

Antecedents of Need Supportive and Need Thwarting Interpersonal Styles: A Systematic Review and Meta-Analysis

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The history of studying interpersonal styles of communication in the SDT literature is rich, but it has focused primarily on the consequences of such styles. Comparatively, less is known about the various antecedents that can influence the degree to which individuals are willing to adopt need supportive communication. In my presentation, I will present the results of a systematic review and meta-analysis that aimed to systematically synthesize the various antecedents of the need supportive and need thwarting interpersonal styles of communication described in the SDT literature. The review included 90 eligible studies with available data for effect size estimation. The majority of the studies were survey-based and from the fields of education ($n=35$), parenting ($n = 29$), and sport ($n = 16$). We analyzed these studies using multi-level meta-analysis. We first grouped antecedent factors into categories, extending an initial classification system by Matosic, Ntoumanis, and Quested (2016). In terms of sociocontextual factors, the various specific antecedents were clustered under the general factors of External Pressure and Social Connection and/or Support. In terms of perceptions of others' motivation and behavior, we clustered all specific antecedents under the general factors of Positive Perceptions of Others and Negative Perceptions of Others. In terms of personal factors, we identified various specific factors which we grouped into the general factors of Adaptive and Maladaptive Motivational Factors, Beliefs About the Interpersonal Styles, Other Beliefs (Positive or Negative), Internal Pressures, Positive Social or Emotional Functioning, and Negative Personality Factors. A total of 81 studies (722 effect sizes) included data for the relations between general factors and overall need support. Adaptive motivational factors, others' positive

beliefs, positive perceptions of others, positive social or emotional functioning, and social connection/support had positive and statistically significant associations with overall need support. Maladaptive motivational factors, negative perceptions of others, and negative social or emotional functioning had negative statistically significant effect sizes with overall need support. For the associations between general factors and overall need thwarting (51 studies, 81 effect sizes), external pressure, maladaptive motivational factors, negative perceptions of others, and negative social or emotional functioning had positive associations with overall need thwarting. Negative effect sizes with overall need thwarting were found for adaptive motivational factors, others' positive beliefs, and positive social or emotional functioning. Identifying the antecedents of need support and thwarting can help researchers to better understand why some individuals are more receptive than others in terms of need support training.