THE RELATION OF SEX, IDENTIFICATION, AND SELF-ACCEPTANCE TO REGRESSION IN THE SERVICE OF THE EGO

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ABSTRACT

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AND SELF-ACCEPTANCE TO REGRESSION
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By

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Psychoanalytic theory and subsequent empirical research on what has been conceptualized by Kris as "regression in the service of the ego," or "adaptive regression," has affirmed the relationship between regression in the service of the ego and creativity. The present study undertook to explore the relationship between regression in the service of the ego and sex, identification, and self-acceptance. Three hypotheses were proposed: that regression in the service of the ego would be positively related to cross-sex identification for both sexes; that regression in the service of the ego would be positively related to self-acceptance; and that no difference would be found between the sexes on regression in the service of the ego.

The Ss were 36 undergraduate students equally divided between males and females and selected from an initial sample pool of 54 males and 63 females assessed for predominant identification and self-acceptance using a semantic differential technique. The 18 subjects of each sex were differentiated by predominant identification into three male and three female subgroups: maternal, paternal, and mixed identification.

Subjects were administered the Rorschach individually, and protocols were scored for adaptive regression according to Holt's (1970) scoring system for primary process.

Comparing males and females, findings suggested that the capacity for regression in the service of the ego was greater for females than for males. For both males and females, the capacity for regression in the service of the ego showed a negative trend with paternal identification.

For males, the capacity for regression in the service of the ego appeared to relate significantly more to maternal than to paternal identification. Maternal-identified males showed the only significant positive relationship between adaptive regression and maternal identification, and to a lesser degree, between adaptive regression and paternal identification. Consistent with this, the maternal-identified males showed evidence of having the greatest capacity for regression in the service of the ego of the total male sample.

For females, the capacity for regression in the service of the ego showed a non-significant negative relationship to paternal identification, and a significant negative relationship to maternal identification. The maternal-identified females showed the only significant relationships, both negative, between adaptive regression and maternal and paternal identifications.

Self-acceptance was found to relate positively to the capacity for regression in the service of the ego for the total sample of males and females.

The mixed-identified males were remarkable in that this particular subgroup showed negative correlations between self-acceptance, maternal identification, and adaptive regression, and scored significantly lower on adaptive regression than the total male and female sample, and three of the five other subsamples.

The findings for females with regard to the total adaptive regression score suggested that this score (ARS) may be more salient for males due to possible sex-differences related to the components that constitute it.

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INTRODUCTION

Much of the theoretical and empirical literature on the adaptive mental process first described by Kris (1952) as "regression in the service of the ego," or by Hartmann (1958) as "adaptive regression," has dealt with the relation of regression in the service of the ego to creativity, notably to artistic creativity.

In general, the findings of experimental studies designed to test the psychoanalytic hypothesis of a relationship between regression in the service of the ego and creativity, using the Rorschach test, have been positive (Pine and Holt, 1960; Cohen, 1960; Dudek, 1968; Holt, 1970; and Borofsky, 1971).

The present study will investigate a related hypothesis suggested by psychoanalytic studies of creative personalities; namely, that associated with the capacity for regression in the service of the ego is salient cross-sex identification.

The relationships between regression in the service of the ego, biological sex, self-acceptance, and predominant identification will be examined as well.

THEORETICAL BACKGROUND

Regression in the Service of the Ego

In The Interpretation of Dreams (1914 revision), Freud distinguishes between three kinds of regression: "(a) topographical regression, in the sense of the schematic picture of the Ψ-systems. . . ; (b) temporal regression, insofar as what is in question is a harking back to older psychical structures; and (c) formal regression, where primitive methods of expression and representation take the place of the usual ones." It is formal regression--in which there is a regressive shift in psychic functioning from the secondary to the primary process--which has been emphasized in theoretical discussions of "regression in the service of the ego" (Holt, 1970; Borofsky, 1971).

Kris (1952) acknowledges Freud with advancing the first general hypothesis of what would later be described by Kris as "regression in the service of the ego." In his 1915 paper on "The Unconscious," Freud states that:

> Cooperation between a preconscious and an unconscious impulse, even when the latter is subject to very strong repression, may be established if the situation permits of the unconscious impulse operating in harmony with one of the controlling tendencies. The repression is removed for the occasion, the repressed activity being admitted as a reinforcement of the one intended by the ego. In respect of this single constellation the unconscious becomes ego-syntonic, falls into line with the ego, without any change taking place in the repression otherwise. The effect of the unconscious in the cooperation is

> unmistakable; the reinforced tendencies reveal themselves as, in spite of all, different from normal--they make possible achievements of a special perfection, and they manifest a resistance in the face of opposition similar to that of obsessional symptoms.

Later, in Introductory Lectures on Psychoanalysis (1917), Freud remarked on the constitutional disposition of the artist as combining a powerful capacity for sublimation with a certain flexibility of repression. However, Kris maintains that "this flexibility, or whatever other and satisfactory characteristics we might establish, is clearly not limited to the artist: These characteristics are related to those conditions in which id impulses intrude upon the ego. . . ." [underlining mine, MT.].

Schafer (1958) mentions what can be taken as examples of the foregoing "conditions in which id impulses intrude upon the ego." They are artistic creativity and the audience's response to it, productive fantasy and imaginative processes, wit and humor, sleeping and dreaming, problem solving, ego-building identifications, empathy, motherliness, intimacy and love, capacity for orgastic experience, the therapeutic process including both patient and therapist, the hypnotic process and hypnotic state, and the response to and interpretation of projective test material. He gives the following definition of regression in the service of the ego:

> Regression in the service of the ego is a partial, temporary, controlled lowering of the level of psychic functioning to promote adaptation by maintaining, restoring, or improving inner balance and organization, interpersonal relations, and work. It is a process which increases the individual's access to preconscious and unconscious contents, without a thoroughgoing sexualization or aggressivization of major ego functions, and therefore without disruptive anxiety and guilt. In other

> words, the primary and secondary (relative) autonomy of higher ego functions is not impaired; the encroachment of id tendencies is circumscribed. The process implies central controlling functions in the ego which may suspend some other functions, such as defensive functions and logical functions, and may emphasize genetically primitive mechanisms, such as projection and introjection (p. 122).
> . . . it refers, then, to the ego's permitting relatively free play to the primary process in order to accomplish its adaptive tasks. The ego detours through regression toward adaptation. It is warranted to speak here of regression insofar as primary process or its close derivatives, normally warded off, are allowed a place in conscious experience; and it is warranted to speak of the process being in the service of the ego insofar as the regression serves ego interests (such as being creative or empathic), is relatively easily reversible, and is amenable to productive working over by the ego in terms of its adaptive pursuits (p. 125).

Kris and Schafer seem to be affirming that the capacity for regression in the service of the ego (characterized by fluidity of repressive mechanisms, shifts in levels of psychic functioning, etc.) is a differential human potential or disposition existing in other than only artistically creative personalities. We may wonder, then, if there is not a dynamic core related to this capacity for adaptive regression. Considering the psychoanalytic hypothesis of bisexuality in the artist and research findings of cross-sex identification in creative personalities, a relationship is suggested between the capacity for regression in the service of the ego and cross-sex identification.

Identification

According to psychoanalytic theory, there is a biological basis for sexual disposition; however, "it is the strength of identification with one or the other of the parents which is the key determinant of masculinity and femininity" (Levy, 1961). In the course of normal

development it is expected that the child's predominant identification will be with the parent of the same sex.

Freud (1923) outlines the process of identification in The Ego and the Id. He observes that in the male child, there develops at a very early age an object-cathexis of the mother based on the anaclitic model. The little boy relates to his father by identifying himself with him. The oedipal conflict develops as the boy's sexual wishes towards his mother become more intense and he begins to perceive his father as an obstacle and rival for the mother. The boy's identification with his father changes to a more ambivalent attitude towards him, with the wish to get rid of and replace the father in relation to the mother. Freud suggests that because of the constitutional bisexuality originally present in the child, the oedipal complex usually takes a twofold form, both positive and negative. The male child develops not only an affectionate object-relation towards his mother and an ambivalent relation to his father, but an affectionate feminine attitude towards his father and a jealous attitude towards his mother as well.

Freud (1923) states that:

> Along with the dissolution of the Oedipus complex the object-cathexis of the mother must be given up. Its place may be filled by one of two things: either an identification with the mother or an intensified identification with the father. We are accustomed to regard the latter outcome as the more normal. . . . In this way the passing of the Oedipus complex would consolidate the masculinity in the boy's character. In a precisely analogous way, the outcome of the Oedipus attitude in the little girl may be an intensification of the identification with the mother (or such an identification may thus be set up for the first time)--a result which will stamp the child's character in the feminine mould (p. 41).

And,

> The broad general outcome of the sexual phase governed by the Oedipus complex may, therefore, be taken to be the forming of a precipitate in the ego, consisting of these two identifications with the mother and with the father in some way combined together. This modification of the ego retains its special position; it stands in contrast to the other constituents of the ego in the form of the ego-ideal or super-ego (p. 44).

It can be seen that the ego-ideal arises from the internalization (or introjection [Knight, 1940]) of attributes of both the mother and the father in the form of a mother-identification and a father-identification. Moreover, "the relative intensities of the two identifications in any individual will reflect the preponderance in him of one or the other of the two sexual dispositions" (Freud, 1923). Thus, an individual's identification is related to the intensity of the identification with one or the other, or both, of the parents.

The Relation between Regression in the Service of the Ego and Identification

Freud, in his studies of Leonardo da Vinci (1910) and Fyodor Dostoevsky (1928), established and gave emphasis to a particularly strong feminine (bisexual) component in the personalities of both these creative men. Lowenfeld (1957) suggests that "this formula [heightened bisexuality] may well hold true for the artist in general." Kris (1952) comments that bisexuality in the artist is related to another of Freud's hypotheses about artistic creativity, that of the artist's "flexibility of repression" (1917).

The hypothesis of bisexuality in the artist receives parallel recognition in the Analytic Psychology of Carl Jung and his followers:

> We find a fundamental, not a pathological, phenomenon in the dominance of the mother archetype, i.e., of a suprapersonal mother image, in the creative man. In normal development, the man's 'feminine component' is largely repressed and contributes to the constellation of the anima in the unconscious. But in the creative man this process is incomplete. By his very nature he remains in high degree bisexual, and the retained feminine component is manifested by his increased 'receptivity,' by his sensibility and a greater emphasis in his life on the 'matriarchal consciousness' expressed in inward processes of parturition and the formation that essentially condition his creativeness (Neumann, 1959, p. 18).

In studies of creative personalities discussed in his paper "On the Nature and Nurture of Creative Talent" MacKinnon (1962) presents research findings which would seem to be consistent with the hypothesized relationship between the capacity for regression in the service of the ego and salient cross-sex identification. MacKinnon studied distinguished architects selected for their acknowledged creativity and found them to have "ambiguities in identification with the parents." The architects tended to have identified either with both parents or with neither, rather than making the more usual clear identification with the parent of the same sex. Moreover, MacKinnon states that:

> The most striking aspect of the MMPI profiles of all our male creative groups is an extremely high peak on the Mf (femininity) scale of the California Psychological Inventory (CPI) (Gough, 1957) and on the masculinity-femininity scale of the Strong Vocational Interest Blank (Strong, 1959). Scores on the latter scale (where high scores indicate more masculinity) correlate -.49 with rated creativity (p. 488).

Highly creative individuals were also found to score high on a scale measuring basic acceptance of the self.

Helson (1966), a colleague of MacKinnon, studied undergraduate women with imaginative and artistic interests since childhood. The most creative women in the sample were not found to be more assertive, dominant, logical, or generally more masculine than the others. Helson comments on a recurrent finding in creative women:

> This pattern--paternal influence in background findings but inconspicuous masculine traits in the S--suggests a solution to the paradox that women are said to be uncreative (rigid) if they have masculine traits but also to be uncreative (unproductive) if they lack them. The solution adopted by creative women of this study was not to take an overall masculine identification or to develop masculine traits which could not coexist with other parts of a feminine personality (p. 21).

Thus, Helson's creative women were not found to be more masculine than the less creative women, but to have more identification with their fathers than the comparison subjects.

Empirical Studies of Adaptive Regression and Identification Utilizing the Rorschach Test

The hypothesis of a relationship between cross-sex identification and the capacity for adaptive regression receives indirect support from the pioneering work of Roe (1946, 1956, 1960). Roe studied twenty eminent male painters by means of interview, the Rorschach, and the TAT. Her Rorschach findings for the group included overproduction of responses with sexual content, and a predominance of M over sum C which Rorschach considered an indication of a tendency toward regression, and Piotrowski relates to creativity and originality.

Summarizing her findings, Roe (1956) states that "Both tests indicated a nonaggressive and rather immature type of social and sexual adaptation. There were many indications of insufficient freeing of emotional ties with parents, particularly mothers, and considerable confusion over their own sexual and personal roles." Roe points to the frequent finding of unresolved oedipal conflicts and a strong tendency toward femininity in these painters. She states that she does not doubt that these characteristics are intimately related to the artists' choice of vocation. Reviewing Roe's study, Burchard (1952) comments that "there were many indications of the bisexually-toned passivity which psychoanalytic theory would lead us to expect."

Sex differences in amount of drive expression were found by Pine and Holt (1960), who investigated the relationship of individual modes of expression and control of primary process on the Rorschach Test to the quality of productions in tests of imagination (TAT, Science Test, Humor Test, Rorschach, Animal Drawing, and Guilford's Brick Uses and Consequences Test). The tests were administered to 13 male and 14 female undergraduate students who were participating in an on-going research program. The subjects had been selected on the basis of approximate indications on the MMPI of emotional stability, and for intelligence (upper 60% of entering freshmen) on the Ohio State Psychological Examination. Subjects had no particular excellence in creative arts or science.

For each subject, Pine and Holt correlated both individual ratings and an overall creativity score with scores for the amount of primary process material, the effectiveness of control over primary

process, and adaptive versus maladaptive regression--all derived from the Rorschach scoring. Rank correlations between expression and control of primary process indicated that these two variables were statistically independent. The adaptive regression score was found to correlate far more strongly with its control score component than with its expression score component. The overall creativity score correlated significantly with the control scores for both sexes, and with the adaptive regression score for males. Pine and Holt point out that other data (Holt and Havel, 1960) on the female sample suggested that the adaptive regression score was not particularly meaningful for this female sample. Correlations of the overall creativity scores with scores for amount of expression of primary process, using Holt's scoring of the Rorschach, were positive but negligible.

Results on the individual tests paralleled those with the overall creativity scores for males. For each test, control score correlated more highly with score for the rated quality of production than with the score for amount of primary process expression. The correlations with control tended to be consistently positive for both groups, although correlations for the females were smaller. The females had larger correlations with the amount of primary process expression.

Myden (1960) attempted to differentiate personality characteristics between creative and noncreative individuals using a battery of projective tests including the Rorschach. He reports quantitative results for the Rorschach only. Although Myden's results must be evaluated in the light of the methodological criticisms pointed out by Holt (1970), one of his findings for the creative group was a

significantly higher number of sexually ambivalent responses to the Rorschach. Myden uses the concept of sexual ambivalence ". . . to indicate failure to achieve a positive identification with the appropriate sex role." He reports that he did not find passivity which, he says, Freud associated with sexual ambivalence, to be significantly higher in the creative group.

The study to be presented is similar in purpose to a study by Levy (1961). Levy suggested a reformulation of the psychoanalytic concept of regression in the service of the ego as a complex ability existing as a disposition in individuals, and consisting of three independent component abilities: regression, oscillation, and progression. He hypothesized a relationship between the regressive and progressive components of regression in the service of the ego and sexual identification, expecting that ". . . regression would be associated with predominantly feminine identification, while progression would be associated with predominantly masculine identification" for both sexes.

The subjects were 34 female and 47 male undergraduates. Each subject was assessed for the variables of ability to regress, using a multiple choice group Rorschach; to oscillate, using the Stroop color-word interference task; and to progress, using a sentence writing task; predominant sexual identification, using the adjective check list; and cognitive control style, using the color-word score.

Levy's expectations regarding the tasks used were generally confirmed. He found that each component measure seemed to be highly reliable, measured a fairly unitary function, and with the exception of one subgroup of the sample, measured an independent variable. However,

there were important but unresolved questions about the validity of the measures tapping only the function defined. The hypotheses concerning the relationship of predominant sexual identification to both the regression and progression components were not confirmed. Furthermore, the variables of biological sex and cognitive control did not appear to have any relationship to the regression component. Some tentative findings did emerge suggesting relationships between progression, sexual identification, sex, and cognitive control.

HYPOTHESES

The evidence of empirical studies just reviewed supports the psychoanalytic hypothesis of a relationship between creativity and regression in the service of the ego, and offers some support for the related hypothesis of salient cross-sex identification in creative personalities. Taken together, these findings in turn suggest a possible relationship between the capacity for regression in the service of the ego and cross-sex identification. Therefore, it is proposed that:

Hypothesis IA. For males, the capacity for regression in the service of the ego is positively related to the degree of maternal identification.

Hypothesis IB. For females, the capacity for regression in the service of the ego is positively related to the degree of paternal identification.

A second hypothesis is suggested from the finding that highly creative individuals have been found to score high on self-acceptance (MacKinnon, 1962). It is hypothesized, therefore, that there is a positive relationship between the capacity for regression in the service of the ego and self-acceptance.

There is no inherent contradiction between the proposals that the capacity for regression in the service of the ego is related to cross-sex identification, and to self-acceptance. Cross-sex identification is generally regarded as being more predisposing to anxiety, defensiveness, maladjustment, perversion, and low self-acceptance than identification with one's own sex. However, Chang and Block (1960) found no difference in self-acceptance between same-sex and cross-sex identified males, and Lazowick (1955) and Dyal (Osgood, et al., 1957) did not find that neurotics were more closely identified with the cross-sex parent than with the same-sex parent. Dyal did find greater identification in normal males with the same-sex parent than in highly anxious males, and Lazowick found that normals as a group tended to form stronger identification with the same-sex parent than did neurotics.

Low self-acceptance would be expected to detract from the capacity for regression in the service of the ego. Individuals with cross-sex identification and low self-acceptance could be conflicted at some level about the ambiguity of their identification, and the greater their conflict and defensiveness, the less might be the capacity for regression in the service of the ego--since this capacity assumes the availability of autonomous or more conflict-free ego functioning. Therefore, it is proposed that:

Hypothesis II. Self-acceptance is positively related to the capacity for regression in the service of the ego.

The last hypothesis is based on developmental and clinical observations that biological sex alone is no guarantee of sex-appropriate identification. Moreover, it is expected from Hypotheses I and II

that biological sex will show no relation to the capacity for regression in the service of the ego, but rather, that differences between subjects will be found to relate to the variables of identification and self-acceptance. Therefore, the following hypothesis is proposed:

Hypothesis III. There is no relationship between the capacity for regression in the service of the ego and biological sex.

METHOD

The Sample

The sample was drawn from male and female undergraduates enrolled in introductory courses in general psychology, for which students receive course credit for participation in departmental research. The total sample consisted of 36 subjects equally divided between males and females.

The Instruments and Scoring

The measure of the capacity for regression in the service of the ego was the total Adaptive Regression Score (ARS) from Holt's (1970) Manual for the Scoring of Primary Process Manifestations in Rorschach Responses, Tenth Draft. The scoring for adaptive regression recommended in this latest edition of the scoring manual was used by Borofsky (1970), and replaced an earlier scoring procedure utilized by Cohen (1960) and Zukowsky (1961).

To score for adaptive regression using the Holt scoring system, Rorschach responses are first scored for form-level, and then scored for primary process according to content and formal categories. A listing with some description of these scores may be found in Appendix A.

The formula for the total Adaptive Regression Score (ARS) recommended by Holt (1970) is:

$$ARS = \frac{\text{Sum (DD X DE)}}{\text{total \# of primary process responses}}$$

where, for responses containing scorable primary process, DD (Defense Demand) is the score for the shock value of the response as an interpersonal communication. Defense Effectiveness (DE) is the score for successful or unsuccessful control and defense in the response. Defense Demand (DD) is scored on a scale of 1-6. Defense Effectiveness (DE) is scored on a 6-point scale, ranging from +2 to -3, with positive ratings indicating good control or defense and negative ratings indicating less to poor control and defense in the response. According to Holt, the theoretical limits of the sum Adaptive Regression Score (ARS) are +12 to -18, with positive net sums indicating adaptive regression and negative values indicating maladaptive regression.

The split-half reliability for ARS reported by Zukowsky was .648, which was significant beyond the .01 level. Inter-judge reliabilities for the scoring of ARS were reported by Holt to generally range between .85 and .95.

The measure of identification was derived from Osgood's semantic differential technique (Osgood, Suci, and Tannenbaum, 1957). The semantic differential technique has been used to assess identification by Lazowick (1955); Block (1958); Bieri, Lobeck, and Galinsky (1959); Endler (1961); Shell, O'Mally, and Johnsgard (1964).

According to Lazowick (1955):

> Identification has been defined as the relation between the meaning systems (mediating processes) of an S and his model, and inferred identification as the relation between meaning systems of an S and his model as perceived by the S.

> If the semantic differential is a valid technique for tapping these meaning systems, then identification should be measurable in this way. The data seem to indicate this is so.

The semantic differential employed consisted of 20 scales, each scale defined by bipolar adjectives on a seven-interval rating. The twenty scales were represetative of the three major connotative factors of meaning isolated in factor analytic studies by Osgood, et al.: I Evaluative; II Potency; and III Activity. Factor I (Evaluative) was represented by Items 1, 2, 9, 11, 16, 19, and 20. Factor II (Potency), by Items 3, 4, 7, 13, 17, and 18. Factor III (Activity) by Items 5, 6, 8, 10, 12, 14, and 15.

The four concepts to be rated, "Ideal Self," "Your Mother," "Your Father," and "Your Self as You Actually Are," were presented separately using the same twenty rating scales. A copy of the semantic differential may be found in Appendix B.

Maternal, Paternal, or Mixed identification was differentiated by comparing the maternal and paternal identification scores derived from the "distance" score measure between the rating profiles of perceived-self and respective parent ratings. Assigning numerical values of from +1 to +7 for the seven intervals of the twenty item rating scales yielded a theoretical range of 0 - 120 for the semantic differential d-score measure of identification, with 0 indicating a perfect identicalness in identification, and progressively larger numbers indicating lesser degrees of identification.

The measure of self-acceptance was also derived from the semantic differential, using the degree of correspondence between the

perceived-self and ideal self to define self-acceptance (Chang and Block, 1960). Again, the theoretical limits of the d-score measure of self-acceptance would be 0 - 120, with low scores indicating high self-acceptance and progressively larger scores indicating lesser degrees of self-acceptance.

Procedure

The semantic differential was administered to groups of approximately 20 subjects in a classroom setting. The general instructions (from Chang and Block, 1960) were read aloud by the experimenter at the beginning of the test session, and subjects were encouraged to ask questions then if they needed to for clarification. The subjects were asked to identify their test booklets with their student number, age, and sex.

Correctly completed semantic differentials were obtained in this manner from 63 females and 54 males before the six experimental groups were filled. Shown in Table 1 are the means and standard deviations of the maternal and paternal identification scores for the original subject pool of males and females.

The maternal and paternal identification scores for each subject were compared and predominant identification was determined. Predominant identification, either maternal or paternal, was defined in terms of a cutting score of a difference of six points or more between the maternal and paternal identification scores. A difference of less than six points, or equivalent identification scores, was considered a mixed identification.

Table 1. Means and standard deviations of identification scores for the original sample pool.

	Paternal Identification Score	Maternal Identification Score
Male (N = 54)		
X	26	30
SD	9.97	13.93
Female (N = 63)		
X	29	26
SD	10.20	9.85

From the original subject pool of 63 females and 54 males, 18 females and 18 males were selected to complete the three male and three female experimental groups: I Maternal Identification; II Paternal Identification; and III Mixed Identification. Each of the six groups contained six subjects, with a total N = 36. The criteria for selection, once predominant identification had been differentiated, was that the samller identification score (indicating the predominant identification), or both identification scores be within one standard deviation of the sample mean identification scores in an attempt to make the subjects relatively comparable, and to control for extreme cases of identification or disidentification in the sample. Selection between two or more likely protocols was then made randomly.

Student numbers from the test booklet were then matched with subjects' phone numbers by personnel in the Registrar's Office, and subjects were re-contacted and asked to return for a second part of the experiment.

In the second half of the testing, the experimenter met with each of the subjects individually and began by informing them that the second half of the experiment involved "working with inkblots," and would they mind if a verbatim tape recording was made. No subjects refused to comply with this request, although a few wary individuals were only reassured after the experimenter told them he could tell them about the experiment at the end of the session, and that the recording tape would be reused or otherwise erased.

The student number was again used to identify the subject's Rorschach protocol, and the Rorschach was then administered to the subject following Holt's suggestions for administration, the most important of which is a verbatim protocol of everything said by the subject.

When all the subjects had been tested, the Rorschach protocols were then blind-scored by the experimenter for ARS, and the adaptive regression score, identification scores, and self-acceptance score for each subject were then compared.

Statistical Analysis

The hypotheses proposed in this study were tested using Pearson product-moment correlations, and analysis of variance with t-tests, on the variables of adaptive regression scores, identification scores, and self-acceptance scores. It is noted that the direction of the obtained correlations between adaptive regression scores and semantic differential scores had to be reversed in order to correct for the inverse magnitude of the semantic differential scoring.

RESULTS

Adaptive Regression and Identification

Hypothesis IA proposed that for males, the capacity for adaptive regression, or regression in the service of the ego, would be positively related to the degree of maternal identification.

Hypothesis IB proposed that for females, the capacity for regression in the service of the ego would be positively related to the degree of paternal identification.

Table 2 presents the Pearson product-moment correlation coefficients between paternal and maternal identification scores and adaptive regression score (ARS) for males, females, and the total sample (N = 36).

Table 2. Correlations between identification scores and adaptive regression score (ARS).

	Adaptive Regression Score (ARS)		
	Male (n = 18)	Female (n = 18)	Total (N = 36)
Paternal Score	$-.23_{a}$	-.28	-.30
Maternal Score	$.51^{*}{}_{a,b}$	$-.53^{*}{}_{b}$	-.03

*p<.05

[a]difference between these r's p<.05.

[b]difference between these r's p<.01.

As shown in Table 2, for males the correlation between ARS and maternal identification score was found to be positive and significant. This finding was supportive of Hypothesis IA for males. The correlation between ARS and paternal identification score was found to be negative and non-significant, and was significantly different from the positive correlation between ARS and maternal identification score for males.

For females, results showed a significant negative correlation between ARS and maternal identification score, and a negative but non-significant correlation between ARS and paternal identification--this finding was not supportive of Hypothesis IB for females.

Comparing the correlations of male and female subjects showed a significant difference between the positive correlation for males, and negative correlation for females, of ARS and maternal identification score. Regarding the total sample of males and females (N = 36), the negative correlation between ARS and paternal identification score approached significance ($p<.10$) for the combined sample.

Adaptive Regression and Self-Acceptance

Hypothesis II proposed that self-acceptance would be positively related to the capacity for regression in the service of the ego. Table 3 presents correlations between the measure of self-acceptance and ARS for the combined sample of males and females (N = 36), and for males and females separately.

Table 3. Correlations between the measure of self-acceptance (S-A) and adaptive regression score (ARS).

	Adaptive Regression Score (ARS)		
	Male (n = 18)	Female (n = 18)	Total (N = 36)
Self-Acceptance (S-A)	.41	.30	.35*

*p<.05

As the results in Table 3 show, the correlation for all subjects between the measure of self-acceptance and ARS was found to be statistically significant. The correlation between self-acceptance and ARS for the male sample approached significance (p<.10). Findings, therefore, appeared to confirm Hypothesis II for the total sample.

Adaptive Regression and Biological Sex

Hypothesis III proposed that no significant relationship would be found between the capacity for regression in the service of the ego and biological sex. Rather, it was expected from Hypothesis I and II that the capacity for regression in the service of the ego would be related to the variables of identification and self-acceptance. The findings relevant to Hypothesis III are presented in Table 4.

As shown in the second row of Table 4, a significant difference was found between sexes on ARS, with females showing the greater capacity for adaptive regression (see Appendix C). This finding was therefore contradictory of Hypothesis III. However, additional comparisons between the male and female groups strongly suggested that

the significant difference obtained between the total male and female samples was a function of comparisons involving one particular subsample of the total male sample, the mixed-identified males. Moreover, comparison between the mixed-identified males and the total male and female samples showed the mixed-identified males to score significantly lower on ARS than the total sample, which would have affected the overall comparison between males and females.

Table 4. Analysis of variance of adaptive regression scores (ARS) for all subjects.

Source	Sum of Sq.	df	Mean Sq.	F
Between identif	3.53	2	1.77	6.79**
Between sex	2.30	1	2.30	4.43*
Identif x sex	1.03	2	.52	1.00
Error	15.60	30	.52	
Total	22.46	35		

Comparison	t
Maternal-Female vs Maternal-Male	.28
Maternal-Female vs Paternal-Male	1.47
Maternal-Female vs Mixed-Male	3.41**
Paternal-Female vs Maternal-Male	.12
Paternal-Female vs Paternal-Male	1.42
Paternal-Female vs Mixed-Male	3.46**
Mixed-Female vs Maternal-Male	-.5
Mixed-Female vs Paternal-Male	.40
Mixed-Female vs Mixed-Male	1.66
Total vs Mixed-Male	2.98**

*p<.05 **p<.01

Therefore, while the overall difference found between males and females on ARS was contradictory of Hypothesis III, additional

analyses call into question the validity of this finding and point to the need for replication of this finding. The interaction between identification and sex was nonsignificant.

Additional Results

Adaptive Regression and Identification. Hypothesis IA proposed that for males, the capacity for regression in the service of the ego would be positively related to the degree of maternal identification.

Using the identification scores derived from the semantic differential to differentiate male subjects by prominent identification into maternal, paternal, or mixed identified groups, it was expected from Hypothesis IA that the maternal idenified males would show the strongest positive relationship between maternal identification and adaptive regression, and that in turn, the mixed-identified males would show a greater relationship between maternal identification and adaptive regression than the paternal-identified males.

Table 5 presents the correlations between identification scores and adaptive regression score (ARS) for the three male groups and the total male sample.

As shown in Table 5, the maternal-identified males showed the only significant positive correlation between maternal identification and adaptive regression, and a lesser significant positive correlation between adaptive regression and paternal identification.

Comparisons between the three male groups showed the positive correlations of the maternal-identified males to be significantly different from the negative correlations shown by the mixed-identified males.

Table 5. Correlations between adaptive regression score (ARS) and identification scores for males.

	Adaptive Regression Score (ARS)			
	Paternal (n = 6)	Maternal (n = 6)	Mixed (n = 6)	Total (N = 18)
Paternal Score	.42	.81*[a,b]	-.69[a]	-.23[b]
Maternal Score	.47	.93**[c]	-.46[c]	.51*

*p<.05 **p<.01

[a]difference between these r's p<.05.

[b]difference between these r's p<.05.

[c]difference between these r's p<.01.

Thus, the findings for maternal-identified males appeared to be supportive of Hypothesis IA for males. The negative correlation between ARS and maternal identification shown by the mixed-identified males was contrary to expectations from Hypothesis IA. Results for paternal-identified males were not significant. The means, SD, F, and t-tests for the three male groups are presented in Appendix C. The maternal-identified showed the highest mean ARS, with the paternal-identified males following, and the mixed-identified males showing the lowest mean ARS. Analysis showed the significant F-ratio obtained between the groups to be between the maternal and mixed-identified males; differences between these two groups and the group of paternal-identified males were not significant.

Hypothesis IB proposed that for females, the capacity for regression in the service of the ego would be positively related to

the degree of paternal identification. It was expected from Hypothesis IB that paternal-identified females would show the strongest positive relationship between paternal identification and adaptive regression, and that in turn, the correlation between paternal identification and adaptive regression would be greater for mixed-identified females than for maternal identified females.

Table 6 reports correlations between adaptive regression score and identification scores for the three female groups and the total female sample.

Table 6. Correlations between adaptive regression score (ARS) and identification scores for females.

	Adaptive Regression Score (ARS)			
	Maternal (n = 6)	Paternal (n = 6)	Mixed (n = 6)	Total (N = 18)
Maternal Score	-.84*	-.57	.10	-.28
Paternal Score	-.81*	.23	-.23	-.53*

*p<.05

As shown in Table 6, significant correlations were found for only the maternal-identified females, who showed negative correlations between ARS and both paternal and maternal identification scores. The negative correlations between ARS and paternal identification for the maternal and mixed-identified females were contrary to expectations from Hypothesis IB. The difference between the negative correlation for the maternal-identified females and the positive correlation

between ARS and paternal identification shown by the paternal-identified females approached significance ($p<.10$). The means, SD, and F for the three female groups are presented in Appendix C. Differences between the three female groups were not found in the direction predicted from Hypothesis IB, nor were the differences significant.

Identification and Self-Acceptance. The relationship between identification and self-acceptance was not considered directly in the hypotheses, but is relevant to the hypotheses put forth regarding the relationships between adaptive regression and identification, and adaptive regression and self-acceptance. Moreover, the relationship between identification and self-acceptance is of considerable theoretical and clinical interest on its own merit.

Shown in Table 7 are the correlations between the measure of self-acceptance and identification scores for male and female subjects and total correlations for all subjects (N = 36).

Table 7. Correlations between the measure of self-acceptance (S-A) and identification scores.

	Self-Acceptance (S-A)		
	Male (n = 18)	Female (n = 18)	Total (N = 36)
Paternal Score	.64**[a]	-.07[a]	.16
Maternal Score	.13	.35	.26

**p<.01

[a]difference between these r's p<.05

As Table 7 shows, the only significant correlation found was for males, between self-acceptance and paternal identification. For females, self-acceptance showed a non-significant positive correlation with maternal identification and a non-significant negative correlation with paternal identification. The difference in the correlations for males and females between self-acceptance and paternal identification was significant.

Table 8 shows the correlations between the measure of self-acceptance and identification scores for the three male groups.

Table 8. Correlations for male groups between the measure of self-acceptance (S-A) and identification scores.

	Self-Acceptance (S-A)			
	Paternal (n = 6)	Maternal (n = 6)	Mixed (n = 6)	Total (N = 18)
Paternal Score	.16	.91*	.38	.64**
Maternal Score	.62	$.73_a$	$-.09_a$	.13

*p<.05 **p<.01

[a]difference between these r's p<.05.

As shown in Table 8, only the correlation for maternal-identified males between self-acceptance and paternal identification was significant. The correlation for maternal-identified males between self-acceptance and maternal identification approached significance (p<.10). Comparison of the correlations of self-acceptance with maternal identification showed an almost significant difference

between maternal and paternal identified males ($p<.10$). The correlations between the measure of self-acceptance and maternal identification showed a significant difference between maternal-identified males, who showed a positive correlation, and mixed-identified males, who showed a negative correlation.

Table 9 presents correlations between the measure of self-acceptance and identification scores for the female groups.

Table 9. Correlations for female groups between the measure of self-acceptance (S-A) and identification scores.

	Self-Acceptance (S-A)			
	Maternal (n = 6)	Paternal (n = 6)	Mixed (n = 6)	Total (N = 18)
Maternal Score	-.27	.21	.62	.35
Paternal Score	-.38	.49	.51	-.07

As the results in Table 9 show, none of the correlations for the female groups between self-acceptance and respective identifications were significant. The maternal-identified females showed non-significant negative correlations between self-acceptance and both maternal and paternal identifications.

DISCUSSION

Adaptive Regression and Identification

Hypothesis IA predicted that for males, the capacity for regression in the service of the ego would be positively related to the degree of maternal identification.

The overall findings for males were supportive of Hypothesis IA. Adaptive regression showed a significant positive correlation with maternal identification, and a negative correlation with paternal identification. The difference between the direction and magnitude of these correlations was significant.

Some interesting secondary findings emerged between male subjects when differentiated by predominant identification into maternal, paternal, or mixed identification groups. Findings were supportive of Hypothesis IA for the maternal-identified males, who showed the highest level of adaptive regression, although the only significant difference found between the male groups was between the maternal and mixed-identified males. Contrary to expectations from Hypothesis IA, the mixed-identified males showed the lowest level of adaptive regression of the three male groups.

The maternal-identified males showed the only significant correlations between adaptive regression and identification. The significantly larger correlation between adaptive regression and

maternal identification for the maternal-identified males was supportive of Hypothesis IA. For the mixed-identified males, the correlations were remarkable not because they were significant, but because they were in a negative direction, which was contrary to expectations based on Hypothesis IA.

Hypothesis IB predicted that for females, the capacity for regression in the service of the ego would be positively related to the degree of paternal identification.

The overall findings for females were not supportive of Hypothesis IB. Adaptive regression showed a non-significant negative correlation between adaptive regression and paternal identification, and a significant negative correlation between adaptive regression and maternal identification.

Comparison of the three female groups showed no significant differences between groups on the level of adaptive regression. Of the three female groups, only the maternal-identified females showed significant correlations, both negative, between adaptive regression and paternal and maternal identifications.

The total correlation for all subjects between adaptive regression and paternal identification was negative and approached significance ($p<.10$), suggesting that for both males and females the capacity for regression in the service of the ego is negatively related to paternal identification. This finding is consistent with expectations from Hypothesis IA for males, and contrary to Hypothesis IB for females.

With regard to the lack of significant findings for females,

Pine and Holt (1960) report similar results and conclude that the adaptive regression score was not meaningful for their female sample. In support of the hypothesis put forth in the present study, it is suggested that perhaps the adaptive regression score is more salient for male than for female subjects, or is not meaningful for female subjects at all.

Pine and Holt report in their study that:

> The combined (adaptive regression) Rorschach score correlates far more strongly with the control score component (rho is .90 for males and .79 for females) than with the expression score component (rho is .11 for males and .13 for females).

And yet these experimenters observe that:

> The major difference in results between males and females is in the correlation with the amount score. For both groups, the correlations with control tend to be consistently positive although the correlations for the females are smaller. The correlations nevertheless seem to fall into a pattern for the females. The tests which at least in appearance permit more open-ended and expressive verbal responses, and in particular permit more drive expression in the response, are just those where the correlation for the female Ss is higher with the Rorschach score for amount of primary expression than with the control score.

Thus, in terms of the limited findings for females reported in the present study, it may be that differences between the female subjects were not fully reflected in their adaptive regression scores as a function of the low correlation reported by Pine and Holt for females between the adaptive regression score and its expression score component. Pine and Holt found that their female subjects (female undergraduates) showed the greatest differences in expression, rather than control, of primary process.

Adaptive Regression and Self-Acceptance

Hypothesis II predicted that self-acceptance would be positively related to the capacity for regression in the service of the ego.

The significant positive correlation obtained for the total sample of males and females appeared to confirm Hypothesis II. Moreover, the positive correlation for males approached significance (despite a negative correlation for the mixed-identified males).

Adaptive Regression and Biological Sex

Hypothesis III predicted that no significant relationship would be found between the capacity for regression in the service of the ego and biological sex.

Comparison between male and female subjects on adaptive regression showed a significant difference between the sexes, with female subjects showing the greater capacity for adaptive regression. Additional comparisons between the male and female groups showed significant differences in comparisons involving only one sub-group of the male sample, the mixed-identified males. A further comparison showed the mixed-identified males to score significantly lower than the total sample on adaptive regression, which would have affected the overall comparison between the male and female subjects on adaptive regression. Therefore, although Hypothesis III was contradiced by the overall findings, additional findings make the relationship between the capacity for adaptive regression and biological sex appear more

equivocal, and suggest further study.

Identification and Self-Acceptance

The relationship between identification and self-acceptance was not directly predicted in the hypotheses, but was explored because the data were available and findings were thought to be relevant to the hypotheses being tested.

For males, a significant positive relationship was found between self-acceptance and paternal identification. Comparing the male groups, no significant differences were found between groups on the measure of self-acceptance. Maternal-identified males showed the only significant correlation between self-acceptance and paternal identification, and a correlation which approached significance between self-acceptance and maternal identification. The former finding was of interest because the correlation between self-acceptance and paternal identification for maternal-identified males was almost significantly greater than the same correlation for paternal-identified males. Another finding of interest was the negative correlation between self-acceptance and maternal identification shown by the mixed-identified males. This inverse relationship was significantly different from the positive correlation between self-acceptance and maternal identification shown by the maternal-identified males.

For females, no significant correlation was found between self-acceptance and either maternal or paternal identification. There were no significant differences between female groups on the measure of self-acceptance. Comparing the female groups, the

paternal and mixed-identified females showed non-significant positive correlations between self-acceptance and both maternal and paternal identifications, while the maternal-identified females showed non-significant negative correlations.

The study being reported was intended to be exploratory in purpose and design; one limitation of the findings, or lack of findings, therefore, is the small sample size. The significance levels established would minimize the probability of Type I error (rejecting the null hypothesis when it is true); however, the small sample size and the small significance levels would increase the probability of Type II error (accepting the null hypothesis when it is false). A more extensive study is suggested and supported by the tentative findings reported.

Summary and Integration of Findings

Comparing males and females, findings suggested that the capacity for regression in the service of the ego was greater for females than for males.

For males, the capacity for regression in the service of the ego appeared to relate significantly more to maternal than to paternal identification. Maternal-identified males showed the only significant positive relationship between adaptive regression and maternal identification, and to a lesser degree, between adaptive regression and paternal identification. Consistent with this, the maternal-identified males showed evidence of having the greatest capacity

for regression in the service of the ego of the total male sample (which may have been demonstrated more cogently with a larger male sample).

For females, the capacity for regression in the service of the ego showed a non-significant negative relationship to paternal identification, and a significant negative relationship to maternal identification. There were no significant differences between female groups on the capacity for regression in the service of the ego. The maternal-identified females showed the only significant relationships between adaptive regression and respective identifications; both negative.

For both males and females, the capacity for regression in the service of the ego showed a negative trend with paternal identification.

Self-acceptance was found to relate positively to the capacity for regression in the service of the ego for the total sample of males and females. However, results for the group of mixed-identified males showed a negative relationship between self-acceptance and adaptive regression. The positive relationship between self-acceptance and adaptive regression appeared to be more salient for males than for females, perhaps as a function of the possible construct limitations of the adaptive regression score (ARS) for female subjects.

Regarding the relationship between identification and self-acceptance: For males, self-acceptance showed a significant positive relationship to paternal identification, which was almost significantly greater than the relationship between self-acceptance and maternal

identification. Maternal-identified males showed a significant positive relationship between self-acceptance and paternal identification, and an almost significant secondary relationship between self-acceptance and maternal identification. The paternal-identified males showed less relationship between self-acceptance and paternal identification than did the maternal-identified males ($p<.10$). The mixed-identified males showed a negative relationship between self-acceptance and maternal identification, which was significantly different from the positive relationship between self-acceptance and maternal identification shown by the maternal-identified males.

For females, the direction of the non-significant correlations suggested a positive relationship between self-acceptance and maternal identification. However, for the maternal-identified females, results showed non-significant but negative relationships between self-acceptance and both paternal and maternal identifications.

Regarding the mixed-identified males, results obtained for this group were clearly contrary to expectations from Hypotheses IA and II. Findings can be interpreted as suggesting that the mixed-identified males were more conflicted about their maternal identification to the extent that their degree of self-acceptance and capacity for regression in the service of the ego were impaired. The mixed-identified males showed negative correlations between self-acceptance, maternal identification, and adaptive regression, and scored significantly lower on adaptive regression than the total male and female sample, and significantly lower than three of the five other male and female groups. The mixed-identified males also showed inverse

relationships between adaptive regression and both maternal and paternal identifications, which were significantly different from the positive findings for paternal and maternal-identified males.

The results suggest that the maternal-identified males may have in part shown the greatest capacity for regression in the service of the ego because, like the mixed-identified males, they showed salient maternal identification. However, unlike the mixed-identified males, the maternal-identified males appeared to be more accepting of both their maternal and paternal components, which did not seem to be true for the mixed-identified males, who seemed defensive and rejecting of their maternal identification.

APPENDICES

APPENDIX A

Listing of All Scores Contained in the Holt Manual
for Primary Process Scores

Primary Process Categories

CONTENT CATEGORIES

L. Libidinal	DD	
L1O	2,3	Oral, Level 1
L1O-Ag	2-4	Oral-Agressive, Level 1
L1A	3,4	Anal, Level 1
L1S	4	Sexual, Level 1
L1E-V	3	Exhibitionistic-voyeuristic, Level 1
L1H	4,5	Homosexual, Level 1
L1M	3,4	Miscellaneous libidinal, Level 1
L2O	1-3	Oral, Level 2
L2O-Ag	2,3	Oral-Agressive, Level 2
L2A	1-3	Anal, Level 2
L2S	1-3	Sexual, Level 2
L2 E-V	1-3	Exhibitionistic-voyeuristic, Level 2
L2H	2,3	Homosexual, Level 2
L2M	1-3	Miscellaneous libidinal, Level 2
Ag. Aggressive		
Ag1S	3-5	Sadistic Aggression, Level 1
Ag1Ob	3-5	Masochistic ("Object") Aggression, Level 1
Ag1R	3-5	Results of Aggression, Level 1
Ag2S	2,3	"Subject" Aggression, Level 2
Ag2Ob	1-3	"Object" Aggression, Level 2
Ag2R	1-3	Results of Aggression, Level 2

FORMAL CATEGORIES

C. Condensation		
C-ctm 1	4,5	Fusion of Two Separate Percepts (Contamination)
C-ctgn 1	4	Contagion, Level 1
C-int 1	3	Interpenetration (Partial Fusion), Level 1

APPENDIX A (continued)

C. Condensation (continued)

C-co 1	3,4	Composition, Level 1
C-co 2	1,2	Composition, Level 2
C-a-c 2	2,3	Arbitrary Combination of Separate Percepts
C-arb 1	1-3	Arbitrary Combination of Color and Form, Level 1
C-arb 2	1	Rationalized Arbitrary Color

D. Displacement

D-chain 1	4	Chain Association, Level 1
D-dist 2	3	Distant Association, Level 2
D-Clang 1	4	Clang Association, Level 1
D-fig 2	2,3	Figures of Speech, Level 2
D-time 2	2	Displacement in Time (Anachronism), Level 2

Sym. Explicit Symbolism

Sym-C1	3	Color or Shading Symbolism, Idiosyncratic, Level 1
Sym-C2	1	Color and Shading Symbolism, Conventional, Level 2
Sym-S1	3	Spatial Symbolism
Sym-I1	3	Image Symbolism, Idiosyncratic, Level 1
Sym-I2	1	Image Symbolism, Conventional, Level 2

Ctr. Contradiction

Ctr A1	4	Affective Contradiction
Ctr L1	4	Logical Contradiction
Ctr R1	3,4	Contradiction of Reality (Deliberate Molding)
Ctr R2	2,3	Contradiction of Reality (Inappropriateness)

Miscellaneous Distortions of Thought and Perception

Au Lg 1	4,5	Autistic Logic, Level 1
M L 1	4	Memory Loosening, Level 1
Intr 1	3	Intrusion of Irrelevancy, Level 1
Impr 2	1,2	Impressionistic Response, Level 2
Do 2	1	Fragmentation (Do Response), Level 2

APPENDIX A (continued)

Miscellaneous Distortions of Thought and Perception (continued)

Un Rel 1	3,4	Unrealistic Relationships, Level 1
Trans 1	3	Fluid Transformation of Percept, Level 1
S-R 1	3	Self-Reference (Magical), Level 1
Au El 1	4	Autistic Elaboration, Level 1
Au El 2	3	Autistic Elaboration, Level 2
F-msc 1	3,4	Miscellaneous Formal Deviations, Level 1
F-msc 2	2,3	Miscellaneous Formal Deviations, Level 2

V. Verbalization Scores

VI1	5	Verbal Incoherence, Level 1
VC1	4	Verbal Condensation, Level 1
VQ1	4	Queer Verbalization, Level 1
VP2	3	Peculiar Verbalization, Level 2
VS2	2	Verbal Slips, Level 2

CONTROL AND DEFENSE CATEGORIES

R. Remoteness

R-min	Minimal Remoteness
R-eth	Remoteness in Person-Ethnic
R-an	Remoteness in Person-Animal (ego-Syntonic)
R-(an)	Remoteness in Person-Animal (ego-alien)
R-pl	Remoteness in Person-Plant
R-ia	Remoteness in Person-Inanimate
R-dep+	Remoteness-Depiction
R-geo+	Remoteness-Geographic
R-time+, time	Remoteness in Time
R-fic s+, s, s-	Reference to Specific Fictional Character, etc.
R-fic n+, n, n-	Remoteness, Fictional, Nonspecific Character, etc.
R-rel+, rel, rel-	Use of Religious Character or Context
R-fan+, fan, fan-	Characters or Context from Dream or Explicit Fantasy
F-fig+, fig, fig-	Figurative Remoteness (Figures of Speech)
R-cond	Remoteness-Conditional

Cx. Context

Cx C+, C, C-	Cultural Context
Cx E+, E, E-	Esthetic Context
Cx I+, I, I-	Intellectual Context
Cx H+, H, H-	Humorous Context (and Pathos)

APPENDIX A (continued)

Refl. Reflection

Refl+, Refl	Reflection on Response (Introspective or Self-Critical

Postponing Strategies

Del	Delay
Blkg-	Blocking

Miscellaneous (Mostly Pathological) Defenses

Eu	Euphemism
Mod+	Adaptive Modification of Response toward Secpro
Ratn+, Ratn	Rationalization
Neg+, Neg	Negation
Minz+, Minz	Minimization
Chpb-	Counterphobic Defense
Self-D-	Self-Depreciation
Rep-	Repudiation or Disavowal of a Response
Va-	Vagueness of Percept or Communication
Pri-	Projection (of Responsibility; Paranoid Rage)
Obs-	Obsessional Defenses
Iso-	Isolation
Eva-	Evasiveness and Avoidance
Imp-	Impotence

S. Sequence

S C 1-0	Sequence--Change from Level 1 to Unscorable
S C 2-0	Sequence--Change from Level 2 to Unscorable
S C 1-2	Sequence--Change from Level 1 to Level 2

O. Overtness

O-beh	Overtness--Behavioral
O-vbl	Overtness--Verbal
O-exp	Overtness--Experiential
O-pot	Overtness--Potential

X. No control (record to distinguish lack of control from failure to score)

OVERALL RATINGS OF TOTAL RESPONSE

FL	Form Level Scoring
c, i	Combinations and Integrations
Cr	Creativeness and Originality
DD	Demand for Defense
DE	Effectiveness of Defense

APPENDIX A (continued)

Form Level Scoring Categories

The first column on the scoring sheet after the identification of response by card and number is for the form level symbol, which must be given to each response. We follow the system developed by Mayman out of proposals by Rapaport (1968). It is fully presented in an appended manual by Mayman and Holt, but the following set of brief definitions may be helpful.

The column at the left presents numerical equivalents, which may be used to derive an overall quantitative summary score for Form Level. All scores with numbers less than 5 may be regarded as R-secpro.

Rating	FL	
7	F+	Sharp, convincing forms, easily seen by E.
6	Fo	Popular and near-popular forms; fixed list in manual.
5	Fw+	Reasonably plausible, but not terribly convincing forms; takes a little stretching to see.
4	Fw-	Forms that bear only a slight resemblance to the blot area; not very plausible, or based on only one point of resemblance.
1	F-	Arbitrary forms, very little or no resemblance.
5	Fv+	Vague forms that fit the blot quite well (see Mayman, p. 24n.), and non-definitive form combined with appropriate use of color or shading; good CF, ChF, C'F, or (C)F responses ('fire'; 'flowers'; 'dark clouds'; 'splashing water'; 'ink stain, running down a water color.')
4	Fv	Vague forms with no other determinant or forced use thereof (as in C/F or CFarb): 'clouds'; 'islands'; 'cave mouth'; 'piece of dough.'
3	Fa	Amorphous responses, in which form plays no role (and could not, by the nature of the concept). Usually pure C, C' or Ch. "Sky'; 'water'; 'night'; 'spring' (and other abstract concepts); 'urine' (but 'wine stain' seen as having some sort of shape, Fv+; likewise, 'blood' may be Fa but is usually Fv+).

APPENDIX A (continued)

Rating	FL	
2	Fs	Spoiled form responses, to be used when the subject gives what is basically a familiar and good response (which would have been scored Fo or F+) but introduces some specification that has the effect of markedly lowering the acceptability of the response as a whole.

DE. Effectiveness of Defense

Finally, each response that contains any scorable content or formal element is to be rated on the effectiveness of controlling and defensive measures in reducing or preventing anxiety and making a successful, adaptive response to the examiner's demand to interpret the blots. Logically, DD and DE are independent, though in practice it is sometimes difficult to consider them as separately as would be desirable.

DE is rated on a 6-point scale, ranging from +2 to -3, by half-point steps. Postive values indicate good control and adaptive regression, negative ratings indicate more pathological defensive efforts and mal-adaptive regression. Distinguish carefully the successfulness of control or defense, and the response's creativeness, which is separately rated. A completely successful response may be at the bottom of the creative-ness scale, or at the top.

Note that two types of ratings are given, distinguished by the letter a following the undefended type. An undefended response is de-fined as one that lacks any control and defense category except R-min, any of the Overtness and/or Sequence categories. It is assumed that if someone is quite mature and unthreatened by the primary process, he may feel no need to defend a response containing a good deal of it; therefore, the lack of any scorable defenses is not considered a detriment if the response is in other respects successful.

Rating	
+2	Completely successful control and defense, in a successful response.
+2a	Highly successful response, undefended.
+1.5	Successful control and defense.
+1.5a	Successful response, undefended.

Rating (continued)

+1	Successful control and defense.
+1a	Successful response, undefended.
+.5	Fairly successful control and defense.
+.5a	Fairly successful response, uncontrolled.
0	Only moderately successful control and defense.
0a	Only moderately successful response, undefended.
-.5	Slightly unsuccessful control and defense.
-.5a	Slightly unsuccessful response, undefended.
-1	Relatively unsuccessful control and defense.
-1a	Relatively unsuccessful control and defense, undefended.
-1.5	Mostly unsuccessful control and defense.
-2	Unsuccessful attempts at control and defense.
-2a	Unsuccessful response, undefended.
-2.5	Very unsuccessful control and defense.
-2.5a	Very unsuccessful response, undefended.
-3	Disorganized responses with only pathological attempts at defense.
-3a	Pathological disorganized responses, undefended.

APPENDIX B

The Semantic Differential

Department of Psychology
Michigan State University

Number: Age: Sex:

INSTRUCTIONS

First, identify the pages of this booklet with your student number. No names are to be recorded on these sheets since numbers serve our purpose of identification and besides, many individuals find it easier to respond when more anonymity is provided.

The procedure with which you are being requested to cooperate represents a preliminary attempt to gather some information on the question of just how people perceive or experience themselves, their personal ideals, and their parents. Necessarily, we have to resort to roundabout, verbal means of collecting this information and it is hoped that you will go along with the instructions as sincerely and conscientiously as you can. Please do not be flippant or random in your performance since you would be defeating a serious purpose.

The instructions are simple. At the top of the next page, in capital letters, is the phrase "Your Ideal Self." Below it are a number of seven-interval scales or dimensions. The dimensions are defined at each end. For example, "high"-"low," "active"-"passive," "angular"-"rounded," and so on. You are to describe your ideal self, the person that ideally you would like to be, in terms of these scales. For each scale listed place an X in the one of the seven intervals which you feel most closely approximates your association with regard to your ideal self. Thus, you may feel your ideal self is relatively "low" rather than "high," more "passive" than "active," and approximately in the middle on the "angular"-"rounded" dimension. Place your X's in the interval appropriate to express the intensity of your feeling or association.

Please make your descriptions rapidly, using your first, intuitive reaction as a basis for marking each scale. Certain aspects of the task are necessarily ambiguous but proceed nevertheless to the best of your ability. There are no right or wrong responses.

Following the description of your ideal self, turn the page and in the same manner, describe "Your Mother," "Your Father," and "Your Self as You Actually Are."

In closing, we would like to emphasize again that the worth of this research is dependent upon how well and conscientiously the people participating in it carry through their tasks. Thank you for your cooperation.

YOUR IDEAL SELF

high	:	:	:	:	:	:	low
green	:	:	:	:	:	:	red
weak	:	:	:	:	:	:	strong
rough	:	:	:	:	:	:	smooth
active	:	:	:	:	:	:	passive
empty	:	:	:	:	:	:	full
small	:	:	:	:	:	:	large
cold	:	:	:	:	:	:	hot
clear	:	:	:	:	:	:	hazy
young	:	:	:	:	:	:	old
good	:	:	:	:	:	:	bad
peaceful	:	:	:	:	:	:	ferocious
sick	:	:	:	:	:	:	healthy
angular	:	:	:	:	:	:	rounded
tense	:	:	:	:	:	:	relaxed
sad	:	:	:	:	:	:	happy
soft	:	:	:	:	:	:	loud
wet	:	:	:	:	:	:	dry
beautiful	:	:	:	:	:	:	ugly
fresh	:	:	:	:	:	:	stale

YOUR MOTHER

high	:	:	:	:	:	:	low
green	:	:	:	:	:	:	red
weak	:	:	:	:	:	:	strong
rough	:	:	:	:	:	:	smooth
active	:	:	:	:	:	:	passive
empty	:	:	:	:	:	:	full
small	:	:	:	:	:	:	large
cold	:	:	:	:	:	:	hot
clear	:	:	:	:	:	:	hazy
young	:	:	:	:	:	:	old
good	:	:	:	:	:	:	bad
peaceful	:	:	:	:	:	:	ferocious
sick	:	:	:	:	:	:	healthy
angular	:	:	:	:	:	:	rounded
tense	:	:	:	:	:	:	relaxed
sad	:	:	:	:	:	:	happy
soft	:	:	:	:	:	:	loud
wet	:	:	:	:	:	:	dry
beautiful	:	:	:	:	:	:	ugly
fresh	:	:	:	:	:	:	stale

YOUR FATHER

high	:	:	:	:	:	:	low
green	:	:	:	:	:	:	red
weak	:	:	:	:	:	:	strong
rough	:	:	:	:	:	:	smooth
active	:	:	:	:	:	:	passive
empty	:	:	:	:	:	:	full
small	:	:	:	:	:	:	large
cold	:	:	:	:	:	:	hot
clear	:	:	:	:	:	:	hazy
young	:	:	:	:	:	:	old
good	:	:	:	:	:	:	bad
peaceful	:	:	:	:	:	:	ferocious
sick	:	:	:	:	:	:	healthy
angular	:	:	:	:	:	:	rounded
tense	:	:	:	:	:	:	relaxed
sad	:	:	:	:	:	:	happy
soft	:	:	:	:	:	:	loud
wet	:	:	:	:	:	:	dry
beautiful	:	:	:	:	:	:	ugly
fresh	:	:	:	:	:	:	stale

YOUR SELF AS YOU ACTUALLY ARE

high	:	:	:	:	:	:	low
green	:	:	:	:	:	:	red
weak	:	:	:	:	:	:	strong
rough	:	:	:	:	:	:	smooth
active	:	:	:	:	:	:	passive
empty	:	:	:	:	:	:	full
small	:	:	:	:	:	:	large
cold	:	:	:	:	:	:	hot
clear	:	:	:	:	:	:	hazy
young	:	:	:	:	:	:	old
good	:	:	:	:	:	:	bad
peaceful	:	:	:	:	:	:	ferocious
sick	:	:	:	:	:	:	healthy
angular	:	:	:	:	:	:	rounded
tense	:	:	:	:	:	:	relaxed
sad	:	:	:	:	:	:	happy
soft	:	:	:	:	:	:	loud
wet	:	:	:	:	:	:	dry
beautiful	:	:	:	:	:	:	ugly
fresh	:	:	:	:	:	:	stale

APPENDIX C

Comparison of Groups on Adaptive Regression Score

Table 1C. Comparison of the male groups on adaptive regression score (ARS).

	Groups			
	Maternal	Paternal	Mixed	Total
Mean	2.61	2.13	1.43	2.06
SD	.48	.79	.76	.82

F = 4.35*

Comparison	t
Maternal vs. Total	1.53
Maternal vs. Paternal	1.30
Maternal vs. Mixed	8.43**
Paternal vs. Mixed	1.56
Mixed vs. Total	1.66

*Significant at the .05 level.
**Significant at the .001 level.

Table 2C. Comparison of the female groups on adaptive regression score (ARS).

	Groups			
	Maternal	Paternal	Mixed	Total
Mean	2.69	2.64	2.36	2.56
SD	.51	.37	1.13	.72

F = .34 N.S.

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