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Fakultät für
Psychologie



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**Application for inclusion of the five item module
“Everyday Experiences of Ostracism”
in the ESS-CRONOS-2**

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Proposed title for the Module	Everyday Experiences of Ostracism
Single or repeat measurement within the panel	5 items, ideally assessed in Wave 4 and Wave 5
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Relevance and rationale

Ostracism, being excluded and ignored, is a ubiquitous phenomenon with high costs: lower well-being, poorer school performance (Hawes et al., 2012), deviant workplace behavior (Howard et al., 2020), and mental illnesses (e.g., Rudert et al., 2021).

Scientific insights have been largely constrained to ad hoc, non-representative samples, that were ostracized in the laboratory by strangers for short periods of time (e.g., Rudert & Greifeneder, 2016). In real life, however, colleagues, family members, friends, or even partners may ostracize; episodes can last for months or longer; and consequences of ostracism may unfold over longer time periods. To mend this research gap, we aim to investigate *everyday* ostracism using panel data (e.g., Rudert et al., 2020; 2021), but so far were confined to Germany (SOEP-IS). Adding 5 items to CRONOS-2 will offer unique cross-national comparisons that will allow understanding individual, societal, and political risk and protective factors associated with ostracism.

Building on Williams’ ostracism model (2009), we highlight below three research goals for which the CRONOS-2’s cross-national scope is essential.

Because of its ubiquity and severe consequences (e.g., Rudert et al., 2021), gaining cross-national insight into everyday ostracism appeals to both academic and non-academic audiences. Results will inform policy debates at all levels; we expect consequences of our

findings to be most influential at the workplace and in schools, because ostracism is particularly frequent and damaging in these environments.

Goal 1: Ostracism and the COVID-19-Pandemic

The ongoing pandemic left many people feeling excluded (Hales et al., 2021). Popularity of conspiracy beliefs surged, and extremist groups successfully attracted individuals with mainstream political attitudes (e.g., German “Querdenker”). Being excluded has been linked to stronger endorsement of conspiracy beliefs (e.g., Poon et al., 2020). Reversely, we suspect that endorsing conspiracy beliefs may lead ostracism, as conspiracy beliefs divide friends and families. CRONOS-2 will allow demonstrating bidirectional associations and drawing conclusions on combating the democracy-endangering infodemic (WHO; Ghebreyesus, February 2020). Cross-nationally, trust in political institutions, attitudes towards government measures and towards the economy may prove relevant.

As vaccinations proceed, vaccinated individuals may regain social privileges, while anti-vaxxers may experience increased exclusion, both as a minority and institutionally. Being excluded could then promote extremist mindsets (Hales & Williams, 2018), possibly intensifying anti-vax sentiments. Because different countries take different approaches in vax-privileges, assessing ostracism cross-nationally in the CRONOS-2 alongside the already planned items on COVID-19-measures will grant unique insights.

Goal 2: Ostracism, trust, and (extreme) beliefs

Ostracism targets may seek belonging in extremist groups and opinions (e.g., Hales & Williams, 2018), eroding trust in political institutions. Although the bidirectional ostracism-extremism link (Hales & Williams, 2019) is well-established, it remains unclear how ostracism affects trust in political institutions and if more frequent ostracism also precedes interest in populist parties--a relevant topic in most EU countries. Longitudinal data (i.e, waves 4 and 5) will allow addressing these pressing questions. Additionally, protective factors against extreme beliefs promoting inclusion rather than exclusion (e.g., relationships, social support, or life satisfaction) could be identified as a function of cross-national differences.

Goal 3: Ostracism and health

Ostracism has severe consequences for mental health (e.g., Rudert et al., 2021). However, insights into everyday ostracism and health consequences are scarce. Closing this gap, we will consider protective factors to the ostracism-health link, such as subjective religiosity (e.g., Aydin et al., 2010), perceptions of urbanization, migration status (e.g., Marinucci & Riva, 2020), attitudes towards migration, and discrimination experiences. These may differ, for example, with cross-nationally different healthcare systems or migration policies. We expect, for instance, fruitful insights into national efforts to reduce immigrants’ ostracism experience, which may in turn increase societal participation and trust in political institutions.

Suitability for the CRONOS-2

The ESS offers several modules that fit perfectly with our research goals. For Goal 1 (Ostracism and COVID-19), the modules “politics,” “Government authority and legitimacy in the age of a pandemic,” “COVID-19 Conspiracy Beliefs and Government Rule Compliance,” and “Attitudes on voluntary and mandatory vaccinations against COVID-19” fit perfectly (e.g., satisfaction with the government and economy, trust in institutions to deal with the pandemic, conspiracy beliefs, willingness to get vaccinated). For Goal 2 (Ostracism, trust and extreme beliefs), among others, the items from the “politics” module (e.g., left-right scale, attitudes toward migrants, trust in politicians) are particularly suitable. For Goal 3 (Ostracism and health), the “subjective well-being, social exclusion, religion, national and ethnic identity” module is perfect (e.g., current life satisfaction, health, religiosity).

We propose to assess ostracism frequency (4 items) and the subjective feeling of ostracism (1 item). This distinction bridges prior work that was confined to either ostracism frequency (German Socio-Economic Panel; SOEP-IS), or feelings of ostracism (the New Zealand Attitudes and Values Study; NZAVS). Notably, ESS core items C2-C4 are in conceptual vicinity to ostracism and are labeled as “social exclusion,” but are open to multiple causation and therefore not suited to understand ostracism. This is because the items C2-C4 measure social partaking (e.g., “(...) how often would you say you take part in social activities?”), which may reflect ostracism by others, but more likely individuals’ self-guided social choices (e.g., whether people decide to take part). To answer the outlined research goals, assessing ostracism in ways that reliably reflect ostracism by others is essential.

We request to be a part of Waves 4 and 5. Repeated assessment is necessary to (1) investigate dynamic (national) changes in perceived ostracism, on the societal level (e.g.,

related to the pandemic’s aftermath) and individual level (e.g., changes in well-being, the social environment, or economic status such as loss of employment). Moreover, (2) longitudinal assessments are indispensable to establish temporal order, indicating potential direction of the detected associations (consequence versus antecedent of ostracism) which provides a much stronger basis for designing interventions. The waves’ close temporal succession is a benefit, as it grants the unique opportunity to chart short term changes and their impact.

In sum, the novelty of cross-national comparisons of ostracism, the fit with multiple included modules, and the relevance for individuals and society make the five ostracism items a valuable extension for the ESS.

Research team

Rainer Greifeneder is full professor of social psychology at the University of Basel, Switzerland. Among other interests, his research investigates the causes and consequences of social exclusion. He has many years of experience in experimental research. More recently, he has worked with large-sized panel studies originated in Germany and New Zealand (e.g., SOEP-IS, NZAVS) to gain insights into everyday ostracism.

Selma Rudert is junior professor (equivalent to assistant professor) of social psychology at the University of Koblenz-Landau, Germany. Her expertise in developing items for experimental research and working with panel data allowed her to successfully develop and implement the OSS in multiple waves across different panel studies in Germany (German Emigration and Remigration Panel Study, GERPS; and SOEP-IS).

Both researchers have extensively published on the topic of social exclusion and are internationally recognized experts. They have been awarded multiple prizes for their outstanding accomplishments, teaching, and communication of research findings to the public.

Selma Rudert and Rainer Greifeneder have successfully worked together for several years and established a strong network of social exclusion researchers. This network includes several excellent doctoral students that have prior experience in analyzing panel data. A list of recent publications and conference presentations highlighting research output involving panel data can be found here: <https://tinyurl.com/panel-data-publications>.

Feasibility of implementation

We would like to request inclusion of five items: four items measuring everyday ostracism frequency (OSS) and one item measuring feelings of ostracism (see Box 1). All five items have already been paneled in multiple studies, including the SOEP-IS, GERPS, and the NZAVS, and have resulted in multiple top-tier publications. In particular, the OSS items have been assessed as part of the SOEP-IS (twice) and the GERPS. The item on feelings of ostracism is part of the NZAVS and has been derived from a measure assessing a sense of belonging (Hagerty, & Patusky, 1995), a key aspect to the experience of ostracism. Both aspects (ostracism frequency [item 1 - 4] and ostracism feelings [item 5]) represent subjective perceptions and presumably overlap strongly. Nevertheless, they assess distinct aspects of ostracism experiences. The frequency of ostracism asks individuals to remember specific situations they experienced. The subjective interpretation of these experiences can however vary greatly (Rudert & Greifeneder, 2016). For instance, depending on the number of opportunities one has to interact with others again (i.e., chances of being reincluded), a single experience may result in strong or weak feelings of not belonging. Combining frequency and feeling aspects in the same ostracism assessment would allow for conclusions precluded so far. Moreover, assessing the five items will allow a direct cross-country comparison not only with a representative German sample, but also with a large-sized sample from New Zealand.

Implementation of the proposed items is highly feasible: Participants from various backgrounds understand the questions easily, both in German and in English. We therefore do not expect that using the questions in other languages and countries will pose complications. Further, the questions are short, simple, straightforward, and use a closed answer format. The pre-tested items are easy to field on all electronic devices and there are no known risks for the respondents. Because of the ubiquity of everyday ostracism, further insights into its antecedents, consequences, risk, and protective factors is relevant and applicable to all participating countries in the CRONOS-2 and their general population. We do not anticipate any methodological or practical difficulties in developing the module. The fact that the CRONOS-2 data collection is organized with different timeframes for two different groups of countries does not pose any challenges for implementation or analysis.

Because our primary goal is to conduct a cross-national comparison of ostracism, we are also open to a single rather than repeated measurement of the proposed items. However, we would like to emphasize that assessment in Wave 4 *and* Wave 5 will prove highly

valuable by revealing the temporal links leading to or resulting from ostracism, and thus paving the way to recommend interventions.

Balancing the costs (five items in under one minute) with the gain (topic of high societal relevance; novelty of a cross-national perspective; interest across disciplines; previous publications in top-tier journals) results in a very favorable perspective.

Box 1: Proposed questionnaire

Ostracism Short Scale

How often did you experience the following occurrences during the last 2 months?

1. Others ignored me.
2. Others shut me out from the conversation.
3. Others treated me as if I wasn't there.
4. Others did not invite me to activities.

Feelings of ostracism

5. I felt like an outsider.

The five items are rated on a 7-point Likert scale (1 = *Never*, 2 = *Seldom*, 3 = *Occasional*, 4 = *Rather often*, 5 = *Often*, 6 = *Regular* 7 = *Always*).

Dissemination plans

We will disseminate the module's findings in multiple ways. We are confident that cross-national findings will be met with even higher interest than our previous research output using national panel data. Prior findings have been met with tremendous interest by editors of flagship journals (e.g., *Journal of Personality and Social Psychology*), colleagues at conferences, and the media. We expect to publish several research papers in high-impact journals based on the findings from the CRONOS-2 module, at least two papers per specified research goal. Especially the novelty of cross-national comparisons will be of high interest to the research community. It is important to us to publish in open access journals. Further, we will present the findings at premier international conferences (e.g., European Association for

Social Psychology; Society for Personality and Social Psychology) where the audience is composed of individuals from academia, non-profit, government, and private sectors.

We are committed to making our scientific findings comprehensible and accessible to the general public. We will use press releases, newsletters, blog posts, and institutional websites. Findings may also be presented at science communication events. So far, we have made the experience that press releases on ostracism findings are swiftly picked up by the mainstream media, because they grant new insights into everyday experiences that individuals perceive as threatening. With "*societal* long COVID," we expect this information need to be even higher, especially given that lockdowns in Europe have been longer and stricter than in many other parts of the world.

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SHORT CURRICULUM VITAE

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Date of birth July 17, 1977
Citizenship German
Family status married, two children (9 and 5 yrs)
Parental leave 01/2012 - 08/2012

Employment history and visiting appointments

09/2012 - Professor, Social Psychology, University of Basel, Switzerland
02/2017 - 05/2017 Visiting Scientist, Mind and Society, University of Southern California, USA
01/2012 - 08/2012 Professor, Social Psychology, Zeppelin University, Friedrichshafen, Germany
04/2010 - 12/2011 Senior Research Scientist and Lecturer, University of Mannheim, Germany
10/2008 - 03/2010 Visiting Research Fellow, Radboud Universiteit Nijmegen, The Netherlands
10/2006 - 09/2008 Research Scientist and Lecturer, University of Mannheim, Germany
01/2005 - 09/2006 Ph.D.-Scholarship, German National Academic Foundation
01/2004 - 12/2004 Research Scientist, DFG-Interdisciplinary Research Center 504, Germany

Education

10/2011 Habilitation, University of Mannheim, Germany; Venia Legendi in Psychology
01/2004 - 06/2007 Ph.D.-Studies, Social Psychology, University of Mannheim, Germany
08/2001 - 06/2002 Graduate Studies, Social Psychology, University of Virginia, USA
Fulbright-Scholarship
10/1998 - 11/2003 Undergraduate and Graduate Studies, Psychology, University of Mannheim, Germany, Diplom (equivalent to Master's Degree)

Grants (selection)

2020 Open Access Funding *The psychology of fake news*
Swiss National Science Foundation, PI
2017 *Ostracism, Social Exclusion, and Rejection*; Swiss National Science Foundation
& European Association of Social Psychology; Co-PI (Co-PI Selma Rudert)
2016 - 2020 *Catalysing Decisions*, Swiss National Science Foundation; PI
2014 - 2016 *The "me" in "money": How reminders of money shape self-construal and
subsequent cognitive as well as behavioral processes*; Swiss National Science
Foundation; PI (Co-PI Leonie Reutner)
2013 - 2016 *Putting psychology in the service of initiating, supporting, and sustaining eco-
friendly behavior*; swissuniversities; PI (Co-PI Jens Gaab)
2010 - 2013 *Preventing the immediate negative consequences of social exclusion*
Ministry of Science and Research Baden-Württemberg, Germany; PI
(Co-PI Christiane Schöl)

Awards and Fellowships (selection)

05/2019 Teaching Excellence Award, Starke Fundamente, *University of Basel*
2007 Dissertation-Awards, *Psychologia Universalis* and *Karin-Islinger-Stiftung*
08/2001 - 07/2002 Master-Scholarship, *Fulbright-Commission*
01/1999 - 12/2006 Bachelor-/Master- & Ph.D.-Scholarship, *German National Academic Foundation*
(*Studienstiftung des deutschen Volkes*)

Media Coverage & Reaching out to the Public (selection)

In the news FAZ; *Financial Times*; *Handelsblatt*; *HRInfo*; *New York Times*; *Psychology Today*; *Scientific American*; *Science News*; *SRF*; *Telebasel*; *The Chronicle of Higher Education*; *The Economist*; *The Times*; *The Wall Street Journal*; *ZDF*

Institutional Responsibilities (selection)

University of Basel Director Graduate School of Psychology
 Director Doctoral Program Social-, Economic-, and Decision Psychology
 Member University Council (Regenz)
 Member Department Council (Fakultätsversammlung)
 Member University Library Committee
 Member Department of Psychology Ethics Committee

Reviewing / Commissions of Trust (selection)

National Grant Agencies *Swiss National Science Foundation (SNSF): Member SNSF Excellenza committee in the Humanities and Social Sciences; German Research Council (DFG); Israel Science Foundation (ISF); Österreichische Nationalbank Jubiläumsfonds; Royal Society of New Zealand-Marsden Fund*

Consulting Editor *Emotion* (2018-); *Journal of Behavioral Decision Making* (2018-); *Social Influence* (2020-)

Journal articles (peer-reviewed; selection)

Rudert, S. C., Janke, S., & Greifeneder, R. (2021). Ostracism breeds depression: Longitudinal associations between ostracism and depression over a three-year-period. *Journal of Affective Disorders Reports*, 4, 100118. <https://doi.org/10.1016/j.jadr.2021.100118>

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Textbook

Greifeneder, R., Bless, H., & Fiedler, K. (2018). *Social cognition: How individuals construct social reality* (2nd ed.). Hove: Psychology Press.

Edited volumes

Greifeneder, R., Jaffé, M. E., Newman, E. J., & Schwarz, N. (Eds.). (2020). *The psychology of fake news: Accepting, sharing, and correcting misinformation*. Abingdon, UK: Routledge. <https://doi.org/10.4324/9780429295379>. Open access

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Short Curriculum Vitae

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Research Interests

Social Exclusion, Immigration, Moral, Social Norms

Employment history and visiting appointments

2018 - Junior Professor of Social Psychology, University of Koblenz-Landau, Germany
2015 Visiting Scholar at Purdue University, Indiana, USA
2012 - 2018 Researcher and lecturer, University of Basel, Switzerland, Social Psychology

Education

2012 - 2016 Ph.D. Studies at the University of Basel, Switzerland, Social Psychology
Thesis: "The Subjective Construal of Social Exclusion: An Integrative Model"
(Summa cum laude)
2010 Graduate studies in Psychology at Bond University, Queensland, Australia
2006 - 2012 Undergraduate and graduate studies in Psychology at the University of
Mannheim, Germany

Grants (selection)

2021 *How different communication and information environments affect social exclusion of minorities*, Research Initiative "Media, Democracy, & Citizens," University Koblenz-Landau
2020 *Motivated ostracism: Causes and consequences*; Research Fund of the University-Koblenz Landau
2019 *Immigration and Social Exclusion*, German Research Foundation
2019 *Why do we ostracize others? Reasons and moderators for social ostracism*, Research Fund of the University-Koblenz Landau
2018 *Consequences of right-wing populist campaigns*, German Research Foundation
2016 *Who gets ostracized? An investigation of risk and protective factors using a national representative sample and experimental data*, Research Fund of the University of Basel
2016 *Ostracism, Social Exclusion, and Rejection*, European Association for Social Psychology and Swiss National Science Foundation
2015 – 2016 *Attributions for Observed Ostracism as a Function of In-group versus Out-group Status*, European Association for Social Psychology
2014 - 2016 *Your fault? Social exclusion and perceived norm-violations from an observer's perspective*, Biäsch Foundation for Applied Psychology

Awards and fellowships

2020 Student Teaching Award for the lecture "Social Psychology as a Subsidiary Subject"

2019	Transfer Prize “Science and Society”, Faculty of Psychology, University of Koblenz-Landau
2019 and 2020	Open Science Badge in Gold, Faculty of Psychology, University of Koblenz-Landau
2017	Steven Karger Prize for an outstanding dissertation, Faculty of Psychology, University of Basel
2010 - 2012	Scholarship by the Friedrich-Ebert Foundation
2010 - 2011	Scholarship by the German Academic Exchange Service (DAAD)

Media coverage and reaching out to the public

In the news	FAZ; Deutschlandfunk; NZZ; Zeit; SZ; The Times; Daily Mail, Vice Broadly, Psychology Today, Society of Personality and Social Psychology
Since 2011	Reviewer and author for www.forschung-erleben.de ; online portal that communicates research in social psychology to the broad public

Reviewing / Commissions of trust (selection)

National Grant Agencies	German Research Foundation, National Science Centre Poland
Associate Editor	Social Influence (2020 -)

Journal articles (peer reviewed; selected)

- Rudert, S.C., Hales, A.H., & Büttner, C.M. (in press). Stay out of our office (vs. our pub): Target personality and situational context affect ostracism intentions. *Journal of Experimental Social Psychology*.
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