarth, 1984).

### **Depression**

Depression is a global psychiatric condition marked by feelings of sadness, diminished interest or enjoyment, fatigue, and difficulties with concentration (Friedman, 2012). It stands as one of the most widespread mental health disorders, impacting roughly 280 million individuals across the globe (Herman, et.al. 2022). Beck theorized that sociotropic individuals, who place extreme importance on maintaining relationships and avoiding rejection, would be particularly vulnerable to depression following negative interpersonal events. Thus, theory predicts that sociotropic individuals should respond with greater distress to social than nonsocial stressors, and be more distressed than non-sociotropic individuals when faced with interpersonal loss, conflict, or rejection (Beck, 1983). Depression influences an individual's cognition, actions, emotions, and overall sense of well-being (de et al., 2019). Individuals grappling with depression frequently encounter a diminished drive or enthusiasm, as well as a decreased capacity to derive pleasure or joy from activities that typically provide them with satisfaction or happiness (Gilbert, 2007). Individuals going through depression may grapple with emotions of despair, hopelessness, and even contemplate suicide linked to coping mechanisms (Mitchell, et al., 1983).

Beck's (1983) depression theory underscores the significance of cognitive schema. In this context, individuals with sociotropic tendencies are prone to depression due to their rigid, perfectionistic, and impractical expectations regarding interpersonal connections. These individuals strive for stable interpersonal relationships as a means to bolster their self-esteem. They are said to put a great deal of value on supportive relationships between individuals and have higher expectations for acknowledgment, comprehension, encouragement, and direction. (Coyne & Whiffen, 1995).

According to Boyce and Parker (1989), those who are very sensitive to other people's actions and feelings are more likely to suffer from depression. Those with enhanced sensitivity to other people frequently struggle with personal tension during interactions with others, which turns out to be

the primary indicator of depression (Vrshek-Schallhorn, et.al. 2015). According to psychodynamic model of Blatt,(1974) certain individuals may develop a dependency due to inadequate care, nurturance, and support from their mothers during infancy. These individuals tend to be highly sensitive to relationship-related stressors, potentially leading to the growth of "anaclitic depression."

According to cognitive triad framework, those with depression frequently perceive themselves as unlovable, helpless, destined for failure, or fundamentally inadequate. They frequently blame their adverse events on alleged flaws in their character, whether it be ethical, psychological, or physiological. (Beck, et, al.,1993).

### **Rationale**

People are not aware that how their personality traits contribute to their depression. In Pakistani cultural context, there is lack of research on personality characteristics. The aim of this study is to identify whether sociotropic and interpersonally sensitive people are more vulnerable to depression. This research will help the students to get knowledge about their negative personality traits like pleasing others, concerns about disapproval and timidity so that they could improve these characteristics and establish their interpersonal relations with confidence and dignity. This research will give better understanding to the clinicians to develop the coping mechanisms, new strategies and techniques to tackle the sociotropy traits and reduce depression among the clients.

### **Hypotheses**

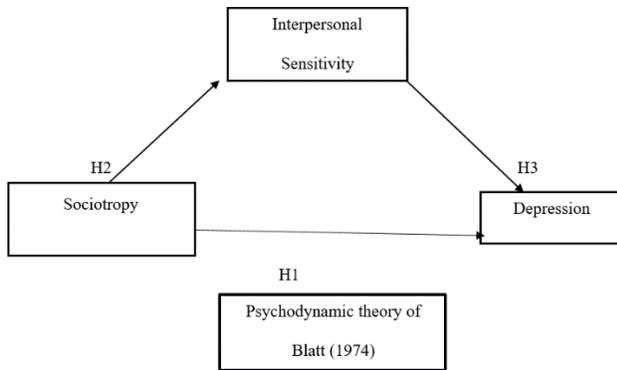
H1. There is likely to be a significant relationship of Sociotropy and depression.

H2. Sociotropy, interpersonal sensitivity are likely to significantly predict depression.

H3. Interpersonal sensitivity will mediate the relationship between sociotropy and depression.

H4. There would be a gender difference among sociotropy, interpersonal sensitivity, and depression in university students.

### Hypothesized Model



### Methodology

A Correlational research design was used for conducting current study to explore the connection among sociotropy, interpersonal sensitivity and depression in university students. A convenient sample comprised of 300 university students of Lahore was taken. The Sociotropy-Autonomy Scale (Beck, et al., 1983) having 60 items with the Cronbach Alpha of .90 was used. Boyce and Parker (1989) introduced the Interpersonal Sensitivity Measure (IPSM). This self-report 36 items instrument gauges five distinct facets of interpersonal sensitivity 1) timidity, 2) a fragile inner-self, 3) interpersonal awareness, 4) need for approval, 5) interpersonal awareness and separation anxiety. It is a 4 point Likert scale ranging from very like to very unlike (4-1). The Cronbach Alpha for IPSM is .85. For the measurement of depression Beck Depression Inventory BDI II (Beck, 1996) was used. It is a self-report inventory with 21 questions with multiple options, on 4 point likert scale (0-3) with a Cronbach Alpha.90.

### Results

The data was analyzed in five key steps. At first psychometric properties were analyzed. In the second step, correlation analysis was reported. In the third, hierarchical regression analysis was done to check for significant predictors of depression in university students. Next, mediation analysis was done using Haye's Process. Lastly, T-test analysis was done to check gender difference.

*Demographic Characteristics of the Participants.* The age range of participants was 18-35. Demographic analysis showed that 108 participants (36%) have age range from 18-20, 136 (45%) have age range from 21-23, 45 (15%) have age range from 24-26 and 11 (4%) have age range from 27-29. Regarding qualification 207 participants (69%) were studying in BS, 51 (17%) were from BSc. and 40 (13.3%) were from MS and MPhil, 2 (7%) were doing PhD. 144 were male (48%) and 156 (52%) were female.

**Table 1**

*Psychometric properties of sociotropy with subscales, interpersonal sensitivity with subscales and depression*

Scale	M	SD	Cronbach's $\alpha$
Sociotropy	66.02	17.9	.87
Dis	20.92	7.26	.76
Sep	28.45	8.05	.72
PO	16.63	5.5	.73
IPSM	95.56	14.4	.85
IA	18.86	3.6	.56
NFA	22.18	4.2	.64
SA	21.16	3.9	.57
TM	20.99	4.1	.62
FIS	12.37	2.7	.48
BDI	27.90	10.3	.83

*Note.* N=300, M=mean, SD=(standard deviation), DIS= Concern about Disapproval, Sep = (Concern about Separation), PO = Pleasing others, IPSM = Interpersonal Sensitivity, IA= Interpersonal awareness, NFA= Need for approval, SA= Separation anxiety, TM= Timidity, FIS= Fragile inner-self, BDI= Beck Depression Inventory. Reliability analysis on subscales of Sociotropy is fairly high. It is slightly low on two subscales of Interpersonal Sensitivity, satisfactory on two subscales and acceptable on one subscale. For depression scale it is high.

**Table 2**

*Correlation among Sociotropy and its subscales, interpersonal Sensitivity and its subscales and Depression,*

Variable	M	SD	1	2	3	4	5	6	7	8	9
Sociotropy											
Dis	20.9	7.2	-	.66**	.54**	.41**	.15*	.28**	.27**	.25**	.34**
Sep	28.4	8.0		-	.60**	.41**	.27**	.35**	.37**	.23**	.27**
Plea	16.6	5.4			-	.28**	.24**	.24**	.32**	.07	.19**
IPSM											
IA	18.8	3.6				-	.52**	.59**	.61**	.48**	.25**
NA	22.2	4.2					-	.45**	.56**	.25**	.05
SA	21.2	3.9						-	.55**	.48**	.29**
Tm	20.9	4.1							-	.36**	.25**
FIS	12.3	2.7								-	.33**
BDI	27.6	10.4									-

*Note.* N=300, M=mean, SD=standard deviation, Dis= Concern about Disapproval, Sep= Concern about Separation, PO = Pleasing others, IPSM= Interpersonal sensitivity, IA= Interpersonal awareness, NFA= Need for approval, SA= Separation anxiety, TM= Timidity, FIS= Fragile inner-self, Dep= Depression, \*p< .05, \*\*p< .01, \*\*\*p<.001.

Table 2 indicates that sociotropy is significantly positively related with its subscales as well as with the subscales of interpersonal sensitivity. Concern about disapproval has significant correlation with concern about separation (r=.66\*\*), pleasing others (r=.54\*\*), interpersonal awareness (r=.41\*\*), need for approval (r= .15\*\*), separation anxiety (r= .28\*\*), timidity (r= .27\*\*),

fragile inner-self (r= .25\*\*), and depression (r= .34\*\*). Similarly, Sociotropy and interpersonal sensitivity are positively related with depression (r= .19\*\*). Analysis revealed that among students sample, participants who were having sociotropic personality traits are more prone to depression. Similarly, interpersonal sensitive students also had higher level of depression.

**Table 3**

*Hierarchical Multiple Regression Analysis of Sociotropy and Interpersonal Sensitivity as predictors of Depression (N=300)*

Variables	B	95% CI		SE	B	R <sup>2</sup>	ΔR <sup>2</sup>
		LL	UL				
<b>Step 1</b>							
Constant	23.2***	19.5	26.9	1.9	—	.020	.020**
Gender	2.9**	.567	5.25	1.91	.14**		
<b>Step 2</b>							
Constant	14.29***	9.3	19.31	2.5	—	.128	.108***
Gender	1.86	-.43	4.14	1.2	.09		
Dis	.43***	.22	.63	.11	.29***		
Sep	.11	-.11	.30	.10	.08		
PO	-.10	-.35	.19	.14	-.04		
<b>Step 3</b>							
Constant	4.62	-2.8	12.1	3.8	—	.218	.090***
Gender	2.1	-.17	4.3	1.14	.10		
Dis	.33**	.12	.54	.11	.23**		
Sep	.03	-.17	.23	.10	.03		
PO	-.013	-.32	.25	.13	-.01		
IA	-.11	-.55	.34	.23	-.04		
NA	-.44**	-.77	-.12	.16	-.18**		
SA	.35*	-.02	.72	.19	.13*		
TM	.32	-.04	.69	.18	.13		
FS	.80***	.33	1.27	.24	.21***		

Note. Dis= Concern about Disapproval, Sep= Concern about Separation, PO = Pleasing others, IA= Interpersonal awareness, NA= Need for approval, SA= Separation anxiety, TM= Timidity, FS= Fragile inner-self, CI = confidence interval, UL = upper limit, SE = standard error, \*p< .05, \*\*p< .01, \*\*\*p<.001.

Table 3 indicates multiple hierarchical regression analysis. The analysis was conducted in four phases, in which the relationship of gender, sociotropy (subscales), interpersonal sensitivity (subscales) and coping (subscales) as predictor and depression as outcome. Model 1 revealed that gender (β=.14\*\*)

predicted 2% variance in depression. Model 2 revealed that all sociotropic subscales are predictors of depression and Sociotropy causes 13% variance in depression. In model 3 when gender and Sociotropy were included with interpersonal sensitivity it accounted 22% variance in depression

**Table 4**

*Regression Coefficients, Standard Error, and Model Summary Information for Interpersonal Sensitivity as a mediator between Sociotropy and Depression*

Antecedent		Consequent				Consequent		
		Interpersonal Sensitivity (M)				Depression (Y)		
		B	SE	P		B	SE	p
Sociotropy(X)	A	.33	.043	.000***	c'	.128	.034	.000***
IPS(M)		-	-	-	B	.14	.041	.000***
Constant	I	73.53	2.93	.000***	I	5.91	3.71	.01**
R <sup>2</sup> = .164					R <sup>2</sup> = .127			

F (1,298) = 58.4 , p = .000\*\*\*

F (2,297) = 21.66, p = .000\*\*\*

Note; IP= Interpersonal Sensitivity, \*\*p<.01, \*\*\*p<.001  
 A bootstrapping method was performed using SPSS Process Macro to examine if Interpersonal Sensitivity mediated the relationship between sociotropy and depression. First, the results of the regression analysis show that Sociotropy is a significant predictor of interpersonal sensitivity (b = .33\*\*\*, SE = .043, p = .000). Next, while controlling for interpersonal sensitivity (mediator), the results of second regression analysis show that Sociotropy is a significant predictor of Depression (b = .14\*\*\*, S.E = .041, p = .000).

The results of the indirect effect based on 5000 bootstrap sample show a statistically significant total indirect relationship (the difference between the total and the direct effect/c-c') between Sociotropy and Depression mediated by IPS (a\*b = .05, Bootstrap 95% CI = .02 and .09). The mediator IPS, accounted for approximately 17% of the total effect on Depression. Findings showed the partial mediating role of Interpersonal Sensitivity between Sociotropy and Depression.

**Table 5**  
 Path Coefficients

Variable \ Effect	B	SE	T	P	95% CI	
					LL	UL
Sociotropy→Dep	.128	.034	3.81	.000	.062	.194
Sociotropy → IP	.329	.043	7.64	.000	.244	.414
Soc →IP → Dep	.046	.02	-	-	.015	.087

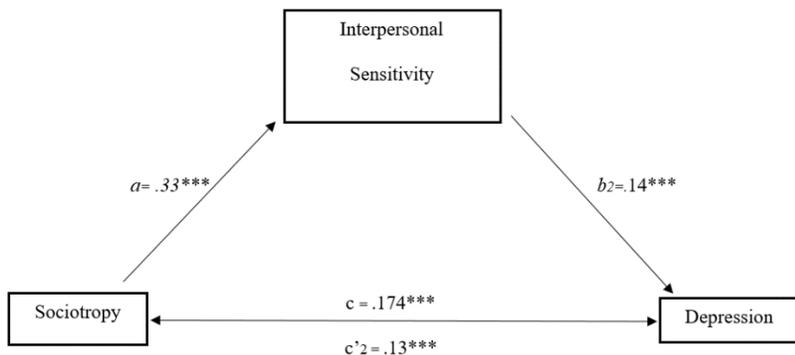
Table of Effect

Effect	B	SE	T	P	95% CI	
					LL	UL
Direct	.128	.034	3.81	.000	.062	.194
Indirect	.05	.02	-	-	.02	.09
Total	.174	.031	5.56	.000	.113	.24

Note; Soc= Sociotropy, IP= Interpersonal Sensitivity, Dep= Depression, SE= Standard error, CI= Confidence Interval, LL= Lower Level, UL= Upper level, \*\*p<.01, \*\*\*p<.001  
 Based on 5000 bootstrap sample

**Statistical Model**

**Figure 2**



**Table 6**

*Independent Sample t-test comparing Sociotropy, Interpersonal Sensitivity, Coping and Depression scores of Male and Female University Students*

Variables	Male		Female		t (298)	p	Cohen's d
	M	SD	M	SD			
Dis	19.8	6.5	21.9	7.74	-2.7	.007	.29
Sep	26.9	7.4	29.8	8.4	-3.13	.002	.37
Plea	15.3	5.2	17.8	5.4	-3.87	.000	.47
IA	17.8	3.5	19.7	3.4	-4.7	.000	.55
NA	21.1	3.9	23.2	4.2	-4.36	.000	.52
SA	20.5	3.7	21.8	4.0	-2.83	.005	.34
TM	20.1	4.0	21.7	4.0	-3.42	.001	.4
FS	12.2	2.5	12.4	2.8	-.78	.438	.08
Depression	26.15	10.89	29.05	9.75	-2.44	.01	.281

*Note:* M= Mean, SD= Standard Deviation, Note: Dis= Concern about Disapproval, Sep= Concern about Separation, Plea = Pleasing others, IA= Interpersonal awareness, NA= Need for approval, SA= Separation anxiety, TM= Timidity, FS= Fragile inner-self, Pfc = Problem focused, Efc = Emotion focused, Ac = Avoidant coping, \*p<.05, \*\*p<.01, \*\*\*p<.001

Table 6 indicates a t-test to determine that whether there is gender difference in the sample in terms of sociotropy, interpersonal sensitivity and depression. Female participants showed more sociotropic personality traits as well as Interpersonal sensitivity as compared to males.

**Discussion**

Youngsters have diverse personality traits which contribute their interpersonal relationships. The students who have sociotropic personality traits and inter personally sensitive are more vulnerable to depression. Regarding the first hypothesis, present study demonstrated a substantial correlation between sociotropy and depression. In general the relationships are consistent with earlier findings when samples of teenagers were used ( Calvete, 2011; Flett et al., 2016; Sutton et al., 2011). The results also showed that there is noteworthy connection between sociotropy and interpersonal sensitivity. Furthermore, there is also a significant positive relation of sociotropy and interpersonal sensitivity with depression. Similar results has been provided in the previous research. Sociotropic personality traits have been correlated with depression. Additionally, interpersonal sensitivity and signs of anxious sadness have been linked to sociotropy (Robins, et al., 1989; 98).

Regression analysis revealed that gender, sociotropy and interpersonal sensitivity predicts depression. In the first step, gender indicated 2% variance in the depressive symptoms. In the second step, sociotropy significantly predicted depression ( $\beta = .165, p < .01$ ) and accounted for 13% variance. It. In the third step, interpersonal sensitivity caused 22% of variance in depressive symptoms, supporting our second hypothesis.

The 3rd hypothesis of the study was “Interpersonal sensitivity (IPS) will mediate the relationship between sociotropy and depression”. The findings of this study indicated that IPS directly and indirectly mediates the relationship between sociotropy and depression. Furthermore, the subscales of IPS such as social awareness, separation anxiety, shyness, and a weak inner self mediated the relationship between the subscale of sociotropy that was the concern about disapproval and depression. Results revealed that there was partial mediation. Need for approval didn’t mediated the relationship between concern about separation and depression. Lastly, interpersonal awareness, separation anxiety and timidity also partially mediated the relationship between pleasing others and depression.

To our knowledge, this study is the first to investigate whether interpersonal sensitivity may serve as a mediator in the association between sociotropy and

depression. There was previous literature on association between these variables which revealed that there was a significant association between sociotropy and interpersonal sensitivity. According to Boyce and Parker (1989), those who are extremely sensitive to the actions and emotions of people around them are more likely to experience despair.

The research findings about gender difference supported our 4<sup>th</sup> hypothesis. Results of the current study revealed that there is the gender difference in terms of Sociotropy and depression as sociotropic women are more prone to depression. Previous research reported that there was a significant gender difference in sociotropy, with women reporting higher scores than men (Kimberly, 2006). Zhang, et al., (2023) has also reported that females were more anxious and depressed than males. Females are twice as likely as males to have symptoms of depression (e.g., Angold & Rutter, 1992; Nolen-Hoeksema & Girgus, 1994). As a result, it was noted that sex is a key indicator of depression. According to some research, extremely socio-tropic people are particularly susceptible to experiencing depressive symptoms after detrimental social interactions that entail risk or real degradation of acceptability from others. (Beck, 1987). Furthermore, four subscales of IPSM has also revealed gender difference in present study. It has also been supported by prior literature. Women rated their interpersonal sensitivity (IPSM), higher than men. As hypothesized, women had a significantly higher IPSM score. This difference is in accordance with previous studies indicating that women tend to take more responsibility for their relationships (Cyranowski et al., 2000; Kendler et al., 2001

### Conclusion

This research will be helpful for the adults to identify their own traits, especially Sociotropy, interpersonal sensitivity and its effect on depression. Mostly students are over sensitive and distort their relationships with family and friends due to these traits. The research highlighted that if we keep on pleasing others and constantly seek the approval of other it will lead to depression and anxiety. The interpersonal sensitivity as a mediator has direct and indirect effect on the sociotropy and depression, means that when a person becomes more sensitive, timid, fragile and needs approval of others his

depression increases. In essence the research serves the beacon of awareness, urging the adults to reflect on their behavioral patterns and interpersonal dynamics. It not only illuminates the pitfall of excessive sociotropy but also underscores the importance of fostering healthier relationship to mitigate the risk of depression and anxiety.

### Implications

The research has enhanced the knowledge regarding sociotropy. It is really significant to note that how this study would be of great interest and importance for the researchers and other people to study this phenomenon.

*Theoretical Implications.* This research topic will add knowledge in the literature, as there is lack of research on this topic in Pakistani Culture. It will be helpful for the future research and mental health professionals who want to study these variables.

*Practical Implications.* Hospital clinicians can use these findings in assessing the root cause of interpersonal problems, depression and attachment styles.

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