Awe-evoking stimuli, such as encounters with nature, have been shown to trigger a need for accommodation within individuals. With current schemas shaken, mental reorganization is needed to incorporate new experiences. We anticipate the process of accommodation to be accompanied with self-reflection when revising our schemas, though current literature has yet to fully elucidate such associated processes.

**PURPOSE:** To find other psychological changes that occur with a need for accommodation due to awe experiences.

### STUDY HYPOTHESES
1. Self-reflection and need for accommodation scores will be positively related, but distinct variables.
2. Both self-reflection and need for accommodation will independently predict awe scores.
3. A multiple regression analysis including both self-reflection and need for accommodation will significantly predict awe scores, and account for a greater percentage of variance for the outcome than either individual model in HYP #2.

### METHODS

#### Participants
Total $N = 169$ undergraduate students (67.5% female; 83.4% White; mean age = 20.65 years, $SD = 2.47$).

#### Procedure
Participants were randomly assigned to 1 of 4 different awe stimuli conditions. One condition included a traditional nature stimulus for awe, and the other 3 presented social elicitor stimuli for awe.

#### Measures
Each measure utilized self-report assessments with a 7-point Likert scale ($1 = $not true at all; to $7 = $very true). *Need for Accommodation* (NFA): A measurement of current schemas being challenged and needing accommodation ($\alpha = .85$) (Yaden et al., 2018).

### RESULTS CONT’D

#### Measures Cont’d
- **Self-Reflection (SR):** Self-reflection was assessed using a self-reflection scale created by the current researchers with statements such as, “I re-evaluated my morals” ($\alpha = .79$).
- **Appraisals of Awe Related Experiences (APRS):** Self-report assessment of awe-related appraisals including items like, “I felt small or insignificant” ($\alpha = .78$) (Shiota, Keltner, & Mossman, 2007).

1. A Pearson’s correlation test shows that SR and NFA are positively and significantly related, $r = .34, p < .001$, but does not suggest multicollinearity.
2. Simple linear regression analyses find that SR significantly predicted APRS ($\beta = .46, F(1,167) = 43.640, p < .001, R^2 = .20$; See Figure 1) as did NFA ($\beta = .26, F(1,167) = 11.620, p < .001, R^2 = .07$; See Figure 2).
3. Multiple regression analyses find that both SR and NFA predicted APRS ($F(2,166) = 23.228, p < .001, R^2 = .22$; See Table 1), accounting for greater variance of APRS scores than the individual models, however, results suggest a more important roll for SR.

### CONCLUSIONS
- It appears that NFA and SR are different, but that each, individually, influence feelings of awe.
- Multiple regression analyses reveal that NFA was not a significant predictor of feelings of awe when controlling for SR, a result entirely surprising as NFA is one of the two requirements for feeling awe.
- Future research should explore whether NFA has a mediating role between SR and feeling awe.