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□ **Abstract**

Previous researches on clearing a space have suggested that the individuals who have a greater tendency toward psychologically distancing from their worries at a personality-trait level dwell less on negative thoughts and therefore feel that they have more control of their problems. The purpose of this study was to validate the inverse causal model. This study predicted that when participants feel less in control, they connect more to their worry by ruminating on it (i.e., lapsing into structure-bound manner). On the other hand, when participants feel more in control, they are able to separate from their worry, even if they ruminate. Results showed that participants who had low self-efficacy and were asked to ruminate about their worries felt closer to their concerns than the other experimental groups. The preventive role of self-efficacy in creating psychological distance from negative representations are discussed.

□ **Keywords**: structure-bound experiencing, self-efficacy, psychological distance

□ 要　　旨

これまでの空間づくり研究から、気がかりなことから心理的に距離を置く人格特性傾向が強い人ほど、否定的な思考に囚われることが少なくなり、自分の問題を自分でコントロールできる傾向が高いことが示されている。本研究の目的は、これとは逆の因果モデルを検証することであった。つまり、参加者が自身の気がかりについてコントロールできないと感じた場合、その不安についての思考頻度が増加し、自己と気がかりとを心理的に近いものとして考えると予測される（すなわち、構造拘束的な体験様式へ陥る）。一方、参加者が自分の気がかりを自身でコントロールできると感じた場合、例え反すうしていたとしても、気がかりから心理的に距離を取ると予測される。実験の結果、自己効力感が低く、不安について反すうするよう求められた参加者は、他の条件と比較して自己と気がかりとの心理的距離が近いと感じていることを示した。ネガティブ表象への心理的距離を増大させる過程における自己効力感の予防的役割について議論がなされた。

□ キーワード：構造拘束的な体験様式、自己効力感、心理的距離

An important task of therapists is to implement therapeutic interventions that address clients' psychological maladjustment and to prevent such maladjustment in the future. The theory of experiencing has provided a useful perspectives on these issues. This paper focuses on the sense of subjectivity and discusses its preventive role. The sense of subjectivity is a sense that people can actively manage their concerns or worries (Kira, 1992, 1994). Kira's (1994) model assumed that clearing a space (CAS; a strategy for distancing the self from one's inner representations by imagination [Takasawa, in press]) positively affects the sense of subjectivity, as measured by self-efficacy. Mediating this relationship is a structure-bound manner in which "the implicit functioning of experiencing ought to be there, but there is only the process-skipping structure, and the experiencing surrounding it and leading up to it" (Gendlin, 1964, p. 23). More details of the structure-bound manner will be described below.

Structure-bound manner

The manner of experiencing, i.e., how one experiences an event, rather than the content of the experience itself (Kira, 1994), is a central variable in the theory of experiencing. The manner of experiencing is classified into two types: (a) the structure-bound manner, and (b) the in-process manner. The structure-bound manner is described as "only the process-skipping structure" when "the implicit functioning of experiencing ought to be there" (Gendlin, 1964, p. 23), so the experiencing does not interact with the symbol. The in-process manner is one in which experiencing is spontaneous and is characterized by continuous symbolic interactions (Suetake, 1986). For example, one focuses on the event now being experienced and diverts one's attention from past events during this in-process manner of experiencing.

In addition to the two types, Gendlin (1964, p. 21-22) described six features of the manner of experiencing that essentially overlap: (a) Immediacy of Experiencing, in which the emotional response to the current stimulus is expressed without delay; (b) Presentness (vs. not-Presentness), which is defined by the way one reacts to the current situation; (c) Richness of Fresh Detail, which refers to the ability to experience an event in detail and in a variety of fresh ways; (d) Frozen Wholes, referring to the tendency to exclude new stimuli; (e) Repetitive versus Modifiable, which refers to whether or not negative experiences are mentally repeated, and (f) Optimal Implicit Functioning, whereby one is actively processing information even if it has not been verbalized. A scale was developed to measure individual differences in the extent to which individuals experienced the six features of the structure-bound manner. Using factor analysis, Takasawa and Ito (2009) extracted two factors underlying this measure: repetition and remaining-on-the-sidelines (the latter refers to acting as an observer of one's own behavior with little or no present felt experience). Repetition, in particular, has been as an operational

definition of a structure-bound manner and applied in experimental manipulations (e.g., Takasawa et al., 2019).

CAS, Kira's (1994) model, and the Role of Repetition

Numerous studies have shown the effectiveness of CAS as a form of psychotherapy (for a review, see Grindler Katonah, 2012). CAS is the first step in Focusing ("a process in which you make contact with a special kind of internal bodily awareness": Gendlin, 1981, p. 11), and according to Grindler Katonah (2010), the CAS technique is described "by imagining stacking them in front of us, or putting them in a filing cabinet, etc." In this way, CAS, which induces greater psychological distance (described as the distance between a person's direct experience and a target or event [Bar-Anan, Liberman, Trope, & Algom, 2007]), is an important intervention in the theory of experiencing, along with Focusing itself.

Kira's model (1994) explains why CAS is effective for psychological maladjustment. He proposed a viewpoint in which CAS suppresses the structure-bound manner and improves the sense of subjectivity. He also defined CAS as a state whereby people who can psychologically distance from their personal issues can: (a) deal with issues independently and actively, (b) have a relaxed and conflict-free experience that is separate from the area of their personal issues, and (c) have a degree of psychological freedom (Kira, 1994). In addition, the sense of subjectivity is an important variable in Kira's theorizing. In this view "the core task of Focusing is… to activate the sense of subjectivity" (Kira, 1992, p. 61).

Takasawa and Ito (2011) provided quantitative evidence of the validity of Kira's model. Through structural equation modeling (SEM), their analysis of the questionnaire survey data revealed that the more people psychologically distanced from their issues through CAS, the less they lapsed into a structure-

bound manner, and ultimately, the more they felt a sense of subjectivity as reflected in self-efficacy. This is related to the role of repetition when negative experiences are mentally repeated (Takasawa, Kaneda, & Tsuda, 2019). Overall, the goodness-of-fit indices of this model were sufficient; hence, this model was validated by the data.

Another model that conceptually replicated Kira's work was provided by Takasawa and colleagues (2019), with a minor change in that the dependent variable, that is, the sense of subjectivity was converted to stress indices. According to Takasawa et al. (2019), participants who psychologically distanced themselves from aversive events were less likely to mentally repeat negative experiences and showed less emotional reactivity compared to participants who did not psychologically distance themselves as much. Their research showed consistent results when psychological distance was manipulated, not only in terms of physical but also in terms of temporal distance.

A common feature of these studies has been the use of a repetition as a mediator. It has become clear that repetitive negative thinking causes psychological distress. This repetitive manner of experiencing was described in Gendlin's work it terms of its being "repetitive vs. modifiable':

> *…it remains the same, it repeats itself in many situations without ever changing. So long as the manner of experiencing remains structure bound, the structures themselves are not modifiable by present occurrences (Gendlin, 1964, p. 22).*

In addition, Scharwächter (2005) reported that traumatized individuals might repeat traumatic event(s) in their minds and re-experience the trauma, which is a form of repetition. In line with this viewpoint, Takasawa and Ito (2009) found significant correlations of repetition with physical symptoms,

anxiety and sleep disorders, social anxiety, and depressive tendencies.

It is assumed that repetition is roughly the same phenomenon as a repetitive manner of experiencing because negative thinking repeatedly occurs in one's mind. Nolen-Hoeksema's (1991) definition of rumination is "repetitively focusing on the fact that one is depressed; on one's symptoms of depression; and on the causes, meanings, and consequences of depressed mood" (p. 569). On a behavioral level, a repetitive manner of experiencing and rumination can be considered the same. Specifically, individuals who function in the repetitive manner or who ruminate on something are doing the same thing in that they repeatedly think negative thoughts.

Overall, the research highlights the potential effects of repetition on mental health. Inhibition of repetition would be the key point of psychotherapies based on the theory of experiencing. The following section explains self-efficacy included in the model examined in the present study.

Self-efficacy

Kira (1992) emphasized that people can change their cognition (e.g., how they appraise or reappraise an event) only when there is psychological distance between the personal issue and a free and relaxed sense of subjectivity. At the time of Kira's work, a tool to measure the extent to which people felt a sense of subjectivity did not exist. Therefore, in Takasawa and Ito (2011) defined one's sense of subjectivity operationally, as perceived self-efficacy, which seemed conceptually close to one's sense of subjectivity. The concept of self-efficacy, defined as the perceived capability to perform a target behavior (Bandura, 1977, 1997, 2004), is "pervasive in the health behaviour sciences" (Williams & Rhodes, 2016, p. 114). Indeed, self-efficacy has been shown to be correlated with various types of health behaviors such as physical activity (Bauman et al., 2012).

According to Williams and Rhodes (2016), self-efficacy has five components:

(a) *task self-efficacy*, the perceived capability to perform the target behavior judged in isolation, which may be expressed (b) in the context of potential barriers, *self-regulatory efficacy*; (c) when initiating a new behavior, *initiation efficacy*; (d) following failure, *recovery self-efficacy*; and (e) in the face of potentially stressful life events, *coping self-efficacy*. Given this definition of self-efficacy, coping self-efficacy is similar in nature to a sense of subjectivity relative to the other elements of self-efficacy. It is important to increase clients' perceived coping capacity to address personal issues by undertaking psychotherapy. In addition, regardless of whether one has engaged in psychotherapy, it may be practically meaningful to consider the buffering effects of self-efficacy against subsequent stressful events and on experiencing them in a structure-bound manner. In the present study, I examined the buffering effects of self-efficacy by examining how self-efficacy interacts with the experiential manner and psychological distance.

Psychological Distance in the Context of Focusing

In general, an appropriate distance from the representation ensures better interaction with the felt sense during Focusing. Cornell (1991) classified the distance to our representations into three levels: Too Close, Middle Ground, and Too Distant. Cornell (1991) also showed that there are appropriate ways to guide focusers depending on the degree of the distance. Specifically, CAS is more effective for someone who is Too Close because they have already been feeling too much in response to their representations, so there is little or no free and relaxed inner space. Those who are Too Distant, they need to wait long enough for the bodily senses to clarify the experience. The Middle Ground, by contrast, is a suitable distance from which to interact with our bodily senses.

The strategies by which individuals adjust their psychological distance from a representation, such as CAS, might be regarded as a kind of cognitive

reappraisal strategies. When imagining an unpleasant event, if one takes a few steps back, the impact of an event that was initially felt as "disgusting" becomes less intense, and emotional reactivity is reduced (e.g., Takasawa et al., 2019). This notion coincides with Kira's (1992) highlighting the relationship between cognitive change and CAS.

As a strategy similar to CAS, practitioners may use self-distancing (for a review, see Kross & Ayduk, 2017) and perspective-broadening (e. g., Bruehlman-Senecal & Ayduk, 2015) to induce cognitive reappraisal. The former, like CAS, is known to suppress emotional reactivity by creating psychological distance when recalling an object, such as by recalling it from a third-person rather than from the first-person perspective. Specifically, self-distancing requires envisioning the target as if one were a fly on the wall, making it possible to take a few steps back from it. Perspective broadcasting requires focusing on the impermanence of things, e.g., by thinking "Time will solve the problem," to reduce negative emotional reactivity.

As described above, taking psychological distance from a negative target is an effective strategy for emotion regulation. As such, assessing the ability to achieve some psychological distance from the negative target or event as a result of the therapist's performing a psychological intervention can be an indicator of the effectiveness of the intervention.

The Present Study

The validity of Kira's (1994) model has been confirmed (Takasawa & Ito, 2011), but it is not the only way to explain the mechanism of action of CAS, which is an important technique in the theory of experiencing. In addition to the importance of developing a sense of subjectivity, the model has also provided a critical theoretical/practical perspective on how to suppress the repetitive manner of experiencing. On the other hand, the questions that

remains unanswered are whether heightened self-efficacy would prevent one from reducing psychological distance between the self and negative representations and how a repetitive manner of experiencing interacts with this buffering effect. Thus, the purpose of this study was to address these research questions by testing the hypotheses described below.

(1) In the case of low self-efficacy, manipulation of the structure-bound manner will increases repetition, reducing the psychological distance from the negative representation.

(2) In the case of high self-efficacy, even if participants lapse into the structure-bound manner, repetition does not increase and does not associate psychological distance with the negative representation.

Method

Participants

In total, 195 undergraduate students (women only[1)], mean age = 18.96, *SD* = .74) participated in this experiment. All completed the experimental tasks in a group as partial fulfillment of a course requirement. Eight participants were excluded from the analyses for the following reasons: three participants skipped some of the questionnaire items; five drew only pictures despite the sentences in the experiential manner task (described later in the *Procedure* section). Thus, 187 participants (mean age = 18.98, *SD* = .74) were included in the analyses.

Procedure

The experiment was conducted in four psychology classes over the span of one week. After participants granted written and oral consent, they performed the experimental tasks. To manipulate coping self-efficacy, participants were randomly assigned to one of two coping conditions. In the high coping self-

efficacy condition, participants were instructed to:

> Think about one of the most solvable problems among your worries.

In the low coping self-efficacy condition, participants were instructed to:

> Think about one of the most difficult problems to solve among your worries right now.

Then, participants indicated when this problem occurred (e.g., 'about [2] days / weeks / months / years ago'). When calculating the elapsed time, all periods were counted by days (multiplying the numbers by 1, 7, 30, or 365). They also rated how easy it would be to solve the problem using a 7-point scale (1 = *very difficult* to 7 = *very easy*) as a self-efficacy manipulation check. Subsequently, participants were randomly assigned to one of two conditions. Participants in the structure-bound condition were instructed as follows:

> For the next 5 minutes, please recall a worry you mentioned in question 1, describing it in detail. It can be a bulleted or textual list. Please write down any little things.

Participants in the non-structure-bound condition were instructed as follows:

> For the next 5 minutes, please describe a scene of a ship crossing the Pacific Ocean by imagining it in detail. This can be a bulleted or textual list. Please write down any little things.

Overall, participants completed one of 4 conditions: 2 (high / low coping self-efficacy) × 2 (structure-bound / non-structure-bound manner) in a between-

variable design.

Next, participants indicated their ratings of their positive and negative mood on a 7-point scale (1. *not at all positive* [*negative*] to 7. *very positive* [*negative*]), and how distant they felt from their own worries on a 7-point scale (1 = *very close* to 7 = *very distant*). After participants completed all experimental tasks, they were debriefed and thanked.

Data Coded as Repetition in the Experiential Manner Manipulation

Participants' stream-of-consciousness sentences in the experiential manner manipulation were coded in terms of repetition, with codes ranging from 1, *not at all repetitive* to 4, *very repetitive*. Two coders who were blind to the experimental conditions were instructed on the definition of repetition and how to rate the sentences. The Cronbach's α was .89, and the 95% Confidence Interval (CI) was [.86, .92], indicating that repetition was coded with sufficient reliability.

Results

Main analyses including analysis of variance (ANOVA) and structural equation modeling (SEM) were conducted using Excel macro 'HAD' (Shimizu, 2016). Descriptive data are displayed in Table 1.

Elapsed Time from when the Problem Occurred

A 2 (high / low coping self-efficacy) × 2 (structure-bound / non-structure-bound manner) ANOVA on the elapsed time was conducted. Results revealed no significant main effect of self-efficacy or experiential manner and no interaction between the variables (Fs (1, 183) ≦ 2.09, ps ≧ .15, partial η^2 s ≦ .02),

Table 1. Descriptive Data in Experiment

	Low Self-efficacy				High Self-efficacy			
	Non-structure-bound		Structure-bound		Non-structure-bound		Structure-bound	
	Mean	*SD*	*Mean*	*SD*	*Mean*	*SD*	*Mean*	*SD*
Elapsed Time	225.27	674.12	228.43	1036.32	124.96	391.62	54.48	166.56
Perceived Self-efficacy	2.90	1.28	3.60	1.36	4.68	1.35	4.60	1.30
Coded Repetition	1.31	.58	3.51	.64	1.21	.43	2.91	.80
Psychological Distance	3.09	1.41	3.33	1.43	3.62	1.42	3.60	1.31

Note. The elapsed time unit was days.

indicating that under all conditions, participants dealt with their worries in similar time period.

Manipulation Checks

A 2 × 2 ANOVA on the extent to which participants that it would be easy to solve their worries revealed a significant main effect of self-efficacy (F (1, 183) = 51,85, $p < .0001$, partial $\eta^2 = .22$). Specifically, participants in the high self-efficacy group ($M = 4.64$, $SD = 1.32$) felt that they could solve their problems more easily than those in the low self-efficacy group ($M = 3.24$, $SD = 1.36$), 95% CI [−1.35, −.74], indicating that self-efficacy was successfully manipulated.

In addition, a 2 × 2 ANOVA on Repetition revealed a significant main effect for the experiential manner (F (1, 183) = 451.19, $p < .0001$, partial $\eta^2 = .71$). Specifically, participants in the structure-bound group ($M = 3.21$, $SD = .79$) lapsed into a repetitive manner of experiencing during the stream-of-consciousness task more than those in the non-structure-bound group ($M = 1.26$, $SD = .51$), 95% CI [−3.52, −2.67], indicating that participants successfully completed the experiential manner manipulation task.

Buffering Effect of Self-efficacy against Repetitive Manner of Experiencing

Focusing on the 2 × 2 ANOVA on coded repetition, a significant interaction was identified between self-efficacy and experiential manner (F (1, 183) = 7.31, p = .01, partial η^2 = .04). A post hoc analysis revealed that when participants lapsed into a structure-bound manner, those in the high self-efficacy group (M = 2.91, SD = .80) displayed less repetition than did those in the low self-efficacy group (M = 3.51, SD = .64), t (183) = 4.56, p < .0001, d = .95, 95% CI [.52, 1.38]. In contrast, when participants experienced the distractive task, i.e., the non-structure-bound manner of experiencing, there was no significant difference in repetition between those with high (M = 1.21, SD = .43) and low self-efficacy (M = 1.31, SD = .58), t (183) = .77, p = .44, d = .21, 95% CI [− .32, .75] (*Fig.* 1).

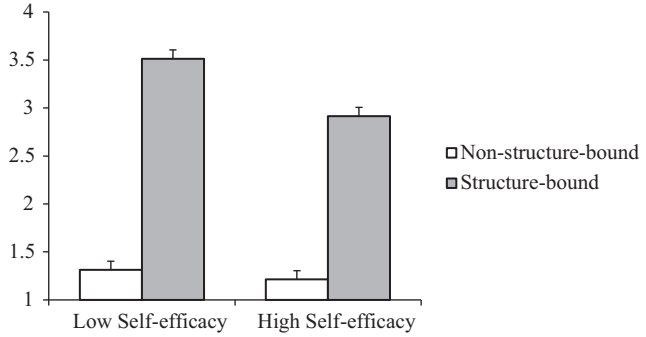

Fig 1. Changes of coded repetition by self-efficacy and experiential manner. Error bars represent standard error.

SEM: Further Evidence of the Buffering Effect of Self-efficacy

To test the hypotheses in this study more directly, another analytic strategy was employed: SEM with self-efficacy as a moderating variable, experiential

manner as an independent variable, repetition as a mediator, and psychological distance as a dependent variable (*Fig.* 2). This analysis provided the ability to test the buffering effect of self-efficacy against the aversive influence of the structure-bound manner that moderates psychological distance between the self and negative representations. The results showed that the goodness of fit indices for both high and low self-efficacy were sufficient (Table 2).

Table 2. Goodness of Fit Indices

	χ^2	df	*p*	CFI	RMSEA	AIC	BIC	CAIC
Low Self-efficacy	140.17	3	<.0001	1.00	.00	12.00	27.20	27.26
High Self-efficacy	97.99	3	<.0001	1.00	.00	12.00	27.26	27.32

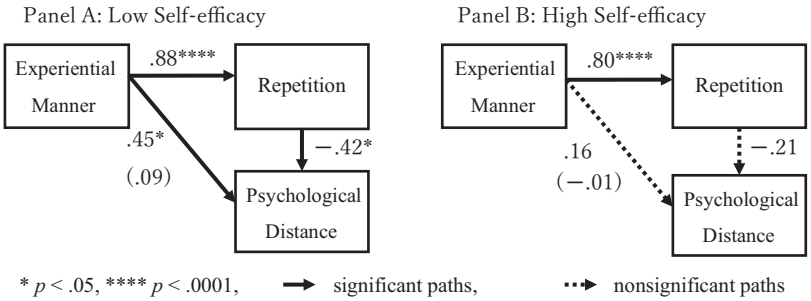

Fig 2. Results of Structural Equation Modeling with self-efficacy as a moderator to check the buffering effect of structure-bound manner of experiencing on psychological distance to personal problems. Given experiential manner, non-structure-bound condition was coded as 0, and structure-bound condition was coded as 1. The coefficients in this figure are standardized values. Values in parentheses represents the direct effects if there were no mediator in these models. In Panel A, the indirect effect in that repetition mediates between experiential manner and psychological distance was significant ($\beta = -.37$, $p = .05$). On the other hand, in Panel B, the indirect effect was not significant ($\beta = -.17$, $p = .22$).

Participants in the low self-efficacy group (depicted in Panel A) repeatedly thought about negative personal problems (e.g., 'I get irritated when I can't do … so I get scolded. I easily get angry about small things'.) when their experiencing lapsed into the structure-bound manner ($\beta = .88$, $p < .0001$). In addition, heightened repetition reduced psychological distance from personal problems ($\beta = -.42$, $p = .05$). The indirect effect of repetition was also significant ($\beta = -.37$, $p = .05$), indicating that repetition mediates the causal link from experiential manner to psychological distance.

Additionally, results showed a direct effect of experiential manner on psychological distance ($\beta = .45$, $p = .03$) only after entering a mediator, namely a statistical control for repetition, into the model. The results indicate that there may be no significant relationship between the experiential manner and psychological distance because repetition can potentially have an inhibitory effect on this connection under the low self-efficacy condition. However, when repetition was controlled, the intrinsic effect of the experiential manner on psychological distance appeared. Thus, this direct effect can be interpreted as follows: when people thought they were in less control of their worries, those who lapsed into structure-bound manner of experiencing felt more distant from their worries than those who distracted their attention from them.

Next, results of the high self-efficacy manipulation (as depicted in Panel B) showed that participants who lapsed into structure-bound experiencing repeatedly thought about their personal problems ($\beta = .80$, $p < .0001$), as under the low self-efficacy condition. However, heightened repetition did not predict psychological distance from personal problems ($\beta = -.21$, $p = .21$), indicating that when individuals felt in control of their worries, they did not feel closer to them, even if they lapsed into a repetitive manner of experiencing. There were no significant direct effects of experiential manner on psychological distance or indirect effects between them in the high self-efficacy group (βs $= -.17 \sim .16$, ps $\geqq .22$).

Discussion

This study tested two hypotheses: (a) that the structure-bound manner increases repetition, resulting in a closer psychological distance to the negative representation in the case of low self-efficacy, and (b) that repetition does not increase and is not related to psychological distance from negative representations in the case of high self-efficacy, even if participants lapse into the structure-bound manner. Results showed that participants in the high self-efficacy group were less likely to lapse into the repetitive manner of experiencing compared to those in the low self-efficacy group. This indicates that self-efficacy has a buffering effect against the aversive effects of structure-bound experiencing. Findings in this study provided initial evidence that self-efficacy buffers against the aversive influence of the repetitive manner on the psychological distance between the self and one's worries. This suggests that once individuals have succeeded in enhancing their self-efficacy, they can interact with their worries from a healthy vantage point and become less emotionally involved in them compared to people who have low self-efficacy or who have not yet heightened their self-efficacy. Thus, having higher self-efficacy may prevent the reduction of the psychological distance from negative representations.

The current findings are compatible with several perspectives within the research literature that discuss relationships among the concept of psychological distancing, repetitive (i.e., ruminative) manner of experiencing, and self-efficacy (Takasawa & Ito, 2011) and that regard self-efficacy is a predictor of various mental health indices (Armitage & Conner, 2001; Godin & Kok, 1996). The buffering effect of self-efficacy against rumination and the shrinking of psychological distance from one's worries provides a perspective for implementing more adaptive self-reflection. While research on rumination has revealed the risk of ruminating and its negative impact on mood (for a

review, see Nolen-Hoeksema, Wisco, & Lyubomirsky, 2008), findings from this study propose that these risks can be decreased by heightening self-efficacy. At a practical level, one's (lower) self-efficacy should be addressed before implementing self-reflection on one's worries or negative autobiographical memories. For example, practitioners may initially propose and implement social skills training in line with clients' personal problems in order to improve their self-efficacy, followed by helping clients to self-reflect.

Moreover, self-distancing theory (for a review, see Kross & Ayduk, 2017) has proposed that the more individuals psychologically distance from their negative autobiographical memories, the less they recount (i.e., ruminate on) such memories. Individuals are likely to experience greater emotional distress when they represent negative objects or representations as psychologically proximal to themselves. The present study added a further perspective about self-distancing theory by demonstrating the buffering effect of self-efficacy. It is plausible that even when the individual's psychological distance is short, they can self-reflect on negative memories without dwelling on negative thoughts if they have heightened self-efficacy. In summary, the present study demonstrates the merits of self-reflection in the context of self-efficacy.

One limitation of this study is that participants are only women. The other limitation is that participants thought about only their worries. Given the generalizability of results, it is required to recruit both women and men in another experiment (s) and conceptually replicate the results using other contexts, including, their bodily senses and/or positive life events.

Future Directions

Researchers on self-efficacy have argued that self-efficacy denotes not only one's perceived capability but also one's motivation to implement certain behaviors (Williams & Rhodes, 2016). The claim is that when people say that

they "can do" the target behavior, they may think they are able to do it or they want to do it; thus is the-self-efficacy-as-motivation argument established. Although the present study manipulated self-efficacy, it is possible that manipulating self-efficacy in a way that heightens it would encourage participants' motivation to cope with their worries. Hence, future work distinguishing self-efficacy from motivation is needed for further theoretical and practical contributions.

Conclusion

The present study demonstrated that self-efficacy presents a buffering effect against rumination and psychological proximity to negative representations. This perspective proposes an important view of clinical practices: even when individuals ruminate about their negative autobiographical memories, their psychological distance from the representation does not decrease if they have heightened self-efficacy. Thus, before practitioners help clients to self-reflect on negative autobiographical memories, they should aim to improve self-efficacy so as to implement desired behaviors.

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1) Prior studies suggest that women are disproportionately affected by stress-inducing situations (Kessler et al., 1994; Kross, et al., 2014; Spurr & Stopa, 2002; Weinstock, 1999).

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