



Open Access

QLANTIC
 JOURNAL OF
 SOCIAL SCIENCES

Fear of Negative Evaluation, Appearance Distress and Inferiority Complex among University Women Having Acne Problem

Zarghuna Naseem¹ Ayesha Afzaal²

Abstract: *This study was designed to investigate the relationship between fear of negative evaluation and inferiority complex in university women with acne problems. Study also explored the mediating role of appearance distress between the variables. A correlational survey research designed was employed to execute the research. Data was collected through purposive sampling and the sample was of university women (n= 220) with acne problem. The tools for the study were 'Brief Version of the Fear of Negative Evaluation Scale (Leary, 1983), Appearance Anxiety Inventory Scale (David Veale, 2011), COMPIN Scale (Djordje Ceklija, 2017) for Inferiority Complex. For data analysis, Partial least square-structural equation modelling (PLS-SEM) was applied via statistical software, i.e. Smart-PLS (version-4 M4). The measurement model showed high reliability and validity and the structural model revealed positive and significant direct and indirect effect of appearance distress between the fear of negative evaluation and inferiority complex among women having acne problem. Practical and societal implications have been discussed for the women having acne, counselors and clinicians.*

Key Words: Fear of Negative Evaluation, Inferiority Complex, Appearance Distress, Social Anxiety Theory

Introduction

Acne is a skin ailment characterized by the presence of pimples, typically appears on the face, can profoundly affect an individual's self-esteem and body image, irrespective of their gender (Gallitano & Berson, 2018). Chen (2014) has identified approximately 50 different types of acne, with acne vulgaris being the most commonly encountered form, frequently affects young women. Typically commencing during puberty, acne can endure into one's thirties and beyond and affects individuals of all ethnic backgrounds. While acne is not a life-threatening ailment, it can be distressing (Bagatin, et al, 2019) and give rise to various psychological and social challenges, including but not limited to depression, social anxiety and the fear of being perceived negatively (Yang, 2014). As social beings, humans inherently require interaction with one another and acne is among the factors that may hinder these interactions (Nooral & Moffary, 2016). Women with acne may grapple with internalized societal beauty standards, leading to a constant need for validation and validation-seeking behaviors. This can impact their confidence in academic pursuits, social interactions, and personal relationships, potentially impeding their overall growth.

Rapee and Heimberg (1997) said that the fear of negative evaluation can be characterized as "concern about how others assess us, distress related to the possibility of receiving unfavorable judgments, and the anticipation of negative evaluations by others". This apprehension, often referred to as social anxiety or social phobia, is a prevalent phenomenon. Hofmann and DiBartolo (2016) perceived it as the unease that arises when one anticipates the possibility of receiving unfavorable judgments from others. It is the embarrassment that individuals experience when facing the prospect of being observed and critiqued by

¹ Assistant Professor, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.

² MS Scholar, Department of Psychology, Lahore Garrison University, Lahore, Punjab, Pakistan.

Email: ayeshaafzaal173@gmail.com

▪ **Corresponding Author:** Zarghuna Naseem (drzarghunaseem@lgu.edu.pk)

▪ **To Cite:** Naseem, Z., & Afzaal, A. (2024). Fear of Negative Evaluation, Appearance Distress and Inferiority Complex among University Women Having Acne Problem. *Qlantic Journal of Social Sciences*, 5(1), 105-113.

<https://doi.org/10.55737/qjss.915349311>



others. Furthermore, fear of negative evaluation, also known as Atychiphobia, fear of failure, is a psychological concept comprised of "concern about others' evaluations, distress over others' negative evaluations, particularly in the context of skin issues like Acne, and the expectation that others will assess one unfavorably" (Watson & Friend, 1969). It is the distress when people anticipate that their performance will be viewed negatively (Stopa & Clark, 1993). In social settings, individuals who grapple with the possibility of negative evaluation, especially those with dermatological concerns, often experience heightened fear and anxiety prompting them to feel apprehensive and resort to coping mechanisms to avoid perceived negative evaluations (Leary, 1983). The fear of negative evaluation can significantly impact one's psychosocial and sexual development (Magin et al., 2005). Individuals may become anxious due to the fear that they will be evaluated based on their appearance, which can lead them to become reserved and hesitant. Cognitive theory says that females with acne may encounter cognitive biases, one such bias is the spotlight effect, where they tend to overestimate how much others notice or focus on their flaws or appearance. This heightened self-consciousness can lead to an exaggerated belief that their acne is more noticeable and scrutinized by others than it actually is. Additionally, negative automatic thoughts, like assuming that others will judge them negatively due to their acne, can intensify this fear.

Appearance distress encompasses the adverse emotions, dissatisfaction and unease that individuals experience in response to their appearance, including the presence of acne (Cash, 2002). Acne-specific appearance-related distress encompasses worries about its visibility, severity, and impact on one's self-image (Magin et al., 2006). The cognitive theory of social anxiety (Clark & Wells, 1995) says that individuals are afraid that they will be judged negatively by others as anxious, nonsensical, unattractive and therefore make efforts to be more rational which cause distress while dealing with others.

Appearance distress is the negative emotional and psychological reactions lead to feelings of shame, insecurity, and discontentment with one's physical appearance (Cash & Pruzinsky, 2002). The term "appearance distress" replaces the previous concept of "visible difference" and points to any phenomenon that causes discomfort. This shift in terminology is intended to reduce the stigmatization and pathologization of phenomenon earlier referred to as disfigurements (Rumsey & Harcourt, 2007). A significant number of females grappling with various clinical conditions are affected by appearance-related distress, resulting in appearance anxiety (Duru & Örsal, 2021) aggressive behavior, social avoidance, and low self-esteem, leading to inferiority complex.

An inferiority complex is a psychological condition wherein an individual grapples with overwhelming feelings of inferiority which is aligned with Adler's ideas within individual psychology. Personality is shaped by what Adler refers to as lifestyle which serves as a framework that dictates recurrent patterns in people's lives, such as responding defensively to criticism or feeling anxious in social situations (Adler, 1927). Inferiority complex has two dimensions: poor self evaluation of the self as poor and take emotional experiences as negative (Tang, 2012)

While we all have areas of ourselves that could use improvement, individuals with an inferiority complex tend to fixate on these aspects and use them to assess their overall worth. Consequently, they perceive themselves as generally less important, successful, or accomplished than others, which adversely impact on their lives. A skin condition that is both visible and potentially disfiguring can result in interpersonal rejection and difficulties in social, professional, and sexual aspects of life, consequently resulting in inferiority complex.

The research literature supports the association of being negatively evaluated, distress about appearance and inferiority complex. Shafiu (2017) explored this association on 90 participants diagnosed with acne vulgaris. Results exhibited that females have more fear to being evaluated negatively and appearance distress when compared to their male counterparts. Verma and Kaushik (2017) found correlation between the levels of interaction anxiety and negative evaluation from society among 130 college students age 15-25, who have acne vulgaris. Johan et al., (2022) found the relationship between inferiority complexes and social interactions among adolescents. Gharawi and Zalaha (2023) investigated the associations between depression, anxiety, and stress, in relation to both acne and acne scars among young females (n=921). The findings revealed the presence of acne itself did not serve as a predictor for adverse psychological outcomes.

However, the presence of acne scars and experiences of bullying related to acne influenced all of the psychological outcomes studied.

Kirca et al., 2023 explored these variables with the mediating role of cognitive flexibility (n= 552) on undergraduate university students. The results depicted a association between interaction anxiety and being evaluated negatively with cognitive flexibility emerging as a partial mediator in this relationship. Yue and Jia, (2022) explored the factors effecting fear of negative evaluation among undergraduate nursing students. Variables such as gender, experience of being left behind, relationship status, personality traits, accounted for 29.1% of the total variance in evaluation fear.

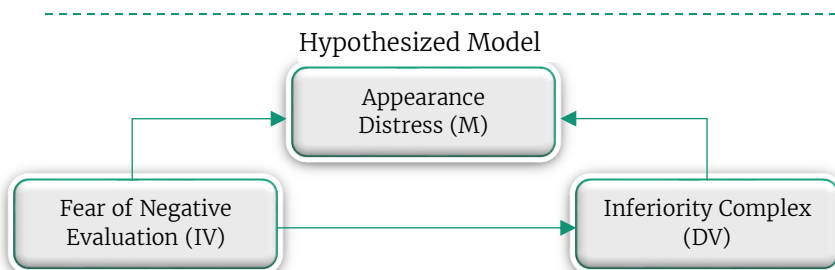
Fear of being judged negatively by others and family functioning leads to aggression (Chang et al., 2023). People with acne on their chest area reported heightened levels of appearance distress and a more negative evaluation of various situations (Shafiu, 2017). Overup et al., (2021) revealed that more the person is satisfied with appearance lower will be sexual problems. Paganini et al., (2022) found that women experienced higher levels of appearance-related distress compared to men. Distress about appearance and depression both significantly affect quality of life. Lower quality of life was associated with increased appearance-related distress, and heightened depression severity (Dudek et al., 2018).

Rationale of the Study

Pakistan is an Asian country with warm weather, pollution, climate change that is causing changes in young females' physical appearance and most of them face acne problems. Additionally hormonal changes, cheap cosmetics, unhealthy dietary patterns, stressors, irregular sleep patterns and social media play a significant role in acne development. It leads to dark spots, hyper pigmentation, scars, redness and swelling. Females are very sensitive towards their skin care; therefore, they develop appearance distress, anxious feeling and inferiority complex. This inferiority complex effects their social interaction, self-esteem and performance (Johan et al., 2022). The objective of present study was to explore whether university females with acne problem get afraid that they will be judged negatively in the society. The aim was also to see the mediating role of appearance distress between this fear and inferiority complex.

Hypothesis

- H 1:** There would likely to be a significant positive relationship between fear of negative evaluation, appearance distress and inferiority complex among university women having acne problem .
- H 2:** Fear of negative evaluation and appearance distress would be the significant predictors of inferiority complex among university women having acne problem.
- H 3:** There would be a mediating role of appearance distress between fear of negative evaluation and inferiority complex among university women having acne problem.



Cognitive Theory of Social Anxiety (Clark, Wells, 1995).

Method

A Correlational survey design was used. A purposive sample of women (N=220) with acne problem from private, public universities of Lahore was taken. The age range of women was 18 to 35 years (M=21.2, SD=2.66). Tools of the study were 'A Brief Fear of Negative Evaluation scale (BFNE) by Leary (1983) having 12 items, with Cronbach's alpha= .90. For appearance distress, Appearance Anxiety Inventory by Veale (2011) having 10 item with a Cronbach's alpha of .86 was used. For Inferiority complex, COMPIN, 10 items scale (Čekrljija, 2011) was used with a Cronbach's alpha .90.



Procedure

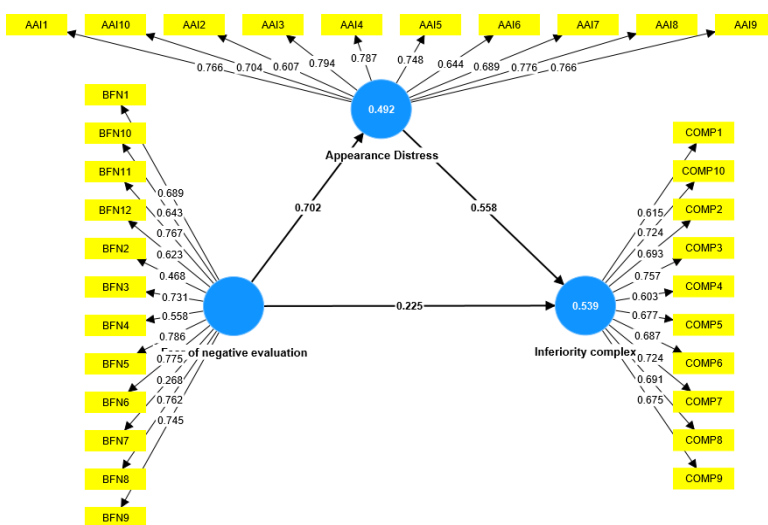
After getting permission from authors of the questionnaire, informed consent from the participants was obtained. The initial part of the questionnaire consists of demographic information and screening questions related with acne problems, and people were advised not to continue the study if they do not meet the criteria of acne.

The mean of women’s age was 21.2 years (SD= 2.66), with 105 having Acne on face (60%), 99 on checks (37.90%) and 16 on full body (6.1%), 146 participants felt anxiety due to acne (55.9%) while 74 did not feel anxiety (28.4%). Those who used medicine were 98(37.5%) while 121(46.4%) said that they did not use medicine, rest were neutral.

Results

Partial least squares (PLS-4.0), was applied for the analysis of data. It is a structural equation modeling (SEM) method, more suitable for prediction-oriented research models (Richter et al., 2016). In the first step, measurement model was obtained to see the reliability and validity of the study. In the second step, the structural model was derived to see the mediational effect (Hair et al., 2011).

Figure 1
Measurement model



In the measurement model, for the purpose to retain any particular items, the item must have factor loading higher than 0.70 (Hair et al., 2012), however, it can be 0.50–0.70.

Figure 1 depicts the loadings of all the indicators, which are above the acceptable threshold value except for item 5 and 10 with loading of 0.47 and 0.27 for the brief fear of negative evaluation scale, provided that the study dimensions have satisfactory level of reliability. These factor loadings influence the convergent validity that includes the average variance extracted (AVE) values of the first order latent constructs.

Table 1
Internal consistency and convergent validity

| Constructs | Cronbach's Alpha | Composite Reliability | AVE |
|-----------------------------|------------------|-----------------------|------|
| Appearance distress | 0.90 | 0.91 | 0.53 |
| Fear of negative evaluation | 0.88 | 0.90 | 0.45 |
| Inferiority complex | 0.87 | 0.89 | 0.50 |

Note: AVE= Average Variance Extracted,

Table 1 reveals the Cronbach's Alpha for the three constructs indicating strong internal consistency, suggesting that the items within each construct are closely related. Composite Reliability (CR) values align

well with the respective Cronbach's Alpha values, reinforcing the notion of strong reliability within each construct. Average Variance Extracted gauges the amount of variance captured by a construct compared to measurement error, thus assessing convergent validity. With AVE values of 0.534, 0.50 and 0.471, the constructs exhibit reasonable convergent validity.

Table 2

Discriminant validity on fornell and larcker criterion

| | AD | FNE | IC |
|-----------------------------|-------|-------|-------|
| Appearance distress | 0.730 | - | - |
| Fear of negative evaluation | 0.702 | 0.668 | - |
| Inferiority complex | 0.716 | 0.617 | 0.686 |

Note: AD= Appearance Distress, FNE= Fear of negative evaluation, IF= Inferiority complex

Leguina (2015) suggested by two criteria for discriminant validity. One Fornell-Larcker criterion method (Fornell and Larcker, 1981), and the other heterotrait-monotrait ratio (HTMT) of correlations by Henseler et al., (2015). The correlations between constructs are presented in the off-diagonal cells. For instance, the correlation between "Appearance distress" and "Fear of negative evaluation" is 0.702, indicating the extent to which these two constructs share variance. Similarly, the correlation between "Appearance distress" and "Inferiority complex" is 0.716, and between "Fear of negative evaluation" and "Inferiority complex" is 0.617.

Table 3

Discriminant validity heterotrait-monotrait (HTMT) ratio

| | AD | FNE | IC |
|-----------------------------|-------|-----|-------|
| Appearance distress | 0.730 | - | - |
| Fear of negative evaluation | 0.765 | - | - |
| Inferiority complex | 0.800 | | 0.686 |

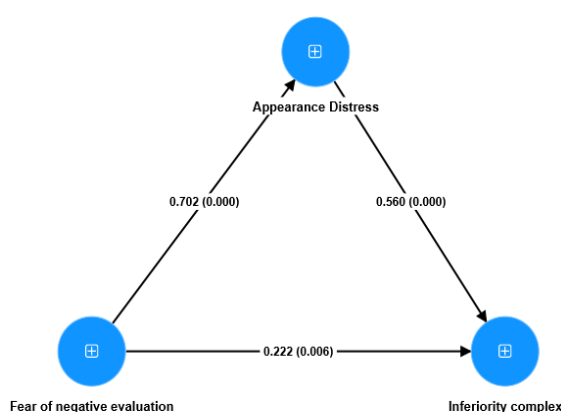
Note: AD= Appearance Distress, FNE= Fear of negative evaluation, IC=Inferiority complex

The HTMT values should be under 0.90.(Leguina,2015). In the table 3 the HTMT values are less than the reference value. The model is fit regarding the reliabilities, convergent and discriminant validity.

Evaluation of Structural /Inner Model

Hair et al., (2017) says that the SEM is to test the relationship between the constructs. This involves examining the structural paths between constructs, understanding the strength and significance of these relationships, and evaluating the overall model fit. Inner model consists of path coefficient assessment, hypothesis testing, predictive relevance and bootstrapping.

Figure 2





The figure 2 revealed that the impact of fear of negative evaluation on appearance distress ($\beta=.702$, $p<.000$), of appearance distress on complex is significant ($\beta = 0.56$, $p < 0.001$). Similarly, the direct effect of the fear of negative evaluation on inferiority complex is ($\beta = 0.22$, $p < 0.001$) positive.

Table 4

Direct/ indirect effect

| Relationship | B | SE | t-value | CI-LL CI-UL | Decision | P-value |
|--------------|-------------|-------|---------|---------------------|-----------|----------|
| H1 | BNF→AA | .702 | 0.3 | (18.59)(<0.001) | 0.28-0.5 | Accepted |
| H2 | BFN→COMP | .22 | .080 | 2.76(<0.001) | .29-.51 | Accepted |
| H3 | AD→COMP | .56 | .07 | 7.98(<0.001) | .423-.694 | Accepted |
| H4 | BFN→AD→COMP | 0.393 | .058 | .058(<0.001) | .286-.510 | Accepted |

Table 4 is the output of 2-tailed bias corrected and accelerated (BCa) complete bootstrapping with 5,000 sub-samples at the 0.05 significance level

This table revealed that the impact of fear of negative evaluation on appearance distress($\beta=.702$, t-value=18.59, $p<.000$), and the effect of distress on complex is significant ($\beta = 0.56$, t-value = 7.98, $p < 0.001$). Similarly, the direct effect of the fear of negative evaluation on inferiority complex is ($\beta = 0.22$, t-value = 2.76, $p < 0.001$) positive.

Table 5

Path coefficients

| Effects | B | SE | T | P | (LL-UL) | Biased Corrected |
|----------|------|------|-------|---------|---------|------------------|
| AA-Comp | .56 | .07 | .798 | (0.001) | .423 | -.694 |
| BFN-AD | .702 | .038 | 18.59 | (0.001) | .612 | -.764 |
| BFN-Comp | .616 | .048 | 12.89 | (0.001) | .500 | -.694 |

Note: AD =Appearance Distress, BFN=Fear of negative evaluation,COMP=Inferiority complex

The table revealed that the current study tested the hypotheses to see the direct and indirect effect of predictors on outcome. The effect of appearance anxiety on inferiority is positive and significant ($\beta = .56$; $t = .798$),the effect of fear of negative evaluation on appearance distress is positive and significant ($\beta = .702$; $t = .18.5$) The results also showed positive and significant relation between fear of negative evaluation and inferiority complex ($\beta = .616$; $t = 12.89$; $p = .000$).

Table 6

Interaction effects

| Effects | B | SE | T | P | (LL-UL) | Biased Corrected |
|----------|-------|------|-------|--------------|---------|------------------|
| Total | .51 | - | - | - | - | - |
| Direct | .616 | .048 | 12.89 | ($<.001$) | .500 | -.694 |
| Indirect | 0.393 | 0.58 | 6.83 | ($<.0001$) | .286 | -.510 |

Note: B=standardized beta, SE= Standardized error, LL=lower limit confidence intervals

Table 6 reveals the results that total effects reported as 0.51, indicating the overall impact of the fear of negative evaluation and appearance distress on inferiority complex was significant. The direct effect, when the mediator of appearance distress was controlled, provided with a coefficient of 0.616, which means that fear of negative evaluation was significantly affecting inferiority complex. Moreover, the indirect effect is reported as 0.393, demonstrating that appearance distress mediates the relationship between the variables.

Discussion

Most individuals tend to worry about how others judge their looks, behavior, attitudes, and opinions. Unlike personality traits, physical features like acne can't be hidden. Women, by and large, inherently exhibit heightened awareness regarding their physical appearance, particularly concerning societal standards of beauty. Consequently, issues related to the body, such as the presence of acne, evoke feelings

of frustration and anxiety among them. This study found that the fear of being judged negatively contributes to women feeling distressed about their appearance, especially when it comes to issues like acne. In an attempt to ameliorate these concerns, women often engage in a process of trial and error. However, setbacks in this endeavor exacerbate their distress, significantly impacting their daily lives.

In current study it was hypothesized that 'there would be a positive relationship between fear of negative evaluation inferiority complex and appearance distress'. The association among the variables is positive. Being evaluated negatively may lead individuals to be overly conscious of how they are perceived by others, including their physical appearance. This heightened self-awareness might magnify any perceived imperfections, contributing to appearance distress. Moreover, the fear of negative evaluation could exacerbate an individual's sensitivity to potential criticism or ridicule related to their appearance, intensifying their distress. Furthermore, the fear of negative evaluation could prompt individuals to engage in social comparisons, where they assess themselves against others and potentially find themselves falling short in terms of appearance. This comparative self-evaluation could fuel feelings of inadequacy and distress, particularly if they believe they do not meet societal standards of beauty or attractiveness. These results are consistent with past research which (Verma & Kaushik, 2017) revealed a positive correlation between social appearance anxiety and fear of negative evaluation.

The second hypothesis is "appearance distress positively predicts inferiority complex," is proposing that when someone experiences significant distress related to how one looks, it tends to result in increased chances of developing feelings of inferiority, where one consistently perceives himself/herself as less capable or valuable than others. Acne, being a visible and often stigmatized skin condition, can contribute to heightened self-consciousness and social anxiety. The results are consistent with other studies (Jiajian, 2022).

The third hypothesis was that "there would be as mediating role of appearance distress between fear of negative evaluation and inferiority complex". This hypothesis was accepted as appearance distress had a direct as well as indirect effect on the inferiority complex, meaning that the distress about one's appearance might be an intermediate factor that explains or influences how fear of negative evaluation leads to feelings of inferiority complex in female students with acne problems. In simpler terms, the hypothesis suggests that the fear of being negatively judged by others contributed to feelings of inferiority among university females, and this relationship was partially explained by the distress they experienced regarding their appearance, particularly in the context of acne issues.

This may result in students perceiving themselves as falling short of societal beauty standards, triggering feelings of inadequacy. As appearance distress intensifies, it may amplify an individual's preexisting self-doubts, ultimately fostering the development of an inferiority complex. Furthermore, the social and psychological challenges posed by acne could potentially lead students to make unfavorable social comparisons, where they unfavorably contrast their appearance to that of their peers who have clear skin. Such comparisons may reinforce the sense of inferiority and contribute to the formation of an inferiority complex. However, it is essential to note that these relationships might be complex and influenced by various other factors, such as individual differences, societal norms, and cultural influences. Johan et al., (2022) findings revealed a strong and positive relationship between inferiority complexes and social interactions supporting our results.

Limitations, Practical Implications and Suggestions

There were some limitations of the study. The study was conducted on the university women having acne not on men. The data was taken only from Lahore. A correlational design was used which did not tell about the causality.

Regarding the implications, understanding the mediating role of appearance distress between fear of negative evaluation and inferiority complex could have clinical implications for mental health professionals working with individuals experiencing physical appearance especially acne-related distress. Identifying appearance distress as a potential mediator might inform therapeutic interventions and treatment strategies for the clients in health sector.



The research findings could inform the development of psycho social interventions aimed at enhance their well-being and self-esteem and reducing appearance distress and fear of negative evaluation in university females with acne problems.

The research could contribute to health education programs that promote body positive image, self-acceptance, and healthy coping strategies for dealing with acne-related concerns. The findings might inform the implementation of preventive measures to reduce the acne issue in university women.

The research could inspire future studies to delve deeper into the underlying mechanisms and moderators of the relationships between fear of negative evaluation, appearance distress, and inferiority complex. Longitudinal studies or experimental designs could provide more robust evidence for causality. The research could advocate for inclusive health policies that address the psycho social needs of university females with skin problems. Policies promoting mental health awareness and support services could be beneficial for the university community.

References

- Adler, A. (1927). Individual psychology. *The Journal of Abnormal and Social Psychology*, 22(2), 116–122. <https://doi.org/10.1037/h0072190>
- Bagatin, E., Freitas, T. H., Rivitti-Machado, M. C., Ribeiro, B. M., Nunes, S., & Rocha, M. A. (2019). Adult female acne: A guide to clinical practice. *Anais Brasileiros de Dermatologia*, 94(1), 62–75. <https://doi.org/10.1590/abd1806-4841.20198203>
- Cash, T. F., & Fleming, E. C. (2002). The impact of body image experiences: Development of the body image quality of life inventory. *International Journal of Eating Disorders*, 31(4), 455–460. <https://doi.org/10.1002/eat.10033>
- Čekrljija, Đ., Đurić, D., & Mirković, B. (2017). Validation of Adlerian inferiority (COMPIN) and superiority (SUCOMP) complex shortened scales. *Civitas*, 7(2), 13–35. <https://doi.org/10.5937/civitas1701013c>
- Chang, S. (2023). Chinese women, marriage and gender: exploring the idea of women and marriage over time in the context of china.
- Clark, D. M., and Wells, A. (1995). “A cognitive model” in *Social Phobia: Diagnosis, Assessment, and Treatment*. Ed. R. G. Heimberg (New York, NY, USA: The Guilford Press), 69–93.
- Duru, P., & Örsal, Ö. (2021). The effect of acne on quality of life, social appearance anxiety, and use of conventional, complementary, and alternative treatments. *Complementary Therapies in Medicine*, 56, 102614. <https://doi.org/10.1016/j.ctim.2020.102614>
- Dudek, J. E., Białaszek, W., Ostaszewski, P., & Smidt, T. (2018). Depression and appearance-related distress in functioning with lipedema. *Psychology, Health & Medicine*, 23(7), 846–853. <https://doi.org/10.1080/13548506.2018.1459750>
- Fornell, C., & Larcker, D. F. (1981). Structural equation models with unobservable variables and measurement error: Algebra and statistics. *Journal of Marketing Research*, 18(3), 382–388. <https://doi.org/10.1177/002224378101800313>
- Gallitano, S., & Berson, D. (2018). How acne bumps cause the blues: The influence of acne vulgaris on self-esteem. *International Journal of Women's Dermatology*, 4(1), 12–17. <https://doi.org/10.1016/j.ijwd.2017.10.004>
- Hofmann, S. G. (2007). Cognitive factors that maintain social anxiety disorder: A comprehensive model and its treatment implications. *Cognitive Behaviour Therapy*, 36(4), 193–209. <https://doi.org/10.1080/16506070701421313>
- Henseler, J., Ringle, C. M., & Sarstedt, M. (2014). A new criterion for assessing discriminant validity in variance-based structural equation modeling. *Journal of the Academy of Marketing Science*, 43(1), 115–135. <https://doi.org/10.1007/s11747-014-0403-8>
- Hair Jr., J. F., Matthews, L. M., Matthews, R. L., & Sarstedt, M. (2017). PLS-SEM or CB-SEM: Updated guidelines on which method to use. *International Journal of Multivariate Data Analysis*, 1(2), 107. <https://doi.org/10.1504/ijmda.2017.10008574>
- Hair, J. F., Hult, G. T. M., Ringle, C. M., & Sarstedt, M. (2014). *A primer on partial least squares structural equation modeling (PLS-SEM)*.

- Johan, W. P., Herdiansyah, H., & DIMYATI, D. (2022). The correlation between inferiority complex and social interactions in adolescents. *Makna: Jurnal Kajian Komunikasi, Bahasa, dan Budaya*, 11(2), 42–56. <https://doi.org/10.33558/makna.v11i2.4435>
- Jia, Y., Xue, Y., & Wang, X. (2022). Self-efficacy and negative silence in the classroom: The mediating role of fear of negative evaluation. *Nurse Education in Practice*, 62, 103379. <https://doi.org/10.1016/j.nepr.2022.103379>
- Leary, M. R. (1983). A brief version of the fear of negative evaluation scale. *Personality and Social Psychology Bulletin*, 9(3), 371–375. <https://doi.org/10.1177/0146167283093007>
- Magin, P. (2004). A systematic review of the evidence for 'myths and misconceptions' in acne management: Diet, face-washing and sunlight. *Family Practice*, 22(1), 62–70. <https://doi.org/10.1093/fampra/cmh715>
- Øverup, C. S., Strizzi, J. M., Cipric, A., Træen, B., & Hald, G. M. (2021). Appearance satisfaction as a predictor of specific sexual problems and associated distress. *The Journal of Sexual Medicine*, 18(9), 1532–1544. <https://doi.org/10.1016/j.jsxm.2021.06.019>
- Paganini, A., Persson, M., & Mark, H. (2021). Influence of gender, dispositional optimism, and coping strategies on appearance-related distress among Swedish adults with cleft lip and palate. *The Cleft Palate-Craniofacial Journal*, 59(6), 715–723. <https://doi.org/10.1177/10556656211025196>
- Rapee, R. M., & Heimberg, R. G. (1997). A cognitive-behavioral model of anxiety in social phobia. *Behaviour Research and Therapy*, 35(8), 741–756. [https://doi.org/10.1016/s0005-7967\(97\)00022-3](https://doi.org/10.1016/s0005-7967(97)00022-3)
- Rumsey, N., & Harcourt, D. (2007). Visible difference amongst children and adolescents: Issues and interventions. *Developmental Neurorehabilitation*, 10(2), 113–123. <https://doi.org/10.1080/13638490701217396>
- Stopa, L., & Clark, D. M. (1993). Cognitive processes in social phobia. *Behaviour Research and Therapy*, 31(3), 255–267. [https://doi.org/10.1016/0005-7967\(93\)90024-o](https://doi.org/10.1016/0005-7967(93)90024-o)
- Tang, S. (2012). A review of researches on inferiority complex at home and abroad (in Chinese). *Intelligence*, 187–188.
- Veale, D., Eshkevari, E., Kanakam, N., Ellison, N., Costa, A., & Werner, T. (2013). The appearance anxiety inventory: Validation of a process measure in the treatment of body dysmorphic disorder. *Behavioural and Cognitive Psychotherapy*, 42(5), 605–616. <https://doi.org/10.1017/s1352465813000556>
- Verma, K., & Kaushik, P. (2017). Social appearance anxiety and fear of negative evaluation in college going students with acne vulgaris. *International Journal of Psychology and Psychiatry*, 5(2), 63. <https://doi.org/10.5958/2320-6233.2017.00011.6>
- Watson, D., & Friend, R. (1969). Measurement of social-evaluative anxiety. *Journal of Consulting and Clinical Psychology*, 33(4), 448–457. <https://doi.org/10.1037/h0027806>
- Yang, J., Yang, H., Xu, A., & He, L. (2020). A review of advancement on influencing factors of acne: An emphasis on environment characteristics. *Frontiers in Public Health*, 8. <https://doi.org/10.3389/fpubh.2020.00450>