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Intrapersonal Curiosity: Inquisitiveness about the self

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Abstract

Intrapersonal Curiosity (InC) is the desire to learn more about one's inner-self. A pool of 39 experimental InC items were administered to 988 participants (498 women), along with other measures of curiosity and personality. Three InC factors with acceptable model fit were identified, from which three internally consistent (alphas $\geq$ .89) 4-item subscales were developed: "Understanding Emotions and Motives", "Reflecting on the Past", and "Exploring Identity and Purpose". The InC scales correlated positively with other curiosity measures, evidencing convergent validity; divergent validity was demonstrated on the basis of weak relations to other constructs. The InC scales were positively associated with less self-awareness, poorer self-regulation, and experiences of distress, suggesting that InC tends to be higher in individuals who lack, but seek, new intrapersonal knowledge to reduce uncertainty about the self.

Intrapersonal Curiosity: Inquisitiveness about the Self

Curiosity is the desire for new information expected to stimulate interest or relieve uncertainty (Litman, 2005). Previous work on individual differences in the expression of curiosity has examined dispositional tendencies to initiate self-directed searches for a variety of different kinds of information, including intellectual knowledge (Mussel, 2010; Litman, 2008), sensations and perceptions (Collins, Litman, & Spielberger, 2004; Zuckerman, 1994), and social or interpersonal experiences (Litman & Pezzo, 2007; Renner, 2006). However, there is yet another kind of information that scientists who study individual differences in curiosity have tended to overlook entirely: Information about the *self*, which we may refer to as *intrapersonal knowledge*.

Historically, intrapersonal knowledge has been studied as a sort of "end-product" resulting from social-cognitive processes involved in self-awareness (Scheier & Carver, 1985), such as the construal of one's overall self-concept or situation-specific self-schemata (Markus, 1977; Markus & Kunda, 1986). Related lines of social-psychological research have explored awareness of intrapersonal knowledge as it pertains to self-perceived value (Baumeister, Campbell, Krueger, & Vohs, 2008), self-evaluations of one's potential to overcome challenges (Bandura, 1993) or the self-regulation of behavior (Brackett, & Mayer, 2003; Carver & Scheier, 1982; Goleman 1995; Moller, Friedman, & Deci, 2006). However, these studies have not generally emphasized self-directed motives to attain intrapersonal knowledge, and when such motives have been considered, the focus has typically been on efforts to either maintain consistency in self-perceptions (Festinger, 1957; Fazio, Effrein, & Fallender, 1981; Sekikides, 1993) or facilitate positive interpersonal relations (Alicke & Sekikides, 2009; Baumeister, 1982; Snyder, 1974). Self-directed motives to introspectively seek and make use of intrapersonal

knowledge *as a goal unto itself* have received relatively little treatment. We find this state of affairs rather surprising given that introspective inquisitiveness and the discovery of new intrapersonal knowledge is theorized to play important roles in the maintenance of day-to-day psychological well-being (Kashdan & Fincham, 2004), healthy psychosocial development (Erikson & Erikson, 1997), and overall personal growth and fulfillment (Maslow, 1968).

We label this self-directed motive to inquisitively introspect *Intrapersonal Curiosity* (InC), which we define as individual differences in the desire to explore the inner-self, specifically to *learn more about and better know the self.* Building on the extant literature on the nature of curiosity and intrapersonal knowledge, InC might manifest in inquisitive introspection about one's nature as a person ("Who am I?"), wrestling with the meaningfulness of past experiences ("How did I get here, and what if I'd made different decisions along the way?"), as well as reflecting on one's feelings ("How am I feeling and why do I feel this way?") or aspirations ("What is my purpose in life?"). In short, InC may be conceptualized as the desire to introspectively investigate one's innermost thoughts and feelings for the primary purpose of gaining a better understanding of the self.

Given the apparent dearth of research aimed at assessing individual differences in this form of curiosity[1], the goal of the present study was to develop valid and reliable psychometric instruments for assessing individual differences in InC as a dispositional trait. Additionally, the dimensionality of InC was also examined, with the expectation that emergent factors would correspond to introspective inquisitiveness about different domains of intrapersonal knowledge (e.g., nature of one's identity vs. reflections on different kinds of experiences in one's life), from which subscales might be constructed. We hypothesized that our newly developed InC scales would demonstrate convergent validity by correlating positively with other measures of curiosity

particularly interpersonal curiosity (IPC), given evidence from past research that has found "people-information," whether about others or the self, is meaningfully distinct from other forms of knowledge, such as scientific facts (Han, Li, Warren, Feng, Litman, & Li, 2013; Litman & Pezzo, 2007).

Additionally, given that studies of desire for "people-information" corresponds more to unpleasant experiences of uncertainty than to seeking the pleasurable stimulation of one's interest (e.g., Han et al, 2013; Litman & Silvia, 2006), we also examined relationships between InC and experiences of positive and negative affect, and hypothesized that InC would be more strongly associated with negative affective states, given its theorized orientation towards uncertainty (c.f., Litman, 2010). We also examined relationships between InC and the Big Five, and predicted that InC would show overall divergence from these constructs. However, given that tendencies to experience and express InC were theorized to involve more negative than positive affectivity, we hypothesized that InC would show the strongest associations with Neuroticism relative to the other Big Five constructs.

Additionally, we explored relationships between InC and measures of constructs highly relevant to having self-knowledge including self-awareness and interpersonal self-regulation. As noted above, previous work has shown that seeking "people-information" is more strongly related to uncertainty-reduction than interest-induction (e.g., Han et al, 2013), suggesting that InC should be associated with a *lack* of self-knowledge and, by extension, with poorer self-regulation. We also examined relationships between InC and psychological well-being, and theorized that if InC is related to uncertainty-reduction it may also correspond to experiences of distress associated with self-doubt, including social anxiety, depression, and low self-esteem – undesirable conditions that all might be mitigated through inquisitive introspection. Based on a

similar rationale, we also examined the relationships between InC and motives to seek knowledge in order to cope with worry about potential threats, and hypothesized that InC would be associated with both greater awareness of one's distress, as well greater desire to have relief from that distress.

Method

Participants

988 participants from the UK completed the set of questionnaires for the study. There was an even gender mix: 498 female, 490 male. The age of the sample ranged from 15 to 90, (*M*=30.8, *SD*=17.1). The sample was stratified by region to be representative of the UK population: 36% South East and London, 9% South West, 17% Midlands, 8% North East, 12% North West, 9% Scotland, 6% Wales and 3% Northern Ireland. Ethnicity was also representative of the UK generally: 87% of the sample were White British, 5% White Other, 3% Asian, 3% Black, 1.5% Mixed ethnicity. In terms of work status, 12% were in education, 34% were in full-time work, 15% in part-time work, 6% were stay-at-home parents, 7% were unemployed, and 20% were retired. 6% did not stipulate a work status.

Instruments and Measures

InC item pool. We constructed 39 face-valid items that expressed a desire to learn new information about oneself through introspective inquisitiveness, including the nature of one's identity, the meaningfulness of one's past experiences and choices previously made, one's purpose in life, and one's feelings. In order to ensure sufficient breadth, we also included a number of items that inquired about reflections on self-regulatory processes (e.g., "I try to analyze and interpret the reasons for what I do or say") and contemplating one's future-self (e.g., "I think about my future and wonder about what tomorrow may bring"). Although we theorized

that InC was oriented more towards reducing unpleasant states of uncertainty than pleasurably stimulating feelings of interest, we avoided using valence-laden terms in our items such as "dislike" or "enjoy" to minimize the potential for any affective-bias in the wording. For each item, participants indicated how they "generally feel" by rating themselves on a 4-point frequency scale ranging from "Almost Never" to "Almost Always".

The Interpersonal Curiosity scale (IPC; Litman & Pezzo, 2007) is a 17-item measure of thoughts and feelings that express desires to learn new information about other people. The IPC scale consists of three 5-item subscales: *Curiosity about Emotions* (CE, e.g., "I try to figure out what other people are feeling just by looking at them"); *Spying and Prying* (SP, e.g., "I think I would make a good private detective"); and *Snooping* (Sn, e.g., "I like to know what other people do"). The IPC scales used the same rating format as the InC measures. Litman & Pezzo (2007) report alphas $\geq$.70 have for the scale and subscales.

The I/D Epistemic Curiosity (EC) scales included five items that measure experiences of curiosity aimed at stimulating one's intellectual *interest* (I-type EC, e.g., "I enjoy exploring new ideas"), and five items that assess feeling uncomfortably *deprived* of knowledge needed to reduce intellectual uncertainty (D-type EC, e.g. "I can spend hours on a single problem because I just can't rest without knowing the answer"). In past research, alphas $\geq$.75 have been reported (Litman, 2008; 2010). The EC scales used the same rating format as the InC items.

The Incurious Worry Reduction Motive scales (IWRM; Litman & Lunsford, 2010) consist of two 6-item scales that measure tendencies to want new information to cope with worry about potential threats. The Focus on Distress (IWRM-FD) scale inquires about wanting to verify that one is safe from a potential threat (i.e., find out good news) to minimize feelings of distress (e.g., "It will bother me until I find out"); the Focus on Relief (IWRM-FR) scale is associated

with desiring news that confirms the existence of a threat (i.e., find out bad news) in order to prepare to actively cope with it (e.g., "I'll feel relieved once I know"). Participants were instructed to respond to each IWRM item as the second half of the following statement: "In general, when I am feeling stressed or worried over something that I don't know…" Participants rated used the same rating format as the InC items. Litman & Lunsford report alphas of $\geq$.71 for the IWRM scales.

The Revised Self-Monitoring Scale (Lennox & Wolfe, 1984) consists of 13 items and 2 subscales: *Ability to Modify Self-Presentation* (e.g., "When I feel that the image I am portraying isn't working, I can readily change it to something that does") and *Sensitivity to Expressive Behaviour of Others* (e.g., "I am often able to read people's true emotions through their eyes"). Each item is rated on a 6-point Likert scale ranging from Strongly Disagree to Strongly Agree. Lennox and Wolfe reported alphas $\geq$.70 for these instruments.

The Authenticity Scale (Wood et al., 2008) is a 12-item measure of dispositional authenticity. It contains three subscales; one positive indicator of authenticity, labeled *Authentic Living* (e.g., "I think it is better to be yourself, than to be popular"), and two negative indicators of authenticity, *Accepting External Influence* (e.g., "I always feel I need to do what others expect me to do") (AEI) and *Self-Alienation* (e.g., "I feel out of touch with the 'real me'"). Responses are scored on a 7-point Likert scale ranging from "Does not describe me at all" to "Describes me very well." Wood and colleagues report alphas $\geq$.69 for these scales. In the current study, negative indicator subscale scores were reverse scored so that all scores could be combined to create a single "trait authenticity" scale score.

The Self-Consciousness Scale (SCS; Fenigstein, Scheier & Buss, 1975) contains 23 items that assess three subscales: Private self-consciousness (e.g., "I'm always trying to figure myself

out"), Public self-consciousness (e.g., "I'm concerned about my style of doing things") and Social Anxiety (e.g., "I get embarrassed very easily"). Responses are scored on a 5-point rating scale, ranging from 0="extremely uncharacteristic" to 4="extremely characteristic. Fenigstein and colleagues do not report alphas; in the current study, we found alphas $\geq$.76 for these measures.

The Positive and Negative Affect Schedule (PANAS; Watson, Clark & Tellegan, 1988) consists of two 10-item scales, for which each item is a single word describing a positive (e.g., "Interested", "Excited") or negative (e.g., "Guilty", "Afraid") affective state. Participants described the extent to which they have felt each emotion within the "past few hours" on a 5-point scale ranging from "Very slightly" to "Extremely." Watson and colleagues report alphas $\geq$.84 for the two scales.

Big Five Inventory-10 (Rammstedt & John, 2007) is composed of five 2-item measures of trait Extraversion, Neuroticism, Openness, Agreeableness and Conscientiousness, using the generic stem "I see myself as someone who is…" with each item consisting of a relevant phrase (e.g., "is outgoing and sociable"; "gets nervous easily") Responses are given on a 5-point scale ranging from "Strongly Disagree" to "Strongly Agree"). Rammstedt and John report strong test-retest reliability (.75) and strong correlations with the full BFI (r>.74) in lieu of alpha, as it is widely accepted that alpha is not appropriate for 2-item scales (Eisinga, te Grotenhuis, & Pelzer, 2013).

Psychological Treatment Inventory-Alexithymia Scale (PTI-AS; Gori et al., 2012) is a 5-item measure of the sub-clinical inability to identify and describe emotions in the self (e.g., "I have difficulty describing my feelings"). The PTI-AS utilizes a 5-point response scale, ranging from "Not at all" to "A great deal". Gori et al. (2012) report an alpha of .88.

The Centre for Epidemiological Studies Depression – 10 (CESD10; Zhang et al., 2012) is a 10-item questionnaire for sub-clinical depressive symptoms. For each item (e.g., "I felt depressed"), respondents are asked to indicate how often they have felt like that over the past week. Zhang and colleagues report an alpha of .88.

Rosenberg Self-Esteem Scale (Rosenberg, 1965) consists of 10 items that measure global self-esteem (e.g., "On the whole, I am satisfied with myself") using a 4-point scale, ranging from "Strongly Disagree" to "Strongly Agree". Rosenberg reports an alpha of .85.

Procedure

Participants were recruited via Qualtrics Panel Management, a professional participant recruitment service. Each participant was offered a small incentive (approximately £2) for completing the questionnaires. The sample was recruited to a stratified requirement for gender and region across the UK. All questionnaires and other materials were delivered to participants online. Participants were first shown an information page about the study and were asked to indicate consent, and provide a password in the case of a later decision to withdraw. At the end of the questionnaires they were shown a debrief page including information about where to get help if the study had aroused any negative feelings.

Results

Dimensionality of InC and the Development of an InC Scale and Subscales

A preliminary analysis of responses to the pool of 39 InC items suggested that they all assessed a relatively homogenous psychological construct (α=.97). However, to determine if, InC was multidimensional as theorized, and to identify the best items for measuring individual differences in InC, the item responses were submitted to iterated principal-axis factor analysis, using the squared multiple correlation as the communality estimate. To help ensure that items

selected to form instruments for measuring InC would be without gender-bias, separate factor analyses were conducted for women and men.

Examination of the scree plot of the eigenvalues (women=18.54, 1.78, .95, .56, .49, .41…; men=16.54, 1.44, .91, .61, .41, .37…) suggested that extraction of three factors would be optimal for both women and men; a parallel analysis of the eigenvalues corroborated this interpretation (Hays, 1987). For both women and men, three factors accounted for over 95% of the common variance. Given the high level of internal consistency in the items, emergent factors were expected to be correlated, but correspond to meaningfully different domains of introspective inquiry. Thus, oblique (promax) rotation was used for factor extraction (Rummel, 1970). With rotation, three highly similar factors emerged for both women and men. Factor meaningfulness was interpreted on the basis of the content of the items that had the strongest dominant loadings that were salient (i.e., $\geq$.30) and no salient dual loadings for both women and men on a single factor.

One large factor comprised items that described introspecting with the goal of *Understanding one's own Emotions and Motives* (UEM; e.g. "I try to understand my emotions"). A second factor was found to involve *Reflecting On one's Past* (ROP; e.g. "I imagine what my life would have been like if I had made different choices"). A third factor was defined by items that referred to *Exploring one's Identity and Purpose* in life (EIP; e.g., "I ask myself whether I really know who I am"; "I wonder about my purpose in life"). Notably, the items that explicitly addressed forms of self-regulation or wondering about the future had either relatively weak single or dual loadings, and were therefore dropped. On the basis of these analyses, a total of 18 items that had their strongest salient loadings ($\geq$.40) on a single factor, and no salient secondary loadings, least redundant wording, and item-content judged to be the most in keeping with the

underlying construct assessed by each factor, were selected and submitted to a second exploratory factor analysis for the combined sample. As before, the eigenvalues, scree, and parallel analyses suggested the presence of three factors, which were subsequently extracted with promax rotation (inter-factor correlations: r_{12}=.57, r_{13}=.65, r_{23}=.62). Abbreviated item-wording, and the rotated loadings for each item included in this final analysis are reported in Table 1.

The next step was to select the best items for measuring each factor on the basis of strength of loadings and clarity of item-content. Given that factor III (EIP) consisted of only four items, all four were selected to form an InC-EIP subscale. In order to enhance the parity of reliability estimates across InC subscales, it was considered desirable to select an equal number of items to form measures of each InC dimension. Therefore, we evaluated the loadings and content of the items on the other two factors, with the aim of selecting four items from each factor. For factor II, we chose the four items with the strongest loadings to form an InC-ROP subscale. For Factor I, the first three items with the highest loadings were selected to measure InC-UEM; in selecting a fourth and final item for the UEM measure, the next three items with the strongest loadings on the first factor were further examined. Given that all three of these items had loadings of similar magnitude, their content was carefully reviewed and evaluated on the basis of greatest content validity and coherence. Only one of the three items clearly referred to examining and trying to understand the actual *meaning* of one's emotions or motives, while the other two were judged as referring more to self-evaluating one's abilities or preferences. As the item imputing meaning was considered closer to our working theoretical definition of UEM, this item was retained while the other two were dropped from further consideration. Thus, a total of 12 items (indicated in bold italics in Table 1) were selected to form a total InC scale, consisting of three 4-item subscales for assessing each InC dimension.

Although the exploratory analyses and our broader theoretical view on the nature of InC as a psychological construct suggested that InC was multidimensional, given the strong inter-factor correlations (*Mean r*=.61), we compared fit between a single factor and a three-factor model for the combined sample using maximum likelihood confirmatory factor analysis. As may be noted in Table 2, Goodness of Fit indices for the three-factor model were all superior to the 1-factor model, including a significantly lower Chi-square ($\Delta\chi^2$=1257.89(4), p<.001); all indices were deemed indicative of generally acceptable fit, especially considering this study reflected the very early stages of research on individual differences in InC (Hatcher, 1994; Hu & Bentler, 1999; Raykov, 1998). The final three-factor model is presented in Figure 1; all loadings were very strong (*M*=.796) and significant (p<.001).

Summary Data and Correlates of the InC Scale and Subscales

Means, standard deviations, alpha coefficients and Pearson correlations between the InC total scale and subscales are reported in Table 3. Summary data and correlations between the InC scale and subscales, measures of different aspects of trait curiosity, the Big Five, and with positive and negative affect are also reported in Table 3. Additionally, to evaluate the unique relationships between each InC subscale and the other measures, partial correlations between each InC subscale, in which overlap between the InC subscales was held constant, are reported in this table (c.f., Litman, 2008).

As would be expected, the InC measures were strongly positively correlated with each other. Alphas for the InC total scale and all three subscales were fairly high ($\alpha \geq .85$), especially given their relative brevity (Cortina, 1993; Clark & Watson, 1995). Although there were no significant gender differences for the InC total scale nor the ROP or EIP subscales, on UEM, men scored lower than women (M_{men}=9.66, *SD*=2.99; M_{women}=10.13, *SD*=3.11), a difference that

was small, but significant (t=-2.42(996), p<.05; d=.15). As hypothesized, the InC scales correlated positively with all of the curiosity scales, especially the IPC scales, demonstrating convergent validity. In examining the partial correlations of the InC subscales with these measures, it is noteworthy that the overlap between these instruments was due primarily to the UEM subscale. Overlap was greatest between InC-UEM and IPC-CEm, consistent with the view that both measures emphasized being curious about emotional experiences.

Consistent with our hypotheses, the InC total scale was uncorrelated with positive affect, but was moderately positively correlated with negative affect. Examination of the partial correlations, although relatively small in magnitude, further clarified the nature of these relationships; they suggested that while EIP and ROP were both equally negatively associated with positive affect, only EIP was positively correlated with negative affectivity. The partial correlations also indicated that the UEM subscale was uniquely associated positively with positive affect, but was unrelated to negative affect, which was unexpected. These results suggested that questioning one's identity/purpose or reflecting on the past tend to be associated with either a lack of positive emotion or some degree of distress, whereas endeavoring to interpret one's own feelings tends to be more positive. As hypothesized, the InC measures had very small correlations with the Big Five traits, providing clear evidence of divergence from these constructs. In reviewing these data, the strongest of these correlations were found between InC and Neuroticism and were positive in sign. This result was also highly consistent with our view that InC is associated more with negative affect than positive.

Means, standard deviations, alphas, correlations and partial correlations between the InC scale and subscales, measures of self-monitoring, self-awareness, coping with worry, and psychological well-being, are reported in Table 4. With the exception of InC-UEM, the other InC

scales were only very weakly (and for EIP, negatively) associated with Self-Presentation, but demonstrated stronger positive correlations with Sensitivity to Expressive Behaviour, suggesting that being inquisitive about the one's own feelings was associated with taking note of the feelings and mannerisms of others.

With the exception of UEM, the other InC measures tended to be associated with lower overall self-awareness, as evidenced by mostly negative relations to self-authenticity and positive associations with alexithymia. These results were consistent with our hypothesis that InC is associated with lacking intrapersonal knowledge. The InC scales tended to be more strongly related to private over public self-consciousness, consistent with our view that InC involves tendencies to introspect; this was especially evident for InC-UEM.

As hypothesized, the InC scales correlated positively with both worry-coping measures, indicating that InC involves experiences of greater uncertainty-related distress as well as a desire to resolve that uncertainty by gathering new knowledge to cope. Finally, the correlations with the measures of psychological well-being suggested that EIP and ROP were associated with lower self-esteem and greater emotional distress (i.e., depression and social-anxiety), as hypothesized. However, InC-UEM was somewhat positively associated with self-esteem, which was unexpected.

Discussion

The present study identified three InC factors that reflected individual differences in tendencies to inquisitively introspect about different domains of intrapersonal knowledge: Understanding one's Feelings and Motives (UEM), Reflecting On one's Past (ROP), and Exploring one's Identity and Purpose (EIP). With EFA's, twelve items were selected to form an internally consistent InC scale consisting of three 4-item subscales for measuring individual

differences in each factor; CFA indicated that the three-factor model had acceptable fit. As hypothesized, the InC scale was positively associated with other forms of curiosity, providing evidence of convergent validity, while showing weaker relations to measures of other personality constructs, evidencing divergent validity.

In keeping with our hypotheses, the InC scales with the exception of InC-UEM were associated with having less self-knowledge, lower levels of self-esteem, more private than public self-consciousness, and greater levels of emotionally unpleasant conditions. These findings suggest that introspective inquisitiveness is motivated by a lack of self-knowledge, and that the more that individuals find themselves having to wrestle with understanding who they are and how they got here, the more likely they are to experience various forms of distress. While it is not clear that the associated emotional distress is a "cause" or "result" (although the correspondence with low self-awareness, etc. suggests that it is more likely to be a cause), this begs the question of whether or not InC plays a role in orienting individuals towards using adaptive or maladaptive coping strategies. The somewhat stronger relations between the InC scales with IWRM-FD (although these differences in magnitude are quite small) leads us to tentatively conclude they may be *somewhat* more associated with maladaptive avoidant coping rather than adaptive pro-active coping (see Litman, 2006; Litman & Lunsford, 2009, and Litman &Lunsford, 2010), which will require further research to clarify.

The exception to the above pattern was in regard to attempting to make sense of ones feelings and motives, which tended to be associated with positive affect. While it is not clear from the present study whether individuals derive more pleasure in thinking about their feelings than, say, about their identity, or whether individuals are simply more likely to be motivated to reflect on their feelings and motives when they are already feeling good, clarifying the meaning

of this result will be important to explore in future research. In short, the potential role of InC in psychological well-being and mental health demands further investigation.

Limitations of the Present Study and Directions for Future Research

The present study focused on developing internally consistent, theoretically grounded and factorially stable measures of intrapersonal curiosity using a large and representative cross-sectional sample. However, an important limitation of the present study is that the sample is based in one country only -- the UK -- and whether or not the same findings can be replicated in other cultures and ethnic groups is an open question. It will also be important to examine whether the InC scales predict relevant behavioral markers of intrapersonal curiosity, such as diary-journaling or utilization of self-help books and websites, activities that may have implications for maintaining or facilitating mental health and personal growth. (Robinson, & Wright, 2013). It would also be worthwhile to examine relationships between the InC measures and emotional intelligence as a mental ability; it is not clear from the present study whether individuals with higher levels of InC actually have less access to self-knowledge or rather that they simply believe themselves to lack it. (c.f., Litman, Hutchins, & Russon, 2005).

Finally, in regard to the very nature of InC as a psychological construct, it is worth considering that all of the items that were empirically found to best define the construct and its dimensions were concerned primarily with introspecting inquisitively on one's past and present rather than on the future. One possible explanation for these findings is that thinking about "what the future holds" corresponds to a different, less introspective, set of processes – ones that lend itself more to fantasy and imagination – to prospectively seeking out entirely novel future experiences (c.f., Aschieri & Durosini, in press; Litman, 2005). This possible distinction between introspection (i.e., "looking inward") and imagination (i.e., "looking ahead"), will be

worthwhile to explore in future research, as both are likely to play important, but perhaps very different roles, in psychological well-being and personal growth.

Footnotes

1. Very recent research by Aschieri and Durosini (2015) has explored a form of self-curiosity aimed at thinking about the degree to which new activities might inform one of the self (e.g., "The best part of traveling is what it teaches us about ourselves"), for which they developed a 7-item measure, the Self-Curiosity Attitude-Interest Scale (SCAIS). Although this instrument was not available to include in the present study, it is notable that the conceptualization of "self-curiosity," and the corresponding item content, emphasized seeking out new experiences expected to promote growth and inform one about the self through discovery, rather than inquisitive introspection. On that note, the SCAIS items don't directly refer to introspection about one's self or identity, and the only items that inquire about assessing one's inner-self assess a *lack* of interest in thinking about one's feelings, and are reverse scored. Future research that explores how motives to seek out new extracurricular interests as compared to inquisitive introspection (InC, as defined in the present study) each contribute to one's well-being and potential for growth will be worthwhile.

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Table 1. Rotated factor loadings (standardized regression coefficients) of intrapersonal curiosity (InC) items (N=988)

	UEM	ROP	EIP
Analyze and interpret things I do or say	**.74**	-.01	.06
Try to make sense of how I feel	**.71**	.00	.06
Try to understand source of my emotions	**.68**	-.04	.14
Think about and assess own strengths and weaknesses	**.64**	.14	-.02
Think about why I like or dislike something	**.63**	.01	.05
My actions, think about what they say about me	**.63**	.12	.05
Think deeply about what I believe to be right or wrong	**.61**	.10	-.11
Reflect upon what I stand for as a person	**.59**	.02	.14
When I want something question reasons for wanting it	**.54**	-.01	.08
Imagine what my life have been like taken different paths	-.09	**.92**	.03
Wonder about life if different decisions in past	-.08	**.83**	.08
Think about alternative choices I might have made	.17	**.67**	.02
Reflect upon how good or bad decisions in life have been	.23	**.62**	.00
Contemplate my past and how I got to where I am today	.20	**.49**	.14
Find myself thinking about reason for my existence	-.01	.07	**.78**
Ask myself "Who am I really?"	.12	.02	**.74**
Wonder about my purpose in life	.03	.12	**.71**
Question whether I know who I am	.11	.05	**.68**

UEM = Understanding one's Emotions and Motives
ROP = Reflecting On one's Past
EIP = Exploring one's Identity and Purpose

Items are listed in descending order of magnitude of loading on its dominant factor; dominant salient loadings are in bold
Item statements are abbreviated; items selected for subscales are in italics and bold.

Table 2. Goodness of Fit Indices (GFI) for two intrapersonal curiosity factor models (*N =988*)

	Model		
GFI Index	Null	1-Factor	3-Factors
χ^2 (*df*)**	7403.8(66)*	1610.95(55)*	353.06(51)*
CFI	__	.79	.96
NNFI	__	.74	.95
RMSEA [95% CI]	__	0.17[.16-.18]	0.07[.04-.08]
ECVI [95% CI]	__	1.67[1.54-1.80]	0.41[0.35-0.47]

* Chi-square statistics are significant (p<.01).

Table 3. Zero-order and partial correlations between the intrapersonal curiosity (InC) scale and subscales and other information-seeking traits, affective traits, and the big five (N=988)

				Zero Order *r*					**Partial *r***	
		M(SD)	α	InC-Total	InC-UEM	InC-ROP	InC-EIP	InC-UEM	InC-ROP	InC-EIP
Curiosity Traits	InC-Total	29.51(8.51)	.92							
	InC-UEM	9.90(3.06)	.89	**.85**						
	InC-ROP	10.68(3.16)	.85	**.85**	**.57**					
	InC-EIP	8.92(3.62)	.89	**.90**	**.65**	**.64**				
	I-type EC	14.04(3.20)	.86	**.34**	**.36**	**.26**	**.27**	**.23**	.04	.03
	D-type EC	12.61(3.57)	.86	**.41**	**.38**	**.35**	**.33**	**.20**	**.13**	.04
	IPC-Total	39.70(10.24)	.91	**.51**	**.51**	**.42**	**.40**	**.31**	**.16**	.02
	IPC-Snooping	11.41(3.70)	.86	**.39**	**.39**	**.33**	**.29**	**.23**	**.13**	-.01
	IPC-Cur. Emotions	14.10(3.63)	.88	**.46**	**.53**	**.34**	**.32**	**.42**	.08	-.07
	IPC-Spying/Prying	9.95(3.70)	.82	**.43**	**.37**	**.36**	**.38**	**.12**	**.14**	**.13**
State Affect	Positive Affect	28.16(8.80)	.92	.01	**.13**	-.07	-.04	**.23**	**-.11**	**-.11**
	Negative Affect	16.54(8.12)	.94	**.40**	**.27**	**.32**	**.43**	-.03	.08	**.28**
Big Five	Extraversion	3.16(1.90)	.45*	-.09	-.02	**-.12**	-.09	.08	-.09	-.06
	Agreeableness	2.39(1.53)	.19*	**-.13**	-.05	**-.16**	**-.13**	.08	**-.12**	-.06
	Conscientiousness	3.21(1.78)	.42*	**-.13**	.00	**-.15**	**-.17**	**.16**	-.10	**-.16**
	Neuroticism	3.80(1.94)	.50*	**.28**	**.18**	**.28**	**.28**	-.03	**.14**	**.14**
	Openness	3.00(1.73)	.24*	**.15**	**.16**	**.12**	**.11**	.10	.04	-.01

UEM = Understanding one's Emotions and Motives
ROP = Reflecting On one's Past
EIP = Exploring one's Identity and Purpose\p <.001 when $r \geq .11$ and are in bold
**Each Big Five Measure is a 2-item scale, thus the Spearman-brown correction is reported (Eisinga, te Grotenhuis, & Pelzer, 2013).*

Table 4. Zero-order and partial correlations between the intrapersonal curiosity (InC) scale and subscales with measures of self-monitoring, self-awareness, coping with worry, and psychological well-being (N=950)

				Zero Order *r*				**Partial *r***		
		M(SD)	α	InC-Total	InC-UEM	InC-ROP	InC-EIP	InC-UEM	InC-ROP	InC-EIP
Self-Monitoring	Self-Presentation	25.01(5.00)	.87	.03	**.12**	.03	-.05	**.19**	.02	**-.17**
	Read Others	21.99(3.93)	.85	**.33**	**.40**	**.28**	**.21**	**.31**	**.11**	**-.11**
Self-Awareness	Authentic Self	43.38(7.85)	.88	**-.35**	**-.18**	**-.31**	**-.40**	**.14**	**-.12**	**-.30**
	Alexithymia	10.48(4.02)	.91	**.37**	**.22**	**.36**	**.38**	-.10	**.17**	**.24**
	Private Self-Conscious	31.48(6.61)	.81	**.66**	**.66**	**.50**	**.57**	**.42**	.10	**.19**
	Public Self-Conscious	22.77(5.89)	.84	**.48**	**.43**	**.42**	**.41**	**.17**	**.18**	.10
Coping with Worry	IWRM-FD	16.51(4.53)	.91	**.52**	**.47**	**.45**	**.44**	**.22**	**.19**	.10
	IWRM-FR	19.19(3.98)	.87	**.31**	**.32**	**.28**	**.21**	**.22**	**.12**	-.06
Psych. Well-being	Social Anxiety	18.90(5.72)	.84	**.25**	**.15**	**.24**	**.24**	-.05	**.13**	**.12**
	CED-Depression	9.98(6.74)	.89	**.44**	**.26**	**.42**	**.45**	-.10	**.21**	**.28**
	Self Esteem	28.26(6.34)	.92	**-.41**	**-.20**	**-.40**	**-.45**	**.19**	**-.21**	**-.33**

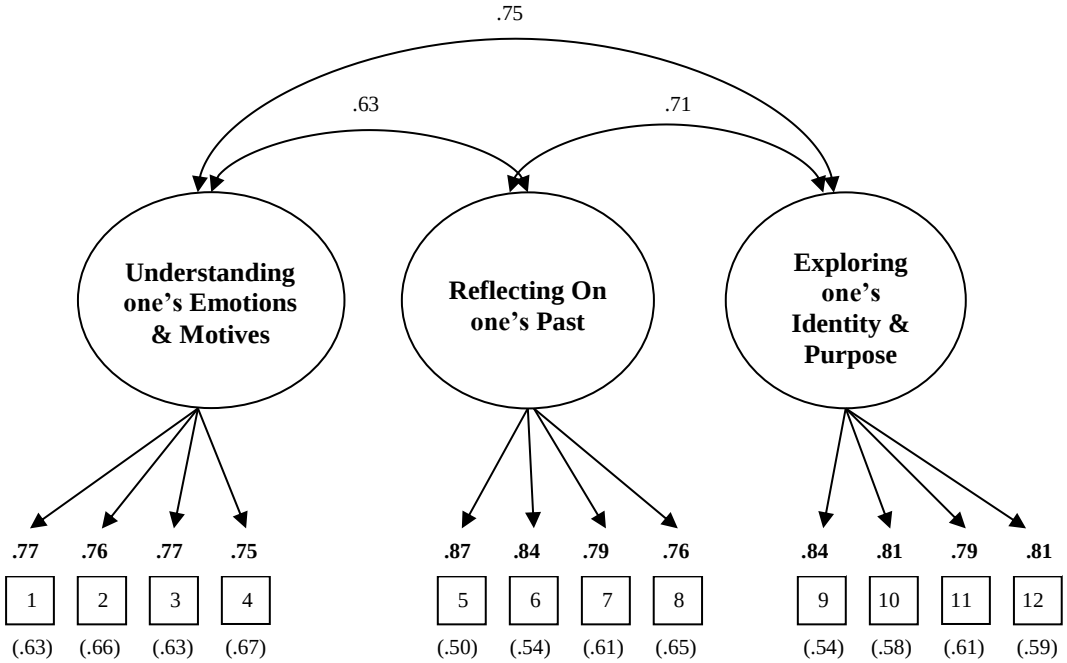
UEM = Understanding one's Emotions and Motives
ROP = Reflecting On one's Past
EIP = Exploring one's Identity and Purpose

p <.001 when $r \geq .11$ and are in bold

Understanding one's Emotions & Motives (α=.85) **Reflecting On one's Past (α=.89)** **Exploring one's Identity & Purpose (α=.89)**

1. Try to make sense of how I feel
2. Analyze and interpret things I do/say
3. Try to understand the source of my emotions
4. My actions/think what they say about me
5. Imagine myself taking alternate paths/where lead
6. Wonder about life/different decisions in past
7. Think about alternative choices I might have made
8. Reflect upon how good or bad decisions have been
9. Ask myself, "Who am I really?"
10. Find myself thinking about reason for my existence
11. Question whether I know who I am
12. Wonder about my purpose in life

Figure 1. Path diagram of the three-factor intrapersonal curiosity model (N=988)



APPENDIX A

Intrapersonal Curiosity Scale

A number of statements that people use to describe themselves are given below. Read each statement and then select the appropriate response using the scale below to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer that seems to describe how you *generally* feel.

1 = Almost Never 2 = Sometimes 3 = Often 4 = Almost Always

1. I wonder about my purpose in life.
2. I imagine what my life would have been like if I had taken different paths
3. I try to make sense of how I feel
4. I find myself thinking about the reason for my existence
5. I think about alternative choices I might have made
6. I try to understand the source of my emotions
7. I question whether I really know who I am
8. I reflect upon how good or bad my decisions in life have been
9. I reflect upon my actions and think about what they say about me
10. I ask myself "Who am I really?"
11. I wonder about what life would be like now if I had made different decisions in the past
12. I try to analyze and interpret the reasons for what I do or say

Total Scale = sum of all items

Subscales

Exploring one's Identity and Purpose = 1+4+7+10

Reflect On one's Past = 2+5+8+11

Understanding one's Emotions and Motives = 3+6+9+12