Presentation Abstract

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Relational Needs and Psychological Outcomes: Integrating Global and Specific Effects for a More Differentiated Clinical Formulation

Abstract
Background and objectives Relational need satisfaction is a central concept in Integrative Psychotherapy and is considered essential for psychological development and therapeutic change. This study focuses on whether specific relational needs show differential effects on psychological outcomes and how this may inform more precise clinical formulation. Methods Data were analysed from a non-clinical adult sample (N = 389–390 across SEM models). Structural equation models included the five subscales of the Relational Needs Satisfaction Scale (RNSS), attachment-related representations (model of self and model of other), and Neuroticism. Outcomes were psychological wellbeing (WHO-5), life satisfaction (SWLS), and psychological distress (DASS-21). Models based on global RNSS scores were compared with models including all relational needs simultaneously to distinguish shared and specific effects. Key findings / expected outcomes In the global model, relational need satisfaction partially mediated the effects of Neuroticism and attachment-related representations on wellbeing and life satisfaction, with significant indirect effects (Neuroticism: $\beta = -.052$ for WHO-5; $\beta = -.062$ for SWLS). Model fit was excellent (CFI = .997; RMSEA = .028), with $R^2 = .294$ (WHO-5) and .281 (SWLS). When all relational needs were entered simultaneously, effects became more selective and model fit decreased (RMSEA = .094; TLI = .830). Receiving the other's initiative showed a specific effect within the simultaneous model on wellbeing ($\beta = .166$), while support and protection showed a specific effect on life satisfaction ($\beta = .173$). Many effects observed in single-need models were attenuated, suggesting shared variance among relational dimensions alongside more selective specific effects. For psychological distress, indirect effects

through global satisfaction were not significant (β = .028, p = .052); outcomes were primarily explained by direct effects, particularly Neuroticism (β = .247, p

Professional Picture

