



## UvA-DARE (Digital Academic Repository)

### “Am I better than I was before?”

*Social and temporal comparisons in childhood and adolescence*

Gürel, C.

#### Publication date

2022

[Link to publication](#)

#### Citation for published version (APA):

Gürel, C. (2022). *“Am I better than I was before?”: Social and temporal comparisons in childhood and adolescence*. [Thesis, fully internal, Universiteit van Amsterdam].

#### General rights

It is not permitted to download or to forward/distribute the text or part of it without the consent of the author(s) and/or copyright holder(s), other than for strictly personal, individual use, unless the work is under an open content license (like Creative Commons).

#### Disclaimer/Complaints regulations

If you believe that digital publication of certain material infringes any of your rights or (privacy) interests, please let the Library know, stating your reasons. In case of a legitimate complaint, the Library will make the material inaccessible and/or remove it from the website. Please Ask the Library: <https://uba.uva.nl/en/contact>, or a letter to: Library of the University of Amsterdam, Secretariat, Singel 425, 1012 WP Amsterdam, The Netherlands. You will be contacted as soon as possible.

# Appendices

---

**Chapter 4**  
**Supplemental Material**

Table S1  
*Factor Loadings Based on a Principal Components Analysis with Oblimin Rotation for 6 Items from the Social and Temporal Comparison Tendencies Scale (N = 363)*

	Downward social comparison tendencies	Upward social comparison tendencies	Downward temporal comparison tendencies	Upward temporal comparison tendencies
I often think about...				
1. I am better than my classmates.	-.84			
2. I do things better than my classmates.	-.89			
3. I am better at something than my classmates.	-.86			
4. I am worse than my classmates.		.84		
5. I do things worse than my classmates.		.83		
6. I am worse at something than my classmates.		.84		
7. I am better than I used to be.			.88	
8. I do things better now than I used to do.			.89	
9. I am better at something than I used to do.			.88	
10. I am worse than I used to be.				-.88
11. I do things worse than I used to do.				-.82
12. I am worse at something than I used to do.				-.89

*Note.* Total  $N = 382$ . Nineteen adolescents, who did not complete the Social and Temporal Comparison Tendencies Scale, were missing from the principal component analysis. There were four factors with Eigenvalue  $> 1$ . The four-factor solution explained 75.32% of the variance.

Table S2

*The Mediator Role of Social and Temporal Comparisons in the Maintenance of Narcissism and Self-Esteem*

	$\beta$	$p$	95% CI
<b>Mediator: Downward social comparison</b>			
Narcissism at baseline ~			
Age	0.02	0.269	-0.02 - 0.07
Gender	-0.19	< 0.001	-0.27 - 0.01
Downward social comparison ~			
Narcissism at baseline (a path)	0.29	< 0.001	0.17 - 0.40
Age	0.03	0.295	-0.02 - 0.08
Gender	-0.08	0.130	-0.18 - 0.02
Narcissism at follow-up ~			
Narcissism at baseline (c path)	0.69	< 0.001	0.56 - 0.82
Downward social comparison (b path)	0.22	< 0.001	0.10 - 0.34
Age	0.04	0.124	-0.01 - 0.09
Gender	-0.06	0.124	-0.16 - 0.04
Mediation effect (ab)	0.06	0.003	0.02 - 0.11
Total effect	0.75	< 0.001	0.63 - 0.88
<b>Mediator: Upward social comparison</b>			
Narcissism at baseline ~			
Age	0.02	0.269	-0.02 - 0.07
Gender	-0.19	< 0.001	-0.27 - 0.01
Upward social comparison ~			
Narcissism at baseline (a path)	0.11	0.048	0.00 - 0.22
Age	0.06	0.024	0.01 - 0.10
Gender	0.11	0.018	0.02 - 0.21
Narcissism at follow-up ~			
Narcissism at baseline (c path)	0.76	< 0.001	0.63 - 0.88
Upward social comparison (b path)	0.03	0.675	-0.11 - 0.16
Age	0.04	0.136	0.09 - 0.04
Gender	-0.09	0.121	0.02 - -0.09
Mediation effect (ab)	0.00	0.680	-0.01 - 0.02
Total effect	0.66	< 0.001	0.63 - 0.88

Table S2 (continued)

*The Mediator Role of Social and Temporal Comparisons in the Maintenance of Narcissism and Self-Esteem*

	$\beta$	$p$	95% CI
<b>Mediator: Downward temporal comparison</b>			
Narcissism at baseline ~			
Age	0.02	0.269	-0.02 - 0.07
Gender	-0.19	< 0.001	-0.27 - 0.01
Downward temporal comparison ~			
Narcissism at baseline (a path)	0.21	0.015	0.04 - 0.39
Age	-0.08	0.053	-0.16 - 0.00
Gender	-0.13	0.110	-0.28 - 0.03
Narcissism at follow-up ~			
Narcissism at baseline (c path)	0.74	< 0.001	0.62 - 0.87
Downward temporal (b path)	0.09	0.032	0.01 - 0.17
Age	0.05	0.069	-0.00 - 0.10
Gender	-0.07	0.184	-0.18 - 0.03
Mediation effect (ab)	0.02	0.106	-0.00 - 0.04
Total effect	0.76	< 0.001	0.64 - 0.88
<b>Mediator: Upward temporal comparison</b>			
Narcissism at baseline ~			
Age	0.02	0.269	-0.02 - 0.07
Gender	-0.19	< 0.001	-0.27 - 0.01
Upward temporal comparison ~			
Narcissism at baseline (a path)	0.04	0.419	-0.06 - 0.14
Age	0.05	0.027	0.01 - 0.09
Gender	0.13	0.003	0.04 - 0.22
Narcissism at follow-up ~			
Narcissism at baseline (c path)	0.76	< .001	0.64 - 0.89
Upward temporal comparison (b path)	-0.01	0.863	-0.15 - 0.12
Age	0.04	0.130	-0.01 - 0.09
Gender	-0.08	0.155	-0.19 - 0.03
Mediation effect (ab)	-0.00	0.867	-0.01 - 0.00
Total effect	0.76	<.001	0.64 - 0.89

Table S2 (continued)

*The Mediator Role of Social and Temporal Comparisons in the Maintenance of Narcissism and Self-Esteem*

	$\beta$	<i>p</i>	95% CI
<b>Mediator: Downward social comparison</b>			
Self-esteem at baseline ~			
Age	-0.08	.001	-0.14 - -0.03
Gender	-0.18	<.001	-0.29 - -0.08
Downward social comparison ~			
Self-esteem at baseline (a path)			
Age	0.02	0.64	-0.08 - 0.12
Age	0.03	0.22	-0.02 - 0.09
Gender	-0.13	0.02	0.02 - -0.23
Self-esteem at follow-up ~			
Self-esteem at baseline (c path)			
Age	0.79	<0.001	0.69 - 0.89
Downward social comparison (b path)			
Age	-0.07	0.308	-0.19 - 0.06
Age	-0.06	0.049	-0.11 - -0.00
Gender	-0.05	0.363	-0.16 - 0.06
Mediation effect (ab)			
Total effect	-0.00	0.672	-0.01 - 0.01
Total effect	0.79	0.000	0.69 - 0.89
<b>Mediator: Upward social comparison</b>			
Self-esteem at baseline ~			
Age	-0.08	0.002	-0.14 - -0.03
Gender	-0.18	<0.001	-0.28 - -0.08
Upward social comparison ~			
Self-esteem at baseline (a path)			
Age	-0.21	<0.001	-0.30 - -0.12
Age	0.04	0.090	-0.01 - 0.09
Gender	0.06	0.200	-0.03 - 0.15
Self-esteem at follow-up ~			
Self-esteem at baseline (c path)			
Age	0.75	<0.001	0.64 - 0.86
Upward social comparison (b path)			
Age	-0.16	0.031	-0.31 - -0.01
Age	-0.06	0.046	-0.11 - -0.00
Gender	-0.03	0.612	-0.14 - 0.08
Mediation effect (ab)			
Total effect	0.03	0.049	0.00 - 0.07
Total effect	0.78	0.000	0.68 - 0.89

Table S2 (continued)

*The Mediator Role of Social and Temporal Comparisons in the Maintenance of Narcissism and Self-Esteem*

	$\beta$	<i>p</i>	95% CI
<b>Mediator: Downward temporal comparison</b>			
Self-esteem at baseline ~			
Age	-0.08	0.001	-0.14 - -0.03
Gender	-0.18	<0.001	-0.29 - -0.08
Downward temporal comparison ~			
Self-esteem at baseline (a path)			
Age	0.15	0.042	0.01 - 0.30
Age	-0.06	0.128	-0.14 - 0.02
Gender	-0.14	0.075	-0.29 - 0.01
Self-esteem at follow-up ~			
Self-esteem at baseline (c path)			
Age	0.80	<0.001	0.70 - 0.90
Downward temporal comparison (b path)			
Age	-0.04	0.373	-0.12 - 0.05
Age	-0.06	0.035	-0.11 - -0.00
Gender	-0.05	0.416	-0.16 - 0.06
Mediation effect (ab)			
Total effect	-0.01	0.418	-0.02 - 0.01
Total effect	0.79	<.001	0.69 - 0.89
<b>Mediator: Upward temporal comparison</b>			
Self-esteem at baseline ~			
Age	-0.08	0.001	-0.14 - -0.03
Gender	-0.18	<0.001	-0.29 - -0.08
Upward temporal comparison ~			
Self-esteem at baseline (a path)			
Age	-0.16	<.001	-0.25 - -0.08
Age	0.04	0.096	-0.01 - 0.08
Gender	0.10	0.025	0.01 - 0.18
Self-esteem at follow-up ~			
Self-esteem at baseline (c path)			
Age	0.79	<.001	0.68 - 0.89
Upward temporal comparison (b path)			
Age	-0.04	0.561	-0.18 - 0.10
Age	-0.06	0.044	-0.11 - -0.00
Gender	-0.04	0.510	-0.15 - 0.07
Mediation effect (ab)			
Total effect	0.01	0.564	-0.02 - 0.03
Total effect	0.79	<.001	0.69 - 0.90

*Note.* Gender (1 = boy; 2 = girl); a path = direct effect of self-views at baseline on comparison types; b path = direct effect of comparison types on self-views at follow-up; c path = direct effect of self-views at baseline on self-views at follow-up.

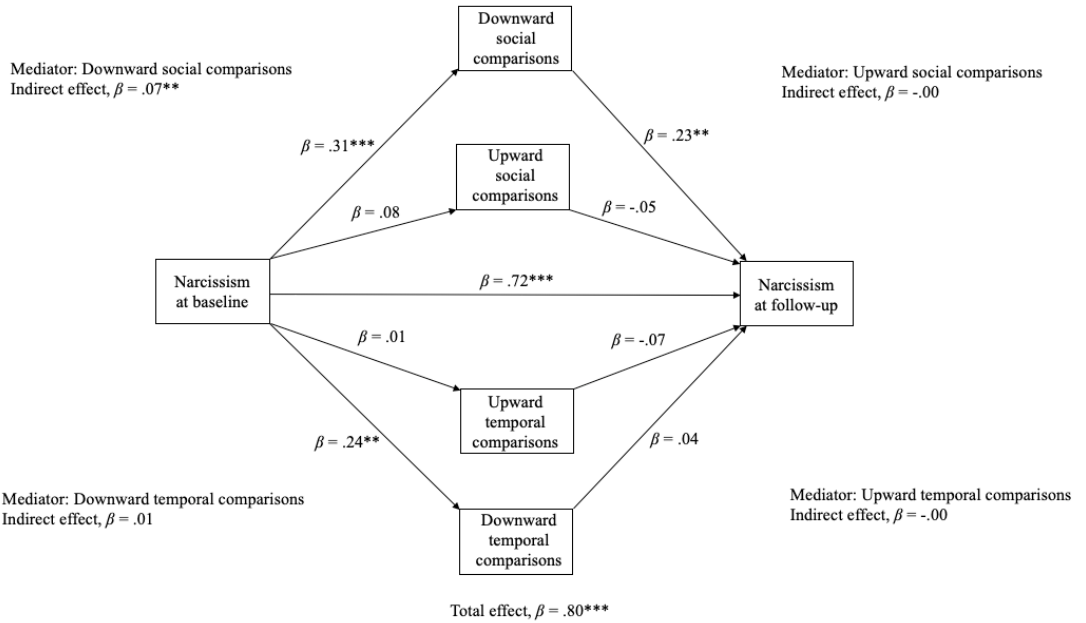


Figure S1. Mediation model for narcissism with all comparison strategies in a single model. Covariances between comparison strategies are not shown for simplicity. Covariance (downward social comparisons, upward social comparisons) = 0.073; covariance (downward social comparisons, downward temporal comparisons) = 0.125; covariance (downward social comparisons, upward temporal comparisons) = 0.035; covariance (upward social comparisons, downward temporal comparisons) = 0.047; covariance (upward social comparisons, upward temporal comparisons) = 0.073; covariance (downward temporal comparisons, upward temporal comparisons) = 0.052, all  $p$ s < .005. Total effect of narcissism at baseline on narcissism at follow-up was significant ( $\beta = 0.796$ ,  $SE = 0.061$ ,  $p < .001$ , 95% CI [0.677, 0.915]). \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ .



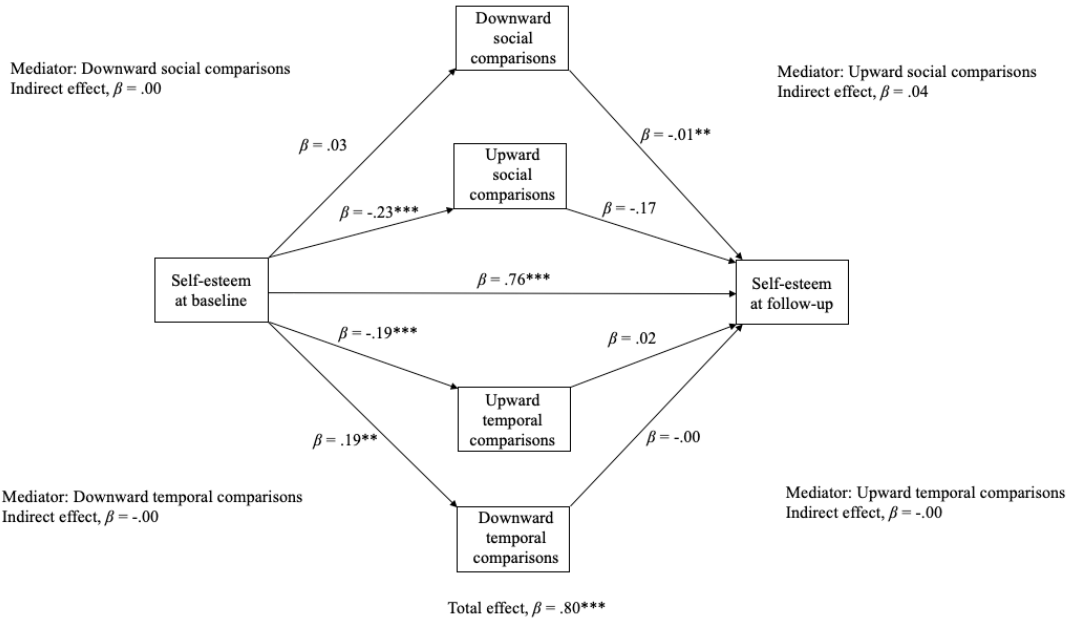


Figure S2. Mediation model for self-esteem with all comparison strategies in a single model. Covariances between comparison strategies are not shown for simplicity. Covariance (downward social comparisons, upward social comparisons) = 0.083; covariance (downward social comparisons, downward temporal comparisons) = 0.138; covariance (downward social comparisons, upward temporal comparisons) = 0.040; covariance (upward social comparisons, downward temporal comparisons) = 0.067; covariance (upward social comparisons, upward temporal comparisons) = 0.065; covariance (downward temporal comparisons, upward temporal comparisons) = 0.064, all  $p$ s < .002. Total effect of self-esteem at baseline on self-esteem at follow-up was significant ( $\beta = 0.796$ ,  $SE = 0.051$ ,  $p < .001$ , 95% CI [0.696, 0.896]). \* $p < .05$ , \*\* $p < .01$ , \*\*\* $p < .001$ .