# Environmental Harshness and the Cost of Fear Expression

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# Background

 People expressing fear are perceived as naïve, submissive, and affiliative (Hammer & Marsh, 2015).

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- Although these are traits that would also make one appear to be an easy target for exploitation, researchers have hypothesized that fear only serves to elicit prosocial help responses from others, and should not cause harmful, exploitative responses toward fearful people (Marsh et al., 2005).
- If fear only serves to elicit prosocial responses from others, people should be motivated to freely express their fear whenever they feel it.
- However, people do suppress their fearful expressions in harsh environments to avoid appearing "weak" (Crewe, 2012).
- Since harsh environments, like low socioeconomic status (SES) environments, are associated with more opportunistic behavior (Williams et al., 2016) this suggests that people are aware that expressing fear may put them at risk for exploitation.

# Study 1 Method

• 292 MTurk participants (52.74% female;  $M_{\text{age}}$  = 35.16; SD = 9.01).

- Randomly assigned to view a neutral OR fearful target.
- Participants evaluated targets on traits that would make them an opportunity for exploitation or a threat
- preventing exploitation.
- Participants then reported their childhood SES and demographic information.





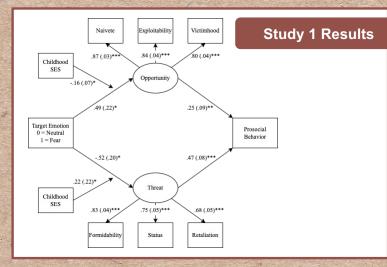


- 369 MTurk participants (47.97% female; *M*<sub>age</sub> = 37.01; *SD* = 9.99).
- Randomly assigned to watch a neutral or scary movie clip and report emotions felt during the clip to a faux observer from a low or high SES environment.
- Participants evaluated observers' personality, based on information about their environment.

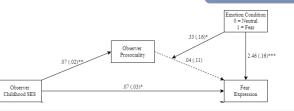
## Study 1 & 2 Results

 Fearful people were perceived as more of an opportunity for exploitation, and less of a threat.

- People from low SES environments were particularly sensitive to the emotions displayed by the target when evaluating their opportunity or threat level.
- People expressed less fear in the presence of a person from a harsh (low SES) environment than from a
- benign (high SES) environment.
- Fear expression was driven by how prosocial people perceived observers to be.



#### **Study 2 Results**



## Conclusions

- Results support the hypothesis that fear serves functions beyond eliciting prosocial responses from others.
- Fear expression indicates to others that one is a potential opportunity for exploitation, particularly in the eyes of people who may behave opportunistically, such as those from harsh, low SES environments.
- When experiencing fear in the presence of others, people are sensitive to the risks and benefits of expressing that emotion.
- People suppress fear more in the presence of people they perceive as less likely to behave prosocially.

#### References

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