


EMOTIONAL REACTIVITY IN DARK TRIAD: A DAILY DIARY APPROACH

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INTRODUCTION

- **Daily stressors** refer to minor events such as being stuck in a jam or getting into an argument with our family members. They impact our well-being (Klaiber et al., 2021; Leger et al., 2022)
- **Individuals today face more daily stressors than the past** (Almeida et al., 2020) 
- Moderators such as personality features can buffer or cushion the impacts of daily stressors (Bolger & Zuckerman, 1995; Lantz et al., 2005)
- The **Dark Triad** consists of three personality traits: Narcissism, psychopathy and Machiavellianism (Paulhus & Williams, 2002)
- Most existing research is on the Big Five and other positive personality traits, neglecting negative personality traits like the Dark Triad (Pilch, 2020; Vize et al., 2018)

AIM OF STUDY

We examine the association between the **Dark Triad**, **daily affect** and **emotional reactivity to daily stressors** using a daily diary design

We hypothesise that the Dark Triad is negatively associated with daily affect and emotional reactivity to daily stressors

SAMPLE

- 514 young adults in Singapore (19-30 years old, 75% female, 80% Chinese)
- 3500 observations of daily data

MEASURES

Baseline questionnaire

Dark Triad

- 12-item Dirty Dozen Scale (Jonason & Webster, 2010)
- Psychopathy: $\alpha = .85$
- Narcissism: $\alpha = .82$
- Machiavellianism: $\alpha = .81$

Covariates

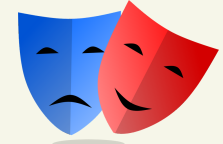
- Demographic: age, sex, race
- SES: objective (income), subjective (rank)

Seven-day daily survey

Daily exposure to stressors

- Daily inventory of stressful events (Almeida et al., 2002)

Daily affect

- Midlife Development Inventory (Brim & Featherman, 1998) 
- NA: $\alpha = [.90, .99]$
- PA: $\alpha = [.94, .99]$

ANALYTIC PLAN

Multilevel modelling

- Level 1: Days
- Level 2: Participants

Two multilevel models

- Model 1: Unadjusted
- Model 2: Adjusted for demographic and SES covariates

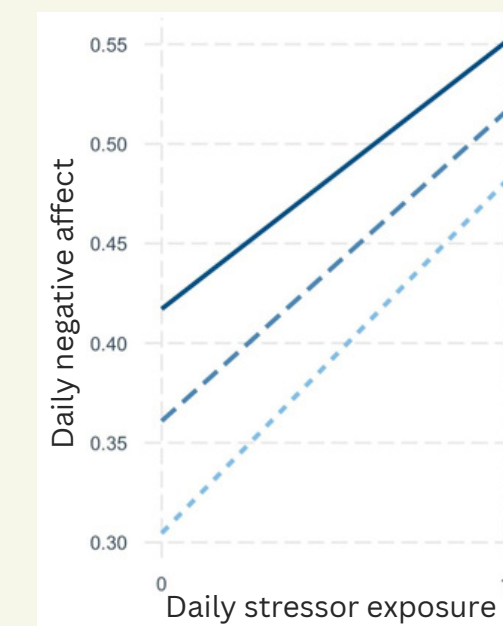
RESULTS

Conducted in R version 3.6.3 with lme4 and lmerTest

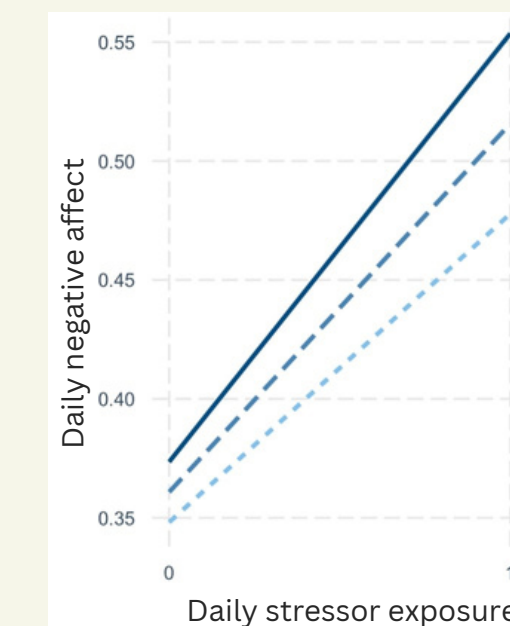
Affective reactivity was not associated with any of the Dark Triad traits

Hypothesis	Results
Dark Triad moderates the stressor exposure \rightarrow PA relationship	✗ Unadj. $ps \geq .515$ Adj. $ps \geq .571$
Dark Triad moderates the stressor exposure \rightarrow NA relationship	✗ Unadj. $ps \geq .104$ Adj. $ps \geq .256$

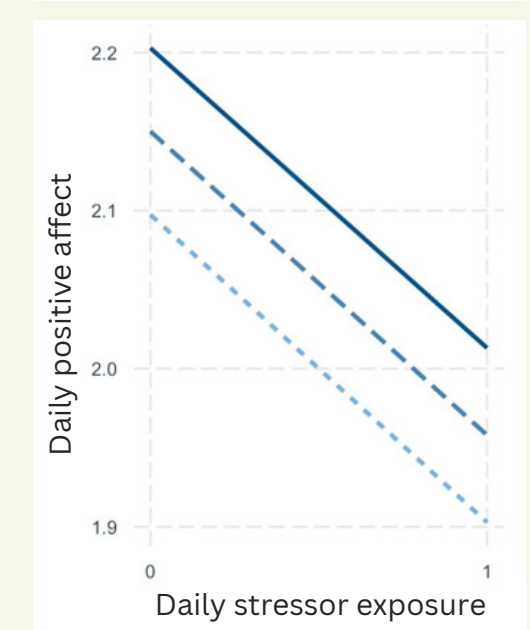
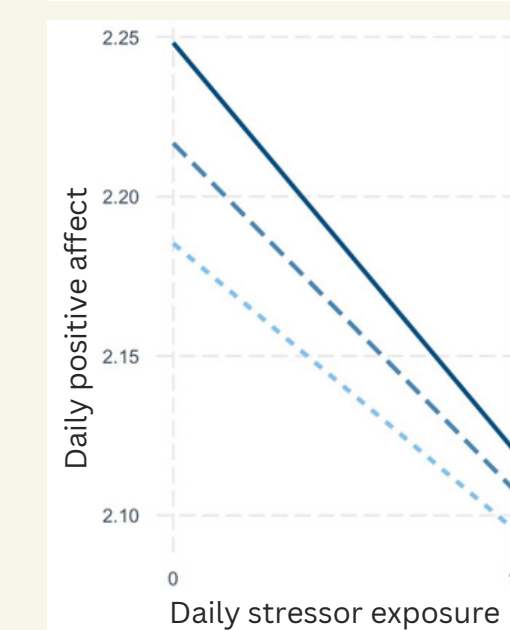
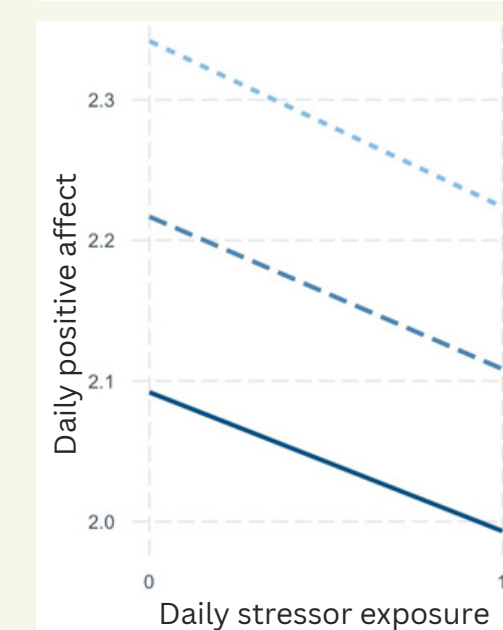
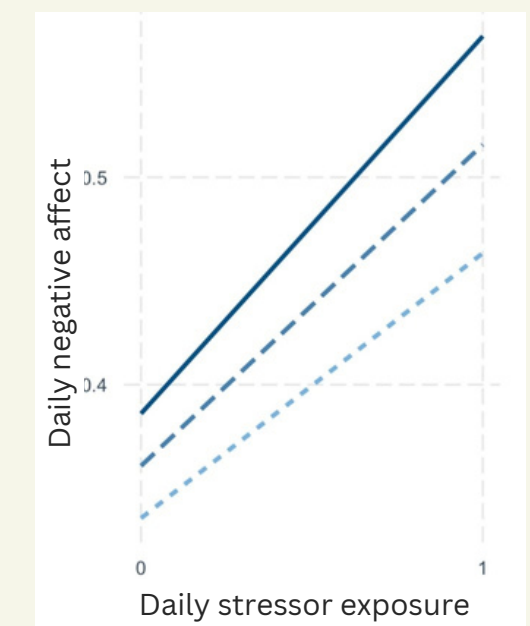
Psychopathy



Narcissism



Machiavellianism



Note. — +1SD — Mean - -1SD Graphs above are for model 2.

CONCLUSION

Individuals high on the Dark Triad traits may not have different levels of affective reactivity to daily stressors compared to the average person