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[\[PDF \(258K\)\]](#) [\[References\]](#)**Reassurance Seeking, Depression, Anxiety, and Self Esteem: An Examination of Depression Specificity Hypothesis**[Noriko Katsuya](#)¹⁾²⁾

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This study examined whether reassurance seeking explained changes in depression, anxiety, and self esteem. Reassurance seeking is a tendency to seek assurance repeatedly from significant others, asking whether they saw the person as a valuable, worthy and loveable partner. It was hypothesized that high reassurance seeking would increase depression and anxiety, but not self esteem. A questionnaire including scales of reassurance seeking, self esteem, anxiety, depression, and negative life events was administered twice to 152 undergraduates, 109 men and 43 women, at an interval of 2 months. Results showed that reassurance seeking predicted changes in depression and anxiety from Time 1 to Time 2, independently of negative life events they experienced during the interval. However, it did not predict change in self esteem.

Keywords: [reassurance seeking](#), [depression](#), [anxiety](#), [self esteem](#), [depression specificity hypothesis](#)

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