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Social identity shapes stress appraisals in people with a history of depression

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ABSTRACT

Ingroup perception or the views people with depression have about their group, may influence their vulnerability to social identity threat and lead to enhanced stress reactions and impaired performance. It is unclear how ingroup perception can influence stress appraisals in performance situations among people with a history of depression who are currently in remission. We investigated the impact of ingroup perception on primary stress appraisal, i.e. how threatening a test situation is perceived, as well as on secondary stress appraisal, or perceived coping resources. Sixty people with a history of depression and currently in remission underwent computerized performance tests. Ingroup perception (group

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