

**RESPONSE EXPECTANCY VERSUS RESPONSE  
HOPE IN PREDICTING DISTRESS  
A BRIEF RESEARCH REPORT**

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**Abstract:** A recent line of research suggests that response expectancy [i.e., expectancy for nonvolitional outcomes (e.g., relaxed)] and response hope [i.e., hope for nonvolitional outcomes (e.g., relaxed)] may be two different constructs. Despite the vast literature regarding the impact of response expectancies on nonvolitional outcomes, little is known about the impact of response hopes on nonvolitional outcomes. The aim of this brief research report is to investigate the interrelations between response expectancy and response hope in generating distress during an exam situation. As expected, results show that response expectancy directly predicts distress; also, as expected, a discrepancy between response hope and response expectancy is a strong predictor of distress. Theoretical and clinical implications of these findings are discussed.

**Keywords:** response expectancy, response hopes, distress