

University of Memphis

University of Memphis Digital Commons

---

Electronic Theses and Dissertations

---

2020

## How Social Norms Moderate the Association Between Gender Role Conflict and Grief Cognitions

Whitney Shuman

Follow this and additional works at: <https://digitalcommons.memphis.edu/etd>

---

### Recommended Citation

Shuman, Whitney, "How Social Norms Moderate the Association Between Gender Role Conflict and Grief Cognitions" (2020). *Electronic Theses and Dissertations*. 2778.

<https://digitalcommons.memphis.edu/etd/2778>

This Dissertation is brought to you for free and open access by University of Memphis Digital Commons. It has been accepted for inclusion in Electronic Theses and Dissertations by an authorized administrator of University of Memphis Digital Commons. For more information, please contact [khhgerty@memphis.edu](mailto:khhgerty@memphis.edu).

HOW SOCIAL NORMS MODERATE THE ASSOCIATION BETWEEN GENDER  
ROLE CONFLICT AND GRIEF COGNITIONS

by

Whitney Anne Shuman

A Dissertation

Submitted in Partial Fulfillment of the

Requirements for the Degree of

Doctor of Philosophy

Major: Counseling Psychology

The University of Memphis

August 2020

## Acknowledgements

This dissertation would not have been possible without the support of my partner, family, friends, professors, mentors, and colleagues. I first want to thank my adviser Dr. Suzanne H. Lease. Her advice, support, and guidance over the past four years were invaluable as a research assistant, in class, and during the dissertation process. I would also like to thank my other dissertation committee members, Dr. Sara K. Bridges, Dr. Jennifer Moore, and Dr. Pamela Cogdal for their support and advice. I also must thank Dr. Laura Marks for her guidance and support early in the dissertation process. I would like to thank my professors and mentors at The University of Memphis, Southern Oregon University, and University of California, Davis. Your wisdom, advice, and support have led me to this moment. I would like to thank my family for their endless love and support; without you I certainly would not be where I am today. Lastly, I would like to thank my partner, Drew, for showing me love and support in so many ways over the years, no matter the distance.

## Abstract

College students experience a myriad of both death-related and non-death losses throughout their academic careers, which may impact their academic and psychological well-being. Male gender role conflict (GRC) related to restrictive emotionality and restrictive affectionate behavior between men is associated with multiple negative psychological outcomes and may be associated with difficulties related to the grieving process, as grief is typically closely linked with affective experiences related to the loss. The current study specifically examined maladaptive grief cognitions, which are beliefs about one's grief experiences that lead to increased psychological distress and decreased adjustment to the loss. Additionally, descriptive and injunctive social norms regarding emotional inexpressiveness could strengthen the relationships between aspects of male gender role conflict and maladaptive grief cognitions. This study used Hayes' PROCESS Model 2 to examine the relationship between GRC and maladaptive grief cognitions and how the norms regarding emotional inexpressiveness within one's male reference group moderate this relationship. Correlation analyses indicated that restrictive emotionality was significantly associated with both measures of maladaptive grief cognitions and that restrictive affectionate behavior between men was significantly associated with a measure of appropriateness of grief cognitions. When the descriptive and injunctive norms were included in the regression analyses, there were fewer significant relationships between male gender role conflict scales and grief cognitions, and reference group norms did not significantly moderate the gender role conflict – maladaptive grief cognition associations.

## Table of Contents

Chapter	Page
1. Introduction	1
Maladaptive Grief Cognitions	2
Male Gender Role Conflict	5
Descriptive and Injunctive Inexpressiveness Social Norms	7
Research Hypotheses	9
2. Method	12
Participants	12
Instruments	12
Procedure	17
3. Results	19
Data Screening and Preliminary Analyses	19
Correlational Analysis	20
Moderation Analyses	21
4. Discussion	24
Limitations and Future Research	27
Implications and Conclusion	28
References	30

## **Chapter 1: Introduction**

University students may experience both non-death and death-related losses throughout the course of their college years. Significant non-death losses include the loss of a romantic relationship, failing courses, serious illness or injury, being disowned, or a major change in financial status (Cooley, Toray, & Roscoe, 2010). In studies that explore death-related and non-death losses among college students, a majority of participants identified a loss that had occurred within the past 12 months (Cooley et al., 2010; Cooley, Toray, & Roscoe, 2014). Additionally, death-related losses can significantly impact a student's academic functioning and mental and physical health (Balk, 2008; Servaty-Seib & Hamilton, 2006). For example, college students who had experienced a death-related loss within the previous few years had significantly lower GPAs than non-bereaved students and were more likely to have problematic academic standing (Servaty-Seib & Hamilton, 2006).

The extant research on non-death loss experiences among college students indicates that grief reactions to non-death losses are also associated with depression, anxiety, regret, and negative affect (Cooley et al., 2010, 2014). Many non-death losses may be disenfranchised (not recognized as a legitimate loss that may warrant a grief reaction), which may exacerbate loss experiences (Doka, 1989). Grief responses to both death-related and non-death losses impact personal and academic well being, and it would be helpful for researchers and clinicians alike to gain more information on factors that predict and potentially influence grief responses.

Behaviors thought of as typical grief responses, such as expressions of sadness or pain, or seeking social support, are largely prohibited for men and boys (Doka & Martin, 2010; Levant & Richmond, 2016). Traditional male gender role socialization emphasizes stoicism and restrictive emotionality, which conveys that communicating or revealing intense emotions, particularly

emotions related to sadness or vulnerability, is unacceptable or discouraged (Levant & Richmond, 2016; O'Neil, 2008). Ultimately, the grief experiences of men in and of themselves can be thought of as disenfranchised grief, in that male socialization encourages stoicism at all costs and discourages the expression of feelings of sadness and vulnerability (Doka, 1989; Levant 1995). Indeed, some men endorse the idea that grieving men are simply unable to cry and that anger is a more legitimate affective response to a loss than crying or expressions of vulnerability (Creighton, Oliffe, Butterwick, & Saewyc, 2013). Conflicts that arise from this gender role socialization related to restrictive emotionality or restrictive affectionate behavior between men are likely to be associated with concerns that one's grief experience is uncontrollable or inappropriate (i.e. maladaptive grief cognitions) (Boelen, Van den Bout, & Van den Hout, 2003a, 2003b; O'Neil, Helms, Gable, David, & Wrightsman, 1986). The current study examined the relationships between male gender role conflict and maladaptive grief cognitions. Given the socially constructed nature of a masculinity ideology (Addis, Reigeluth, & Schwab, 2016) and the influence of social norms on behavior and experience, this study also examined whether descriptive and injunctive norms about male inexpressiveness from one's male social reference group (Wong, Horn, Gomory, & Ramos, 2013) strengthened the association between gender role conflict (GRC) and maladaptive grief cognitions.

### **Maladaptive Grief Cognitions**

One theory of grief processes uses a cognitive-behavioral conceptualization of grief and complicated grief, which is grief that presents as a "clinically-significant deviation from the cultural norm" in either the time course/intensity of symptoms or the level of functional impairment (Stroebe, Hansson, Schut, & Stroebe, 2008, p. 7). This theory posits that negative/maladaptive beliefs and interpretations following a loss may contribute to emotional

difficulties (i.e. complicated/traumatic grief) (Boelen, 2006; Malkinson, 1996). Beliefs and interpretations about the loss or one's reaction to the loss can generate separation distress and symptoms of anxiety and/or depression, which cause an individual to engage in behavioral and cognitive strategies that reduce distress in the short run but hamper adjustment and the grieving process in the long run (Abrahms, 1981; Boelen et al., 2003a, 2003b; Gluhoski, 1995). Among a sample of college students grieving the loss of a parent or sibling, belief systems such as irrational thinking, lower perceptions of luck, lower beliefs in justice, and lower beliefs in control over their external world were associated with symptoms of traumatic grief (Boelen, Kip, Voorsluijs, & Van den Bout, 2004). Additionally, in a sample of bereaved adults, maladaptive grief cognitions (e.g., "There is something wrong with my feelings") were associated with depression, grief-related distress, behavioral avoidance, rumination, distraction, and thought suppression (Boelen et al., 2003b).

For some individuals, maladaptive grief cognitions may result in typical or innocuous symptoms of grief being misinterpreted as personal incompetence or signs of a serious mental illness (Boelen et al., 2003b; Boelen et al., 2004; Malkinson, 1996). One example of maladaptive grief cognitions is a catastrophic interpretation of grief, which is primarily related to fears and anxieties around affective experiences or expressions following a loss event (Boelen et al., 2003a). A catastrophic interpretation of grief has been shown to account for significant variance in negative psychological outcomes, such as depression, anxiety, and complicated grief among a sample of college students grieving the loss of a romantic relationship, even after accounting for relationship and demographic variables (Boelen & Reijntjes, 2009). Among bereaved adults, catastrophic interpretations of grief reactions have been associated with traumatic grief symptoms, depression, anxiety, pessimism, behavioral avoidance, and rumination (Boelen &



Lensvelt-Mulders, 2005; Boelen et al., 2003a). Catastrophic interpretations of grief reactions have also been linked to the intensity and chronicity of grief reactions among bereaved adults (Smith & Ehlers, 2019). In a sample of bereaved adults, a catastrophic interpretation of grief mediated the relationship between risk factors for complicated grief and negative psychological outcomes (van der Houwen, Stroebe, Schut, Stroebe, & Van den Bout, 2010).

Another example of maladaptive grief cognitions is interpreting one's grief as inappropriate, such as endorsing the opinion that one does not grieve as one "should" or that there is something wrong with one's feelings regarding the loss (Boelen et al., 2003a). Research indicates that, among adult samples, endorsement of one's grief as inappropriate is associated with rumination, anxiety, and behavioral avoidance (Boelen & Lensvelt-Mulders, 2005; Boelen et al., 2003a). Among college students grieving the loss of a romantic relationship, interpretation of one's grief as inappropriate was positively associated with symptoms of anxiety and depression (Boelen & Reijntjes, 2009). Although these maladaptive grief cognitions are typically found more within individuals with complicated or traumatic grief, research indicates that college students experiencing non-death loss also report maladaptive grief cognitions at significantly higher rates than individuals in a non-clinical sample, which would arguably increase the risk of intensified or complicated grief (Boelen & Reijntjes, 2009).

No research has investigated aspects of male gender role socialization that may be risk factors for maladaptive grief cognitions or complicated grief. However, it is likely that difficulties with emotional expression and experiences that have resulted from socialization messages conveying that emotional expression is inappropriate or unacceptable would be positively associated with interpreting one's grief reactions as inappropriate or catastrophic.

## **Male Gender Role Conflict**

Male gender role socialization emphasizes avoiding any behavior that may be viewed as feminine, weak, or vulnerable, and this has the potential to place men in a difficult position when it comes to grieving a loss, whether it is a death of a close relative or the breakup of a romantic relationship. Western male gender role socialization encourages men and boys to avoid self-awareness of affect and emotional vulnerability, disguise feelings (particularly feelings of vulnerability), and resist a general understanding of how to cope with feelings and/or communicate about them (Kilmartin & Smiler, 2015; Levant, 1995). The traditional masculine norms of stoicism and avoidance of femininity, for example, imply that what may seem like typical reactions to grief may be viewed as confusing, alarming, or inappropriate. These norms of emotional toughness and avoidance of femininity are still two of the most salient masculine norms among men today (Wong et al., 2020).

One approach to the study of the interplay between masculinity and emotions is that of gender role conflict (GRC). O'Neil (2008) described GRC as “the negative outcome of adhering to or deviating from culturally defined and restrictive masculinity ideologies” (p. 364-365). Gender role conflict is commonly understood as the outcome of gender role strain, which is pressure, tension, or constriction around an individual's relationship to expected male norms, including norms of restrictive emotionality and restrictive affectionate behavior with other men (Levant & Powell, 2017; O'Neil, 2008). The conflict results from the strain between what is expected and one's actual or desired behavior (Levant & Powell, 2017). The ultimate outcome of gender role conflict has been described as “the restriction of a person's human potential or the restriction of another person's potential” (O'Neil, 2008, p. 362).

The restrictive emotionality (RE) pattern of GRC is defined as “having restrictions and fears about expressing one’s feelings as well as restrictions in finding words to express basic emotions” (O’Neil, 2008, p. 367). GRC around restrictive emotionality is associated with multiple negative health, interpersonal, and intrapersonal outcomes, including hopelessness, lower self-esteem, depression, and problematic coping methods (Addis & Hoffman, 2017; Levant, 1995; O’Neil, 2008). For example, among college students, RE was found to be negatively associated with self-esteem, social intimacy, and prospective well-being and positively associated with anxiety and depression (Kaya, Iwamoto, Brady, Clinton, & Grivel, 2019; Sharpe & Heppner, 1991). Among male college counseling center students, RE predicted interpersonal sensitivity, psychoticism, paranoia, and depression (Good, Robertson, Fitzgerald, Stevens, & Bartels, 1996). It is reasonable to expect that fearing the expression of one’s feelings would be related to concerns that one’s feelings of grief were catastrophic, uncontrollable, or inappropriate.

The restrictive affectionate behavior between men (RABBM) pattern of GRC is defined as “restrictions in expressing one’s feelings and thoughts with other men and difficulty touching other men” (O’Neil, 2008, p. 367). Restrictive affectionate behavior between men has strong associations with greater levels of depression, lower levels of psychological well-being, and difficulty with identifying and describing feelings (O’Neil, 2008). College students higher on RABBM had significantly higher levels of anxiety and lower levels of self-esteem and social intimacy (Sharpe & Heppner, 1991). Additionally, RABBM predicts unique variance in difficulty with both describing and identifying emotions (Fischer & Good, 1997). Notably, research indicates that men who endorse greater levels of RE and RABBM use significantly more immature and neurotic psychological defenses, such as turning against the object or

projection (Mahalik, Cournoyer, DeFranc, Cherry, & Napolitano, 1998). The significant association between both RE/RABBM and psychological distress is also mediated by experiential avoidance (Spendelow & Joubert, 2018). Given that intimate self-disclosure and physical touch can increase resiliency and connectedness (Bowman, 2009; Burleson & Davis, 2014), which in turn can aid in typical grief processes (Coifman, Bonnano, & Rafaeli, 2007; Smith, Wild, & Ehlers, 2020), it is likely that men who endorse greater levels of RABBM also report greater levels of maladaptive grief cognitions.

There is no extant research on the relationship between gender role conflict and maladaptive grief cognitions. However, men who have difficulty processing and expressing emotion would be more likely to encounter maladaptive grief cognitions related to emotional responses to loss than men who report lower levels of gender role conflict related to emotion.

### **Descriptive and Injunctive Inexpressiveness Social Norms**

An influential male social reference group is defined as “the group of men who recently has had the greatest influence on your life” (Wong et al., 2013, p. 299). Normative messages from male social references groups about affective expression likely impact the relationship between gender role conflict related to emotionality and grief reactions. Descriptive norms are the norms that describe what most people do or believe in a particular reference group, and injunctive norms are the behavior or beliefs that people in a reference group either approve of or disapprove of (Wong et al., 2013). Descriptive and injunctive norms can be viewed as “external” norms to distinguish them from personal norms (Wong, Steinfeldt, LaFollette, & Tsao, 2011).

Descriptive norms communicate what behavior is effective, accurate, or adaptive for a given situational context (Reno, Cialdini, & Kallgren, 1993). Social situations that are more likely to involve evaluation or accountability from others increase the saliency of descriptive

norms and thus increase the reliance on these norms for prescribed behavior (Gelfand & Harrington, 2015). Additionally, descriptive norms have more motivational force in public environments wherein one's identity is known and in situations with a smaller range of typical behavior, such as openly expressing sadness among a group of friends in the middle of a college campus (Gelfand & Harrington, 2015). One example of a descriptive norm about inexpressiveness would be that men don't share their feelings about a loss experience.

In contrast, injunctive norms clarify what behavior is appropriate within a given culture/context; they motivate behavior through the threat of punishment or social sanctions for abnormal or counternormative conduct (Reno et al., 1993). Jacobson and colleagues (2011) found that injunctive norms led participants to focus on interpersonal goals or concerns, such as social approval, more than descriptive norms, and participants exposed to injunctive norms experienced a greater degree of conflict over whether or not to conform to a behavior than participants exposed to descriptive norms. Additionally, injunctive norms appear to be more transsituational, or persuasive across other environments, than descriptive norms (Reno et al., 1993). One example of an injunctive norm about inexpressiveness would be that men think that other men who cry about a loss experience are weak; this norm dictates what is socially judged or permissible.

Research indicates that men generally endorse social norms around emotionality that are in line with traditional male socialization. For example, Wong and colleagues (2011) found that male participants judged the behavior of a male target who was openly expressing emotionality (becoming tearful) as inappropriate, lacking conformity, and atypical. Additionally, men who identified with a traditional masculine gender role gave significantly less sympathy to grieving targets (either male or female) than participants who identified with an androgynous or feminine

gender role (Versalle & McDowell, 2005). One's relatedness to other males is important for gender role self-concepts; men tend to orient themselves to a particular reference group, which can serve as a powerful source of values, norms, and attitudes (Wade, 1998). Men whose gender role self-concept is externally defined and conforming are more likely to depend on this reference group for guidance as to what constitutes appropriate or shunned masculine behavior (Wade, 1998).

It is likely that social norms that stress how important it is for a man to refrain from affective displays would strengthen a preexisting relationship between difficulties with RE/RABBM and viewing one's grief reactions as abnormal or wanting to avoid grief reactions in general. For a grieving male college student already struggling with conflicts related to RE and RABBM, descriptive norms that discourage affective expression would convey to this student that he may not want to express his grief because it is abnormal or atypical for a man, which would increase the likelihood of experiencing grief reactions as catastrophic or inappropriate. Additionally, the moralizing component of injunctive norms conveys additional messages about what it means to be a man in this group or what is or is not allowed regarding emotions and masculinity, which would also likely exacerbate any preexisting conflicts related to the interplay between RE/RABBM and grief reactions.

### **Research Hypotheses**

The majority of GRC research centers on intrapersonal or interpersonal outcomes, and most of the research on maladaptive grief cognitions focuses on their association with complicated grief or other correlates of complicated grief. The current study combines both areas to further research in a new direction. It is likely that the GRC patterns of RE and RABBM will be related to men's maladaptive grief cognitions. Additionally, the injunctive and descriptive

norms or messages that men perceive from their male social reference group will likely moderate the relationship between GRC and maladaptive grief cognitions. Specifically, I hypothesize:

1. Gender role conflict will have a positive association with maladaptive grief cognitions such that higher scores on restrictive emotionality and restrictive affectionate behavior between men scales will be related to stronger beliefs that one's grief is inappropriate or catastrophic.
2. The descriptive and injunctive social norms regarding emotional inexpressiveness of one's male social reference group will strengthen the association between GRC and maladaptive grief cognitions such that norms of stronger inexpressiveness strengthen the gender role conflict – maladaptive grief cognitions relationships. The moderated model is shown in Figure 1.

Additionally, in a meta-analysis of research on complicated grief, Burke and Neimeyer (2012) found that low social support and anxious/insecure/avoidant attachment style were statistically significant risk factors for complicated grief. Avoidant, anxious, or insecure attachment styles were associated with complicated grief in three out of four longitudinal studies and accounted for 13% of the variance in complicated grief scores in two studies of bereaved parents (van der Houwen et al., 2010; Wijngaards et al., 2007a, 2007b). Several longitudinal studies found that low levels of social support were significantly associated with intensified grief (Bonanno et al., 2002). Perceived social support and attachment style involve interpersonal relationships, and it is crucial to control for these covariates in order to more clearly examine the moderating role of social norms, which also involve interpersonal relationships. Additionally, research indicates that perceived social support moderates the association between RABBM and general psychological distress (Wester, Christianson, Vogel, & Wei, 2007). For these reasons,

we will control for attachment style and level of perceived social support (Burke & Neimeyer, 2012).

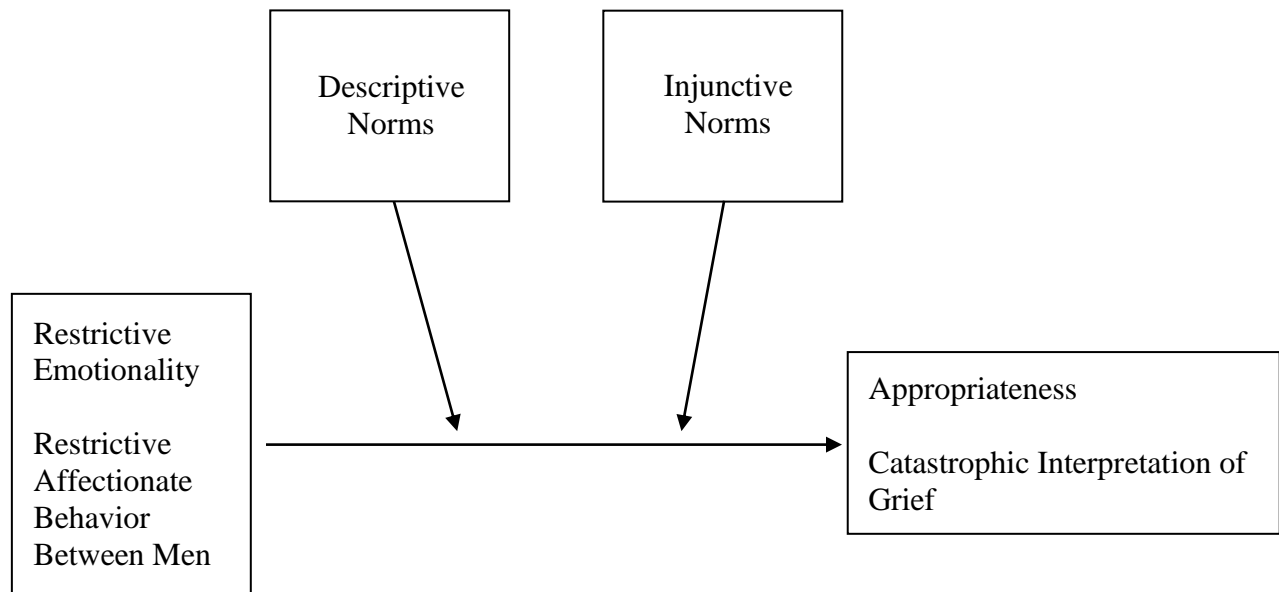


Figure 1. *Moderation Model*



## Chapter 2: Method

### Participants

Participants were 106 male college students between 18 – 25 years old ( $M = 20.8$ ,  $SD = 2.24$ ). Inclusion criteria were: (1) could identify a death-related or non-death loss; (2) self-identified as male; (3) completed all questionnaires; and (4) accurately answered attention-check items. A total of 305 individuals accessed the survey, but 192 were removed for not meeting inclusion criteria. A majority of the sample identified as White (70.3%). Participants also identified as Black/African American (11.3%), Asian (8.5%), Latino/Hispanic (6.6%), biracial/multiracial (.9%), and other ethnicities (1.9%). Participants identified as heterosexual/straight (84%), gay (7.5%), bisexual (3.8%), pansexual (.9%), and other sexual orientations (1.9%). Two participants declined to identify their sexual orientation.

A small majority of the participants were freshman (29.2%). The remaining participants included undergraduates, graduate students, and continuing education students. A small number of participants were international students (2.8%). A majority of participants resided in the Southeast (81.1%). The remainder of the participants resided in the West, Southwest, and Midwest.

### Instruments

**Loss Events Scale (LES)** (Cooley et al., 2010). This 43-item inventory asks participants to identify loss events that have happened to them within the last 12 months and rate the negative or positive impact each event had on them (Cooley et al., 2010). The possible loss events range from the death of a parent or sibling to non-death losses such as a major change in financial status, major personal injury or illness, or breaking up with a boyfriend/girlfriend (Cooley et al., 2010). The impact of each loss event experienced is measured on a 7-point Likert-type scale (-3 = *Negative Impact, Extreme* to 3 = *Positive Impact, Extreme*). The measure then asks the

participant to identify the single loss event from the previous list that was experienced within the last 12 months that was the most significant loss, indicate the date of the loss, and rate that specific loss's significance to the participant's life on a 10-point scale (1 = *Very Insignificant* to 10 = *This was one of the most important events in my life to date*). This measurement is typically used as a way to help participants identify a recent loss event, and it is used in conjunction with a second measurement that assesses some type of grief reaction (Cooley et al., 2010). This measurement was used to remove participants who could not identify a recent loss event.

**Grief Cognitions Questionnaire (GCQ)** (Boelen & Lensvelt-Mulders, 2005). This 38-item questionnaire assesses grief cognitions across nine subscales: Self, World, Life, Future, Self-Blame, Others, Appropriateness, Cherish Grief, and Catastrophic Interpretation of Grief (formerly Threatening Interpretation of Grief). Answers are scored on a 6-point Likert-type scale (0 = *Disagree Strongly* to 5 = *Agree Strongly*). Higher scores indicate a stronger endorsement of the respective type of grief cognitions. Cronbach's alphas for all nine subscales ranged from .76 to .95, and the overall internal consistency was .96 in a sample of bereaved adults (Boelen & Lensvelt-Mulders, 2005; Boelen et al., 2003a). Test-retest reliabilities for each subscale over a 3-week and 4-week period for a sample of bereaved adults ranged from .58 to .97 (Boelen et al., 2003a; Boelen & Lensvelt-Mulders, 2005). The GCQ demonstrated adequate discriminant and convergent validity (Boelen et al., 2003a; Boelen & Lensvelt-Mulders, 2005).

This study used two subscales from the GCQ, the first of which is the Catastrophic Interpretation of Grief scale, which consists of 4 items including, "If I let go of my emotions, I will go crazy," and "If I allow my feelings to come, I will lose control." For the purposes of this study, the word "death" on items was replaced by "loss." Initial 3-week and 4-week test-retest reliabilities for this scale were .72, .84, and .85 (Boelen et al., 2003a; Boelen & Lensvelt-

Mulders, 2005). In a sample of college students grieving a non-death loss, the Cronbach's alpha was .86 (Boelen & Reijntjes, 2009).

The second subscale is the Appropriateness scale, which consists of 4 items that include, "My grief reactions are abnormal," and "There is something wrong with my feelings." The Cronbach's alpha for this subscale among college students was .51 (Boelen & Reijntjes, 2009). Internal consistency reliabilities for this subscale among other general adult samples ranged from .86 to .91 (Boelen et al., 2003a; Boelen & Lensvelt-Mulders, 2005). Among initial samples of bereaved adults, 3-week and 4-week test-retest reliabilities were .84 and .79, respectively (Boelen & Lensvelt-Mulders, 2005). Due to the high Cronbach's alpha for the combined GCQ scales among college students ( $\alpha = 0.91$ ) and the correlation of the two subscales ( $r = .65$ ), the items from the Appropriateness and Catastrophic Interpretations of Grief subscales may be combined into one variable for statistical analyses, depending on the sufficiency of the single factor loading within the current study's sample (Boelen & Lensvelt-Mulders, 2005; Boelen & Reijntjes, 2009).

**Gender Role Conflict Scale (GRCS)** (O'Neil, Helms, Gable, David, & Wrightsman, 1986). This 37-item scale measures an individual's gender role conflict along four patterns of behavior that comprise four subscales: Restrictive Emotionality, Success/Power/Competition, Restrictive Affectionate Behavior Between Men, and Conflicts Between Work and Family. Each item is measured on a 6-point Likert-type scale (1 = *Strongly Disagree* to 6 = *Strongly Agree*). Cronbach's alphas for the subscales in the original confirmatory factor analysis with a sample of undergraduate male university students ranged from .75 to .85, and additional evaluation with university students produced Cronbach's alphas in the .70 to .89 range (O'Neil, 2008; O'Neil et al., 1986). Four-week test-retest reliability coefficients for the GRCS subscales with a university

sample ranged from .72 to .86 (O'Neil, 2008). The GRCS displays moderate discriminant and convergent validity and strong factorial validity, including with diverse populations (O'Neil, 2008; O'Neil et al., 1986). Response patterns based on social desirability have been low to almost insignificant (O'Neil, 2008). Based on previous research, the study will use the 10-item subscale of Restrictive Emotionality (RE) and the 8-item subscale of Restrictive Affectionate Behavior Between Men (RABBM). Sample items include, "Strong emotions are difficult for me to understand," "I have difficulty expressing my emotional needs to my partner," and "Expressing my emotions to other men is risky" (O'Neil et al., 1986).

**Measure of Men's Perceived Inexpressiveness Norms (M2PIN)** (Wong et al., 2013).

The M2PIN was developed to assess the degree of inexpressiveness norms of participants' social reference groups. Each participant is first asked to describe the "group of men who recently has had the greatest influence on your life" (Wong et al., 2013). The 10 items that follow ask the participant to describe this group of men's level of affective inexpressiveness. The measurement is comprised of two subscales, Descriptive and Injunctive, each containing 5 items. All items are measured on a 4-point Likert-type scale (1 = *strongly disagree* to 4 = *strongly agree*). Example items include "Most men in this group never share their feelings with others," "Most men in this group think it's a bad idea for men to be emotional in an interpersonal situation," and "Most men in this group would be disgusted with men who cry in the presence of others." The first item would fall under the Descriptive norms subscale, and the latter two items are included in the Injunctive norms subscale. When averaged, a higher score indicates a greater degree of inexpressiveness as the predominant social norm regarding affective expression of this group of men.

In the initial measure development, the most common groups of men described as being the most influential were classmates/college peers, male family members, and coworkers. This instrument was originally normed on male college students. The initial overall internal consistency reliability for this measure was  $\alpha = .89$ . Cronbach's alpha was .89 for the Descriptive subscale and .85 for the Injunctive subscale (Wong et al., 2013). The measure demonstrated adequate predictive validity, convergent validity, and discriminant validity (Wong et al., 2013). For the purposes of this study, both subscales will be used as moderators.

**Social Provisions Scale (SPS)** (Cutrona & Russell, 1987). This 24-item questionnaire assesses perceived social support across six subscales: Attachment, Social Integration, Reassurance of Worth, Reliable Alliance, Guidance, and Opportunity for Nurturance. Answers are scored on a 4-point Likert-type scale (1 = *Strongly Disagree* to 4 = *Strongly Agree*). Higher scores indicate greater levels of perceived social support. Cronbach's alphas for a total score of the combined subscales ranged from .89 to .91 among samples of college students (Boyratz, Horne, Armstrong, & Owens, 2015; Cutrona & Russell, 1987; Mattanah et al., 2010). One recent total score test-retest reliability over a 12-month period among a sample of adults with traumatic injuries was  $r = .42$  (Agtarap et al., 2017). The SPS demonstrated adequate discriminant and convergent validity (Cutrona & Russell, 1987; Russell, Cutrona, Rose, & Yurko, 1984). For the purposes of this study, a total overall score was used as a covariate in the analysis.

**Experiences in Close Relationships Scale-Short Form (ECR-S)** (Wei, Russell, Mallinckrodt, & Vogel, 2007). The 12-item ECR-S assesses two types of adult attachment styles: anxious and avoidant. The measurement is comprised of two subscales, Anxiety and Avoidance, each containing 6 items. All items are measured on a 7-point Likert-type scale (1 = *Strongly Disagree* to 7 = *Strongly Agree*). Example items in the Anxiety subscale include, "I need a lot of

reassurance that I am loved by my partner” or “I get frustrated if romantic partners are not available when I need them.” Example items in the Avoidance subscale include, “I want to get close to my partner, but I keep pulling back” and “I am nervous when partners get too close to me.” When totaled, higher scores indicate a greater degree of anxious or avoidant attachment in close relationships. Among college student samples internal consistency reliabilities for the Anxiety subscale ranged from .72 to .86 (Lane, 2016; Wei et al., 2007). Internal consistency reliabilities for the Avoidance subscale ranged from .78 to .88 among college student samples (Lane, 2016; Wei et al., 2007). Test-retest reliabilities for both subscales over a 4-week period among samples of college students ranged from .80 to .89 (Wei et al., 2007). The measure demonstrated adequate predictive validity, convergent validity, and discriminant validity (Wei et al., 2007). For the purposes of this study, the two subscales were entered into the regression as separate covariates.

## **Procedure**

After approval by the IRB, potential participants were recruited by fliers posted throughout university campuses, instructor email, randomly generated university listservs of male-identified students between 18 and 25, and social media. Participants electronically signed informed consent before completing demographic information. They then completed the GRCS-RE, GRCS-RABBM, LES, GCQ-Catastrophic Interpretation of Grief, GCQ-Appropriateness, the M2PIN, the ECR-S, and the SPS. Participants who could not identify a loss event after completing the LES were redirected to the end of the survey. Attention check items were included throughout the questionnaire to identify inattentive responding. For their participation, ten participants were chosen at random to receive a \$10 Target gift certificate. Each participant

provided an email in order to be eligible for the drawing, and the participant emails remained separate from any identifying information.

## Chapter 3: Results

### Data Screening and Preliminary Analyses

As noted earlier, data from 192 participants were removed due to failure to meet inclusion criteria. Remaining data were screened for univariate and multivariate outliers by examining standardized z-scores (exceeding  $\pm 3 SD$ ) and Mahalanobis/Cook's distances (scores greater than 1 on Cook's D). Participants' data that contained univariate or multivariate outliers were removed (seven participants) for the final sample of 106 participants. I then examined missing data, of which there was less than 1% across the entire data set. The data set adequately met normality and multicollinearity (i.e., variance inflation factors (VIF), tolerance) assumptions for hierarchical regression (Tabachnick & Fidell, 2012).

All participants identified a loss event and completed the grief cognitions items with regards to their experiences of grief following this loss. Thirty-five participants identified a death-related loss event, 18 participants identified a romantic breakup as the loss event, and the remaining 53 participants identified a non-breakup/non-death loss as the loss event. The average level of significance the loss was in the participant's life (on a scale of one to ten) was 7.05 ( $SD = 2.19$ ). There were no statistically significant differences in grief cognitions related to Appropriateness ( $F(2, 103) = .47, p = .62$ ) or Catastrophic interpretation of grief ( $F(2, 103) = .15, p = .86$ ) among these groups and all types of loss were combined in the final data set.

Participants also identified how much time had passed since the experience of the loss event. Thirty participants reported that their loss had occurred within the past three months. Twenty-one participants reported that their loss had occurred three to six months prior. Twenty participants reported that their loss had occurred six to nine months prior, and 35 participants reported that their loss had occurred nine months to a year prior. There were no statistically



significant differences in grief cognitions related to Appropriateness ( $F(3, 102) = .43, p = .73$ ) or Catastrophic interpretation of grief ( $F(3, 102) = 2.25, p = .09$ ) among these groups. The observed means and standard deviations for gender role conflict were similar to means and standard deviations for gender role conflict among other samples of college-aged men (Guvensel, Dixon, Chang, & Dew, 2018; McDermott, Naylor, McKelvey, & Kantra, 2017). A majority of participants identified friends/peers, family members, or teammates/fraternity members as their male social reference group. Other male social reference groups included colleagues, men in religious groups, extracurricular/service groups, a combination of the above categories, or “Other” (difficult to define). There were no statistically significant differences in descriptive social norms ( $F(7, 98) = .94, p = .48$ ) or injunctive social norms ( $F(7, 98) = 1.22, p = .30$ ) among these groups.

### **Correlational Analysis**

Table 1 shows the means, standard deviations, and zero-order correlations for the observed variables. The analysis of zero-order correlations partially supported Hypothesis 1. Gender role conflict around the norm of restrictive emotionality was significantly associated with maladaptive grief cognitions related to both the inappropriateness of one’s grief and catastrophic interpretations of one’s grief. Gender role conflict in the form of restrictive affectionate behavior between men was significantly associated only with grief cognitions related to the inappropriateness of one’s grief. Interestingly, the social reference norm scores showed lower correlations with the measures of gender role conflict or maladaptive grief cognitions than might be expected with only injunctive norms being significantly correlated with more conflict related to affectionate behavior with other men and believing grief cognitions to be inappropriate.

Table 1.

*Means, Standard Deviations, and Zero-Order Correlations Among Observed Variables*

Variable	1.	2.	3.	4.	5.	6.
1. RE	.86					
2. RABBM	.69**	.80				
3. Appropriateness	.32**	.24*	.79			
4. Catastrophic	.20*	.13	.45**	.85		
5. Descriptive Norms	.14	.14	.14	-.001	.91	
6. Injunctive Norms	.13	.28**	.20*	.12	.46**	.88
<i>M</i>	3.50	3.04	2.07	2.02	2.49	1.80
<i>SD</i>	0.98	0.94	1.09	1.29	0.68	0.62
Possible Range	1-6	1-6	0-5	0-5	1-4	1-4

*Note.*  $N = 106$ . RE = Restrictive Emotionality, RABBM = Restrictive Affectionate Behavior Between Men. Cronbach's alpha coefficients for the scales are on the diagonal.

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

**Moderation Analyses**

The moderation analyses were conducted using Hayes PROCESS macro Model 2 (Hayes, 2012). The control variables of anxious attachment, avoidant attachment, and social support were not significantly associated with any of the observed variables in the first calculation of the analyses. Given the small sample size, the control variables were removed from the moderation analyses to increase statistical power. This study included four moderation analyses: two with RE as the predictor of the two types of grief cognitions and two with RABBM as the predictor of the two grief cognitions (Hayes, 2012). Variables were mean centered. Restrictive emotionality was a significant predictor of Appropriateness ( $b = .25$ ), but only approached statistical

significance for catastrophic grief cognitions and the full regression model predicting catastrophic cognitions was not significant. Neither social norm interacted with restrictive emotionality so there was no moderation effect. The results of the regression analyses are shown in Table 2. Hypothesis 2 was not supported for the gender role conflict scale of restrictive emotionality.

Table 2.

*Regression Predicting Grief Cognition Outcomes Based on RE and Social Norms*

Predictor	Appropriateness			Catastrophic		
	<i>b</i>	95% CI	<i>t</i>	<i>b</i>	95% CI	<i>t</i>
RE (X)	.34	.13, .55	3.25**	.25	-.01, .51	1.92
Descriptive Norms (M)	.10	-.24, .44	.58	-1.10	-.53, .32	-.48
Interaction (X*M)	-.04	-.42, .35	-.19	-.17	-.65, .30	-.73
Injunctive Norms (W)	.25	-.12, .62	1.37	.25	-.20, .71	1.10
Interaction (X*W)	.28	-.15, .71	1.31	.35	-.18, .88	1.31

*Note.*  $N = 106$ . RE = Restrictive Emotionality. The Appropriateness model had an overall  $R^2$  of .15,  $F(5, 100) = 3.49, p < .01$ . The Catastrophic model had an overall  $R^2$  of .07,  $F(5, 100) = 1.50, p = .20$

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

Results of the RABBM analyses (see Table 3) also did not support Hypothesis 2. The gender role conflict scale of restrictive affectionate behavior between men did not significantly predict appropriateness or catastrophic grief cognitions. Neither social norm interacted with restrictive affectionate behavior between men so there was no moderation effect. Overall, Hypothesis 2 was not supported by the moderation analyses.

Table 3.

*Regression Predicting Grief Cognition Outcomes Based on RABBM and Social Norms*

Predictor	Appropriateness			Catastrophic		
	<i>b</i>	95% CI	<i>t</i>	<i>b</i>	95% CI	<i>t</i>
RABBM (X)	.23	-.01, .46	1.87	.21	-.08, .50	1.44
Descriptive Norms (M)	.11	-.24, .46	.64	-.10	-.52, .33	-.45
Interaction (X*M)	-.12	-.52, .29	-.57	.15	-.34, .64	.61
Injunctive Norms (W)	.19	-.20, .57	.95	.25	-.22, .72	1.07
Interaction (X*W)	.14	-.35, .63	.58	.22	-.38, .81	.72

*Note.*  $N = 106$ . RABBM = Restrictive Affectionate Behavior Between Men. The Appropriateness model had an overall  $R^2$  of .08,  $F(5, 100) = 1.79$ ,  $p = .12$ . The Catastrophic model had an overall  $R^2$  of .05,  $F(5, 100) = 1.03$ ,  $p = .40$ .

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

## Chapter 4: Discussion

Many male college students experience death-related and non-death losses throughout the course of their studies, and while some of these students seek therapy services for help with processing the thoughts and feelings associated with their losses, adhering to traditional masculine gender roles decreases the likelihood of addressing emotional concerns with others (Adams & Ueno, 2006). The aim of this current study was to explore the associations between male gender role conflict and maladaptive grief cognitions and the possible moderating effects of social reference group norms about emotional expressiveness on these associations. It was expected that experiencing more gender role conflict would be associated with higher levels of maladaptive grief cognitions and that perceiving a norm of emotional inexpressiveness in one's social group of men would strengthen that relationship.

The finding that the gender role conflict areas of restrictive emotionality and restrictive affectionate behavior between men were significantly associated with maladaptive grief cognitions supports the literature that indicates that gender role conflict is associated with negative psychological outcomes (Addis & Hoffman, 2017; Kaya et al., 2019; O'Neil, 2008). Specifically, these results suggest that male college students who report higher levels of conflict around restrictive emotionality and restrictive affectionate behavior between men are more likely to believe that their emotional responses to grief experiences are inappropriate or catastrophic. While a number of studies have shown significant relationships between aspects of gender role conflict and negative psychological outcomes (Lennon, Hevey, & Kinsella, 2018; O'Neil, 2008; Spendelov & Joubert, 2018), this is the first study to examine specific cognitions about one's grief responses. Since thoughts that one's emotional experience is out of control or "wrong" lead to negative emotional and behavioral consequences (Beck & Beck, 2011), finding associations

between increased gender role conflict and maladaptive grief cognitions is important. These maladaptive grief cognitions increase the risk for complicated or intensified grief, decreased psychological functioning, and problematic coping behaviors (Boelen & Lensvelt-Mulders, 2005; Boelen & Reijntjes, 2009; Boelen et al., 2003a), a risk that is likely to be compounded by the already increased levels of gender role conflict that are also associated with these outcomes (O'Neil, 2008; Rivera-Perez, 2019).

The results did not support the hypothesis that the association between gender role conflict and maladaptive grief cognitions would be moderated by social norms of inexpressiveness. This was surprising in light of research indicating that the injunctive norms specifically predicted higher levels of loneliness and lower levels of life satisfaction after controlling for the masculine norms of restrictive emotionality (Wong et al., 2013). It is possible that one's primary male social reference group does not have as much influence on modifying the effect of gender role norms that have been conveyed since birth, but that this influence is carried by other social forces. For example, Reyes and colleagues (2016) found that descriptive norms did not moderate the association between gender role attitudes and risk for perpetration of dating violence among adolescent males. Additionally, Wong, Ringo Ho, Wang, and Fisher (2016) found that gender identity satisfaction mediated the association between the endorsement of subjective masculine norms and life satisfaction among university students in Singapore. Thus, it is possible that other variables relating to gender identity saliency/satisfaction or subjective gender norms may explain why the descriptive and injunctive social norms of one's male reference group did not directly moderate the association between gender role conflict and maladaptive grief cognitions.

Additionally, the sample mean for injunctive norms was lower than other samples including both college students and the general population, and this could indicate a possible shift regarding injunctive norms in that current male college students may be more tolerant of emotional expressiveness (or at least less likely to set a norm that emotional expressiveness is unacceptable or punishable) (Orloff, 2016; Wong et al., 2013). A qualitative study examining heterosexual male college students' experience of partner-initiated romantic breakups revealed that most of the students interviewed reported engaging in some form of active/explicit or passive/implicit resistance to the gendered social norms conveyed to them regarding what the breakup "should" mean to them, which also indicates an increased willingness to challenge the appropriateness or helpfulness of gendered social norms around emotional experiences (Hartman, 2017).

Finally, the moderating effects of social norms on the association between gender role conflict and grief cognitions may be more salient during the immediate aftermath of a death-related or (more likely) a non-death loss. For example, the hypothesized results of this study may have more accurately detected conditional direct effects if participants identified a death-related or non-death loss that had occurred within the past three months (for this current study, participants identified losses that had occurred within the past 12 months). Although this study did not find support for the moderating effect of social reference group norms, the results encourage future research into what intrapersonal/interpersonal factors may significantly strengthen or weaken the association between gender role conflict and maladaptive grief cognitions.

## **Limitations and Future Research**

The study provided some new information about the associations among gender role conflict, maladaptive grief cognitions, and social norms. However, the limitations of the study must be noted. First, since experiencing a loss in the past 12 months was a criterion for participation, many participants were excluded and the sample size was smaller than hoped for. A larger sample size would have allowed researchers to analyze the moderation effects with increased statistical power and retain the control variables. Additionally, a sample that was more diverse with regards to participants' race/ethnicity and region of the country would have provided data that was more representative of the general male college student population overall. Additionally, a sample with increased diversity may have allowed for possible post-hoc group analyses that explored group differences based on these participant variables. Future studies would benefit from a significantly larger sample size that is more representative of the general male college student population.

As noted earlier, participants reported on losses up to 12 months prior. The retrospective nature of the study may have impacted the strength of the relationships among the variables. Future researchers may want to limit the time since the experienced loss to three or six months. An alternative option would be to focus on obtaining a much larger sample size for the purpose of conducting post-hoc analyses to explore between group differences based on time since the loss and type of loss.

Third, given the dearth of literature exploring quantitative associations among aspects of masculinity, grief, and social norms, it is recommended that future researchers examine these associations using a variety of measurements related to these constructs. Although gender role conflict is typically associated with negative psychological outcomes more than adherence to



traditional masculine norms (O'Neil, 2008), it may be revealing to examine the associations among personal conformity to gender norms, grief reactions, and social norms. Maladaptive grief cognitions are also primarily associated with more complicated grief reactions, and it is recommended that the associations among gender role conflict/gender norms and other aspects of grief (not associated with complicated grief) be examined in future research (Boelen & Lensvelt-Mulders, 2005) Additionally, given the limited research in this area and the complex nature of grief, gender, and social norms, it is recommended that future studies utilize mixed-methods approaches when feasible.

### **Implications and Conclusion**

The findings suggest several clinical implications regarding how gender role conflict might influence male college students' experience of grief. It would likely be helpful for male college students who are processing any type of loss to explore how their experiences of intrapersonal/interpersonal conflict related to restrictive emotionality or restrictive affectionate behavior between men may be impacting or influencing their beliefs about their grief reactions. More broadly, clinicians could assist their male clients in examining the breadth of messages (both positive and negative) they have received and internalized about being a man and how those messages have affected their inter- and intrapersonal functioning.

Considering how strongly maladaptive grief cognitions and gender role conflict are associated with problematic coping behaviors, a forthright and supportive discussion of how male college student clients are currently coping (or not) with a loss may also be therapeutically beneficial. Given the lack of support for Hypothesis 2, clinicians are encouraged to support grieving male college students in exploring how individuals in their lives influence their ideas about what constitutes "appropriate" grief reactions for men and how this may impact their own

grief processes. If social reference groups (at least for college-aged men) are becoming more accepting of expressing grief reactions, then it might be possible to encourage group counseling or other means of social support.

Findings from this study indicate that male college students who experience higher levels of gender role conflict, specifically restrictive emotionality and restrictive affectionate behavior between men, also experience higher levels of maladaptive grief cognitions in which they experience their grief responses as inappropriate and, to a lesser degree, catastrophic. This is a new finding that could be expanded upon in future research. These associations were not moderated by the inexpressiveness social norms of participants' male social reference groups, and this may indicate the complex nature of grief, gender, and social norms. Ultimately, it is important for researchers and clinicians alike to continue to explore how aspects of gender interpersonal relationships interact with both death-related and non-death loss experiences.

## References

- Abrahms, J. L. (1981). Depression versus normal grief following the death of a significant other. In G. Emery, S. D. Hollon, & R. C. Bedrosian (Eds.), *New directions in cognitive therapy* (pp. 255-270). New York: Guilford Press.
- Adams, R. G., & Ueno, K. (2006). Middle-aged and older adult men's friendships. In V. H. Bedford & B. F. Turner (Eds.), *Men in relationships: A new look from a life course perspective* (pp. 103-124). Springer Publishing.
- Addis, M. E., & Hoffman, E. (2017). Men's depression and help-seeking through the lenses of gender. In R. F. Levant & Y. J. Wong (Eds.), *The psychology of men and masculinities* (pp. 171-198). Washington, DC: American Psychological Association.
- Addis, M. E., Reigeluth, C. S., & Schwab, J. R. (2016). Social norms, social construction, and the psychology of men and masculinity. In Y. J. Wong & S. R. Wester (Eds.), *APA handbooks in psychology®. APA handbook of men and masculinities* (pp. 81-104). American Psychological Association. doi: 10.1037/14594-004
- Agtarap, S., Boals, A., Holtz, P., Roden-Foreman, K., Rainey, E. E., Ruggero, C., & Warren, A. M. (2017). The effect of depressive symptoms on social support one year following traumatic injury. *Journal of Affective Disorders, 207*, 398-405. doi: 10.1016/j.jad.2016.08.067
- Balk, D. E., Walker, A. C., & Baker, A. (2010). Prevalence and severity of college student bereavement examined in a randomly selected sample. *Death Studies, 34*, 459-468. doi: 10.1080/07481180903251810
- Beck, J. S., & Beck, A. T. (2011). *Cognitive behavior therapy: Basics and beyond* (2nd ed.). New York: Guilford Press.
- Boelen, P. A. (2006). Cognitive-behavioral therapy for complicated grief: Theoretical underpinnings and case descriptions. *Journal of Loss and Trauma, 11*, 1-30. doi: 10.1080/15325020500193655
- Boelen, P. A., van den Bout, J., & van den Hout, M. A. (2003a). The role of cognitive variables in psychological functioning after the death of a first degree relative. *Behaviour Research and Therapy, 41*, 1123-1136. doi: 10.1016/S00005-7967(02)00259-0
- Boelen, P. A., van den Bout, J., & van den Hout, M. A. (2003b). The role of negative interpretations of grief reactions in emotional problems after bereavement. *Journal of Behavior Therapy and Experimental Psychiatry, 34*, 225-238. doi: 10.1016/j.jbtep.2003.08.001
- Boelen, P. A., van Denderen, M., & de Keijsjer, J. (2016). Prolonged grief, posttraumatic stress, anger, and revenge phenomena following homicidal loss: The role of negative cognitions

- and avoidance behaviors. *Homicide Studies*, 20, 177-195. doi: 10.1177/1088767915580674
- Boelen, P. A., Kip, J. J., Voorsluijs, J. J., & van den Bout, J. (2004). Irrational beliefs and basic assumptions in bereaved university students: A comparison study. *Journal of Rational-Emotive and Cognitive-Behavior Therapy*, 22, 111-129. doi: 10.1023/0000025441.39310.49
- Boelen, P. A., & Lensvelt-Mulders, G. J. (2005). Psychometric properties of the Grief Cognitions Questionnaire (GCQ). *Journal of Psychopathology and Behavioral Assessment*, 27, 291-303. doi: 10.1007/s10862-005-2409-5
- Boelen, P. A., & Reijntjes, A. (2009). Negative cognitions in emotional problems following romantic relationship break-ups. *Stress and Health*, 25, 11-19. doi: 10.1002/smi.1219
- Boelen, P. A., Reijntjes, A., Djelantik, A. M. J., & Smid, G. E. (2016). Prolonged grief and depression after unnatural loss: Latent class analyses and cognitive correlates. *Psychiatry Research*, 240, 358-363. doi: 10.1016/j.psychres.2016.04.012
- Bonanno, G. A., Wortman, C. B., Lehman, D. R., Tweed, R. G., Haring, M., Sonnega, J., ... & Nesse, R. M. (2002). Resilience to loss and chronic grief: A prospective study from pre-loss to 18-months post-loss. *Journal of Personality and Social Psychology*, 83, 1150-1164. doi: 10.1037/0022-3514.83.5.1150
- Bowman, J. M. (2009). Gender role orientation and relational closeness: Self-disclosive behavior in same-sex male friendships. *The Journal of Men's Studies*, 16, 316-330. doi: 10.3149/jms.1603.316
- Boyratz, G., Horne, S. G., Armstrong, A. P., & Owens, A. C. (2015). Posttraumatic stress predicting depression and social support among college students: Moderating effects of race and gender. *Psychological Trauma: Theory, Research, Practice, and Policy*, 7, 259-268. doi: 10.1037/a0037967
- Brown, S. L., Nesse, R. M., House, J. S., & Utz, R. L. (2004). Religion and emotional compensation: Results from a prospective study of widowhood. *Personality and Social Psychology Bulletin*, 30, 1165-1174. doi: 10.1177/0146167204263752
- Burke, L. A., & Neimeyer, R. A. (2013). Prospective risk factors for complicated grief. In M. Stroebe, H. Schut, & J. Van den Bout (Eds.) *Complicated grief: Scientific foundations for health care professionals*. New York, NY: Routledge.
- Burleson, M. H., & Davis, M. C. (2014). Social touch and resilience. In M. Kent, M. C. Davis, & J. W. Reich (Eds.), *The resilience handbook* (pp. 131-143). New York, NY: Routledge.

- Coifman, K.G., Bonanno, G.A. & Rafaeli, E. (2007). Affect dynamics, bereavement and resilience to loss. *Journal of Happiness Studies*, 8, 371–392. doi: 10.1007/s10902-006-9014-5
- Cooley, E., Toray, T., & Roscoe, L. (2010). Reactions to Loss Scale: Assessing grief in college students. *Omega*, 61, 25-51. doi: 10.2190/OM.61.1.b
- Creighton, G., Oliffe, J. L., Butterwick, S., & Saewyc, E. (2013). After the death of a friend: Young men’s grief and masculine identities. *Social Science & Medicine*, 84, 35-43. doi: 10.1016/j.socscimed.2013.02.022
- Cupit, I. N., Servaty-Seib, H. L., Tedrick Parikh, S., Walker, A. C., & Martin, R. (2016). College and the grieving student: A mixed-methods analysis. *Death Studies*, 40, 494-506. doi: 10.1080/07481187.2016.1181687
- Cutrona, C. E., & Russell, D. W. (1987). The provisions of social relationships and adaptation to stress. In F. D. Fincham & M. Cui (Eds.), *Romantic Relationships in Emerging Adulthood* (pp. 37-67). Cambridge University Press.
- Doka, K. (Ed.). (1989). *Disenfranchised grief: Recognizing hidden sorrow*. Lexington, MA: Lexington.
- Doka, K. J., & Martin, T. L. (2011). *Grieving beyond gender: Understanding the ways men and women mourn*. New York, NY: Routledge.
- Fischer, A. R., & Good, G. E. (1997). Men and psychotherapy: An investigation of alexithymia, intimacy, and masculine gender roles. *Psychotherapy*, 34, 160-170. doi: 10.1037/h0087646
- Gelfand, M. J., & Harrington, J. R. (2015). The motivational force of descriptive norms: For whom and when are descriptive norms most predictive of behavior? *Journal of Cross-Cultural Psychology*, 46, 1273-1278. doi: 10.1177/0022022115600796
- Gluhoski, V. L. (1995). A cognitive perspective on bereavement: Mechanisms and treatment. *Journal of Cognitive Psychotherapy: An International Quarterly*, 9, 75-84.
- Good, G. E., Robertson, J. M., Fitzgerald, L. F., Stevens, M., & Bartels, K. M. (1996). The relation between masculine role conflict and psychological distress in male university counseling center clients. *Journal of Counseling & Development*, 75, 44-49. doi: 10.1002/j.1556-6676.1996.tb02313.x
- Guvensel, K., Dixon, A., Chang, C., & Dew, B. (2018). The relationship among gender role conflict, normative male alexithymia, men’s friendship discords with other men, and psychological well-being. *The Journal of Men’s Studies*, 26, 56-76. doi: 10.1177/1060826517719543

- Hartman, T. (2017). Men, masculinity, and breakups: Resisting the tyranny of “moving on.” *Personal Relationships, 24*, 953-969. doi: 10.1111/per.12223
- Hayes, A. F. (2012). PROCESS: A versatile computational tool for observed variable mediation, moderation, and conditional process modeling [White paper]. Retrieved from <http://www.afhayes.com/public/process2012.pdf>
- Holmbeck, G. N. (2002). Post-hoc probing of significant moderational and mediational effects in studies of pediatric populations. *Journal of Pediatric Psychology, 27*, 87-96. doi: 10.1093/jpepsy/27.1.87
- Houwen, K. V. D., Stroebe, M., Schut, H., Stroebe, W., & Van den Bout, J. (2010). Mediating processes in bereavement: The role of rumination, threatening grief interpretations, and deliberate grief avoidance. *Social Science & Medicine, 71*, 1669-1676. doi: 10.1016/j.socscimed.2010.06.047
- Houwen, K. V. D., Stroebe, M., Stroebe, W., Schut, H., Bout, J. V. D., & Meij, L. W. D. (2010). Risk factors for bereavement outcome: A multivariate approach. *Death Studies, 34*, 195-220. doi: 10.1080/07481180903559196
- Jacobson, R. P., Mortensen, C. R., & Cialdini, R. B. (2011). Bodies obliged and unbound: Differentiated response tendencies for injunctive and descriptive social norms. *Journal of Personality and Social Psychology, 100*, 433-448. doi: 10.1037/a0021470
- Kaya, A., Iwamoto, D. K., Brady, J., Clinton, L., & Grivel, M. (2019). The role of masculine norms and gender role conflict on prospective well-being among men. *Psychology of Men & Masculinities, 20*, 142-147. doi: 10.1037/men0000155
- Kilmartin, C., & Smiler, A. P. (2015). *The masculine self* (5th ed.). Cornwall-on-Hudson, NY: Sloan Publishing.
- Lane, J. A. (2016). Attachment, well-being, and college senior concerns about the transition out of college. *Journal of College Counseling, 19*, 231-245. doi: 10.1002/jocc.12046
- Lennon, J., Hevey, D., & Kinsella, L. (2018). Gender role conflict, emotional approach coping, self-compassion, and distress in prostate cancer patients: A model of direct and moderating effects. *Psycho-oncology, 27*, 2009-2015. doi: 10.1002/pon4762
- Leong, F. T., & Austin, J. T. (2006). *The psychology research handbook: A guide for graduate students and research assistants* (2nd Ed.). Thousand Oaks, CA: Sage Publications.
- Levant, R. F. (1995). Toward the reconstruction of masculinity. In R. F. Levant & W. S. Pollack (Eds.), *A new psychology of men* (pp. 229-251). New York, NY: Basic Books.

- Levant, R. F., & Richmond, K. (2016). The gender role strain paradigm and masculinity ideologies. In Y. J. Wong & S. R. Wester (Eds.), *APA handbook of men and masculinities* (pp. 23-49). Washington, DC, US: American Psychological Association.
- Mahalik, J. R., Burns, S. M., & Syzdek, M. (2007). Masculinity and perceived normative health behaviors as predictors of men's health behaviors. *Social Science & Medicine*, *64*, 2201-2209. doi: 10.1016/j.socscimed.2007.02.035
- Mahalik, J. R., Cournoyer, R. J., DeFranc, W., Cherry, M., & Napolitano, J. M. (1998). Men's gender role conflict and use of psychological defenses. *Journal of Counseling Psychology*, *45*, 247-255. doi: 10.1037/0022-0167.45.3.247
- Malkinson, R. (1996). Cognitive behavioral grief therapy. *Journal of Rational-Emotive & Cognitive-Behavior Therapy*, *14*, 155-171. doi: 10.1007/BF02238267
- Marques, J. M., Abrams, D., & Serôdio, R. G. (2001). Being better by being right: Subjective group dynamics and derogation of in-group deviants when generic norms are undermined. *Journal of Personality and Social Psychology*, *81*, 436-447. doi: 10.1037/0022-3514.81.3.436
- Mattanah, J. F., Ayers, J. F., Brand, B. L., Brooks, L. J., Quimby, J. L., & McNary, S. W. (2010). A social support intervention to ease the college transition: Exploring main effects and moderators. *Journal of College Student Development*, *51*, 93-108. doi: 10.1353/csd.0.0116
- McDermott, R. C., Naylor, P. D., McKelvey, D., & Kantra, L. (2017). College men's and women's masculine gender role strain and dating violence acceptance attitudes: Testing sex as a moderator. *Psychology of Men & Masculinity*, *18*, 99-111. doi: 10.1037/men0000044
- Mirsu-Paun, A. (2016). Grief cognitions and cognitive-emotional regulation associated with romantic breakup distress among college students. *European Psychiatry*, *33*, S342. doi: 10.1016/j.eurpsy.2016.01.762
- O'Neil, J. M. (2008). Summarizing 25 years of research on men's gender role conflict using the Gender Role Conflict Scale. *The Counseling Psychologist*, *36*, 358-445. doi: 10.1177/001000008317057
- O'Neil, J. M., & Denke, R. (2016). An empirical review of gender role conflict research: New conceptual models and research paradigms. In Y. J. Wong & S. R. Wester (Eds.), *APA handbook of men and masculinities* (pp. 51-79). Washington, DC, US: American Psychological Association.
- O'Neil, J. M., Helms, B. J., Gable, R. K., David, L., & Wrightsman, L. S. (1986). Gender-role conflict scale: College men's fear of femininity. *Sex Roles*, *14*, 335-350. doi: 10.1007/BF002875843

- Orloff, A. (2016). An exploration of male veterans' sense of masculinity and emotional expressivity (Doctoral dissertation). Retrieved from ProQuest Dissertations Publishing. (Accession No. 10192284)
- Pituch, K. A., & Stevens, J. (2015). *Applied multivariate statistics for the social sciences (6th Ed.)*. New York: Routledge.
- Pleck, J. H. (1995). The gender role strain paradigm: An update. In R. F. Levant & W. S. Pollack (Eds.), *A new psychology of men* (pp. 11-32). New York, NY, US: Basic Books.
- Reno, R. R., Cialdini, R. B., & Kallgren, C. A. (1993). The transsituational influence of social norms. *Journal of Personality and Social Psychology*, *64*, 104-112. doi: 10.1037/0022-3514.64.1.104
- Reyes, H. L. M., Foshee, V. A., Niolon, P. H., Reidy, D. E., & Hall, J. E. (2016). Gender role attitudes and male adolescent dating violence perpetration: Normative beliefs as moderators. *Journal of Youth and Adolescence*, *45*, 350-360. doi: 10.1007/s10964-015-0278-0
- Rivera-Perez, Y. G. (2019). Men's gender role conflict as a moderator of the relationship between substance use severity and emotion regulation difficulties (Doctoral dissertation). Retrieved from ProQuest Dissertations Publishing. (Accession No. 10745728)
- Russell, D., Cutrona, C. E., Rose, J., & Yurko, K. (1984). Social and emotional loneliness: An examination of Weiss's typology of loneliness. *Journal of Personality and Social Psychology*, *46*, 1313-1321. doi: 10.1037/0022-3514-46-6-1313
- Servaty-Seib, H. L., & Hamilton, L. A. (2006). Educational performance and persistence of bereaved college students. *Journal of College Student Development*, *47*, 225-234. doi: 10.1353/csd.2006.0024
- Sharpe, M. J., & Heppner, P. P. (1991). Gender role, gender-role conflict, and psychological well-being in men. *Journal of Counseling Psychology*, *38*, 323-330. doi: 10.1037/0022-0167.38.3.323
- Smith, K. V., & Ehlers, A. (2019). Cognitive predictors of grief trajectories in the first months of loss: A latent growth mixture model. *Journal of Consulting and Clinical Psychology*, *88*, 93-105. doi: 10.1037/ccp0000438
- Smith, K. V., Wild, J., & Ehlers, A. (2019). The masking of mourning: Social disconnection after bereavement and its role in psychological distress. *Clinical Psychological Science*, *8*, 464-476. doi: 10.1176/2167702620902748



- Spendelov, J. S., & Joubert, H. E. (2018). Does experiential avoidance mediate the relationship between gender role conflict and psychological distress? *American Journal of Men's Health, 12*, 688-695. doi: 10.1177/1557988317748123
- Stroebe, M. S., Hansson, R. O., Schut, H., & Stroebe, W. (2008). *Handbook of bereavement research and practice: Advances in theory and intervention*. Washington, DC: American Psychological Association.
- Tabachnick, B. G., & Fidell, L. S. (2012). *Using multivariate statistics (6th Ed.)*. New Jersey: Pearson.
- Vanderwerker, L. C., & Prigerson, H. G. (2004). Social support and technological connectedness as protective factors in bereavement. *Journal of Loss and Trauma, 9*, 45-57. doi: 10.1080/15325020490255304
- Versalle, A., & McDowell, E. E. (1995). The attitudes of men and women concerning gender differences in grief. *Omega, 50*, 53-67. doi: 10.2190/R2TJ-6M4F-RHGD-C2MD
- Wade, J. C. (1998). Male reference group identity dependence: A theory of male identity. *The Counseling Psychologist, 26*, 349-383. doi: 10.1177/0011000098263001
- Wei, M., Russell, D. W., Mallinckrodt, B., & Vogel, D. L. (2007). The Experiences in Close Relationship Scale (ECR)-short form: Reliability, validity, and factor structure. *Journal of Personality Assessment, 88*, 187-204. doi: 10.1080/00223890701268041
- Wester, S. R., Christianson, H. F., Vogel, D. L., & Wei, M. (2007). Gender role conflict and psychological distress: The role of social support. *Psychology of Men & Masculinity, 8*, 215-224. doi: 10.1037/1524-9220.8.4.215
- Wijngaards-de Meij, L., Stroebe, M., Schut, H., Stroebe, W., van den Bout, J., van der Heijden, P., & Dijkstra, I. (2007a). Neuroticism and attachment insecurity as predictors of bereavement outcome. *Journal of Research in Personality, 41*, 498-505. doi: 10.1016/j.jrp.2006.06.001
- Wijngaards-de Meij, L., Stroebe, M., Schut, H., Stroebe, W., van den Bout, J., van der Heijden, P. G., & Dijkstra, I. (2007b). Patterns of attachment and parents' adjustment to the death of their child. *Personality and Social Psychology Bulletin, 33*, 537-548. doi: 10.1177/0146167206297400
- Wong, Y. J., Granderson, R. M., Zounlome, N. O. O., McCullough, K. M., Hyman, J. E., & Schwabe, S. B. (2020, January 16). The assessment of subjective masculine norms in the United States. *Psychology of Men & Masculinities*. Advance online publication. Doi: 10.1037/men0000254

- Wong, Y. J., Horn, A. J., Gomory, A. M., & Ramos, E. (2013). Measure of Men's Perceived Inexpressiveness Norms (M2PIN): Scale development and psychometric properties. *Psychology of Men & Masculinity, 14*, 288-299. doi: 10.1037/a0029244
- Wong, Y. J., Ringo Ho, M. H., Wang, S. Y., & Fisher, A. R. (2016). Subjective masculine norms among university students in Singapore: A mixed-methods study. *Psychology of Men & Masculinity, 17*, 30-41. doi: 10.1037/a0039025
- Wong, Y. J., Steinfeldt, J. A., & LaFollette, J. R., & Tsao, S. (2011). Men's tears: Football players' evaluations of crying behavior. *Psychology of Men & Masculinity, 12*, 297-310. doi: 10.1037/a0020576
- Wood, W., Christensen, P. N., Hebl, M. R., & Rothberger, H. (1997). Conformity to sex-typed norms, affect, and the self-concept. *Journal of Personality and Social Psychology, 73*, 523-535. doi: 10.1037/0022-3514.73.3.523
- Zinner, E. S. (2000). Being a man about it: The marginalization of men in grief. *Illness, Crisis, & Loss, 8*, 181-188. doi: 10.1177/105413730000800206