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**Exploring the relationships between self-esteem and paranoia: is the jumping to conclusion a moderator of this relationship?**

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**Learning Goal:**

This study aimed to explore the impact of jumping to conclusion data-gathering bias in paranoid ideation and its relation to self-esteem. Both self-esteem and probabilistic reasoning can be important therapeutic targets in paranoid ideation.

**Abstract Text:**

The defense model of paranoia (Bentall et al., 2001) propose that paranoia emerges as a consequence of a bias towards holding others responsible for negative events (an externalizing attributional bias) to reduce awareness of low self-esteem (SE). The paranoid ideation is, also, associated with a tendency to jumping to conclusion data-gathering bias (JTC; Bentall et al., 2009; Gareth & Freeman, 2013). Given the implications of SE and probabilistic reasoning bias in onset and maintenance of delusions, we carried analysis to explore the relation between these two key variables and paranoia in 122 people with severe mental illness (SMI). Paranoid ideation was measured by the corresponding subscale of SCL-90-R (Derogatis, 1994), and SE was measure by the self-acceptance subscale of the Scales of Psychological Well-being (Ryff & Keyes, 1995). Finally, JTC bias was measured by the bead task (Gareth, Hemsley & Wesseley, 1991).

Our results revealed that there was an inverse relationship between SE and paranoid ideation ( $p=0.001$ ). This relationship was moderated by the JTC bias in individuals with high levels of SE ( $p=0.005$ ), so individuals with high SE and presence of JTC had higher levels of paranoia than individuals with high SE and absence of JTC. This study highlights the importance of exploring self together with reasoning bias as possible therapeutic targets.

**ON THE HEALING POWER  
OF HUMAN RECONNECTION**