Abstract of thesis entitled:

Does Dialectical Thinking Benefit Stigma Reduction

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Stigma refers to negative stereotypes, prejudice and discrimination towards people with negative attributes and reduces well-being of both stigmatized people and people without stigma. With three manuscripts, this thesis aims to examine whether and how dialectical thinking (i.e., the acceptance of change, contradiction, and interconnection) may benefit stigma reduction.

Manuscript 1 comprehensively discussed the possible relationships between dialectical thinking and different types of stigma and the underlying mechanisms. First, public stigma means that the public endorse and apply negative stereotypes, prejudice and discrimination towards people with negative attributes. Dialectical thinking increases the acceptance of both positive and negative aspects of a target. It may reduce the endorsement of public stigma through reducing internal attribution, negative stereotypes, and prejudice and increasing the acceptance of negative aspects of stigmatized people. Second, courtesy stigma refers to the negative treatments towards associates of stigmatized people (e.g., families and friends). Accepting contradictions increases a balanced appraisal of associates and reduce bias. However, viewing everything as interconnected may increase relationship-based categorization tendency and aggravate courtesy stigma. In addition, dialectical thinking may reduce self-stigma of people with negative attributes through reducing the legitimation of stigma and lessening the

centrality of the stigmatized identity in self-concept. According to ambivalence-amplification theory, dialectical thinking can either strengthen the ambivalence-amplification relationship based on the principle of interconnection or weaken it based on the principle of contradiction. Competitive hypotheses were discussed. Since stigma refers to negative stimuli, the valence effect on impact of dialectical thinking was discussed.

Manuscript 2 includes three empirical studies to examine the abovementioned hypothesis. Namely, when dialectical thinking is low, perceiving stigma from the public increases individual's stigma endorsement; when dialectical thinking is high, perceived stigma does not induce stigma endorsement. Study 1 identified the buffering effect of dialectical thinking between perceived stigma and stigma endorsement in a cross-sectional survey among Hong Kong and Mainland Chinese college students. Study 2 validated this relationship experimentally by manipulating the levels of dialectical thinking and perceived stigma. Furthermore, the effects of dialectical thinking on attributions and feelings towards people with mental illness were identified. Study 3 manipulated the level of dialectical thinking and found that positive stereotypes towards people with schizophrenia reduced stigma endorsement among people with high dialectical thinking but not among people with low dialectical thinking.

To differentiate dialectical thinking in social perception from self-perception and to identify the effects of contradiction, change, and interconnection, Manuscript 3 developed a three-dimension Dialectical Thinking in Social Perception Scale (DTSPS). In Study 1, using exploratory and confirmatory factor analysis, a 10-item scale with the three dimensions was developed. In addition, convergent, discriminant and predictive

validities were tested. In Study 2, the test-retest reliability was identified. In Study 3, the known-group difference validity was examined by comparing scores on the DTSPS of White British and Chinese in Study 1. White British scored lower on the DTSPS than did Chinese participants. Overall, the DTSPS could be a useful measure in conducting future stigma and dialectical thinking research.

Key words: dialectical thinking, stigma, negative stimuli, well-being

Chinese Abstract

摘要： 污名包括對具有負面特征的人的刻板印象，偏見和歧視。它可以降低公眾和被污名者的幸福感和心理健康。三篇文章充分探討了辯證思維法（即，接受變化、矛盾和互相聯繫）是否和如何減少污名化。

文章一詳盡地討論了辯證思維和不同類型的污名之間的關係和可能機制。首先，污名內化指個體支持并實踐公眾對被污名者的消極對待。研究發現辯證思維增加了對積極和消極特質的接受性。它可能會通過影響內化歸因，刻板印象，和偏見從而減少內化污名。第二，連帶污名指對與被污名者有關的人的消極態度（比如，親人和朋友）。接受矛盾的兩方面會提高對他們的平衡的評價和減少偏見。然而，以關係為主的劃分傾向也可能會增加連帶污名。另外，辯證思維可能會減少自我污名。文章對可能的競爭假說進行了討論。

文章二包括三個實證性研究以檢測辯證思維對精神疾病污名的緩衝作用。研究一確定了辯證思維對感受污名和內化污名之間關係的調節作用。研究二和研究三用實驗證明了這個關係和內在機制（包括，歸因、負面情緒和刻板印象）。

為彌補測量工具的不足，文章三發展了新的量表以測量個體對他人和社會事件的辯證思維。新量表具有好的信度和效度。另外，文章區分了對他人的辯證思維和對自我的辯證思維兩個概念，并證明了它們對污名和心理健康具有的不同作用。