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Suppression mental questionnaire: A preliminary study

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Abstract: Authors postulate that the difference between suppression and repression, highlighted in particular by the Société Psychanalytique de Paris, enables the development of a quantitative instrument, since suppression is a defense accessible to consciousness and therefore quantifiable like scales and questionnaires. The idea of constructing a questionnaire, included the identification of thirty items having somehow a plausible relationship with this mechanism. The factor exploratory analysis identified three factors, named respectively “repressive function”, “regression in the service of the ego” and “rationalization”, the first of which is the closest to the theoretical construct postulated.

Keywords: Suppression, Questionnaire, Defence Mechanism.

Introduction

The suppression, as the only conscious defense (Lingiardi, Madeddu, 1994), is understandable as the process through which consciousness moves a content, which is percept, idea, memory, imagination or more generally the representation, not considered pleasing or useful at the time .

Derived from the Latin "reprimere," it means a change of place of an object, where the idea comes back to the conflict and change of place, generated by suppression.

Unlike other defense mechanisms, the knowledge of the process, is available; suppression can deploy the force resulting from the knowledge, as otherwise, subtract spaces associated with the unconsciousness instinctual need.

Of course the energy subtracted from suppression, can be poured on the body, so the importance of suppression invests the somatic, as pointed out by De Burge (2001).

In subjects in developmental age, where the consciousness is typically invested with a whole series of direct instability, therefore, internal, or external stress factors, suppression comply with such stability.

The suppression is organized in parallel with the processes of consciousness, which are invoked as a process of internalization of mental objects, generically to superego, to a more complex level (ego ideal) (Penot, 2001).

Of suppression, repression and sublimation, however different, it is possible a type of mental organization, facilitating the adaptation of both internal and external.

Regards dimensional trend that excess or deficiency, that often creates disharmony at the base of experienced abnormal pathology.

How is it possible to understand, the general framework from which it is carried out the suppression, is a necessity, and in the defense, as a change of place, here understood in a psychic sense and therefore that of a utility service to the feeling of the subject, for surely his experience: the ego.

In both the term itself that the repressive functions, are found at the dawn of Freudian thought, precisely in the "Interpretation of Dreams" (Freud, 1898), where the need to treat the "semantic sources of the dream", terms originating meets l ' intent to emphasize the properties and products of the inadequacy of desire.

Anyway they are inadmissible or nor not satisfied and thus removed, the use of this observation makes the need for comparable treatment of unwanted

quality, consciously treated and therefore related to the suppression, or unconsciously forgotten and therefore typical of removal (Villa, 2001).

In reference to the oneiric, the excitement, because the energy issue, it is implicit in the question and the role of the image in this process both repressive and removal, is essential in their origin (unpleasantness), processing them, and their extinction by means of hallucination. The role of affection containment by the representation (image), and its non-descript, but guessed energy factor, would make understandable the fallback via somatic; it is therefore clear that it is an external stimulus to evoke the disturbance.

In specific relation to the suppression, therefore, humor allows the passage of content that otherwise would give rise to discomfort, as well as a quantitative level appears to be effective in certain environments and less others. For all these reasons and for the relationship with consciousness, suppression is considerable, as the only defense mechanism which can be operationalized.

Method

The observatrion group is composed by 103 subjects (M=24), with a majority of female sex (55%), attending the V year degree course in Medicine and Surgery. Referring to the group, it presents an high homogeneity; the condition is identified in the research for means to improve the relationship with yourself.

Hypothesis for the construction of a questionnaire

The questionnaire aims to explore the issues relating to the ability of the subject to reduce the effects of isolation, the ability to control himself, the ability to reduce anxiety, to contain the anger, to know how to delete images from the conscience, the engrams and disturbing desires. The intent extends the abstractive ability, the imagination, the ability to rid the field of consciousness, as well as to emotional control, and rationalization.

Results

Descriptive analysis reveals the following values (Table 1):

Table 1.

Item	M	SD
1	2.86	1.081
2	3.57	1.076
3	3.86	1.005
4	2.33	1.115
5	2.31	1.186
6	2.44	1.207
7	2.86	1.379
8	3.04	1.080
9	2.31	1.080
10	4.41	1.081
11	3.32	1.007
12	1.85	0.989
13	3.30	1.249
14	3.78	1.122
15	3.48	1.132
16	2.18	1.129
17	3.63	1.185
18	2.11	1.080
19	2.02	1.081
20	2.91	1.228
21	2.00	1.034
22	3.13	1.259
23	2.78	1.340
24	2.79	1.205
25	3.00	0.901
26	2.64	1.209
27	2.60	1.074
28	3.86	1.099
29	3.79	1.155
30	3.19	1.150

From the subsequent factor analysis with Rotation Method: Quartimax with Kaiser Normalization emerge three main factors explaining the 35.91% of variance (respectly the 18.94% for the first factor, 10.41% for the second factor and 6.55% for the third factor. The rotation used is Quartimax with Kaiser Normalization, because it allowed to obtain a minor dispersion. Test Kaiser-Meyer-Olkin Measure of Sampling Adequacy: 0,648 (Best >0,600).

The alpha coefficient is summarized Factor 1 = 0.742; Factor 2 = 0.804; Factor 3 = 0.698

The three factors are presented with corresponding coefficients for which have been accepted in order to explain the behavior of the items in Table 2. The first factor we have called « repressive function » is composed of the items 3,4,9,15,17,23,24,25,29,30. This factor is justified in its name by the meaningfulness of behaviors for which the subject is able to remove from the mind ideas, disturbing images and engrams. In particular, the variable named R4 has a directionally inverse behavior and shows us how the ability to suppress both antithetical to mull over. The factor 2 less important for both consistency of items for both the weight of the same has been named by us « regression to the ego service » to indicate the capacity of the represented function of resorting to the imagination as a protective factor. It is composed of the items 5,6,16,18,19. The factor 3 called « rationalization » centers items from which we can deduce the behavior of a rationalizing function, such as ability to contain and put an antithetical emotions. Third factor is composed of the items 1,2,9,21.

About missing items 7, 8, 10, 11, 12, 13, 14, 20, 26, 27, 28, the items are omitted as weak, depending on the correlation dispersed.

Conclusions

The present study poposes to suggest a metric that may increase the understanding of images suppression in mental funtionig. It may be useful fot the understanding of other mind operations, for example in the consciuousness of immages, such as for applications in areas where the removal of the immages has been considered the genesis of psychosomatic disorders. (for example alexithymia).

This preliminary study although it merits further confirmatory analysis may lead us to emphasize the importance of suppression in the image action process that the mind is as important as the action carried out against the word because it does not exhaust the capacity of mind control (Kahn, 2001). The densification in three factors indicates how, there are probably more forms of consciuousness, the first of which linked to the action of inclusion \ exclusion of the image, the second image related to the game and the last linked to proper ideation's processes. The fact that the exploratory analysis does not explain that a small part of the whole structure of the observation group once again the problem of the complexity of consciences in the process of adaptation to internal and external world. The idea for which the psychometric instrument can complement other similar means causes us to

be able to use the same one bridge tool between cognitive-emotional processes of symbolization-processes.

Table 2.

ITEM	FACTORS		
	1	2	3
1			,620
2			,629
3	,628		
4	-,523		
5		,741	
6		,756	
7			
8			
9	,548		,505
10			
11			
12			
13			
14			
15	,713		
16		,675	
17	,693		
18		,629	
19		,746	
20			
21			,555
22			
23	,634		
24	,673		
25	,537		
26			
27			
28			
29	,642		
30	,513		

Rotation Method: Quartimax with Kaiser Normalization

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Appendix A: Original version

Suppression Questionnaire

1. I can easily control my emotions
2. When I feel joy i can easily hide it
3. When I have a bad thought I can remove it from mind
4. I have a tendency to brood
5. I use to fantasize
6. I like daydreams
7. Good images help me to fall asleep
8. I can simulate disgust
9. I have self-control
10. I belive that the headache is a good excuse to solve problems
11. I can think scenes that I can easily get out of my mind
12. I consider myself a person with a clear moral
13. Many images are odds with my religion (regardless of belief or faith)
14. I had rigid sex education
15. When I'm angry I can easily calm down
16. I have a lot of immagination
17. When I'm anxious I can easily look forward dedicating myself to another business
18. Sometimes I have an Idea that I cannot remove
19. Sometimes I have a Musical tone in my head that I cannot easily remove
20. When I was a child I used to feel influenced
21. I consider myself very rational
22. I don't give importance to dreams

23. I don't think to get angry more than other people
24. I think I have more self control than other people
25. I can easily remove from my mind images I don't consider as pure
26. Purity is a value
27. I like to transgress with my mind
28. My thought is easily empty from emotions
29. My thought is easily remove bad memories from my mind
30. I can easily remove from my mind desires I don't consider as acceptable

Appendix B : Final version

Suppression Questionnaire

1. I can easily control my emotions
2. When I feel joy i can easily hide it
3. When I have a bad thought I can remove it from mind
4. I have a tendency to brood
5. I use to fantasize
6. I like daydreams
7. I have self-control
8. When I'm angry I can easily calm down
9. I have a lot of immagination
10. When I'm anxious I can easily look forward dedicating myself to another business
11. Sometimes I have an Idea that I cannot remove
12. Sometimes I have a Musical tone in my head that I cannot easily remove
13. I consider myself very rational
14. I don't think to get angry more than other people
15. I think I have more self control than other people
16. I can easily remove from my mind images I don't considera as pure
17. My thought is easily remove bad memories from my mind
18. I can easily remove from my mind desires I don't consider as acceptable