Copyright is owned by the Author of the thesis. Permission is given for a copy to be downloaded by an individual for the purpose of research and private study only. The thesis may not be reproduced elsewhere without the permission of the Author.
Title of thesis: SOCIAL COGNITION AND MOOD: RELATIONSHIPS BETWEEN DEPRESSION, SELF-ESTEEM, AND EVALUATIONS OF OTHER PEOPLE.

(1) (a) I give permission for my thesis to be made available to readers in the Massey University Library under conditions determined by the Librarian.

(b) I do not wish my thesis to be made available to readers without my written consent for __________ months.

(2) (a) I agree that my thesis, or a copy, may be sent to another institution under conditions determined by the Librarian.

(b) I do not wish my thesis, or a copy, to be sent to another institution without my written consent for __________ months.

(3) (a) I agree that my thesis may be copied for Library use.

(b) I do not wish my thesis to be copied for Library use for __________ months.

Signed ____________________________

Date 26-2-90

The copyright of this thesis belongs to the author. Readers must sign their name in the space below to show that they recognise this. They are asked to add their permanent permanent address.

NAME AND ADDRESS

________________________________________

________________________________________

________________________________________

________________________________________

DATE

_______________________________________

_______________________________________

_______________________________________
Social Cognition and Mood:

Relationships between Depression, Self-Esteem, and Evaluations of Other People.

A thesis presented in partial fulfilment of the requirements for the degree of Master of Arts in Psychology, Massey University.

Les Conway
1990
# CONTENTS

<table>
<thead>
<tr>
<th>ABSTRACT</th>
<th>ii</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACKNOWLEDGEMENTS</td>
<td>iii</td>
</tr>
<tr>
<td>LIST OF FIGURES</td>
<td>iv</td>
</tr>
<tr>
<td>LIST OF TABLES</td>
<td>v</td>
</tr>
</tbody>
</table>

## Chapter 1

INTRODUCTION AND LITERATURE REVIEW  

- a Depression Models and Definition 3  
- b Depression and Cognition 8  
- c Depression, Cognition and Self-Esteem 10  
- d Depression and Interpersonal Behaviour 13  
- e Depression, Sex Differences and Stereotypes 15  
- f Depression and Social Comparison 18  
- g Social Cognition; Selected Studies 20  
- h Summary of Research Design and Research Questions 25  

## Chapter 2

METHOD  

- a Sampling 29  
- b Subjects 32  
- c Measures 32  
- d Procedure 36
Chapter 3

RESULTS

a Analysis 38
b Primary Factor Correlations 40
c Quartile Divisions 42
d Self Evaluations 43
e Evaluation of Others 45
f Sub-Scale Analysis 47
g Covariable Analysis 56

Chapter 4

DISCUSSION

a Generalisation of self negativity 58
b Stereotypes: General findings 60
c Self versus others 61
d Reversal of Sex Role Stereotypes 63
e Self-esteem in Social Cognition 66
f Limitations and conclusions 68

REFERENCE LIST 70

APPENDIX

A Questionnaire 80
B Demographic Summary 92
C Adjective Sub-scale Listings 95
Abstract

This study examined the relationships between depression, self-esteem, and evaluations of other people. Three major hypotheses were addressed. The first hypothesis involves the extent to which people with low self ratings give low ratings to others. Secondly, the hypothesis that depressed men perceive women as more competent and powerful than men is investigated. Thirdly, the hypothesis that self-esteem mediates the relation between depression and social cognition is explored. Additional issues addressed were first, whether the evaluations of other people made by depressed subjects differ as a function of the sex of others and secondly, whether there is utility in differentiating components of self-esteem in studies of depression and social cognition. 262 non-student subjects, aged 16 to 'over 60' years responded to a questionnaire incorporating three forms (self, female others, and male others) of an evaluation rating scale. Limited support was obtained for the first two hypotheses. Mediator variable analysis refutes the hypothesis of a strong mediating effect of either self-acceptance or social confidence in the relationship between social cognition and depression. Implications of these findings for social comparison processes, studies of stereotypic biases, and further research on depression are discussed.
ACKNOWLEDGEMENTS

In helping me create this thesis, special thanks go my supervisors, Shannon Roache and Dave Clarke. The assistance given in developing this study as a manageable project, the many practical suggestions offered, and the help in increasing clarity in the presentation of the findings, are highly valued.

I also thank Paul Hooper, Craig McDonald, and Ron Veltman, who have all given valuable assistance with this research.

The generous assistance of many friends and family members who assisted in the distribution of questionnaires is also warmly appreciated.

At this point I would like to thank my wife, Trish, who with young children at home, unhesitatingly said 'yes' to my going to University. The ever-present support, has changed the future for our family.
List of Figures

Figure 1: Upper/lower quartile comparison of self evaluations, both overall and for specific domains for male subjects.

Figure 2: Upper/lower quartile comparison of self evaluations, both overall and for specific domains for female subjects.

Figure 3: Mean evaluation scores, self and others, obtained by male and female subjects with upper or lower quartile depression scores.

Figure 4: Males and females evaluations of male and female others at the three levels of depression.

Figure 5: Mean esteem ratings for male and female others as a function of subject's mood state.

Figure 6: Mean achievement ratings for male and female others as a function of subject's mood state.

Figure 7: Mean social abilities ratings for male and female others as a function of subject's mood state.

Figure 8: Mean wellbeing ratings for male and female others as a function of subject's mood state.

Figure 9: Mean moral values ratings for male and female others as a function of subject's mood state.

Figure 10: Mean control ratings for male and female others as a function of subject's mood state.
<table>
<thead>
<tr>
<th>Table</th>
<th>Description</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Table 1</td>
<td>Correlation matrix of primary factors assessed for the male subjects.</td>
<td>40</td>
</tr>
<tr>
<td>Table 2</td>
<td>Correlation matrix of primary factors assessed for the female subjects.</td>
<td>40</td>
</tr>
<tr>
<td>Table 3</td>
<td>Upper/lower quartile divisions. Subject numbers, mean depression scores, standard deviations, and percentages for each group.</td>
<td>42</td>
</tr>
<tr>
<td>Table 4</td>
<td>Significance of 'F' values for depression main effects in the evaluation of others scales, with and without adjustment for covariables.</td>
<td>56</td>
</tr>
</tbody>
</table>