

RUNNING HEAD: EVALUATION OF DEFENSE STYLE QUESTIONNAIRE

Table 1. Common defense styles and their definitions.

Defense styles ^a	Description
Denial*	Refusing to acknowledge some painful aspect of external or subjective experience.
Acting out*	Dealing with emotional conflict or external stressors by actions rather than reflections or feelings.
Altruism*	Dealing with emotional conflict or external stressors by dedication to meeting the needs of others rather than the self.
Anticipation*	Experiencing emotional reactions in advance of, or anticipating consequences of future events.
Asceticism	Eliminating the pleasurable effects of experiences.
Blocking	Temporarily or transiently inhibiting thinking.
Controlling	
Displacement*	Transferring anxiety-provoking feelings for one <i>object</i> onto another <i>object</i>
Dissociation*	Detaching from and losing conscious contact with the environment and persons in the environment.
Distortion	Grossly reshaping external reality to suit inner needs.
Externalization	Tending to perceive in the external world and in external objects elements of one's own personality.
Humour*	Emphasizing the amusing or ironic aspects of a conflict or stressor.
Hypochondriasis	Exaggerating or overemphasising and illness for the purpose of evasion of regression.
Idealization*	Attributing exaggerated positive qualities to others.
Inhibition	Consciously limiting or renouncing ego functions.
Intellectualization	Excessive use of abstract thinking or making generalizations to control or minimize disturbing feelings.
Introjection	Internalizing the qualities of an object.
Isolation*	Separating the feelings associated with a given event or experience from the descriptive detail.
Projection*	Falsely attributing one's own distress to another <i>object</i> .
Rationalization*	Concealing true motivations with distorted elaborations and explanations, which may be exaggerated.
Reaction formation*	Substituting emotional conflict or stressors with opposite thoughts, feelings or behaviours.
Regression*	Reverting to a previously developmentally appropriate way of responding.
Repression	Expelling disturbing wishes, thoughts or experiences from conscious awareness.
Schizoid fantasy*	Fantasizing or daydreaming as a substitute for relationships with others.
Sexualization	Endowing an object or function with sexual significance that it did not previously possess, to ward off anxieties.
Somatization*	Tendency to experience and communicate psychological distress in the form of somatic symptoms and to experience medical help for them.
Splitting*	Compartmentalizing related affect states, <i>objects</i> , feelings, and thoughts, into contradictory components, and failing to integrate components into a cohesive whole.
Sublimation*	Channelling feelings or impulses into socially acceptable and productive behaviours.
Suppression*	Intentionally avoiding thinking about disturbing problems, wishes, feelings or experiences.
Passive aggression*	Indirectly or unassertively expression aggression towards others.
Undoing*	Using words or behaviours designed to negate or make amends for unacceptable thoughts, feelings or actions.

* Included in the DSQ-40

^a Defense styles taken from: Vaillant (1994); APA (2000).

Table 2. Demographic, clinical and forensic characteristics of the study sample (N=160).

<u>Age:</u>	
Mean (sd)	42.25 (11.54)
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<u>Index Offence:</u>	<u>n (%)</u>
Violence	47 (29.4)
Manslaughter	35 (21.9)
Murder	24 (15.0)
Adult Sexual Offences	20 (12.5)
Child Sexual Offences	8 (5.0)
Others (e.g. Threats to kill)	7 (4.4)
Robbery	6 (3.8)
Attempted Murder	6 (3.8)
Arson	5 (3.1)
None	2 (1.3)
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<u>Ethnicity:</u>	<u>n (%)</u>
White	95 (59.4)
Black	43 (26.9)
Other (including Serbian, Indian, White Irish, White Other and Traveller)	22 (13.8)
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<u>ICD-10 Diagnosis:</u>	<u>n (%)</u>
Schizophrenia	89 (55.6)
Disorders of adult personality disorder	50 (31.3)

and behaviours

Disorders of Psychological Development 8 (5.0)

(Asperger's syndrome)

Mood (Affective) Disorders 2 (1.3)

Not stated 11 (6.9)

Table 3. Means and standard deviations for self-reported defenses in the study sample.

Defense styles	Current study	Andrews et al., (1993)
	Forensic inpatients (N=160)	General population (N=388)
	Mean; (SD)	Mean; (SD)
Mature Factor	5.53 (1.43)	5.76 (1.15)
Sublimation	5.41 (2.26)	5.45 (1.82)
Humour	5.80 (2.14)	6.44 (1.77)
Anticipation	5.34 (1.99)	5.72 (1.79)
Suppression	5.58 (2.17)	5.50 (1.81)
Neurotic Factor	4.37 (1.33)	4.32 (1.28)
Undoing	4.25 (2.24)	4.26 (1.96)
Pseudo-altruism	4.63 (1.93)	5.14 (1.86)
Idealisation	3.71 (2.14)	3.64 (2.13)
Reaction formation	4.88 (1.97)	4.17 (1.92)
Immature Factor	3.82 (1.25)	3.54 (.95)
Projection	3.74 (2.14)	2.34 (1.63)
Passive aggression	3.62 (2.12)	3.20 (1.80)
Acting out	3.96 (2. 23)	4.70 (2.03)
Isolation	4.17 (2.33)	4.08 (2.18)
Devaluation	3.61 (1.83)	3.06 (1.57)
Autistic fantasy	3.16 (2.08)	3.63 (2.25)

Denial	3.49 (1.92)	2.88 (1.57)
Displacement	4.55 (2.26)	3.48 (1.88)
Dissociation	3.04 (2.04)	2.85 (1.74)
Splitting	3.81 (2.09)	3.78 (1.91)
Rationalisation	5.58 (1.91)	5.57 (1.25)
Somatisation	3.13 (2.09)	3.05 (2.02)

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Table 4. Reliability coefficients for mature, neurotic and immature factors of the DSQ-40.

DSQ factors (N=160)	N Items	α	α Andrews et al., 1993 (N=712)	α if item deleted	Item to delete	Mean	Variance	standard deviation	Average Variance Extracted	Composite Reliability
Mature	8	.65	.68	N/A	N/A	44.31	132.25	11.50	0.18	0.64
Neurotic	8	.53	.58	.62	7	34.96	113.28	10.64	0.18	0.54
Immature	24	.85	.80	.86; .85	4; 16	91.83	902.80	30.04	0.21	0.84

Table 5. Principal components analysis of DSQ-40 items

Factor (factor label from DSQ-40 validation study if different to current factor solution)	Factor loading (cross loading where > 0.4)
Immature defences	
23 If my boss bugged me, I might make a mistake in my work or work more slowly so as to get back at him.	.70
20 I get openly aggressive when I feel hurt.	.63
10 I pride myself on my ability to cut people down to size.	.62
37 Often I find that I don't feel anything when the situation would seem to warrant strong emotions.	.59
9 I ignore danger as if I was Superman.	.58
11 I often act impulsively when something is bothering me.	.54
18 I fear nothing.	.54
31 Doctors never really understand what is wrong with me.	.53
29 I am sure I get a raw deal from life.	.52
14 I get more satisfaction from my fantasies than from my real life.	.50
36 No matter how much I complain, I never get a satisfactory response.	.50
19 Sometimes I think I'm an angel and other times I think I'm a devil.	.49
7 If someone mugged me and stole my money, I'd rather he be helped than punished. (Neurotic)	-.40
22 As far as I'm concerned, people are either good or bad.	.40
8 People say I tend to ignore unpleasant facts as if they didn't exist.	.39
17 I live more of my life in my dreams than in real life	.39
6 People tend to mistreat me.	.37
34 I'm often told that I don't show my feelings.	.37
13 I'm a very inhibited person.	.32
21 I always feel that someone I know is like a guardian angel. (Neurotic)	.31

Neurotic	
12 I get physically ill when things aren't going well for me. (Immature)	.65
28 I often find myself being very nice to people who by all rights I should be angry at.	.58
32 After I fight for my rights, I tend to apologize for my assertiveness.	.54
39 If I were in a crisis, I would seek out another person who had the same problem.	.53
33 When I'm depressed or anxious, eating makes me feel better. (Immature)	.50
40 If I have an aggressive thought, I feel the need to do something to compensate for it.	.47
27 I get a headache when I have to do something I don't like. (Immatur)	.42
1 I get satisfaction from helping others and if this were taken away from me I would get depressed.	.36
Mature	
26 I'm usually able to see the funny side of an otherwise painful predicament.	.582
30 When I have to face a difficult situation, I try to imagine what it will be like and plan ways to cope with it.	.578
4 I am able to find good reasons for everything I do. (Immature)	.51 (-.43)
2 I'm able to keep a problem out of my mind until I have time to deal with it.	.51
5 I'm able to laugh at myself pretty easily.	.50
25 I can keep the lid on my feelings if letting them out would interfere with what I'm doing.	.49
38 Sticking to the task at hand keeps me from feeling depressed or anxious.	.48
3 I work out my anxiety through doing something constructive and creative like painting or woodwork.	.44
15 I've special talents that allow me to go through life with no problems. (Immature)	.42 (.41)
35 If I can predict that I'm going to be sad ahead of time, I can cope better.	.39
16 There are always good reasons when things don't work out for me. (Immature)	.39