



Sleep experiences, dissociation, imaginal experiences, and schizotypy: The role of context



Joshua Knox^a, Steven Jay Lynn^{b,*}

^a *Counselling and Psychological Services, University of Houston, 4800 Calhoun Road, Houston, TX 77004, United States*

^b *Psychology Department, Binghamton University (SUNY), Binghamton, NY 13902, United States*

ARTICLE INFO

Article history:

Received 26 July 2013

Available online 28 November 2013

Keywords:

Sleep

Dissociation

Sleep experiences

Schizotypy

Context effects

ABSTRACT

Watson (2001) reported moderate correlations between the Iowa Sleep Experience Survey (ISES) and self-report measures of dissociation and schizotypy. Subsequent investigations (Fassler, Knox, & Lynn, 2003; Watson, 2003) reported similar, although somewhat more modest, correlations between the ISES and measures of dissociation and schizotypy, as well as with measures of absorption and negative affect. The present study tested subjects in conditions in which the measures of sleep experiences were administered with other measures in either the same ($N = 86$) or a different ($N = 87$) test context. We determined that sleep experiences were associated with measures of dissociation, absorption, and schizotypy. We closely replicated Watson (2001) and found that the ISES correlations with other measures were not affected by the test context. We suggest that Watson's (2001) hypothesized common domain of unusual cognitive and perceptual experiences (e.g., sleep experiences) may be underpinned by common ties to imaginative experiences.

© 2013 Elsevier Inc. All rights reserved.

1. Introduction

Much of what we know about individual differences in personality derives from studies conducted with participants who are awake and alert. Consequently, relatively little is known about the relation between personality traits and sleep-related experiences. According to one school of thought, a degree of continuity exists between waking and sleep-related experiences and personality traits (Blagrove & Hartnell, 2000; Claridge, Clark, & Davis, 1997; Hartmann, 1991). The available evidence supports the idea that individuals prone to unusual waking experiences, including those characterized by vivid imagery, fantasy, and absorption (Belicki & Bowers, 1981; Martinetti, 1985), or perceived alterations of consciousness, dissociation (Rassin, Merckelbach, & Spaan, 2001), and schizotypy (Claridge et al., 1997; Levin, 1998), are likely to experience highly salient, vivid, or frequent dreams. Lucid dreaming – the awareness and control of dreaming—is likewise associated with absorption (Schredl & Erlacher, 2004), imagination (Bernstein & Belicki, 1995–1996), and creativity (Blagrove & Hartnell, 2000). Finally, both nightmare prevalence and nightmare distress (Levin & Fireman, 2001–2002) are related to imaginal experiences.

In two studies, Watson (2001, 2003) used the Iowa Sleep Experiences Survey (ISES) to examine the relations among schizotypy, dissociation, and sleep-related experiences. Consistent with previous and subsequent research (e.g., Claridge et al., 1997; Giesbrecht & Merckelbach, 2004; Giesbrecht, Smeets, Leppink, Jelicik, & Merckelbach, 2007; Levin, 1998; Van der Kloet, Merckelbach, Giesbrecht, & Lynn, 2012), Watson found meaningful associations between sleep experiences and schizotypy and dissociation. Watson suggested that the associations among these measures reflect a common domain of unusual cognitive and perceptual experiences manifested across disparate states of consciousness.

* Corresponding author. Fax: +1 607 777 4890.

E-mail addresses: drjaknox@gmail.com (J. Knox), stevenlynn100@gmail.com (S.J. Lynn).

We Fassler, Knox, and Lynn (2006) found that the ISES:GSE correlated moderately with both dissociative experiences and negative affect and that absorption proved to be the strongest correlate of unusual sleep experiences. Although hypnotic suggestibility was not meaningfully related to the ISES:GSE, absorption and imaginal experiences were consistently correlated with measures of dissociation. These findings are consonant with the hypothesis that absorption and imagination are integral aspects of dissociation and dissociative experiences (see Lynn, Neufeld, Green, Sandberg, & Rhue, 1996; Giesbrecht, Lynn, Lilienfeld, & Merckelbach, 2008). Our research also supported Watson's (2001) suggestion that associations among sleep experiences, dissociation, and schizotypy reflect a domain of imaginative abilities.

Nevertheless, the possibility exists that the observed relationships are the product of so-called "context effects" and lack broad generalizability. Researchers have shown that when measures are co-administered in the same experimental context (with no explicit connection highlighted by the researchers), it may inflate estimates of the actual degree of association. Council, Kirsch, and Hafner (1986) originally identified context effects with regard to measures of hypnotic suggestibility and absorption. Subsequent findings have indicated that context effects can be detected in a variety of experimental designs (Council et al., 1986; Milling, Kirsch, & Burgess, 2000) and documented with respect to other measures, including mystical experiences, daydreaming frequency, paranormal beliefs, dissociation (Spanos, Arango, & de Groot, 1993), temporal lobe dysfunction, bulimia, and depression (see Lynn, Neufeld, Green, & Sandberg, 1996 for a review).

To evaluate the contextual independence and the generalizability of the relation between sleep-related experiences and a variety of measures found to correlate with such experiences when assessed in the same context, we compared the interrelations among measures when the ISES was administered with other measures in the same versus different test contexts. We expected that if context effects were operative, and potentially responsible for the relations among measures (e.g., sleep-related experiences, fantasy-proneness, absorption, schizotypy) observed in past studies, then associations among these measures would be of greater magnitude in the in-context versus the out-of-context condition. In addition to measures of sleep-related experiences, dissociation, and absorption, negative affect, social desirability, and response infrequency, we included measures of referential thinking and social anhedonia to provide a more fine-grained analysis of variants of schizotypal symptomatology hypothetically associated with Watson's common domain. We also included a measure of fantasy-proneness, insofar as experiences associated with high attentional and imaginative involvement are important constituents of Watson's hypothesized common domain, and researchers have found such experiences to be related to schizotypy (Giesbrecht, Merckelbach, Kater, & Sluis, 2007; Merckelbach, Horselenberg, & Muris, 2001; Rhue & Lynn, 1987; van de Den & Merckelbach, 2003).

In summary, our study is designed to further elaborate the construct validity of the ISES, assess the scale's generalizability and sensitivity to variations in the test context, and explore the boundary conditions of Watson's common domain. If relations among measures are not affected by the context of testing, it enhances confidence that the findings are robust, generalize across conditions of administration, and are not likely explained in terms of response sets or demands for consistency established by the circumstances of testing.

2. Materials and methods

2.1. Participants

We tested 86 participants (N women = 55, N men = 31) in the out-of-context condition and 87 (N women = 51, N men = 36) in the in-context condition. Ages ranged from 17 to 24, with a median age of 18. The number of participants/condition in our study exceed the median number of participants ($N = 69.5$) in 12 out-of context conditions and the median number of participants ($N = 82.5$) in 26 in context conditions reviewed by Council, Kirsch, and Grant (1996) of studies that examined context effects with respect to measures of hypnosis and absorption and found evidence for context effects averaged across all conditions studied. All participants were undergraduate students at the State University of New York at Binghamton who volunteered for the experiment as part of the research component of their psychology courses.

2.2. Materials

Iowa Sleep Experiences Survey (ISES; Watson, 2001). The ISES is a 19-item measure (seven point Likert-type scale) of the frequency of a variety of sleep related events. The ISES provides two factor scores: one assesses a broad range of sleep experiences (e.g., hypnagogic and hypnopompic imagery, unusual perceptual experience, and the content of dreams); another score reflects lucid dreaming phenomena (e.g., awareness of dreaming and control of dream content).

Pittsburgh Sleep Quality Index (PSQI; Buysse, Reynolds, Monk, Berman, & Kupfer, 1989). The PSQI is a 19-item self-report measure that assesses the quality of sleep and presence of sleep disturbances over a 1-month period. Responses produce a single global score and seven component scores: subjective sleep quality, sleep latency, sleep duration, habitual sleep efficiency, sleep disturbances, use of sleep medication, and daytime dysfunction. We used the global score in the present study. Buysse et al. (1989), as well as others (Carpenter & Andrykowski, 1998), have reported that the PSQI exhibits acceptable internal consistency (.80–.83), test–retest reliability (.85) and convergent and divergent validity.

Dissociative Experiences Scale (DES; Bernstein & Putnam, 1986). The DES is a 28-item measure of the frequency with which dissociative experiences occur in daily life. Each item describes a dissociative experience and participants circle the

Download English Version:

<https://daneshyari.com/en/article/927592>

Download Persian Version:

<https://daneshyari.com/article/927592>

[Daneshyari.com](https://daneshyari.com)