

STUDENTS' DISPOSITION TO SELF-DISCLOSE
AND THEIR
PERCEPTIONS OF COUNSELLING APPROPRIATENESS

by

HARRY JOHN VAN DER MOLEN

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We accept this thesis as conforming
to the required standard

Donald W. Knowles

David J. Chabbasol

Roy E.L. Watson

Robert C. Willihnganz



HARRY JOHN VAN DER MOLEN

UNIVERSITY OF VICTORIA

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Supervisor: Dr. Donald W. Knowles

ABSTRACT

The purpose of this study was to investigate people's beliefs about their willingness to disclose personal and private information about themselves to familiar persons in their lives and also to a professional counsellor. A second purpose was to draw a contrast between their willingness to disclose to a counsellor and to familiar persons. The final purpose was to investigate whether respondents who perceived themselves to be typically high, medium, or low disclosers would differ in their perceptions about the appropriateness of seeking counselling for commonly presented concerns.

Jourard's 60-item Self-Disclosure Questionnaire, with a few minor local modifications, and a 33-item Problem Checklist were administered to 127 senior undergraduate students in classes for Adolescent Psychology, Mathematics, and Sociology. The population consisted of 63 males and 64 females.

Sex differences in disposition to self-disclose were investigated by means of t-tests. Only 4 out of a total of 55 variables generated by the data showed significant sex differences and all of them concerned

interaction with a counsellor. The small number of significant differences calls for much caution in their interpretation.

The perceived patterns of willingness to disclose to the targets (mother, father, best male friend, best female friend, spouse, and counsellor) were analyzed by two-way analysis of variance for repeated measures. The unmarried respondents consistently indicated that they would be most willing to disclose to the best male and female friends followed by the parents, and finally by the counsellor. Married students would disclose most to their spouses.

The perceived patterns of willingness to disclose on the topics (attitudes and opinions, tastes and interests, work/studies, money, personality, and body) were also analyzed by two-way analysis of variance for repeated measures. Generally, the results showed that attitudes and opinions, tastes and interests, and work/studies would be the topics of highest disclosure while less disclosure would be offered about money, personality, and body, respectively.

A series of one-way analyses of variance for repeated measures were used to test for significant differences among three subgroups of high, medium or low disclosers in their judgments about the appropriateness of seeking counselling for commonly presented concerns. No dif-

ferences were found.

A stepwise multiple regression analysis was used to look for a significant relationship between an individual's willingness to disclose to familiar persons and his or her judgments about the appropriateness of seeking counselling. None was found.

The Pearson product-moment method was used to check for a correlation between disclosure scores to familiar persons with those to the university counsellor. Three correlations were significant. This did not support the contention that only those who were unwilling to disclose to significant others might disclose to a counsellor.

Some attention was also given in this study to instances where the respondents indicated they would misrepresent themselves or refuse to disclose.

Implications of this study for counselling and for future research in self-disclosure were discussed. Suggestions for a more rigorous approach to a behavioral process with many complexities were made.

Examiners:

Donald W. Knowles

David J. Chabbasol

Roy E. L. Watson

Robert C. Willihnganz

TABLE OF CONTENTS

	Page
Abstract	ii
Table of Contents.	vi
List of Tables	viii
List of Appendices	ix
Acknowledgements	x
Dedication	xi
<u>Chapter</u>	
I. INTRODUCTION	1
The Process of Self-Disclosure.	1
Need for the Study.	2
Purpose of the Study.	4
Limitations of the Study.	4
II. REVIEW OF THE LITERATURE	6
Introduction	6
Sex Differences in Self-Disclosure.	9
Measurement of Self-Disclosure.	10
Targets of Self-Disclosure.	10
Self-Disclosure to the Counsellor	11
Summary and Expected Findings	14

TABLE OF CONTENTS (continued)

<u>Chapter</u>	Page
III. METHODOLOGY.	17
Selection of the Instruments.	17
Selection of the Respondents.	22
Homogeneity of the Sample	23
Administration of the Measurements.	24
IV. RESULTS.	26
Hypothesis One.	26
Hypothesis Two.	35
Hypothesis Three.	39
The "Lie" Response.	42
Refusal to Disclose	42
V. CONCLUSIONS.	45
Sex Differences	45
Topics of Self-Disclosure	47
Targets of Self-Disclosure.	48
Appropriateness of Counselling.	49
Suggestions for Future Research	50
Literature Cited	52
Appendices	57

LIST OF TABLES

	Page
1. Means and standard deviations of self-disclosure scores to various target persons for male students	27
2. Means and standard deviations of self-disclosure scores to various target persons for female students	28
3. Means and standard deviations of counselling appropriateness scores for three self-disclosure subgroups	36
4. Stepwise regression using self-disclosure to familiar persons to predict judgments of appropriateness for counselling.	38
5. Means and standard deviations for judgments of appropriateness to seek counselling	40
6. Pearson product-moment correlations between disclosure to familiar targets and to counsellor.	41
7. Frequency of "lie" responses.	43

LIST OF APPENDICES

	Page
A. Title page of research measure.	58
B. Introductory page to the Jourard Questionnaire.	60
C. The Jourard Questionnaire	62
D. The Problem Checklist	66
E. Demographic Information	69
F. Answer sheet for the Jourard Questionnaire. . .	72

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DEDICATION

This thesis is dedicated to Fred and Eleanor Atkin, with whom I lived while I was attending the University of Victoria. Only they could know the frustrations, the long hours, and the delays which often made completion of this study seem like a distant and unattainable goal. Their support and encouragement gave me the determination to carry on.

CHAPTER I

INTRODUCTION

The Process of Self-Disclosure:

Any interaction in which one person reveals verbal information about him or herself to another involves a process, referred to in the research literature, as "Self-Disclosure." Indeed, it may be said that significant interpersonal relationships can neither be developed nor maintained without the kind of self-disclosure that facilitates the understanding of one person's inner self by the other.

A counselling professional and his client enter into a therapeutic relationship with the specific purpose of discussing inner feelings, needs or conflicts in an effort to resolve them. Thus, a counselling professional must be concerned with gaining knowledge of self-disclosure patterns in order to discover which topics are most likely to be discussed as well as the willingness or reluctance which might accompany, or indeed inhibit, such disclosure.

Sidney Jourard, who was a pioneer in the research on self-disclosure, found that his clients experienced a great sense of relief at being given the opportunity to disclose personal information about themselves which had previously been kept hidden from others. Jourard postulated, in fact, that no one can ever really become in touch with his true

self without self-disclosing (1964, p. 5).

More than one-half of the general population do not consult professional counsellors even though there is ample evidence to suggest that we live in a world of increasing stresses. If it be granted that self-disclosure can be helpful in dealing with inner stress and conflict, and that counsellors possess the skills and knowledge to deal with them, it is important to learn to whom people disclose if it is not a counselor.

Need for the Study:

The willingness to self-disclose is an important prerequisite for any individual who may choose to seek assistance from a helping professional. Komarovsky (1974) noted that there are some universal dilemmas in self-disclosure:

On the one hand, the desire to escape loneliness, to find support, reassurance, appreciation, perhaps absolution -- all generate the need to share feelings and thoughts with others. Pitted against these advantages are the risks of sharing, e.g., possible criticism, ridicule, loss of power in future encounters, and the like. (p. 679).

In their detailed study of the therapeutic relationship, Kell and Mueller (1966) concluded that it is a highly complex interactive process. The therapist and client initially experience a tentative testing of one another with a relatively high level of ambiguity on the

client's part, who is torn between his perceived need for change and his felt reluctance to do so. This ambiguity is often masked by the client's presentation of a problem which is often only an approximation of an underlying concern. The true concerns come out as the client and the therapist develop a trusting relationship with the result that initial fears or masks are increasingly dropped and therapeutic change begins to take place.

Aside from making the initial decision to disclose personal information, a person must also act upon his own judgments about which topics are appropriate for discussion and which people are appropriate recipients of such disclosure.

This study was an attempt to determine how willing people believe they might be to disclose personal information, whether of an intimate or nonintimate nature, to other persons in their lives. The study was an extension of earlier work in that the counsellor was included as a potential target for self-disclosure. This was done in spite of the fact that many people do not avail themselves of counselling services and the counsellor is therefore not as frequently a recipient of personal information as more familiar persons might be.

The willingness of people to disclose personal information and concerns to familiar persons was contrasted

with their willingness to discuss the same matters with a counsellor. Going one step further, the study investigated how three distinct groups of people, high, medium, or low disclosers, regarded the appropriateness of discussing problems which those who avail themselves of counselling services most frequently come to talk about.

Purpose of the Study:

Essentially the purpose was to determine the amount of self-disclosure contemporary students thought they would be willing to make and to learn whether they regarded the counsellor as an appropriate recipient of self-disclosing information.

The data collected were compared with self-disclosure patterns of subjects in earlier research studies. Because many of these studies were conducted some time ago it was important to discover whether the apparent increasing emphasis on discussion of personal-emotional concerns had altered any of the self-disclosure patterns which were previously reported.

Limitations of the Study:

There are admittedly other sources of help available to students, both on campus and in the wider community. These additional sources were not included in this study because they would have made it unwieldy, particularly in terms of the number of items students would then have had to

check on the paper-and-pencil measure of self-disclosure.

A second limitation of the study was that some students had little firsthand knowledge about the Counselling Centre. Others may have felt very negative about consulting a counsellor because of previous unsatisfactory experiences with counsellors or even because of misinformation about them. In spite of this, misinformation and ambiguity about the nature and effectiveness of their services are problems which many professionals have to contend with. It is therefore all the more necessary to determine the student-consumer's beliefs about the appropriateness of consulting the university counsellor.

CHAPTER II

REVIEW OF THE LITERATURE

Introduction:

Self-disclosure, the verbal revelation of personal or private information to another person or persons, has become the focus of considerable theoretical speculation and research inquiry, particularly by counselling psychologists. Bakan (1976) stated "Psychology and the world owe a debt to Freud for having made one of the most important discoveries of modern history: that disclosure can have healing properties." (p. 2).

The earliest research in self-disclosure was done by Sidney Jourard, whose experience in a clinical context saw people disclose personal information to him "in agonies of embarrassment and dread, sometimes with huge sighs of relief as they divested themselves of long kept secrets." (1971, p. v). Jourard regarded self-disclosure as a necessary prerequisite to self-actualization, "the index of man functioning at his highest and truly human level." (1964, p. 5). Thus, self-disclosure was regarded as a desirable personality trait. Jourard held this view so strongly that the first questionnaire which he developed to measure it was called the "Real Self Questionnaire." Other professionals criticized this as inappropriate and Jourard

adopted the more neutral term "self-disclosure" for his scale.

Reviews of the extensive literature (Cozby, 1973; Goodstein & Reinecker, 1974) point out that self-disclosure has been researched both as a personality trait and as an interactive process. Most of the researchers have assumed that self-disclosure is a beneficial and desirable personal activity and have looked for ways to make it helpful and effective.

Jourard (1959) held that the ability to make oneself known to at least one "significant other" is a prerequisite for a healthy personality. After researching this for some time he speculated that the relationship between self-disclosure and mental health was curvilinear, thereby suggesting that the person who disclosed moderately was the best adjusted psychologically. Both the individual who rarely discloses and the one who discloses excessively are likely to experience difficulties in interpersonal relationships. Excessive self-disclosure suggests a high self-preoccupation and it also sets up the expectation of reciprocity. A low self-disclosing individual, on the other hand, is likely to experience difficulty in establishing relationships. Cozby (1973) cited an equal number of studies which demonstrated positive, negative, and nonsignificant correlations between self-disclosure and

mental health. The measures which were used to determine good mental health were dissimilar and these differences offer partial explanation for the disagreements in research findings. In spite of the contradictory conclusions of the research, recent studies continued to postulate the curvilinear relationship (Humphrey, 1966; Kramer, 1978). Cozby suggested the following hypothesis in an attempt to clarify the confused research findings:

Persons with positive mental health (given that they can be identified) are characterized by high disclosure to a few significant others and medium disclosure to others in the social environment. Individuals who are poorly adjusted (again assuming a suitable identification can be made) are characterized by either high or low disclosure to virtually everyone in the social environment. (p. 78).

Most of the research has investigated the relationship between interviewer and subject self-disclosure and it showed that intimacy and openness by one individual will lead to similar behavior (reciprocity) in the other person (Powell, 1968). Jourard and Jaffe (1970) also showed that the amount and intimacy of self-disclosure in an interview setting was reciprocal. Other researchers have shown that this effect also occurred in experimentally created dyads (Chittick & Himmelstein, 1967; Ehrlich & Greaven, 1971) as well as in groups (Certner, 1973).

The benefits of self-disclosure have been positively related to grades in nursing school (Jourard, 1961b)

and to marital satisfaction (Farber, 1979; Gilbert, 1976). Gilbert showed a curvilinear relationship between self-disclosure and marital satisfaction. Lombardo and Wood (1979) found a curvilinear relationship between self-disclosure and satisfaction in interpersonal relationships.

Sex Differences in Self-Disclosure:

A number of studies have reported that females have higher self-disclosure scores on self-report measures than do males (Hood & Back, 1971; Jourard & Lasakow, 1958; Pedersen & Higbee, 1969). Jourard (1964) attached a great deal of importance to these differences. A number of studies, however, have reported no sex differences in self-disclosure (Doster & Strickland, 1969; Vondracek & Marshall, 1971; Weigel, Weigel & Chadwick, 1969). Cozby (1973) suggested that the very fact that not a single study showed higher disclosure for men than women in itself suggests that there may be a sex difference which researchers have thus far been unable to isolate.

There do appear to be some social expectations in operation, however, when it comes to evaluating personal problems in a sex role context. Derlega and Chaikin (1976) found that persons of both sexes regarded a man as being better adjusted when he chose not to disclose a personal problem than when he did disclose. The reverse was true when a woman was evaluated.

Ginn (1975) found that the problems commonly presented at a counselling centre were substantially regarded as being more typically female than male concerns. Actual presentation of clients at the centre showed few sex differences in problems presented. Ginn's study showed that both sexes apparently agree that women tend to have more problems than men.

Measurement of Self-Disclosure:

A variety of self-report measures have been developed in order to explore patterns of self-disclosure. The earliest and most widely used instrument has been the 60-item Jourard Self-Disclosure Questionnaire, consisting of ten items in each of six content areas: attitudes and opinions, tastes and interests, work (or studies), money, personality, and body. Jourard (1958) found that the first three of these topics produced high disclosure while the last three produced low disclosure.

Another of the major self-report measures was devised by Taylor and Altman (1966). It pooled 671 topics into 13 categories but subsequent research has shown that their measure should not be considered equivalent to the Jourard Questionnaire (Pedersen & Higbee, 1968).

Targets of Self-Disclosure:

Investigations of past disclosure have naturally

focussed upon the most likely recipients (or targets) of such disclosure. Jourard and Lasakow (1958) included mother, father, best male friend, and best female friend as targets on the Jourard Questionnaire. Married subjects were treated so that the spouse was assumed as the best opposite-sex friend. Other researchers have also included casual friends or a stranger as target persons.

In general, Jourard and Lasakow found that married respondents reported highest disclosure to their spouses without exception. The unmarrieds indicated that they had disclosed most to mother, followed by the best same-sex friend, the best opposite-sex friend, and finally by father. Komarovsky's (1974) study of male undergraduates found that they reported having disclosed most to closest female friend, followed by closest male friend, mother, father, closest brother and closest sister.

Self-Disclosure to the Counsellor:

Only a few studies which used a self-report measure of self-disclosure included the counsellor as one of the targets (Sparks, 1976; West & Zingle, 1969). Considering that Jourard's interest in self-disclosure arose from his subjective experiences in a clinical setting, it is curious that none of his studies included the counsellor as a possible target,

Jourard (1961a) found that disclosure to parents

decreases with age, while disclosure to opposite-sex friend or the spouse increased up to age 40, after which a decrease was observed. Many university students have moved away from home and thereby further decrease the opportunity or likelihood that parents will be the recipients of any substantial amount of self-disclosure from them. Instead, friends, university personnel, or community contacts may be assumed to become replacement targets. One available outlet for disclosing personal concerns, whether of an informational or problematical nature, is the university's Counselling Centre. In spite of this, at the University of Victoria slightly less than one-third of the students ever consult the centre, particularly for personal problems. Dreman and Dolev (1976) found that non-client students rated the chances of their ever being clients as relatively low even though 85% of them felt that the counselling centre should provide help for personal problems.

Warnath (1971) bluntly stated that few university or college students will select the Counselling Centre as a primary source of assistance with problems, choosing instead to consult people to whom they feel close. He regarded contact with a counsellor to be a replacement for interactions which students were not having with others on campus.

A number of recent studies have attempted to determine

how university or college counsellors are perceived by students or by others on campus. In general, although most of the studies indicated that counsellors saw themselves as an appropriate source of help with personal emotional and social problems, few potential referral sources or even students, shared this perception (Gelso, Karl & O'Connell, 1972; Wilcove & Sharp, 1971). In fact, counsellors were regarded as being primarily qualified to deal with matters of college routine or with vocational and career concerns which may be a stereotype that undergraduates developed in secondary school where counsellors often perform the administrative routines of assisting students to choose courses, modify programs or timetables, etc. Universities and colleges have removed the academic advising and institutional functions from the Counselling Centre in recent years, thereby freeing the counsellors to deal with concerns of a more personal nature in a confidential setting.

Previous studies have used the Warman Counselling Appropriateness Checklist (Warman, 1960) to determine the kinds of problems that people regard as being appropriate for discussion with a university counsellor. Kohlan (1975) suggested that there was a need to replace this checklist, particularly because there are now a great many more personal concerns which students have that were not

included in the Warman measure.

In order to draw a comparison between counsellors and other potential confidants as recipients of self-disclosure, the counsellor was included as one of the targets on the Jourard Questionnaire.

Summary and Expected Findings:

The current research was undertaken to investigate how willing people believe they might be to reveal personal and private information about themselves to others. Unlike most previous studies, the counsellor was included as a potential recipient of self-disclosure in order (a) to determine how the counsellor was regarded as a possible target for self-disclosure in comparison with familiar persons and (b) to determine if there was an association between students' willingness to self-disclose and their perceptions about the appropriateness of seeking counselling for commonly presented problems.

Present willingness to disclose, instead of past history of disclosure, was investigated because the overwhelming conclusion of the research literature has been that self-reported history of self-disclosure was not predictive of current behavior (Cozby, 1973).

Several research findings were compared with the results reported in this study:

1. Men generally tended to self-disclose less than women (Jourard & Lasakow, 1958; Pedersen & Higbee, 1969).
2. Males disclosed in about equal amounts to both parents and a male friend, and less to a female friend (Jourard & Lasakow, 1958). However, Komarovsky's (1974) study of senior college males showed that a female friend was the primary confidante in all areas except money.
3. Females disclosed most to mother and a girl friend, and less to father and a boy friend (Jourard & Lasakow, 1958).
4. Highest disclosure was reported in the areas of tastes and interests, attitudes and opinions, and work (or study), while lower disclosure was reported in money, personality, and body (Jourard, 1958).
5. Young unmarrieds showed the highest self-disclosure to mother, with lesser amounts to father, male friend, and female friend (Jourard & Lasakow, 1958).
6. Father was least disclosed to of any of the target persons (Jourard, 1964).
7. For males, the most guarded aspects of self were personality and body, which were disclosed more highly to the best female friend, than to any other target person (Komarovsky, 1974).
8. Marrieds disclosed more to their spouse than unmarrieds did to anyone (Jourard & Lasakow, 1958).
9. There is some connection between reluctance to disclose

to spouse, family and friends, and the need to consult a counselling professional (Jourard, 1964).

The research questions investigated in this study were:

1. What are the perceived self-disclosure patterns of students at the University of Victoria in comparison with those previously studied? (Jourard & Lasakow, 1958; Komarovsky, 1974). Three sub-hypotheses were examined:
 - (a) Do women believe themselves to be significantly more self-disclosing than men do? (Jourard & Lasakow, 1958; Pedersen & Higbee, 1969).
 - (b) What are the anticipated patterns of disclosure, by sex, to the various targets? Particular attention was given to the counsellor as a target.
 - (c) What are the anticipated patterns of disclosure, by sex, regarding the various topics?
2. Is there an association between beliefs about level of self-disclosure to familiar persons (rated high, medium or low in amount) and judgments about appropriateness to discuss common counselling concerns with a counsellor?
3. Is there a correlation between willingness to disclose to familiar targets and willingness to disclose to a counselling professional?

CHAPTER III

METHODOLOGY

Selection of the Instruments:1. The Self-Disclosure Measure

The 60-item Jourard Self-Disclosure Questionnaire was chosen for this study because it has been used most frequently in the research and also because it was used in the study by Jourard and Lasakow (1958) and, with a few minor modifications, by Komarovsky (1974). A few minor modifications were made to the measure for this study as well in order to make it more applicable to Canadians (see Appendix C). In item number 4 reference was made to the Prime Minister instead of the President and, in item number 5, to the French-English problems in Canada instead of the question of racial integration in the schools, which is more clearly an American concern.

The sensitivity of the measure was questionable since Jourard and Lasakow (1958) offered only a three-point scale, i.e., no disclosure, general disclosure, and full disclosure. They also offered lying or misrepresentation as an option. In an effort to increase the sensitivity of the Jourard measure Weigel, Weigel and Chadwick (1969) extended the rating scale to four points. The scale used by Weigel et al. was selected for this study. Some

researchers have chosen not to offer the lie or misrepresentation response option because it was not seen to be scoreable on a continuum with the other quantitative responses. While this is true, it was not regarded as a justification for eliminating it as one of the possible responses. Subjective clinical experience suggests that lying or misrepresentation does occur in self-disclosure even if this may not become clear until the therapeutic relationship has gone on for a time. Thus, the lie response was included as an option but it was not assigned a numerical value in scoring the responses.

The predictive validity of the research on self-disclosure is one of its greatest weaknesses. In order to try to deal with this problem, this researcher chose not to ask for the students' past history of disclosure nor to assume that such patterns would continue in the present. Instead they were asked to indicate their present willingness to disclose. Kinder (1976) pointed out from several studies (Jourard, 1971, pp. 168-172) that the Jourard Questionnaire may have predictive validity (a) when subjects were asked to indicate their "willingness to disclose" rather than reporting past disclosing behavior and (b) when the target person(s) on the scale and in the situation where the self-disclosure is actually measured were essentially the same. For this reason the students

were instructed to leave out responses to targets who were not presently available to them.

Weigel and Warnath (1968) found that disclosure scores were higher when subjects were asked to indicate agreeableness to disclose to significant others rather than to report past history of disclosure. A later study (Weigel, Weigel and Chadwick, 1969) concluded, in general, that the differentially complex patterns of self-disclosure reported by Jourard were maintained when subjects were asked to project how they would self-disclose in the future. This finding lends support to the idea that the present study could revise the instructions without altering the reported patterns of self-disclosure and yet, at the same time, obtain more accurate scores with a more sensitive instrument.

Little attention has been paid in the research literature to the reliability of the Jourard Questionnaire. Most researchers seemed to assume that the instrument was reliable because it had been used by so many others. Panyard (1971) developed a more sensitively scaled instrument, virtually the same as the one used in this present study, yielding a cross validation of the extended rating scale five months after the initial administration of the Jourard Questionnaire, with a split-half coefficient of .93 ($n = 80$) and a test-retest reliability coefficient

of .91 ($n = 37$).

2. The Counselling Appropriateness Measure

The Warman Counselling Appropriateness Checklist (Warman, 1960) has been used most frequently to determine which problems are considered to be appropriate for discussion with a counsellor. As previously noted, it has been suspected that this list may be out of date and no longer useful as a measure.

Ginn (1975) reported a list of 75 commonly presented problems from the files of the Counseling and Psychological Services at Ohio University. This researcher decided to develop a Problem Checklist based on Ginn's findings but 75 items were considered too many. It was decided to devise a checklist which was balanced for both sexes and not too lengthy.

The problems most frequently presented were first rank-ordered, by sex. An overall list was then compiled by alternately selecting problems from each of the two lists. In many cases the same problems were ranked high on the list for both sexes. The selection procedure was continued until the discrimination between frequencies became so small that it seemed pointless to add more problems to the checklist. A preliminary forty-item measure resulted, with ten items frequently presented by males, ten by females, and twenty by both sexes.

In order to avoid a complicated treatment of the data for each of the 40 items separately, they were grouped into broader topical categories. The categories chosen were adapted from a study by Gelso and Karl (1974):

1. Socio-Sexual Relationships
2. Self-Concept/Developmental Needs
3. Uncomfortable Feelings and Emotions
4. Educational/Vocational Concerns.

A pilot study was conducted among counselling professionals in the university's Counselling Centre, counsellor education faculty members, and graduate students enrolled in a Research in Counselling course. Each participant in the study was asked to indicate which of the topical categories best described each problem, for discussion purposes. All of the 18 persons contacted took part in the study but, as expected, wide disagreement existed among them in terms of which one category best described each problem. Alternatives were therefore allowed of checking more than one category when a single category was considered to be definitely inappropriate or of indicating that none of them was appropriate. In many instances more than one category was checked. Thus, each of the problems were placed in the category most frequently checked by at least two-thirds of the participants. Seven of the original 40 items were rejected by this means since

they could not clearly be placed within any single category. The result was a 33-item measure distributed among four topical categories: Socio-Sexual Relationships with 6 items, Self-Concept/Developmental Needs with 8 items, Uncomfortable Feelings and Emotions with 11 items, and Educational/Vocational Concerns with 8 items (see Appendix D). The data from the Problem Checklist were tested for internal validity by using the Kuder-Richardson 20 formula (Ebel, 1972). The results ($R_a = 0.92$, $R_b = 0.91$, $R_c = 0.96$, $R_d = 0.85$) demonstrate that the subjects responded with significant consistency to this measure.

Selection of the Respondents:

Jourard and Lasakow's (1958) study used a population of sophomore and junior college students while Komarovsky (1974) used a sample comprised exclusively of senior college males. A population of third and fourth year undergraduates was selected for this study in order to provide comparability with the two studies previously cited. Such students have had at least two years to establish closer friendships in a university setting and to become more independent of their parents.

The population sample consisted of 147 students drawn from 5 senior classes in the Faculties of Arts and Sciences and of Education. Because some students took almost a full hour to complete the measures, the research was restricted

to classes where the co-operation of the professor could be obtained to have access to the class for an hour. The Education students were enrolled in Adolescent Psychology classes while those in Arts and Sciences were in Mathematics and Sociology classes.

From the 147 students, 127 useable returns were obtained (63 males and 64 females). Twenty were not useable; eighteen because all of the items had not been completed and two because the students failed to hand them in. All participants were offered the option of leaving the classroom if they did not wish to participate but no one did so.

In terms of age, most of the 127 respondents (79% of the men and 83% of the women) were in the age bracket, 20 - 24 years. In terms of living arrangements, about one-third of the unmarried respondents lived with their parents (36% of the men and 39% of the women) and about one-third lived alone (31% of the men and 27% of the women).

Homogeneity of the Sample:

All of the targets for self-disclosure on the Jourard Questionnaire were persons presently available to the respondents. Information received from the Counselling Centre revealed that approximately 33% of undergraduate students consult a counsellor in any given year. Thus, the

counsellor may represent an unfamiliar target for self-disclosure to perhaps 66% of the students. As well, students in the Faculty of Education have not been utilizing the services of a counsellor as frequently as have those in the Faculty of Arts and Sciences.

The researcher considered it important to determine how much firsthand experience the respondents had had with a university counsellor, thereby clarifying how typical the sample was of the general university population. The demographic data revealed that 43% of the men and 45% of the women had previously consulted a university counsellor. Counselling contact on 3 or more occasions had taken place for 13% of the men and 9% of the women.

The data on frequency of counselling contact was tested by a chi-square analysis to determine whether the students in the two faculty groups could be treated as a single sample on this variable. The result ($\chi^2 = 4.97$, $df = 3$, $p < .05$) allowed for retention of the null hypothesis and the data for the two faculty groups were therefore treated as a single sample.

Administration of the Measurements:

Instructions to the respondents (Appendix B) indicated that the orientation of the Jourard Questionnaire was to investigate the acquaintanceship process rather than the deliberate revelation of personal private information.

This suggested a casual disclosure of information, rather than a reluctant confession of concerns which might otherwise never be revealed.

It seemed wise to avoid scrupulously any inferred expectation of congruence between judgments about the appropriateness of counselling and self-disclosure scores to the counsellor. In order to reduce the demand characteristics of the task, the measures were stapled together in a counterbalanced sequence. Also, the professors of the classes in which the data were collected were asked not to mention that this researcher was doing a thesis in Counselling in order to avoid the possible expectation that counselling should be rated as a highly desirable activity.

Anonymity was assured by giving each set of measures an identification number. This allowed for easy identification of each individual's responses when the measures were separated for analysis.

CHAPTER IV

RESULTS

Hypothesis One:

The disposition of students at the University of Victoria to self-disclose was determined by calculating self-disclosure scores on each of the six topics to each of the six targets as well as a total self-disclosure score to each target. The results are reported in Table 1 for the male respondents and in Table 2 for the female respondents.

Three sub-hypotheses were examined:

(a) Do women believe themselves to be more self-disclosing than men do? (Jourard & Lasakow, 1958; Pedersen & Higbee, 1969). An overall mean self-disclosure score was calculated for each respondent by summing the total self-disclosure scores to each target and dividing by the number of targets which were responded to. The overall mean self-disclosure scores for both sexes were analyzed by t-test. The comparison between the overall self-disclosure score for males ($\bar{M} = 133.51$, $S.D. = 27.01$) and for females ($\bar{M} = 130.02$, $S.D. = 28.18$) showed that there is no significant difference between the sexes in terms of their perceived willingness to self-disclose ($t = 0.71$, $df = 125$, $p = .48$). In addition, t-tests were performed to test for sex

Table 1
Means and Standard Deviations of Self-Disclosure Scores
to Various Target Persons for Male Students

Topic	Target person						University Counsellor
	Mother	Father	Best male friend	Best female friend	Spouse		
Attitudes and opinions	M	23.68	24.07	26.69	26.17	28.25	21.54
	SD	4.8	4.57	3.44	4.52	2.53	6.91
Tastes and interests	M	26.69	26.73	27.38	27.92	28.25	24.0
	SD	4.34	4.48	4.11	4.0	2.98	6.96
Work/Studies	M	23.35	23.76	25.1	26.08	28.1	23.38
	SD	6.31	5.82	5.42	4.82	3.66	6.8
Money	M	21.13	22.02	20.38	21.33	29.4	14.94
	SD	6.31	6.47	7.71	6.96	2.4	9.73
Personality	M	15.95	16.45	19.11	21.12	25.0	14.54
	SD	7.23	7.79	7.41	6.76	5.51	9.14
Body	M	19.45	19.85	20.3	21.42	26.55	16.25
	SD	6.27	6.51	7.42	7.26	5.43	9.03
Total	M	130.26	132.75	138.95	144.08	165.55	114.65
	SD	29.16	30.0	29.91	29.54	19.06	40.09

Note. Maximum score for each individual topic is 30; for total = 180.

Table 2

Means and Standard Deviations of Self-Disclosure Scores
to Various Target Persons for Female Students

Topic		Target person						University Counsellor
		Mother	Father	Best male friend	Best female friend	Spouse		
Attitudes and opinions	M	24.74	23.44	26.26	26.87	28.79		18.67
	SD	5.47	6.32	4.5	4.31	1.7		8.91
Tastes and interests	M	26.67	25.54	26.98	27.52	29.11		20.98
	SD	4.54	5.98	4.03	3.25	1.41		9.35
Work/Studies	M	23.79	22.93	25.44	25.56	28.84		22.47
	SD	6.58	6.95	5.33	5.08	2.18		7.57
Money	M	22.62	22.19	19.2	19.21	29.32		13.16
	SD	7.47	7.96	9.78	9.24	1.3		11.05
Personality	M	17.77	15.86	20.28	21.1	27.63		13.55
	SD	8.3	8.35	7.88	6.56	2.6		9.12
Body	M	20.11	17.18	18.85	21.4	27.05		11.81
	SD	8.12	8.77	8.9	7.14	4.26		9.32
Total	M	135.26	127.14	136.57	141.65	170.74		100.64
	SD	34.69	37.12	34.91	28.95	10.32		46.84

Note. Maximum score for each individual topic is 30; for total = 180.

differences on all variables yielding only four of a total of 55 differences which were significant. By chance alone it would be expected that two or three significant differences would be found among 55 variables at the alpha level of .05. A great deal of caution is therefore required in attributing much reliance on the four significant differences:

1. Willingness to disclose to a counsellor about attitudes and opinions ($t = 2.01$, $df = 125$, $p < .05$).

2. Willingness to disclose to a counsellor about tastes and interests ($t = 2.04$, $df = 125$, $p < .05$).

3. Willingness to disclose to a counsellor about the body ($t = 2.71$, $df = 125$, $p < .05$).

4. Judged appropriateness to seek counselling for educational/vocational concerns ($t = -2.0$, $df = 125$, $p < .05$).

In each case the males exhibited a greater willingness to self-disclose than did the females, contrary to the earlier research literature where reported sex differences were always in favor of the females. On the other hand, women regarded educational/vocational concerns as being more appropriate for discussion with a counsellor.

A post-hoc analysis of the data separated the population into separate unmarried and married groups of 88 and 39 persons, respectively. Again, t-tests were performed to test for sex differences. For the unmarried

group only one significant sex difference was found, willingness to disclose to a counsellor about the body ($t = 2.29$, $df = 86$, $p < .05$). This difference also occurred in the total population, as noted above.

The married group showed no significant differences on any of the variables for self-disclosure.

(b) The second sub-hypothesis investigated disposition to disclose, by sex, to the various targets. Analysis of the data presented some difficulty in that not all of the respondents could provide data for each target. The questionnaire instructed the respondents not to provide responses for those targets who were not presently available to them (see Appendix B). These instructions were based on the assumption that those who had few targets for disclosure in their lives might respond differently from those who could talk with most, or all, of the targets. A second assumption was that the hypothetical nature of the responses would be reduced if the respondents were asked to restrict themselves to people whom they could imagine making disclosures to.

The computer program for the statistical analysis of this data was not designed to allow for missing data in any of the cells. Thus, analysis was possible only for students who had responded to every target. Since only 39 of the total 127 students had checked the spouse column it was

decided to eliminate the marrieds from the data analysis for this particular sub-hypothesis. This allowed for an analysis based upon the responses of the remaining unmarried students who had provided responses to all of the five remaining targets. A reduced sample size of 37 males and 38 females was the result.

Elimination of the respondents who could not provide data for all targets may affect the accuracy of the statistical analysis in seeking for significant differences but it has little effect upon a simple rank-ordering of the mean self-disclosure scores which have been reported for the entire population.

A two-way 2 x 5 analysis of variance for repeated measures was performed on the mean self-disclosure scores to each of the five targets for the six topics of self-disclosure. The analysis showed no significant differences in target x sex interaction. Thus, Newman-Keuls comparisons of ordered means were computed for the two sexes combined (Winer, 1962).

The best female friend and best male friend consistently received the highest disclosure on all topics except money. In this single case mother and father received higher disclosure although not significantly more so than the best female and best male friends. A significant difference between the parents and the best

friends does occur, however, in willingness to disclose about attitudes and opinions, work/studies, and personality. The only topic which yields a significant difference between the two parents is body, where father would receive less disclosure than mother.

The counsellor is consistently least likely to be disclosed to with only one exception, work/studies. In this case both parents and the counsellor would receive significantly less disclosure than the best male and best female friends. This is the sole instance where no significant differences occur between the parents and counsellor..

The data for the married respondents, while not amenable to statistical analysis for this sub-hypothesis, reveal that the spouse was always the target who received the highest disclosure and the counsellor was always the least, with two exceptions. Female marrieds would disclose less to father than to a counsellor about work/studies and about the personality but the differences are very small. The best female friend was the most favored of targets after spouse for self-disclosure from both the married men and the married women on four of the six topics. Only on the topic of money was the opposite-sex parent the second highest target of disclosure, perhaps because he or she might be in a position to help out or to advise in this

area.

(c) The third sub-hypothesis concerned disposition to disclose, by sex, regarding the various topics. A two-way 2 x 6 analysis of variance for repeated measures, with sex and target as the independent measures, was performed on the mean self-disclosure scores to each of the six targets on the six topics of disclosure as reported in Tables 1 and 2. Missing data for those respondents who had left items blank because a given target was unavailable to them were coded "9.99" so as not to have them regarded in the computation as nil responses.

Newman-Keuls comparisons between ordered means were computed to determine which pairs of means were significantly different (Winer, 1962).

All participants consistently showed least willingness to disclose about the personality and the body, except to the best female friend. She would receive less disclosure about money but there was a significant difference only between money and body ($p < .05$); otherwise personality and body were again among the least disclosed topics. Only in disclosure to mother and father were there significant differences in disclosure between personality and body ($p < .01$). Personality was least disclosed to mother and father. The differences in disclosure to all other targets between personality and body were not significant.

There was some divergence among the respondents on their willingness to talk about money. It was the third least disclosed topic to all targets except the best female friend and the spouse. The married respondents disclosed most about money but not significantly more so than for attitudes and opinions, tastes and interests, and work (or studies), respectively. Significant differences for the marrieds showed up only between the two least disclosed topics of personality, and body, and the remaining four topics.

Work (or studies) was the fourth least disclosed topic to all targets except the spouse and the counsellor. The counsellor received the highest amount of self-disclosure on this topic, although not significantly more so than for tastes and interests. The differences in disclosure between work (or studies) and money were significantly different for mother, best male friend and best female friend ($p < .01$) as well as for father ($p < .05$).

The topics of highest disclosure to all targets except the counsellor were the relatively less intimate subjects of attitudes and opinions, and tastes and interests. The counsellor would receive more disclosure about tastes and interests and work (or studies) than

about attitudes and opinions ($p < .01$).

Mother was the only target who elicited significant differences in willingness to disclose across all six topics ($p < .01$).

Hypothesis Two:

The second hypothesis concerned the association between willingness to disclose to familiar persons (mother, father, best male friend, best female friend, and spouse) and judgment of appropriateness to discuss common counselling concerns with a counsellor. An overall weighted mean self-disclosure score was calculated for familiar targets only. On the basis of these scores three groups of approximately equal numbers, were formed for each sex, signifying "high, medium, or low" disclosers. The three groups were formed on the premise of a curvilinear relationship between self-disclosure and good mental health which previous researchers had postulated but failed to show.

A series of one-way analyses of variance for repeated measures were performed to test for significant differences among the high, medium, and low-disclosing subgroups. A summary of the scores is reported in Table 3. There were no significant differences for either sex, either on the individual counselling topics or for the overall judgment of appropriateness to seek counselling.

Table 3

Means and Standard Deviations of Counselling Appropriateness Scores
for Three Self-Disclosure Subgroups

Counselling appropriateness scores												
Levels of self-disclosure			Socio-sexual relationships		Self-concept developmental needs		Uncomfortable feelings and emotions		Educational/ vocational concerns		Overall appropriateness	
			<u>M</u>	<u>S.D.</u>	<u>M</u>	<u>S.D.</u>	<u>M</u>	<u>S.D.</u>	<u>M</u>	<u>S.D.</u>	<u>M</u>	<u>S.D.</u>
Group	<u>n</u>	Range	Males									
High	21	156 - 179	1.72	0.8	2.44	0.66	2.24	0.85	3.23	0.62	2.43	0.62
Medium	21	130 - 155.99	1.43	1.12	2.22	1.08	1.87	1.15	3.17	0.86	2.19	0.92
Low	21	78 - 129.99	1.3	0.9	2.15	0.88	1.99	1.02	3.35	0.52	2.23	0.72
										Females		
High	21	156 - 179	1.68	0.94	2.58	0.9	2.32	0.95	3.6	0.55	2.58	0.78
Medium	22	126 - 155.99	1.64	0.95	2.61	0.65	2.37	0.91	3.42	0.6	2.55	0.59
Low	21	61 - 125.99	1.53	1.07	2.48	0.96	2.02	1.1	3.4	0.48	2.38	0.83

A stepwise multiple regression analysis was performed on the data for all respondents. The mean self-disclosure score to familiar targets as the predictor ($\bar{M} = 138.12$, $S.D. = 26.78$) was correlated with the four criterion variables: appropriateness to seek counselling for socio-sexual relationships ($\bar{M} = 1.55$, $S.D. = 0.96$), self-concept/developmental needs ($\bar{M} = 2.41$, $S.D. = 0.87$), uncomfortable feelings and emotions ($\bar{M} = 2.14$, $S.D. = 1.0$), and educational/vocational concerns ($\bar{M} = 3.36$, $S.D. = 0.62$). The results show that the proportion of variance attributable to the criterion variables was not significant. Therefore, there is no statistically significant relationship between an individual's perceived willingness to disclose to familiar persons and his or her judgments about the appropriateness of seeking counselling. A summary of the regression analysis is reported in Table 4.

A post-hoc analysis of the data, separating the population into married and unmarried groups, yielded three significant sex differences among marrieds in judgments of appropriateness to seek counselling:

1. Appropriateness to seek counselling for self-concept/developmental needs ($t = -2.56$, $df = 37$, $p < .01$).
2. Appropriateness to seek counselling for uncomfortable feelings and emotions ($t = -3.61$, $df = 37$,

Table 4
Stepwise Regression Using Self-Disclosure to Familiar Persons
to Predict Judgments of Appropriateness for Counselling

Step	Criteria	<u>r</u>	<u>R</u>	R ² change (%)	<u>F</u> ratio	<u>df</u>
1	Uncomfortable feelings and emotions	0.11	0.11	0.01	1.43	1,125
2	Educational/vocational concerns	0.05	0.11	0.00	0.73	2,124

$p < .01$).

3. Overall appropriateness to seek counselling
($t = -2.69$, $df = 37$, $p < .01$).

In every instance the married women saw counselling as a more appropriate exercise than the men did. Appropriateness for counselling scores for all three groups are reported in Table 5.

Hypothesis Three:

The third hypothesis tested for an association between willingness to disclose to familiar targets and willingness to disclose to a counselling professional. The Pearson product-moment method was used to correlate the mean disclosure scores to familiar persons on each of the topics, with the disclosure scores to counsellor on the same topics. This procedure yielded 12 coefficients: six each for the males and females. Since some differences had been noted between married and unmarried students in earlier analysis of the data, correlations were computed for these groups as well. The results, recorded in Table 6, show a significantly positive correlation ($p < .05$) with only three exceptions. This fails to support Warnath's (1971) contention that only those who would be unwilling to disclose to significant others would choose to disclose to a counselling professional.

Table 5
Means and Standard Deviations for
Judgments of Appropriateness to Seek Counselling

Topic	Group	Men		Women	
		<u>M</u>	<u>S.D.</u>	<u>M</u>	<u>S.D.</u>
Socio-sexual relationships	Unmarrieds	1.52	0.96	1.51	0.99
	Marrieds	1.4	0.88	1.88	0.85
	All	1.48	0.94	1.62	0.97
Self-concept/developmental needs	Unmarrieds	2.28	0.97	2.48	0.9
	Marrieds	2.24	0.62	2.74	0.56**
	All	2.27	0.87	2.56	0.83
Uncomfortable feelings and emotions	Unmarrieds	2.14	1.04	2.11	1.0
	Marrieds	1.81	0.88	2.55	0.84**
	All	2.03	1.0	2.24	0.98
Educational/vocational concerns	Unmarrieds	3.16	0.73	3.43	0.56
	Marrieds	3.44	0.48	3.57	0.48
	All	3.25	0.67	3.47	0.54*
Overall appropriateness	Unmarrieds	2.31	0.83	2.41	0.77
	Marrieds	2.23	0.57	2.72	0.54**
	All	2.28	0.75	2.5	0.73

Unmarrieds: n = 43 men, 45 women

Marrieds: n = 20 men, 19 women

All: n = 63 men, 64 women

Significant sex differences: * $\underline{p} < .05$

** $\underline{p} < .01$

Note: Maximum appropriateness score = 4.0.

Table 6

Pearson Product-Moment Correlations Between Disclosure to
Familiar Targets and to Counsellor

Group	n	Topic of self-disclosure				
		Attitudes and opinions	Tastes and interests	Work/ Studies	Money	Personality
Unmarried males	43	.658	.642	.749	.483	.518
Married males	20	.490	.734	.533	.539	.489
All males	63	.596	.682	.678	.48	.498
Unmarried females	45	.444	.369	.483	.594	.493
Married females	19	.405 ^a	.490	.433 ^b	.709	.316 ^c
All females	64	.439	.403	.468	.621	.461
All marrieds	39	.443	.598	.51	.624	.435
All unmarrieds	88	.509	.469	.595	.544	.493
All respondents	127	.49	.517	.567	.562	.474

Note. Except where indicated, correlation coefficient is significantly greater than zero ($\underline{p} = .05$).

a: $\underline{p} = .09$

b: $\underline{p} = .06$

c: $\underline{p} = .19$

The "Lie" Response:

The questionnaire also gave students the option of indicating that they would lie or misrepresent themselves in self-disclosure. Not many students chose this option; in fact, only nine men and nine women selected it at all. This was not unlike the research findings of Weigel, Weigel and Chadwick (1969). The results, reported in Table 7, show the frequency with which students would choose to misrepresent themselves. Mother was most frequently lied to and men were the most frequent liars. The topic about which most people would misrepresent themselves was money but personality received a high proportion of the "lie" responses as well. It is interesting to note that only one male would misrepresent himself about his body, and that would have occurred in self-disclosure to his spouse, the one person who may conceivably share with him most intimately on this topic. There really was only one specific item about which respondents would lie most frequently, item number seven: "My personal views on sexual morality--how I feel that I and others ought to behave in sexual matters." Three women would lie about this to mother and two to father, while one man would lie about this to both of his parents.

Refusal to Disclose:

There were a number of respondents who left certain

Table 7
Frequency of "Lie" Responses

Topic	Mother		Father		Best male friend		Best female friend		Spouse		University counsellor		Total
	M	F	M	F	M	F	M	F	M	F	M	F	
Attitudes and opinions	3	2	2	5							5	7	
Tastes and interests	2		1										3
Work/Studies	6	1	1	1							7	2	
Money	8	2	4	2		2	1	2		3	2	16	10
Personality	5	2	1	1	2	1	2			3	2	13	6
Body									1			1	
Total	24	7	9	9	0	3	3	2	1	0	6	4	45 25

items blank even though they had completed all of the others. For calculation purposes, these responses were scored as zero, assuming that nothing would be disclosed about them. Two men refused to respond about how they would disclose on item number one: "What I think and feel about religion; my personal religious views." Five men refused to respond to item number nine: "The things that I regard as desirable for a man to be--what I look for in a man." Several people wrote in their objections to the "sexist nature" of this question and the immediately preceding item which queried their standards of beauty and attractiveness in women. Only one woman refused to answer item number 36: "Whether or not I gamble; if so, the way I gamble and the extent of it."

CHAPTER V

CONCLUSIONS

Sex Differences:

In their responses to the Jourard Questionnaire and the Problem Checklist, men and women showed similar scores. Of the 55 variables generated by the data, only four yielded significant sex differences and two or three of these could have been expected by chance alone. It is instructive to observe that the only self-disclosure variables which elicited significant sex differences were in disclosure to a counsellor, with the men indicating a greater willingness to disclose than the women. The topics which the men were more willing to discuss were the least intimate ones, with the sole exception of body. On the other hand, their greater willingness to discuss body may have been less a function of male willingness than of female unwillingness.

Women tended to rate common counselling concerns as being more appropriate for discussion with a counsellor than the men, although educational/vocational concerns was the only topic which yielded a significant sex difference. This is the topic which earlier studies have shown as the subject which most people regarded as being appropriate for counsellors to deal with.

It may be that the Jourard Questionnaire fails to identify sex differences in disclosure because the two sexes share a common reluctance to disclose personally intimate concerns. Their behavior may, in fact, be different.

Cowan and Caldwell (1974) reported that significantly more females than males made contact with mental health agencies, particularly on university campuses. Still, the issue is not so much how many males or females seek counselling, nor how much is revealed, but perhaps it is more relevant to try to determine how intimate the content of that revelation is.

Morgan (1976) administered a self-disclosure questionnaire, which included an intimacy scale, to a group of college students and found no sex differences in disclosure on the nonintimate topics but the women did report more disclosure on the intimate topics. Chelune (1976a) studied recorded interviews and found that females made a greater number of self-references per minute than males and the content of their disclosure was rated as being more intimate. Gitter and Black (1975) also found that females disclosed more intimate information.

A possible explanation for the failure of the Jourard Questionnaire to find significant sex differences in disclosure is that it does not include an intimacy scale.

Had the respondents been asked to indicate how much positive or negative emotional valence each item would have for them, hitherto elusive sex differences may have been discovered. Otherwise, sex differences in self-disclosure intimacy can only be found by utilizing a measure which clearly isolates such a variable or by content analysis of actual self-disclosing behavior.

Topics of Self-Disclosure:

In general, the more intimate topics of money, personality, and body elicited the least willingness to disclose among the subjects in this study. These findings are consistent with those in Jourard and Lasakow's (1958) study.

The items included under the topic of personality are more clearly the kinds of concerns that might be expected as problems presented for counselling (see Appendix C). Men were consistently less willing to discuss personality so it might appear that they would be less likely to seek counselling than women. This coincides with the study of Cowan and Caldwell (1974) reported above.

Counselling practitioners will do well to pay attention to the fact that the topics of personality and body elicited the least willingness to self-disclose and it might therefore be expected that there would be a reluctance among clients to discuss such concerns.

The remaining topics are more indicative of how much personal information would be exchanged in acquaintanceships. They would more likely be discussed with a counsellor in the context of an interview already under way, rather than as a presenting problem.

In future, researchers will do well to study self-disclosure in the narrower context of clearly problematical concerns, particularly when relating the results to counselling. Essentially, it is questionable whether the revelation of personal information to close acquaintances is synonymous with revelation to a counsellor.

Targets of Self-Disclosure:

The findings of Komarovsky (1974) that college males disclosed most to the best female friend were not supported by this study. Nor was there support for Jourard and Lasakow's (1958) findings that mother was most disclosed to by the unmarrieds. This study found that the best male and female friends were likely to receive the highest disclosure, followed by the parents and, finally, by the counsellor.

The counsellor and the parents were significantly less likely to be disclosed to on most of the topics. Work/studies was the only subject that the parents and the counsellor were likely to receive a similar amount of disclosure on. The traditional role of vocational

guidance therefore seems still to be regarded as proper for counsellors and, apparently, for parents too. There is no evidence to conclude that the counsellor might be regarded as an authority figure but it is clear that the respondents did not feel as willing to self-disclose to a counsellor as to a best friend.

Father would receive less disclosure than mother concerning body. Men also showed a greater willingness to discuss body with a counsellor ($p < .01$) and marginally also with father ($p < .07$). The women showed a clear preference for discussing body with other women, as the best female friend and mother were the most favored targets on this topic. It would have been useful to allow the respondents to indicate a clear preference for a male or female counsellor, thereby clarifying whether, in fact, there is a preference for discussing certain problems with a counsellor of one sex over the other.

Appropriateness of Counselling:

It is difficult to draw any conclusions regarding the respondents' views about disclosing to counsellors or about the appropriateness of counselling. Failure to find any differences whatsoever among high, medium or low disclosing subgroups in their judgments about counselling appropriateness indicates little more than that a person's typical self-disclosure level appears to be

unrelated to their views about seeking counselling. A behavioral study might clarify whether, in fact, there is a significant correlation between perceived level of self-disclosure to familiar persons and self-disclosing behavior in a counselling context.

The finding that married women regarded counselling to be more appropriate than men, particularly for self-concept/developmental needs and uncomfortable feelings and emotions, deserves further study. Whether marriage makes women feel more disposed towards counselling, or men less so, is hard to say. Certainly this needs to be looked at so that counselling professionals can be more effective in meeting the needs of married people.

Suggestions for Future Research:

The Problem Checklist may have been more appropriate for this study than the Warman Counselling Appropriateness Checklist, however the response categories offered were not sufficiently discriminating. The difference between "probably appropriate", "might be appropriate", and "probably inappropriate" were not very clear. It may have been better to use the adjectives "always, often, sometimes, seldom" and "never" instead.

It would have been useful to interview a sample of the students who completed the Jourard Questionnaire to learn what their assumptions were when they were responding

to it. They may well have responded differently if they had been asked to specify a preference for initiating discussion on the topics as opposed to a situation in which these topics may arise in interaction with the targets.

Future research in self-disclosure may be more conclusive if self-report measures which measure only the amount of self-disclosure are abandoned in favor of behavioral studies. A recent measure developed by Chelune (1976b) measures self-disclosure by studying the parameters he considered to be basic: amount of personal information disclosed, intimacy of the information disclosed, rate of disclosure, affective manner of presentation, and self-disclosure flexibility (Chelune, 1975). Studying such parameters closely will facilitate a more rigorous interpretation and understanding of an interpersonal process which has many complexities.

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APPENDIX A

Title page of research measure

WHOM DO STUDENTS TALK TO?

This is a two-part questionnaire designed to gather information for a Master's thesis in the Psychological Foundations Division of the Faculty of Education.

Each part of the questionnaire has its own instructions. Please follow them carefully, providing the answers as indicated.

PLEASE DO NOT WRITE YOUR NAME ON ANY PART OF THIS QUESTIONNAIRE. Those sections of the questionnaire which call for information from you have been pre-numbered. This is my only way of knowing which answers any particular person may have given but I do not wish to know who you are.

Please go on to the next page and follow the instructions given there.

APPENDIX B

Introductory page to
the Jourard Questionnaire

WHO KNOWS YOU?

People differ in the extent to which they let others know them. I am seeking, in this part of the project, to investigate what students are willing to tell others about themselves.

The following sheet lists a number of items which you might, or might not, be willing to discuss with various people. On the answer sheet attached at the back of this measure, please indicate the extent to which you would be willing to discuss these items with each of the people mentioned as possibilities.

If any of the people with whom you might speak are not available to you (e.g., your father could be deceased; you may not presently have a best male friend, etc.) simply leave that column blank. Otherwise, please reply to each item as instructed on the answer sheet.

Special note to married students (or the equivalent): The questionnaire allows you to indicate your willingness to talk with your spouse as well as a best friend of the opposite sex. Should you regard your spouse as your best friend of the opposite sex, mark only the spouse column and leave the corresponding opposite sex friend column blank. If, on the other hand, you have an opposite sex friend whom you feel close to, who is someone other than your spouse, it is quite acceptable for you to check both columns.

Now please detach the answer sheet, which is the very last page of this questionnaire, and respond to each of the items which follow.

APPENDIX C
The Jourard Questionnaire

WHO KNOWS YOU?

Please indicate your willingness to talk about each of the items listed below as you are instructed to on the answer sheet attached to the back of this questionnaire.

1. What I think and feel about religion; my personal religious views.
2. My personal opinions and feelings about religious groups other than my own; e.g., Protestants, Catholics, Jews, atheists.
3. My views on communism.
4. My views on the present government--the Prime Minister, government policies, etc.
5. My views on the French-English problems in Canada.
6. My personal views on drinking.
7. My personal views on sexual morality--how I feel that I and others ought to behave in sexual matters.
8. My personal standards of beauty and attractiveness in women--what I consider to be attractive in a woman.
9. The things that I regard as desirable for a man to be--what I look for in a man.
10. My feelings about how parents ought to deal with children.
11. My favorite foods, the ways I like food prepared, and my food dislikes.
12. My favorite beverages, and the ones I don't like.
13. My likes and dislikes in music.
14. My favorite reading material.
15. The kinds of movies that I like to see best; the TV shows that are my favorites.
16. My tastes in clothing.
17. The style of house, and the kinds of furnishings that I like best.
18. The kind of party or social gathering that I like best, and the kind that would bore me, or that I wouldn't enjoy.
19. My favorite ways of spending spare time; e.g., hunting, reading, cards, sports, parties, dancing, etc.
20. What I would appreciate most for a present.
21. What I find to be the worst pressures and strains in my work or studies.

22. What I find to be the most boring and unenjoyable aspects of my work or studies.
23. What I enjoy most, and get the most satisfaction from in my present work or studies.
24. What I feel are my shortcomings and handicaps that prevent me from working as I'd like to, or that prevent me from getting further ahead in my work.
25. What I feel are my special strong points and qualifications for my work.
26. How I feel that my work is appreciated by others (e.g., boss, fellow-workers, professor, husband or wife, etc.)
27. My ambitions and goals in my work.
28. My feelings about the salary or rewards that I get from my studies or work.
29. How I feel about the choice of career that I have made -- whether or not I'm satisfied with it.
30. How I really feel about the people that I work for, or work with.
31. How much money I make at my work.
32. Whether or not I owe money; if so, how much.
33. Whom I owe money to at present, or whom I have borrowed from before.
34. Whether or not I have savings, and the amount.
35. Whether or not others owe me money; the amount, and who owes it to me.
36. Whether or not I gamble; if so, the way I gamble and the extent of it.
37. All of my present sources of income -- wages, dividends, loans, grants, etc.
38. My total financial worth, including property, savings bonds, insurance, other savings, etc.
39. My most pressing need for money right now; e.g., outstanding bills, some major purchase that is desired or needed.
40. How I budget my money--the proportion that goes to necessities, luxuries, etc.
41. The aspects of my personality that I dislike, worry about, that I regard as a handicap to me.
42. What feelings, if any, that I have trouble expressing or controlling.
43. The facts of my present sex life--including knowledge of how I get sexual gratification; any problems that I might have; with whom I have relations, if anybody.

44. Whether or not I feel that I am attractive to the opposite sex; my problems, if any, about getting favorable attention from the opposite sex.
45. Things in the past or present that I feel ashamed and guilty about.
46. The kinds of things that just make me furious.
47. What it takes to get me feeling really depressed and blue.
48. What it takes to get me really worried, anxious and afraid.
49. What it takes to hurt my feelings deeply.
50. The kinds of things that make me especially proud of myself, elated, full of self-esteem or self-respect.
51. My feelings about the appearance of my face-- things I don't like, and the things that I might like about my face and head--nose, eyes, hair, teeth, etc.
52. How I wish I looked; my ideals for overall appearance.
53. My feelings about different parts of my body-- legs, hips, waist, weight, chest or bust, etc.
54. Any problems and worries that I had with my appearance in the past.
55. Whether or not I now have any health problems-- e.g., trouble with sleep, digestion, female complaints, heart condition, allergies, headaches, piles, etc.
56. Whether or not I have any long-range worries or concerns about my health, e.g., cancer, ulcers, heart trouble, etc.
57. My past record of illness and treatment.
58. Whether or not I now make special efforts to keep fit, healthy and attractive, e.g., exercise, diet, etc.
59. My present physical measurements, e.g., height, weight, waist, etc.
60. My feelings about my adequacy in sexual behavior-- whether or not I feel able to perform adequately in sex-relationships.

PLEASE DO NOT WRITE YOUR NAME ON ANY PAGES OF THIS QUESTIONNAIRE.

Now please go on to the next page.

APPENDIX D
The Problem Checklist

TALKING WITH COUNSELLORS CHECKLIST

Students vary widely in the problems they have, as they do in their feelings about which problems are appropriate to discuss with one of the counsellors in the University Counselling Centre. On the computer score sheet provided, please enter your identification number which is indicated on the first page of this measure. Then, in the column which is appropriate, please pencil in your responses to indicate how appropriate it would be for you or SOMEONE OF YOUR SEX to discuss the problems listed below with a university counsellor.

- A - DEFINITELY APPROPRIATE to discuss with a university counsellor.
- B - PROBABLY APPROPRIATE to discuss with a university counsellor.
- C - MIGHT BE APPROPRIATE to discuss with a university counsellor.
- D - PROBABLY INAPPROPRIATE to discuss with a university counsellor.
- E - DEFINITELY INAPPROPRIATE to discuss with a university counsellor.

1. Not being the kind of person I should be.
2. Needing information about occupations.
3. Too easily moved to tears.
4. Wondering if I'll ever find a suitable mate.
5. Having feelings of extreme loneliness.
6. Bothered by unwanted and disturbing thoughts.
7. Worry about unimportant things.
8. Moodiness; "having the blues."
9. Lacking self-confidence.
10. Too easily discouraged.
11. Wanting more chance for self-expression.
12. Worry about the possibility of hurting others.
13. Feeling that no one understands me.
14. Feel that I'm a complete blank; don't know what to do.
15. Often experience feelings of panic.
16. Easily and frequently become depressed.
17. Doubting my masculinity or femininity.
18. Feelings too easily hurt.
19. Afraid of unemployment after graduation.
20. Ill at ease with other people.

21. Fearing failure in university.
22. Unable to concentrate well.
23. Undecided on major.
24. Afraid of making mistakes.
25. Doubting the wisdom of my vocational choice.
26. Not spending enough time in study.
27. Finding it hard to talk about things.
28. Sexual needs satisfied.
29. Not meeting anyone I like to date.
30. Purpose of going to university not clear.
31. Afraid of things I know I should not be.
32. Pretending to be something I'm not.
33. Feeling inferior.
34. Not knowing how to study effectively.
35. Wanting love and affection.
36. Nervousness.

Please go on to the next page.

APPENDIX E
Demographic Information

WHOM DO STUDENTS TALK TO?

Thank you for the time you have put into completing this questionnaire. In order to help my interpretation of the results, please provide the following information about yourself:

Sex: M ____ F ____

Marital Status: Single ____ Married (or equivalent) ____

Widowed ____ Divorced ____ Separated ____

Age: 17 to 19 ____ 20 to 24 ____ 25 to 29 ____ 30 to 34 ____

35 to 39 ____ 40 to 49 ____ 50 and above ____

Year registered at U.Vic: 1 ____ 2 ____ 3 ____ 4 ____

5 ____

Other (specify): _____

Faculty enrolled in: _____

Status of residence (Check EACH item which applies to you):

With parents ____ With spouse (or equivalent): ____

Alone ____ In residence ____ With room-mate ____ Away from

parents, but in same town ____ Away from parents & out

of town ____

How many times have you consulted a counsellor in the University Counselling Centre located in the Clearihue Building?

0 ____ 1 ____ 2 ____ 3 or more ____

This is the end of the questionnaire. Thank you for your co-operation. If you wish, you may write any comments which you would like to make overleaf. Should

you be interested in learning the results of my research or to ask me any questions about it, please leave a note in my mailbox in the Faculty of Education.

Harry J. VanderMolen
Graduate Student

APPENDIX F

Answer sheet for
the Jourard Questionnaire

WHO KNOWS YOU ANSWER SHEET

Please respond to each item in the questionnaire by marking each appropriate column as follows:

- 0 - I would NOT be willing to say ANYTHING about this item to this person.
- 1 - I would be willing to say a MINIMAL AMOUNT about this item to this person.
- 2 - I would be willing to say a MODERATE AMOUNT about this item to this person.
- 3 - I would be willing to give this person a COMPLETE PICTURE of this item.
- X - I would LIE or misrepresent myself about this item to this person.

	Mother	Father	Best Male Friend	Best Female Friend	Spouse	University Counsellor
1.						
2.						
3.						
4.						
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23.						
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25.						
26.						
27.						
28.						
29.						

Please continue responding to each item in the questionnaire by marking each appropriate column as follows:

- 0 - I would NOT be willing to say ANYTHING about this item to this person.
- 1 - I would be willing to say a MINIMAL AMOUNT about this item to this person.
- 2 - I would be willing to say a MODERATE AMOUNT about this item to this person.
- 3 - I would be willing to give this person a COMPLETE PICTURE of this item.
- X - I would LIE or misrepresent myself about this item to this person.

	Mother	Father	Best Male Friend	Best Female Friend	Spouse	University Counsellor
30.						
31.						
32.						
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60.						

VITA

Surname: VAN DER MOLEN Given Names: HARRY JOHN

Place of Birth: GRONINGEN, NETHERLANDS

Date of Birth: June 10, 1944

Educational Institutions Attended, with Dates of
Entering and Leaving:

ONTARIO BIBLE COLLEGE, TORONTO 1966 to 1968

SIMON FRASER UNIVERSITY, BURNABY 1968 to 1972

UNIVERSITY OF VICTORIA, B. C. 1975 to 1980

_____ to _____

Degrees, Diplomas, Etc., Awarded, with Dates and Names
of Institutions:

B.A. 1972 Simon Fraser University,

_____ Burnaby

Honors and Awards:

Province of British Columbia Scholarship Award, 1970

Publications:

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STUDENTS' DISPOSITION TO SELF-DISCLOSE

AND THEIR

PERCEPTIONS OF COUNSELLING APPROPRIATENESS

Author:

Harry John Van der Molen