

French Version of the Negative Self-Portrayal Scale: Validation in the General Population

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Background

- Social anxiety models focus preferentially, on **social situations**
- In favor of **individualized treatment**, Moscovitch (2009) suggests **focusing on each individual's social fears - feared stimuli**
- These fears are based on **self-characteristics** that the individual considers as defective, maladaptive, or imperfect
- In this context, Moscovitch and Huyder (2011) developed the **Negative Self-Portrayal Scale (NSPS)** to assess :
 - **Social competence (SC)**,
 - **Signs of anxiety (SA)**,
 - **Physical appearance (PA)**



Objectives

- Conduct a **cross-cultural adaptation** of the NSPS in **French**
- Examine its **psychometric properties** in **general population**



Méthod

N=840 (84,44% F) Mage=26,40 years (SD=10,32)

Procedure: Online survey

Measures :

- NSPS
- Social Anxiety Questionnaire (SAQ)
- Social Appearance Anxiety Scale (SAAS)
- Body-Esteem Scale (BES)
- Rosenberg Self-Esteem (RSE)
- Hospital Anxiety and Depression Scale (HADS)



Results

Factor structure: Adequate fit of the three-factor model CFI = 0.99 ; RMSEA = 0.07

Internal consistency: $\alpha = .95$; SC $\alpha = .92$; SA $\alpha = .81$; PA $\alpha = .91$

Conceptual validity:

Table. Correlations with the Negative Self-Portrayal Scale

	<i>NSPS</i>	<i>NSPS-SC</i>	<i>NSPS-SA</i>	<i>NSPS-PA</i>	<i>SAQ</i>	<i>SAAS</i>	<i>BES</i>	<i>RSE</i>	<i>HADS</i>	<i>Anxiety</i>
NSPS	-									
NSPS-SC	.95**	-								
NSPS-SA	.86**	.75**	-							
NSPS-PA	.89**	.76**	.64**	-						
SAQ	-.02	-.01	.02	-.05	-					
SAAS	.65**	.56**	.53**	.68**	-.03	-				
BES	-.48**	-.38**	-.35**	-.58**	.01	-.70**	-			
RSE	-.02	-.01	-.03	-.01	-.45**	-.04	.06	-		
HADS	.05	.05	.06	.02	0.38**	.04	-.04	-.61**	-	
Anxiety	.02	.01	.04	-.01	0.40**	.02	-.04	-.56**	.87**	-
Depression	.07*	.08*	.07*	0.4	0.22**	.06	-.03	-.45**	.80**	.41**

Note. * $p < .05$; ** $p < .001$

Test-retest reliability: (n=93) $r = .68$, $p < .001$



Discussion

- Negative Self-Portrayal Scale showed a **satisfactory factorial structure and psychometric qualities**
- This French version will allow to **investigate** in a reliable and valid manner the **mechanism underlying physical anxiety** and enable more **individualized interventions** for the people concerned
- **Lack of significant relations between the NSPS and the SAQ** - some assumptions:
 - No direct link between **self-perception / self-characteristics** and **social anxiety**
 - **Different measures**
 - Sample characteristics
- Need for **further studies:**
 - **Using other measures of social anxiety** (e.g., SPIA and SPS, LSAS, see Moscovitch and Huyder, 2011)
 - In **clinical population**, for example, people with social anxiety disorder

Moscovitch, D. A. (2009). What is the core fear in social phobia? A new model to facilitate individualized case conceptualization and treatment. *Cognitive and Behavioral Practice*, 16(2), 123–134.

Moscovitch, D. A., & Huyder, V. (2011). The Negative Self-Portrayal Scale: Development, validation, and application to social anxiety. *Behavior Therapy*, 42(2), 183–196.