

# Introducing the Self-Efficacy in Managing Social Identities (SEMSI) Scale

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## Background

The social identity approach has emerged as a useful theoretical framework to understand the role that group memberships play in reducing loneliness and improving health and well-being<sup>[1]</sup>. Social identification with multiple groups has been shown to enhance this effect, through increasing the availability of psychological resources<sup>[2]</sup>. Moreover, this effect appears to be influenced by factors such as group compatibility, support, and positivity. Indeed, people can take actions to better manage their groups, by joining more groups that are more compatible, supportive, and positive. While several psychometrically valid measures have been developed to measure aspects of social identities (e.g., compatibility), there is no existing scale that measures a person's ability to manage their social identities. This paper outlines the development and validation of the Self-efficacy in Managing Social Identities (SEMSI) scale.

*The SEMSI scale is a useful tool for applied research on the relationship between social identification, self-efficacy, and well-being, providing an avenue to better understand participants' social networks and skills in social identity management.*

## Methods

Fifteen items generated from literature and expert input. Exploratory factor analysis with N = 158 revealed a single factor (6 items). Confirmatory factor analysis with N = 201 revealed a single factor (5 items). Validated with tests of validity and reliability.

## Results

- Five-item scale
- Good internal reliability
- Convergent validity: correlated with trust, multiple group memberships, extraversion, fear of negative evaluation, psychological distress, and loneliness
- Divergent validity: not correlated with age or gender
- Unexpected correlation with narcissism

Final SEMSI Scale (1 = Strongly disagree; 6 = strongly agree)

I am confident that I can...

- |   |  |
|---|--|
| 1 | ...maintain strong connections with my groups during difficult times       |
| 2 | ...make meaningful connections with members of the groups that I belong to |
| 3 | ...improve the relationships between my groups                             |
| 4 | ...reconnect with past group memberships that enhance my well-being        |
| 5 | ...make valuable contributions to each of my groups                        |

## References

1. Haslam, C., Jetten, J., Cruwys, T., Dingle, G., & Haslam, S. A. (2018). *The New Psychology of Health – Unlocking the social cure*. London: Routledge
2. Haslam, C., Holme, A., Haslam, S. A., Iyer, A., Jetten, J., & Williams, W. H. (2008). Maintaining group memberships: Social identity continuity predicts well-being after stroke. *Neuropsychological Rehabilitation*, 18:5-6