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Edwards, Mark ORCID logoORCID: <https://orcid.org/0000-0003-4509-690X> and Thorberg, Fred Arne (2017) Alexithymia and mood: Recognition of emotion in self and others. *The American Journal of Psychology*, 130 (1). pp. 83-92.

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<Lyvers tables start here>

<Lyvers Table 1>

<TT>Table 1. Descriptive Statistics and Internal Consistencies for the Primary Measures (N = 102)

<TCH>Measure	No. of items	<u>M</u>	<u>SD</u>	α^a
<TB>NMRS	30	110.90	(12.13)	.84
TAS-20	20	46.66	(11.89)	.88
RMET	36	26.68	(4.16)	.65
IRI	28	65.80	(11.77)	.81
DASS	21	4.48	(2.01)	.91
<TB last>AUDIT	10	9.19	(5.19)	.81

<TSN>Note. Total TAS-20 alexithymia scores were significantly positively correlated with all DASS-21 negative mood indices and the AUDIT index of alcohol use, also as expected. The TAS-20 subscales showed mostly similar relationships; however, only the externally oriented thinking (EOT) subscale was significantly related to facial emotion recognition (RMET) and alcohol use (AUDIT). AUDIT = Alcohol Use Disorders Identification Test; DASS-21 = Depression Anxiety Stress Scales; IRI = Interpersonal Reactivity Index; NMRS = Negative Mood Regulation Scale; RMET = Reading the Mind in the Eyes Test; TAS-20 = Toronto Alexithymia Scale.

^aCronbach's α Alpha Reliability reliability Coefficient coefficient.

<Lyvers Table 2>

<TT>Table 2. Intercorrelations [Among Between](#) Study Variables [\(See Text for Definitions\)](#)

<TC		1	2	3	4	5	6	7	8	9	10	11	12	13	14
<TB	Age														
>1															
2	TAS-Total	<m>.32**													
3	TAS-DIF	<m>.23*	.80***												
4	TAS-DDF	<m>.26**	.83***	.49***											
5	TAS-EOT	<m>.28**	.77***	.35***	.57***										
6	DASS-Anx	<m>.12	.38***	.56***	.23*	.06									
7	DASS-Dep	<m>.07	.37***	.47***	.26**	.12	.57***								
8	DASS-Str	.10	.28**	.39***	.24*	.01	.62***	.69***							
9	AUDIT-Tot	<m>.25*	.21*	.04	.17	.32**	.17	.11	.08						
10	NMRS-Tot	<m>.22*	<m>.62***	<m>.57***	<m>.52**	<m>.38***	<m>.42***	<m>.57***	<m>.40***	<m>.13					
					*										
11	IRI-PT-Sub	.18	<m>.40***	<m>.23*	<m>.36**	<m>.40***	<m>.04	<m>.12	<m>.02	<m>.06	.44***				
					*										
12	IRI-FS-Sub	<m>.03	<m>.11	.13	<m>.13	<m>.32**	.09	.00	<m>.12	<m>.01	.04	.25*			
13	IRI-EC-Sub	.11	<m>.38***	<m>.22*	<m>.34**	<m>.37***	<m>.10	<m>.11	<m>.08	<m>.13	.30**	.49***	.34***		
					*										
14	IRI-PD-Sub	<m>.18	.31**	.27**	.25*	.21*	.12	.14	.18	.28**	<m>.48***	<m>.29**	.07	.03	
<TB	RMET-Tot	.21*	<m>.20	<m>.14	<m>.07	<m>.28**	.05	.08	.16	<m>.03	.08	.22*	.18	.12	<m>.11

last>

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<TSN> [Anx = anxiety](#); [AUDIT = Alcohol Use Disorders Identification Test](#); [DASS = Depression Anxiety Stress Scale](#); [DDF = difficulty describing feelings](#); [Dep = depression](#); [DIF = difficulty identifying feelings](#); [EC = Empathic Concern scale](#); [EOT = externally oriented thinking](#); [FS = Fantasy scale](#); [IRI = Interpersonal Reactivity Index](#); [NMRS = Negative Mood Regulation Scale](#); [PD = Personal Distress scale](#); [PT = Perspective Taking scale](#); [RMET = Reading the Mind in the Eyes Test](#); [Str = stress](#); ~~[Sub = subtotal](#)~~; [TAS = Toronto Alexithymia Scale](#); [Tot = total](#).

* $p < .05$. ** $p < .01$. *** $p < .001$.

<lyvers Table 3>

<TT>Table 3. Age, Gender, Alcohol Use (AUDIT), Negative Moods (DASS-21), and Toronto Alexithymia Scale (TAS-20) Subscales as Predictors of RMET Facial Emotion Recognition

<TCH>	Variable	<u>B</u>	β	<u>t</u>	<u>R</u> ² change
<TB>Step 1	(Constant)	25.86		9.12	.06*
	Age	<u>0.15</u>	.21	2.18*	
	Gender	<m>1.38	<m>.11	<m>1.09	
Step 2	(Constant)	25.77		7.97	.00
	Age	<u>0.15</u>	.22	2.12	
	Gender	<m>1.36	<m>.11	<m>1.06	
	AUDIT	<u>0.01</u>	.01	<u>0.08</u>	
Step 3	(Constant)	25.33		7.79	.01
	Age	<u>0.15</u>	.21	2.09*	
	Gender	<m>1.36	<m>.11	<m>1.06	
	AUDIT	<m> <u>0.01</u>	<m>.01	<m> <u>0.07</u>	
	DASS-21	<u>0.03</u>	.11	1.10	
Step 4	(Constant)	30.81		8.15	.09*
	Age	<u>0.10</u>	.14	1.38	
	Gender	<m>1.43	<m>.11	<m>1.15	
	AUDIT	<u>0.03</u>	.04	<u>0.38</u>	
	DASS-21	<u>0.04</u>	.17	1.44	
<TB last>	TAS-DIF	<m> <u>0.13</u>	<m>.18	<m>1.35	
	TAS-DDF	<u>0.16</u>	.17	1.33	
	TAS-EOT	<m> <u>0.27</u>	<m>.30	<m>2.41*	

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<TSN>Note. AUDIT = Alcohol Use Disorders Identification Test; DASS-21 = Depression Anxiety Stress Scales; DDF = difficulty describing feelings; DIF = difficulty identifying feelings; EOT = externally oriented thinking; TAS-20 = Toronto Alexithymia Scale.

* $p < .05$.

<Lyvers Table 4>

<TT>Table 4. Age, Gender, Alcohol Use (AUDIT), Negative Moods (DASS-21), and Toronto Alexithymia Scale (TAS-20) Subscales as Predictors of Empathic Concern

<TCH>	Variable	<u>B</u>	β	<u>t</u>	<u>R</u> ² change
<TB>Step 1	(Constant)	13.55		4.65	.03
	Age	<u>0.08</u>	.10	1.02	
	Gender	1.88	.14	1.45	
Step 2	(Constant)	14.88		4.50	.01
	Age	<u>0.06</u>	.08	<u>0.78</u>	
	Gender	1.72	.13	1.32	
	AUDIT	<m> <u>0.07</u>	<m>.11	1.03	
Step 3	(Constant)	15.35		4.57	.01
	Age	<u>0.06</u>	.08	<u>0.80</u>	
	Gender	1.67	.13	1.23	
	AUDIT	<m> <u>0.06</u>	<m>.08	<m> <u>0.73</u>	
	DASS-21	<m> <u>0.02</u>	<m>.09	<m> <u>0.87</u>	
Step 4	(Constant)	23.42		6.17	.14**
	Age	<m> <u>0.02</u>	<m>.03	<m> <u>0.25</u>	
	Gender	1.66	.13	1.34	
	AUDIT	<u>0.00</u>	.00	<m> <u>0.00</u>	
	DASS-21	<m> <u>0.00</u>	<m>.01	<m> <u>0.06</u>	
<TB last>	TAS-DIF	<m> <u>0.04</u>	<m>.05	<m> <u>0.38</u>	
	TAS-DDF	<m> <u>0.17</u>	<m>.17	<m>1.39	
	TAS-EOT	<m> <u>0.24</u>	<m>.26	<m>2.11*	

Formatted: Spanish (Spain-Traditional Sort)

<TSN>Note. AUDIT = Alcohol Use Disorders Identification Test; DASS-21 = Depression Anxiety Stress Scales; DDF = difficulty describing feelings; DIF = difficulty identifying feelings; EOT = externally oriented thinking; TAS-20 = Toronto Alexithymia Scale.

* $p < .05$. ** $p < .01$.

