A Precondition for Feeling Positively In-Sync with Less Familiar People: Psychosocial Safety
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Introduction

- Positivity resonance is associated with benefits for people
  - Individual: better mental health, less symptoms of depression and perceived loneliness, less illness related symptoms (Major et al., 2018). Decreased risk of mortality (Wells et al., 2022).
  - Community: more prosocial tendencies (Zhou et al., 2022).
- Psychological safety is theorized to be a precondition for experiencing positivity resonance (Fredrickson et al., 2016).

Hypotheses:
1. Is psychological safety associated with positivity resonance with weak-tied or less familiar people like acquaintances and strangers?
2. Does Anticipated discrimination moderate the effect of psychological safety on positivity resonance?

Methods

- Longitudinal dataset collected in North Carolina and representative of the state (N = 1,550).
- Once per month across 3 months, participants reflected on an interaction with a weak social-tie.
- Participants rated whether they experienced safety threats (coded as “yes” or “no”) and whether they anticipated discrimination from strangers (1-7 scale).

Results

- Within-person effects of safety regardless of anticipated discrimination support the theory of psychosocial safety as a precondition for positivity resonance.
- When individuals felt higher safety threats than their average, they experienced significantly lower levels of positivity resonance when interacting socially.
- Between-person (trait) psychosocial safety is only a significant factor in positivity resonance at low anticipated discrimination; at high anticipated discrimination, safety threat becomes a less significant factor.

Discussion

- Investigate the average psychosocial safety one tends to feel beyond the day-to-day basis and its relationship to experienced positivity resonance (long & short-term).
- Explore the influence of paranoia traits and other confounding mental states on perceived psychosocial safety in relation to positivity resonance.
- Do our environments prime us on a trait level to anticipate more or less discrimination? Look further into the influence of environmental cues and familiarity with surroundings.

Future Implications

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References